



ALAWA KITCHEN RECIPES 2025

Home Made

This is a collection of many of the recipes we have cooked this year in our home made unit. They have been collected from many places- Taste.com, Best Recipes, Recipe Tin Eats, Marions kitchen and many more. Most of them have been adapted to suit the format of our kitchen lessons.

Please enjoy Tina Stratton- Kitchen Specialist

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Alu Dum- Fried Potatoes



Ingredients

- ☐ 500g potato diced small
- ☐ ¼ cup green peas
- ☐ 1 diced onion
- ☐ 2 tsp cumin seeds
- ☐ 1 tsp turmeric
- ☐ 1/2 tsp chilli flakes
- ☐ 1 tsp ginger
- ☐ 2 tsp garlic
- ☐ 2 tbsp oil
- ☐ Spring onion chopped

Method

1. Heat oil in a pan over a medium heat, add cumin seeds
2. When they turn golden, add onion and fry until brown
3. Add potatoes and turmeric, mix in peas, cover and cook for 5 minutes
4. Add in remaining ingredients and cook until potato is tender

Apple Danish

Ingredients

- ☐ 2 apples cored peeled quartered sliced
- ☐ 1/3 cup caster sugar, plus extra for dusting
- ☐ 2 sheets puff pastry

Method

1. Preheat oven to 200C fan-forced
2. Peel, core and cut up apples.
3. Place in a medium saucepan with a splash of water. Cover and cook over medium heat until apples have softened slightly. Remove from heat and stir through sugar.
4. Set aside to cool.
5. Cut each pastry sheet in half, then each half into three even rectangles. Brush the border of one rectangle with water.
6. Top with a big spoonful of cooked apple. Take another pastry rectangle and cut a few slits across it, being careful not to cut all the way across.
7. Place this piece over the apple, pressing the two pieces of pastry together firmly around all the edges. Repeat with remaining ingredients until you have six parcels
8. Place them on an oven tray lined with baking paper. Sprinkle the tops with extra sugar.
9. Bake for 12-15 minutes or until puffed and golden.

Banana Biscuits

Ingredients

- ☐ 3 large bananas (mashed, ripe)
- ☐ 125 g butter
- ☐ 1 cup sugar
- ☐ 1 ½ cups self-raising flour
- ☐ 1/2 cup coconut
- ☐ 1/2 cup rolled oats



Method

1. Preheat oven to 230°C. Line baking tray with baking paper and set aside.
2. cream the butter and sugar using a wooden spoon
3. Stir in the bananas until combined.
4. Add the flour, oats and coconut and stir until thoroughly combined.
5. Place teaspoons of the mixture on the baking tray, leaving room for each biscuit to spread.
Place in the oven and turn it down to 200°C.
6. Bake for 10 minutes.

Banana Bread Muffins

Ingredients

- ☐ 2 cups self-raising flour
- ☐ 1/4 tsp bicarbonate of soda
- ☐ 1/2 cup brown sugar
- ☐ 3 tsp cinnamon sugar
- ☐ 2 eggs, lightly beaten
- ☐ 1/3 cup extra virgin olive oil
- ☐ 1 tsp vanilla bean paste
- ☐ 1/3 cup plain natural yoghurt
- ☐ 1 cup mashed banana

Method

1. Preheat oven to 190C/170C fan forced. Grease a 12-hole (1/3-cup-capacity) muffin pan.
2. Sift flour and bicarbonate of soda into a large bowl. Stir in brown sugar and 2 teaspoons of the cinnamon sugar. Make a well in the centre.
3. Whisk egg, oil and vanilla together. Add to flour mixture. Do not stir. Add yoghurt and mashed banana. Stir mixture until just combined.
4. Divide mixture evenly among holes in prepared pan. Sprinkle with remaining cinnamon sugar.
5. Bake for 15 to 20 minutes or until golden and just firm to touch. Stand in pan for 5 minutes.
6. Transfer to a wire rack to cool completely. Serve.

