

# Tomato, Cheese & Spinach Scrolls with Veggie Sticks

## INGREDIENTS

- 210g wholemeal self raising flour
- 150g Greek or natural yogurt
- 90g reduced fat tasty cheese, grated
- 60g tomato paste
- 60g baby spinach, steamed
- 120g cucumber, cut into sticks
- 120g capsicum, cut into sticks

## METHOD

1. Preheat oven to 180°C and prepare baking trays.
2. In a mixing bowl, combine flour and yogurt to firm dough. It should come together into a ball with a bit of mixing.
3. Knead the dough for 5 minutes on a floured surface.
4. Roll dough into a rectangle until dough is approximately 0.5cm thick.
5. Spread the tomato paste over the dough and sprinkle the cheese and spinach over the dough, leaving about 4cm at one long edge.
6. Roll the dough up starting from one long edge.
7. Using a sharp knife, cut into 1cm thick slices
8. Place slices on baking trays. Bake in oven for 25-30 minutes or until golden.
9. Leave to cool before serving.
10. To serve, place scrolls on room platters with vegetables.

Serves 6

# 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



# Dinosaur dip and sticks

## INGREDIENTS

- 270 g Broadbeans, cooked and podded
- 60 g ricotta cheese
- 20 mL olive oil
- 20 mL water
- 5 g mint
- 90 g carrot, cut into batons
- 90 g cucumber, cut into batons
- 210 g apple, cut into batons
- 90 g capsicum, cut into batons
- 150 g watermelon, cut into fingers

## METHOD

1. Blend the broadbeans, ricotta cheese, olive oil, water and mint in a blender or in a food processor.
2. Arrange fruit and vegetable sticks on room platters and place the dip in the middle for children to dip into.  
Encourage children to self serve.

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.

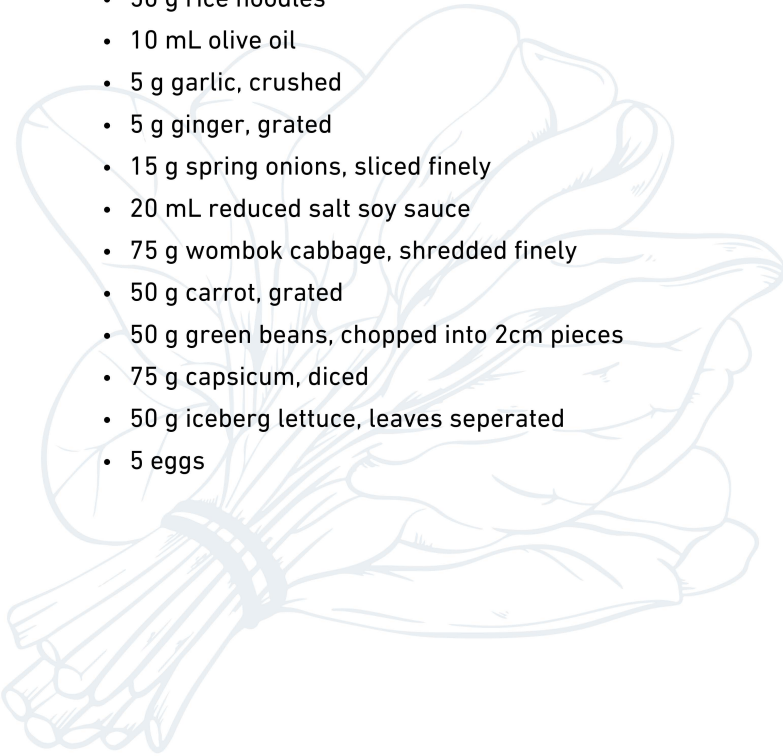
Serves 6



# Egg San Choy Bau

## INGREDIENTS

- 50 g rice noodles
- 10 mL olive oil
- 5 g garlic, crushed
- 5 g ginger, grated
- 15 g spring onions, sliced finely
- 20 mL reduced salt soy sauce
- 75 g wombok cabbage, shredded finely
- 50 g carrot, grated
- 50 g green beans, chopped into 2cm pieces
- 75 g capsicum, diced
- 50 g iceberg lettuce, leaves seperated
- 5 eggs



# Egg San Choy Bau

## *METHOD*

1. Cook rice noodles according to packet instructions.
2. Heat a wok or frying pan over a medium to high heat. Add oil, garlic, ginger and spring onions. Cook for 30 seconds or until fragrant.
3. Add egg. Stir-fry using a wooden spoon to scramble egg for 1-2 minutes or until all egg is cooked.
4. Add soy sauce. Stir and cook for 2 to 3 minutes or until sauce has thickened slightly.
5. Add diced vegetables. Stir and cook for 5 minutes, until tender.
6. Add cooked noodles to pan. Stir to mix.
7. To serve, put filling into lettuce cups. Allow children to scoop mixture into the lettuce, roll up to eat.

