**Tomato & Garlic Bruschetta**

**Type:** Entree  
**Serves:** 30 tastes  
**Recipe source:** Healthy Food Fast  
**Fresh from the garden:** garlic, tomatoes, basil, onion

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
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</thead>
<tbody>
<tr>
<td>Knife</td>
<td>4 slices of crusty bread</td>
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<tr>
<td>Chopping board</td>
<td>2 cloves garlic, peeled and halved</td>
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<tr>
<td>Baking trays</td>
<td>2 teaspoons olive oil, warmed</td>
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<tr>
<td>Bowls</td>
<td>2 medium ripe tomatoes, sliced</td>
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<tr>
<td>Wooden spoon</td>
<td>1 tablespoon red or white onion, finely diced</td>
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<tr>
<td>Measuring cups &amp; spoons</td>
<td>Few basil leaves, torn into small pieces</td>
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</tbody>
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What to do:

1. Lightly toast bread on both side in a hot oven at 200 degrees celcius for 10 minutes on each side.

2. Rub both sides of bread with garlic and brush with oil.

3. In a small bowl mix onion and basil.

4. Place slices of tomato on each piece of toast and top with onion and basil mixture.
Sweet Potato Bruschetta

Type: Starter  Serves: 24-28 Slices  Recipe source: Adapted from a recipe by Sue Shepherd.

Fresh from the garden: Sweet Potato, chives, parsley, coriander

EQUIPMENT:
- chopping boards,
- knives, bread knife
- peelers
- saucepan,
- measuring cups and spoons,
- juicer,
- baking tray,
- colander,
- food processor,
- spoon
- bowls
- tongs

TO SERVE:
- tongs, 3 serving plates

INGREDIENTS:
- 800 g sweet potato
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 cup chopped herbs - chives, parsley and coriander
- 250 g fetta cheese (crumbled)
- ½ cup soy nuts
- salt
- freshly ground black pepper
- 2 French loaves of bread

What to do:

1. Preheat the grill in the oven.
2. Half fill a saucepan of water and put on to boil
3. Peel and dice the sweet potato. Put in a saucepan, cover with water and boil for about 10 minutes or until soft. Drain in colander/strainer and set aside to cool.
4. Wash, dry and finely chop the herbs.
5. Juice the ½ lemon (need 2 tablespoons juice).
6. Add the soy nuts to the food processor and pulse until chopped coarsely.
7. Add the sweet potato, lemon juice and olive oil into food processor also and pulse until combined but still has some texture.
8. Remove and put in a bowl. Stir through herbs and with crumbled fetta cheese. Season with salt and pepper.
9. Slice the bread into 1 cm slices. Place on a baking tray and grill until golden brown on one side.
10. Spread the toast slices with a thick layer of the sweet potato mix and garnish with extra herbs.
Avocado & Tuna Sushi Sandwiches

Type: Snack/Main  
Serves: 32 tastes  
Recipe source: Taste.com

Harvest from the garden: avocado, carrot

**EQUIPMENT:**
- Metric measuring cups & Spoons
- Bowls
- Chopping board
- Knife

**INGREDIENTS:**
- 4 slices wholemeal bread, crusts removed
- 2 tablespoons spreadable cream cheese
- 95g can tuna in springwater, drained
- 1/2 medium avocado, peeled, thinly sliced
- 1/2 medium carrot, peeled, grated

**What to do:**

1. Place bread slices on a chopping board.
2. Using a rolling pin, flatten bread.
3. Spread 1 side of each slice with cheese.
4. Arrange tuna, avocado and carrot in rows next to each other on bread, leaving a 1cm border along 1 edge.
5. Roll up bread from opposite edge to enclose filling.
6. Cut each roll into 3 rounds.
7. Serve.
Thai Chicken Meatballs
with Chilli Lime Dipping Sauce

