



Mmm...

Melbourne

A cookbook of pollinator-inspired recipes in conjunction with the City of Melbourne
By *PlantingSeeds*





The recipes in this book celebrate biodiversity and in particular, the plants and food crops connected with Australian pollinators.

The edible bounty including so many of our favourite foods – avocados, mangoes, eggplants, chocolate, tomatoes and more – would not be possible without the bees, birds and other species that pollinate our food crops.

PlantingSeeds Projects' B&B Highway – Bed and Breakfasts for Birds, Bees and Biodiversity – is now a feature of many Melbourne schools and your school is now on the Highway!

Students have learnt about local plants, pollinators and citizen science and have helped to plant and tend habitats in the school.

These recipes celebrate the plants and pollinators in your school gardens and students' favourite recipes.



Welcome to Mmm... Melbourne

We hope you enjoy the recipes in this book: lunchbox ideas, salads and snacks, family favourites and sweet treats are all covered.

Thanks to the students and teachers from the B&B Highway schools who contributed their favourites!

The dishes celebrate nature's bounty and the hard work of our pollinators!

Dr Judy Friedlander
Founder, PlantingSeeds Projects

Your school is now part of an urban regenerative corridor – University High, North Melbourne Primary School and Kensington Primary School – are now ‘B&Bs’ of PlantingSeeds’ B&B Highway.

Thanks to the 2022 Connected Communities Grant from the City of Melbourne, students have learnt about local plants and pollinators and have developed observational and identification skills.

Here’s to continuing to value and enjoy the nature around us and championing the biodiversity cause!



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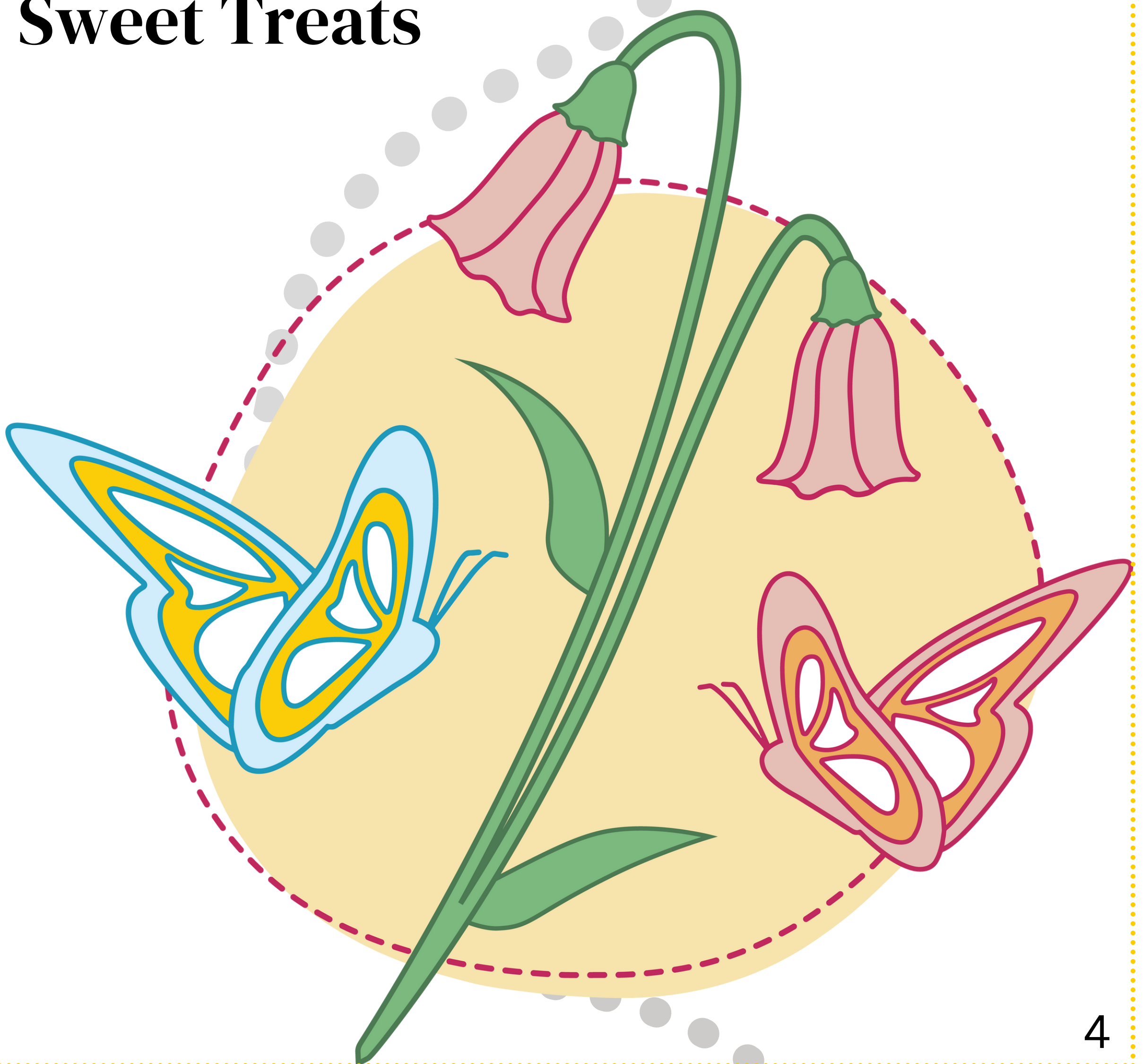
1. Lunchbox Ideas