Banana Choc Chip Muffins

Ingredients

- ☐ 2 cups self-raising flour
- ☐ 1/2 cup caster sugar
- ☐ 60g butter
- ☐ 1/2 cup milk
- ☐ 2 eggs
- ☐ 2 ripe bananas, mashed
- ☐ 1 cup (200g) chocolate bits



Method

1. Preheat oven to 180C fan forced.
2. Sift flour into a mixing bowl. Stir in sugar. Make a well in the centre of dry ingredients.
3. Melt butter in a small saucepan or heat-proof bowl in the microwave. Set aside to cool slightly.
4. Add milk, eggs and butter into dry ingredients, along with mashed banana. Using a wooden spoon, gently mix ingredients until just combined. Stir in choc bits. Don't beat the mixture or the muffins will be tough.
5. Line a muffin tray with paper cases. Spoon the mixture evenly into the muffin cases. Bake for 20 minutes or until firm on top when lightly touched.
6. Leave in the tray for 3 minutes. Transfer the muffins to a rack to cool.

Banana Raspberry Muffins

Ingredients

- ☐ 2 cup plain flour
- ☐ 2 tsp baking powder
- ☐ 3/4 cup caster sugar
- ☐ 3/4 cup milk
- ☐ 1/4 cup vegetable oil
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ 1 banana (mashed, ripe)
- ☐ 1/2 cup fresh or frozen raspberries
- ☐ 2 tbs shredded coconut



Method

1. Place the flour, baking powder and sugar into a large mixing bowl and mix until well combined.
2. Form a well in the centre of dry ingredients and add the milk, oil, eggs and vanilla. Whisk liquids with a fork until combined.
3. Add banana and berries to bowl and using a large spoon, mix until just combined.
4. Spoon mixture evenly into a lined muffin tray (12). Sprinkle with coconut and bake at 190°C for 20-22 minutes.
5. Remove to a cooling rack to cool completely.

Basic Scones

Ingredients

- ☐ 1 ½ cups self-raising flour
- ☐ 40g butter, chilled and cubed
- ☐ 1/2 cup milk
- ☐ Jam and whipped cream to serve

Method

Preheat oven to 200°C.

1. Prepare a tray with baking paper
2. Sift self-raising flour into a large bowl.
3. Using your fingertips, rub butter into flour until mixture looks like breadcrumbs.
4. Make a well in the centre.
5. Add milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required.
6. Turn onto a lightly floured surface. Knead gently until smooth (don't knead dough too much or scones will be tough).
7. Pat dough into a 2cm-thick round. Using a 5cm (diameter) round cutter, cut out scones and place onto baking tray, 1cm apart.
8. Bake for 20 to 25 minutes or until golden and well risen.

Serve warm with jam and cream.

Beef and Vegetable Pasties

Ingredients

- ☐ 1/2 tbsp olive oil
- ☐ 1/2 small brown onion, finely chopped
- ☐ 100g lean beef mince
- ☐ 1/2 potato, peeled, cut into 1cm cubes
- ☐ 1 small carrot, peeled, cut into 1cm cubes
- ☐ 1 tsp chopped fresh thyme leaves
- ☐ 1 tbsp relish
- ☐ 1 tbsp barbecue sauce
- ☐ 1 tbsp Worcestershire sauce
- ☐ 1/2 cup beef stock
- ☐ 1/2 cup frozen peas and corn
- ☐ 2 sheets ready-rolled shortcrust pastry, partially thawed
- ☐ 1 tsp sesame seeds
- ☐ tomato sauce, to serve
- ☐ 1 egg, lightly beaten



Method

1. Heat oil in a large saucepan over high heat. Add onion. Cook for 5 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned and cooked through. Add potato, carrot, thyme, relish and Worcestershire sauce. Stir to coat.
2. Add stock. Reduce heat to medium-low. Simmer for 10 to 15 minutes or until vegetables are tender and liquid has almost evaporated. Stir in pea mixture. Remove from heat. Set aside for 30 minutes to cool.
3. Preheat oven to 180°C fan forced. Line baking tray with baking paper. Using a 12cm cutter, cut 4 rounds from each pastry sheet. Spoon 1/4 cup mince mixture onto each round. Brush edges with egg. Bring pastry edges together to form a semi-circle. Pinch edges together to seal and form frills.
4. Place pasties on prepared trays. Brush with egg. Sprinkle with sesame seeds. Bake for 30 to 35 minutes or until golden. Serve with tomato sauce, as desired.

