



**wdhs**  
Western District  
Health Service

# GREEN recipe booklet

**Healthy  
Eating  
Advisory  
Service**

All recipes included in this booklet have been assessed by the Healthy Eating Advisory Service (HEAS).

HEAS is your one-stop-shop for free information, training, and resources to provide and promote healthier foods and drinks in your organisation. Find out more at [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au) or call us on 1300 22 52 88.

HEAS is delivered by Nutrition Australia Vic Division with support from the Victorian Government.

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## Introduction

This recipe booklet contains over 150 recipes that have been developed to meet the Victorian Government's Healthy Choices guidelines for **GREEN (Best Choice)** recipes.

Western District Health Services (WDHS) has created this resource to help transform not only the food available to staff and visitors in hospital environments, but to support other organisations and communities to embrace healthier eating. The recipes were created using the [Healthy Choices food and drink classification guide](#) and the Healthy Eating Advisory Service (HEAS) [FoodChecker menu assessment tool](#). All recipes have since been assessed and validated by HEAS dietitians.

The Victorian Government has developed the Healthy Choices guidelines to help make sure that healthy foods and drinks are offered and promoted in places like hospitals, health services, sport and recreation centres and workplaces. You can learn more about the guidelines here: [heas.health.vic.gov.au/healthy-choices/guidelines](https://heas.health.vic.gov.au/healthy-choices/guidelines).

The Healthy Choices food and drink classification guide uses a traffic light system to categorise foods and drinks as **GREEN (Best Choice)**, **AMBER (Choose Carefully)** or **RED (Limit)**.

It is recommended that any menu includes **at least 50% GREEN** items, no more than 30% **AMBER** items and no more than 20% **RED** items. Foods in the **GREEN** category are the best choice because they are:

- a good source of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.

WDHS is leading the way in healthy eating, becoming the first organisation and food retailer in Australia to introduce a 100% **GREEN** menu in 2018 and the first hospital in Australia to remove sugary drinks in 2015.

During the implementation of the **GREEN** menu at WDHS it became clear that many other organisations and food retailers require support to meet the Healthy Choices guidelines. This motivated WDHS to create and share this recipe booklet, to assist and support other retailers to 'make the healthy choice the easy choice'.

WDHS Food Services staff and chefs have worked to modernise healthy food, making it nutritious, tasty, wholesome, cost effective and visually appealing. The project is ongoing and the WDHS Green Bean Café continues to evolve with its innovative Food Services team improving recipes, increasing education and awareness and advocating for the adoption of healthy options.



WDHS can further support you or your food service team by:

- Providing expert information including food service healthy alternatives, financial retail advice, and communication strategies
- Assisting with menu design and vending options
- Referring you to other food and nutrition services
- Connecting you to peers and health champions
- Supporting you to implement Healthy Choices menus.

You can contact the WDHS Food Services team for more information at [hotel.services@wdhs.net](mailto:hotel.services@wdhs.net)



## Breakfast Dishes

### RECIPE – Banana breakfast bowl

Ingredients	Preparation	5 serves	10 serves	50 serves
Muesli	Untoasted	200 grams	400 grams	2.0 kg
Banana	Whole	600 grams (5)	1.2 kg (10)	6.0 kg (50)
Yoghurt - Natural	Reduced fat	350 grams	700 grams	3.5 kg
Mixed berries	Frozen	225 grams	450 grams	2.25 kg
Pepitas		25 grams	50 grams	250 grams
Sunflower seeds		25 grams	50 grams	250 grams
Slivered almonds		25 grams	50 grams	250 grams

### Method

1. Evenly spoon the yoghurt between bowls or disposable bowls/boxes.
2. Peel the banana and slice length ways, lay this against opposite sides of the yoghurt, top with the mixed berries.
3. Combine the pepitas, sunflower seeds and the almonds, sprinkle over the yoghurt and berries evenly. Serve.

### RECIPE – Muffin with avocado and smoked salmon

Ingredients	Preparation	10 serves	20 serves	100 serves
English muffins	1 muffin 65 grams	5	650 grams	50
Pepper – black		Pinch	½ tsp	15 grams
Spinach	Wilted	200 grams	400 grams	2.0 kg
Smoked salmon		250 grams	500 grams	2.5 kg
Eggs	Whole	10	20	100
Avocado	Sliced	325 grams	650 grams	3.0 kg
Tomato	Dice	220 grams	440 grams	2.0 kg
Red onion	Dice	160 grams	320 grams	1.3 kg
Parsley – continental	Leaves	2 tbsp	¼ bunch	1 bunch

### Method

1. Bring a pot of water to the boil with a little vinegar and boil the eggs until soft, approx. 6-7 minutes, refresh under cold water, peel, put aside for later.
2. Wilt spinach in the microwave or in a pot, season with pepper, set aside.
3. In a blender put the tomato, red onion and parsley, blend until finely chopped.
4. Split the muffins in half and toast, evenly distribute the spinach on the muffins top with the smoked salmon, slices of avocado, and half an egg on each.
5. Spoon over a little of the tomato salsa on each and serve.

## RECIPE – Muesli, berry and yoghurt cups

Ingredients	Preparation	Small	Large
Muesli,	Untoasted	10 grams	30 grams
Frozen berries		20 grams	30 grams
Yoghurt	Reduced fat	70 grams	180 grams

## Method

1. Layer the ingredients into appropriate size serving cups, muesli, yoghurt and finish with berries.

### RECIPE – Scrambled eggs with chives, capsicum and cheese served on sourdough

Ingredients	Preparation	5 serves	10 serves	50 serves
Eggs		10	20	80
Milk	Reduced fat	200 ml	400 ml	1.6 litres
Pepper – black	Cracked	½ tsp	1 tsp	15 grams
Cheese – grated	Reduced fat	100 grams	200 grams	800 grams
Chives		¼ bunch	½ bunch	2 bunches
Capsicum – red	Fine dice	180 grams	360 grams	1.8 kg
Thyme – fresh	Leaves picked	½ tbsp	1 tbsp	25 grams
Spinach		120 grams	240 grams	1.2 kg
Sour dough bread	toasted	400 grams	800 grams	4.0 kg

### Method

1. Beat eggs and milk well in a bowl, add the pepper, cheese, chives, capsicum and thyme, mix well.
2. Pour into a gastronorm tray and cook in the oven on 30% steam and 70% dry heat at 150°C for 10-12 minutes, stirring every few minutes. Depending on the quantity and tray depth this would need to change accordingly, use as a guide only.
3. Once cooked stir again, serve on the toasted sour dough with spinach.

### RECIPE – Muesli and berry yoghurt bowl

Ingredients	Preparation	5 serves	10 serves	50 serves
Yoghurt – plain	Reduced fat	625 grams	1.25 kg	6.0 kg
Blueberry	Frozen, pureed	190 grams	375 grams	1.9 kg
Muesli	Untoasted	300 grams	600 grams	3.0 kg
Mango – frozen		250 grams	500 grams	2.5 kg
Blackberry – frozen		250 grams	500 grams	2.5 kg

### Method

1. Mix the yoghurt and the blueberry puree gently together until combined
2. In a bowl pour a half cup measure of the muesli to one side, spoon an equal amount of the yoghurt mix on the other side, top with the mango and berries. Serve.

