

Y9

CLASS OF 2025 COOK BOOK





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VEGETARIAN TACOS

BY ANGELINA RAE

INGREDIENTS

12x taco shells or tortillas
1/4 iceberg lettuce shredded
1 bowl of low-fat cheese
2x tomatoes
1x can of sweet corn 420g
1/2-1 cup of french lentils rinsed
2 x cans Red Kidney Beans 420g
1 tsp of cumin
1/2 tsp chilli powder
2 tbsp tomato paste
1 brown onion finely chopped
1 red capsicum
1 packet of soft tacos
2 cups of water
1/2 tsp of garlic

DIRECTIONS

1. Heat the olive oil in saucepan over medium heat. Add onion, garlic and capsicum and cook stirring occasionally for 3-4 minutes or until softened slightly.
2. Add the tomato and the tomato paste and mix well. Stir in the red kidney beans, cumin, chilli powder, French lentils and water. Bring to boil over high heat. Reduce heat to medium and simmer, uncovered, stirring occasionally, for 10-15 minutes or until the sauce has thickened and lentils have softened.
3. You can either heat up the tortillas in microwave or in a saucepan for 4-5 minutes.
4. Serve the bean mixture in a saucepan. Serve with taco shells or tortillas, tomatoes, lettuce, cheese. Allow your family to fill them with ingredients.



POTATO AND LENTIL PEA CURRY

BY ANGELINA RAE

INGREDIENTS

1 tablespoon of vegetable oil
2 tablespoons of mild Indian curry paste
500ml vegetable stock
1kg of potatoes peeled and cut (2cm)
1/2 (50g) Red lentils
1 cup (120g) of Frozen peas
100g baby spinach (optional)
2 tablespoons of Greek style Yoghurt

DIRECTIONS

1. Heat the oil in medium saucepan, cook curry paste stirring, over medium heat for a 1 minute
2. Add the stock, potatoes and lentils bring to boil. Reduce heat to simmer, covering, stirring occasionally, for about 20 minutes or until potatoes are tender.
3. Stir in the peas, baby spinach and yoghurt cook for 2 minutes or until spinach is wilted.
4. Serve with steamed rice and extra yoghurt if desired.

SWEDISH MEATBALLS

BY GRETA SCUDERI

Best served with gherkins, polenta and lingonberry jam

DIRECTIONS

- 1.** In a large bowl, mix the salt, white pepper, mustard, egg, onion powder, allspice and cream. Add the breadcrumbs and let it sit for 10 minutes, so the breadcrumbs absorb the liquid. Mix the mince with the soaked breadcrumbs until well combined. Roll into small, bite-sized balls. You should get about 40-48 meatballs from this quantity.
- 2.** Preheat the oven to 15°C. Place a large frying pan over a medium heat, add a knob of butter and fry the balls in batches for about 10 minutes, until golden all over. Once cooked, place in a baking dish, cover with foil and place in the oven to keep warm while you make the gravy.
- 3.** Heat the 3 tablespoons of butter in a saucepan. Once melted and frothy, add the flour and beat over the heat for 1-2 minutes until it starts to colour and form a paste. Whisk in the stock and bring to a simmer, whisking continuously until it thickens enough to coat the back of a spoon. Add the single cream and stir through. Cook for 2 minutes, then remove from the heat.
- 4.** Serve the meatballs with a few spoonfuls of the gravy, alongside sliced pickled cucumbers, lingonberries and creamy mash or boiled potatoes.



INGREDIENTS

250g of pork mince
250g of beef mince
1 tsp salt
1 tsp white/black pepper
2 tsp sweet mustard
1 egg
2 tsp onion powder
75ml single cream
1 tsp allspice
50g breadcrumbs
2 knobs of butter

SPAGHETTI WITH NAPOLI SAUCE

BY GRETA SCUDERI

DIRECTIONS

- 1.** Spaghetti - Boil water on the stove in a pot
- 2.** Once it is boiled, add a generous amount of salt. Add pasta.
- 3.** Sauce – add garlic, oil and salt to the pan. Then both bottles of the sauce, and the can of tomatoes. Stir in until combined. Let simmer till pasta is ready. Drain pasta. Add sauce to the amount you want



INGREDIENTS

Spaghetti
2 250ml bottles tomato sugo/sauce
1 can of tomatoes with pulp
2 or so cloves of garlic
A generous serve of oil
Salt
Parmesan for topping



MEXICAN BOWL

BY BEN ROHAN

INGREDIENTS

Brown onion

Garlic powder

Fajita seasoning

Onion

Beef brisket

Olive oil

Chilli x2

Red/orange capsicum

Cherry tomato

Diced red onion

Avocado

Fresh lemons

Corridor

Lettuce

Black beans

Tomato passata

Black rice

DIRECTIONS

MEAT

1. Sweat the brown onion in slow cooker
2. Dry out the beef brisket using paper towel
3. Put the garlic powder, Fajita seasoning and onion powder into a bowl
4. Rub meat with the mixed seasoning
5. Slow cook for 7 hours with a 30 minute pressure cook

SALSA

6. Dice tomato and cut red onion
7. Place them into a bowl
8. Add tin corn
9. Add chilli and fresh lemon juices

BLACK BEANS

10. Put black beans and pour passata over in a pan
11. Put black rice in rice cooker

CREAMY CHICKEN CURRY

BY GRACE WHITSED

DIRECTIONS

1. Heat a large pan and add cut up chicken and oil.
2. At the base mixture and mix with carrot and peas.
3. Simmer for 5 minutes.
4. Add rice to rice machine or stove. Cook until soft.
5. At to bowls and enjoy.



INGREDIENTS

1 tbs Veggie oil

400g chicken breast

1 carrot

120g peas

¾ cups milk

½ water

2 cups of rice

45g base mix

APPLE CRUMBLE

BY GRACE WHITSED

DIRECTIONS

1. Preheat oven to 180°/160° fan forced
2. In a pan at the apple slices at the bottom
3. In a bowl at butter, oats, coconut, brown sugar cinnamon and mix
4. Bake for 20-25 min
5. Add to bowl with a scoop of vanilla ice cream and enjoy



INGREDIENTS

100g butter

½ cup coconut

1 cup oats

1 cup plain flour

½ cup brown sugar

1 tsp cinnamon

1 tin apple slices

Vanilla ice cream



CHICKEN DUMPLING SOUP

BY EMMA HINES

INGREDIENTS

Chicken Dumplings

1 pack dumpling wrappers, round-shaped or homemade dumpling wrappers

Water for boiling

Oil for pan-frying

8 oz. (226 g) ground chicken thighs

4 oz. (170 g) Napa cabbage, finely sliced

1 teaspoon grated ginger

1 tablespoon chopped scallion (shallots)

2 tablespoons soy sauce

1/2 teaspoon sesame oil

3 dashes ground white pepper

1 pinch salt

Soup

2 cups Massel chicken style liquid stock

2 cups water

1/2 carrot, cut into thin sticks

75g oyster or shiitake mushrooms, sliced

1/2 bunch bok choy, washed, sliced length ways

1 cup shredded Chinese cabbage

DIRECTIONS

CHICKEN DUMPLINGS

1. Prepare the filling by combining all the ingredients together. Use a spoon to mix well.
2. To assemble the dumplings, place a piece of the wrapper on your palm and spoon 1 teaspoon of the filling onto the center of the wrapper. Do not overfill. Dip your index finger into a small bowl of water and moisten the outer edges of the wrapper. Fold the dumpling to form a half-moon shape. Press and seal tightly in the middle. Arrange the wrapped dumplings on a plate lined with parchment paper to avoid the dumpling from sticking to the bottom of the plate. Repeat previous steps until the filling is used up.
3. Heat up a pot of water and bring it to boil. Drop the dumplings gently into the water, boil for a few minutes until the dumplings float to the top. Use a strainer to scoop them out and transfer to a plate. Repeat the same until all dumplings are boiled.
4. Heat up a skillet with some oil. Arrange about 8 dumplings on the skillet and pan-fry the dumplings until the bottom turns light brown, about 2 to 3 minutes. Turn it over and pan-fry the other sides of the dumplings. Add more oil and repeat the same process above until all dumplings are turn golden brown and become crispy. Add to soup below.

SOUP

5. Place stock, water and some soy sauce in a large saucepan. Bring to a simmer. Add carrots. Simmer, uncovered, for 5 minutes. Add mushrooms, bok choy and cabbage. Simmer for 1-2 minutes or until vegetables are tender.
6. Step 4
7. Divide soup among serving bowls and serve with dumplings.

LAYERED FRUIT JELLIES

BY EMMA HINES

DIRECTIONS

1. Empty contents of one sachet into a heatproof jug and add 1 cup of boiling water. Stir and dissolve well.
2. Add 1 cup of cold water and stir. Sit until cooled.
3. Pour into four large wide-rimmed glasses until the level is a little under 1/3 full. Place about four raspberries into each glass, completely submerging them into the jelly mixture.
4. Allow to set completely.
5. Repeat the process with the mango and orange jelly, using the back of a spoon to evenly distribute the pressure of the jelly mixture while pouring. Place 5-6 cubes of orange into the jelly, being sure not to press them into the strawberry and raspberry layer. Allow to set completely.
6. Repeat with mango and passionfruit jelly, using the frozen mango cubes. Allow to set completely and serve.



INGREDIENTS

Aeroplane low sugar mango and passionfruit jelly (9g, single sachet)

Aeroplane low sugar mango and orange jelly (9g, single sachet)

Aeroplane low sugar strawberry jelly (9g, single sachet)

20g Raspberries

1 orange, rindless, chopped into ½-1 cm cubes

50g frozen mango, chopped into ½-1 cm cubes

THAI CURRY

BY LILYTH JONES

DIRECTIONS

1. Put the rice onto cook in water
2. Cook onions in oil with chilli and curry paste until lightly browned
3. Add the chicken breasts and cook until fully cooked
4. Add the mushrooms and cook them
5. Add the bok choy, red capsicum and carrots
6. Once vegetables are cooked add coconut milk and bring it to just before the boil
7. Turn the rice off, drain it and rinse it



INGREDIENTS

Chicken breast

Rice

bok choy

Sliced red capsicum

Sliced carrot

Mushrooms

Vegetable oil

Red curry paste

chilli paste

Diced onion

Coconut milk



SPINACH AND TOFU WONTONS WITH GINGER-PONZU BROTH

BY GRETA BURNS

INGREDIENTS

Wontons

Extra-virgin olive oil
1 garlic clove, finely chopped
200g English spinach
150g firm tofu, crumbled
2 shallots, finely chopped
1 tsp sesame oil
1 tsp soy sauce or tamari
2 tsp white sesame seeds
1 tsp potato or corn starch
40-45 square wonton wrappers
240g wonton or egg noodles
Salt and pepper

Broth

2cm piece of ginger, peeled and finely grated
¼ cup of ponzu sauce
1 litre vegetable stock
3 dried shitake mushrooms

DIRECTIONS

BROTH

1. For the ginger-ponzu broth, combine the ginger, ponzu and stock in a saucepan and bring to a boil over a medium-high heat. Season with a pinch of salt. Reduce the heat to medium low, add the mushrooms and leave to simmer gently while you prepare the rest of the dish.

WONTONS

2. In a large frying pan over a medium heat, drizzle some olive oil and add the garlic. Sizzle for about 30 seconds, then add the spinach and cook for about 2 minutes, until wilted. Drain, and, when cool enough to handle, squeeze out any liquid. Roughly chop the spinach and add it to a large bowl along with the tofu, shallots, sesame oil, soy sauce or tamari and sesame seeds. Season well with salt and pepper. Using your hands, squeeze and knead everything together to form a coarse mixture. If the mixture is too wet, place it in a sieve and squeeze out the moisture with your hands. Add the potato or corn starch and stir to combine (this will also help absorb any excess moisture).
3. Set the wonton wrappers out onto a work surface and cover with a damp tea-towel – it's important to do this as they dry out quickly. Take one wonton wrapper and a spoonful of the filling in the centre – don't overfill, you only need a small amount. Moisten the edge of the wrapper with a dab of water and carefully fold one corner to the next to form a triangle, making sure you enclose all the filling tightly to avoid any air pockets, which can make the wontons burst. Carefully pleat the two edges towards the centre to form a ball shape with a fishtail (a bit like a tadpole). Transfer to a baking tray and cover with a damp tea-towel to keep the dumpling from drying out. Repeat with the remaining wrappers. At this point, you can freeze the wontons, or just cook some of them and freeze the rest.
4. Bring a large pot of salted water to the boil, then reduce the heat to medium (you don't want the water to boil too rapidly as this might break up the wontons). Add the noodles and cook according to the packet instructions until just tender. Place in a colander and refresh under cold running water. In the same pot, drop six to eight wontons into the water and boil until they float to the surface. Remove immediately from the water with a slotted spoon and set aside. Continue until all the wontons are cooked.
5. To serve, place the noodles in deep serving bowls, top with five to eight wontons and add a small ladleful of the ponzu broth to just cover the wontons. Top each bowl with some copped shallot, coriander leaves and a scattering of sesame seeds. Serve immediately.