Buddy Oliver's Easy Flatbread

Ingredients

- ☐ 100 g self-raising flour, plus extra for dusting
- ☐ 4 tablespoons Greek yoghurt
- ☐ unsalted butter, to serve

Method

1. Pour the flour into a bowl, make a well in the middle, then add the yoghurt. Use your clean hands to mix it together, until you have a dough.
2. Wash and dry your hands, then dust your work surface and hands with flour.
Split the dough into 2 equal pieces. Stretch the dough with your hands or roll it out with a rolling pin to about ½ cm thick.
3. Put a large non-stick frying pan on a medium-high heat
4. Once the pan is hot, carefully add the dough to the dry pan and cook for 2 or 3 minutes, or until golden and puffed up. Use tongs to turn the flatbreads over and cook for the same time on the other side.
5. Remove the flatbreads from the pan and eat with curry

Butter Paneer

Ingredients

- ☐ 200g paneer cut into 1cm cubes
- ☐ 1 tbsp vegetable oil
- ☐ 1/4 cup Greek Yoghurt
- ☐ 2 tbsp sweet mango chutney
- ☐ 1/4 cup tomato paste
- ☐ 1/4 tsp caster sugar
- ☐ 1 tsp garam masala
- ☐ 1 cloves garlic, crushed
- ☐ 1/4 tsp chilli powder
- ☐ 1/2 cup frozen peas
- ☐ 40ml pouring cream

Method

1. Toss paneer with 2 tsp oil in a bowl. Heat a non-stick frying pan over medium heat. Cook paneer gently turning for 3 minutes or until lightly browned all over. Transfer to a plate. Reserve pan.
2. Combine yoghurt, chutney, tomato paste, sugar, garam masala, garlic, chilli powder and salt in a bowl
3. Heat remaining oil over high heat. Add the yoghurt mixture, bring to the boil, then simmer for 3 minutes.
4. Stir in 1/2 cup water.
5. Bring to a simmer, then cook for a further 2 minutes or until heated through.
6. Add paneer and peas, cook for 5 minutes or until peas are tender.
7. Stir in cream and bring to a simmer.

Cheese and Chive Scones

Ingredients

- ☐ 1 $\frac{3}{4}$ cups self-raising flour
- ☐ $\frac{1}{2}$ tbsp caster sugar
- ☐ $\frac{1}{2}$ tsp salt
- ☐ 30g butter, chopped
- ☐ $\frac{3}{4}$ cup milk
- ☐ 1 tbsp finely chopped fresh chives
- ☐ $\frac{1}{3}$ cup grated Cheese
- ☐ extra milk, for brushing
- ☐ butter, to serve



Method

1. Preheat oven to 220°C/200°C fan forced.
2. Line a 18cm x 28cm baking tray with baking paper
Place flour, sugar and salt in a large bowl. Add butter. Rub butter into flour until mixture resembles breadcrumbs.
Make a well in the centre.
3. Add milk, chives and $\frac{3}{4}$ of the cheese. Using a flat-bladed knife, stir until dough almost comes together. Turn out onto a lightly floured surface.
Knead gently until dough comes together.
4. Press out to a 3cm-thick round. Dip a 6cm round cutter into flour. Cut out scones. Gently press leftover dough pieces together and repeat to make a total 12 scones.
5. Place scones, just touching, in prepared pan. Brush with extra milk. Sprinkle with remaining cheese.
6. Bake for 15 to 20 minutes or until light golden and hollow when tapped on top. Serve with butter.

Cherry tomato and basil spaghetti



Ingredients

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- 200g cherry tomatoes, halved
- 2 tbsp roughly chopped fresh basil leaves
- Grated parmesan or vegetarian hard cheese, to serve
- 250g pasta

Method

1 Cook pasta in large pot of boiling salted water

2 Heat oil in a large, non-stick frying pan over medium-low heat.

3 Add garlic and cherry tomatoes. Cook for 3 to 4 minutes or until tomato is just starting to collapse.

4 Add pasta. Season with salt and pepper. Cook, tossing, for 1 to 2 minutes or until combined and heated through.

Serve sprinkled with parmesan and basil.

