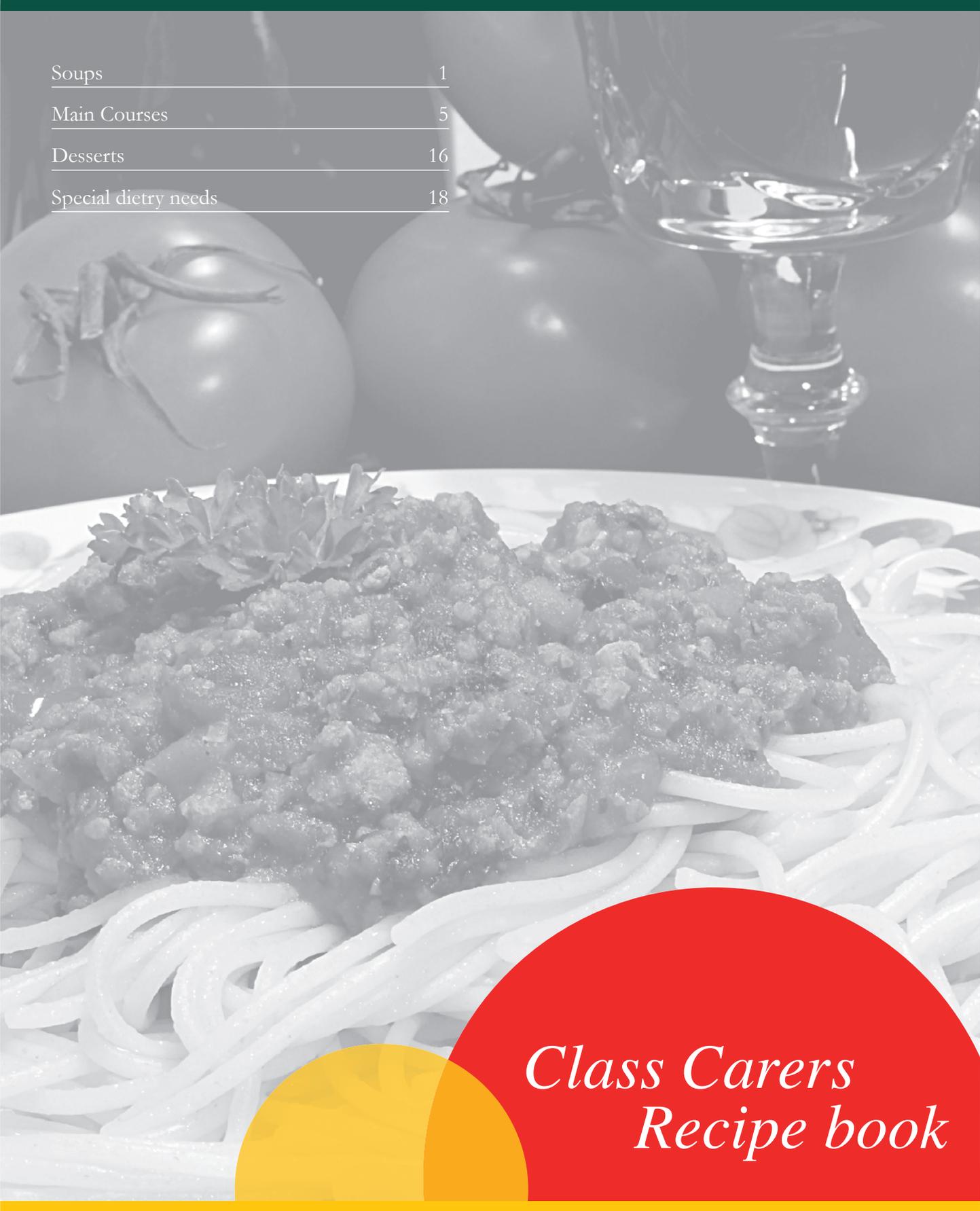


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A grayscale photograph of a plate of spaghetti topped with a meat sauce, garnished with fresh herbs. In the background, there are several tomatoes and a wine glass. The image is partially obscured by a red and yellow circular graphic at the bottom right.

*Class Carers
Recipe book*



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- Freeze meals once cooled in clean ice-cream containers or foil containers with lids which can be obtained from your class carer.

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Pumpkin Soup

Ingredients:

500g pumpkin chopped	30g butter
1 medium onion chopped	1 clove garlic crushed
3 cups hot water	2 chicken stock cubes
1 tbspn tomato paste	1/4 cup cream
1 tbspn grated cheese	

Method:

1. Combine pumpkin, butter, onion, and garlic in large pan, cover, saute until onion is soft.
2. Add water, stock cubes, tomato paste, cover, cook until pumpkin is tender.
3. Blend or process in batches until smooth; reheat, stir in cream, sprinkle with cheese.

