

Minestrone Soup for 4 servings



INGREDIENTS

- Bacon, rindless shortcut bacon – 150g *
- Olive oil – 50ml
- Brown onions- 1 medium, finely chopped
- Garlic- 2 cloves, crushed
- Carrots- 2 medium, finely chopped
- Celery- 1/4 bunch, finely chopped
- Potato – 1 medium, peeled and finely chopped
- Cabbage – 1/4 whole, trimmed, cut into 1 cm pieces
- Bay leaf, dried- 1 leaf
- Chicken stock, reduced salt- 1.5 litres *
- Italian whole tomatoes, 1 x 400g can
- Borlotti beans, 1 x 400g can, rinsed, drained
- Small shell pasta, 100g
- Parsley – 1/4 bunch, roughly chopped
- Parmesan cheese, shaved- 50g
- *Replace bacon with 25g chilli for vegetarian recipe, replace chicken stock with vegetarian stock

METHOD

1. Chop the bacon and the vegetables in small pieces.
2. Heat oil in a large saucepan over low-medium heat, then add bacon, onions, garlic, carrots, celery, potato, cabbage and bay leaf. Cover with a lid and cook, stirring occasionally, for 15 minutes or until vegetables are softened. Remove lid.
3. Add reserved bacon, stock and tomatoes, and bring to a simmer. Cook for 10 minutes or until vegetables are tender. Stir in pasta and beans, increase heat to medium and bring to a simmer. Cover, then reduce heat to low-medium and cook for a further 8 minutes or until pasta is al dente.
4. Stir in parsley and basil. Season with freshly ground black pepper. Ladle soup into bowls, scatter over parmesan and serve immediately.

VEGETARIAN METHOD

1. Chop the vegetables in small pieces.
2. Heat oil in a large saucepan over low-medium heat, then add onions, garlic, carrots, celery, potato, cabbage and bay leaf. Cover with a lid and cook, stirring occasionally, for 15 minutes or until vegetables are softened. Remove lid.
3. Add chilli, stock and tomatoes, and bring to a simmer. Cook for 10 minutes or until vegetables are tender. Stir in pasta and beans, increase heat to medium and bring to a simmer. Cover, then reduce heat to low-medium and cook for a further 8 minutes or until pasta is al dente.
4. Stir in parsley and basil. Season with freshly ground black pepper. Ladle soup into bowls, scatter over parmesan and serve immediately. Or serve with toastie.

BAGUETTES



VEGETARIAN

- 1 x 425g can Beetroot
- 2 medium carrots
- 2 medium zucchini
- Spinach
- Pesto spread
- Tomato – thinly sliced
- Cottage Cheese
- 2 x medium Carrot – grated

VEGEMITE

- Vegemite
- Butter
- Grated cheddar cheese

BLT

- Bacon – grilled or dry fried
- Mixed Lettuce
- Tomato – thinly sliced

CHICKEN AND AVOCADO

- Poach chicken – in water with ginger, celery, tomato, lemon
- Lettuce
- Avocado
- Greek yoghurt
- Pepper

Pesto



INGREDIENTS

- 1 bunch of basil, wash and remove stems
- 2 cloves of garlic
- 100ml Olive oil
- Pantalica Parmesan Cheese -250g
- Macadamia or pine nuts – 150g

Spaghetti Carbonara for 4 servings

INGREDIENTS

- 375g Spaghetti
- 1 tablespoon olive oil
- 200g lean short cut bacon, cut into 1 cm pieces (BBQ chicken for non-pork groups)
- 2 garlic cloves, crushed
- ½ brown onion, chopped
- 2 tablespoon chopped flat-leaf parsley
- ½ cup light cream (120ml)
- 2 eggs
- 1 egg yolk
- ½ cup finely grated parmesan

METHOD

1. Cook spaghetti in a large saucepan of boiling salted water until al dente (Follow instruction on package). Drain.
2. While the pasta is cooking, heat oil in a deep frying pan over high heat. Cook bacon for 4-5 minutes or until golden and crisp. Add garlic and onion and cook, stirring for 1 minute.
If in the non-bacon group, add BBQ chicken
3. Whisk cream, eggs and yolk together in a jug/ bowl. Add half of the parmesan and season with pepper.
4. Return pasta to the frying pan (with bacon), and add the cream mixture quickly to the frying pan while the pasta is still hot. Toss to combine.
5. Add parsley, toss, and remove from heat.
6. Divide the spaghetti mixture among bowls. Top with remaining parmesan. Season with pepper and serve with salad.