Serves 5



# Pork San Choy Bau

## INGREDIENTS

- 150 g rice noodles
- 10 mL olive oil
- 5 g garlic, crushed
- 5 g ginger, grated
- 15 g spring onions, sliced finely
- 250 g lean pork mince
- 20 mL reduced salt soy sauce
- 75 g wombok cabbage, shredded finely
- 50 g carrot, grated
- 50 g green beans, chopped into 2cm pieces
- 75 g capsicum, diced
- 50 g iceberg lettuce, leaves seperated





# Pork San Choy Bau

## *METHOD*

1. Cook rice noodles according to packet instructions.
2. Heat a wok or frying pan over a medium to high heat. Add oil, garlic, ginger and spring onions. Cook for 30 seconds or until fragrant.
3. Add mince. Stir-fry using a wooden spoon to break up lumps of meat for 5-6 minutes until all meat is browned.
4. Add soy sauce. Stir and cook for 2 to 3 minutes or until sauce has thickened slightly.
5. Add diced vegetables. Stir and cook for 5 minutes, until tender.
6. Add cooked noodles to pan. Stir to mix.
7. To serve, put filling into lettuce cups. Allow children to scoop mixture into the lettuce, roll up to eat.

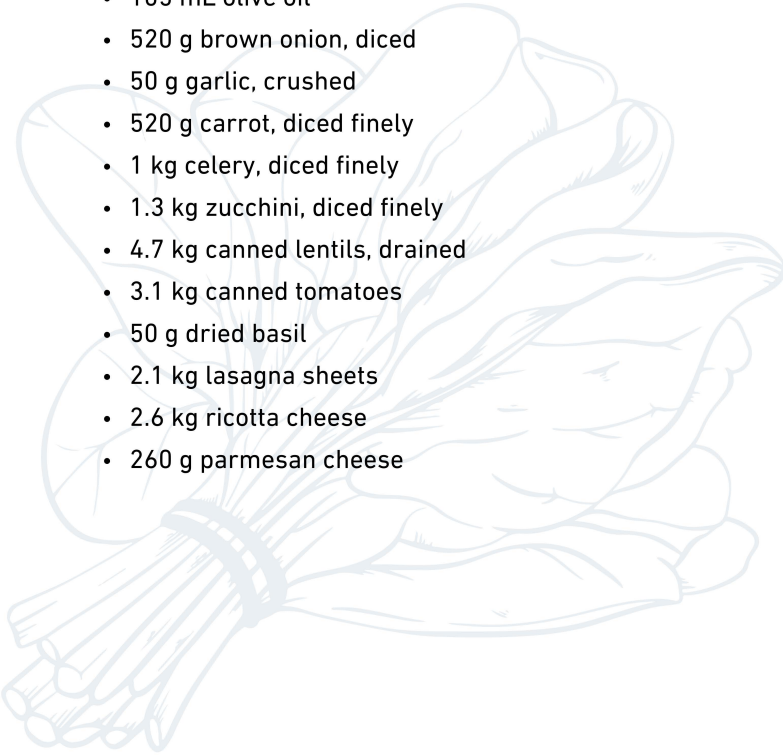
Serves 6



# 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





# Veg & Chicken Fried Rice

## INGREDIENTS

- 1 cup rice
- 1/2 head of cauliflower, riced
- 2 carrots, diced
- 1/2 capsicum, diced
- 2/3 cup frozen peas
- 2/3 cup frozen corn
- 2 eggs, lightly whisked
- 2 chicken breasts (cooked and shredded)
- 2 tbsp soy sauce
- 2 tbsp olive oil
- 2 spring onions, thinly sliced



# Veg & Chicken Fried Rice

## METHOD

1. Prepare rice as per instructions and allow to cool. (Preferably prepare day before or morning of to allow rice to dry out).
2. To make cauliflower rice, chop cauliflower into chunks and place in a food processor and pulse until it resembles the texture of rice or alternatively grate cauliflower.
3. Heat olive oil in a wok or pan. Pour whisked eggs into the wok/pan to make an omelette and cook until egg is firm. Remove from wok/pan and set aside.
4. Add carrots, capsicum, peas and corn into wok/pan and cook for 2 minutes.
5. Add in cauliflower and chicken and cook for a further 1 minute.
6. Slice egg into thin slices. Add in egg, cooked rice and soy sauce and cook until rice is heated through (2-3 minutes).
7. Serve with sliced spring onions on top.