Vegetable Soup

Ingredients:

1 onion, chopped	3 potatoes, diced
1 sweet potato diced	2 carrots, diced
1 turnip, diced	3 sticks celery, sliced
375g pkt soup mix/black eye beans (can use whatever vegies are in season)	Massell Vegetable Stock

Method:

1. Put everything in a stockpot and bring to the boil
2. Reduce heat and simmer gently until vegies are tender.

Chicken Soup

Ingredients:

4 carrots	2 sticks celery
2 onions	6-8 parsley stalks
1 teaspoon whole black peppercorns	1 bayleaf
1 teaspoon salt	1 chicken, size 18 (you could also use a chicken carcass)
parsley leaves, for garnish	

Method:

1. Put a small quantity of each vegetable aside. Chop the rest roughly and put them into a large pot, along with the parsley stalks, black peppercorns and the bayleaf.
2. Put the whole chicken into the pot and add the salt. Add just enough water to cover the chicken. Bring to the boil, then turn the heat down and simmer for 1 hour. Remove from heat and allow to come back to room temperature. (Tip: Cover the chicken and vegetables with a dinner plate to hold them down.)
3. Put the whole pot into the fridge. When the fat hardens, skimi it off with a spoon.
4. Take the chicken out of the pot and pull it apart. Put the lean, cooked chicken meat on a plate and set aside.
5. Chop the parsley leaves and cut the cooked chicken meat into bite sized pieces.
6. Strain the contents of the pot. Keep the liquid but discard the solids.
7. Simmer the reserved vegetables, chicken, parsley and liquid for about 20 minutes or until tender. If you want a noodle soup, add noodles at this time as well.
8. Serve

Bacon and Corn Chowder

Ingredients:

6 Rashers Bacon	40g butter
1 Onion chopped	1 cup celery chopped
1 clove garlic crushed	1 Bay leaf
Thyme and mixed herbs	3 cups water
3 heaped tspn chicken stock powder	3 medium potatoes cubed
1 x 410g can creamed corn	1 x 410g can corn kernels
pepper and salt	Dash Worcestershire sauce
1 cup sour cream when serving	

Method:

1. Brown onion and bacon melted butter
2. Add the other ingredients and cook until potatoes are tender
3. Serve.

Sweet Potato & Lentil Soup

Ingredients:

2 tspn vegetable oil	1 large brown onion, finely chopped
2 tspn finely grated fresh ginger	1 tbspn mild curry powder
3/4 cup red lentils rinsed	500g sweet potato, coarsely chopped
3 tspns chicken stock powder	8 small pappadums
1/3 cup low-fat natural yogurt	1 tbspn chopped chives

Method:

1. Heat oil in a large saucepan over moderate heat. Cook and stir onion for 5 minutes or until soft. Add ginger, curry powder and lentils; cook and stir for 1 minute or until fragrant.
2. Add sweet potato, stock powder and 1.25L water; bring to the boil. Reduce heat; simmer, covered, stirring occasionally, for 20 to 25 minutes or until sweet potato is tender. Stand for 10 minutes to cool slightly. Blend in batches until smooth. Place in a clean pan. Stir soup over low heat until hot.
3. Place pappadums in a single layer on the microwave turntable. Microwave on high (100%), in 30 second bursts, until puffed and crisp.
4. Ladle soup into bowls. Top with yogurt and chives. Serve with pappadums.

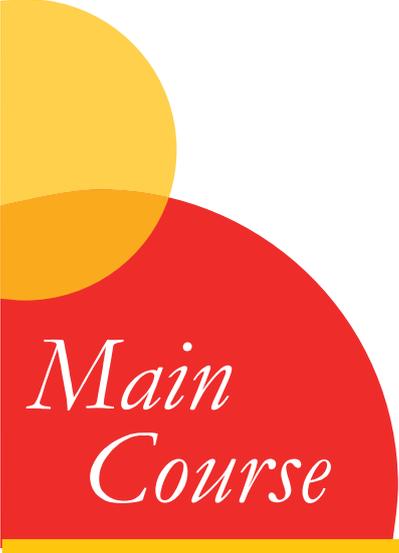
Cauliflower Soup

Ingredient:

1 Medium, trimmed cauliflower	1 Medium onion
1 Medium carrot	1 Stalk celery
5 chicken stock cubes	4 cups water
1 bay leaf	1/2 tspn dried thyme

Method:

1. Wash and section cauliflower, finely chop onion, carrot and celery.
2. Place in stockpot with stock cubes, water, bay leaf, thyme and pepper. Bring to boil, turn to low and simmer 20 minutes.
3. Remove bay leaf. Puree until creamy. Return to pot, reheat and adjust seasoning with salt and pepper. Garnish with finely chopped parsley.



Main Course

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Tuna Mornay

Ingredients:

425g can of tuna	tin corn kernels
500ml milk (rice if dairy intolerant)	3 tbspn cornflour
1 cup frozen peas	3 hard boiled eggs
2 tbspn lemon juice	2 tbspn parsley
3 pieces bread, cubed	1 cup grated cheese
grated lemon rind	

Method:

1. Dissolve cornflour in milk and bring to the boil to thicken
2. Add tuna, corn, peas, cheese, cook 5 mins
3. Add eggs, lemon juice
4. Top with combined bread, extra cheese, lemon rind and parsley

Meat Slice

Ingredients:

3 sheets puff pastry	700g mince
2 onions, grated or finely chopped	1 large carrot, grated
1 tbspn gravox	2 potatoes, diced
1 pkt chicken noodle soup	** swedes or other vegetables can be added

Method:

1. Line large dish with 1 1/2 pastry sheets. Cook for about 15 minutes.
2. Mix meat, vegies, gravox and soup together.
3. Put mix on top of pastry.
4. Place remaining pastry on top, prick and glaze with milk.
5. Bake for 45 to 60 minutes at 200°C.