2. Salads and Snacks

3. Family Favourites

4. Sweet Treats





Lunchbox Ideas



1. Zucchini Slice

2. Honey Joys

3. Laham Aghen

4. Three Ingredient Veggie Wraps

Clementine's Zucchini Slice

Recipe submitted by Clementine Wood, Kensington Primary School

Makes approximately 10 Lunch Serves

5 eggs
1 cup self raising flour
1 cup tasty cheese, grated
300g zucchini, grated
175g carrot, grated
1/2 cup vegetable oil
300g sliced ham or cooked bacon, chopped
8-10 spring onions, chopped pinch of salt

Preheat oven to 170°C. Grease 20 x 20cm square cake tin or ceramic baking dish.

Mixed all ingredients together until combined.

Pour into prepared tin. Bake for approx. 35 mins or until firm to touch and brown on top. Skewer inserted into centre should come out clean.



Honey Joys

Recipe submitted by Lizzie Huang, Kensington Primary School

Makes approximately 12 Serves

5 cups of cornflakes
2 tbsp of honey
2 tbsp of sugar
1 tbsp of butter

Melt honey, sugar and butter in a pot over stove on low (don't boil).

Pour onto cornflakes in a bowl and mix together.

Put appropriate amount into each patty pan- really depends on size you want.

Cook for 5 minutes in a moderate over.

Cool before eating.



Laham Aghen

Recipe inspired by University High's Blue-banded bee homes

Dough:

2 cups flour

1 cup water

1 tsp salt

2 tbsp butter melted

Spice Topping:

3 - 4 tsp oregano

1 fresh tomato, chopped

1 small onion, chopped

2 tbsp olive oil

Meat Topping:

**100 - 200g mince beef
(depending on how many you
make)**

1 fresh tomato, diced

1 tbsp tomato sauce

¼ tsp chilli powder

1 green capsicum, finely diced

Preheat oven to 250 degrees.

Put all ingredients in mixer with dough hook and mix until forms a ball.

Put onto floured surface and roll out to 1 cm thick for spice topping and slightly thinner for meat topping.

Using a glass, cut circles and set on flat tray.

Mix ingredients for desired topping together.

in a bowl and spread over dough circle.

Bake for 15 minutes until golden.



