

G2T 2024 Recipes: Term 4

| <u>Week 1:</u> 16/10/24 | <u>Week 2:</u> Hindu Lang week 23/10/24 | <u>Week 3:</u> 30/10/24 | <u>Week 5:</u> 13/11/24 | <u>Week 6:</u> 20/11/24 |
|---|--|--|---|--|
| Vegetable risotto ANZAC biscuits (see week 8) Kale chips (see week 8) | Vegetable curry Flat bread (see week 9) Nankhatai biscuits | Chop Suey Banana Pancakes Beetroot Brownie | Kale Chips Dumplings Beetroot Choc Bliss Balls Buffalo Cauliflower | Chop Suey (see week 3) Beetroot Brownie (see week 3) Herby Breadsticks |

G2T 2024 Recipes: Term 2

[For our Term 1 & 3 2024 recipes see HERE](#)

| <u>Week 1:</u> | <u>Week 2:</u> | <u>Week 3:</u> | <u>Week 4:</u> | <u>Week 5:</u> (Samoan Language week) |
|--|---|---|--|---|
| Greens & cheese fritters Kale chips See in the Dark ANZAC biscuits (+ grated carrot) | Kawakawa biscuits Greens & cheese fritters*(see week 1) | Apple & cinnamon muffins Kale chip* (see week 1) | n/a bake sale preparation | Samoan Chop Suey Banana Tapioca Coconut Macaroons |
| <u>Week 6:</u> (Year 4) | <u>Week 7:</u> | <u>Week 8:</u> | <u>Week 9:</u> (Matariki) | <u>Week 10:</u> |
| Herby breadsticks Carrot cake bliss balls Beetroot chocolate brownie | Broccoli Fritters Rhubarb Muffins Chocolate Bliss Balls | Kale chips ANZAC Biscuits Veggie pasta sauce Lemon, honey & ginger syrup | Kawakawa biscuits (see wk 2) Flatbread Hua Whenua soup (Vegetable) | Chop Suey (see week 5) Pizza Scroll Lemon Muffins |

Term 4

Week 6:

HERBY BREADSTICKS

INGREDIENTS

- 1 loaf sliced bread
- 1 cup fresh herbs, such as thyme, rosemary, oregano, parsley
- 1 cup oil (olive oil/canola oil)
- 1/2 teaspoon of salt



HOW TO MAKE

- Preheat the oven to 200 deg C
- Wash and dry herbs. Pick the leaves off any woody stems, put the stems in the compost.
- Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife)
- Combine the oil with the herbs in a small bowl, add the salt and mix together
- Taking 4 slices of bread, cut the crusts off, cut in half, and then cut in half again. Each piece of bread should make 8 pieces. Repeat until all bread is cut in bread stick pieces
- Place the cut bread in a wide bowl or tray.
- Pour the herby oil over the cut bread pieces and gently mix with tongs until the bread pieces are evenly coated. (You may need to do this in batches)
- Spread on a baking tray in a single layer.
- Bake for 5 to 7 minutes until toasted and golden.
- Serve with your favourite dip

Week 5:

Crispy Kale Chips

These healthy kale chips are the perfect snack when you feel like something savoury, crunchy and salty.

| | | |
|---|-----------|----------|
|  | | |
| PREP TIME | COOK TIME | |
| 5 mins | 10 mins | |
|  | | |
| COURSE | SERVINGS | CALORIES |
| Snacks and Sides | 2 | 79 kcal |

Dairy Free, Diabetic, Gluten Free, Kid Friendly

INGREDIENTS

- 150 g curly kale
- 1 tablespoon olive oil or avocado oil
- 1 pinch chili flakes optional
- 1 teaspoon sesame seeds
- 1 pinch flaky sea salt

INSTRUCTIONS

- or Air Fryer*
1. Preheat oven to 175degC/350 Fahrenheit. Line a baking tray with baking paper.
 2. Cut kale leaves from the tough stalks. Tear kale leaves into roughly 3-4cm bite-sized pieces and pat dry with paper towels. Toss kale with oil, chilli flakes and sesame seeds in prepared baking tray. Season with just a pinch of flakey salt (they're quite delicate, so be careful not to over-salt them).
 3. Lay in a single layer on prepared baking tray and bake for 12-15 minutes until crispy. They will go a dark green colour with a little brown around the edges – be careful not to burn them or they will risk tasting bitter, so watch carefully and take them out as soon as they are done! If they are not done after 10-12 minutes, you can keep cooking them for 1 minute extra at a time until they are crispy, but watch them carefully.
 4. Serve in a bowl for a tasty, salty, crispy snack!

NOTES

*Air Fryer - Preheat air-fryer - 4 minutes
- Air fry kale for 5 minutes shake/toss then
cook another 2 minutes or longer if needed.*

Dumplings

Ingredients

- ½ Large Cabbage (finely chopped)
- 2 Large Carrots (finely chopped)
- 1 Cup Chinese Chives (finely chopped)
- 3 Cloves of Garlic (finely chopped) or 2tsp.
- 2cm fresh Ginger (grated)
- 2 tsp Sesame Oil
- 2 Tbsp Soya Sauce

Instructions

1. Finely chop all the fresh ingredients and then mix all the ingredients together.
2. Place in the microwave for a couple of minutes to help speed up the cooking process.
3. Fill the Dumplings. Take one dumpling skin at a time and place a teaspoon of filling in the center. Wet the edge of the skin with your finger dipped in the cup of water and fold the skin over the filling. Pinch the edges together to seal. Don't leave any holes or the filling will fall out while cooking. Repeat until you have enough.
4. Cooking the Dumplings. Heat 2 Tbsp of Oil in a non-stick pan and fry for around 5 minutes or until bottom is crispy. Then pour a cup of water into the pan and put the lid on for the dumplings to steam around 10 minutes. Take lid off to let the water evaporate and then place on a plate. Repeat the process until all the dumplings are cooked.
5. Garnish with chopped Spring Onions.
6. Enjoy 😊



Nut Free Chocolate Bliss Bites



5 from 9 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 5 Total Time: 5 minutes

Yield: 20 Category: Bliss Balls Method: Food Processor Cuisine: Western

Description

These Nut Free Chocolate Bliss Bites will be a lunchbox hit. Made from cacao, oats, seeds, dates and sultanas and free from sugar and dairy they are a fun snack for school lunches or perfect to grab and go. They are also coconut free.

Ingredients

SCALE

20 pitted medjool dates (around 200 g)

2 cup rolled oats (200 g)

2/3 cup sultanas (100 g)

1/2 cup ~~pepitas~~ (30g) *pumpkin seeds*

1/2 cup sunflower seeds (60 g)

1/4 ~~1/2~~ cup ~~cacao~~ (50 g) *coco powder*

2 tsp vanilla extract

Coconut for rolling the balls in.