Jackpot Dinner

Ingredients:

1 onion chopped	1 cup noodles (vary to suit)
1 1/2 cups water	1 cup cheese, grated
500g mince	1 can tomato soup
1 tin corn kernels	

Method:

1. Brown steak and onions.
2. Add tomato soup, water and noodles.
3. Cook until noodles are tender, add corn and 1/2 cup cheese.
4. Mix and put in casserole dish.
5. Sprinkle with remaining cheese and bake in a moderate oven for 30 minutes.

Chop Suey

Ingredients:

500-600g minced beef	1 tsp curry powder
1 pkt chicken noodle soup mix	oil
1 onion, diced	1/2 small cabbage
2 cups celery, diced	1 carrot, thinly sliced

Method:

1. Saute onion and celery, add meat and brown.
2. Add soup, curry and some water (1 1/2- to 2 cups)
3. Stir carrots and any other vegis through mix
4. Sit cabbage on top and leave to cook for about 10 - 15 mins
5. Serve with boiled rice.

Porcupine Balls

Ingredients:

1/2 cup uncooked rice	2 eggs
750g mince	2 tins tomato soup
1 large onion	1 cup water
1/2 tsp herbs	

Method:

1. Combine all except water and soup.
2. Roll into balls and place in a large casserole dish.
3. Pour water and soup over the top.
4. Cook in moderate oven 1/2 hours.

Beef and Leek Pie

Makes a double batch, use second batch for another meal. Use rest of mince mixture to serve with pasta or on baked potato with salad. This is a 'Failsafe' meal and contains no additives or preservatives. The golden syrup when cooked in this manner has a lovely taste.

Ingredients:

1 kg mince	2tbsp Golden Syrup
Assorted vegies (Leek, celery, cabbage, carrot, corn, beans garlic)	1 sheet puff pastry
parsley	Oil
	2 tbsp cornflour

Method:

1. In a large frypan, heavy based saucepan saute leek, celery and garlic in oil
2. Add mince and brown
3. Add other vegies, put lid on and steam
4. Add golden syrup and cornflour dissolved in 2 cups or water or stock
5. Grease pie dish, line with puff pastry, add 1/2 mince mixture
6. Cook for 20 mins until pastry is golden

Chicken and Lentil Casserole

Ingredients:

300ml chicken stock	2 onions, sliced
375g red lentils	1 carrot, peeled and diced
2 tbsp tomato paste	1 x size 14 chicken (jointed)
1 tbsp vinegar	2 rashers bacon, chopped
1 clove garlic, crushed	salt and pepper to taste

Method:

1. Heat oil in pan, fry bacon until crisp, add carrot, onions and garlic and cook until onion is transparent
2. Add lentils, chicken, chicken stock, tomato paste, salt, pepper and vinegar
3. Bring to the boil and place into casserole dish
4. Cover and bake at 165°C for approx. 1 hour or until chicken is tender
5. Adjust seasoning before serving.

Chicken in Apricot Nectar

Ingredients:

750g chicken pieces	425ml can apricot nectar
1 pkt French Onion Soup mix (or brown onion soup or sweet'n'sour sauce)	425ml tin apricot halves (can leave out)
2 tbsp plain flour	1/2 can water

Method:

1. Roll chicken pieces in flour
2. Place in casserole dish
3. Sprinkle French Onion soup over chicken, pourover apricot nectar (apricots) and water
4. Bake in moderate oven 1 1/2 hours

Quiche Lorraine

Ingredients:

1 sheet puff pastry	300ml cream (or 375ml evap milk)
4 eggs	(or 1/2 cream and 1/2 milk)
5 Oz bacon or ham, chopped	salt and pepper
chives chopped	grated cheese

Method:

1. Lind dish with pastry
 2. Spread cheese, chives, ham or cooked bacon in shell.
 3. Beat egg, cream, salt and pepper, pour into shell.
 4. Cook in moderate oven 30-40 minutes.
- * Broccoli sprigs in the quiche is also nice, and/or a few slices of tomato on top.

Zucchini Quiche

Ingredients:

340g zucchini, grated	1 cup mature grated cheese
1 onion, chopped	3 chopped rasher bacon
5 eggs	2-3 stock cubes - bacon or chicken
1 cup SR Flour	1 tin sweet corn
parsley, herbs	teaspoon curry for flavour

Method:

1. Mix altogether and bake for 1/2 hour in moderate oven (180°C) until golden brown.
2. You may like to slice some tomato on top of the quiche before cooking.

