



Vegetable Fritters with Feta

Makes	30 tastes in the classroom	From the garden:	Pumpkin, cauliflower, silver beet
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Large metal mixing bowl ▪ Chopping board ▪ Chef's knife ▪ Salad spinner ▪ Food Processor ▪ Electric fry pan or stove top fry pan ▪ Spatula 	<ul style="list-style-type: none"> ▪ 2 cups silver beet leaves, washed and finely chopped ▪ 1 cup grated pumpkin ▪ 1 cup cauliflower ▪ 1 onion, diced ▪ 1 bunch parsley ▪ 4 eggs ▪ 2 cups plain flour ▪ 100g feta cheese ▪ ½ cup olive oil ▪ Salt and pepper to taste
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What to do

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| <ol style="list-style-type: none"> 1. Heat fry pan with a tablespoon of olive oil. Add onion and cook over medium heat until soft. Remove from heat and set aside to cool. 2. Add cauliflower to the food processor and process until rice size. 3. Combine pumpkin, cauliflower, silver beet, parsley, eggs, flour and crumbled feta in a large bowl; season with salt and pepper. 4. Heat oil in fry pan over medium heat. Pour ¼ cups of fritter mixture into pan; cook for 3 minutes each side or until golden and cooked through. 5. Remove from pan; cover to keep warm. Repeat with remaining oil and fritter mixture. |
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Bottom Drawer	<i>Did you know?</i> Serve fritters for lunch or as a snack. Try different combinations of seasonal vegetables and herbs.
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Broad Bean and Apple Salad

Super Legumes by Chrissy Freer

Makes	30 tastes in the classroom	From the garden:	Broad beans, silver beet, mint
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Measuring cups and spoons ▪ Non slip mat ▪ Chopping board ▪ 2x cooks knives ▪ Salad spinner. ▪ Large mixing bowl. ▪ Large saucepan ▪ Small mixing bowl. ▪ Small fry pan 	<ul style="list-style-type: none"> ▪ 400g frozen broad beans ▪ 2 cups shredded silver beet leaves ▪ 3 red apples, cored and diced ▪ Half a lemon ▪ 2 tablespoons sunflower seeds ▪ 2 tablespoons pepitas ▪ 2 tablespoons natural almonds ▪ 2 tablespoons mint ▪ 1 tablespoon olive oil ▪ 1 tablespoon white wine vinegar ▪ 2 tablespoons apple juice
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What to do

<ol style="list-style-type: none"> 1. Bring a large saucepan of water to boil, add broad beans and cook for 3 minutes. Drain, then refresh under cold water. Peel off the outer skins. 2. Wash and spin silver beet leaves, then slice finely. 3. Cut apples into quarters, remove core, then slice into small squares. Place in a small bowl and squeeze some lemon juice over the top. 4. Add the cooled broad beans, silver beet and apples to a large bowl. 5. Heat a small fry pan and add sunflower and pepita seeds. Roughly chop almonds and add to fry pan. Carefully stir until lightly toasted. Set aside to cool. 6. In a small bowl, whisk together olive oil, vinegar and apple juice. 7. When cool add the toasted seeds and nuts to the broad bean mixture, pour over the dressing and gently toss to combine.

Bottom Drawer	<i>Did you know?</i> Broad beans, also known as fava beans are believed to have been part of eastern Mediterranean diets from around 6000 BC.
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