Instructions

- 1 Add all the ingredients into a food processor with the s-blade attachment.
- 2 Process on high for a few minutes or until well combined and the ingredients are well combined. The mixture will begin to ball together in the food processor when it is ready.
- 3 Scoop tablespoons of the mixture and roll into balls in your hands.
- 4 Store the bliss balls in the fridge in an airtight container or freeze for later

** Roll balls in coconut.*

Air Fryer Buffalo Cauliflower

Cauliflower is tender-crisp and nicely browned in this air-fryer Buffalo Cauliflower recipe.

Ingredients:

1. 1 Medium head of Cauliflower (cut into small florets)
2. 1 Tbsp Cornflower
3. 2 Tbsp neutral Oil ie Canola, Sunflower or Vegetable Oil
4. ½ tsp Garlic Powder
5. ¼ tsp Onion Powder
6. 1 tsp Paprika
7. ½ tsp Salt

How to make:

1. Preheat Air-fryer on reheat for 4 minutes
2. Wash and chop the Cauliflower into small bite size florets, place into large bowl.
3. In a bowl mix together Cornflower, Garlic Powder, Onion Powder, Paprika and Salt.
4. Add the spice ingredients to the Cauliflower and mix until all the Cauliflower is coated.
5. Add the Oil to the bowl of Cauliflower and mix well. If the Cauliflower needs more Oil use the Spray Oil to coat.
6. Working in batches arrange the Cauliflower in a single layer in the air-fryer basket.
7. Air-Fry at 180C for about 10 minutes until the edges are golden and crispy, checking regularly.

Week 3:



VEGETARIAN SAPASUI (SAMOAN CHOP SUEY)

| | |
|---------------------------|--|
| Season: | Year round |
| From the garden: | Onion, garlic, kale, coriander, silverbeet, seasonal mixed vegetables – see list below |
| Type: | Main |
| Difficulty: | Medium |
| Country of origin: | Samoa |
| Serves: | 6 servings or 20 small tastes |
| Source: | Adapted from Suchi Venkat, Kitchen Specialist at Wesley Primary School |

Equipment

- Large bowl
- Chopping board
- Chef's knife
- Grater
- Measuring cups
- Measuring spoons
- Large frying pan
- Wooden spoon
- Tongs
- Bowls for serving

Ingredients

- 125g vermicelli noodles
- 1 Tablespoon oil
- 1 onion
- 3 cloves garlic
- 3 cm ginger
- 2 cups kale
- 2 cups silverbeet
- 1 cup mixed vegetables (such as: celery, cabbage, Chinese cabbage, broccoli, carrots, green beans, red pepper)
- 2-3 Tablespoons soy sauce
- Coriander

How to make it

1. Soak vermicelli in a bowl of boiling water. Drain when the noodles are soft.
2. Prepare the vegetables. Finely slice the onion. Finely chop the garlic. Grate the ginger. Finely chop the kale and the silverbeet (you could try to chiffonade – stack the leaves, then roll them into a tube and chop into fine ribbons. Finely chop the mixed vegetables if necessary. Chop the coriander.
3. Heat the oil in the frying pan. Sauté the onions until soft. **Caution – hot! Ask an adult to help you with this.**
4. Add the ginger and garlic and fry for one minute.
5. Add the vegetables and fry until soft on a medium heat. Add soy sauce and stir through.
6. Add the softened vermicelli noodles. Stir through or toss with tongs to mix the sauce and vegetables through the noodles.
7. Season to taste. Garnish with chopped coriander.

Tongan Pancakes With Banana (Keke Vai)

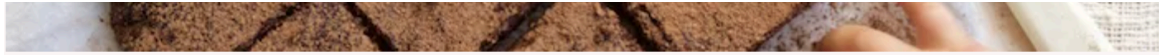
Thanks to Charlotte

Ingredients

4 cups plain flour
4 teaspoons baking powder
1/2 cup sugar
2 mashed bananas
2 cups water
oil for frying

What to do:

- Mix flour, baking powder and sugar in a large bowl.
- Mix in the mashed banana.
- Slowly add the water to make a thick batter.
- Heat about $\frac{1}{4}$ cup of oil in a frying pan over medium heat.
- Carefully tip large spoons of batter into the hot oil.
- Turn when you see bubbles starting to pop on the top and the underneath is golden brown. If the bottom is burning before the batter is set, turn the heat down.
- Put cooked pancakes on a plate. Cover with a tea towel to keep them warm.



Chocolate Beetroot Brownies

This moist brownie is a great way to use up beetroot lurking in the fridge and adds extra nutrition to a sweet recipe. Be sure to grate the beetroot finely so it melts into the brownie giving it a lovely pink tinge and some sweetness. Choose quality chocolate with minimum 70% cacao solids.

**PREP TIME**
20 mins

**COOK TIME**
25 mins

Ingredients

- ✓ 75 g **unsalted butter**
- ✓ 100 g **dark chocolate**
- ✓ 1/4 cup **sugar**
- ✓ 3 **free-range eggs**
- ✓ 1 teaspoon **vanilla extract**
- ✓ 1/2 cup **finely grated beetroot, packed**
- ✓ 3/4 cup **white flour, ground almonds, or gluten-free flour**
- ✓ 1/3 cup **cocoa powder**
- ✓ 1/2 teaspoon **baking powder**

Instructions

- 1 Preheat oven 180°C. Line a 20 x 22cm baking tin.
- 2 In a large saucepan melt the butter. Turn down the heat and add the chocolate and sugar, stirring to melt together. Once melted remove from the heat and cool slightly.
- 3 Add the eggs to the melted chocolate one at a time, whisking constantly.
- 4 Add the vanilla, grated beetroot, flour, cocoa and baking powder. Gently fold together.
- 5 Pour into the lined tin and bake for 20-25 minutes until an inserted skewer comes out clean. Cool in the tin for 10 minutes then remove onto a cake rack to cool. Cut into 12 squares. Keep in an airtight container.

Week 2 Vegetable Curry

Potato and Chickpea Curry

Ingredients

- 1 Onion (or 2 small Onions)
- 4 Cloves Garlic
- 5 Potatoes (leave skin on)
- 2 Carrots
- 2 Tbsp Curry Powder
- 1 x 400g can Chickpeas
- 2 x 400g can crushed Tomatoes
- 2 cups finely chopped Greens
- 1 cup Coconut Cream
- Good pinch of Chilli Flakes

Instructions

1. Peel the Onion and Garlic and finely chop.
2. Scrub the Potatoes and remove any eyes or blemishes with the end of a peeler and chop into small bite sized pieces. Wash the carrot and chop into small bite size pieces.
3. Wash and finely chop the Greens.
4. Heat a good drizzle of Oil in a large Fry pan on medium heat and cook Onion, Potato, Carrot and Garlic for 4 – 5 minutes.
5. Add a little more oil and the Curry Powder, continue cooking for 30-60 seconds.
6. Add drained Chickpeas, Tomatoes, Chilli (if using) and 1½ can of water. Simmer away for about 10 minutes or until potatoes and carrots are tender.
7. Add Greens, let them wilt for a few minutes then add the tin of Coconut Cream slowly
8. Serve with Flat Bread or Rice. Enjoy 😊