Macaroni Bake

Ingredients:

250g macaroni	400g tin tomatoes
2 onions	2 cloves garlic
80g bacon	150g champignons
250g mince	2 tsp tomato paste
1/2 cup red wine	1/2 cup beef stock
100g bread crumbs	100g grated cheese
paprika	marjoram

Method:

1. Cook macaroni and drain
2. Quickly fry champignons then remove from pan.
3. Fry bacon, onions and garlic, then add mince and cook.
4. Add salt, pepper paprika, marjoram, tomatoes and paste. Allow to cook 5 min, then add wine and stock and simmer for 15 min
5. Drain sauce into bowl and reserve.
6. Grease casserole dish, then place 1 layer of macaroni, then the meat mixture and champignons and remain in macaroni.
7. Pour sauce over, top with breadcrumbs and cheese.
8. Bake 15-20 ins at 220°C.

Beef Lasagne

An all time favourite, serves 10-12, makes two serving dishes. Great with a Caesar salad and garlic bread.

Ingredients:

1tbsp oil	2 cans tomato pieces
1.5kg beef mince	2 x 140g tomato paste
2tbsp oil, extra	1 tbsp caster sugar
2 medium zucchini, chopped	1 cup red wine
250g baby mushrooms, sliced	2 x 250g packets instant lasagne sheets
750g read-made tomato pasta sauce	

Cream sauce

125g butter	salt and papper
2/3 cup plain flour	150g cheddar cheese, grated
6 cups milk	1/4 cup grated parmesan cheese

Method:

1. Heat oil in large pan, cook mince until browned. Transfer to bowl.
2. Heat extra oil in the same pan and cook onion until soft.
3. Add zucchini and mushrooms; cook until just tender.
4. Return meat to onion mixture; add pasta sauce, undrained tomato pieces, tomato paste, sugar, wine and salt and pepper.
5. Simmer, covered for 30 minutes
6. Remove from heat, set aside.
7. Melt butter in medium pan, add flour and stir over heat until mixture bubbles.
8. Remove from heat; add milk gradually to pan, stirring until smooth.
9. Stir over heat until sauce boils and thickens.
10. Add salt, pepper and cheese; mix until cheese has melted.
11. Spread half a cup of tomato mixture over base of each baking dish.
12. Top with lasagna sheets to cover.
13. Spread one-sixth of the cheese sauce over pasta.
14. Repeat layering tomato mix, pasta, cream sauce finishing with pasta sheet topped with cream sauce.
15. Sprinkly with extra grated cheese.
16. Bake 45 minutes in a moderat oven or until cooked through and lightly browned.

Pumpkin, Ricotta & Basil Canelloni

Ingredients:

800g butternut pumpkin, peeled deseeded, coarsly chopped 400g fresh ricotta
1/2 cup fresh basil leaves, chopped 1/4 cup toasted pine nuts
1/2 cup finely grated parmesan cheese 1 x 737g bottle basil and tomato pasta sauce
200g instant dried canelloni tubes 1 cup coarsly grates mozzarella

Method:

1. Cook pumpkin in a medium saucepan of boilin water for 10minutes or until tender. Drain. Return to pan. Mash until smooth. Transfer to a large bowl. Set aside to cool slightly.
2. Add ricotta, basil, pine nuts and parmesan to the pumpkin. Season with salt and pepper. Stir until well combined.
3. Preheat oven to 180°C. Spread 1 cup of the pasta sauce over the base of a square 20cm (base measurement) baking dish.
4. Place the pumpkin mixture into a piping ag fitted with a 2cm-wide plain nozzle. Pipe the pumpkin mixture into the canelloni tubes. Place the canelloni, in 2 layers on top of the sauce. Pour over remaining pasta sauce. Top with the mozzarella.
5. Bake for 40minutes or until golden. Set aside for 5 minutes to cool slightly before serving.

Freezing tip: Bake in a freezerproof ovenproof dish. At the end of step 5, set aside to cool slightly. Cover with 2 layers of plastic wrap and 1 layer of foil. Place in the fridge to chill. Label, date and freeze for up to 3 months. Thaw in fridge overnight. To reheat, preheat oven to 180°C. Cover with foil. Bake for 30 minute.

Cottage Pie with Sweet Potato

Ingredients:

1 tbspn olive oil 1 medium brown onion, finely chopped
1 medium carrot, peeled, finely chopped 2 celery stalks, trimmed, finely chopped
500g beef mince 2 tbspn worcestershire sauce
3 tbspn tomato paste 410g can crushed tomatoes
1 tspn dried mixed herbs 1 cup frozen peas
600g orange sweet potato, peeled, chopped 1/4 cup milk
20g butter 1/3 cup grated cheddar cheese

Method:

1. Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 mintes or until browned.
2. Add worcestershir sauce, tomato paste, tomato and herbs. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until thickened. Stire in peas. Preheat oven to 180°C/160°C fan-forced.
3. Meanwhile, cook potato in saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Sppon beef mixture into a 5cm-deep, 6 cup-capacity ovenproof dish. Top with potato mixture. Sprinkle with chees. Bake for 30 to 35 minutes or until golden. Serve.