Chicken Alfredo

Ingredients

- 40g butter
- 1 chicken breast diced
- 1 cup cream
- 1 tsp garlic crushed
- ½ cup freshly grated Parmesan cheese
- ¼ cup chopped fresh parsley
- 250 g pasta



Method

1. Cook pasta in a large pot of boiling salted water/ drain
2. Melt butter in a medium saucepan over medium low heat. Add diced chicken and brown lightly.
3. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through.
4. Stir in parsley and toss through pasta.

Chicken and Corn Soup

Ingredients

- ☐ 1 litre chicken stock
- ☐ 1 tablespoon soy sauce
- ☐ 1 teaspoon finely grated ginger
- ☐ 1/2 can corn kernels
- ☐ 1/2 can creamed corn
- ☐ 1 chicken breast fillet, thinly sliced
- ☐ 2 green onions, chopped
- ☐ ½ cup other Asian vegetables such as bok choy



Method

1. Place the chicken stock in a large saucepan with the soy sauce, ginger, corn kernels and creamed corn.
2. Cook over medium heat and simmer for 5 minutes.
3. Add the chicken, vegetables and green onions and cook for 3-4 minutes or until chicken is cooked through.
4. Serve sprinkled with extra chopped green onion.

Chocolate Chip Biscuits

Ingredients

- ☐ 150g butter, softened
- ☐ 1/2 cup brown sugar
- ☐ 1/2 cup caster sugar
- ☐ 1 egg
- ☐ 1 tsp vanilla extract
- ☐ 1 ¾ cups plain flour
- ☐ 1/2 cup chocolate bits

Method

1. Preheat oven to 160C fan forced. Line 2 baking trays with baking paper. Using a wooden spoon, beat butter and sugars for 1-2 minutes or until smooth and well combined.
2. Beat in egg and vanilla with a wooden spoon until combined.
3. Stir in flour. Stir in the choc bits.
4. Roll level tablespoonfuls of mixture into balls and place on prepared trays, 3cm apart. Press down slightly.
5. Bake for 15-18 minutes or until light golden and cooked.
6. Transfer to a wire rack to cool.

Best Recipes Easy Banana Bread

Ingredients

- ☐ 125g butter
- ☐ 3/4 cup caster sugar
- ☐ 1 tsp vanilla essence
- ☐ 1 egg
- ☐ 2 bananas mashed ripe
- ☐ 1 ½ cups Self Raising Flour
- ☐ 1/4 cup milk

Method

1. Melt the butter, sugar and vanilla in a medium-sized saucepan.
2. Remove from the heat.
3. Add mashed bananas and stir through until just combined.
4. Add egg and mix well.
5. Stir in the flour, then pour in the milk and fold in lightly.
6. Bake at 170C for approximately 40 minutes.

Easy Banana Cake Taste.com

Ingredients

- ☐ 1 cup self-raising flour
- ☐ 1 cup caster sugar
- ☐ 50g butter, melted
- ☐ 1 egg, lightly beaten
- ☐ 1 tsp vanilla essence
- ☐ 1/4 cup (60ml) milk
- ☐ 1/2 cup mashed banana



Method

1. Preheat oven to 180C/160C fan forced. Spray a 7cm-deep, 10 x 20cm (base measurement) loaf pan with oil. Line base and sides with baking paper, extending 3cm above rim.
2. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Add butter, egg, vanilla, milk and banana. Stir until just combined.
3. Pour into prepared pan.
4. Bake for 30-35 minutes or until a skewer inserted into centre comes out clean.
5. Set aside in pan for 10 minutes to cool slightly.
6. Serve warm or transfer to wire rack to cool completely.

Easy Carbonara

Ingredients

- 250 g bacon rashers diced
- 300 ml thickened cream
- 2 tbs parmesan cheese
- 2 egg yolks
- ½ cup peas
- salt and pepper *to taste
- 5 spring onions
- 250 g pasta



Method

1. Cook pasta in a large pot of boiling salted water/ drain
2. Lightly fry bacon in a large pan and season with salt and pepper.
3. Remove from heat and add cream and cheese.
4. Return to low heat and stir until cheese has melted.
5. Add spring onions
6. Remove from heat and add egg yolks and stir through.
7. Return to heat and mix well for 1-2 minutes.
8. Remove from heat and let stand for 2 minutes.
9. Add sauce to pasta, toss and serve.

