

Pasta with Basil Pesto

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

Fresh from the garden: basil, garlic

EQUIPMENT:

Knife
Chopping boards
Bowls
Serving spoon
Measuring cups & spoons
Food processor
Wooden spoon

INGREDIENTS:

2 cups pasta shells
1 cup basil leaves
1/3 cup (25g) parmesan, finely grated
(or vegetarian hard cheese)
1/4 cup (40g) toasted pine nuts
(optional)
1 garlic clove, finely chopped
1/4 cup (60ml) olive oil

What to do:

1. To make the basil pesto, process the basil, parmesan, pine nuts (optional) and garlic in a food processor until finely chopped.
2. With the motor running, gradually add the oil in a thin, steady stream until combined.
3. Cook the pasta in a large saucepan of boiling water for 2-3 mins or until tender. Drain well.
4. Return to pan and add the pesto.
5. Toss to combine.
6. Serve and top with shaved parmesan.

Mug Muffin

Type: Lunchbox

Serves: 30 tastes

Recipe source:

Fresh from the garden: eggs, banana

EQUIPMENT:

Knife
Chopping boards
Bowls
Serving spoon
Measuring cups & spoons
Mug
Whisk
Wooden spoon

INGREDIENTS:

1 mashed banana
1 egg
1/3 cup rolled oats
Pinch cinnamon

What to do:

- 1.** Mix all ingredients together.
- 2.** Place mixture into mug.
- 3.** Microwave for 90 seconds.
- 4.** Serve.

Vegetable Nuggets

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

Fresh from the garden: eggs, broccoli, sweet potato, peas, corn

EQUIPMENT:	INGREDIENTS:
Knife	1 medium gold sweet potato, peeled, coarsely chopped
Chopping boards	1 head broccoli, finely chopped
Bowls	1/2 cup (60g) frozen peas
Serving spoon	1/2 cup (80g) frozen corn
Measuring cups & spoons	1/2 cup (60g) coarsely grated tasty cheddar
Mug	1 cup (150g) plain flour
Whisk	2 eggs, lightly whisked
Wooden spoon	1 cup (75g) breadcrumbs

What to do:

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cook the sweet potato in a large saucepan of boiling water for 15 minutes or until tender.
3. Add the broccoli and cook for a further 5 minutes or until bright green. Drain well.
4. Use a potato masher to mash until almost smooth. Add the peas, corn and cheddar and stir to combine.
5. Shape the mixture into 12 nuggets.
6. Place the flour, egg and breadcrumbs in separate bowls. Dip 1 nugget in the flour and turn to lightly coat.
7. Dip in the egg, then coat in breadcrumbs. Place on the lined tray.
8. Repeat with the remaining nuggets.
9. Spray the nuggets with olive oil spray. Bake, turning the nuggets halfway through cooking, for 20 minutes or until golden brown and crisp. Serve immediately.

Nut Free Apricot Bliss Balls

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

Fresh from the garden:

EQUIPMENT:	INGREDIENTS:
Knife Chopping boards Bowls Serving spoon Measuring cups & spoons Food processor Wooden spoon	200g dried apricots, coarsely chopped 2 tablespoons white chia seeds 125ml (1/2 cup) fresh orange juice 10 dates, pitted 75g (3/4 cup) rolled oats 70g (1/2 cup) grated carrot 2 tablespoons moist coconut flakes, plus 20g (1/3 cup), extra Pinch of ground cinnamon

What to do:

1. Combine the apricot, chia and orange juice in a shallow dish.
2. Set aside, stirring occasionally, for 15 minutes to soak.
3. Transfer apricot mixture to a food processor.
4. Add the dates, oats, carrot, coconut and cinnamon.
5. Process until finely chopped and evenly combined.
6. Place extra coconut on a plate.
7. Roll level tablespoonfuls of the mixture into balls and roll in coconut.
8. Store in an airtight container in the fridge for up to 4 days.
9. Alternatively, freeze for up to 1 month.

Mini Bread Quiches

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

Fresh from the garden: eggs, chives, spinach, zucchini

EQUIPMENT: Knife Chopping boards Bowls Serving spoon Measuring cups & spoons Food processor Wooden spoon	INGREDIENTS: Sliced bread, crusts removed 200g zucchini, coarsely grated 3 spinach leaves, finely shredded 1 ½ cups, coarsely grated tasty cheddar 4 rashers bacon, finely chopped 1 T chopped chives 8 eggs, lightly whisked 6 T milk T = tablespoon
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What to do:

1. Preheat oven to 180°C. Grease 6 holes of a 1/3-cup (80ml) muffin pan.
2. Place 1 slice of bread on a clean work surface.
3. Arrange another slice of bread on top at a 45-degree angle. Use a rolling pin to roll out bread slices until 5mm thick.
4. Repeat with remaining bread slices. Line the prepared holes with bread, pressing down firmly. Spray with olive oil spray.
5. Bake for 15 minutes or until just golden.
6. Combine zucchini, cheddar, bacon and chives in a bowl. Divide evenly among the bread cases.
7. Whisk the egg and milk in a jug and pour evenly over the zucchini mixture. Season.
8. Bake for 20-25 minutes or until the egg mixture is light golden and just set. Cool slightly.
9. Serve warm or at room temperature.

Mini Chicken Fajita Roll-Ups

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

Fresh from the garden: avocado, lettuce, carrots, shallots, mint

EQUIPMENT:	INGREDIENTS:
Knife Chopping boards Bowls Serving spoon Measuring cups & spoons Grater Toothpicks Wooden spoon	2 avocado, mashed 400g finely chopped roast chicken Tortillas 160g (2 cups) grated cheddar 2 cups finely shredded lettuce 2 carrot, peeled, finely grated 100g snow pea sprouts, trimmed 1 cup mint leaves 4 green shallots, shredded Mexican salsa Sour cream, to serve, optional
	T = tablespoon

What to do:

1. Combine the avocado and 2 teaspoons fajita spice mix in a bowl.
2. Combine the chicken and half of the fajita spice mix in a separate bowl.
3. Working with 2 tortillas at a time, place in the microwave for 20 seconds on High to soften.
4. Spread the tortillas with some of the avocado mixture. Sprinkle with some cheese, chicken, lettuce, carrot, sprouts, mint and shallot.
5. Roll up tightly. Place, seam side down, on a tray and repeat with remaining tortillas and fillings.
6. Trim the edges of each roll and cut into 4-6 pieces.
7. Insert a toothpick in each roll-up to secure.
8. Arrange on a serving platter.
9. Top with sour cream, if using and drizzle with mild Mexican salsa.