APPLE PIE

BY GRETA BURNS

DIRECTIONS

THE DOUGH

1. In a bowl, beat the egg with a fork. Add a pinch of salt and 100 grams of icing sugar. Mix with a wooden spatula until you get a foamy mixture.
2. Add the flour all at once and mix with a spatula.
3. Crumble the dough between your fingers until you get "sand". Stir in the 100 grams of butter in small pieces and knead the dough until it no longer sticks. You can add a little flour.
4. Roll out the dough on a floured surface and place it delicately in a pie dish prepared with paper.

THE PIE

5. Peel and seed the apples. Cut them into fairly thick slices. Arrange them on the dough, overlapping them.
6. In a bowl, beat the two eggs. Add 100 grams of icing sugar and 100 grams of heavy/sour cream. Add the ground almonds and mix well.
7. Pour the mixture over the apples and sprinkle with the flaked almonds.
8. Put in a hot oven (220 degrees Celsius) for 25 minutes.



INGREDIENTS

Dough

1 egg
200 grams of flour
100 grams of icing sugar
100 grams of butter
1 pinch of salt

Pie Mixture

1 kilo of apples
2 eggs
100 grams of icing sugar
100 grams of ground almonds
100 grams of heavy cream / sour cream
Flaked almonds



MOLONEY ROAST

BY KIRA MOLONEY

Serves 6

INGREDIENTS

3 large carrots

1 leek

Olive oil

Salt

Pepper

Butter (100g)

Thyme (4-6 stalks)

Rosemary (2-3 stalks)

1 onion

1 chicken

2 kilos of potatoes

2 broccoli stems

300g beans

Lemon thyme

DIRECTIONS

- 1.** Preheat oven to 180 degrees.
- 2.** Peel carrots and cut off the tail and heads. Then cut length ways and into thirds.
- 3.** Cut up leeks into roughly 2cm rounds (cut head and tail off) then add both the carrots and leek to a tray and season them with salt and pepper and drizzle around $\frac{1}{2}$ a cup of olive oil into the tray (making sure the leek and potatoes are covered).
- 4.** Cut up onion and put it in the chicken along with rosemary and lemon thyme. Put the chicken in the same tray as the carrots and leek.
- 5.** Leave the chicken for a while you prep the herb butter. Chop up the rest of the rosemary and thyme and mix it into the 100g of softened butter (add salt and pepper).
- 6.** Cover the chicken in the herb butter (making sure to save a little bit of it) and then place in the oven to cook for 1hr 30 minutes.
- 7.** Put the leftover herb butter and some olive oil in a tray and place it into the oven to heat.
- 8.** Cut potatoes (don't have to peel them unless wanted) into small cubes
- 9.** Take the tray out of the oven and put the potatoes into the tray making sure to smoother the potatoes in the oil so they cook better.
- 10.** Place the potatoes into the oven and wait 45 minutes to flip them and then continue cooking for the remaining time it takes to cook the chicken.
- 11.** Pre-cut the broccoli florets and top and tail all the beans. Only then put the veggies on just after you take the chicken out because they will not take long to cook.

KIM'S CHOCOLATE CAKE

BY EMMA HINES

DIRECTIONS

CAKE

1. Preheat oven to 180 degrees
2. Line and grease a round cake tin
3. Sift flour and cocoa into a bowl
4. Add sugar milk and eggs and then beat with an electric mixer for 2 minutes
5. Add the melted butter and beat for another 2 minutes
6. Pour into tin and bake for 1 hour

FROSTING

7. Put chocolate into an electric mixer (doesn't have to be melted)
8. Bring cream and sugar to a boil and then pour it over the chocolate in the other bowl
9. Leave to melt for 5 minutes
10. Gently whisk until smooth
11. Add butter and continue whisking until it's combined
12. Put in the fridge for 30 minutes or until thick enough to spread
13. Enjoy



INGREDIENTS

Cake

- 2 cups self-raising flour
- 2 tablespoons cocoa
- 1 ½ cups sugar
- 1 ½ cups milk
- 2 eggs
- 2 tablespoons butter (melted)

Frosting

- 500g dark chocolate (finely chopped)
- 1 cup thickened cream
- 2 tablespoons sugar
- 6 tablespoons butter



GRANDMA'S ANZAC SLICE

BY ZUZU VOKE

INGREDIENTS

1 cup rolled oats (can substitute quick oats)

1 cup self-raising flour

1 cup sugar – raw or white

1 cup desiccated coconut

125 g butter, chopped

1 tbs golden syrup

1 egg, lightly beaten

DIRECTIONS

1. Preheat oven to 170 degrees Celsius (160 degrees Celsius fan-forced).
2. Grease and line a standard sized slice tray (approximately 17X28cm) with baking paper.
3. Combine the rolled oats, flour, sugar and coconut in a bowl. Set aside.
4. Place butter and golden syrup in a saucepan and melt over low heat on the stove-top.
5. Pour the butter mixture over the oat mixture, add egg, and mix through.
6. Place the mixture into the tray and press down firmly.
7. Bake for approximately 20 minutes or until lightly golden brown.
8. Leave in the baking tray to cool for 10 minutes before transferring to a wire rack to cool completely.
9. When the slice has cooled completely, cut it into slices.



LAAB

BY MAX SARAKUL

INGREDIENTS

Ground pork

Red onion

Mint (optional)

Chives

Coriander

Chilli power

Salt

Fish sauce

Lime juice

Roasted rice

DIRECTIONS

1. Boil the ground pork
2. Drain out the water of the cooked pork
3. Chop up the vegetables
4. Mix all the ingredients in the cooked pork
5. Done, enjoy!

TUNA PATTIES

BY CHARLOTTE COONEY

DIRECTIONS

1. Beat the eggs and lemon juice in a bowl.
2. Stir in parmesan cheese and breadcrumbs. This should make a paste.
3. Fold in tuna and onion. Mix well.
4. Add black pepper.
5. Coat pan in vegetable oil.
6. Spoon mixture into pan to create the patty.
7. Fry patties until golden brown, around five minutes per side.
8. Serve with a side salad or sweet chilli sauce.



INGREDIENTS

- 2 eggs
- 2 teaspoons of lemon juice
- 3 tablespoons of grated parmesan cheese
- 10 tablespoons of breadcrumbs
- 3 cans of tuna (150g each)
- 3 tablespoons of diced onion
- 1 pinch of black pepper (ground)
- 3 tablespoons of vegetable oil

SPINACH AND FETA TRIANGLES

BY XAVIER WORME

DIRECTIONS

1. Preheat oven to 210°C. Line baking trays with baking paper.
2. Heat oil in a large frying pan over medium heat. Cook the spinach, tossing, for 2-3 minutes or until wilted. Set aside to cool slightly. Squeeze out excess moisture. Finely chop.
3. Lightly whisk 1 egg in a bowl. Stir in the spinach and feta. Season with pepper.
4. Whisk remaining egg in a small bowl. Divide the filling among the pastry squares. Brush the edges with egg. Fold in half diagonally to enclose the filling. Pinch the edges to seal. Place the turnovers on the prepared tray. Brush with egg. Bake for 20 minutes or until puffed and golden.



INGREDIENTS

- 2 tsp olive oil
- 2 bunches English spinach
- 2 eggs
- 100g feta
- 2 sheets of frozen puff pastry



ROCKET PESTO PASTA

BY ASHTON THOMPSON-HALL

INGREDIENTS

50g rocket (about 2 bunches), stalks trimmed

50g basil leaves, plus extra to serve

1 garlic clove

1/3 cup (50g) pine nuts, toasted

140ml olive oil

75g finely grated parmesan, plus extra to serve

Juice of ½ lemon, or to taste

350g spelt spaghetti

DIRECTIONS

1. To make the rocket pesto, combine the rocket, basil, garlic, half the pine nuts and 100ml olive oil in a blender, season then blend until smooth. Transfer to a container, stir in half the parmesan and the remaining oil, cover and refrigerate until required.
2. Just before serving, stir in the remaining pine nuts, add a squeeze of lemon to taste and check the seasoning.
3. Bring a large saucepan of salted water to the boil. Add the spaghetti and boil until al dente – the exact time will depend on the pasta, but usually this will take 8-10 minutes. Drain, reserving a tablespoon or two of the pasta cooking water. Return the pasta to the pan, then toss through the pesto and a little of the reserved cooking water.
4. Serve hot, scattered with extra basil leaves and parmesan.



VEGETABLE STIR FRY

BY KIARA PRIMMER

INGREDIENTS

Noodles (your choice)

1 breast of Chicken

1 whole Capsicum

1 whole Carrot

Half a cup Broccoli

Half a cup of Corn

Half a teaspoon Sesame seeds

Oyster sauce

Sweet Soy sauce

Dried garlic

Salt

Five spice

DIRECTIONS

1. To start this delicious recipe, you must put your noodles of choice in the microwave for 2 minutes
2. Start frying off your chicken with all seasoning
3. Once chicken is mostly cooked add all vegetables into pan with sauces
4. Finally add your noodles and fry all ingredients in pan
5. Finally serve and top with sesame seeds
6. Measure all sauce and seasoning as you prefer

AMAZING BROWNIES

BY ASHTON THOMPSON-HALL



DIRECTIONS

1. Preheat oven to 175°C | 350°F.
2. Lightly grease an 8x12-inch baking pan with cooking oil spray. Line with parchment paper (or baking paper); set aside.
3. Combine melted butter, oil and sugars together in a medium-sized bowl. Whisk well to combine. Add the eggs and vanilla; beat until lighter in colour (another minute).
4. Sift in flour, cocoa powder and salt. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT over beat as doing so will affect the texture of your brownies).
5. Fold in 3/4 of the chocolate pieces.
6. Pour batter into prepared pan, smoothing the top out evenly, and top with remaining chocolate pieces.
7. Bake for 25-30 minutes for just under-done brownies (fudgier texture) or until the centre of the brownies no longer jiggles and is JUST set to the touch. OR 35-40 minutes if you like your brownies well set and firm. **NOTE:** Brownies will continue baking and set in the hot pan out of the oven. If testing with a toothpick, the toothpick should come out dirty for fudge-textured brownies.
8. After 15-20 minutes, carefully remove them out of the pan and allow to cool to room temperature before slicing into 16 brownies. They set while they cool.
9. ENJOY!

INGREDIENTS

- 1 cup 8oz/240g unsalted butter, melted and cooled
- 2 tablespoons (30ml) vegetable oil
- 1 1/4 cups (9oz/260g) white sugar
- 1 cup (7oz/200g) packed light brown sugar
- 4 (2oz/57g each) large eggs, at room temperature
- 1 tablespoon (15ml) pure vanilla extract
- 3/4 teaspoon salt
- 1 cup (3.5oz/130g) all purpose flour
- 1 cup (3.5oz/100g) good quality, unsweetened cocoa powder
- 7 oz (200g) roughly chopped chocolate or large chocolate chips



FRIED RICE

BY CHLOE DAVEY

INGREDIENTS

2 ½ cups of rice (5 cups cooked)

1 diced onion

1 diced carrot

½ cup of peas

1 cup of corn

3 eggs

Soy sauce

Worcestershire sauce

Splash of oil

300 grams of diced bacon

DIRECTIONS

1. Add rice to 5 cups of boiling water, boil for 10 minutes put lid on, turn off heat leave covered for 8 minutes, rice will finish cooking in steam.
2. Add a drizzle of olive oil to a pan and fry diced bacon and onion until brown and crispy.
3. Add vegetables to pan with bacon fry until softened.
4. Remove bacon and vegetables from heat into a separate bowl
5. Return pan to heat crack eggs and whisk lightly to scramble.
6. Once eggs are scrambled return bacon and vegetable mix to pan and add the cooked rice.
7. Add soy sauce and Worcestershire sauce and toss to combine.
8. Add more sauce to taste if required
9. And serve!



