

Sultana & Bran Snack Bars

Type: Lunch/Snack

Serves: 24 Tastes

Recipe source: Taste.com.au

EQUIPMENT:

Wooden spoon
Large bowl
Measuring cups
Measuring spoons
Tongs
Knife
Chopping Board
Saucepan
Baking pan
Spoon

INGREDIENTS:

1/2 cup firmly packed brown sugar
125g reduced-fat margarine
1/3 cup golden syrup
1 cup sultanas
1 cup Allbran
1/2 cup wheatgerm
2/3 cup plain flour
1/2 cup dried apricots, chopped
finely
2 eggs, beaten lightly

What to do:

1. Preheat oven to moderate (180°C/160°C fan-forced).
2. Grease 19cm x 29cm rectangular slice pan.
3. Line base and two long sides with baking paper.
4. Combine sugar, margarine and syrup in medium saucepan; stir over low heat until margarine melts.
5. Stir in remaining ingredients and mix until well combined.
6. Spread mixture into prepared pan.
7. Bake, uncovered, in moderate oven about 30 minutes or until browned and firm to touch.
8. Cool in pan before cutting.

Great for a snack for your lunchbox.

Zucchini & Bacon Slice

Type: Snack/Main

Serves: 30 small pieces

Recipe source: Coles.com.au

Fresh from the garden: spinach, parsley, shallot, eggs, bread

<p>EQUIPMENT:</p> <p>2 muffin trays Chopping board Cooks knives Grater Large Red Bowl whisk</p> <p>TO SERVE:</p> <p>2 platters 2 tongs</p>	<p>INGREDIENTS:</p> <p>2 zucchini, grated 1 carrot, peeled & grated 1 small capsicum, seeded & diced 2 spring onions, thinly sliced 2 bacon rashers, finely chopped 1 cup tasty cheese, grated 1 cup SR flour 4 eggs, lightly whisked 2 Tablespoons olive oil 1/4 cup milk</p>
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What to do:

1. Preheat oven to 180 degrees C.
2. Grease a baking tin 20cm x 30cm.
3. Line base and 2 long sides with baking paper.
4. Place the zucchini, capsicum, carrot, shallots, bacon, cheese and flour in a large bowl.
5. Stir to combine.
6. Add the lightly whisked eggs, milk and oil and stir to combine.
7. Spoon the mixture into the baking pan and smooth the surface.
8. Bake for 40 minutes or until firm to touch.
9. Set aside to cool.
10. Cut into small squares to serve.

Corn, Spinach & Feta Muffins

Type: Snack/Lunchbox

Serves: 24 Tastes

Recipe source: Coles.com.au

Fresh from the garden: Spinach, corn, eggs, shallots

<p>EQUIPMENT:</p> <p>Muffin tins & paper liners Skewer Sifter Wooden spoon Wire cooling rack Large bowl Measuring cups Measuring spoons Fork/Potato masher</p> <p>TO SERVE:</p> <p>2 serving trays</p>	<p>INGREDIENTS:</p> <p>1 1/2 cups SR flour 1 cup wholemeal SR flour 1/4 cup polenta (cornmeal) 310g can corn kernels, drained 100g spinach leaves, finely shredded 150g feta, crumbled 1 1/2 (375ml) cups milk 100g butter, melted 1 egg, lightly whisked Extra polenta to sprinkle on top</p>
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What to do:

1. Preheat oven to 200°C.
2. Line with paper cases.
3. Sift flour, polenta, corn, spinach and feta into a large bowl and combine.
4. Whisk the milk, butter and egg together in a jug.
5. Pour into the flour mixture and gently stir until just combined (don't overmix).
6. Spoon mixture evenly into the prepared pans.
7. Sprinkle with the extra polenta.
8. Bake for 20 minutes or until cooked through when tested with a skewer.
9. Cool in pans for 5 minutes, turn onto a wire rack to cool.

Hawaiian Pizza Scrolls

Type: Snack/Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: spinach, parsley, cheese, pineapple

EQUIPMENT: Baking trays Chopping board Cooks knives Grater Large Bowl Rolling pin Measuring cups & spoons TO SERVE: 2 platters 2 tongs	INGREDIENTS: 2 cups (300g) self-raising flour 1 tablespoon caster sugar 60g butter, chopped 2/3 cup (160ml) milk 1/3 cup (95g) tomato pizza sauce 100g sliced ham, shredded 440g can Pineapple in Juice, drained, chopped 60g spinach, shredded 1 cup (165g) shredded mozzarella cheese
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What to do:

1. Preheat oven to 180C. Grease (or use baking paper) a baking tray.
2. Place flour and sugar in a large bowl.
3. Use your fingertips to rub in butter until it resembles fine crumbs.
4. Add milk and use a table knife to mix in a cutting motion until dough comes together.
5. Knead the dough on a lightly floured surface until smooth. Roll out to a 30cm x 40cm rectangle.
6. Spread with pizza sauce.
7. Top with ham, pineapple, spinach and cheese.
8. Starting at 1 long edge, roll up firmly into a log then cut into 12 even rounds.
9. Place scrolls, cut-side up and side by side, in slice pan.
10. Bake for 30 mins or until golden and cooked. Cool.
11. Keep in an airtight container in the fridge for 2 days, or freeze for up to 3 months.

Quinoa, Spinach & Feta Soda Bread

Type: Snack/Side/Finger food

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: Spinach

EQUIPMENT: Baking trays Chopping board Cooks knives Large Bowl Spatula Sifter Wooden spoon Measuring cups & spoons	INGREDIENTS: ¼ cup quinoa 2 cups SR flour 60gm butter, chopped 1 cup spinach, finely shredded 100g feta, coarsely crumbled 1 cup buttermilk Extra quinoa to sprinkle on top
TO SERVE: 2 platters 2 tongs	

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1. Preheat oven to 220 degrees C.
2. Place quinoa in a small bowl and cover with plenty of cold water. Set aside for 15 minutes to soak. Drain well.
3. Place the flour in large bowl and use your fingertips to rub the butter into the flour until mixture resembles breadcrumbs.
4. Add the spinach and feta and stir to combine.
5. Add the quinoa, and buttermilk and stir until a soft but sticky dough forms.
6. Turn dough onto a lightly floured surface and gently knead until smooth.
7. Shape dough into a 20cm disc and place on lined tray.
8. Cut a cross about 1cm deep into the top of the dough.
9. Sprinkle the dough with extra quinoa.
10. Bake for 15 minutes. Reduce oven to 180 degrees and bake for 30 minutes or until golden brown.