Week 2: Nankhatai biscuits

Nankhatai (Cardamom) Biscuits

Ingredients

- 140g Self-Raising Flour
- 50g Chickpea Flour
- 50g Semolina
- 80g Icing Sugar
- 180g Unsalted Butter melted
- ½ tsp Cardamom Powder

Instructions

1. Pre-heat Oven to 180C
2. Prepare baking trays with baking paper.
3. Mix together the flours, sugar and cardamom powder in a bowl.
4. Pour melted butter into the dry ingredients, and gently bring together to form a soft dough.
5. Roll the dough into small marble sized balls with your hands and arrange on the baking paper. Slightly flatten the top of each ball and press a whole almond, some chopped pistachios or chocolate drop in the middle of each one.
6. Bake for 10 – 12 minutes or until light golden and crisp.
7. Enjoy 😊

Week 1 Vegetable Risotto

Equipment

- Knives
- Chopping Boards
- Large fry pan
- Wooden spoon
- Ladle
- Stock Pot
- Grater

Ingredients

- 1 onion or leek
- 3 sticks of celery (keep the leaves to add with the herbs at the end)
- 1 cup Arborio rice
- 4 cups of vegetable or chicken stock
- 40g butter or ¼ cup olive oil (if making dairy free)
- Bunch of parsley, chopped
- 1 bay leaf
- 4 cups of chopped seasonal green veges (eg. a mixture of silverbeet/spinach, cabbage, beans, broad beans, peas, broccoli, cauliflower, asparagus – whatever you have available)
- Lemon juice, to serve
- Salt and pepper
- Parmesan cheese (optional garnish)

How to make it

1. Finely chop the onion (or leek) and celery if using.
2. Heat the butter or oil over a medium heat in a large, heavy based pot or fry pan (or electric fry pan). Add onion (or leek), celery and bay leaf and sauté until softened, stirring with a wooden spoon (approx. 5 minutes).
3. Heat stock in a separate pot over a medium heat. Once warmed, turn the heat to low and leave covered on the stove top.
4. Add the rice to the onions and stir, making sure that all the grains are well coated with the butter or oil and cook for one minute.
5. Add a cup of the hot stock and stir the rice well. The rice will absorb the hot stock and start to swell.

Vegetable Risotto

6. Set a timer for 15 minutes.
7. Keep adding the stock in small amounts, stir well and allow the rice to absorb the liquid before adding more. Continue to add the stock until the last liquid is absorbed, stirring each time. Use all but a few spoonfuls of stock (you'll use this later).
8. While cooking the rice, prepare the green vegetables by chopping them into small bite-sized pieces. Cabbage and silverbeet can be shredded thinly.
9. After 15 minutes, taste the rice - it should be a little bit 'nutty' in the centre of each grain.
10. Add the chopped vegetables and the remaining stock and stir through the rice mixture. Cover and cook for another 5 minutes.
11. After 5 minutes, check the vegetables are cooked and add salt and pepper and chopped herbs.
12. Allow to sit for several minutes with the lid on before serving - this helps it to become creamy.
13. To serve, drizzle with some freshly squeezed lemon juice, some olive oil, chopped parsley and grated parmesan cheese.


Notes:

- Arborio rice is a short-grain, pearl-like Italian white rice which is high in starch. It is named after the town of Arborio, in the Po Valley, where it is grown.
- It forms the foundation of the dish 'risotto'. "Riso" means rice in Italian.
- Like other types of rice, Arborio is a member of the grass family. What distinguishes it is a higher than normal amount of soluble starch that is released during cooking. The starch is what makes a risotto creamy. Arborio rice takes about eighteen minutes to cook.
- It is done when it is "al dente" – tender on the outside and firm in the centre.

Week 10

Pizza Scrolls



2/3/23
Kids love
them.


Ingredients

Dough

- 1 ¼ Cup Warm Water
- Pinch of Sugar
- 1 sachet Edmonds Instant Dry Yeast (8g)
- 3 Cups Flour
- 1 tsp Salt
- 2 Tbsp Olive Oil

Filling

- ¼ Cup (70g) Tomato Paste
- Fresh Herbs or 2tsp Dried Mixed Herbs
- 2 Spring Onions
- 1 Courgette (grated)
- 1 ½ Cup Cheese

Method

Preheat Oven to 190 C.

Step 1

Combine the warm water, sugar and yeast in a mixing bowl. Stir and allow to sit for 5 minutes until the yeast dissolves and looks foamy.

Step 2

Put Flour and Salt into a large mixing bowl. Stir and make a well in the centre. Pour in the yeast mixture and olive oil. Mix with a knife or metal spoon bringing the dough together or use your hands.

Step 3

Tip the dough onto a lightly floured surface and knead for 5 – 10 minutes until smooth and elastic. If the dough is too sticky add a little extra flour but ensure the dough remains soft. Return the dough back into the large mixing bowl to proof.

Step 4

While the dough is proofing. Wash and finely chop the Fresh Herbs and Spring Onions.

Step 5

Grate the Cheese.

Step 6

Roll the dough out to a rectangle (30 cm to 40 cm).

Step 7

Spread the Tomato paste onto the dough with the back of a spoon.

Sprinkle the Herbs and Spring Onions over the Tomato Paste.

Sprinkle over the grated Courgette.

Sprinkle over the grated Cheese.

Step 8

Roll up tightly from the longest side to form a scroll. Cut into evenly sized pieces.

Place scroll side up onto a greased baking tray, placing them close together but not touching. Flatten with a rolling pin if required.

Step 9

Bake for 15 – 20 minutes until scrolls are golden and cooked. Leave to cool for 15 minutes before eating.

Makes approx. 10

Dairy and Egg Free Lemon Muffins

| | |
|---------------------------|---------------------|
| 4 Cups Self-Raising Flour | ½ Cup Vegetable Oil |
| 1 Cup Sugar | 1 ½ Cup Soya Milk |
| 2 Eggs (Egg Replacement) | Zest of 2 Lemons |
| 4 Tbsp Lemon Juice | ½ tsp Salt |
| 2 tsp Vanilla Essence | |

Drizzle (Glaze)

| | |
|-------------------|-------------|
| ½ Cup Lemon Juice | ½ Cup Sugar |
|-------------------|-------------|

Preheat Oven to 200 C

Prepare Cupcake tin's by either using Cupcake Case or butter and flour tins.

1. Zest the Lemons, then squeeze the juice.
2. Add the Lemon juice to the milk and set aside (turns into Buttermilk)
3. In a large bowl mix all dry ingredients together with the lemon zest, make a well in the centre.
4. Whisk the Oil and Egg Replacement into the Milk and Lemon Juice. Pour into the dry ingredients while mixing carefully. The batter should be lumpy not smooth. Be sure not to over mix it.
5. Pour into your baking tins, ¾ full. Makes 18.
6. Put into the Oven and bake for approximately 12 minutes until lightly golden and risen.
7. While the Muffins are baking, make the Drizzle by putting both ingredients into a small pot and boil for 2 – 3 minutes or until like a syrup consistency.
8. Once muffins are cooked, get an adult to help you pour the Lemon syrup over the muffins while still in their tins and leave for 10 minutes.