Easy Scrolls

Ingredients

- ☐ 2 cups self-raising flour
- ☐ 30g butter, chopped
- ☐ 3/4 cup milk



Method

1. Preheat oven to 180C fan forced. Line a large tray with baking paper.
2. Sift flour into a large bowl. Add butter and rub in with your fingertips until evenly combined.
3. Make a well in the centre and pour in the milk. Mix in with a flat-bladed knife
4. Gather the dough into a ball and turn out onto a lightly floured surface.
5. Press dough into a roughly rectangular shape.
6. Using a rolling pin, roll dough out to a 35cm x 25cm rectangle.
7. Spread your sauce over the dough leaving a 3cm space along the two long edges. Sprinkle other ingredients such as cheese over sauce
8. Starting from a long side, roll into a log. Cut into 12 slices. Place onto tray, cut side up and with ends turned inwards so they don't unroll while cooking.
9. Bake for 25 minutes until risen and golden brown.

Topping ideas

Tomato paste, Onion, Herbs, Pineapple, Cheese, Parmesan, Garlic, Spinach, Vegemite, Pesto, Caramelised onion

Golden Egg Curry

Ingredients

- ☐ 6 eggs
- ☐ 2 tbsp vegetable oil
- ☐ 1 brown onion, halved, thinly sliced
- ☐ 2 tomatoes, finely chopped
- ☐ 12 fresh curry leaves
- ☐ 2 tsp mustard seeds
- ☐ 1 tsp ground turmeric
- ☐ 400ml can coconut cream



Method

1. Place the eggs in a saucepan. Cover with cold water. Bring to the boil over medium heat. Reduce heat to medium-low. Simmer for 7 minutes.
2. Drain. Peel the eggs.
3. Heat oil in a saucepan over medium heat. Cook onion, stirring often, for 7 minutes or until golden.
4. Add the tomato, curry leaves, mustard seeds and turmeric. Cook, stirring, for 2 minutes or until the mustard seeds pop.
5. Stir in the coconut cream and simmer, stirring often, for 10 minutes or until the mixture thickens slightly.
6. Add the eggs and cook for 1 minute or until warmed through.

Fake Tinned Spaghetti

Ingredients

- ☐ 1 Red Capsicum, deseeded and diced
- ☐ ½ Tin Tomatoes
- ☐ ½ Onion, diced
- ☐ ½ carrot grated
- ☐ ½ zucchini grated
- ☐ 1 tsp Garlic
- ☐ ½ Tsp raw sugar
- ☐ Salt and pepper to taste
- ☐ 2 Cups cooked pasta

Method

1. Put all ingredients into a medium saucepan. Bring to the boil then place the lid on and reduce to a simmer for 10 minutes or until everything is soft.
2. Allow the mixture to cool slightly. Use a stick blender to puree.
3. Add in the cooked pasta and combine
4. Optional: add a sprinkling of Parmesan cheese for a cheesy finish

Gluten Free Banana Choc Chip Muffins

Ingredients

- ☐ 3 medium bananas, finely mashed
- ☐ 100 g (½ cup) light brown soft sugar
- ☐ 50 g (¼ cup) caster sugar
- ☐ 115 g unsalted butter, melted and cooled until warm
- ☐ 75 g (⅓ cup) full-fat plain or Greek-style yoghurt, room temperature
- ☐ 2 medium eggs, room temperature
- ☐ 1 tsp vanilla extract
- ☐ 270 g (2¼ cups) plain gluten free flour
- ☐ 1½ tsp baking powder
- ☐ 1 tsp baking soda
- ☐ ¼ tsp salt
- ☐ ¼ cup chocolate chips