## Morning Tea

## RECIPE – Fruit salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Mandarin	segmented	125 grams	250 grams	1.25 kg
Pineapple	Cut into dice 1cm	150 grams	300 grams	1.5 kg
Strawberries	In ½ top removed	250 grams	500 grams	2.5 kg
Honeydew	Cut into dice 1cm	200 grams	400 grams	2.0 kg
Grapes		200 grams	400 grams	2.0 kg
Passionfruit pulp	Canned	100 grams	200 grams	800 grams
Kiwi fruit		200 grams	400 grams	2.0 kg
Watermelon	Cut into dice 1cm	400 grams	800 grams	4.0 kg

## Method

1. Prepare all the fruits as listed above, pour the passionfruit pulp over the top and combine together in a bowl gently, portion into containers or bowls. Serve chilled.



### RECIPE – Cauliflower Hash Browns

Ingredients	Preparation	5 serves	10 serves	50 serves
Cauliflower	Grated	500	1.0 kg	5.0 kg
Egg	Beaten	2	4	20
Onion - brown	Finely chopped	140 grams	280 grams	1.4 kg
Cheese – grated	Reduced fat	200 grams	400 grams	2.0 kg
Corn flour – gluten free		1 tbsp	2 tbsp	100 grams
Ground black pepper	Cracked	½ tsp	1 tsp	20 grams
Thyme – dried		1 tsp	2 tsp	15 grams
Oil – olive		30 ml	60 ml	250 ml

### Method

1. Grate cauliflower, transfer to a medium bowl and add egg, onion, cheddar and cornflower. Season with the thyme and pepper.
2. On a flat grill or in a pan on medium-high heat, heat oil. Drop spoonfuls of cauliflower mixture on to the grill or into the pan. Cook until brown and crispy, 5 minutes, then flip and cook 5 minutes more. Repeat with remaining cauliflower mixture.

### RECIPE – Chicken meatballs with Thai flavours

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – mince		400 grams	800 grams	4.0 kg
Breadcrumbs		35 grams	70 grams	350 grams
Onions – spring	Fine slice	4 onions	½ bunch	2 bunches
Coriander – ground		¼ tsp	½ tsp	1 tbsp
Coriander – fresh	Chopped, washed	1 tbsp	2 tbsp	1 ½ bunches
Sweet chilli sauce		15 ml	30 ml	150 ml
Fresh lime juice		15 ml	30 ml	150 ml
Thai basil	Chopped	2 tsp	1 tbsp	¾ bunch
Oil – vegetable		20 ml	40 ml	200 ml

### Method

1. Heat the oven to 160°C and 15% steam.
2. In a large bowl add the chicken, breadcrumbs, spring onions, coriander ground and fresh, sweet chilli sauce, lime juice and Thai basil. Mix a squeeze together thoroughly for 5 -10 minutes, working the proteins in the meat so the meatballs hold together.
3. Heat a frying pan or a flat grill with the oil, roll the chicken into even size balls, a bit smaller than a golf ball, working in batches, brown the meatballs off before placing on an oven tray lined with greaseproof and finishing in the oven for 10 minutes. Serve as finger food.

### RECIPE – Gluten free, dairy free pizza

Ingredients	Preparation	4 serves	8 serves	40 serves
Gluten free pizza base	1 x base 120g 2 serves	240 grams (2 bases)	480 grams (4 bases)	2.4 kg (20 bases)
Oil – vegetable		20 ml	40 ml	100 ml
Onion – brown		150 grams	300 grams	1.0 kg
Garlic – crushed		¼ tsp	½ tsp	1 ¼ tbsp
Tomato – crushed		200 grams	400 grams	1.8 kg
Oregano – dried		¼ tsp	½ tsp	2 tsp
Pepper – black	Cracked	Pinch	¼ tsp	1 ¼ tsp
Spinach		80 grams	160 grams	800 grams
Tomato – fresh	Sliced	220 grams	440 grams	2.0 kg
Onion – red	Thin sliced	60 grams	120 grams	600 grams
Zucchini	Ribbons	80 grams	160 grams	800 grams
Capsicum – red	Sliced, rings	110 grams	220 grams	1.1 kg
Mushroom	Sliced	110 grams	220 grams	1.1 kg

### Method

1. Preheat the oven to 190°C.
2. In a pot, brown the onion and the garlic in the oil, add the tomato, oregano and pepper, bring to the boil and simmer for 25-30 minutes or until thick.
3. Spread the pizza bases with the tomato sauce, then put the spinach, tomato, red onion, mushroom, zucchini and capsicum on top.
4. Bake in the oven on a rack for 8-10 minutes or until vegetables are cooked and edges browned.
5. Serve sliced, cut into smaller pieces for finger food.

### RECIPE – Italian bruschetta

Ingredients	Preparation	5 serves	10 serves	50 serves
Sourdough bread	Sliced	150 grams (x5 slices)	300 grams (x10 slices)	50 slices
Garlic cloves	In half	2	4	2 bulbs
Tomato – vine ripened	Sliced, thick	250 grams	500 grams	2.5 kg
Basil – fresh	Leaves	¼ bunch	½ bunch	2 bunches
Buffalo mozzarella		100 grams	200 grams	1.0 kg
Pepper – black	Cracked	½ tsp	1 tsp	20 grams
Balsamic vinegar		10 ml	20 ml	100 ml

### Method

1. Toast the sourdough and rub with the garlic clove.
2. Layer the sourdough with the tomato, buffalo mozzarella and the basil, sprinkle over the pepper and drizzle with a little of the balsamic. Serve.

### RECIPE – Mini quiches – chicken and cherry tomato

Ingredients	Preparation	12	24	96
Short crust pastry	Light	300 grams	600 grams	2.4 kg
Chicken breast	Poached/skin off	180 grams	360 grams	1.4 kg
Tomato – cherry	In half	125 grams	250 grams	1.0 kg
Egg	Whole	5	10	40
Milk	Reduced fat	100 ml	200 ml	800 ml
Pepper – black	Cracked	Pinch	¼ tsp	10 grams
Cheese – grated	Reduced fat	100 grams	200 grams	800 grams

### Method

1. Preheat the oven to 180°C.
2. Lightly grease mini quiche trays, cut the pastry out to the appropriate size using a circle cutter. Press gently into the tray.
3. Cut the chicken into fine dice, evenly distribute the chicken between the mini quiches and top with a half cherry tomato.
4. Beat together the egg, cream and pepper, tip into a sauce squirty bottle.
5. Fill the mini quiches to the top of the pastry, put into the oven for 12-15 minutes or until set and brown, serve hot or warm.

### RECIPE – Pumpkin and sweet potato fritters

Ingredients	Preparation	5 serves	10 serves	50 serves
Pumpkin	Grated	350 grams	700 grams	3.0 kg
Sweet potato	Grated	300 grams	600 grams	3.0 kg
Eggs	Beaten	3	6	25 eggs

### Method

1. Preheat the oven to 180°C
2. Combine the pumpkin, sweet potato and the eggs in a bowl, mix together well.
3. On a lightly greased tray form even fritters to your desired size. Smaller ones can be used as a carrier for finger food.
4. Bake in the oven for 10-12 minutes or until set.