Equipment

| | |
|-------------------|---------------------------|
| Muffin cases/tins | 1 large and 2 small bowls |
| Measuring Cups | Spatula and Spoon. |
| Grater and Juicer | Small pot |



Week 9

• Flatbread

Equipment

- Measuring Scales
- Measuring spoons
- Measuring cups
- Large mixing bowl x 2
- Small jug
- Clean tea towel x 1
- Rolling pin
- Non-stick fry pan

Ingredients

- 300g flour + extra for kneading
- 2 tablespoons of olive oil
- ½ teaspoon salt
- ¾ cup of warm water
- 1 -2 tablespoons herbs (optional)

How to make it

1. In a small jug dissolve the salt in the warm water.
2. Add the olive oil to the water.
3. Weigh the flour and place in a large bowl.
4. Slowly add the water/oil mixture and gently stir until all the flour and water is combined. Add chopped herbs here if desired.
5. Turn the dough out onto a floured surface and knead for 2 minutes.
6. Rest the dough for 30 minutes in a bowl covered with a clean cloth.
7. Turn the dough out and divide the mixture into 15 pieces.
8. Roll them out as thin as possible, using a rolling pin or gently stretching with your hands (a disk shape is great!). Do not overwork the dough.
9. Place the disc shape in a heated dry pan until they bubble and cook until each side develops brown splotches and bubbles.

Serve with dips or a curry.

Hua Whenua soup (Vegetable)

Equipment:

- 🍴 Large stock pot
- 🍴 Chopping boards
- 🍴 Knives
- 🍴 Vegetable peelers
- 🍴 Grater
- 🍴 Measuring cup for stock

Ingredients:

- 🍴 4 litres of vegetable stock (see page 2)
 - 🍴 ½ cup of either split red lentils, rice, soup mix, barley or pasta (*small shapes*)
 - 🍴 onion or the white part of leek
 - 🍴 celery, carrots, potato, pumpkin, kumara
 - 🍴 spinach or silverbeet
 - 🍴 large bunch of parsley
 - 🍴 salt and pepper to taste
-

How to make:

1. Heat the stock until boiling.
2. Wash and prepare the vegetables:
3. Onion – peel and dice
4. Celery – cut into thin slices and include any leaves
5. Root vegetables - peel and cut into small dice or grate
6. Spinach or silverbeet – thinly slice the stalks and add with the vegetables. Shred the leaves and put to one side to be added at the end of the cooking time
7. Parsley – finely chop and put to the side.
8. Once the stock is boiling, reduce the heat to a simmer and add the lentils/rice/pasta etc. Add the vegetables to the pot as they are prepared.

Week 8

● Lemon, honey & ginger cordial

Equipment

- Glass bottle with a lid
- Chopping board
- Chef's knife
- Vegetable peeler
- Saucepan
- Wooden spoon
- Measuring cups/spoons
- Jug
- Lemon squeezer/reamer
- Sieve
- Funnel

Ingredients

- 4 lemons
- 100g fresh ginger
- 2 cups water
- 1 cup sugar
- 2 Tablespoons honey
- 1 Tablespoon citric acid (optional)
- Water to serve

To sterilise the bottle

1. Put the clean bottle into the cold oven. Heat the oven to 100°C until you are ready to fill the bottle.

To make the syrup

2. Peel the lemons using a vegetable peeler. Chop the ginger roughly.
3. Put the lemon peel and ginger into the small saucepan with the water and sugar. Boil for 5-10 minutes until the sugar is dissolved and the flavour has come out of the ginger and lemon peel. **Caution – hot!** **Ask an adult to help you with this.** While it is boiling, cut the lemon in half and squeeze out the juice into a jug.
4. Put the sieve over the jug with the lemon juice. Pour the lemon/ginger mixture through the sieve into the jug. **Caution – hot! Ask an adult to help you with this.** Put the lemon peel and ginger in the compost.
5. Cool slightly. Stir in the honey. Stir in the citric acid if using.
6. Using oven gloves, take the sterilised bottle out of the oven. **Caution – hot! Ask an adult to help you with this.** Use a funnel to pour the liquid into the bottle. Leave to cool.
7. Store in the fridge.



Veggie Pasta Sauce

★★★★★ 5 from 3 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 10 minutes

Cook Time: 20 minutes Total Time: 30 minutes Yield: 20 portions ☒ 2x Category: Sauce

Method: Stove Top Cuisine: Western

Description

This quick and simple Veggie Pasta Sauce is packed with 6 vegetables. It is rich and flavourful and comes together within 30 minutes. It's the perfect kid-friendly pasta sauce for busy weeknights.

Ingredients

SCALE ☒ 1x ☐ 2x ☐ 3x

400 g (2 small) peeled sweet potato

200 g (2 medium) peeled carrot

400 g (2 large) zucchini

2 medium brown onion

4 tablespoon olive oil

6 cloves garlic crushed

2 teaspoon dried oregano

2 teaspoon brown sugar

2 teaspoon salt

1 teaspoon freshly ground black pepper

~~1000ml passata~~ Depending on the mixture add 1 cup Vege stock.

800 g can diced tomatoes

2 tablespoon balsamic vinegar




1/2 cup fresh chopped soft herbs - basil and parsley work very well in this sauce.

Instructions

- 1 Roughly chop the peeled sweet potato, carrot, zucchini and onion to a similar size and put in a food processor with the S-blade attachment. If you do not have a food processor grate the sweet potato, carrot and zucchini and finely dice the onion.
- 2 Preheat a pan over a low heat with the olive oil.
- 3 Blitz the vegetables together until finely chopped to your desired consistency. I prefer mine to still have some texture.
- 4 Add the prepared vegetable mix to the pan and increase the heat to medium-low. Cook for 10 minutes, stirring frequently to ensure that it does not catch on the bottom of the pan.
- 5 Add in the garlic, oregano, sugar and salt and pepper and stir through for one minute
- 6 Then stir in the passata, diced tomatoes and balsamic vinegar and simmer for 8 minutes, stirring occasionally. The mixture should only gently bubble so if it is boiling hard reduce the heat.
- 7 Stir the fresh herb through the veggie pasta sauce then divide the mixture into two portions. See note for storage instructions.
- 8 If serving one portion immediately, stir through 400-500g cooked pasta and top with fresh herbs and parmesan if desired.

