

Spiced Chicken with Cauliflower & Pita

INGREDIENTS

- 360g chicken thigh, cut in half lengthways
- VEGETARIAN OPTION: 360g canned chickpeas, drained and rinsed
- 6ml + 18ml olive oil
 - 6g ground cumin
 - 120g cherry tomatoes
 - 6g + 6g pepper
 - 120g cauliflower, blitzed in a food processor
 - 10g brown rice, cooked
 - 90g canned lentils, drained and rinsed
 - 12g sultanas or currants
 - 12g pepitas
 - 12g sunflower seeds
 - 6g fresh parsley, chopped
 - 6g fresh mint, chopped
 - 18g honey
 - 18ml lemon juice
 - 6g curry powder

Spiced Chicken with Cauliflower & Pita

METHOD

1. Preheat the oven to 200°C.
2. Rub the chicken or chickpeas in the oil in a bowl and season with black pepper and ground cumin. Place the chicken or chickpeas on oven baking trays, scatter tomatoes around them. Bake for 20 minutes or until golden brown and chicken is cooked. Cover with foil once cooked to keep warm. Slice chicken into bite size pieces and divide into serving bowls with the tomatoes.
3. Meanwhile, to make the salad, place the oil, pepper, honey, lemon juice and curry powder into a small bowl, whisk and set aside.
4. In a large bowl, place the grated cauliflower, brown rice, lentils, seeds, sultanas and herbs. Mix well and pour the dressing over and toss to coat.

Serves 6



Zucchini, carrot and banana cake & friends

INGREDIENTS

- 115 g wholemeal self raising flour
- 5 g bi-carbonate soda
- 5 g cinnamon, ground
- 5 g ginger, nutmeg or allspice
- 60 g extra virgin olive oil
- 30 g sugar
- 1 g eggs
- 60 g banana, mashed
- 60 g carrot, grated
- 60 g zucchini, grated
- 390 g Greek or natural yoghurt
- 60 g reduced fat tasty cheese, cut in pieces

METHOD

1. Preheat the oven to 180°C and line a loaf tin with baking paper.
2. Combine the flour, bi-carbonate soda, cinnamon and ginger in a bowl. In another bowl, whisk the oil and sugar together until light and fluffy, Add the eggs one at a time and whisk in. Whisk in the banana.
3. Stir in the carrot and zucchini. Fold the wet mixture into the dry mixture until combined.
4. Bake for 50-60 minutes until a skewer inserted in the middle comes out clean. Leave to cool before slicing.
5. Serve slices on room platter with yoghurt and cheese for child to self-serve.

Serves 6

Mediterranean Tray Bake

INGREDIENTS

- 5mL olive oil
- 150g zucchini, chopped
- 150g carrot, chopped
- 240g potatoes, chopped
- 60g capsicum, chopped
- 5g cumin, ground
- 5g paprika
- 5g oregano, dried
- 180g couscous
- 120g Greek or natural yoghurt
- 30g cucumber, grated
- 5g mint, dried or fresh
- 510g canned chickpeas, drained and rinsed



Mediterranean Tray Bake

METHOD

1. Preheat the oven to 200°C.
2. Rub the chicken or chickpeas in the oil in a bowl and season with black pepper and ground cumin. Place the chicken or chickpeas on oven baking trays, scatter tomatoes around them. Bake for 20 minutes or until golden brown and chicken is cooked. Cover with foil once cooked to keep warm. Slice chicken into bite size pieces and divide into serving bowls with the tomatoes.
3. Meanwhile, to make the salad, place the oil, pepper, honey, lemon juice and curry powder into a small bowl, whisk and set aside.
4. In a large bowl, place the grated cauliflower, brown rice, lentils, seeds, sultanas and herbs. Mix well and pour the dressing over and toss to coat.