### RECIPE – Roast beef mini baguettes with cottage cheese

Ingredients	Preparation	5 serves	10 serves	50 serves
Par baked dinner rolls		5	10	50
Roast beef	Thinly sliced	150 grams	300 grams	1.5 kg
Avocado		50 grams	100 grams	500 grams
Rocket		50 grams	100 grams	500 grams
Tomato	Sliced, ½ moon	185 grams (1)	370 grams (2)	1.85 kg
Red onion	Thin slice	100 grams	200 grams	1.0 kg
Cottage cheese		75 grams	150 grams	750 grams
Dijon mustard		2 ½ tsp	75 grams	375 grams

### Method

1. Finish baking rolls as per instructions, allow to cool.
2. Cut rolls  $\frac{3}{4}$  of the way through, length ways from the top.
3. Spread the avocado on each side of the roll, put rocket, 2 x tomato slices, 2 thin beef slices or 1 folded add a few pieces of onion.
4. Mix together the cottage cheese and the Dijon, spoon an even amount on top of the beef evenly across all the rolls.

### RECIPE – Roast pumpkin, red onion and cheese scone

Ingredients	Preparation	5 serves	10 serves	50 serves
Self-raising flour	Sifted	185 grams	375 grams	1.90kg
Skim milk powder		20 grams	40 grams	200 grams
Red onion	Fine dice, sautéed	60 grams	120 grams	600 grams
Nutmeg		Pinch	¼ tspn	1 ½ tspn
Pumpkin	Peeled, diced	125 grams	250 grams	1.25 kg
Milk	Reduced fat	¼ cup	125 ml	625 ml
Cheese – grated	Reduced fat	60 grams	120 grams	600 grams

### Method

1. Preheat the oven to 190°C.
2. Spray an oven tray and cook the pumpkin in the oven until browned slightly and soft, remove, tip into a bowl and mash.
3. In another bowl combine sifted flour, milk powder, sautéed red onion, nutmeg, pumpkin and cheese. Make a well in the centre, add the milk and combine to a dough.
4. Tip the dough out on to a lightly floured surface and knead to bring together.
5. Flatten out to approx. 1-1 ½ cm thick and cut out with a cutter to desired size, re knead and repeat until all the dough is used.
6. Put together on a tray with the scones just touching each other in a group. Bake at 190°C for 12 – 18 minutes or until the scones feel cooked when checked in between the joins.
7. Serve warm.



### RECIPE – Rye sourdough with mushrooms and spinach

Ingredients	Preparation	5 serves	10 serves	50 serves
Rye sourdough	Sliced, 1 per person	250 grams	500 grams	2.5 kg
Garlic - clove		2	4	15
Oil – olive		20 ml	30 ml	110 ml
Mushroom	Sliced	350 grams	700 grams	3.5 kg
Spinach		150 grams	300 grams	1.2 kg
Chilli – fresh	Thin sliced, seeds removed	20 grams	40 grams	200 grams
Feta	Crumbled	150 grams	300 grams	1.4 kg
Pepper – black	Cracked	¼ tsp	½ tsp	2 ½ tsp

### Method

1. Rub the garlic on the sourdough and grill until lightly toasted.
2. In a pot, heat the oil and sauté off the mushrooms until they begin to brown slightly and the moisture is almost gone. Add the chilli and the spinach, cook until spinach is wilted.
3. Remove from the heat and allow to cool, warm the sourdough again and top with the warm mushroom mix, crumble the feta over the top and sprinkle with black pepper. Serve.

Note: cut the sourdough into smaller pieces and use as a finger food item.

### RECIPE – Sausage rolls

Ingredients	Preparation	5 serves	10 serves	50 serves
Beef mince	Lean	200 grams	400 grams	2.0 kg
Pork mince	Lean	150 grams	300 grams	1.5 kg
Celery	Fine dice	70 grams	140 grams	700 grams
Carrot	Fine dice	70 grams	140 grams	700 grams
Onion – brown	Fine dice	70 grams	140 grams	700 grams
Garlic – crushed		1 tsp	2 tsp	80 grams
Pepper – black		Pinch	½ tsp	12 grams
Barbeque sauce	Reduced sugar or salt	30 ml	60 ml	300 ml
Egg	Whole, beaten	1	2	6
Milk	Reduced fat	60 ml	120 ml	300 ml
Pastry – puff	Reduced fat	400 grams	800 grams	4.0 kg
Sesame seeds		1 tbsp	2 tbsp	110 grams

### Method

1. Preheat the oven to 180°C.
2. In a bowl mix the beef mince, pork mince, celery, carrot, onion, garlic, pepper and BBQ sauce, work with your hands for 5 minutes.
3. Beat the eggs and milk together in a bowl.
4. Lay out the pastry, make an even line of the meat along one edge, about the diameter of a 50c piece, roll the pastry over the meat, egg wash the leading edge of the pastry and seal the rolled over section onto the egg washed pastry. You can also use a piping bag with no nozzle to pipe the meat.
5. Brush the top of the rolls with more egg wash and sprinkle with sesame seeds.
6. Cut the rolls into the desired sizes and place on a lightly greased oven tray.
7. Bake for 15-20 minutes, or until evenly browned and cooked through.
8. Serve immediately or store in the cool room/freezer for later use.

### RECIPE – Spinach and ricotta filo parcels

Ingredients	Preparation	5 serves	10 serves	50 serves
Ricotta cheese		60 grams	120 grams	600 grams
Feta cheese	Reduced fat	60 grams	120 grams	600 grams
Egg	Beaten	1	2	20
Nutmeg – ground		Pinch	¼ tsp	1 ¼ tsp
Lemon – zest		1 tsp	2 tsp	2 tbsp
Fresh lemon juice		10 ml	20 ml	100 ml
Spinach	Frozen, thawed or fresh blanched.	100 grams	200 grams	1.0 kg
Filo pastry	1 pack 375 grams	180 grams ( ½ )	360 grams (1)	1.8 kg
Spray oil				
Egg	Beaten	1	1	6
Milk	Light	100 ml	200 ml	500 ml

### Method

1. Preheat the oven to 190°C.
2. Place the spinach in the centre of a clean chux cloth or tea towel, pull up the corners and squeeze any excess moisture out of the spinach.
3. In a bowl put the ricotta cheese, feta cheese, beaten egg, nutmeg, lemon zest and juice, mix very well with your hands to combine. Set aside.
4. Beat together the other egg and the milk to form an egg wash.
5. Lay your filo sheets out on a bench, spray lightly with oil and lay another sheet on top.
6. For larger ones use half the width of a sheet, cut in half long ways. For the smaller ones use the sheets cut in 4 width ways.
7. Place a spoonful of the mixture at the top of each sheet, spread the egg wash lightly down each side and along the bottom edge. Fold one edge to the other to form a triangle shape, continue to flip the triangle down the length of the pastry until you meet the straight edge at the bottom. Push down lightly on this edge and seal.
8. Put the filo parcels on lightly greased trays and bake for 12-15 minutes or until golden. Serve hot.