Eggplant & Pasta Pie

Ingredients:

Olive oil spray	1 large (about 600g) eggplant, thinly sliced lengthways
2 tspn extra virgin olive oil	1 brown onion, finely chopped
2 garlic cloves, crushed	350g lean beef mince
1 x 400g can chopped tomatoes	50g tomato paste
1tspn dried oregano	300g dried rigatoni pasta
6 eggs, lightly whisked	80g greek-style feta, crumbled
1/2 cup finely grated parmesan	

Method:

1. Preheat oven to 190°C. Spray a round 22cm (base measurement) cake pan with oil. Line the base with non-stick baking paper
2. Preheat a barbecue grill or chargrill on medium-high. Spray both sides of the egg plant with oil. Cook on grill for 3-4 minutes each side or until tender.
3. Heat the oil in a large frying pan over medium heat. Cook the onion and garlic, stirring occasionally, for 7 minutes or until onion is soft. Increase heat to high. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 3-4 minutes or until mince changes colour. Stir in tomato, tomato paste and oregano. Reduce heat to medium. Simmer for 10 minutes. Season with salt and pepper.
4. Meanwhile, cook the pasta in a large saucepan of boiling water following packet directions. Drain.
5. Line the base and side of the prepared pan with the eggplant. Combine the mince mixture, pasta, egg, feta and parmesan in a large bowl. Spoon the mixture over the eggplant. Bake for 45-50 minutes or until set. Set aside in the pan for 15 minutes to cool slightly.

To freeze: At the end of step 5, set aside for 1 hour to cool. Cut into portions. Wrap each in 2 layers of plastic wrap. Place in an airtight container. Label, date and freeze for up to 3 months. Thaw in fridge. Pre-heat oven to 180°C. Line a baking tray with non-stick baking paper. Place pie portions on the tray. Cover with foil. Cook for 20-25 minutes or until heated through.

Pumpkin, ricotta & basil cannelloni

Ingredients:

800g Butternut pumpkin, peeled, deseeded, coarsely chopped	400g Fresh Ricotta
1/4 Cup toasted pine nuts	1/2 Cup fresh basil leaves, chopped
200 g instant dried cannelloni tubes	1 x 737g bottle basil & tomato pasta sauce
	100g (1 Cup) coarsely grated mozzarella

Method:

1. Cook pumpkin in a medium saucepan of boiling water for 10 minutes or until tender. Drain. Return to pan. Mash until smooth. Transfer to a large bowl. Set aside to cool slightly.
2. Add ricotta, basil, pine nuts and parmesan to the pumpkin. Season with salt and pepper. Stir until well combined.
3. Preheat oven to 180°C. Spread 250ml (1 Cup) of the pasta sauce over the base of a square 20cm (base measurement) baking dish.
4. Place the pumpkin mixture into a piping bag fitted with a 2cm-wide plain nozzle. Pipe the pumpkin mixture into the cannelloni tubes. Place the cannelloni, in 2 layers, on top of the sauce. Pour over remaining pasta sauce. Top with the mozzarella.
5. Bake for 40 minutes or until golden. Set aside for 5 minutes to cool slightly before serving.

To freeze: Bake in a freezerproof ovenproof dish. At the end of step 5, set aside to cool slightly. Cover with 2 layers of plastic wrap and 1 layer of foil. Place in the fridge to chill

Bacon Macaroni Bake

Ingredients:

250g dried macaroni pasta	1tbs olive oil
1 Brown onion, finely chopped	1 Garlic clove, crushed
8 Middle bacon rashers, coarsely chopped	1 x 410g can chopped tomatoes
2 tbs tomato paste	1 tbs chopped fresh continental parsley
Olive oil, to grease	180g baconcini, drained, sliced

Method:

1. Cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain.
2. Meanwhile, heat the oil in a medium frying pan over medium-high heat. Add the onion and garlic, and cook, stirring often, for 3 minutes or until onion is soft. Add the bacon and cook, stirring often, for 2 minutes or until crisp. Stir in the tomato and tomato paste. Cook, stirring occasionally, for 5 minutes or until the mixture thickens. Stir in the parsley
3. Preheat grill on medium-high. Brush four 375ml (1 1/2-cup) capacity baking dishes with oil to lightly grease. Divide the pasta among the dishes. Pour over the tomato mixture. Arrange the bocconcini on top. Place under grill and cook for 5 minutes or until the bocconcini melts.

Freezing: At the end of step 3 set aside to cool. Freeze in an airtight container for up to 3 months.

Pasties

Ingredients:

5 Short crust pastry	1 egg
1 packed puff pastry sheets	2 carrots
1 onion	1 butternut pumpkin
500g minced steak	1/2 cup chopped parsley
salt and pepper	

Method:

Put vegetables through grater attachment of food process. Mix all vegetables, meat, 1 tspn salt and pepper. Put filling on pastry sheet and fold. Brush with beaten egg. Bake at 185°C until golden brown, approx 3/4 hour.

Macaroni and Chicken Bake

Ingredients:

2 Cups macaroni	4 Chicken breast fillets
1/4 cup olive oil	1 medium onion chopped
1 medium carrot chopped or grated	3 rashers of bacon chopped
2 medium zucchini chopped or grated	440g can tomato soup
1/3 cup sour cream	salt and pepper to taste
1 1/2 cups grated cheese	

Method:

1. Preheat oven to moderate 180°C. Cook macaroni in large pan of rapidly boiling water with a little oil added until just tender, drain.
2. Trim chicken breast of excess fat and sinew. Slice into long strips then cut into cubes.
3. Heat oil in heavy-based pan. Cook chicken quickly over high heat until browned but not cooked through, drain on paper towels.
4. Add onion, carrot and bacon to pan. Stir over medium heat 10 minutes, add zucchini and soup. Bring to boil. Simmer, uncovered for 5 minutes.
5. Remove from heat. Combine pasta, chicken soup mixture and cream. Season to taste. Spread into a shallow oven-proof dish, top with cheese. Bake for 20 minutes or until golden and cooked through.