Three Ingredient Veggie Wraps

Recipe and imagery courtesy of Melissa Leong - www.fooderati.com.au - and inspired by North Melbourne Primary School's leafy greens

2 cups instant oats

2 cups water

100g baby spinach

1/2 cup besan (chickpea) flour

Soak oats in water for 10 minutes.

Add this oaty mess (all of it) to a nutribullet and blitz till smooth. Add spinach, pulse to combine, then besan flour, pulse again until smooth.

Add more water to loosen the mixture if required. You're looking for a crepe batter consistency.

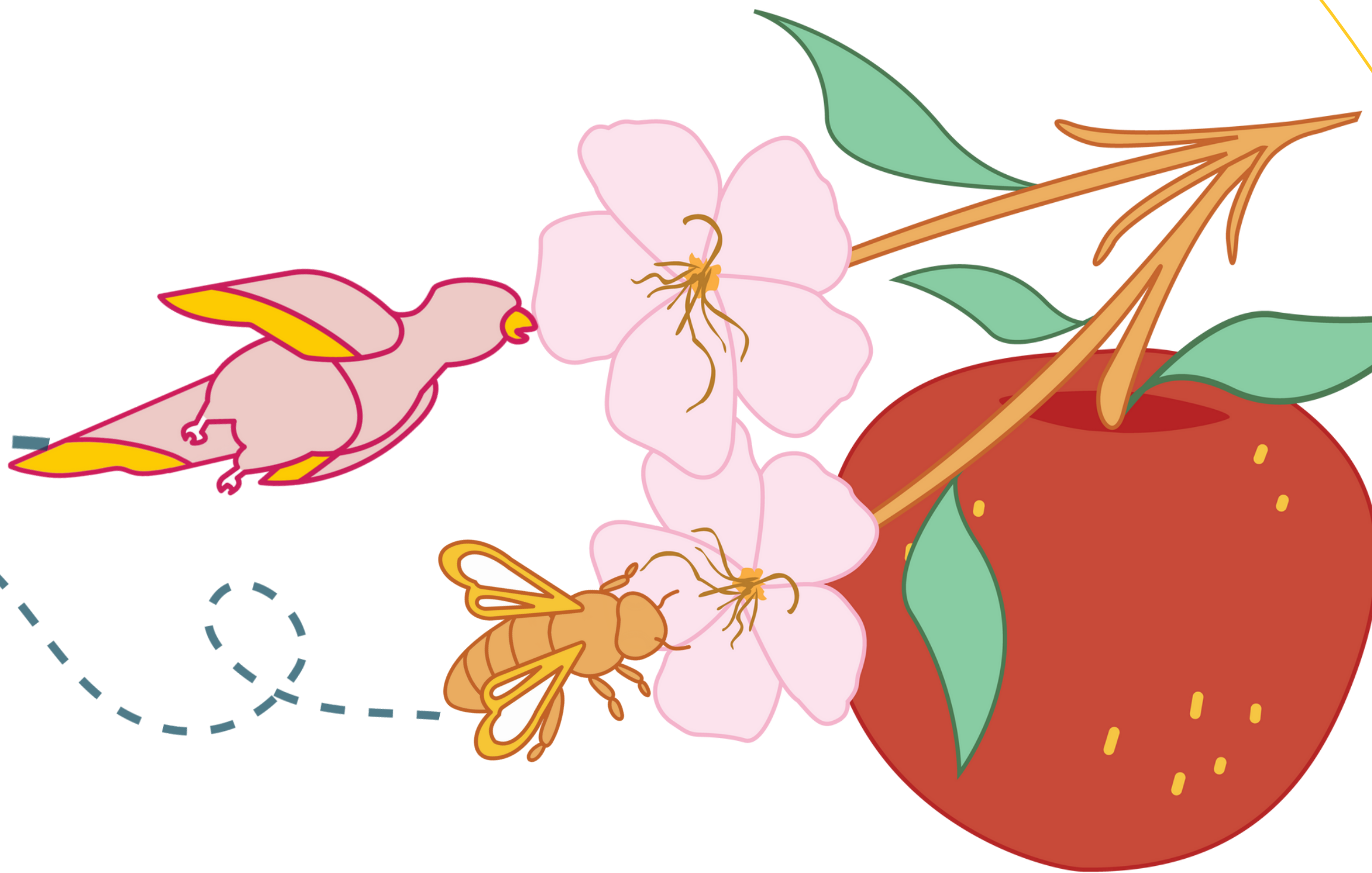
Season with salt and pepper.