Crispy Kale Chips

These healthy kale chips are the perfect snack when you feel like something savoury, crunchy and salty.

| | | |
|---|----------|---|
|  | | |
| PREP TIME | | COOK TIME |
| 5 mins | | 10 mins |
|  | |  |
| COURSE | SERVINGS | CALORIES |
| Snacks and Sides | 2 | 79 kcal |

Dairy Free, Diabetic, Gluten Free, Kid Friendly

INGREDIENTS

- 150 g curly kale
- 1 tablespoon olive oil or avocado oil
- 1 pinch chili flakes optional
- 1 teaspoon sesame seeds
- 1 pinch flaky sea salt

INSTRUCTIONS

or Air Fryer

1. Preheat oven to 175degC/350 Fahrenheit. Line a baking tray with baking paper.
2. Cut kale leaves from the tough stalks. Tear kale leaves into roughly 3-4cm bite-sized pieces and pat dry with paper towels. Toss kale with oil, chilli flakes and sesame seeds in prepared baking tray. Season with just a pinch of flakey salt (they're quite delicate, so be careful not to over-salt them).
3. Lay in a single layer on prepared baking tray and bake for 12-15 minutes until crispy. They will go a dark green colour with a little brown around the edges – be careful not to burn them or they will risk tasting bitter, so watch carefully and take them out as soon as they are done! If they are not done after 10-12 minutes, you can keep cooking them for 1 minute extra at a time until they are crispy, but watch them carefully.
4. Serve in a bowl for a tasty, salty, crispy snack!

NOTES

*Air Fryer - Preheat air-fryer - 4 minutes
- Air fry kale for 5 minutes shake/toss then
cook another 2 minutes or longer if needed.*

ANZAC Biscuits

While making and eating ANZAC biscuits is a popular way to commemorate ANZAC Day, the sweet biscuit made from rolled oats and golden syrup must not be confused with hardtack biscuits used as durable, nutritional rations for soldiers. The true origin and association to ANZAC isn't known but perhaps their reasonable shelf-life made them suitable inclusions in parcels of small comforts that families used to send to soldiers.

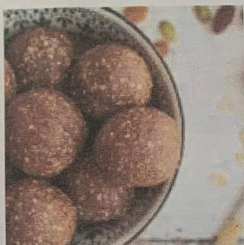
Ingredients

- 1 cup flour
- 1 cup rolled oats
- 1 cup coconut
- 1/2 cup caster sugar
- 125g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 1 tbsp boiling water
- Optional: add your own touch with dried fruits and nuts, or some cheeky chocolate chips → 1 carrot grated

Method

1. Sift flour into a basin, add sugar, rolled oats and coconut.
2. Add dried fruits and nuts if you've chosen to.
3. Melt butter and combine with golden syrup. and grated carrot
4. Dissolve bicarbonate of soda in boiling water, and add to butter and golden syrup mixture.
5. Add butter mixture to dry ingredients, and stir until well combined.
6. Preheat oven to 180°C. Roll into 5cm balls and place on lined baking tray. Flatten with fork.
 Use a tsp and a
 ^ a
7. Bake for 12-15 mins. Allow to cool for 5mins on tray before transferring to a cooling rack.

Week 7



Nut Free Chocolate Bliss Bites

★★★★★ 5 from 9 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 5 Total Time: 5 minutes
Yield: 20 Category: Bliss Balls Method: Food Processor Cuisine: Western

Description

These Nut Free Chocolate Bliss Bites will be a lunchbox hit. Made from cacao, oats, seeds, dates and sultanas and free from sugar and dairy they are a fun snack for school lunches or perfect to grab and go. They are also coconut free.

Ingredients

SCALE

20 pitted medjool dates (around 200 g) *including water dates are soaked in.*
2 cup rolled oats (200 g)
2/3 cup sultanas (100 g)
1/2 ~~peppas~~ (30g) *pumpkin seeds*
1/2 cup sunflower seeds (60 g)
1/4 ~~1/2~~ cup ~~cacao~~ (50 g) *coco powder*
2 tsp vanilla extract
Coconut for rolling the balls in.

Instructions

- 1 Add all the ingredients into a food processor with the s-blade attachment.
 - 2 Process on high for a few minutes or until well combined and the ingredients are well combined. The mixture will begin to ball together in the food processor when it is ready.
 - 3 Scoop tablespoons of the mixture and roll into balls in your hands.
 - 4 Store the bliss balls in the fridge in an airtight container or freeze for later
- * Roll balls in coconut.*

Rhubarb Muffins With Cinnamon Topping

By Amber Hyndman

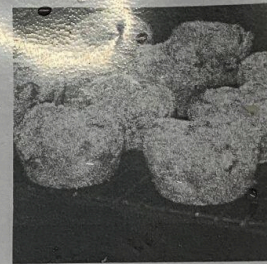
*Crunchy cinnamon and demerara sugar topping!
Yummo! Thanks to Amber, a recipe club member
for sending this recipe in to us.*

Very good!

Difficulty **Easy** Prep time **20 mins** Cooking time **20 mins** Serves **16**

Ingredients

1 1/4 cups **Chelsea Soft Brown Sugar**
1/2 cup oil
1 egg
2 tsp vanilla essence
1 cup milk
2 cups (or more) rhubarb
2 1/2 cups flour
1 tsp baking powder
Pinch of salt



Topping

2 tsp cinnamon
1 Tbsp butter (melted)
1/3 cup **Chelsea Demerara Sugar**
walnuts

Method

Preheat your oven to 200°C bake. Grease your muffin tin with either a bit of butter or non-stick spray - you can use either a 6 muffin tray (Texas-sized) or 12 (regular-sized), depending on whether you like big or medium-sized muffins!

Combine **Chelsea Soft Brown Sugar**, oil, egg, vanilla essence and milk in a mixing bowl. Mix well. Chop rhubarb into 2-3cm long chunks and add them to the bowl.

In a separate bowl sift dry ingredients together then blend the rhubarb mixture into the dry ingredients. Try not to over stir it. Fill the muffin tins three-quarters full.

Topping

In a separate bowl combine cinnamon, melted butter and **Chelsea Demerara Sugar**, then spoon on top of each of the muffins evenly. Bake for 20 - 25 minutes.

This recipe has not been tested by Chelsea Sugar.

- Broccoli Fritters

Equipment

- Chef's knife
- Clean tea towel
- Large, medium and small mixing bowl
- Large Frying pan (non-stick is good)
- Fish slice
- Measuring cups and spoons
- Chopping board
- Large spoon for stirring
- Whisk
- Serving platter

Ingredients

- 3 cups flour
- 3 teaspoons of baking powder
- 1 medium broccoli floret (to make 2 cups when chopped)
- 4 eggs
- ½ cup grated cheese
- 2 cups of milk
- Olive or vegetable oil for cooking
- Pinch of salt and freshly ground black pepper
- Optional – fresh chopped herbs, try oregano and parsley

How to make it

1. Wash broccoli and allow to dry on a clean tea towel.
2. Remove broccoli florets from head by gently breaking where they join base of stalk. Chop finely with a chef's knife and place in medium sized mixing bowl. Save stalks for soup, chickens or the compost.
3. Place flour, baking powder and salt in a large bowl.
4. Whisk egg and milk together in a small bowl. Gradually add to the flour mix and whisk to make a smooth batter.
5. Add broccoli and cheese, a couple of grinds of black pepper and fresh herbs if using to the batter and stir to combine.
6. Heat frypan over a medium heat and add a little oil to the pan. **Caution – hot! Ask an adult to help you with this.**
7. Use a ¼ cup measure, small ladle or large spoon to pour fritter mix into the pan to make small fritters. **Caution – hot! Ask an adult to help you with this.**
8. Cook fritters for 1-2 minutes on first side (you should see some bubbles on top of the fritters) carefully turn over using the fish slice and cook till golden brown. Remove from pan onto a plate and keep warm in an oven while you cook the remaining fritters. **Caution – hot! Ask an adult to help you with this.**
9. To serve fritters chop into smaller pieces or keep whole for bigger tastes. Place on serving platter and enjoy on their own or with your favourite dip, salad or soup.