APPLE CRUMBLE

BY CHLOE DAVEY

INGREDIENTS

1 Large tin of pie apples

½ cup of sugar

½ cup of self-raising flour

2 tablespoons of butter

1 teaspoon of cinnamon

DIRECTIONS

1. Preheat oven to 180°C.
2. Put apples into a baking dish.
3. In a separate bowl add sugar, flour, and butter, rub the butter through the mix until crumbly.
4. Spread flour mix over the apples.
5. Sprinkle the top with cinnamon.
6. Cook in oven for 30 minutes.
7. Serve with cream or ice-cream.

CHICKEN AND VEGETABLE SOUP

BY JULIAN SNELL

DIRECTIONS

1. Add parsnip, potato, carrots, chicken breast, lemon thyme, Chili jam, soy sauce, orange juice & chicken stock to large stock and bring to the boil.
2. Turn heat down and simmer for approx 20-30 minutes (until chicken is cooked through). Remove chicken breasts and allow to cool. Once cool shred chicken or cut onto thin slices.
3. Add broccoli and chicken back onto pan for 5 minutes until broccoli is just cooked.
4. Serve.



INGREDIENTS

Parsnip x 2 peeled and diced

Potatoes 2-4 peeled and diced

Carrots 2-4 peeled and diced

Broccoli head cut into small pieces

Chicken breast x 2

Orange x 1 juiced

4 cups chicken stock

Lemon thyme (removed from steam)

1 teaspoon Italian herbs

1 teaspoon Chili jam

1 teaspoon soy sauce

MANGO DELIGHT

BY JULIAN SNELL

DIRECTIONS

1. Add mango and water to nutri bullet/blender and blend until smooth.
2. Add mango to bowl or glass and top with berries.



INGREDIENTS

Frozen mango x 2 cups

Water 1-2 tablespoons

Fresh berries (washed and cut)



SPAGHETTI

BY FRASER LEE

INGREDIENTS

2 cups plain flour

Good pinch salt

3 large eggs

Lightly beaten 30ml

Olive oil

Extra flour for dusting

1 kg beef mince

1 x 700 grams jar of Passata

DIRECTIONS

PASTA

1. Attach mixing bowl and the flat beater to the Kitchen Aid stand mixer.
2. Place flour, salt, eggs and oil into mixing bowl. Turn mixer to speed 2 and mix until mixture is well combined. Attach the dough hook.
3. Turn mixture to speed 2 and knead 3-4 minutes or until the dough is smooth. Wrap in plastic wrap and rest it in the refrigerator for 15 minutes.
4. Meanwhile lay clean tea towels over the bench or lightly dust with extra flour.
5. Cut dough into 4 even sections, wrap the used sections in a little plastic wrap to prevent drying out.
6. Attach pasta roller to stand mixer. Take one section of dough and pat out to flatten. Adjust the roller setting to 1. Turn mixer to speed 4 and feed the dough into rollers. Fold dough in half and feed through again. Repeat this step twice. Adjusting the rollers to setting, 2 then 3, then 4. You should have a long sheet of dough.
7. Attach spaghetti cutter attachment to stand mixer. Feed the sheet of dough through the cutter and carefully catch it and place it on the pasta rack to dry. Repeat with the remaining sheets until complete.

MINCE

8. Cook beef mince in large frypan until browned
9. Rinse mince under cold water to remove oily residue
10. Add passata and simmer for 5 minutes at a low temperature

SPAGHETTI

11. Boil large pot of water
12. Add fresh pasta and cook until al dente
13. Serve pasta in bowl with mince on top

ENTRÉE PLATTER

BY FRASER LEE

DIRECTIONS

1. Peel carrots
2. Chop carrots, celery and strawberries
3. Place all ingredients on a platter and serve



INGREDIENTS

Cheese

Cabana

Crackers

Dip

Carrots

Celery

Strawberries

TACOS

BY INGRID FISHER

DIRECTIONS

1. Turn stove on, put meat in frying pan.
2. Add a cup of water to the meat.
3. While the meat is cooking cut up some lettuce. Get the rest of your favourite toppings ready on the table
4. Stir meat until brown and cooked.
5. Turn oven on and put the shells inside.
6. After the meat is cooked and the shells have been in the oven for around 5 minutes and they are warm, take the shells out of the oven.
7. Put the shells and the meat on the table with the rest of your ingredients.
8. Pack your taco with your favourite toppings and enjoy your dinner.



INGREDIENTS

Meat

Taco shells

Lettuce

Cheese

Salsa

Sour cream



YUMMY VEGGIE OMELETTE

BY MARK HENRY

INGREDIENTS

2 sourdough bread

2 eggs

1 handful of spinach

Half a tomato

Half a green capsicum

¼ cup of shredded mozzarella cheese

Salt

Pepper

DIRECTIONS

1. Put the sourdough bread in the toaster
2. Get a medium-big sized bowl
3. Put the rest of the ingredients all into that bowl
4. Mix all the ingredients in the bowl
5. Turn stove on to about a medium-high temperature
6. Pour all ingredients into the stove
7. Wait till the bottom side turns a golden light brown colour before flipping the omelette with a spatula
8. When the other side of the eggs are also a golden light brown colour pour the eggs onto a plate
9. Collect the sourdough toast from the toaster and place it onto the plate



FETTUCCINE PASTA

BY MAYA DIGNAN

INGREDIENTS

375g fettuccine pasta

20g butter

175 g shortcut bacon

2 garlic cloves

2 tsp rosemary

1 onion

2 eggs

2 egg yolks

½ capsicum

½ cup Bulla cooking cream

1/3 parmesan

2 chicken breast

DIRECTIONS

1. Cut and cook the chicken
2. Cook pasta
3. Melt butter in frying pan whilst adding bacon
4. Add garlic, rosemary, capsicum, onion
5. Stir together
6. Whisk eggs, yolks, cream, and parmesan in bowl
7. Add salt pepper
8. Then combine egg mixture with bacon mixture
9. Wait till sauce thicken on pan
10. Serve

CRUMBED CHICKEN TACOS

BY ISABELLA MONICHINO

DIRECTIONS

1. Shred Cos lettuce and cut cucumber into thin sticks.
2. In one shallow bowl add the spice mix and in a second shallow bowl whisk two eggs. In a third bowl add breadcrumbs.
3. Dip chicken in spice blend, then in the egg, and then in the breadcrumbs.
4. Transfer to a plate.
5. Heat a large frying pan over medium high heat, with a drizzle of oil.
6. When oil is hot, cook chicken until golden, 3-4 minutes each side. Transfer to plate.
7. Microwave mini tortillas on a plate for 10 seconds.
8. Slice crumbed chicken.
9. Spread mayo on the tortillas, fill with cos lettuce, cucumber, and chicken.
10. Serve topped with shredded cheese.



INGREDIENTS

Olive Oil- Drizzle

Cos Lettuce- 1 head

Cucumber- 2

Spice Blend- 2 sachets

Egg- 2

Breadcrumbs- larger packet

Chicken tenderloins- 500 grams

Mini tortillas- 12

BBQ Mayo- 100 grams

Shredded Tasty cheese- 1 cup



ENCHILADAS

BY JEREMY CLEMENS

INGREDIENTS

Enchiladas

1 ½ cups of rice

2 carrots

1 cup of peas and corn

4 chicken breasts

½ cup of broccoli

Cheese (any kind/and brand)

DIRECTIONS

- 1.** Pre-heat oven at 180 degrees Celsius.
- 2.** Cut up the four chicken breasts into small cubes and cook them on a frying pan until they are fully cooked through the middle.
- 3.** When cooked, leave over the flame and add half the packet of enchilada sauce to the frying pan with the chicken. Mix in until evenly spread then put aside for later.
- 4.** Next, peel the carrots and cut them up into little circles and add to a bowl (a bowl that can be microwaved). Then add in some cut up broccoli and the peas and corn. Fill this with water till all the vegies are submerged then put in the microwave for 15 minutes.
- 5.** Next, tip the rice into a rice cooker and add 2 cups of water with it. Cook this until it is ready to serve.
- 6.** Now get a baking tray with walls about 3 cm high. Then get your small wraps from the enchilada kit and wrap as much chicken as you can fit in each wrap. Aline these down the baking tray until you have used all the wraps and the chicken.
- 7.** Now tip the rest of the sauce over the wrapped enchiladas and add whatever cheese you decided on and however much you want.
- 8.** Now, add this tray to the oven you have already turned on and leave it there for about 20 minutes.
- 9.** Next, when the vegies are done, drain the water and now they should be ready to serve. Get the rice out from the rice cooker and put it in a bowl to serve.
- 10.** Finally, when the enchiladas are done in the oven, get them out and they should be ready to serve. When eating you can add many things like sour cream, beetroot, jalapenos, or anything else you might like.
- 11.** ENJOY!

BUTTER CHICKEN AND ROTI BREAD

BY JONTY FODOR

DIRECTIONS

BUTTER CHICKEN

1. Cut the onion into thin slices.
2. Thinly slice chicken breast.
3. Place chicken and onion into the slow cooker.
4. Pour the butter chicken mix into the slow cooker.
5. Cook on high setting for 4 hours.
6. 3 hours and 40 minutes later, Measure out 2 cups of rice and place into rice cooker.
7. Turn on rice cooker and cook for 20 minutes.

ROTI BREAD

8. Combine flour and salt into large bowl and make a well in the centre.
9. Add the water and stir.
10. Use your hands to bring the dough together in the bowl.
11. Turn only a lightly floured surface and knead for 5 minutes.
12. Flatten the dough into a disc and cut into equal portions.
13. Shape the dough portions into a ball and using a lightly floured rolling pin roll out 1 portion of dough into 20 cm diameter disc.
14. Cover the remaining portions with glad wrap and brush the disc with a little melted butter.
15. Roll into a log to enclose the butter then coil the dough into a scroll shape.
16. Flatten the scroll into a disc.
17. Use a lightly floured rolling pin to roll out the disc until 15-20cm in diameter.
18. Repeat this process with the remaining dough portions.
19. Place a deep, heavy-based frying pan over a medium-high heat and brush with a little oil.
20. Cook one roti for 2 minutes each side until puffed or golden brown.
21. Transfer to a serving platter and cover with a clean tea towel to keep them warm. (Repeat with the remaining roti)
22. (Now serve the butter chicken)
23. Serve the rice, butter chicken and roti bread into a bowl.



INGREDIENTS

Butter Chicken

- Chicken Breasts x 3
- Slow cooker butter chicken packet
- 1 Brown Onion
- 2 cups of Jasmine rice
- Green Beans

Roti Bread

- 2 cups of Plain Flour
- ½ of a teaspoon of salt
- 1 cup of chilled water
- 30 grams of melted butter
- ¼ of a cup of vegetable oil



CURRIED SAUSAGES

BY NICK ROWLEY

INGREDIENTS

1 kg Sausages

1 Apple

1 Brown Onion

1 Tomato

2 tablespoons Plain Flour

2 tablespoons Butter

½ teaspoon Salt

2 teaspoons Curry Powder

2 cups Chicken Stock

1 Lemon (squeezed)

Small packet – Sultanas

DIRECTIONS

1. Use Casserole Dish and line with Sausages
2. Cut up Apple, Brown Onion and Tomato – place in the middle of all the Sausages
3. Add plain flour, butter, salt, curry powder, chicken stock, lemon and sultanas in on top of apple, brown onion and tomato
4. Place in oven on 180 degrees for 1.5 hours
5. Serve with rice



FAJITAS

BY SOLOMON COOK

INGREDIENTS

Onion

Capsicum

Carrot

Lettuce

Cheese

Tomato

Chicken

Bread

Fajita spice mix

Wraps

Avocado

DIRECTIONS

1. Chop onion, capsicum and chicken into strips
2. Put into container with spice in it
3. Shake container to coat ingredients
4. Cook in a hot pan with oil for 10 minutes
5. Chop or grate remaining vegetables
6. Heat a wrap in microwave for 20 seconds
7. Assemble wrap with chicken mix and desired salad mix
8. Then enjoy meal and go back for seconds if you desire.

ZUCCHINI FRITTERS

BY POPPY PATERSON

DIRECTIONS

1. Trim the ends from zucchini. Coarsely grate the zucchini. Place in a colander and squeeze out as much excess moisture as possible.
2. Transfer to a bowl. Stir in self-raising flour, parmesan, shallots, egg, parsley, oregano, salt and nutmeg.
3. Heat 1 teaspoon olive oil in a non-stick frying pan over medium-high heat. Drop three portions of zucchini mixture into pan. Cook for 1 1/2 minutes each side or until golden and cooked through. Transfer to a plate. Repeat with remaining olive oil and remaining zucchini mixture.