To cook, pour a thin layer of batter in a pre-heated non stick pan on medium heat. Do not flip till the edges start to curl, because these babies are super soft and will break apart if flipped too early. Cook on both sides till tender and cooked through.





Salads and Snacks



1. Mango Salad with Seeds and Quinoa

2. Strawberry Avo Smash

3. Chestnut, Spinach & Green Pea Soup

4. Mango Chutney

Mango Salad with Seeds and Quinoa

Recipe supplied by Australian Mangoes

Serves: 4 / Prep time: 15 mins

50g cooked quinoa white
3 ripe mangos
100g mesclun salad mix
2 whole avocados
20g pepitas (pumpkin seeds)
10g sunflower seeds
10g pumpkin seeds
10g shredded coconut
5g sesame seeds
5g chia seeds
Dressing:
50ml red wine vinegar
100ml extra virgin olive oil
½ teaspoon Dijon mustard

Wash the raw quinoa well under cold running water and strain. To cook, sprinkle into a pot of vigorously boiling water and boil for 20 minutes – you can tell when it's ready as the outer ring separates. Strain and rinse under running water until cool.

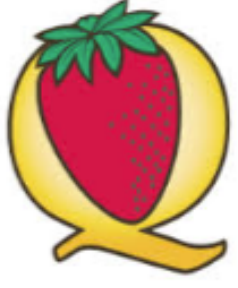
Cut the mangoes in half and then remove the flesh by using a large kitchen spoon to scoop out the whole cheek; slice into strips.

Cut the avocados in half and remove the seed; remove the flesh by using a large kitchen spoon to scoop out; cut into strips.

Make the dressing by combining all the ingredients in a small jar with a screw top lid. Shake well to combine.

Dress the salad leaves with a couple of tablespoons of the dressing and arrange on a salad plate. Sprinkle the cooked quinoa over the leaves. Top with the avocado and mango strips then sprinkle the seeds, coconut and serve.





QUEENSLAND
STRAWBERRIES

Strawberry Avo Smash

Recipe supplied by Queensland Strawberry Growers Association (QSGA)

**2 slices of your favourite bread
toasted**
½ avocado
100g sliced strawberries
**Sea salt & freshly ground black
pepper**
Extra virgin olive oil
Balsamic glaze
Shredded basil leaves

Toast bread
Top with smashed avo & sliced
strawberries
Sprinkle over sea salt, pepper & basil
leaves
Drizzle with olive oil and balsamic glaze



Chestnut, Spinach & Green Pea Soup

Recipe and image from Chestnuts Australia and inspired by North Melbourne Primary School's leafy greens



Serves: 4 / Prep time: 15 mins + chestnut prep time /
Cook time: 25 mins

2 tbsp olive oil
1 leek, trimmed, halved lengthways, washed and sliced
2 garlic cloves, chopped
400g cooked and peeled chestnuts, roughly chopped
4 cups chicken stock
100g baby spinach leaves
1½ cups frozen green peas
Sour cream, to serve

Heat oil in a large saucepan over a medium heat. Add leek and garlic and cook, stirring often, for 3-4 minutes until softened.

Add chestnuts and cook, stirring occasionally, for 5 minutes. Add stock, cover and bring to the boil. Reduce heat, cover and simmer for 5 minutes. Stir in spinach and peas. Cover, reduce heat and simmer for 3-4 minutes until peas are tender.