Method

1. Pre-heat the oven to 190°C and line a 12-hole muffin pan with paper liners.
2. In a large bowl, whisk together the mashed bananas, brown sugar, caster, melted butter, yoghurt, eggs and vanilla until well combined.
3. In a separate large bowl, whisk together the gluten free flour, baking powder, baking soda, and salt.
4. Add the wet ingredients to the dry and use a rubber spatula or a wooden spoon to mix everything together into a smooth batter with no flour clumps.
5. Add the chocolate and mix well until it's evenly distributed throughout the batter. Allow the muffin batter to stand at room temperature for 5-10 minutes.
Tip: This gives the gluten free flour blend time to absorb more of the moisture from the bananas, eggs and yoghurt, resulting in a thicker batter that will give you taller muffins with nicely domed tops.
6. Use a spoon to divide the batter evenly between the muffin liners, filling each to the brim.
7. Bake at 190°C for about 20-24 minutes or until the muffins are well risen, golden brown on top and an inserted toothpick or cake tester comes out clean.
8. Allow the muffins to cool in the muffin pan for about 5-10 minutes, then transfer them out of the pan and onto a wire rack to cool.

Individual Apple Danish

Ingredients

- 2 apples cored peeled quartered
- 1/3 cup sugar
- 2 sheets Puff Pastry
- 1 tablespoon jam



Method

1. Preheat oven to 220C (200C fan-forced).
2. Peel, core and chop apples. Place in a medium saucepan with a splash of water. Cover and cook over medium heat for 4 minutes or until apples have softened slightly. Remove from heat and stir through sugar. Set aside to cool
3. Cut each pastry sheet in half, then each half into three even rectangles. Brush the border of one rectangle with water. Spread some jam on the pastry
4. Top with a big spoonful of cooked apple. Take another pastry rectangle and cut a few slits across it, being careful not to cut all the way across. Place this piece over the apple, pressing the two pieces of pastry together firmly around all of the edges.
5. Repeat with remaining ingredients until you have six parcels, then place them on an oven tray lined with baking paper. Sprinkle the tops with extra sugar. Bake for 12-15 minutes or until puffed and golden.

Lentil Soup

Ingredients

- ☐ ½ tbs olive oil
 - ☐ 1 ½ L water
 - ☐ ½ brown onion grated
 - ☐ 1 tbs tomato paste
 - ☐ 1 can lentils washed
 - ☐ 3 carrots diced finely
 - ☐ 2 cubes vegetable stock powder
 - ☐ 1 potato diced
 - ☐ salt and pepper *to taste
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Method

1. Heat a little olive oil in a pot and then fry off the onion.
 2. Add the tomato paste and fry.
 3. Add washed lentils and carrots, stock powder and 1 ½ litres of water.
 4. Bring to the boil and let simmer for at least 1 hour.
 5. Add potatoes to simmering soup and allow to cook for 30 minutes.
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Minestrone (V GF)



Ingredients

- ☐ 2 carrots, peeled, chopped
- ☐ 1 celery sticks, chopped
- ☐ 1 potato, peeled, chopped
- ☐ 1 zucchini
- ☐ 1 garlic clove, crushed
- ☐ 1L vegetable or chicken style stock
- ☐ Chopped Tomatoes 200g
- ☐ 200g canned Red Kidney Beans or cannellini beans, rinsed, drained
- ☐ 1/2 cup small pasta (Gluten free)
- ☐ parmesan cheese to serve (optional)

Method

1. Place the carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.
2. Add the garlic, stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.
3. Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

Mini Banana Loaves



Ingredients

- ☐ Butter, to grease
- ☐ 1 1/4 cups (190g) self-raising flour
- ☐ 1/2 cup (115g) caster sugar
- ☐ 125g butter, melted, cooled
- ☐ 2 eggs
- ☐ 2 ripe bananas, mashed
- ☐ 1 cup (150g) pure icing sugar

Method

1. Preheat oven to 180°C. Grease 8 x 1/2 cup (125ml) mini loaf pans. Combine the flour and sugar in a large bowl.
2. Whisk the butter and eggs together. Add to the flour mixture with the banana and mix until well combined.
3. Spoon the cake batter evenly among the greased pans. Use the back of a spoon to smooth the surface. Bake for 18-20 minutes or until a skewer inserted into the centre comes out clean. Set aside for 5 minutes before turning out onto a wire rack to cool completely.
4. Once cooled completely, mix the icing sugar with enough water to make an icing thin enough to pour. Drizzle the icing over the cakes and set aside to set.

