

Blueberry Muffins

Type: Snack/Dessert

Serves: 24 Tastes

Recipe source: Taste

Fresh from the garden: eggs, raspberries

EQUIPMENT:

2 Mini muffin tins
Skewer
Sifter
Wooden spoon
Wire cooling rack
Large bowl
Measuring cups
Measuring spoons
Spoon

TO SERVE:

2 serving trays

INGREDIENTS:

Olive oil to grease muffin tins

4 cups self-raising flour
(can use 2 cups wholemeal SR flour and 2 cups white SR flour)

2 cups blueberries

1 $\frac{1}{2}$ cups raw sugar

1 $\frac{1}{2}$ cups yoghurt

1 $\frac{1}{2}$ cups vegetable oil

4 eggs, beaten

What to do:

1. Preheat oven to 180°C. Grease muffin pans with olive oil or line with paper cases.
2. Sift flour and then add all other ingredients.
3. Mix together until well combined. Do not over mix.
4. Spoon mixture into muffin pans.
5. Bake for 20 minutes or until cooked through when tested with a skewer.
6. Cool in pans for 5 minutes, turn onto a wire rack to cool.

Vegetable Nuggets

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

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

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

Mini Bread Quiches

Type: Lunchbox

Serves: 30 tastes

Recipe source: taste.com

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

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

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:

Knife
Chopping boards
Bowls
Serving spoon
Measuring cups & spoons
Grater
Toothpicks
Wooden spoon

INGREDIENTS:

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.