Week 6

HERBY BREADSTICKS

INGREDIENTS

- 1 loaf sliced bread
- 1 cup fresh herbs, such as thyme, rosemary, oregano, parsley
- 1 cup oil (olive oil/canola oil)

- 1/2 teaspoon of salt

HOW TO MAKE

- Preheat the oven to 200 deg C
- Wash and dry herbs. Pick the leaves off any woody stems, put the stems in the compost.
- Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife)
- Combine the oil with the herbs in a small bowl, add the salt and mix together
- Taking 4 slices of bread, cut the crusts off, cut in half, and then cut in half again. Each piece of bread should make 8 pieces. Repeat until all bread is cut in bread stick pieces
- Place the cut bread in a wide bowl or tray.
- Pour the herby oil over the cut bread pieces and gently mix with tongs until the bread pieces are evenly coated. (You may need to do this in batches)
- Spread on a baking tray in a single layer.
- Bake for 5 to 7 minutes until toasted and golden.
- Serve with your favourite dip



Carrot Cake Bliss Balls – Nut Free and Delicious

★★★★★ 5 from 3 reviews

Author: Bernadette - Goodie Goodie Lunchbox Prep Time: 10 Total Time: 10 minutes

Yield: 30 bliss balls 2x

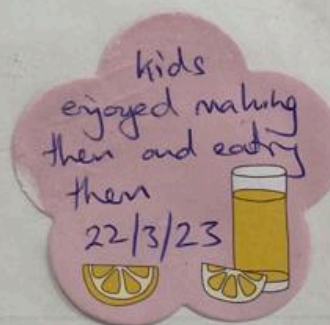
Description

These delicious nut free Carrot Cake Bliss Balls are moist and delicious and perfect to make for school lunches. These are also dairy free and freeze well.

Ingredients

SCALE 1x 2x 3x

- 2 cup (180 g) rolled oats lightly toasted if desired
- 1 cup (120 g) sunflower seeds lightly toasted if desired
- 12 (around 75g) pitted Medjool dates
- 300 g (around 4 medium size) peeled grated carrots
- ~~1/2 (around 40g) cup raisins~~ ✓
- 3 tsp cinnamon
- Zest of 1/2 of an orange
- Juice of 1/2 of an orange
- Desiccated coconut (for rolling)
- 1 Tbsp Honey



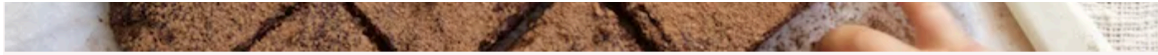
Instructions

- 1 Add all the ingredients into a food processor with the s-blade attachment.
- 2 Process on high for around three minutes or until well combined and the ingredients are chopped quite finely.
- 3 Scoop a tablespoon of the mixture and roll to make a ball in between your hands.
- 4 Roll the ball lightly in the coconut to coat then roll again in your hands so that the coconut sticks to the ball. Repeat to make 15 bliss balls.
- 5 Store the bliss balls in the fridge in an airtight container. These bliss balls also freeze well.

Notes

- 1 To toast the sunflower seeds and oats, spread out on tray and bake at around 200c for around 4 minutes, stirring every two minutes so they do not burn.

Find it online: <https://www.goodiegoodielunchbox.com.au/carrot-cake-bliss-balls/>



Chocolate Beetroot Brownies

This moist brownie is a great way to use up beetroot lurking in the fridge and adds extra nutrition to a sweet recipe. Be sure to grate the beetroot finely so it melts into the brownie giving it a lovely pink tinge and some sweetness. Choose quality chocolate with minimum 70% cacao solids.



PREP TIME

20 mins



COOK TIME

25 mins

Ingredients

- ✓ 75 g **unsalted butter**
- ✓ 100 g **dark chocolate**
- ✓ 1/4 cup **sugar**
- ✓ 3 **free-range eggs**
- ✓ 1 teaspoon **vanilla extract**
- ✓ 1/2 cup **finely grated beetroot, packed**
- ✓ 3/4 cup **white flour, ground almonds, or gluten-free flour**
- ✓ 1/3 cup **cocoa powder**
- ✓ 1/2 teaspoon **baking powder**

Instructions

- 1 Preheat oven 180°C. Line a 20 x 22cm baking tin.
- 2 In a large saucepan melt the butter. Turn down the heat and add the chocolate and sugar, stirring to melt together. Once melted remove from the heat and cool slightly.
- 3 Add the eggs to the melted chocolate one at a time, whisking constantly.
- 4 Add the vanilla, grated beetroot, flour, cocoa and baking powder. Gently fold together.
- 5 Pour into the lined tin and bake for 20-25 minutes until an inserted skewer comes out clean. Cool in the tin for 10 minutes then remove onto a cake rack to cool. Cut into 12 squares. Keep in an airtight container.

Week 5



VEGETARIAN SAPASUI (SAMOAN CHOP SUEY)

| | |
|---------------------------|--|
| Season: | Year round |
| From the garden: | Onion, garlic, kale, coriander, silverbeet, seasonal mixed vegetables – see list below |
| Type: | Main |
| Difficulty: | Medium |
| Country of origin: | Samoa |
| Serves: | 6 servings or 20 small tastes |
| Source: | Adapted from Suchi Venkat, Kitchen Specialist at Wesley Primary School |

Equipment

- Large bowl
- Chopping board
- Chef's knife
- Grater
- Measuring cups
- Measuring spoons
- Large frying pan
- Wooden spoon
- Tongs
- Bowls for serving

Ingredients

- 125g vermicelli noodles
- 1 Tablespoon oil
- 1 onion
- 3 cloves garlic
- 3 cm ginger
- 2 cups kale
- 2 cups silverbeet
- 1 cup mixed vegetables (such as: celery, cabbage, Chinese cabbage, broccoli, carrots, green beans, red pepper)
- 2-3 Tablespoons soy sauce
- Coriander

How to make it

1. Soak vermicelli in a bowl of boiling water. Drain when the noodles are soft.
2. Prepare the vegetables. Finely slice the onion. Finely chop the garlic. Grate the ginger. Finely chop the kale and the silverbeet (you could try to chiffonade – stack the leaves, then roll them into a tube and chop into fine ribbons. Finely chop the mixed vegetables if necessary. Chop the coriander.
3. Heat the oil in the frying pan. Sauté the onions until soft. **Caution – hot! Ask an adult to help you with this.**
4. Add the ginger and garlic and fry for one minute.
5. Add the vegetables and fry until soft on a medium heat. Add soy sauce and stir through.
6. Add the softened vermicelli noodles. Stir through or toss with tongs to mix the sauce and vegetables through the noodles.
7. Season to taste. Garnish with chopped coriander.