INGREDIENTS

3 (about 400g) medium zucchini

75g (1/2 cup) self-raising flour

40g (1/2 cup) parmesan, finely grated, plus extra to serve

3 shallots, ends trimmed, thinly sliced

1 egg, whisked

1/4 cup fresh continental parsley, chopped

2 tsp dried oregano leaves

1/4 tsp ground nutmeg

1 tsp salt

1 tbsp olive oil

SPAGHETTI BOLOGNAISE

BY SIENNA HOOKE

DIRECTIONS

1. Heat oil in large saucepan; add beans, carrot, corn, and zucchini. Fry for 3 minutes or until vegetables are soft. Pour in tomato paste and boil until thickened. Reduce heat and stir in pasta sauce, vegetable stock powder and oregano.
2. Cover pan with a lid and simmer until sauce is thickened, stirring occasionally. Leave for 20-30 minutes then turn off heat.
3. Cook spaghetti in a pot of boiling salted water. Once pasta is soft drain it.
4. Combined pasta sauce and spaghetti and serve with parmesan cheese.



INGREDIENTS

500g minced beef

500g packet spaghetti

Tomato paste

1tbsp olive oil

2 carrots, chopped

300g corn kernels

1 zucchini, chopped

2tsp dried oregano

2tsp vegetable stock powder

100g green beans, chopped

Pinch of salt, for pasta cooking water

Grated parmesan cheese, to serve



SLOW COOKED BUTTER CHICKEN WITH RICE

BY SARAH RADFORD

INGREDIENTS

Olive oil

Chicken thighs

Salt

Pepper

Onion

Garlic

Tandoori paste

Coconut milk

Passage to India butter chicken simmer sauce

Eggplant or zucchini

DIRECTIONS

1. Put 15 ml of oil onto a pan
2. Cube up your chicken and put in the pan
3. Add two onions to the pan
4. Add 2 cloves of thinly sliced garlic
5. Start browning everything
6. Add 2 heaped spoons of tandoori paste
7. Put in lots of salt and pepper
8. Add in 1 zucchini or eggplant (cut into small cubes)
9. Once things are cooked evenly add in your passage to India sauce (all of it)
10. Turn the heat down so it can simmer without burning
11. Add in the coconut milk
12. Leave to simmer for 2 hours stirring every 20-30 minutes
13. Serve with rice when ready

MINESTRONE SOUP & BREAD

BY TADHG RALPH

DIRECTIONS

1. Finely dice onion, celery, carrot, zucchini, capsicum and potato.
2. Heat oil and Ghee in saucepan, when melted add crushed garlic, onion, carrot and celery. Once onion is transparent add zucchini, potato, capsicum, basil and kidney beans and stir 1 minute or until fragrant. Add bay leaf, tomatoes, spinach and kale and stir. Add Boiling water with stock cube then and Pasta. Stir in Miso paste lastly and simmer for 30 minutes or longer if required.
3. Serve with shredded parmesan and cracked pepper



INGREDIENTS

1 Onion

2 Carrots

2 Celery Sticks

1 Zucchini

1 Potato

½ Red Capsicum

Bag of Baby Spinach

½ Bag of Shredded Kale

1 Punnet of Baby Tomatoes

1 Bunch Basil

1 Clove Garlic

1 Bay Leaf Fresh

1 Can of Red Kidney Beans

½ Cup Pasta

1 Massell Vegetable Stock Cube

1 Tablespoon Brown Miso Pasta

6 Cups Boiling Water or to desired thickness

Salt and Pepper to taste.

Parmesan Cheese



FRIED RICE

BY TOMLIN DEAN

INGREDIENTS

6 cups white grain rice

2 tsp vegetable oil

2 eggs

2 chicken breasts

1 tbsp soy sauce

2 carrots

Half a capsicum

Half a broccoli

DIRECTIONS

1. Cook rice in a large saucepan of boiling water for 12 minutes or until tender. Drain and leave to cool.
2. Heat oil in non-stick wok or large frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook for 2 minutes or until set. Transfer to a chopping board. Set aside to cool slightly. Cut into short strips.
3. Add bacon to wok. Cook 4 minutes until light golden. Add carrot. Stir fry 1 minute. Add shallots, peas and rice. Cook, stirring, 3-4 minutes. Add egg and soy sauce. Stir until heated through. Sprinkle with sesame seeds and top with extra shallots. Serve immediately.



NAAN BREAD

BY AMY JACOBSEN

INGREDIENTS

2 cups (250g) all purpose flour (plain flour)

1 ¼ cups (250g) plain yogurt

2 teaspoons baking powder

¼ teaspoon salt

DIRECTIONS

1. Mix all ingredients together in a large bowl. You'll probably need to use your hands to bring it all together. Knead it for a minute or so in the bowl until it comes together in a fairly sticky ball. If necessary, add a little more flour to make it manageable.
2. Divide it into six equal pieces. Using a rolling pin dusted with flour, roll each one out onto a floured surface to about 6" diameter.
3. Heat a frying pan (without oil) until hot. Cook each flatbread for a few minutes on each side until lightly golden spots appear and it puffs up.

THAI CHICKEN GREEN CURRY

BY MORGAN CULLEN

DIRECTIONS

1. Chop the ginger and lemon grass into fine pieces, then fry in olive oil, with the curry paste.
2. Add broth, and coconut milk to the pot, bring to simmer.
3. Add chicken, and cook well.
4. Add fish sauce and sugar then stir.
5. Add snow peas then cook until softened.
6. Add Thai basil, then serve with steamed rice.



INGREDIENTS

Curry paste (store bought or homemade)
Olive oil – 2tbsp
Lemongrass – 1tbsp
Coconut Milk – 400ml
Vegetable broth – 250ml
Chicken – 400g
Fish sauce – 1tbsp
Sugar – 1tbsp
Snow Peas – 200g
Thai basil – 40g
Jasmine rice – 400g

PASTA CARBONARA

BY AMY JACOBSEN

DIRECTIONS

1. Cook pasta for around 20/30 minutes or until soft, Drain well.
2. Heat the olive oil in a large frying pan over medium heat. Then add pancetta meat and onion. Cook for 8 minutes or until pancetta is golden. Add the garlic and cook for a further 2 minutes.
3. Whisk cream and eggs in a bowl. Stir parmesan and season with salt and pepper. Add pancetta mixture and cream mixture to hot pasta and toss to combine. Stir through the parsley and serve. Sprinkle parmesan cheese over pasta.



INGREDIENTS

500g Fettuccine
1 ¼ cup grated parmesan
1 chopped brown onion
½ cup chopped parsley
375ml pure cream
2 ½ tbs olive oil
4 eggs
4 crushed garlic cloves
315g pancetta (cut into strips)



FRUIT SALAD

BY BEN BACHMANN

INGREDIENTS

- 1/8th of a watermelon
- 125g of blue berries
- 1/4th pineapple
- 1 ½ oranges
- 1 bottled peach
- 3 passion fruit
- 1 banana
- 4 tablespoons of Greek yoghurt (one per person)

DIRECTIONS

1. Put 125g of blue berries into a large bowl, then cut up watermelon into small pieces of put it in the bowl as well.
2. Cut up the pineapple into small pieces, remembering to cut out the center, and put it in the bowl.
3. Peel one orange and cut it up, putting the cutups in the bowl. Juice the other half orange and put the juice in the bowl.
4. Cut up bottled peach into small pieces and put it into the bowl, as well as the insides of the 3 passion fruit.
5. Finally, when ready to serve, cut up the banana into pieces, putting it into the bowl, and serve into separate bowls with a tablespoon of Greek yoghurt for each person.



ZAIN'S BURGERS

BY ZAIN MUHAMMAD

INGREDIENTS

- Tomato
- Cucumber
- Burger buns
- Beef patties
- Cheese slices

DIRECTIONS

1. Cut cucumber and tomato
2. Fry the burger patties till crispy brown on top then flip
3. Apply cucumber, tomato, tomato sauce, and patty to buns
4. Enjoy!

ROAST CHICKEN

BY BEN BACHMANN

DIRECTIONS

1. Turn oven on 200°C
2. Stuff chicken with lemon and put butter under skin.
3. Put chicken in roasting dish on a rack and place in oven.
4. An hour later, chop up and peel carrots, pumpkin, and potato. Put them in oven on the roasting dish underneath the chicken, covering them in olive oil before placing them in.
5. Half an hour cut up pear and put them in roasting dish with other vegetables.
6. One hour later boil water, and steam broccoli and cauliflower.
7. Roast pine nuts on a frying pan.
8. Slice bacon into small rectangular pieces, put them in the frying pan with the pine nuts, add spinach too. Cook for a few minutes then take off heat.
9. Transfer vegetables and pear to second dish, add salt and tapioca flour, as well as water from steamed broccoli and cauliflower to create gravy.
10. Chop up chicken and serve!



INGREDIENTS

3kg roast chicken

Lemon

Tablespoon of butter

3 medium sized potatoes

250g of pumpkin

2 carrots

2 pears

2 cups of spinach

2 bacon rashers

Cup of cauliflower

Cup of broccoli

Half a teaspoon of salt

2 table spoons of tapioca flour

1/3 cup of pine nuts

Water

Olive oil



FRIED RICE

BY HUNTER COOTE

INGREDIENTS

Broccoli

Carrots

Rice

Onion

Garlic

Bacon

Eggs

DIRECTIONS

1. Clean rice and cook in rice cooker
2. Chop broccoli and carrot into small pieces
3. Chop garlic and onion and use the spiny slice thing
4. Chop bacon into small squares and cook in fry pan
5. When bacon is browned add onion and garlic.
6. After 30 seconds add rice and vegetables
7. Cook for a few minutes on low temperature



APPLE CRUMBLE

BY HUNTER COOTE

INGREDIENTS

Apple(stewed)

Sugar(brown)

Oatmeal

Milk

Flour

DIRECTIONS

1. Spread stewed apple onto the bottom of dish
2. Make the oatmeal mix by mixing brown sugar, and milk and oatmeal
3. Spread oat meal mix on the stewed apple.

CAULIFLOWER SOUP

BY ESTELLA BREEN

DIRECTIONS

1. Finely slice garlic.
2. Sauté leak and garlic in butter until soft.
3. Cut cauliflower up to florets. Add cauliflower to pot and let sauté for 2 minutes.
4. Add chicken stock and bring to a simmer for approx. 15 minutes or until soft and cover.
5. Once cooked take off heat and blend with stick blender.
6. Add your choice of garnish.



INGREDIENTS

- 1 leak (white part only)
- 1 cauliflower
- 500ml chicken stock
- 2 tbs butter
- 1 garlic clove

PUMPKIN AND BACON TORTELLINI

BY ESTELLA BREEN

DIRECTIONS

1. Cut up pumpkin into cubes and roast for approx. 45 minutes at 180°
2. Dice bacon
3. Crush garlic then brown in pan
4. Fry bacon until cooked
5. Place large pot of water on heat to boil
6. Once boiled add in tortellini and cook as instructed on packet
7. Add pumpkin to pan with bacon and stir gently
8. When pasta is cooked drain and add to pan
9. Gently stir
10. Toss through parsley
11. Add to bowl and garnish with parmesan cheese



INGREDIENTS

- 1 kg pumpkin
- 350g bacon
- 2 cloves garlic
- Bunch of parsley
- 625g veal tortellini
- Olive oil
- Shredded parmesan cheese



SWEET POTATO BURRITO BOWL

BY EVA INGRAM-SANDERCOCK

INGREDIENTS

Salad

½ cup Jasmine rice

1 sweet potato

½ tsp garlic powder

1 tsp paprika

2 tbsp olive oil

½ tsp salt

1 can black beans

1 tsp Mexican chilli powder

2 red capsicums

1 red onion

1 cup cooked corn

1 avocado

Dressing

1 tbsp Hummus

1 tbsp siracha

½ tsp garlic powder

DIRECTIONS

1. Preheat oven to 200°C
2. Peel sweet potato and chop into large cubes
3. Add to bowl and toss with 1 tbsp olive oil, paprika, garlic and salt
4. Add to baking tray lined with baking paper
5. Slice onion and capsicum into thin strips and add to baking tray
6. Drizzle final tbsp of olive oil onto the onion and capsicum
7. Bake for 30 minutes
8. During the last 5 minutes drain black beans but don't rinse
9. Add to a pan with Mexican chilli powder and salt and sauté
10. Remove vegetables from oven and start assembling bowl with rice
11. Top with roasted veggies, black beans, cooked corn and avocado
12. Whisk all dressing ingredients together and drizzle over bowl

NOODLE STIR FRY

BY EVA THACKRAY

DIRECTIONS

1. Put water in medium sized pot, fill it two thirds.
2. Once boiling add noodles and put oil in a separate pan.
3. Put tofu in pan and add soy sauce.
4. After 5 minutes add broccoli to pot and kale. Keep turning over tofu until all sides are golden/brown, once done take out and put on a separate plate until pot is finished.
5. After fifteen minutes pour noodles into bowl with half of the soup, add tofu.