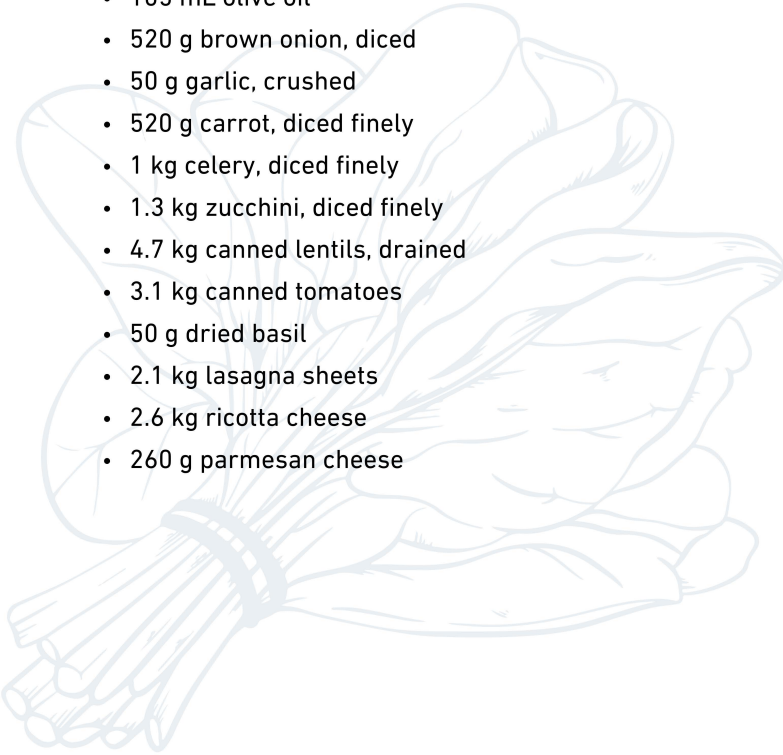
Serves 6



Veggie Lasagne

INGREDIENTS

- 105 mL olive oil
- 520 g brown onion, diced
- 50 g garlic, crushed
- 520 g carrot, diced finely
- 1 kg celery, diced finely
- 1.3 kg zucchini, diced finely
- 4.7 kg canned lentils, drained
- 3.1 kg canned tomatoes
- 50 g dried basil
- 2.1 kg lasagna sheets
- 2.6 kg ricotta cheese
- 260 g parmesan cheese



Veggie Lasagne

METHOD

1. Heat oil in a large pan over medium heat. Add onion, garlic, carrot, celery and zucchini. Cook, stirring for 8-10 minutes until vegetables soften. Add lentils and cook for another 5 minutes stirring frequently.
2. Add tomatoes, basil, oregano to pan. Reduce heat to medium-low. Simmer covered, stirring occasionally for at least 30 minutes or until the sauce has thickened.
3. While the sauce is simmering, preheat the oven to 200°C.
4. Place a small spread of lentil sauce on the base of a large baking dish.
5. Place lasagne sheets over the sauce in a single layer. Add a second layer of lentil sauce and half the ricotta cheese.
6. Continue layering lasagne sheets and lentil sauce, repeating until the dish is almost full. Finish with a layer of lentil sauce.
7. Top with remaining ricotta and sprinkle with parmesan cheese.
8. Bake in oven for 45 minutes to 1 hour, until cooked through and top is golden.
9. Cut into individual portions and serve on plates for each child.

Serves 50



Zucchini and Corn Fritters

INGREDIENTS

- 1 x 420g can of corn kernels
- 1 zucchini
- 2 cups plain flour
- 1 teaspoon baking powder
- 2 eggs, whisked
- 1 cup milk
- 1 tablespoon olive oil
- Greek yoghurt, to serve

METHOD

1. Drain can of corn kernels into a sieve and rinse under cold water. Set aside.
2. Grate the zucchini.
3. Add all ingredients except olive oil into a large bowl and mix until combined.
4. Heat olive oil in a frypan over medium-high heat. Pour 1/4 cup of the mixture into pan at a time to form a fritter.
5. Fry on each side for 2 minutes or until brown. Repeat with remaining mixture.
6. Serve with a dollop of Greek yoghurt

Serves 4

Sweet Potato Mini Pizzas

INGREDIENTS

- 1 large Carisma potato, sliced into 1cm-thick rounds
- 1 large sweet potato, sliced into 1cm-thick rounds
- 1 teaspoon olive oil
- 2 garlic cloves, finely chopped
- 1/2 cup no-added-salt tomato paste
- 1/2 small red onion, finely sliced
- 1/2 cup frozen corn kernels
- 8 small mushrooms, sliced
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 cup grated reduced-fat mozzarella
- 16 cherry tomatoes, halved



Sweet Potato Mini Pizzas

METHOD

1. Preheat the oven to 200°C. Line a large baking tray with baking paper. Evenly spread Carisma potato and sweet potato slices in a single layer on tray (don't use pointy ends). Drizzle with olive oil. Place slices in the oven and cook for 15 minutes until the potatoes start to soften. Remove and set aside to cool slightly.
2. Meanwhile, combine garlic and tomato paste in a bowl.
3. When potato bases are cool enough to handle, dollop a teaspoonful of tomato paste on each one, spreading evenly with back of the spoon. Layer onion, corn and mushrooms. Sprinkle over herbs and cheese. Finish mini pizzas with tomato halves.
4. Return to oven and cook for another 12 minutes, or until the cheese is melted and the bases are cooked through. Serve pizzas warm or at room temperature.

Serves 8