Pesto Pasta



- ☐ 1 tsp garlic crushed
- ☐ 1/2 cup packed basil leaves
- ☐ 2 tbsp olive oil or more as needed
- ☐ Freshly ground pepper to taste
- ☐ 3 tablespoons finely grated Parmesan cheese
- ☐ 1/4 cup pumpkin seeds
- ☐ 250g pasta

1. Cook pasta in a large pot of boiling salted water
2. To make basil pesto using a mortar and pestle, place basil leaves, pumpkin seeds and garlic in a mortar. Pound and stir with a pestle to a coarse paste.
3. Gradually add olive oil, pounding and stirring until combined.
4. Add parmesan. Season with salt and pepper.
5. Stir into pasta until well combined.

Potato and Leek Soup

Ingredients

- ☐ 1 tsp olive oil
 - ☐ 15g butter
 - ☐ 1 medium leeks, trimmed, halved, washed, sliced
 - ☐ 1 garlic clove, crushed
 - ☐ 350g potatoes, peeled, cut into 2cm pieces
 - ☐ 2 cups chicken stock (500ml)
 - ☐ ½ cup cream optional
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Method

1. Heat oil and butter in a large saucepan over medium-low heat. Add leek and garlic. Cook, covered, stirring occasionally, for 8 to 10 minutes or until softened. Increase heat to medium-high. Add potato. Stir to coat.
 2. Add stock and 3 cups cold water. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 20 minutes or until potato is tender. Set aside for 5 minutes to cool slightly.
 3. Blend, in batches, until smooth. Return to pan over low heat. Cook, stirring, for 2 minutes or until heated through. Serve sprinkled with chives.
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Pumpkin, potato and sweet potato curry- Sri Lankan recipe

Ingredients

- ☐ 500g pumpkin/potato & sweet potato peeled and chopped
- ☐ ½ red onion diced
- ☐ 2 tsp garlic
- ☐ 10 curry leaves
- ☐ 1 cinnamon stick
- ☐ ½ tsp garam marsala
- ☐ ½ tsp curry powder
- ☐ ¼ tsp turmeric
- ☐ ¼ tsp mustard powder
- ☐ ¼ tsp black pepper
- ☐ pinch of salt
- ☐ 1 cup of coconut cream
- ☐ ½ cup coconut milk
- ☐ Rice to serve



Method

1. Combine all the spices together
2. Add the spices to the chopped vegetables and toss to coat them
3. Heat oil in a pan
4. Add vegetable and spice mix.
5. Cook in the pan for a few minutes
6. Add in coconut milk and coconut cream
7. Simmer until the vegetables are tender and cooked through

Pumpkin Soup

Ingredients

- ☐ 500 g pumpkin diced
- ☐ 2 potatoes diced
- ☐ 1 onion diced medium
- ☐ 2 chicken stock cubes crumbled
- ☐ 3 cups water
- ☐ 200 ml thickened cream
- ☐ 1 pinch salt and pepper *to taste



Method

1. Place all ingredients, except the cream, into a large saucepan.
2. Simmer until vegetables are tender.
3. Remove from heat.
4. Blend with a stick blender until smooth.
5. Add cream and stir through (do not boil after adding cream).
6. Season to taste

Spaghetti Bolognaise

Ingredients

- 1 tbs vegetable oil
- 500 g Beef Mince
- salt and pepper
- 1 brown onion (diced, large, peeled)
- 1 tsp garlic (minced)
- 2 tbs tomato paste
- 1 cup carrot (grated)
- 1 cup zucchini (grated)
- ½ cup peas
- 400 g tinned tomato
- 1 tsp dried oregano
- 1 bay leaves
- 1/2 packet spaghetti



Method

1. Place a large, heavy bottomed frying pan on high heat.
2. Add oil and swirl to cover pan, when it's very hot, add mince, salt and pepper and brown- cook for about 5 minutes or until meat juices have evaporated, stirring occasionally.
3. Add onion and sauté for 1-2 minutes.
4. Add garlic and tomato paste, stirring to coat the meat.
5. Once tomato paste has started sticking to the bottom of the pan and the meat is reddish, add the carrot, zucchini and diced tomato.
6. Stir to thoroughly combine then add oregano, bay leaves and butter.
7. Place a lid on top, bring to the boil then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.
8. Check for seasoning then leave to rest for 5-10 minutes for flavours to meld.
9. Cook pasta according to packet instructions and serve meat sauce over pasta garnished with grated parmesan cheese.

