

Tomato & Garlic Bruschetta

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

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Baking trays Bowls Wooden spoon Measuring cups & spoons	4 slices of crusty bread 2 cloves garlic, peeled and halved 2 teaspoons olive oil, warmed 2 medium ripe tomatoes, sliced 1 tablespoon red or white onion, finely diced Few basil leaves, torn into small pieces

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) $\frac{1}{2}$ cup soy nuts salt freshly ground black pepper 2 French loaves of bread
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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 $\frac{1}{2}$ 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

EQUIPMENT:	INGREDIENTS:
Metric measuring cups & Spoons	500g chicken mince
Bowls	1 T lime zest
Knife	1t fresh thyme
Toothpicks	1/2 cup sesame seeds (breadcrumbs)
Frypan	1 tablespoon finely chopped fresh coriander leaves
Whisk	1/4 cup lime juice
	1/2 cup sweet chilli sauce
	2 tablespoons oil
	breadcrumbs
	chopped fresh coriander leaves, to serve

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.
6. Heat oil in a frying pan over medium-high heat.
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

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

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.