Type: Entrée/Main  Serves: 32 tastes  Recipe source: Taste.com

Harvest from the garden: coriander, limes, thyme

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
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</thead>
<tbody>
<tr>
<td>Metric measuring cups &amp; Spoons</td>
<td>500g chicken mince</td>
</tr>
<tr>
<td>Bowls</td>
<td>1 T lime zest</td>
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<tr>
<td>Knife</td>
<td>1t fresh thyme</td>
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<tr>
<td>Toothpicks</td>
<td>1/2 cup sesame seeds (breadcrumbs)</td>
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<tr>
<td>Frypan</td>
<td>1 tablespoon finely chopped fresh coriander leaves</td>
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<tr>
<td>Whisk</td>
<td>1/4 cup lime juice</td>
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<tr>
<td></td>
<td>1/2 cup sweet chilli sauce</td>
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<tr>
<td></td>
<td>2 tablespoons oil</td>
</tr>
<tr>
<td></td>
<td>breadcrumbs</td>
</tr>
<tr>
<td></td>
<td>chopped fresh coriander leaves, to serve</td>
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What to do:

1. Place chicken mince into a bowl.
2. Roll level tablespoons meat into 32 balls.
3. Roll chicken balls in breadcrumbs.
4. Cover with plastic wrap. Refrigerate for 20 minutes, if time permits.
5. Combine coriander, lime juice and sweet chilli sauce in a bowl.
7. Cook meatballs, in batches, turning, for 8 to 10 minutes or until golden and cooked through.
8. Serve with sweet chilli sauce mixture, coriander and toothpicks.
Chilli, Spinach & Feta Filo Cigars

Type: Entrée/Main  Serves: 32 tastes  Recipe source: Taste.com

Harvest from the garden: spinach, leek, eggs

**EQUIPMENT:**
- Metric measuring cups & Spoons
- Bowls
- Knife
- Frypan
- Baking trays
- Whisk

**INGREDIENTS:**
- 1 bunch English spinach, rinsed, drained
- 20g butter
- 1 leek, pale section only, thinly sliced
- 1/2 teaspoon dried chilli flakes
- 180g feta, crumbled
- 1 egg, lightly whisked
- 12 sheets filo pastry, halved lengthways
- 50g butter, melted
- 1 teaspoon caraway seeds

**What to do:**
1. Preheat oven to 180C. Cook the spinach in a large frying pan over medium heat, tossing, for 2-3 minute or until spinach wilts.
2. Remove from heat. Set aside to cool slightly. Use your hands to squeeze to remove excess liquid.
3. Finely chop and place in a bowl.
4. Melt butter in a medium frying pan over medium heat.
5. Add leek, cook, stirring for 5 minutes or until leek softens.
6. Add chilli and cook for 1 minute. Remove from heat.
7. Add to the spinach with feta and egg; toss to combine.
8. Brush a filo sheet with a little butter.
9. Spoon 1 tablespoon of the spinach mixture on the end of filo.
10. Fold in sides and roll up to enclose filling. Brush with butter and sprinkle with caraway seeds.
11. Repeat with remaining filo, spinach mixture and caraway seeds.
12. Place on a baking tray.
13. Bake in preheated oven for 15 minutes or until golden brown.
14. Serve warm or at room temperature.
Toffee Melon Balls
with Ginger Yoghurt

Type: Dessert/Snack  Serves: 32 tastes  Recipe source: Taste.com

Harvest from the garden: rockmelon, honeydew melon

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**EQUIPMENT:**
- Metric measuring cups & Spoons
- Bowls
- Knife
- Saucepan
- Wooden spoon
- Whisk
- Melon baller scoop

**INGREDIENTS:**
- 1 cup vanilla yoghurt
- 1 tablespoon finely chopped glace ginger
- 1/4 (700g) small rockmelon, seeded
- 1/4 (700g) small honeydew melon, seeded
- 1/2 cup caster sugar

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**What to do:**

1. Combine yoghurt and ginger in a bowl.
2. Using a melon baller (see tip), scoop balls from rockmelon and honeydew melon.
   Place on a large plate lined with paper towel.
3. Cover with paper towel and pat dry.
4. Combine caster sugar and 1/4 cup hot water in a small heavy-based saucepan over low heat.
5. Cook, stirring, for 4 minutes or until sugar is dissolved. Increase heat to high. Bring to the boil.
6. Boil, without stirring, for 8 minutes or until mixture turns golden. Set aside for 30 seconds for bubbles to subside.
7. Arrange melon balls in a large serving bowl.
8. Drizzle over toffee.
9. Stand at room temperature for 5 minutes or until toffee is set and cooled.
10. Serve immediately with yoghurt mixture.