Lentil Curry- Sri Lankan Recipe

Ingredients

- ☐ ½ chopped onion
- ☐ 1 tbsp oil
- ☐ 10 curry leaves
- ☐ ½ tsp curry powder
- ☐ ¾ tsp chilli powder
- ☐ ½ tsp black pepper
- ☐ ⅛ tsp turmeric
- ☐ ½ tsp garam Marsala
- ☐ ½ tsp salt
- ☐ 1 cup assorted chopped veg
- ☐ 1 cups coconut milk
- ☐ ½ cup coconut cream
- ☐ 200g red lentils (dry) or 400g tinned lentils

Method

1. Combine all ingredients apart from coconut milk and cream into a large cooking pot
2. Cook for 10 minutes on medium heat
3. Add coconut milk and cream
4. Simmer until lentils and vegetables are tender

Chicken Stir Fry Noodles

Ingredients

- ☐ 150 chicken breasts, cut into thin strips
- ☐ 2 tbsp oyster sauce
- ☐ 1 tbsp dark soy sauce
- ☐ 1/2 tsp sesame oil
- ☐ 1/4 tsp white pepper (or black pepper)
- ☐ 3 tbsp water
- ☐ 100 g dried noodles
- ☐ 1 tbsp oil
- ☐ 1 garlic clove
- ☐ 1 small onion, sliced
- ☐ ½ cup peas
- ☐ 1/2 bunch choy sum or other Asian greens
- ☐ 1 carrot, peeled, cut in half lengthwise and sliced on the diagonal

Method

1. Mix Sauce ingredients in a bowl.
2. Prepare noodles according to package
3. Heat oil in a wok or large skillet over high heat.
4. Add garlic and onion, cook for 30 seconds.
5. Add chicken, cook for 1 minute until it changes colour from pink to white.
6. Add carrot, Choy Sum stems. Cook for 1 minute.
7. Add noodles, Choy Sum leaves and Sauce. Toss for 1 minute until leaves have wilted and Sauce has evaporated. Don't toss for more than 1 1/2 minutes – noodles may break.

Yeast Scrolls

Ingredients

- ☐ 2 cups bread flour
- ☐ 1.5 tsp instant yeast
- ☐ 1 tsp white sugar
- ☐ 1/2 tsp salt
- ☐ 3/4 cups+ 1 tbsp warm milk



Method

1. Mix dry ingredients, add milk, knead 5 min.
2. Rise until doubled.
3. Punch, roll out to 48 x 28 cm rectangle.
4. Spread with butter/paste/pesto
5. Add toppings ie cinnamon, cheese, vegemite, pizza toppings, cheese
6. Roll, cut into 6, put in a lined pan, allow to rise 30%.
7. Bake 25 minutes at 160°C fan, rotate
8. Bake 10 minutes at 180°C fan – keep an eye on it. Cool 10 min, eat!

Yellow Chicken Curry

Ingredients

- ☐ 200g chicken thigh fillets
- ☐ 1/2 small red onion, finely chopped
- ☐ 2 cloves garlic
- ☐ 1 tsp ginger, grated
- ☐ 1/2 tsp ground turmeric
- ☐ 1 tsp mild curry powder
- ☐ 1 tsp fish sauce
- ☐ 200ml coconut milk
- ☐ 1 carrot, peeled and sliced
- ☐ 100g green beans, ends trimmed, halved diagonally
- ☐ ½ small red capsicum, chopped
- ☐ 50g broccoli, cut into small florets
- ☐ 2 tbs shredded coconut, toasted
- ☐ lime to serve

Method

1. Heat oil in a large pan
2. Add in garlic, ginger, curry powder, fish sauce, cook until fragrant
3. Add chopped onion and cook for a few minute
4. add coconut milk and allow to come to boil
5. Add the chicken and carrot and cook for 5 minutes
6. Add in beans, cook for 4 minutes
7. add in remaining veg and simmer until tender
8. squeeze lime over and serve with cooked rice