INGREDIENTS

Noodles

Miso

Broccoli

Tofu

Hot water

Kale

CHICKEN WRAPS

BY AMY JACOBSEN

DIRECTIONS

1. Wash cabbage and cucumber.
2. Chop up cabbage and grate cucumber
3. Fry chicken for roughly 10 minutes then flip and mix
4. Spread hummus and apply cabbage, cucumber, chicken, and aioli on pita bread
5. Enjoy!

INGREDIENTS

Cabbage

Pita bread

Hummus

Grated cucumber

Aioli

Chicken





FISH CURRY LAKSA

BY OTTO MCMEEKEN

INGREDIENTS

Carrots x2

Broccoli x1

Half an onion

Garlic cloves x3

Corn on the cob x1

Spring onions x3

Packet of noodles x1

Fish stock cubes x3

Fish curry masala 2tsp

Half a capsicum

Ginger 3cm

Coconut cream tins x2

Kafir lime leaves x3

Small broccoli leaves x14

Half a large, cleaned squid

Prawns x12

Fish, ling 200g

Scallops x8

Salt 1tsp

Pepper 1tsp

Curry powder 3tsp

Fish sauce 5tsp

Raw sugar 3tsp

Hot water 3L

Splash of olive oil

Lime x1

DIRECTIONS

- 1.** Pour a splash of oil into a large pot
- 2.** Add the garlic onion and ginger to soften for a minute
- 3.** Add the spices, the sugar, curry powder, salt, and pepper. Then stir for one minute
- 4.** Add the 3L of hot water
- 5.** Add the coconut cream and stir
- 6.** Season to taste with fish sauce
- 7.** Add the corn and let the whole thing cook for one minute
- 8.** Add the carrot, capsicum, zucchini, broccoli and kafir lime leaves and let that cook for one minute
- 9.** Add all of the seafood (prawns, scallops, and the fish) and cook for 3-5 minutes or until seafood is done
- 10.** Add the noodles and cook for 1-2 minutes
- 11.** Add the broccoli leaves and plate up
- 12.** Garnish with spring onion and lime as wanted

FRIED RICE WITH FRIED FISH AND BROCCOLI

BY OTTO MCMEEKEN



DIRECTIONS

FRIED RICE

1. Cook the rice, water, and salt in a rice cooker
2. Fry up 3 lightly whisked eggs in a wok to make a thin omelette
3. Finely dice all of the vegies except for the broccoli
4. In the same wok that the eggs were cooked in put the onion and garlic in and cook for 1 minute
5. Put in all of the vegies except for the broccoli, fry for 3 minutes
6. Put the cooked rice into the wok and stir
7. Cut up the scallops into small pieces
8. Put the scallops into the wok
9. Cut the egg into small pieces
10. Add the egg to the fried rice
11. Season to taste with soy sauce

FRIED FISH

12. Pour oil into a pot to heat
13. Score the squid in a crosshatching manner and then cut it into little squares
14. Coat the prawns and squid in rice flower
15. Fry up the prawns and squid in the oil
16. Season to taste with salt, pepper, and 5 spice

BROCCOLI IN OYSTER SAUCE

17. Put 1 tablespoon of oil into a pan
18. Put 1tsp of minced garlic and the broccoli into the pan, then add the oyster sauce and rice wine
19. Put a half a cup of water and some corn flower into a bowl then mix into the pan and stir
20. Put the broccoli into a bowl

INGREDIENTS

Fried rice

Rice 3 cups
Water 4 and a half cups
Salt half a tsp
Carrot x1
Half an onion
Eggs x3
Peas 1cup
Corn on the cob x1
Garlic 1 clove
Zucchini
Half a capsicum
Scallops x10
Splash of soy sauce

Fried fish

Oil for frying
Medium cleaned squid x1
Prawns 100g
Salt 1/2tsp
Pepper 1/2tsp
5 spice 1/2 tsp

Broccoli in oyster sauce

A bunch of Chinese broccoli
Oyster sauce 3tbs
Chinese rice wine 2tbs
Water half a cup
Corn flower 2tsp



VEGETARIAN THAI YELLOW CURRY

BY SOPHIA WATERS

I used a cast iron pot with lid with 2 Tbsp of vegetable oil

INGREDIENTS

Vegetable Oil

Thai Yellow Curry Paste

Light Coconut Milk

Fish Sauce

Raw or Palm Sugar

Jasmine Rice

Potato

Asian Green – Pak Chow, Cabbage etc

Lettuce

Cucumber

Lemon

Lime

Cucumber

Tzitziki

Crushed Garlic

DIRECTIONS

1. Once the oil has heated add ½ a jar of Thai Yellow Curry paste and stir with wooden spoon for a couple of minutes until well mixed and aromatic
2. Add a can (400ml) of light Coconut milk and stir over medium heat
3. Add potato (I used 3 medium potatoes), chopped into large cubes, ¼ roughly chopped cauliflower, 2 x chopped Pak Choy and about ¼ of an Asian cabbage and stir so all the vegetables are coated and well mixed
4. Add a teaspoon of Fish Sauce and a teaspoon of raw (or palm) sugar (I used raw)
5. Bring to the boil for a couple of minutes and then simmer on the lowest setting, stirring regularly and checking
6. Squeeze a little bit of lime and add some fresh coriander on top, put the lid back on and let sit until serving.
7. Empty a container of Tzitziki into a bowl, add a sprinkle of ground black pepper, a teaspoon of garlic and some finely chopped cucumber and mix – set aside
8. Finely chop some lettuce, the remainder of the cucumber and a squeeze of lemon and set aside in a bowl.
9. In a microwave safe bowl add 1 cup of Jasmine rice and 2 cups of water and microwave on high for 12 minutes.
10. To serve: Add rice with Curry on top, sprinkle some fresh Coriander, yoghurt and salad.

LEMON AND ZUCCHINI CAKE

BY SOPHIA WATERS



DIRECTIONS

1. Preheat Oven to 175 degrees
2. Wipe butter on a loaf pan and line with baking paper – set aside
3. Combine flour, baking powder and salt in a bowl and whisk together
4. In a separate bowl combine the sugar and olive oil – whisk to combine
5. Add eggs and almond milk and whisk together
6. Add lemon juice and vanilla extract and stir to combine
7. Now add the flour mixture and stir until it is mixed together
8. Gently fold in zucchini and lemon zest
9. Pour the mix into the pan and bake for 45-55 minutes or until a knife put in cake comes out clean (the top of the cake should look dry)
10. Place on a cooling rack and cool (can lift out with the surrounding baking paper)

GLAZE

11. In a small bowl combine the sugar and lemon juice and whisk until smooth.
12. Put the cake on a serving plate and drizzle over the cake (we like to do this when it is still a bit warm)
13. Slice and serve.

INGREDIENTS

- 1 and ¼ Granulated Sugar
- 6 Tablespoons Olive Oil
- 2 Eggs (at room temp)
- 1/3 cup Almond Milk
- 2 Tablespoons of Lemon juice
- 1 Teaspoon of Vanilla Extract
- 2 cups Cake Flour or Premium Plain Flour
- 1 and ¼ teaspoon of Baking Powder
- ½ Teaspoon of Salt
- 1 and ½ cups of shredded Zucchini (drained and squeezed liquid out)
- 2 Tablespoons of lemon zest

Glaze

- 1 cup Icing Sugar (powdered sugar)
- 1-2 Tablespoons of Lemon Juice



MEATBALLS IN SPANAKORIZO

BY NATHAN MCKERN

INGREDIENTS

Meatballs

500g of veal and pork mince

One egg

Two slices fresh white bread

60ml milk

½ cup parmesan, grated

¼ cup continental parsley, finely chopped

Pinch of salt

1Tbsp olive oil

Dash of water

Spanakorizo

Olive oil

1 brown onion roughly diced

1 red chill deseeded and finely chopped

2 garlic cloves crushed

400g of baby spinach

2/3 cup of long grain rice, uncooked and washed

3Tbsp of tomato paste

625ml beef stock

Salt and pepper

DIRECTIONS

MEATBALLS

1. Place mince, egg, parsley, salt, parmesan, olive oil and water in mixing bowl
2. In separate bowl add bread and milk. Absorb all milk with bread and squish into breadcrumbs, add to mince mixture and mix well. Taking a tablespoon or two at a time, roll into balls.
3. Cook meatballs in a non-stick fry pan

SPANAKORIZO

4. Heat a deep pan(with lid) over a medium heat, add olive oil. Add onion, chili and garlic, cook for 2 to 3 minutes. Add spinach and cook for 2 minutes until wilted.
5. Add rice, tomato paste, beef stock, salt and pepper, stir to combine.
6. Add meatballs to pan, cover and reduce heat to low simmer for 20 minutes stirring halfway
7. Once the rice is cooked its ready, serve with a salad of your choosing.

SESAME BEEF & UDON NODDLE BOWLS

BY CHLOE PETER

DIRECTIONS

1. Boil a medium saucepan of water.
2. Meanwhile, heat vegetable oil in a large, deep-frying pan or wok, over high heat. Add mince and cook, breaking it up with a wooden spoon for 5 minutes or until browned.
3. Add noodles to beef and cook for 2 minutes or until noodles have separated. Add sauces, sugar, and sesame oil, then cook, stirring, for 1 minute or until heated through.
4. Meanwhile, add beans and choy sum to saucepan, then cook for 1 minute or until just tender. Drain. Add to beef mixture with half the onion, then toss to combine. Divide beef mixture among bowls and serve topped with cashews and remaining onion.



INGREDIENTS

- 2tbsp - Vegetable Oil
- 500g - Beef Mince
- 3x 200g - Udon Noodles
- ¼ cup - Salt-Reduced Soy Sauce
- ¼ cup - Oyster Sauce
- 1tbsp - Brown Sugar
- 1 ½tbsp - Sesame Oil
- 250g - Green Beans (trimmed, halved)
- 1 bunch - Choy Sum (trimmed, cut into 10cm lengths)
- 4 - Spring Onions (thinly sliced)
- ½ cup - Unsalted Cashews (toasted/roasted)

CREAMY CHICKEN PENNE

BY DHANE PAGE

DIRECTIONS

1. Bring a large saucepan of salted water to boil. Thinly slice the onion and grate the zucchini, finely chop the garlic and cut the chicken breast into small chunks.
2. Cook the penne for 10 minutes.
3. Cook the chicken.
4. Cook the onion until softened, add the zucchini, garlic and cook until softened and fragrant. Add the passata, a pinch of salt.
5. Add the thickened cream, chicken, and stir, add the baby spinach leaves and stir till wilted then add the penne and the parmesan cheese and stir to combine.



INGREDIENTS

- Onion
- Zucchini
- Garlic
- Chicken breasts
- penne
- passata sauce
- Thickened cream
- Baby spinach
- Parmesan cheese.



CHOCOLATE BARK

BY OLIVER WILLITS

INGREDIENTS

1 block of chocolate (white, milk or dark)

Various topping – suggestions include:

Fresh berries

Dried fruit

Pretzels

Nuts such as almonds

DIRECTIONS

1. Line a tray with baking paper.
2. Prepare toppings – chop the nuts, fruits or pretzels into small pieces. Set aside.
3. Place the chocolate (broken into pieces) in a heatproof bowl, and place over a saucepan of simmering water.
4. Stir gently until chocolate has melted and remove from heat.
5. Carefully pour the melted chocolate on to the baking paper and spread until thin.
6. Top the chocolate with your selected toppings.
7. Place in the fridge or freezer until the chocolate has fully set.
8. Break into pieces and enjoy.



