

Grilled Vegetables

Ingredients

- oil
- salt & pepper
- some vegetables that are suitable for grilling:
 - mushroom
 - tomato
 - pumpkin
 - zucchini
 - squash
 - spanish onion
 - beetroot
 - carrot



Cooking things

Sandwich press, chopping board, tongs, bowl, spatula, knife, vegetable peeler



Wash hands



Step 1
Cut selected vegetables into even medium sized pieces.



Step 2
Drizzle with oil & season with salt and pepper.



Step 3
Arrange the vegetables to lie flat onto the sandwich press. Gently place the lid on top of the vegetables & cook for 5-10 minutes until soft and golden. Some vegetables like tomatoes may require less cooking time than others like pumpkin.

Note: If the vegetables are too thick they won't cook well, if they are too small they become mushy.

Taste great on their own & can also be used in pasta dishes & salads or added to pizzas and sandwiches.

Pita Bread Toasties

Ingredients - Serves 5

- packet of 5 fresh Lebanese, pita or mountain bread
- 1 cup spinach
- 1 cup ham
- 1 cup tomato
- 1 cup grilled or roasted vegetables
- 1 cup cheese



Cooking things

Sandwich press, chopping board, tongs, knife, spatula



Wash hands



Step 1
Turn on the sandwich press & prepare your choice of fillings.



Step 2
Arrange 1 cup of sandwich fillings in the middle of one piece of flat bread.

Step 3

Fold in a third of the flat bread over the filling.



4



Step 4

While holding that down, fold another section and hold that down together with the first fold & continue until enclosed.

5



Step 5

Carefully place the toastie folded side down onto the sandwich press & close. Cook until the outside is crunchy & the filling is hot.

Tzatziki Dip

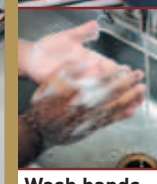
Ingredients - Serves 6-8

- 1 Lebanese cucumber or half a continental one
- 1 small clove of garlic
- 1-2 cups plain yoghurt
- salt
- cracked pepper (optional)
- olive oil (optional)
- mint (optional)



Cooking things

Chopping board, spoon, grater, bowl, measuring cup, container



Wash hands



1

Step 1

Wash & grate the cucumber into a container.

2



Step 2

Add a pinch of salt.

3



Step 3

Stir & after a minute squeeze out the juice.

4



Step 4

Add grated garlic, yoghurt, any extras & stir to combine.

Serve straight away or keep in the fridge until needed. Best used within 3 days. Use as a dip or an accompaniment to a meal.

Pumpkin Soup

Ingredients - Serves 4-6

- 1kg pumpkin
- 1 brown onion
- 3 cloves of garlic
- 1 medium sized potato
- salt & pepper
- 1 tablespoon olive oil
- 1.5 litres water



Cooking things

Chopping board, knife, stirring spoon, vegetable peeler, electric frypan or pot/stove top, food processor or stick blender



Wash hands



1

Step 1

Peel & chop all vegetables. Heat electric fry pan or pot, when warm add oil then vegetables. Season with salt & pepper & saute gently.

2



Step 2

Cook the vegetables until slightly softened & lightly browned (about 5-10 mins). Add enough water to just cover the vegetables,

3



Step 3

Cover & bring to the boil. Once boiled turn the heat down to a simmer, cook until the vegetables are soft.

4



Step 4

Place the mixture in a food processor & puree. If using a stick blender, place mixture into a jug & puree.

Serve immediately or allow to cool before storing in the refrigerator. Use within 4 days.

Braised Beef & Tomato Sauce

Ingredients - Serves 4 - 6

- 2 brown onions
- 4 cloves garlic
- 1 tablespoons olive oil
- salt & pepper
- water
- 300g oyster blade/ blade steak/gravy beef
- 2x400g tin chopped or whole tomatoes
- a selection of herbs dried or fresh up to any 3 of the following, bay leaves, rosemary, parsley, oregano, basil or marjoram
- 500g packet pasta (optional)

Cooking things

2 pots/stove top or electric frypan, large spoon, knife, chopping board, tongs, colander & can opener.



Wash hands

1



Step 1

Add oil to a heavy based saucepan or electric frypan & heat. Add diced onions, garlic, herbs, salt & pepper - cook gently until softened & lightly browned.

2



Step 2

While the onions are cooking, trim the meat & dice. Add the meat to the pan & brown. You can also add the bone for extra flavour.

3



Step 3

Empty tomatoes & juice into the pan, stir to combine. Add two tins of water. Stir again, cover & turn up heat to bring to the boil. Don't allow sauce to become too dry as this will make the meat tough & tasteless.

4



Step 4

Once boiled, turn heat down & simmer. Let the sauce cook until the meat is tender. Add more water if required.

5



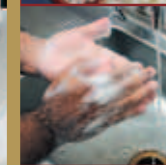
Step 5

Cook pasta and add to sauce, or serve as a casserole with mashed potato, rice, couscous and vegies.

Couscous

Ingredients - Serves 4

- 1 cup couscous
- salt & pepper
- 1 teaspoon dried cumin
- 1 cup boiled water or stock



Wash hands

Cooking things

Bowl with lid, cup measure, spoon and kettle.

1



Step 1

Boil water or stock. Place couscous in a shallow serving dish together with a pinch of salt, pepper & ground cumin.

2



Step 2

Pour in the hot liquid, so that it just covers the couscous.

3



Step 3

Stir to combine the ingredients.

4



Step 4

Cover with lid & let stand for 3 - 5 minutes to allow couscous to absorb liquid.

5



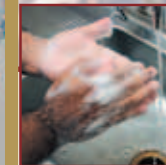
Step 5

Remove the lid and using a spoon, gently fluff up all the couscous. Serve immediately or store covered in the refrigerator for up to 3 days.

Fruit Crumble Cups

Ingredients - Serves 4

- 1 cup of muesli
- 2 cups of fresh fruit or 425g can of fruit (drained & sliced)
- 500g low fat yoghurt
- honey & cinnamon to taste



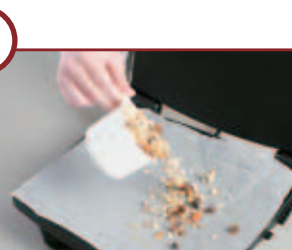
Wash hands

Cooking things

Tablespoon, chopping board, knife & 4 glasses or clear plastic cups



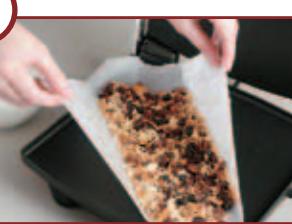
1



Step 1

Make your own toasted muesli by laying a sheet of baking paper onto a sandwich press & placing the raw muesli on top. Cook until golden & crunchy.

2



Step 2

Remove muesli & set aside until cool.

3



Step 3

Set out four cups & place a layer of sliced fruit, a layer of muesli & a layer of yoghurt in each, repeat.

4



Step 4

Serve immediately or refrigerate until required.

*Non-acidic fruits work best. Use peaches, plums & pears (canned fruit), bananas, mangoes, passionfruit (fresh fruit) or berries (fresh or defrosted)

MORE DEADLY Tucker

'Deadly: tops, good, great'



Yarla Jukurpa - Bush Yam Dreaming by Lorna Napurrula Fencer Represented by the Japingka Gallery

A selection of recipes from Foodbank WA's Food Sensations® Program