### RECIPE – Tuscan chicken mini baguettes

Ingredients	Preparation	5 serves	10 serves	50 serves
Par bake dinner rolls		5	10	50
Chicken breast	Skin off	300 grams	600 grams	3.0 kg
Tuscan seasoning	As per GREEN recipe	1 tbsp	2 tbsp	100 grams
Oil – vegetable		15 ml	30 ml	100 ml
Tomato	Sliced	110 grams	220 grams	1.0 kg
Rocket		40 grams	80 grams	400 grams
Capsicum – roast		60 grams	120 grams	600 grams
Cream cheese	Reduced fat	40 grams	80 grams	400 grams

### Method

1. Preheat oven to 180°C
2. Coat chicken in the Tuscan seasoning, put on oiled oven tray and bake for 15-20 minutes, remove and cool.
3. Finish cooking dinner rolls as per instructions.
4. Slice dinner rolls long ways from the top  $\frac{3}{4}$  of the way through, spread a small amount of cream cheese on each side of the roll.
5. Slice the chicken breast, evenly distribute the rocket, tomato, roast capsicum and chicken breast across the rolls and serve warm.

### RECIPE – Zucchini and carrot fritters

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		40 ml	60ml	110 ml
Zucchini	Grated	120 grams	240 grams	1.2 kg
Carrot	Grated	80 grams	160 grams	800 grams
Spring onion	Fine slice	3 onions	½ bunch	2 bunches
Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Garlic – crushed		½ tsp	1 tsp	50 grams
Flour – plain		50 grams	100 grams	400 grams
Egg	Beaten	2	4	20
Pepper – black		Pinch	¼ tsp	1 tsp

### Method

1. Heat a flat grill or pan to medium heat.
2. Squeeze the extra liquid out of the zucchini put into a bowl with the carrot, spring onion parsley and garlic, mix well.
3. Add the flour, mix well again, then add the beaten eggs and the pepper.
4. Heat some of the oil in the hot pan or on the grill, small amounts at a time. Form the mixture into fritters, cook them on the grill or in the pan. Cook for 5-7 minutes on one side then turn and cook until golden brown on the other side. Use hot or cold.

### RECIPE – Zucchini and corn fritters

Ingredients	Preparation	5 serves	10 serves	50 serves
Eggs		2	4	20
Milk	Reduced fat	200ml	400ml	2.0 litres
Chickpea flour	Sifted	100 grams	200 grams	900 grams
Baking powder		1 tsp	10 grams	40 grams
Zucchini	Grated	250 grams	500 grams	2.5 kg
Corn kernels		200 grams	400 grams	2.0 kg
Red onion	Finely diced	80 grams	160 grams	800 grams
Vegetable stock	Reduced salt	1 tsp	10 grams	50 grams
Chilli flakes		A pinch	¼ tsp	8 grams

### Method

1. Preheat oven to 180°C, Preheat the flat grill or pan.
2. Combine milk, egg make a well in the centre of the flour, add egg mix and combine slowly making a slightly wet but firm mixture. Add vegetable stock.
3. Add the remaining ingredients to the egg mixture.
4. Lightly spray the cooking surface. Drop spoonfuls of the mixture on to the flat grill.
5. Cook until golden on both sides then place in oven to finish cooking, approx. 5-8 minutes.
6. Serve cold or warm, use as a carrier for hors d'oeuvres.

## Soups

### RECIPE – Beef, vegetable and pearl barley soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Oil – rice bran		20 ml	50 ml	100 ml
Garlic – crushed		15 grams	35 grams	70 grams
Beef – blade/oyster	Small dice or slice	500 grams	1.25 kg	2.5 kg
Paprika – smoked		1 tbsp	10 grams	20 grams
Onion – brown	Diced	220 grams	550 grams	1.1 kg
Carrots	Diced	300 grams	750 grams	1.5 kg
Swedes	Diced	170 grams	425 grams	850 grams
Celery		3 stalks	¾ bunch	1 ½ whole
Stock – beef	Reduced salt	3 litres	7.0 litres	13 litres
Pearl barley		200 grams	500 grams	1.0 kg
Bay leaves		3	5	10
Parsley – continental	Chopped	¼ bunch	¾ bunch	1 ½ bunches
Pepper - black		½ tbsp	10 grams	20 grams

### Method

1. Heat oil in a large pot and seal off beef in small batches, remove.
2. Add onion and garlic, sweat for 5 minutes, add the remaining vegetables and sweat off for 10-15 minutes, return beef to pot, add paprika and bay leaves, stir.
3. Pour in beef stock and pearl barley, bring to the boil. Turn down to a simmer and cook for 1 ½ to 2 hours.
4. Finish with parsley and the pepper, check seasoning and serve.



### RECIPE – Carrot and lentil soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Coriander	Sprigs separated, stem separated	¼ bunch	¾ bunch	1 ½ bunches
Oil – olive		30 ml	60 ml	110 ml
Onion – brown	Diced	360 grams	900 grams	1.6 kg
Garlic – crushed		15 grams	30 grams	60 grams
Moroccan seasoning	As per GREEN recipe	1 ½ tbsp	3 tbsp	25 grams
Carrot	Peeled, cubed	1.6 kg	4 kg	8 kg
Vegetable stock	Reduced salt	2 litres	4.5 litres	9 litres
Water		500 ml	1 litres	2 litres
Lentils – red	Dried	350 grams	870 grams	1.7 kg
Yoghurt - plain	Reduced fat	200 grams	500 grams	1.0 kg
Parsley	Chopped	2 tbsp	¼ bunch	½ bunch

### Method

1. Separate the sprigs and the roots of the coriander. Put the sprigs aside for later. Finely chop the roots and wash thoroughly, drain, set aside.
2. Heat the oil in a large pot, add the onion and garlic, cook until soft.
3. Add the coriander root, Moroccan seasoning and the carrot, cook for a further 5 minutes on medium heat.
4. Add the stock and water, bring to the boil. Add the lentils, bring back to the boil, stirring, then reduce heat to a simmer and cook for 35-45 minutes or until the lentils have broken down. May need slightly longer for a bigger batch.
5. Mix together gently the yoghurt, parsley and half of the coriander leaves chopped.
6. Once soup is finished throw the remaining coriander leaves in and stir. Ladle in to bowls and top with a spoon full of the yoghurt.