Pasta Broccoli for 4 servings

INGREDIENTS

- 1.25 heads of broccoli, chopped into stalk and florets
- 6 cloves of garlic, crushed and chopped
- ¼ cup olive oil
- 2 tbs fresh continental parsley, chopped
- 350g Pasta – any type

METHOD

1. Cook spaghetti in a large saucepan of boiling water until 3 minutes before ready to serve. Test by breaking pasta in two, it should be still white in the centre.
2. Add stalks of broccoli, cook for 30 seconds
3. Then add florets of broccoli
4. Meanwhile, place oil in frypan and heat
5. Add crushed garlic to oil, until slightly brown
6. Add chopped parsley to oil and garlic
7. Toss in pasta, broccoli mixture, and ready to serve

Penne with tuna sauce for 3 servings

METHOD

1. Heat the oil in frying pan or skillet over medium heat. Add the garlic and cook for 1-2 minutes until lightly browned.
2. Add the parsley, taking care, because the parsley may jump about if the pan has become a bit too hot. Stir for 1 minute, and then add the tomatoes and their juice.
3. Reduce heat to low and simmer, stirring occasionally, for 5-10 minutes until a sauce-like consistency.
4. Drain the oil from the tuna (not down the sink, though) and add to the pan, breaking it up and mixing it through the sauce. Simmer for 5 minutes.

INGREDIENTS

- 1-2 tablespoons of olive oil
 - ½ teaspoon finely chopped garlic
 - 3 tablespoons finely chopped parsley
 - 200g can diced Italian tomatoes
 - 425g can Italian-style tuna in oil
 - 375g penne pasta
5. Bring a large pan of salted water to the boil. Add the pasta and cook following packet directions or until al dente. Drain and transfer to a warm serving bowl.
 6. Stir in the sauce, season with black pepper and serve immediately.

Black Bean Brownies

INGREDIENTS

- 1 ½ cups black beans (250g after draining)
- 2 tbsp cocoa powder
- ½ cup quick oats (40g)
- 1/3 cup honey (75g)
- 2 tbsp sugar
- ¼ cup vegetable oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ½ cup to 2/3 cup chocolate chips (150g)

METHOD

1. Preheat oven to 180 C.
2. Use a masher and mash the black beans until smooth. Add in the cocoa powder, quick oats, honey, sugar, vegetable oil, vanilla extract and baking powder- and mix thoroughly.
3. Stir in the chocolate chips and then pour into a greased 8x8 pan.
4. Cook the brownies for about 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge for a while and they will magically firm up.



Chicken Burgers

INGREDIENTS

- ½ chicken breast per person – cut lengthwise
- ½ Spanish onion, chopped into rings and lightly fried
- Leaves of celery
- ½ lemon
- 50g ginger root - peeled
- sliced tomato
- sliced raw beetroot
- 1 tablespoon of olive oil

METHOD

1. In a saucepan add ¾ litre of water, ginger root, celery leaves, and lemon and heat till it boils
2. Reduce heat and add chicken breasts. Ensure that it cooks through, there is no pink colour.
3. In a frypan spray add a tablespoon of olive oil and heat. Add sliced onion and cook until it is limp.

ASSEMBLE BURGER

1. Slice roll into half horizontally
2. Cover bottom with coleslaw mixture
3. Add burger
4. Add fried onion – to chicken burger



Chickpea Burger

INGREDIENTS

- ¼ cup olive oil
- 1 onion, chopped
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- ¼ teaspoon dried chilli flakes
- 1 medium carrot, grated
- 1.5 x 240g can chickpea, drained, mashed
- 1.5 tablespoons tahini
- 2 eggs
- 1 cup breadcrumbs
- sliced tomato

METHOD

1. Heat 1 tablespoon of oil in a frying pan over medium heat. Cook the onion, stirring occasionally, for 5-8 mins or until very soft and caramelised. Add the cumin, garam masala and chilli and cook for 30 secs until fragrant. Add the carrot and cook for 1-2 mins or until just collapsed. Set aside to cool.
2. Stir in the chickpeas, tahini, egg and breadcrumbs. Season. Shape into 4-6 patties. Chill for 5 mins.
3. Heat the remaining oil in a frying pan over medium heat. Cook the patties for 3-5 mins each side or until golden.

COLESLAW



INGREDIENTS

- ¼ red cabbage, grated
- ¼ regular cabbage, grated
- 1 medium carrot, grated
- 1 spring onion, finely chopped
- 1 granny smith apple, grated
- ½ tablespoon of fresh ginger root, finely grated
- 1 lemon, finely grated rind and keep juice for cabbage
- 1 tablespoon Dijon mustard
- 1 clove of garlic, finely chopped
- ¾ cup Greek-style yoghurt

METHOD

1. Wash and grate cabbages and carrot into a large bowl
2. Finely cut spring onion and grated ginger and mixed through step 1
3. Squeeze lemon juice over these ingredients
4. In a smaller bowl, mix lemon rind, mustard and garlic into yoghurt, mix thoroughly
5. Pour yoghurt mixture over cabbage and coat ingredients thoroughly

SWEET POTATO CHIPS



PREPERATION

- Preheat oven to ~250 degrees
- Wash and pat dry sweet potatoes
- Slice sweet potatoes into strip, 1.5cm thick
- Peel garlic gloves, squash and mince
- Add to a bowl with olive oil, enough to coat chips. Toss chips in this mixture
- Season with salt, pepper, rosemary leaves
- Leave to marinate in these spices for 10 minutes before placing in the oven.

METHOD

1. Line a baking tray with baking paper.
2. Spread seasoned and tossed chips over baking paper, ensure that there is no overcrowding. Add extra garlic cloves and rosemary to the tray.
3. Bake for approximately 20 minutes, turning occasionally (this will depend on your oven).