Serves 4



# Carrot Cake Bliss Balls

## INGREDIENTS

- 1 medium carrot, peeled, finely grated
- 1 cup rolled oats
- 1/3 cup walnuts, chopped
- 1 1/2 tablespoons nut butter
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 125g pitted Medjool dates
- 1/2 cup shredded coconut

## METHOD

1. Place carrots, walnuts and oats in a food processor and blitz until finely chopped
2. Add the nut butter, cinnamon and vanilla and pulse to combine
3. With the food processor running, gradually add dates until the mixture is well combined and comes together in a ball
4. Roll the mixture into 16 balls (about 1 tablespoon of mixture per ball)
5. Place the coconut on large plate, roll bliss balls to lightly coat
6. Store in an airtight container in the fridge

Serves 16

# Green Pockets

Recipe provided by Cornersmith

## INGREDIENTS

- 2 cups very thinly sliced green leaves (spinach, silverbeet, rocket, or grated broccoli)
- ½ cup finely chopped soft herbs (mint, dill, parsley)
- 200g cheese (ricotta, crumbled feta, grated haloumi, or mozzarella)
- ⅔ cup grated parmesan
- ½ teaspoon salt
- 100 ml olive oil
- Lemon wedges, to serve

## SIMPLE YOGHURT DOUGH

- 1 tablespoon vegetable oil
- 1 teaspoon white wine vinegar
- 1 cup Greek-style yoghurt
- 2½ cups plain flour, plus extra for dusting
- 1 teaspoon bicarb soda

## SPICED ONION (OPTIONAL)

- ½ small onion, very finely diced
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- Pinch freshly cracked black pepper
- 1 teaspoon salt
- 2 teaspoons dried herbs, such as oregano, mint or basil

# Green Pockets

## METHOD

1. Combine the greens and herbs in a bowl.
2. In a separate bowl, combine the cheeses and salt.
3. **To make the spiced onion**, simply combine the ingredients in a small bowl and set aside.
4. **To make the yoghurt dough**, combine the oil, vinegar and yoghurt in a bowl and mix well. Sift in the flour and bicarb soda and mix with a wooden spoon until all the ingredients come together to form a dough.
5. Tip out onto a floured work surface and knead for 10 minutes or until very smooth. Divide the dough into eight balls and place under a damp tea towel.
6. Working with one ball of dough at a time, roll the dough into 15 cm (6 inch) circles.
7. **To assemble**, spread 2 tablespoons of the cheese mixture over half of each dough circle (or pita bread) and scatter 2–3 teaspoons of the spiced onion mixture (if using) on top.
8. Add  $\frac{1}{2}$  cup of the greens and herb mixture, then fold the dough over to make a semicircle.
9. If using homemade dough, pinch the edges to seal. If using pita, wet your hands and dampen the outside of each pocket and seal as best as you can.
10. Heat the olive oil in a frying pan over medium heat.

Serves 8



# Raw Cauliflower Salad

Recipe provided by Cornersmith

## INGREDIENTS

- 1/2 cauliflower head
- 1 lemon, zested and juiced
- 2 tablespoons finely chopped preserved lemon (or use chopped olives or capers)
- 2 tablespoons chopped dill
- 1/2 teaspoon cumin
- 1/2 teaspoon sumac
- 1/2 teaspoon chilli flakes
- 1/2 teaspoon salt
- 60ml olive oil
- Handful chopped soft herbs (parsley, mint, coriander)

## OPTIONAL ADD ONS

- Handful chopped toasted nuts or seeds
- Currants
- Pomegranate seeds
- Roasted or pickled grapes

## METHOD

1. Coarsely grate cauliflower and place in a large mixing bowl.
2. Add lemon zest, preserved lemon or substitute, ground cumin, sumac, chilli flakes and salt and gently mix.
3. Drizzle with olive oil and lemon juice and chopped herbs.
4. We recommend adding at least one of the add ons for extra flavour and texture!



# Sauteed Cauliflower Stems & Leaves

Recipe provided by Cornersmith

## INGREDIENTS

- Leaves and stem of 1 cauliflower
- 3-4 tablespoons olive oil
- 2 garlic cloves, finely chopped
- ½ teaspoon salt
- 1 teaspoon caraway seeds
- 2 teaspoons mustard seeds

## METHOD

1. Chop leaves and stem into 2-3cm pieces.
2. Heat oil in a large frying pan over medium heat.
3. Add in leaves and stems and sauté for 5 minutes, then add garlic, salt and caraway seeds.
4. Sauté for 10 minutes or until the stems are starting to soften.
5. Add mustard seeds and sauté for another 5 minutes.