THAI CHICKEN STIRFRY

BY ED WILKINSON

INGREDIENTS

Chicken

Beans

Broccoli

Fish sauce

chilli

Garlic

Tamari

Spring onions

Rice

DIRECTIONS

1. Chop the chicken.
2. Chop the broccoli and beans
3. Crush the Garlic and slice the chilli
4. Cook chicken in frypan
5. Add the vegetables
6. Add the sauce

KOREAN CHICKEN TACOS

BY OLIVER WILLITS

DIRECTIONS

PICKLE THE ONION

1. Thinly slice the red onion, then combine it with the vinegar, salt and sugar. Add just enough water to cover the onion, and set aside until serving.

VEGETABLES

2. Grate the carrot, shred the lettuce, and finely chop the chilli (if using), and combine all in a bowl. Slice the lemon in to wedges, squeeze some lemon juice over the veggies and season with salt and pepper. Set aside.

CHICKEN

3. Combine the soy, garlic, and honey in a small bowl. Heat a drizzle of olive oil in a pan over high heat. When the oil is hot cook the chicken in batches until browned and cooked through. When all cooked, add the soy mixture and remove the pan from heat and toss to coat the chicken.

YOU'RE READY TO SERVE!

4. Microwave the tortillas for 20 seconds until warmed through. Spread the aioli over the tortilla, and top with veggies, Korean chicken, and pickled onion. Serve sprinkled with the crispy shallots. Enjoy!



INGREDIENTS

Olive oil

1 carrot

1 cup shredded lettuce

1 long chilli (optional)

1 lemon

Salt and pepper

2 tbs honey

¼ cup soy sauce

2 cloves garlic, crushed

3 chicken breasts, sliced into strips

12 mini tortillas

Garlic aioli

Crispy shallots



TUNA MORNAV

BY ELIZA COUTTS

INGREDIENTS

- 1 tsp olive oil
- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 1 large carrot, peeled, finely chopped
- 2 zucchinis thinly sliced
- 200g green beans, cut into 1cm lengths
- 1 1/2 tbsp olive oil spread
- 2 tbsp plain flour
- 500ml (2 cups) reduced-fat milk
- 425g can tuna in spring water, drained, flaked
- 40g (1/2 cup) grated parmesan
- 270g (2 cups) cooked brown rice
- 120g baby spinach leaves

DIRECTIONS

1. Preheat oven to 190C/ 170C fan forced. Lightly spray a 2L (8-cup) ovenproof baking dish with oil.
2. Heat the oil in a large saucepan over medium heat. Cook the onion, celery and carrot, stirring, for 5 minutes or until softened. Add the zucchini and beans and cook, stirring, for 2 minutes or until just tender. Transfer the vegetables to a bowl.
3. Return same pan to medium heat and heat the spread until melted. Add the flour and stir until well combined. Slowly start adding the milk, stirring constantly, until well combined and smooth. Bring to the boil, reduce heat to low and simmer, stirring constantly, until the sauce thickens. Stir in the vegetables, tuna and half the parmesan. Season.
4. Spread the rice over base of baking dish. Top with the spinach, then the tuna mixture. Sprinkle with the remaining parmesan. Bake for 20 minutes or until golden and bubbling. Set aside for 5 minutes before serving with salad leaves.



BANANA BREAD

BY ELIZA COUTTS

INGREDIENTS

- Melted butter, to grease
- 265g (1 3/4 cups) self-raising flour
- 40g (1/4 cup) plain flour
- 1 tsp Coles Cinnamon Ground
- 140g (2/3 cup, firmly packed) brown sugar
- 2 overripe medium bananas mashed
- 2 eggs, lightly whisked
- 125ml (1/2 cup) skim milk
- 50g butter, melted, cooled

DIRECTIONS

1. Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
2. Sift the combined flours and cinnamon into a large bowl. Stir in the sugar and make a well in the centre. Mash bananas in a medium bowl. Add the eggs, milk, and melted butter, and stir until well combined. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
3. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve.

CHICKEN AND LEMON RISOTTO

BY JAMES GIBSON

DIRECTIONS

1. Heat butter in a large saucepan; cook onion and garlic, stirring, until onion is soft.
2. Add rice, stir to coat in butter mixture.
3. Add stock and wine; bring to boil. Reduce heat; simmer, uncovered, stirring occasionally, about 15 minutes or until rice is tender and most of the liquid is absorbed.
4. Add remaining ingredients; cook, stirring until hot.



INGREDIENTS

60g butter

1 large brown onion (200g), chopped finely

2 cloves garlic, crushed

1 ½ cups (300g) arborio rice

1 litre (4 cups) chicken stock

½ cup (125ml) dry wine

2 cups (340g) chopped cooked chicken

2 table spoons finely grated lemon rind

4 spring onions

BERRY SALAD

BY JAMES GIBSON

DIRECTIONS

1. In a small bowl, whisk together the lime juice, honey and poppy seeds.
2. Place the berries in a large bowl and drizzle the dressing over the top. Toss gently to coat



INGREDIENTS

1 punnet strawberries

1 punnet raspberries

1 punnet blueberries

3 tablespoons lime juice

1/4 cup honey

2 tablespoons poppy seeds



SRI LANKAN FRIED RICE

BY OSHY KODIPPILIARACHCHI

INGREDIENTS

1 cup of Basmati rice

1 Large carrot, grated

2 Spring onions, finely sliced

1/2 Onion, finely sliced

1/2 Green Capsicum

3 cloves Garlic, finely chopped

Curry leaves

1/2 mustard seed

2 crushed Cardamom pods

1 tsp Turmeric powder

1 tsp ground Black pepper

1 tsp Salt

Extra Virgin Olive oil

DIRECTIONS

- 1.** Take the 1 cup of Basmati Rice and wash it in a pot and mix it around, pouring the water into your hand when it gets full.
- 2.** Fill the bowl with a few cups of water. To measure how much place your hand so your fingers are straight and touching, then dip them in until the middle finger touches to top of the rice (DO NOT dig your fingers to the bottom. The area where the top section of the index finger bends has a line, and the water must be about that line. For our one we used two cups of water.
- 3.** Place the bowl into the Rice Cooker
- 4.** Add the teaspoon of crushed Cardamom pods, the teaspoon of Turmeric powder to add colour, and the teaspoon of salt when you cook the rice. If the water boils to a point where it looks like it takes the entire top section, make sure to let out some steam by removing the pot and tilting it diagonally.
- 5.** The rice you cook should be soft but not mushy or sticky.
- 6.** Next we make the stir fry for the rice. Place Olive oil in a pan over medium heat.
- 7.** Add the Mustard seed, onion, garlic, green chilli and curry leaves. Cook them until the onion turns soft then add the green capsicum and black pepper, then add the cooked rice and thoroughly mix it with the other ingredients.
- 8.** Voila, your fried rice is complete, next is the chicken curry.

CHICKEN CURRY & POL ROTI

BY OSHY KODIPPILIARACHCHI

DIRECTIONS

CHICKEN CURRY

1. Heat the olive oil in a pan over medium heat.
2. Cook the sliced onions, green chilies, cardamon pods, cloves, curry leaves and ginger until the onion has softened and turned translucent.
3. After 2 minutes add the chicken, curry powder, coconut milk and ½ cup of water into the pan. Stir and Simmer until the chicken is cooked through about 10 minutes. Put it in a bowl and serve it hot.

POL ROTI

4. Take a large bowl and add the flour, chilli peppers, onion, curry leaves and salt.
5. Mix them well with the spoon till they are combined and little by little add the coconut milk in to make the dough
6. Knead the dough for 1 to 2 minutes, make sure it is smooth and elastic but not sticky.
7. Make balls of dough depending on how many roti you want and place one onto one half of a sheet of clingwrap. Flatten the dough using the rolling pin to get a very thin sheet.
8. Heat the pan up and place the thin sheet on it, make sure that the side facing the pan is a golden brown with some black spots and then flip over. Once both sides are flipped place it on a pan. This should be 1 minute and must be with a low flame.
9. Repeat steps 4 and 5 until all the Roti is done.
10. Eat with the Chicken and Fried rice.



INGREDIENTS

Chicken Curry

- 6 chicken thighs (Cut into smaller pieces using a carving knife)
- 2 Tablespoons of curry powder
- 1/2 red onion, sliced
- Curry Leaves
- 1 teaspoon ground Black Pepper.
- 2 cloves
- 1/2 cup of water
- 1/2 cup of coconut milk.
- Green Chili (Sliced)
- 2 Cardamon pods
- Extra Virgin Olive oil

Pol Roti

- 2 cups of flour
- 1 cup of coconut milk
- Finely chopped chili peppers
- Finely chopped onions
- Finely chopped curry leaves
- Pinch (5g) of salt



BUDDHA BOWL

BY OLIVIA KARAMALOUDIS

INGREDIENTS

Two spring onions

Edamame beans

One avocado

Two radishes

A hand-full of rice

Tagarashui seasoning

Pickled pineapple

Hand-full of bean shoots

Two tablespoons of browned tofu

DIRECTIONS

1. All ingredients are presented washed and fresh, apart from: steamed rice, browned tofu, and pickled vegetables.



BRUSCHETTA

BY OLIVIA KARAMALOUDIS

INGREDIENTS

Slice of sourdough bread

Herbs such as basil and oregano (one to two pinches)

Prosciutto

One clove of garlic

Balsamic vinegar

DIRECTIONS

1. Bread is browned in a pan and is then coated in a warm butter and garlic confit.

ANZAC BISCUITS

BY RHYS THORPE

DIRECTIONS

1. Preheat oven to 180°C/350°F. Grease two large oven trays; line with baking paper.
2. Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.
3. Roll level tablespoons of mixture into balls; place 5cm (2 inches) apart on lined trays, then flatten slightly.
4. Bake for 12 minutes or until golden. Cool biscuits on trays.

INGREDIENTS

- 125 grams (4oz) butter, chopped
- 2 tablespoons golden syrup or treacle (see tips)
- 1/2 teaspoon bicarbonate of soda (baking soda)
- 2 tablespoons boiling water
- 1 cup (90g) rolled oats (see tips)
- 1 cup (150g) plain (all-purpose) flour
- 1 cup (220g) firmly packed brown sugar
- 3/4 cup (60g) desiccated coconut

EASY NOODLES

BY SAMPSON TULLY



INGREDIENTS

- 1 mince meat
- 3 packets of two-minute noodles
- 1 veg pack
- 2 chicken flavours from the two-minute noodles



SUSHI

BY KEISHA HANDLEY-KURZKE

INGREDIENTS

Yaki nori seaweed

Soy sauce

Plum sauce

150 g sushi rice

Tuna

Carrot

Sushi seasoning bamboo matt

DIRECTIONS

1. Gather your ingredients
2. Grab the sushi rice and add water, wash till you can clearly see the rice, so about 6x times
3. After that cook your rice in the microwave for 15- 20 minutes
4. After the rice is cooked and cooled down for five minutes
5. Then add sushi seasoning, and mix with spatula
6. Once mixed grab the bamboo mat and place it down add your seaweed shiny side down and place your rice on the seaweed and your fillings of your choice
7. Then by grabbing the mat and the seaweed roll it to make a roll, and cut
8. Then enjoy



FRIED RICE

BY HENRY RATHJEN

INGREDIENTS

Cups leftover white rice

8 strips bacon chopped

1 tbsp vegetable oil

2 eggs

3/4 cup frozen green peas

1 1/2 teaspoons salt

1 teaspoon garlic powder

Carrot

DIRECTIONS

1. Fry bacon in a wok or large skillet over medium-high heat until crisp and browned. Use a slotted spoon to transfer to a plate with paper towel. Set aside.
2. Let the bacon cook until semi-crispy and all the oils come out.
3. Scoop out excess oil to the point that around 3 to 4 tablespoons are left.
4. Heat the oil in your wok over medium heat and add beaten eggs. Gently scramble the eggs, When the eggs are cooked, use the spatula to chop them into small pieces.
5. Put-in the rice. Sprinkle salt and garlic powder. Gently stir while cooking for about 4 minutes.
6. Add the green peas and bacon. Stir once more and cook for another 3 to 5 minutes.