Suafa'i - Samoan Banana Tapioca Pudding

Season: Autumn - for Samoan Language Week

From the garden: Bananas, lemon leaves

Type: Dessert

Difficulty: Easy

Serves: 8 adult serves or 24 small tastes

Recipe source: Adapted from The Coconut.tv and SamoaFood.com

Equipment

- ☐ Saucepan
- ☐ Fork
- ☐ Wooden spoon
- ☐ Measuring cups

Ingredients

- ☐ 6 ripe bananas
- ☐ Approximately 3 cups water
- ☐ 6 tablespoons small tapioca pearls
- ☐ 1 cup coconut cream
- ☐ 2-3 lemon leaves (optional)

How to make it:

1. Peel the bananas and remove all of the stringy bits.
2. Put the bananas in a saucepan and cover with water until just submerged.
3. Bring to the boil and then turn down to a simmer for 15 minutes. Break up banana with a fork.
4. Add the tapioca, stirring constantly to stop the mix getting lumpy. Add the coconut cream and lemon leaves. Bring back to a simmer.
5. Simmer for 15-20 minutes stirring often, until the tapioca is completely cooked and see through. Remove the lemon leaves.
6. Leave to cool before serving. Serve warm or cold

skills: Peel, boil, simmer*

Key skill: simmer - this means cooking food in liquid, heating it to just below boiling point, so that it bubbles gently but does not cook too fast or too hard.

Notes:

- Use really ripe spotty or brown bananas. The riper the banana the sweeter the pudding will be.
- Tapioca pearls come in different sizes. The small ones are suitable for this recipe. Sago is similar to tapioca and can be used instead, but it will take longer to cook.
- Make sure the tapioca is properly cooked, making sure there is no white inside each pearl.
- If the pudding is too thick you can thin with water. You can add sugar if it needs more sweetness.

Coconut Macaroons

- 1 cup of desiccated coconut
- ½ cup of sugar
- 1 tablespoon of cornflour
- 1 egg beaten
- 16 whole (or 8 halved) glacé cherries

Simple and easy for children to make, these macaroons were a favourite in my childhood.

Preheat the oven to 180 °C. Lightly grease 1–2 baking trays and dust with a light covering of cornflour. Alternatively, line with baking paper.

In a medium-sized bowl, mix together the coconut, sugar and cornflour and make a well in the centre.

Add the beaten egg and mix with a knife to form a moist mass.

Place heaped dessertspoons of mixture onto the prepared trays. Top with a whole or halved glacé cherry.

Bake in the preheated oven for 15 minutes or until lightly golden.

Transfer while warm to a cake rack to cool. Store in an airtight container.

Week 3

Apple & Cinnamon Muffins

Equipment:

- 🍳 2 - 3 muffin trays
- 🍳 Chopping board x 2
- 🍳 Grater x 2
- 🍳 Scales
- 🍳 Wooden spoon
- 🍳 Measuring spoons, cups and jug
- 🍳 Whisk
- 🍳 Small saucepan
- 🍳 Sieve or sifter
- 🍳 Pastry brush
- 🍳 Bowls – 1 medium and 1 large
- 🍳 Wire rack

Ingredients:

- 🍳 1 large eating apple
- 🍳 1 tablespoon butter
- 🍳 220g of self raising flour
- 🍳 ½ cup of castor sugar
- 🍳 ¾ cup milk
- 🍳 1 egg
- 🍳 ¾ cup vegetable oil
- 🍳 1 tsp ground cinnamon

How to make it:

1. Preheat oven to 180 degrees.
2. Melt butter in a small saucepan and then use the pastry brush to grease 1 x 12 hole muffin trays with the butter.
3. Using the scales, weight the flour and then sift it with the sugar and cinnamon into a large bowl.
4. Grate the apple using the largest hole of the grater (leave the peel on). Using your fingers, mix the apple evenly through the flour mixture.
5. Place the milk, egg and oil in the medium bowl and whisk well. Make a well in the flour mixture, then pour in the milk and egg mixture. Stir lightly using the wooden spoon, but do not over mix of the muffin mixture will become tough.
6. Spoon into prepared muffin trays, so that each hole is 1/2 to 2/3 full.
7. Bake for 20-25 minutes until golden brown. Remove from the oven and allow to cool for a few minutes in the tray before turning out onto the wire rack to cool.



VEGETARIAN SAPASUI (SAMOAN CHOP SUEY)

| | |
|---------------------------|--|
| Season: | Year round |
| From the garden: | Onion, garlic, kale, coriander, silverbeet, seasonal mixed vegetables – see list below |
| Type: | Main |
| Difficulty: | Medium |
| Country of origin: | Samoa |
| Serves: | 6 servings or 20 small tastes |
| Source: | Adapted from Suchi Venkat, Kitchen Specialist at Wesley Primary School |

Equipment

- Large bowl
- Chopping board
- Chef's knife
- Grater
- Measuring cups
- Measuring spoons
- Large frying pan
- Wooden spoon
- Tongs
- Bowls for serving

Ingredients

- 125g vermicelli noodles
- 1 Tablespoon oil
- 1 onion
- 3 cloves garlic
- 3 cm ginger
- 2 cups kale
- 2 cups silverbeet
- 1 cup mixed vegetables (such as: celery, cabbage, Chinese cabbage, broccoli, carrots, green beans, red pepper)
- 2-3 Tablespoons soy sauce
- Coriander

How to make it

1. Soak vermicelli in a bowl of boiling water. Drain when the noodles are soft.
2. Prepare the vegetables. Finely slice the onion. Finely chop the garlic. Grate the ginger. Finely chop the kale and the silverbeet (you could try to chiffonade – stack the leaves, then roll them into a tube and chop into fine ribbons. Finely chop the mixed vegetables if necessary. Chop the coriander.
3. Heat the oil in the frying pan. Sauté the onions until soft. **Caution – hot! Ask an adult to help you with this.**
4. Add the ginger and garlic and fry for one minute.
5. Add the vegetables and fry until soft on a medium heat. Add soy sauce and stir through.
6. Add the softened vermicelli noodles. Stir through or toss with tongs to mix the sauce and vegetables through the noodles.
7. Season to taste. Garnish with chopped coriander.