Curried Spanish Beef

Ingredients:

500g mince	1 onion chopped
1 tin tomato soup	4 tbsp rice
30g butter	2 carrots finely chopped
chopped parsley	1 cup hot water
1 tspn curry powder	1 tspn mustard powder
salt	

Method:

1. Melt butter, add curry powder and stir well.
2. Add onion and rice, cook lightly until golden brown. Add mince and brown.
3. Add all other ingredients, bring to boil stirring all the time. Then turn heat to low and simmer for 30 minutes, stirring occasionally.

Vegetarian Curry

Ingredients:

2 cups tomato juice	2 large onions
4 medium potatoes	3 cloves garlic
1 green capsicum	2 large carrots
200g green beans	pumpkin pieces (optional)
oil for frying	3 tspn curry powder
20g mixed dried apricots, apples, saltanas	1/2 tspn garam masala
1/2 tspn chilli powder	

Method:

1. Roughly chop all vegetables. Fry onion and garlic. Add curry powder, chilli and garam masala. Cook for 1 minute.
2. Add vegetables, stir until coated evenly. Add tomato juice, cover and simmer for 30 minutes.
3. Soak dried fruit in enough water to cover fruit. Add to curry. Cook uncovered to thicken sauce. Serve with rice and green vegetables.

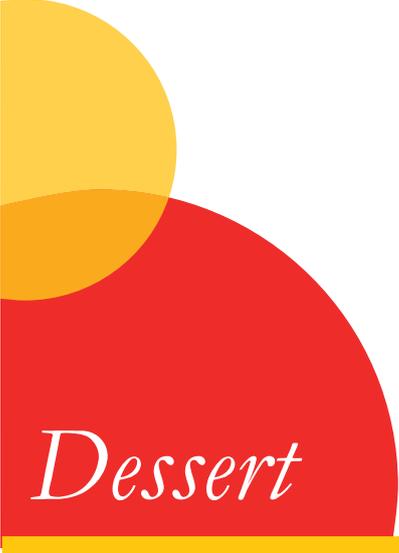
Sweet and Sour Pork

Ingredients:

2 tspn oil	375g lean boneless pork cut into 6mm strips
1 can (450g) pineapple pieces, (undrained)	2 tspn cornflour
1 large capsicum, chopped	3 tspn lemon juice
3 tspn soy sauce	3 tspn cider vinegar
2 tspn firmly packed brown sugar	1/4 tspn salt

Method:

1. Heat oil in a large heavy frying pan over moderately high heat for about 1 minute. Add pork strips, cook uncovered, stirring frequently for 5 minutes or until browned.
2. Meanwhile, drain the juice from the pineapple pieces into a small bowl. Blend cornflour, vinegar, lemon juice, soy sauce, pineapple juice, salt and sugar and put aside. Add capsicum and onion to the pan. Cook until onion begins to soften. Add the pineapple juice mixture to the pan, reduce the heat to moderate, and cook stirring for 3 minutes, or until the liquid thickens slightly. Add the pineapple pieces and heat through about 1 minute.
3. Serve over rice or crisp chinese noodles and accompany with cucumber salad with soy and sesame dressing.



Dessert

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Contents:

Caramel Dumplings

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Caramel Dumplings

Ingredients:

Dumplings

1 tablsbn butter

1/3 cup sugar

1 tspn vanilla essence

1 1/4 cup SR flour

1/3 cup milk

Caramel sauce

1 1/2 cups brown sugar

1 1/2 cups water

1 tbspn butter

Method:

1. Rub butter into flour with fingertips. Add the sugar, milk and vanilla and mix well. set aside wil making the sauce.
2. Mix brown sugar, butter and water in a 2L casserole dish and cook on high for 6-8 mins.
3. spon 8 even lots of dumplings batter in hot sauce and cook on medium for 4-6 minutes
4. stand in hot sauce for 5 minutes
5. Remove dumplings and cook any remaining mixture in sauce on medium for 4-6 minutes.
6. Serve dumplings with caramel sauce and whipped cream.

Allergies & special needs

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Fetucinni with Beef, Tomato and Pumpkin

- *Dairy Free*
- *Egg Free*
- *Nut Free*

Ingredients:

300g beef steak	1 good handful of basil
1/2 butternut pumpkin	300g fresh or dried fettuccini
4 roma tomatoes	A little vegetable oil for frying
60g sundried tomatoes	

Method:

1. Cut beef into thin strips. Cut pumpkin into thin slices and then cut slice into three. Cut the roma tomatoes into quarters lengths wise and cut each quarter into three chunks. Slice the sundried tomatoes.
2. Cook the fettuccini according to the packet instructions.
3. Boil pumpkin until tender and then drain.
4. Heat a little vegetable oil in a frypan, brown the beef, and set aside.
5. When pasta is cooked fry the tomatoes and sundried tomatoes for two minutes. Add the pumpkin, cooked pasta and beef, and stir to warm through.
6. Pour the dressing over the top and add the torn basil leaves. Serve topped with grated soy cheese.