### RECIPE – Chicken and leek soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Garlic – crushed		15 grams	35 grams	70 grams
Oil – rice bran		30 ml	50 ml	100 ml
Onions – brown	Diced	350 grams	875 grams	1.75 kg
Chicken thighs	Trimmed, skin off fine dice	600 grams	1.5 kg	3.0 kg
Leeks	In ½, sliced, washed	1 whole	3 whole	6 whole
Celery		3 stalks	¾ bunch	1 ½ bunches
Thyme – fresh		2 tsp	15 grams	30 grams
Chicken stock	Reduced salt	2 litres	5 litres	10 litres
Parsley – continental	Chopped	¼ bunch	¾ bunch	1 ¼ bunches
Pepper – white		½ tsp	8 grams	12 grams
Cornflour – gluten free	Mixed to paste	100 ml	250 ml	500 ml

### Method

1. Heat oil in pot, sweat off onion and garlic.
2. Add chicken thigh pieces and seal off.
3. Add leek and sweat down for a further 5 minutes.
4. Add celery and cook for another 5 minutes, add chicken stock, thyme and white pepper, bring to the boil, reduce to a simmer and cook for a further 35-45 minutes.
5. Use cornflour to thicken soup to desired consistency.

### RECIPE – Chicken and vegetable soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Margarine		150 grams	375 grams	750 gram
Plain four		150 grams	375 grams	750 gram
Chicken – thigh fillet	Trimmed, skin off, Fine dice	500 grams	1.25 kg	2.5 kg
Onion – brown	Diced	130 grams	330 grams	660 grams
Parsnip	Diced	90 grams	225 grams	450 grams
Carrot	Diced	90 grams	225 grams	450 grams
Celery	Diced	3 stalks	½ bunch	1 bunch
Capsicum – red	Diced	70 grams	175 grams	350 gram
Capsicum – green	Diced	70 grams	175 grams	350 gram
Zucchini	Diced	80 grams	200 grams	400 gram
Peas – frozen		70 grams	175 grams	350 grams
Corn – frozen		70 grams	175 grams	350 grams
Stock – chicken	Reduced salt	2.0 litres	5.0 litres	10 litres
Pepper – white		¾ tspn	5 grams	10 grams

### Method

1. Heat a large pot, melt margarine, once melted add the chicken and seal off, add the flour and stir until combined, cook for a further 2 minutes, stirring constantly.
2. Add all of the vegetables, except the peas and corn, stir to combine.
3. Pour in chicken stock and continue stirring for 5 minutes, if slight lumps appear from the flour use a large whisk and beat for 3-4 minutes or until smooth again, reduce heat and simmer for 1-1 ½ hours.
4. When almost done, last 20 minutes, add the peas and the corn. Season to taste with pepper.

### RECIPE – Chicken, potato and sweet corn soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Oil – rice bran		1 tbsp	50 ml	100 ml
Onion – brown	Diced	200 grams	500 grams	1.0 kg
Garlic – crushed		20 grams	45 grams	90 grams
Chicken – thigh	Trimmed, skin off, fine dice	600 grams	1.5 kg	3.0 kg
Potato	Peeled, dice small	800 grams	2.0 kg	4.0 kg
Chicken stock	Reduced salt	3.0 litres	7.0 litres	14 litres
Corn kernels - frozen		650 grams	1.5 kg	3.0 kg
Parsley	Chopped	¼ bunch	½ bunch	1 bunch
Pepper – white		1 tsp	¾ tbsp	15 grams

### Method

1. Heat oil in a large pot, add onion and garlic sweat off for 5 minutes.
2. Add chicken thigh meat and cook off for 5-10 minutes, add potato and cook for a further 5 minutes, stirring often.
3. Add chicken stock and pepper, bring to the boil, turn down to a simmer and cook for 35-45 minutes.
4. Add the corn kernels and parsley to the soup, cook for another 10 minutes.
5. Check seasoning.

### RECIPE – Creamy cauliflower soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Margarine		150 grams	375 grams	750 grams
Plain flour		150 grams	375 grams	750grams
Brown onion	Diced	240 grams	600 grams	1.2 kg
Cauliflower	Chopped	1.0 kg	2.25 kg	4.5 kg
Milk	Reduced fat	600 ml	1.5 litres	3.0 litres
Chicken stock	Reduced salt	1.2 litres	3.0 litres	6.0 litres
Pepper – white		½ tsp	10 grams	20 grams
Thyme – dried		1 tsp	6 grams	12 grams

### Method

1. Heat large pot, melt the margarine, add onion and fry off until very lightly coloured, add cauliflower, stir for 2 minutes.
2. Add the flour and bring the mix together, stir in milk, stock and thyme, beat with a whisk if lumps begin to form, bring to the boil and reduce heat to a simmer cook for 30-45 minutes.
3. Blend smooth with a stick blender, season with pepper to taste.

### RECIPE – Lamb shank, vegetable and barley soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Oil – rice bran		30 ml	60 ml	120 ml
Lamb – shanks		1.0 kg	2.5 kg	5.0 kg
Onions – brown	Diced	400 grams	1.0 kg	2.0 kg
Garlic – crushed		15 grams	40 grams	80 grams
Carrot	Diced	300 grams	750 grams	1.5 kg
Sweet potato	Diced	300 grams	750 grams	1.5 kg
Potato	Diced	300 grams	700 grams	1.2 kg
Zucchini	Diced	220 grams	600 grams	1.0 kg
Mixed herbs – dried		1 tbsp	12 grams	25 grams
Pearl barley		400 grams	1.0 kg	2.0 kg
Vegetable stock	Reduced salt	2.4 litres	6.0 litres	12 litres
Pepper – black		½ tbsp	10 grams	20 grams

### Method

1. Heat oil in a large pot, brown lamb shanks, set aside.
2. Sweat off onion and garlic, after 5 minutes add the carrot, potato, sweet potato, zucchini and herbs, cook for a further 10 minutes.
3. Add the pearl barley to the pot along with the stock, stir. Add the lamb shanks and bring to the boil, reduce heat and simmer for 2 ½ - 3 hours.
4. Remove lamb shanks from soup and allow to cool slightly, using gloves, remove all of the meat from the bones, discard the bones and chop the meat.
5. Before putting the meat back into the soup skim the top for any impurities and discard.
6. Return chopped up meat to the soup and season with black pepper.

### RECIPE – Lamb, vegetable and barley soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Oil – rice bran		30 ml	60 ml	90 ml
Lamb – shoulder	Trim off excess fat	1.2 kg	3.0 kg	6.0 kg
Onions – brown	Diced	400 grams	1.0 kg	2.0 kg
Garlic – crushed		20 grams	40 grams	80 grams
Carrot	Diced	300 grams	750 grams	1.5 kg
Sweet potato	Diced	300 grams	750 grams	1.5 kg
Potato	Diced	300 grams	700 grams	1.4 kg
Zucchini	Diced	250 grams	600 grams	1.0 kg
Mixed herbs – dried		1 tbsp	12 grams	25 grams
Pearl barley		400 grams	1.0 kg	2.0 kg
Vegetable stock	Reduced salt	2.4 litres	6.0 litres	12 litres
Pepper – black		½ tbsp	1 tbsp	15 grams

### Method

1. Heat oil in a large pot, brown lamb shoulders, set aside.
2. Sweat off onion and garlic, after 5 minutes add the carrot, potato, sweet potato, zucchini and herbs, cook for a further 10 minutes.
3. Add the pearl barley to the pot along with the stock, stir. Add the lamb shoulders in and bring to the boil, reduce heat and simmer for 3 – 3 ½ hours.
4. Remove lamb shoulders from soup and allow to cool slightly, using gloves, remove all of the meat from the bones, discard the bones and chop the meat.
5. Before putting the meat back into the soup skim the top for any impurities and discard.
6. Return chopped up meat to the soup and season with black pepper.