SOUFFLE PANCAKE

BY KEISHA HANDLEY-KURZKE



DIRECTIONS

1. Gather ingredients.
2. Separate egg whites and egg yolks into two different bowls. Bowl with egg whites in freezer 15 minutes.
3. While the egg is freezing add milk, and vanilla extract, and whisk until frothy.
4. Sift cake flour and baking powder into a bowl.
5. Whisk to combine thoroughly and set aside.
6. After 15 minutes, take out the bowl with egg whites from freezer. Egg whites should be half frozen, now beat the egg whites.
7. When the egg whites are frothy and pale white, gradually add sugar roughly 1/3 at a time continue to whip egg whites.
8. Egg whites will become glossier and firmer, stop beating when the egg whites stand up with peaks slightly bending over.
9. Heat the non-stick fry pan on lowest heat, and lightly brush with cooking oil and lightly remove any visible oil. Keep heat on while you combine egg whites and egg yolk mixture.
10. Take 1/3 of egg white and add to the egg yolk mixture. Whisk together.
11. Take other half of the eggs, add to the egg yolk mixture. Use a whisk to gently fold in without breaking air bubbles in egg whites.
12. Now transfer egg yolk into egg whites and carefully fold without breaking air bubbles.
13. Each pancake gets roughly 4 tbsp scoops of batter for 3 pancakes then stack one more scoop to the 1 pancake, then move onto next two giving 2 small scoops.
14. Stack one more scoop on pancake then keep it high in the bowl with 3 scoops.
15. Set timer for 6-7 minutes, add 1 tbsp in 3 empty spaces and cover the lid.
16. After 2 minutes open lid, add one more scoop for every pancake stack high not wide and close lid.
17. 6-7 minutes 'use spatula and lift pancake gently, if it is stuck don't touch until there firmed, otherwise it will crack.
18. Pull the pancake to create an empty space and flip with rolling over motion.
19. Add water in empty spaces and set a timer for 4 to 5 minutes to cook on low heat.
20. Once brown transfer pancake on plate and add berries and maple syrup.

INGREDIENTS

- 2 Egg
- 1/1/2 tbsp whole milk
- 2 tbsp white sugar
- Blueberries, strawberries and raspberries
- 1/2 cream, ice
- 1/4 vanilla extract
- 1/2 baking powder
- 1/4 cup cake flour
- 1 tbsp canola oil
- Tbsp water
- Maple syrup



RICE PAPER ROLLS

BY TOM SMITH

Makes 25 rice paper rolls

Note: You can change ingredients to suit your liking

INGREDIENTS

25 round rice paper roll sheets

200g of vermicelli noodles

2 small cucumbers

2 medium size carrots

Small handful of mint

5 spring onions

A bunch of coriander, leaves only

25 large prawns

2 avocados

100g of bean sprouts

Vietnamese Dipping Sauce

DIRECTIONS

1. Peel the prawns.
2. Place vermicelli noodles in a bowl and cover with boiling water for 4-5 minutes, then drain the water.
3. Cut up your cucumber, carrot, spring onion and avocado. Also place your coriander, bean sprouts and mint in bowls.
4. Submerge your round rice paper roll sheets in warm water until they start to become soggy and start to sink.
5. Place your vermicelli noodles, cucumber, carrot, mint, spring onion, coriander, prawns, avocado, and bean sprouts on top of your rice paper roll sheet (exclude or add ingredients to your own liking).
6. Fold one side of your roll-on top of your food, then fold in your ends. Then roll the last side of the rice paper roll to create a cylinder. It is similar to rolling up a wrap.
7. Repeat this process until you have used up all your ingredients and rolls.
8. Serve with Vietnamese dipping sauce and enjoy!

SEAFOOD MARINARA FETTUCCINE

BY RHYS THORPE

DIRECTIONS

1. Sauté onion and garlic until translucent in olive oil. Add zest and juice of lemon.
2. Boil water in separate saucepan, when boiling add pasta and pinch of salt.
3. When pasta goes in add seafood. Continue to stir seafood and pasta.
4. Cut up parsley without stem, when pasta is almost ready, add parsley into seafood.
5. When seafood and pasta are ready, drain pasta retaining 1 cup of pasta water, combine pasta and seafood and retained water.
6. Serve Seafood Marinara with salt, pepper, dried chilli flakes, olive oil and parmesan. Enjoy!



INGREDIENTS

1 kg of Fettuccine pasta
1 kg of sea food Marinara Mix
5 cloves of Garlic
Bunch of parsley
2 Onions
Olive oil 100ml
1 Lemon
Parmesan cheese
Salt
Pepper
Dried chilli flakes

POKE BOWL

BY CHARLOTTE BETT

DIRECTIONS

1. Put your one cup of rice in the rice cooker to cook. Cut up your meat into small squares and place on a pan on the stove and cook until golden brown all the way through. Cut up your broccolini and place in a pan and cook until the stalk is soft.
2. Pull out a coleslaw mix from a supermarket of your choice and put in a pan, cook until soft. Crack an egg into a pan and bake in any way of your choice. Place two small poppadoms into the microwave for around 40-50 seconds or on the stove until they pop. Cut the cucumber into two stripes long wise or however many pieces you would like.
3. Pull out a plate and place the rice, coleslaw mix, meat, cucumber and poppadoms in a bowl and place the egg on top. (It is optional to place some alfalfa sprouts on top if you would like.)
4. Grab a fork and enjoy!



INGREDIENTS

Rice, ½ cup
Tofu or any type of meat
Cucumber
1 egg
2 broccolini stalks
Coleslaw mix
2 small poppadoms
Alfalfa sprouts



CHICKEN BRUSCHETTA

BY CHLOE BUTCHER

INGREDIENTS

Chicken

4 chicken breasts, about 6 ounces each
2 tablespoons olive oil
2 tablespoons balsamic vinegar
2 cloves garlic, minced
1 teaspoon Italian seasoning
½ teaspoon salt
¾ cup shredded mozzarella

Bruschetta

1 ½ cups cherry tomatoes, halved
3 cloves garlic, minced
½ small red onion, chopped
1 teaspoon balsamic vinegar
1 teaspoon olive oil
½ cup chopped basil
½ teaspoon salt

DIRECTIONS

1. Add the chicken breasts to a 9x13 baking dish.
2. Add the oil, balsamic vinegar, garlic, Italian seasoning, and salt to a small bowl and whisk to combine. Pour over the chicken and turn to coat.
3. Let chicken set for 10 minutes while the oven heats to 425 degrees.
4. Cut up pumpkin and place in oven with the chicken for 30-minutes.
5. Place chicken in the oven and bake for 25-30 minutes or until chicken reaches 165 degrees.
6. While the chicken is baking, add all of the ingredients for the bruschetta to a bowl and toss to combine.
7. Cut up broccoli and put on until cooked.
8. When chicken is cooked through, remove from the oven and top with the mozzarella.
9. Pour the bruschetta over the chicken and return to the oven for 5 minutes to melt the cheese and warm the tomatoes.

OLD EL PASO TACO KIT

BY HARRISON PHILLIPS

DIRECTIONS

1. After the meat has sizzled for a bit put in the old El paso spices mix and half a cup of water.
2. Warm up the oven to 180 degrees. Put the taco shells in the oven for 5 minutes.
3. Prepare what ever other ingredients you want. Once the meat is cooked you are done!



INGREDIENTS

Mince Meat

Old El Paso Taco Kit

Whatever sides you want

MARINATED CHICKEN SALAD

BY MEGAN WILSON

DIRECTIONS

1. Cut and prepare the carrots, tomato, capsicum, apple and cheese.
2. Pour into a bowl some red wine and garlic marinate.
3. Place the chicken in the bowl.
4. Next put the chicken in the fry pan/wok and cook.
5. Put all the cut up ingredients into a bowl
6. Now put the cooked chicken in the bowl with the salad.
7. Now enjoy!



INGREDIENTS

Chicken breast

Carrots

Tomatoes

Spinach

Capsicum

Cheese

Apple



PRAWN AND SALAD RICE PAPER ROLLS

BY MACKENZIE BICKLEY

INGREDIENTS

Rice Paper

Cellophane Noodles

Mixed Lettuce

Cucumber

Carrot

Cocktail Prawns

Rice

Spring Onion

DIRECTIONS

1. Chop lettuce.
2. Chop cucumber.
3. Chop spring onion.
4. Peel carrot.
5. Grate carrot.
6. Heat pre-cooked rice in microwave for 40 seconds.
7. Boil cellophane noodles on stovetop for 2 minutes.
8. Drain water from noodles.
9. Dampen a tea towel and place on benchtop.
10. Place a sheet of rice paper on tea towel and wet with warm water (don't soak).
11. Once flimsy, place all toppings at one end of the sheet. Fold the end nearest to the toppings over on top of the toppings, and also the sides. Then roll up from the opposite end.
12. Repeat steps 10 and 11 depending on how many rolls you would like.
13. Add rolls and rice to your plate.
14. Voila!

FETTUCCINE ALFREDO

BY THUSAARA KAJARAJAN

DIRECTIONS

1. Dice 100g of onion.
2. Slice 40g of button mushroom.
3. Mince 1 tbsp. of garlic.
4. Cut 40g of bacon in rectangular pieces that are about 1cm long.
5. Boil 1000ml of water and add 1 tbsp of salt to the water.
6. Once the water is boiling, add 90g of fettuccine noodles.
7. While waiting for noodles to cook, get a saucepan and add 2 tbsp of olive oil.
8. Once the saucepan is hot, add all the bacon, wait until bacon is roasted to slight brown colour.
9. Add 100g of onion, 1 tbsp of garlic, 30g of unsalted butter, and 8 prawn.
10. Add black pepper to how much you prefer and add 1 tbsp. of crushed red pepper.
11. Mix all ingredients for about 3 – 5 minutes, or until the onion and prawn are perfectly cooked (will have a slight orange tint).
12. Add 40g of button mushrooms and continue mixing for about 1 more minute.
13. Add 200ml of heavy cream, 100ml of milk and 20g of parmesan cheese.
14. Wait for the sauce to boil while removing the noodles from the water (do not throw away the water yet).
15. Once the sauce is boiling, add noodles to the sauce and mix for 1 minute more.
16. Add 1 tbsp of noodle water into the sauce so that you would not need to add salt later on.
17. Move the food to a plate of your choosing.
18. Add the desired amount of parsley to the top and you are done.



INGREDIENTS

90g fettuccine noodles

1 ltr of water

1 tbsp of salt

2 tbsp. of olive oil

100g onion

40g bacon

1 tbsp minced garlic

20g unsalted butter

8 prawn

40g button mushrooms

Black pepper

100ml of milk

200ml heavy cream

20g parmesan cheese

1 tsp of crushed pepper

1 tsp of parsley



TERIYAKI CHICKEN SUSHI BOWL

BY MIFFY FISHER

INGREDIENTS

¾ cup teriyaki sauce

1kg diced chicken

1 cup sushi rice

1 ½ cup brown rice & quinoa

2 carrots

2 cucumbers

1 sliced avocado

½ cup rice wine

Crushed seaweed to taste

Soy sauce to taste

Kewpie mayo to taste

DIRECTIONS

1. Marinade diced chicken for at least 30 minutes.
2. Transfer marinated chicken to pan and cook through.
3. Cook sushi rice and brown rice & quinoa. Leave to cool for five minutes in a glass or wooden bowl. Add the ¼ cup rice wine to each bowl of rice and combine.
4. Peel or finely chop cucumber and carrot.
5. Assemble ingredients in a bowl as desired and top with desired toppings.
6. Enjoy!

HEALTHY APPLE CRUMBLE

BY MIFFY FISHER

DIRECTIONS

1. Preheat oven to 180°C.
2. Put sliced apples in a saucepan with the cinnamon and coconut sugar.
3. Cover with boiling water.
4. Simmer for 30 minutes.
5. Combine dry ingredients in a bowl.
6. Melt coconut oil and honey and mix into dry ingredients.
7. Transfer mixture into a lined pan and firmly press.
8. Place in oven until brown. Approx. 10 minutes.
9. Carefully place stewed apples on top of crumble base.
10. Lightly sprinkle extra cinnamon and coconut sugar on top and place in oven for a further 10 minutes.
11. Serve warm with cream or ice cream if desired.



INGREDIENTS

- 1 cup of quick oats
- 2 tbs chia seeds
- 1/3 cup of sunflower seeds
- 1/3 cup sunflower kernels
- 1/4 cup finely chopped almonds (or any nut)
- 1/4 cup of coconut flakes
- 1/4 cup rice malt syrup
- 1/2 cup melted coconut oil
- 3 pink lady apples, peeled and sliced
- 1/2 tsp cinnamon and extra to sprinkle
- 1/2 tsp coconut sugar and extra to sprinkle
- Boiling water
- Ice cream or cream to serve



SALMON ON TOAST

BY MONIQUE REID

INGREDIENTS

Olive sourdough bread

Avocado

Salmon

Feta cheese

Sundried tomato strips

Optional

Chives

Coriander/parsley

DIRECTIONS

1. Slice 2 pieces of sourdough bread and put them in the toaster to toast.
2. Prepare ingredients while waiting, or make a drink to keep you occupied (double check you actually put the bread in the toaster before toasting).
3. Use avocado as a replacement for any butter or margarine.
4. Place pieces of feta and sundried tomato strips on top.
5. Put slices of salmon on top.
6. For the aesthetic look, decorate with extra pieces of sundried tomato, feta cheese, parsley/coriander and chives.