Week 2:

Kawakawa Biscuits

Equipment

- 🍳 Oven tray
- 🍳 Baking paper
- 🍳 Measuring spoons
- 🍳 Small bowl
- 🍳 Large mixing bowl
- 🍳 Wooden spoon
- 🍳 Chef's knife
- 🍳 Sieve
- 🍳 Clingfilm

Ingredients

- 🍳 1 teaspoon dried or 2 teaspoons fresh kawakawa leaves
- 🍳 2 Tablespoon orange juice
- 🍳 140g butter, at room temperature
- 🍳 80g (½ cup) icing sugar
- 🍳 150g (1 cup) plain flour
- 🍳 3 Tablespoon cornflour

How to make it

1. Cover an oven tray with baking paper.
2. Put the kawakawa in a small bowl and cover with the orange juice. Set aside to soak up the juice.
3. Beat the butter and icing sugar together with a wooden spoon until light and fluffy (this is called "creaming").
4. Chop the kawakawa finely and mix into the butter mixture.
5. Sift together the flour and cornflour. Mix into the butter mixture until a soft dough forms.
6. Turn the dough onto a very lightly flour dusted surface and bring together into a log shape. Wrap the dough in clingfilm and pop into the fridge for 20-40 minutes.
7. Turn the oven to 160°C.
8. Remove the dough from the fridge. Remove from clingfilm and pop onto a chopping board.
9. Chop pieces from the "log" – around 1.5cm thick. Place onto the baking tray.
10. Bake in the heated oven for 15-20 minutes – time will depend on size and thickness of biscuits.

HERBY BREADSTICKS

INGREDIENTS

- 1 loaf sliced bread
- 1 cup fresh herbs, such as thyme, rosemary, oregano, parsley
- 1 cup oil (olive oil/canola oil)
- 1/2 teaspoon of salt

HOW TO MAKE

- Preheat the oven to 200 deg C

- Wash and dry herbs. Pick the leaves off any woody stems, put the stems in the compost.
- Chop the herbs finely (using a rocking motion, with one hand flat on the top blunt part of the knife)
- Combine the oil with the herbs in a small bowl, add the salt and mix together
- Taking 4 slices of bread, cut the crusts off, cut in half, and then cut in half again. Each piece of bread should make 8 pieces. Repeat until all bread is cut in bread stick pieces
- Place the cut bread in a wide bowl or tray.
- Pour the herby oil over the cut bread pieces and gently mix with tongs until the bread pieces are evenly coated. (You may need to do this in batches)
- Spread on a baking tray in a single layer.
- Bake for 5 to 7 minutes until toasted and golden.
- Serve with your favourite dip

Week 1:



GREENS AND CHEESE FRITTERS

| | |
|-------------------------|--|
| Season: | Year round |
| From the garden: | Greens (spinach/silverbeet/kale) herbs, eggs |
| Type: | Main |
| Difficulty: | Medium |
| Serves: | 8 adults as a starter etc./ 25-30 tastes in the classroom |
| Source: | Laura Cornelius, Kitchen Specialist at Te Huruhi Primary, Waiheke Is |

Equipment

- Chopping boards
- Sieve or Flour sifter
- Measuring Spoons and cups
- Measuring Jug
- Serrated chopping knife
- Chef's knife
- Whisk (or fork)
- Large mixing bowl
- Large frying pan
- Small ladle or serving spoon
- Small bowl
- Grater
- Fish slice
- Serving plate
- Side plates

Ingredients

- Sunflower oil
- 2 eggs
- ½ cup flour
- ¼ cup milk
- 1 tsp baking powder
- 200 grams greens from the garden eg. spinach, silverbeet or kale
- 1 tablespoon chopped herbs eg. parsley, mint
- 100 grams grated cheese or crumbled feta
- 50 grams onion or spring onion
- 1 clove garlic
- Freshly ground black pepper and salt

To Serve

- Plain, unsweetened yoghurt (optional)
- Lemon juice and chopped fresh mint (optional)

How to make it

1. Sift the dry ingredients (flour and baking powder) into a large mixing bowl.
2. Break the eggs into small bowl, add the milk and whisk together.
3. Make a well in the dry ingredients and pour wet ingredients (the egg/milk mixture) into middle. Use a whisk or a wooden spoon to mix it together to make a smooth batter.
4. Wash and dry the garden greens. Remove the leaves from the stem. Finely chop the stems then the leaves and the onion or spring onion. Add to the batter.
5. Grate cheese and add to the batter.

6. Season with black pepper and salt to taste. Mix well with a wooden spoon until all the seasoning, greens and cheese are fully incorporated in to the batter.
7. Heat a frying pan over a medium heat. Add ½ cm sunflower oil. When the oil is hot, test a drop of the mixture in the frying pan – you want it to sizzle gently.
8. Once the frying pan and oil are at the right heat, place spoonfuls of the fritter mixture to make 4-5 small fritters. Fry the fritters for 3 minutes then flip them over carefully and cook for another 3 minutes until golden. Use the fish slice to transfer them to the serving plate and keep warm in a low oven (50-60°C) until all the fritters are made.
9. Repeat until all the fritter mixture has been used.
10. Mix the yoghurt with lemon juice to taste and add freshly chopped mint. Serve with the fritters.

Notes:

- The easiest way to chop leafy greens is to lay them flat on top of each other and starting at one end roll them up tightly. Then slice finely across the roll. If you require something even finer you can then chop across again.

Glossary:

- Batter: A mixture usually made from flour, eggs and milk, sometimes with a rising agent such as baking powder, beer or yeast. It is used to make pancakes, waffles, cakes etc. The mixture can be thick or thin and can also be used to coat foods before frying.



Stephanie Alexander Kitchen Garden Program
Fitzroy North Primary School

Kale Chips

Makes 25 tastes

Volunteers notes:

- Pre-heat oven to 230C

Equipment

Measuring spoons
Colander
Salad spinner
Large bowl
Small bowl
Serving platters
Baking tray
Baking paper

Ingredients

2 bunches kale
2 Tbsp olive oil
salt & pepper

What to do

- Wash kale leaves thoroughly
- Use salad spinner to remove all excess water
- With your hands, rip kale leaves off stalks into chip sized portions
- Transfer to a large mixing bowl
- Add oil, salt & pepper, mix well
- Transfer to baking trays lined with baking paper
- Arrange kale chips in a single layer
- Bake in oven for 15-20 mins or until kale is dry and crunchy

To Finish

- Arrange on 4 serving platters

ANZAC Biscuits

While making and eating ANZAC biscuits is a popular way to commemorate ANZAC Day, the sweet biscuit made from rolled oats and golden syrup must not be confused with hardtack biscuits used as durable, nutritional rations for soldiers. The true origin and association to ANZAC isn't known but perhaps their reasonable shelf-life made them suitable inclusions in parcels of small comforts that families used to send to soldiers.

Ingredients

- 1 cup flour
- 1 cup rolled oats
- 1 cup coconut
- 1/2 cup caster sugar
- 125g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 1 tbsp boiling water
- Optional: add your own touch with dried fruits and nuts, or some cheeky chocolate chips

Method

1. Sift flour into a basin, add sugar, rolled oats and coconut.
2. Add dried fruits and nuts if you've chosen to.
3. Melt butter and combine with golden syrup.
4. Dissolve bicarbonate of soda in boiling water, and add to butter and golden syrup mixture.
5. Add butter mixture to dry ingredients, and stir until well combined.
6. Preheat oven to 180°C. Roll into ^{Use a tsp and} ~~3cm~~ balls and place on lined baking tray. Flatten with fork.
^ a
7. Bake for ^{12 - 15} ~~15-20~~ mins. Allow to cool for 5mins on tray before transferring to a cooling rack.