### RECIPE – Minestrone Soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Rice bran oil		30 ml	40 ml	140 ml
Brown onion	Diced	200 grams	200 grams	1.0 kg
Basil - dried		2 tsp	15 grams	30 grams
Garlic – crushed		20 grams	40 grams	80 grams
Carrot	Diced	200 grams	500 grams	1.0 kg
Celery	Diced	200 grams	500 grams	1.0 kg
Capsicum red	Diced	100 grams	250 grams	500 grams
Capsicum – green	Diced	100 grams	250 grams	500 grams
Parsley – continental	Chopped	½ bunch	1 bunch	2 bunches
Borlotti bean – dried		320 grams	800 grams	1.6 kg
Tomato paste	Reduced salt	80 grams	200 grams	400 grams
Tomato – crushed		200 grams	500 grams	1.0 kg
Chicken stock	Reduced salt	2.8 litres	7 litres	14 litres
Pasta – gluten free		80 grams	200 grams	400 grams
Black pepper		1 tsp	10 grams	20 grams
Parmesan cheese	Grated, fresh	60 grams	150 grams	300 grams

### Method

1. Soak borlotti beans in water, twice as much water as there are beans, overnight in cool room.
2. Heat oil in a large pot, sweat off onion and garlic.
3. Add Carrot, celery, capsicum and basil, cook down for 10 minutes.
4. Add tomato paste and stir well.
5. Add crushed tomato, borlotti beans and the chicken stock, bring to a boil, reduce heat to a simmer and cook for 45-50 minutes or until vegetables are tender and borlotti beans are soft.
6. Add pasta and cook for a further 15 minutes or until pasta is cooked, add the chopped parsley, season with pepper.
7. Serve with parmesan.



### RECIPE – Moroccan red lentil soup

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		30 ml	60 ml	100 ml
Onion	Diced	85 grams	170 grams	850 grams
Celery	Diced	2 stalks	¼ bunch	1 bunch
Carrots		75 grams	150 grams	750 grams
Garlic – crushed		10 grams	15 grams	50 grams
Coriander – ground		½ tsp	5 grams	25 grams
Cumin – ground		½ tsp	5 grams	25 grams
Turmeric – ground		¼ tsp	3 grams	15 grams
Paprika – ground		½ tsp	4 grams	20 grams
Cinnamon – ground		Pinch	2 grams	10 grams
Pepper – black	Cracked	Pinch	2 grams	20 grams
Lentils – red	Soaked for 1 hr.	100 grams	200 grams	1 kg
Vegetable stock	Reduced salt	600 ml	1.2 litres	6.0 litres
Tomato – crushed		275 grams	550 grams	2.8 kg
Fresh lemon juice		10 ml	25 ml	125 ml
Chilli – dried		Pinch	2 grams	10 grams
Parsley – continental	Chopped	1 tbsp	2 tbsp	1 bunch
Coriander	Chopped, leaves and stalks, washed	1 tbsp	2 tbsp	1 bunch

### Method

1. Heat the oil in a large pot and add the onion, celery and carrot, cook for 5-10 minutes.
2. Add the garlic, ground coriander, cumin, turmeric, paprika, cinnamon and pepper, cook for 5 minutes or until the spices are fragrant.
3. Add the lentils, stock, tomato, lemon juice and the chilli. Cook for 1-1 ½ hours or until the lentils are soft.
4. Finish the soup with the fresh parsley and coriander. Serve.

### RECIPE – Pumpkin, carrot, lentil and ginger soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Red lentils - dry		300 grams	750 grams	1.5 kg
Vegetable stock	Reduced salt	2.4 litres	6 litres	12 litres
Rice bran oil		40 ml	80 ml	100 ml
Brown onions	Diced	340 grams	850 grams	1.7 kg
Pumpkin	Diced	500 grams	1.25 grams	2.5 kg
Carrots	Diced	400 grams	1.0 kg	2.0 kg
Turmeric		2 tsp	15 grams	25 grams
Crushed garlic		15 grams	35 grams	70 grams
Crushed ginger		3 tsp	35 grams	70 grams
Water				
Black pepper		1 tsp	10 grams	20 grams

### Method

1. Soak lentils in cold vegetable stock over night in cool room.
2. Roast off cut vegetables with rice bran oil, turmeric, garlic and ginger
3. Put all of the vegetables in a pot, de glaze roasting tray and add to the pot.
4. Pour in lentils and vegetable stock, bring to a boil, turn down to a simmer and cook for 1-1 ½ hours or until lentils have broken down.
5. Season with pepper and adjust consistency with water or more stock.

### RECIPE – Pumpkin, rosemary and honey soup

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		30 ml	40 ml	80 ml
Garlic – crushed		1 tsp	2 tsp	60 grams
Onion – brown	Diced	180 grams	360 grams	1.8 kg
Potato	Peeled, diced	200 grams	400 grams	2.0 kg
Pumpkin	Diced	500 grams	1.0 kg	5.0 kg
Rosemary	Fresh, chopped	1 tbsp	2 tbsp	$\frac{3}{4}$ cup
Chicken stock	Reduced salt	750 ml	1.5 litres	7.5 litres
Pepper – cracked		$\frac{1}{2}$ tsp	1 tsp	15 grams
Honey		1 tbsp	40 grams	250 grams

### Method

1. Heat the oil in a pot, add the onion and garlic, fry off until just beginning to colour.
2. Add the pumpkin and continue to sauté for 10 minutes.
3. Add the rosemary, stock, pepper and honey, bring to the boil and simmer for 30-40 minutes.
4. Once cooked, blend to a smooth puree.

### RECIPE – Vegetable and tomato soup

Ingredients	Preparation	10 serves	25 serves	50 serves
Oil – rice bran		30 ml	60 ml	100 ml
Garlic – crushed		15 grams	40 grams	80 grams
Onions – brown	Diced	400 grams	1.0 kg	2.0 kg
Potato	Diced	370 grams	900 grams	1.8 kg
Zucchini	Diced	300 grams	750 grams	1.5 kg
Carrot	Diced	300 grams	750 grams	1.5 kg
Celery	Diced	3 stalks	½ whole	1 whole
Mixed herbs – dry		½ tbsp	10 grams	20 grams
Tomato – crushed		800 grams	2.0 kg	4.0 kg
Vegetable stock	Reduced salt	2.8 litres	7.0 litres	14 litres
peas – frozen		200 grams	500 grams	1 kg
Corn – frozen		200 grams	500 grams	1 kg
Pepper – black		1 tspn	10 grams	20 grams

### Method

1. Heat oil in large pot, sweat off onion and garlic.
2. Add the potato, zucchini, carrot, celery and herbs sweat off for a further 10 minutes.
3. Add tomato and vegetable stock, bring to the boil, reduce to a simmer and cook for 1 – 1 ½ hours, until vegetables are tender and starting to break down slightly.
4. Add peas and corn, cook for a further 15 minutes.
5. Finish with the pepper.