Dressing

2 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp lemon juice

Put all the ingredients into a jar and shake well, set aside until needed.

Chicken and Vegetable Soup

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

1/2 onion	2 carrots
2 large potatoes	1/2 zucchini
1 large chicken breast	2 tbsp dried tarragon
4-5 cups chicken stock (Massel brand)	1/2 cup soup pasta shapes, optional

Method:

1. Finely chop the onion. Peel and dice the carrots and potatoes.
2. Dice the zucchini and chop the chicken breast into small cubes, after removing any fat.
3. Heat a little olive oil in a large saucepan, cook the onion for one minute but do not brown it. Add the carrots, potato, chicken tarragon and stock. Simmer for ten minutes.
4. Stir the zucchini and pasta shapes through the soup and simmer for a further 10 minutes. Season with salt and pepper and serve.

Simple Spaghetti

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

1 large field mushrooms	2 medium carrots
300g spaghetti	1 cup tomato passata
2-3 spring onions	1 tsp vegetable stock powder (Massel brand)

Method:

1. Finely chop the carrots and mushrooms, slice the spring onions.
2. Cook the spaghetti according to the packet instructions. Boil or steam the carrots until soft.
3. Heat a little olive oil in a large frypan then fry the spring onion and the mushrooms for a few minutes. Sprinkle the stock powder over the pan and give it a quick stir. Pour over the passata and stir it through. Add the carrots.
4. Using a pasta spoon or slotted spoon remove the spaghetti from the water and put it straight in the frypan. Stir until all the spaghetti is coated in the sauce. Serve topped with grated soy cheese.

Chicken, Avocado and Cranberry pasta

- *Dairy Free*
- *Egg Free*
- *Nut Free*

Ingredients:

2 skin-free chicken breasts	1/4 cup dried cranberries
1/2 cup boiling water	4 spring onions, sliced
1/4 cup chicken stock (Massel brand)	2 tsp marjoram
30g dairy-free butter (Nuttelex brand)	25ml plain flour
300ml soy or rice milk	1/2 avocado
250g farfalli (bow tie) pasta	salt and pepper to taste

Method:

1. Place cranberries in a small bowl and pour over the boiling water, set aside. Cook pasta according to the packet instructions.
2. Remove fat from chicken and roughly chop into chunks. In a large frypan heat a little oil and brown the chicken. Drain the cranberries and add them to the chicken with sliced spring onion marjoram, stock and salt pepper to taste.
3. In a small saucepan melt the butter, remove from heat, add plain flour and stir. Slowly add the milk to make a white sauce, return to heat stir until it thickens. Pour over chicken and stir through.
4. Drain pasta and stir through the chicken. Dice the avocado and stir through the chicken just before serving.

Shepherds Pie

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

500g lean minced beef	1 small onion finely chopped
1 tin chopped tomatoes	2 carrots finely chopped
3/4 cup frozen peas	3/4 frozen corn kernels
4 tbs tomato sauce	1 tbs soy sauce
1 tbs Worcestershire sauce	1 heaped tsp dried basil
1 heaped tsp dried thyme	1 tsp dried rosemary
1 heaped tsp dried oregano	

Topping:

5 large potatoes
1 good knob of dairy-free butter (Nuttalex brand)
A little soy or rice milk

Method:

1. Preheat oven to 180°C. Peel and chop the potatoes, then put them in a saucepan to boil until tender.
2. Heat a little olive oil in a large saucepan, brown the onion.
3. Add the mince and brown it, then add the tomatoes, sauces and herbs, and stir through.
4. Add the carrots and cook until tender. When almost tender add the peas and corn. Simmer for five minutes then pour into a round pie dish.
5. When the potatoes are tender, drain and mash using a potato masher, add butter and a little milk, stir until mixed through.
6. Using a spoon, lay spoonfuls of potato evenly over the top of the mince and use a fork to spread evenly. This will leave attractive lines in the potato from the fork.
7. Bake in the oven for 10-15 minutes or until browned.

Optional:

Add zucchini when you add the peas.

Add grated soy cheese to the top before putting it into the oven.

Instead of adding potato to the top, boil 250g of pasta shapes and mix through the mince before serving.

Lasagne

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

Meat Sauce

- 1 kg lean beef mince
- 1 x 400g can tin chopped tomatoes
- 300g Kumara (Sweet Potato), grated
- 1 onion
- 50g sundried tomatoes
- Handful of fresh basil leaves
- 1 tbs dried oregano
- Salt and pepper

Béchamel Sauce:

- 100g dairy-free butter (Nuttelex brand)
- 1/3 cup plain flour
- 3 cups soy or rice milk
- 1 tsp nutmeg
- 1 packet instant lasagna sheets
- Good soy cheese*

Method:

Meat Sauce

1. Heat a little olive oil in a large saucepan. Brown the onion for a minute and then add the mince to brown.
2. Add the grated kumara (sweet potato) to the meat with oregano and tin tomatoes.
3. Using a small food processor, finely chop the basil and sundried tomatoes together then stir them through the meat sauce. Season with salt and pepper.