Remove from heat and puree with a stick blender until smooth. Season to taste. Ladle into bowls and top each with a dollop of sour cream. Sprinkle with chestnut crisps* if liked and serve.

Note, this soup thickens on standing - add extra stock if necessary.

**To make chestnut crisps; slice 50g of cooked and peeled chestnuts in a little olive oil in a frying pan over medium-high heat, tossing often, until golden. Drain on paper towel.*

Mango Chutney

Recipe supplied by Australian Mangoes



Serves: 4 / Prep time: 15 mins / Cook time: 26 mins

- 1 tbs olive oil**
- 1 small red onion, grated**
- 2 long red chillies, finely chopped
(remove seeds for a milder chutney)**
- 5cm piece fresh ginger, peeled,
grated**
- 1/2 tsp sea salt flakes, crushed**
- 4 large Mangoes, peeled, chopped**
- 1 large apple, peeled, grated**
- 1 cup white sugar**
- 1/2 cup apple cider vinegar**
- 1/2 cup port**

Combine the oil, onion, chilli, ginger and salt in a large, 7cm deep frying pan (see tip). Place over medium-low heat. Cook, stirring often 6 minutes or until onion is soft and translucent.

Add the mango, apple, sugar, vinegar and port. Increase heat to medium-high, bring to the boil, stirring until sugar has dissolved. Boil gently, stirring often, for 20 minutes or until thickened.

Spoon the hot chutney into hot sterilized jars, seal. Turn upside down and stand 2 minutes then turn right side up and allow to cool. Store in the fridge for up to 6 months.

Serving suggestion: Delicious served with Christmas ham, turkey, pork or seafood. Use a spread on sandwiches, wraps, sliders and burgers.



Family Favourites



1. Green Pea Fritters with Halloumi and Mint

2. Baingan Ka Bharta (Indian Eggplant)

3. Traditional Mexican Guacamole

4. Chicken and Corn Soup

Green Pea Fritters with Halloumi and Mint

Submitted by Jess Bicknell, Kensington Primary School

Makes 10 (or 16 small)

1 cup peas, fresh or frozen
250g halloumi cheese, grated
1/2 cup white flour
1/2 tsp baking powder
1 egg, beaten
1/4 cup + 1 tbsp milk
2 tbsp chopped fresh mint leaves
Butter or oil, for frying
To serve:
Lemon wedge, avocado,
natural yoghurt, aioli, tomato relish

Bring a pot of salted water to the boil, add peas and blanch for 2 minutes. Drain and set aside.

In a large bowl, add grated halloumi, sift in flour and baking powder and mix to combine. Add egg, 1/4 cup of milk, half of the blanched peas and mix to combine.

With a fork, mash remaining peas with 1 tbsp of milk until roughly pureed. Add mashed peas and mint to the batter and mix to an even consistency is reached. Season with freshly ground black pepper.

Heat a large frying pan over a medium heat and add enough butter or oil to cover the surface of the pan. Add heaped dessert spoonfuls of batter to the pan and fry for 2-3 minutes on either side until golden brown and crisp.

Serve.



Baingan Ka Bharta (Indian Eggplant)

Inspired by University High School's Blue-banded bee homes

Makes 10 (or 16 small)

2 large eggplants
4 tablespoons avocado oil, divided
1 teaspoon cumin seeds
1 large white onion, finely chopped
5 garlic cloves, minced
1-inch knob ginger, minced
1-2 Serrano pepper, minced (adjust according to preference)
2 teaspoons coriander powder
2 teaspoons salt
½ teaspoon turmeric powder
½ teaspoon garam masala
½ teaspoon freshly ground black pepper
½ teaspoon paprika
3 medium tomatoes, chopped
Cilantro, chopped

Prepare Eggplant

Preheat oven to 500°F.

Make four slits in each eggplant and then apply 1 tablespoon of oil over each eggplant.

Place them on baking sheet and then roast in the oven for 40 minutes, flipping halfway.

Turn the heat up to a broil for 5 minutes, then remove the eggplants from the oven.