MANDURANG'S FINEST LAMB

BY LINCOLN MCKERN

INGREDIENTS

1.2kg lamb leg

4 large garlic gloves sliced thinly

5-6 rosemary sprigs

1 Tbsp salt flakes

2 tsp cracked pepper

Zest of 1 lemon

2 Tbsp olive oil

2 sliced Brown onions

4 Potatoes quartered

3 Carrots peeled and chopped

500ml Beef stock

1 head of Broccoli

DIRECTIONS

1. Preheat the oven to 150 degrees Celsius
2. Remove visible fat from lamb, slice deep pockets, push garlic and rosemary into the pockets
3. Season with salt, pepper, lemon zest and olive oil
4. Your roast should look colourful
5. Place lamb into baking dish with potatoes, onions, carrot.
6. Pour stock into pan with any leftover rosemary and garlic
7. Cover tightly with tin foil
8. Place in oven for 8 hours
9. Once cooked it should fall off the bone and serve with steamed broccoli

VEGETABLE RISOTTO

BY NATASHA MUELLER

DIRECTIONS

1. Preheat oven to 180 degrees °C fan forced.
2. Cut the pumpkin into 3cm pieces. Place pumpkin in a tray, splash oil on and toss. Season pumpkin with salt and put in the oven for 40 minutes.
3. Finely dice onion and garlic frying off.
4. Add arborio rice to a hot pot. Add rice, with a knob of butter and a splash of white wine, fry off.
5. Get the stock cube and boiled water and place into a bowl. Slowly add more stock until it is all used up and the rice is cooked.
6. While cooking the rice you can also cook the broccoli.
7. Add frozen peas.
8. Place the broccoli in a pot with boiling water and let boil until cooked.
9. Add the broccoli and peas to the rice mix.
10. Put pumpkin in bowls, followed by the rice mix. Top of with the cheeses.



INGREDIENTS

Onion

Fresh garlic

1 cup of arborio rice

1 cup of peas

1/2 roasted pumpkin

1/2 broccoli

Feta cheese

Parmesan cheese

1 stock cube

Splash of olive oil

Seasoning



SLOW COOKED LAMB SHANK RAGU

BY OLIVIA KEALY

INGREDIENTS

2 tbsp olive oil

2 lamb shanks

1 brown onion, thinly sliced

200g brown mushrooms, thinly sliced

2 garlic cloves, crushed

1 1/2 cups (375ml) dry red wine or beef stock

400g can diced tomatoes

2 tbsp tomato paste

2 tbsp rosemary leaves, chopped

300g fresh or dried pappardelle

DIRECTIONS

1. Heat half the oil in a large flameproof casserole pan over high heat. Season the lamb. Cook, turning occasionally, for 5 minutes or until the lamb is brown all over. Transfer to a plate. Reduce heat to medium.
2. Heat the remaining oil in the pan. Add the onion and mushroom and cook, stirring, for 5 minutes or until the onion softens. Add the garlic and cook for 1 min or until aromatic. Return the lamb to the pan with the wine or stock, tomato, tomato paste and rosemary. Bring to the boil. Reduce heat to low and cook, covered, for 2 hours or until the lamb is falling off the bone.
3. Transfer the lamb to a heatproof bowl. Set aside to cool slightly. Use 2 forks to coarsely shred the meat. Discard the bones. Return the meat to the pan and stir to combine. Season.
4. Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well.
5. Divide the pasta among serving bowls. Top with lamb mixture. Season.

CHICKEN WRAPS

BY SEREN SMITH

DIRECTIONS

1. Cut chicken into your size of choice.
2. Turn on stove and cook chicken until browned (Flip chicken every few minutes).
3. While the chicken is cooking cut up or grate your vegetables you wish to include in your wrap.
4. When the chicken is cooked put it into a bowl.
5. Get your wraps ready by heating them in the microwave for 15 seconds.
6. Put your wrap on a plate on a plate and start adding your ingredients (vegetables of your choice and sour cream or sweet chilli).
7. Wrap up the wrap and eat it.



INGREDIENTS

Chicken

Sour cream

Sweet chilli lettuce

Carrot

Cucumber

Capsicum

Mushrooms

Cheese

Wraps



STEAMED CABBAGE AND PORK DUMPLINGS

BY RUBY CONTI
THERMOMIX RECIPE

INGREDIENTS

Dumpling wrappers

1 tsp olive oil, plus extra for greasing

150g water

300g plain flour

¼ tsp salt

Water, plus extra as needed

Filling and Dumplings

400g white cabbage leaves, cut into pieces

1 ½ tsp salt

350g pork mince

530g water

20g soy sauce

10g rice wine

½ tsp ground black pepper

1 tbsp sesame oil

DIRECTIONS

Dumpling wrappers

1. Oil Varoma dish, Varoma tray and a bowl and set aside.
2. Place water, flour, oil and salt into mixing bowl and knead 2 minutes.
3. Transfer dough into prepared bowl and form into a ball. Cover bowl and allow to rest for 15 minutes. Meanwhile, prepare the filling.

Filling and dumplings

4. Place cabbage leaves and 1 teaspoon of the salt into mixing bowl and chop with aid of spatula 20 seconds/speed 4.
5. Transfer into simmering basket and set aside to drain.
6. Place mince, 30 g of the water, soy sauce, rice wine, remaining ½ teaspoon salt, pepper and sesame oil into mixing bowl and mix 2 minutes/speed 4. Scrape down sides of mixing bowl with spatula.
7. Squeeze excess moisture out of cabbage by pressing it against sides of simmering basket, then add cabbage to mixing bowl and mix 6 seconds/ speed 6. Transfer filling onto a large plate and set aside. Clean and dry mixing bowl.
8. Turn rested dough out onto a floured surface. Divide dough into 4 equal pieces and shape each piece into a rope (2 cm diameter). Use spatula to cut each rope into 8-10 small pieces and shape them into balls.
9. With a rolling pin, roll each ball of dough into a thin round shape (9 cm diameter). Place 1 tablespoon of the filling into the centre of each and fold the wrapper in half over the filling to make a semi-circle shape. Pinch the seam in the centre and hold it with one hand while using the other hand to pleat the top edge of the wrapper from the middle outwards on both sides. Arrange dumplings in prepared Varoma dish and tray.
10. Place remaining 500 g water into mixing bowl, place Varoma into position and steam 20 minutes/Varoma/speed 1.
11. Remove Varoma and serve dumplings immediately.

HOMESTYLE APPLE CRUMBLE

BY RUBY CONTI



DIRECTIONS

1. Preheat the oven to 180° C (350° F).
2. Put the apples in a saucepan over medium heat with the cinnamon and 2 teaspoons of the rice matt syrup, along with a 1/2 cup (125 ml) of water. Bring to the boil and then turn down to low and simmer for 10-15 minutes or until the apples are soft and almost all of the water has been absorbed.
3. Combine the almonds, walnuts, dates, coconut, coconut oil and remaining syrup in a food processor. Blitz for 30 seconds or until the nuts have roughly broken down.
4. Place cooked apple into a baking dish and stir through the blueberries.
5. Cover the apples with the crumble, mix and bake in the oven for 20-25 minutes, or until crumble is golden brown.
6. Serve hot!

INGREDIENTS

8 apples, cored and sliced into thin wedges

1 tsp cinnamon

2 Tbsp rice matt syrup

4 cup (120 g) natural almonds

2 cup (60 g) walnuts

4 medjoot dates, pitted

2 cup (30 g) coconut flakes

2 Tbsp coconut oil

1 cup (155 g) blueberries



WARM LEMON PUDDING CAKES

BY MS BARBARA FIELDER

Serves 6 | Prep Time: 20 Minutes | Cook Time: 45 Minutes

INGREDIENTS

3 large eggs, separated

1 cup milk (low-fat or whole)

2 teaspoons lemon zest, from 2 lemons

6 tablespoons fresh lemon juice, from 2 lemons

2 tablespoons unsalted butter, melted

1/4 teaspoon salt

6 tablespoons all-purpose flour

1 cup sugar

Fresh berries and Confectioners' sugar, for serving (optional)

DIRECTIONS

- 1.** Preheat the oven to 350°F and set a rack in the middle position. Spray six (6-oz) ramekins with nonstick cooking spray.
- 2.** In a large bowl, whisk together the egg yolks, milk, lemon zest, lemon juice, butter, and salt. Add the flour and sugar and whisk until smooth.
- 3.** In the bowl of an electric mixer, beat the egg whites until soft peaks form. (The peaks should curl when you lift the beaters out of the bowl.) Spoon about 1/4 of the egg whites into the lemon mixture and whisk until smooth. Add the remaining egg whites and, using a rubber spatula, gently fold into the lemon mixture until smooth. The batter will be light, foamy, and liquidy.
- 4.** Place the prepared ramekins into a 9-by-13-inch baking dish. Ladle the batter evenly into the ramekins (it will come almost to the top). Using a teapot or pitcher, pour room temperature water into the pan to reach halfway up the sides of the ramekins. Carefully place the baking pan in the oven and bake for 45 to 50 minutes, or until the cakes are puffy and lightly golden on top. Using tongs, carefully remove the ramekins from the baking dish and let cool on a rack for about 20 minutes before serving. (They will sink a bit as they cool; that's okay.) Dust with Confectioners' sugar and serve with berries, if desired.
- 5.** **Make Ahead:** The cakes can be made a day ahead of time. Once completely cool, cover the cakes with plastic wrap and store at room temperature. Before serving, preheat the oven to 350°F and set a rack in the middle position. Remove the plastic wrap and place the ramekins on a baking sheet; heat for 10-15 minutes, until warmed through.

GNOCCHI WITH TOMATO, SPINACH AND PINE NUTS

BY MS BARBARA FIELDER

DIRECTIONS

1. Combine cream, undrained can tomatoes and garlic in large pan.
2. Bring to boil, simmer 5 minutes or until sauce has thickened slightly
3. Add sun-dried tomatoes (and olives). Simmer 2 minutes.
4. Cook gnocchi at same time
5. Toss gnocchi, pine nuts and spinach with sauce in pan until spinach wilts and mixture is heated through.



INGREDIENTS

- ¾ cup (180ml) cream or coconut cream
- 425g can crushed tomatoes
- 3 cloves tomato – chopped/crushed
- ½ cup (75g) drained chopped sun-dried tomatoes
- ½ cup seeded black olives, sliced (optional)
- 160g spinach leaves
- 500g packet gnocchi
- ½ cup (80g) pine nuts

SMALL FRUIT CAKES

BY MS BARBARA FIELDER

DIRECTIONS

1. Add to a microwave safe bowl mixed fruit, water, brown sugar and butter. Cover and microwave on high for 6 minutes. Allow to cool.
2. In a separate bowl add eggs, self-raising flour, plain flour, mixed spice, bicarb of soda and cooled fruit mixture.
3. Place into greased muffin tin.
4. Cook 20 minutes.



INGREDIENTS

- 375g mixed fruit (I add cherries, ginger, almonds, cranberries)
- 1 cup water
- ½ cup sugar (I use brown)
- 125g butter
- 2 beaten eggs
- 1 cup SR flour
- 1 cup plain flour
- 1 teaspoon mixed spice
- 1 teaspoon bicarb of soda



ZUCCHINI SLICE

BY DR CLAYTON MASSEY

INGREDIENTS

375g zucchini

1 large onion

3 rashers bacon

1 cup grated cheddar cheese

1 cup self-raising flour

½ cup canola oil

5 eggs

Salt & pepper

DIRECTIONS

- 1.** Trim ends of Zucchini, leave unpeeled – grate coarsely.
- 2.** Peel and finely chop the onion.
- 3.** Remove rind from the bacon and chop bacon finely.
- 4.** Combine all ingredients in a mixing bowl.
- 5.** Pour into a greased enamel pie plate. Enamel is best as zucchini seems to affect metal tins.
- 6.** Bake in a moderate oven until brown.





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