Béchamel Sauce

1. In a large saucepan, melt the dairy free butter. Add the flour and nutmeg and cook for one minute.
2. Remove from heat and gradually add milk stirring constantly. Return to heat and stir until mixture thickens.

Assembly

1. Preheat oven to 180°C
2. Spread a layer of meat sauce over the base of a rectangular lasagne dish and top with a layer of béchamel sauce. Add a layer of lasagne sheets.
3. Repeat twice and finish with a layer of béchamel sauce topped with grated soy cheese.
4. Bake in a moderate oven for 35-40 minutes.

* **Please note:** Some soy cheese contain casein which is actually a milk product,so take care to avoid these.

Pumpkin Soup

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

1 Large butternut pumpkin
3-4 cups of vegetable stock (Massel brand)

1 Onion chopped
1 good handful of fresh sage

Method:

1. Peel the pumpkin and remove the seeds before roughly chopping it into cubes
2. Heat a little olive oil in a large saucepan, brown the onion then add the pumpkin and stock to the pan. Season with salt and pepper to taste.
3. Wash the sage and stir the leaves through the pumpkin. Cover and simmer until the pumpkin is soft.
4. Remove from heat. Using a food processor, blend until smooth.
5. Serve with crusty bread or dinner rolls.

Serves 4

Fish and Mushroom Risotto

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

500g boneless white fish
1/2 an onion
1 tbs dried tarragon
1 1/2 cups tomato passata
1/2 cup frozen peas

100g mushrooms
1 garlic clove
1 cup rice
1 1/2 cups boiling water

Method:

1. Cut the fish into bite sized chunks. Slice the mushrooms and finely chop the onion
2. Heat a little oil in a large frypan, brown the onion, and add the fish and mushrooms. Cook for a minute then stir through the tarragon.
3. Pour the rice into the pan and cook for a minute until the grains appear glassy, then add boiling water, a quarter cup at a time, until the rice is cooked. Add the peas, cook for a couple minutes then pour the passata into the pan and heat through, season with salt and pepper as desired and serve.

Beef Stroganoff

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

500g lean steak	1 small onion
300g button mushrooms	2 tsp cornflour
1/2 cup soy or rice milk	2 tbsp tomato paste
1/2 cup beef stock (Massel beef stock)	Parsley sprinkle

Method:

1. Slice or quarter the mushrooms and set aside. Finely chop the onion. Trim fat from steak and slice thinly.
2. Heat a little oil in a large frypan. Fry the steak for two minutes, until just brown on each side. Remove from pan and keep warm.
3. In the same large pan, fry the onions for five minutes. Add the mushrooms and cook until soft.
4. Combine the cornflour, milk and tomato paste in a bowl. Add to pan with stock and stir well. Simmer for five minutes on a low heat.
5. Return steak to pan, stir through and simmer two minutes until beef is warmed.
6. Serve over rice and sprinkle parsley over the top.

Tuna Mornay

- Dairy Free
- Egg Free
- Nut Free

Ingredients:

425g can tuna in spring water	40g dairy-free butter
3 tbsp plain flour	2 cups of soy or rice milk
3/4 cup frozen peas	3/4 cup frozen corn kernels
4 large potatoes	Knob of dairy-free butter (extra)
dash of soy or rice milk (extra)	

Method:

1. Preheat oven to 180°C. Peel and chop the potatoes, then boil until tender.
2. In a large saucepan melt the butter, add the flour and cook for one minute.
3. Remove from heat and gradually add milk stirring continually. Return to heat and stir until mixture thickens.
4. Drain the tuna and add to the white sauce with peas and corn. Pour into a pie dish.
5. Drain the potatoes and mash the a knob of butter and a dash of milk. Layer the potato on top of tuna using a spoon and for so as to leave fork marks on the top.
6. Cook in the oven for 10-15 minutes or until the top begins to brown.

Serves 4

Creamy Chicken and Pumpkin

- *Dairy Free*
- *Egg Free*
- *Nut Free*

Ingredients:

2 large chicken breasts	250g butternut pumpkin
2 spring onions	1 tbsp marjoram
1 tsp chicken stock powder (Massel chicken stock)	3/4 cup Soy or Rice milk
1 tsp cornflour	4 medium to large potatoes

Method:

1. Peel, chop and boil the potatoes. Peel the pumpkin and slice into thin rectangles. Boil steam or microwave until just tender.
2. Slice the spring onion and set aside.
3. Trim the fat from the chicken and chop the chicken into chunks. Heat a little vegetable or olive oil in a large frypan and brown the chicken.
4. Add the spring onions, marjoram and stock powder, and stir through.
5. Combine the cornflour with a little of the milk and then add it with the rest of the milk into the pan, simmer until slightly thickened.
6. Drain and mash the potatoes with a little dairy-free butter and milk.
7. Serve the chicken over a bed of mashed potato.

Serves 4