Allow the eggplant to cool, then remove the skin and chop the flesh. Set aside for now.

Prepare Sauce

While the eggplant is baking, add 2 tablespoons of oil in a dutch oven or heavy pot over medium heat. Then add cumin seeds.

Once the cumin seeds begin to splutter, add onions and saute for 10 minutes or until the onions turn golden brown.

Add the garlic, ginger, Serrano pepper and spices. Stir-fry for a minute, add tomatoes and mix well.

Cover the pan with a lid and cook for 10 minutes.

Remove lid and stir-fry for another 5 minutes.

Stir in the cooked eggplant and cook for another 5 minutes.

Garnish with cilantro and serve.



Traditional Mexican Guacamole

Submitted by The Deery Family, Kensington Primary School

Serves: up to 10

pico de gallo
1-2 tomatoes
1 red onion (or salad onion)
1 bunch coriander
salt
lime
2 avocado

Dice tomato and onion.

Roughly chop coriander.

Combine and add lime and salt to taste

Let it rest for a few minutes so the flavours get to know each other.

Mash avocados roughly with a fork. It's good to have chunky bits.

Add a dash of lime juice and mix. Keep the pips in the mix as they help keep the dip fresh.

Combine the pico de gallo with the avocado. Add salt and lime juice to taste.

Great with corn chips, taco, quesadillas or crunchy toast.



Chicken and Corn Soup

Submitted by Abiageal Reivers, Kensington Primary School

Serves: 6 / Prep time: 10-15 mins

1 Roast Chicken

1 large tin corn kernals

1 large tin creamed corn

1 litre chicken stock (or vegie stock)

1 egg (white only)

Approx. 1 tbsp soy sauce

1 tbsp sesame oil

3-4 spring onion, chopped finely

Optional:

1 pack rice noodles

1 additional litre of stock

Pull apart chicken, removing skin and bones.

Break chicken into small pieces, set aside.

In a large pot, bring stock to boil

Add tins of corn and simmer.

Add soy sauce, sesame oil and then drizzle egg white slowly in while stirring to ensure no lumps.

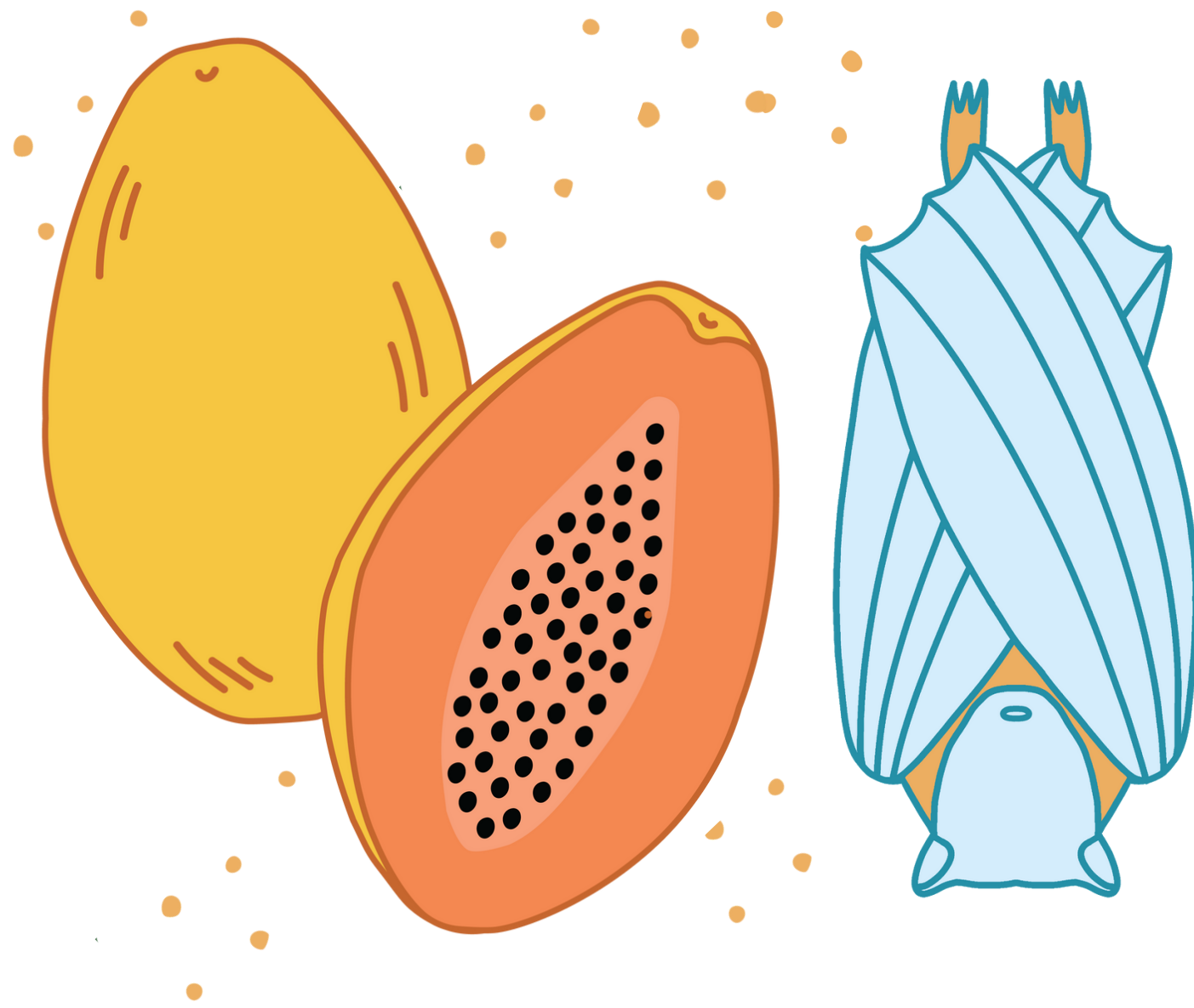
Add chicken and garnish with spring onion.

Simmer for 5 minutes.

Optional: Increase stock to 2 litres and after stirring in egg white, add rice noodles. Then, continue as above.



Sweet Treats



1. Banana Bread

2. Blueberry Lemonade

3. Banoffee Pie

**4. Apple Crostata with
Mixed Spices**

Nana's Classic Banana Bread

Recipe supplied by Australian Bananas

Serves: 8 / Prep time: 15 mins / Cook time: 80 mins

125g butter, softened
1 cup brown sugar
1/4 cup golden syrup
2 eggs
4 Cavendish Bananas, mashed (2 cups)
1¾ cups plain flour, sifted
1 tsp baking powder, sifted
1 tsp bicarbonate of soda
1 tsp ground cinnamon
½ cup walnuts or pecans, chopped
Sliced Cavendish or Sugar Bananas & extra maple syrup, to serve
Maple cream cheese spread
250g cream cheese, softened
1 tsp vanilla bean paste
¼ cup maple syrup

Tip: Banana bread will keep 5 days in an airtight container at room temperature. Alternately slice and wrap in plastic and freeze for up to 3 months.

Preheat oven to 160°C fan forced. Grease and line 6cm deep, 10cmx21cm (base) loaf pan.

Cream the butter, sugar and golden syrup with electric mixer until pale and creamy. Add the eggs one at a time and beat until well to combined. Stir in the banana. Sift the flour, baking powder, bicarbonate of soda and cinnamon over the banana mixture. Stir to combine. Fold in the walnuts.

Spoon the mixture into prepared loaf pan. Bake for 60–65 minutes or until cooked when tested with a skewer. Cool in the pan for 20 minutes before turning out onto a wire rack to cool completely. Slice and serve as is or toasted spread with maple cream cheese spread, sliced banana and drizzle maple syrup.

For the spread; beat cream cheese and vanilla until smooth and cream. Add the maple syrup and beat until well combined.



Blueberry Lemonade

Recipe supplied by Australian Blueberry Growers Association (ABGA)

300 g (2 cups) fresh blueberries

110 g (1/2 cup) white sugar

1 lemon, zested and juiced

3 cups ice cubes

1 litre sparkling mineral water

Mint sprigs, to garnish

Place 1 1/2 cups blueberries, sugar, lemon zest and half a cup of water in a small saucepan over a high heat. Stirring constantly, bring to the boil and reduce heat to a low simmer for 5 minutes.

Remove from heat and strain through a fine mesh sieve placed over a bowl.

Using a spatula or spoon press blueberries through sieve to remove all additional juice. Discard seeds and skin and place juice into a 1-1.2litre capacity jug.

Add lemon juice, ice cubes, remaining blueberries and top with sparkling mineral water. Garnish with mint and serve.



Banoffee Pie

Recipe supplied by Australian Bananas

Serves: 8 / Prep time: 15 mins / Cook time: 10 mins



23 cm diameter spring form cake tin
1 x 250 gm packet of Granita or Marie Biscuits
125 gm butter, melted
1 x 495 gm tin sweetened condensed milk
50 gm or 2 ½ tablespoons of butter, cubed
3 tablespoons or 60 gm golden syrup
4-5 firm bananas
400 ml cream, whipped
50 gm chocolate, grated

Crush the biscuits in a food processor until you have fine crumbs then add the melted butter. Process again to combine. The crumbs should stick together when squeezed.

Press into the spring form cake tin halfway up the sides. Refrigerate while you make the filling.

Place the cubed butter and the golden syrup into a saucepan and heat, stirring until melted.

Add the tin of condensed milk and stir on medium heat for approximately 5-8 minutes until the mixture bubbles, thickens and starts to change colour.

Remove from the heat and cool for a couple of minutes before pouring into the chilled crumb crust.

Refrigerate until cold and firm. The pie can be made up to this point and finished when you are ready.

Slice three bananas and mix them with the whipped cream.

Pour into the tart shell on top of the chilled caramel and smooth down to a nice flat surface.

Sprinkle chocolate shavings onto the top of the tart and then decorate with the final sliced banana.

Apple Crostata with Mixed Spices

Submitted by Jess Bicknell, Kensington Primary School

Serves: 6

1 cup white flour
2 tsp mixed spice
80g butter, chilled and diced
1 egg
1/4 cup icing sugar
4 apples
3 tbsp brown sugar



To make pastry, sift flour and 1 teaspoon of mixed spice into a large bowl.

Rub in butter until it resembles fine breadcrumbs. Separate egg yolk from white and reserve egg white.

Add egg yolk, icing sugar and 1 tablespoon cold water and mix to combine, bringing together with hands to form a firm ball of dough.

Wrap dough in cling wrap and place in the refrigerator to chill for 30 minutes.

Preheat oven to 180°C.

Peel, core and thinly slice apples. Place in a medium pot with 2 tablespoons water and 1 tablespoon brown sugar.

Cook over medium heat for 10 minutes or until apples are tender.

Drain off any excess liquid and mash or puree half of the cooked apples. Set aside to cool.

Roll pastry out into a 30cm diameter circle on a lightly floured surface and transfer onto a lined baking tray.

Spread apple puree onto pastry base leaving a 5cm boarder from the edges.

In a small bowl, combine remaining brown sugar and mixed spice. Sprinkle half of the mixture over pureed apples.

Arrange apple slices over pastry. Fold pastry edges up over apples, making sure all cracks in the pastry are sealed.

Whisk reserved egg white and brush over pastry edges.

Sprinkle remaining spiced sugar over the entire crostata.

Bake for 25 minutes, or until pastry is golden.

Hints: for an extra delicious treat enjoy whilst still hot with a scoop of ice cream on top!



Acknowledgements

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