### RECIPE – White bean soup with chilli

Ingredients	Preparation	10 serves	25 serves	50 serves
Vegetable oil		30 ml	50 ml	80 ml
Onions – brown		400 grams	1.0 kg	2.0 kg
Chilli – fresh	Chopped, de-seeded	20 grams	50 grams	90 grams
Garlic – crushed		15 grams	40 grams	80 grams
Cannellini beans	Soaked overnight	500 grams	1.2 kg	2.0 kg
Vegetable stock	Reduced salt	3.5 litres	8.0 litres	16 litres
Parsley – continental	Chopped	¼ bunch	¾ bunch	1 ½ bunch
Pepper – white		½ tsp	7 grams	15 grams

### Method

1. Soak cannellini beans overnight in the cool room.
2. Heat oil in large pot, sweat off onion, garlic and chilli,
3. Add drained soaked beans and vegetable stock.
4. Bring to the boil, reduce to a simmer and cook for approx. 1 ½ hours, or until beans are very soft.
5. Blend soup with stick blender to smooth, add parsley and season with white pepper.

## Sandwiches, Rolls & Wraps

### RECIPE – Chicken Waldorf toasty

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – breast	Skin off	125 grams	250 grams	1.25 kg
Chicken – thigh	Trimmed, skin off	250 grams	500 grams	2.5 kg
Oil – vegetable		30 ml	60 ml	150 ml
Tarragon - dried		¼ tsp	½ tsp	1 ¼ tbsp
Walnuts	Toasted & chopped	75 grams	150 grams	750 grams
Celery	Fine dice	80 grams	160 grams	800 grams
Onion – spring	Fine slice	¼ cup	½ cup	2 bunches
Apple	Fine dice	100 grams	200 grams	1.0 kg
Apple	Peeled, rough chop	200 grams	400 grams	2.0 kg
Water		100 ml	200 ml	1.0 litres
Cottage cheese		150 grams	300 grams	1.5 kg
Mayonnaise	97% fat free	70 grams	140 grams	700 grams
Pepper – black		¼ tsp	½ tsp	20 grams
Spinach		120 grams	240 grams	1.2 kg
Bread – block loaf	800 grams (7serves)	800 grams (x1)	1.6 kg (x2)	5.6 kg (x7)

### Method

1. Preheat the oven to 180°C.
2. Coat the chicken in the oil and tarragon, roast for 20-30 minutes or until browned and cooked through.
3. Put the peeled and chopped apples in a pot with the water and cook until soft, blend to a smooth paste.
4. Put the walnuts, celery, spring onion, diced apple, apple puree, mayonnaise, cottage cheese and pepper in a bowl and mix well.
5. Once the chicken has cooled, fine dice and mix through the cottage cheese mixture.
6. Slice the loaves in to 14 thick slices, put spinach on the bottom, distribute the chicken mix evenly between each slice, put another piece of bread on the top. Toast for 2-3 minutes or until hot. Serve.

### RECIPE – Egg and lettuce sandwich/roll/wrap

Ingredients	Preparation	5 serves	10 serves	50 serves
Egg	Whole, boiled, peeled	8 whole	16 whole	60 eggs
Mayonnaise	97% fat free	40 ml	80 ml	400 ml
Parsley	Chopped	1 tbsp	2 tbsp	1 ½ bunches
Spring onion	Fine slice	1 tbsp	¼ bunch	2 bunches
Lettuce	Iceberg/mixed	100 grams	200 grams	1.0 kg
Pepper – black	Cracked	¼ tsp	½ tsp	15 grams
Bread/ roll/ wrap	Avg. 100 gram serve	500 grams	1.0 kg	5.0 kg
Margarine/Nuttelelex		30 grams	60 grams	300 grams

### Method

1. Bring a pot of water to the boil and cook the eggs, 8-10 minutes from boiling water. Refresh under cold water and peel.
2. Mash the eggs in a bowl with the mayonnaise, parsley and spring onion, season with the pepper.
3. Lay out the bread/rolls/wraps. Spread lightly with the spread, evenly distribute the egg mix and the lettuce. Roll the wraps or top the sandwiches/rolls, serve sliced.



## ‘Go Green’ – Green Bean Café - Sandwiches, Rolls and Wraps

To meet Healthy Choices GREEN guidelines we must increase our ‘salad’ ingredients and decrease the use of margarine.

**DO NOT USE** – thickly spread margarine/butter, ham, processed meats (i.e. salami, silverside, pickled pork), added salt, skin of chicken or turkey

### Ingredients/fillings we can use:

- **Bread** – Wholemeal, multigrain and white bread all meet the criteria however it is expected we increase the use of wholemeal and or multigrain breads and decrease white bread.
- **Meat/fillings for sandwiches** – shaved or thinly sliced roast beef, roast turkey, roast pork. Steamed plain chicken, spiced/flavoured chicken i.e. tandoori chicken, tuna in spring water, and egg
- **Salad ingredients** - avocado, tomato, cucumber, carrot, red onion, beetroot, radish, celery, salad mix, baby spinach leaves.
- **Reduced fat cheese** - slices or grated, cottage cheese

### Spreads

- 97% fat free mayonnaise or reduced fat mayonnaise mixed with reduced fat natural yoghurt – this can also be used instead of margarine/butter.
- Margarine (lightly spread – 1 teaspoon maximum)
- Peanut Butter Smooth or Crunchy no added salt and no added sugar  
\*please note peanut butter is an allergen ‘high risk’ if using you must properly advertise the use (i.e. clearly indicated in any menu and on ingredient panel), and take all necessary precautions when using the product in the kitchen.
- Mustard, lightly spread – Dijon, seeded, hot English, mild English, American (lightly spread - 1 teaspoon maximum)
- Pesto (made without cheese), chutney or relish made with fruit or tomato – (lightly spread - 1 teaspoon maximum), pepper

### Examples of what you can consider -

\* = optional

Name of Sandwich/wrap/roll	Ingredients
Roast Beef, mustard, mayo and Salad sandwich	Wholemeal/White/Multi-grain bread, 97% fat free mayo, Dijon mustard, Shaved or thinly sliced roast beef (60-70gms), cheese slice, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Chicken, mayo, avocado and Salad sandwich	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, Shaved or thinly sliced chicken (60-70gms), reduced fat cheese slice, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Chicken, mayo, avocado, cheese, tomato, red onion, cucumber and lettuce.	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, Shaved or thinly sliced chicken (60-70gms), reduced fat cheese slice, tomato, red onion, cucumber, & salad mix.
Turkey, mayo, cottage cheese and Salad Sandwich	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, Shaved or thinly sliced roast turkey (60-70gms), reduced fat cheese slice, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Roast Beef, Mayo, cottage cheese and Salad Roll	Wholemeal/White/Multi-grain bread roll, 97% fat free mayo, Dijon mustard, cottage cheese, Shaved or thinly sliced roast beef (60-70gms), reduced fat cheese slice, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Chicken, Mayo, Avocado and Salad Roll	Wholemeal/White/Multi-grain bread roll, 97% fat free mayo, avocado, cottage cheese, Shaved or thinly sliced chicken(60-70gms), reduced fat cheese slice, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced

Name of Sandwich/wrap/roll	Ingredients
Gourmet Salad Roll Vegetarian	Wholemeal/White/Multi-grain bread roll, 97% fat free mayo, avocado, cottage cheese, egg, reduced fat cheese slice, beetroot sliced drained, carrot ribbons/grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Salad Sandwich Vegetarian	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, cottage cheese, egg, reduced fat cheese slice, beetroot sliced drained, carrot ribbons/grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Salad Roll Vegetarian – no egg or cheese (*note not egg free 'mayo')	Wholemeal/White/Multi-grain bread roll, 97% fat free mayo, avocado, beetroot sliced drained, carrot ribbons/grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Salad Sandwich Vegetarian – no egg or cheese (*note not egg free 'mayo')	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Vegetarian Salad Wrap	Wholemeal/White/Multi-grain wrap, 97% fat free mayo, avocado, cottage cheese, egg, reduced fat cheese slice, beetroot sliced drained, carrot ribbons/grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Vegetarian Salad Wrap – no egg (*note not egg free 'mayo')	Wholemeal/White/Multi-grain wrap, 97% fat free mayo, avocado, cottage cheese, reduced fat cheese slice, beetroot sliced drained, carrot ribbons/grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Gourmet Vegetarian Salad Wrap – no egg, no cheese (*note not egg free 'mayo')	Wholemeal/White/Multi-grain wrap, 97% fat free mayo, avocado, beetroot sliced drained, carrot grated, tomato, red onion, cucumber, and salad mix, *radish sliced
Tuna and Salad Sandwich – celery, onion & avocado	Wholemeal/White/Multi-grain bread, 97% fat free mayo, avocado, Tuna in spring water drained, lemon, celery, red onion, pepper and salad mix.

### RECIPE – Smoked salmon roll with avocado

Ingredients	Preparation	5 serves	10 serves	50 serves
Milk bun		5	10	50
Smoked salmon		280 grams	560 grams	2.8 kg
Cream cheese	Reduced fat	75 grams	150 grams	750 grams
Avocado		65 grams	130 grams	650 grams
Red onion	Fine slice	110 grams ( ½ )	220 grams	1.0 kg
Spinach		100 grams	200 grams	1.0 kg
Black pepper		¼ tsp	½ tsp	15 grams

### Method

1. Cut milk bun  $\frac{3}{4}$  of the way through, spread with combined cream cheese and avocado mixture
2. Evenly distribute red onion and smoked salmon between rolls, finish with the spinach and season with black pepper.

### RECIPE – Tuna toasty

Ingredients	Preparation	5 serves	10 serves	50 serves
Corn kernels	Frozen/thawed	105 grams	210 grams	1.0 kg
Parsley – continental	Chopped	20 grams	40 grams	2 ½ bunches
Chilli – red	De seeded/chopped	5 grams	10 grams	50 grams
Celery	Fine dice	95 grams	190 grams	1 bunch
Capsicum – red	Fine dice	90 grams	180 grams	900 grams
Onion – red	Fine dice	70 grams	140 grams	650 grams
Tuna	In spring water	210 ( ½ tin)	425 grams	2.1 kg (5 tins)
Pepper – black		Pinch	5 grams	25 grams
Mayonnaise	97% fat free	35 grams	70 grams	350 grams
Cheese – grated	Reduced fat	55 grams	110 grams	550 grams
Bread – thick slice	Multigrain block	400 grams ( ½ )	800 grams ( 1 )	4 kg ( 5 )

### Method

1. Combine all of the prepared ingredients in a bowl, except the bread, and mix together thoroughly.
2. Lay out the bread and evenly distribute the mix amongst ½ of the slices.
3. Top with the other slice of bread and toast, serve immediately.

### RECIPE – Tuscan chicken wrap

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken thigh	Skin off	500 grams	1.0 kg	5.0 kg
Tuscan seasoning	As per GREEN recipe	1 tsp	2 tsp	¼ cup
Basil – fresh	Leaves ripped	¼ cup	¼ bunch	1 bunch
Oil – olive		25 ml	50 ml	120 ml
Tortilla – 12 inch	96 grams ea.	5	10	50
Onion – red	Thin sliced	150 grams	300 grams	1.4 kg
Capsicum – red	Julienne	150 grams	300 grams	1.4 kg
Tomato – roasted	Thick cut ½ moons	180 grams	360 grams	1.8 kg
Rocket		100 grams	200 grams	1.0 kg
Cottage cheese		60 grams	180 grams	600 grams
Pepper – black		Pinch	¼ tsp	10 grams

### Method

1. Preheat the oven to 180°C.
2. Put the chicken in a bowl and toss with the Tuscan seasoning, ripped basil and olive oil. Cook the chicken for 25-35 minutes or until juices run clear.
3. Lay out a tortilla and spread the base with cottage cheese and sprinkle with the pepper. Layer the rocket, roast tomato, capsicum and onion to one side.
4. Top the salad with the sliced cooked chicken and roll up tightly. Serve toasted.

## **Paninis, Focaccias, Turkish & Pitas**

### RECIPE – Chicken Gyros

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken breast	Cut into strips	450 grams	900 grams	4.5 kg
Olive oil		30 ml	60 ml	300 ml
Fresh lemon juice		20 ml	40 ml	200 ml
Red wine vinegar		20 ml	40 ml	200 ml
Smoked paprika		1 tsp	2 tsp	15 grams
Dried oregano		1 tsp	2 tsp	15 grams
Pepper		½ tsp	1 tsp	20 grams
Tzatziki Sauce	Green condiments	¾ cup	1 ½ cups	1.8 litres
Pita breads		5	10	50
Iceberg lettuce	Shredded	¼ whole	½ whole	2 whole
Tomato	Sliced	240 grams	480 grams	2.4 kg
Red onion	Sliced	120 grams	240 grams	1.2 kg

### Method

1. Preheat oven to 180°C – dry heat.
2. Put olive oil, lemon juice, red wine vinegar, smoked paprika, oregano and pepper in a bowl, combine. Add sliced chicken breasts. Marinate for 1 hour.
3. Remove chicken breast from marinade and place on an oven tray, cook for approx. 15 minutes.
4. Place one pita bread on work surface, using half of the area of the pita, put even amounts of iceberg lettuce, tomato, red onion and chicken. Fold in half.  
Alternatively they can be rolled up like a souvlaki or wrap.
5. Heat pitas in microwave for 40 seconds then in a flat toaster. Top with some Tzatziki sauce and serve.



### RECIPE – Chicken Turkish bread with oregano, roast onion and mustard

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish bread	130 gram ea.	5	10	50
Chicken breast	Skin off	500 grams	1.0 kg	5.0 kg
Oregano	Dried	½ tsp	1 tsp	15 grams
Garlic – crushed		½ tsp	1 tsp	40 grams
Pepper – black		Pinch	¼ tsp	120 grams
Onion – red	Peeled, thick slice	220 grams	440 grams	2.2 kg
Tomato	Sliced	180 grams	360 grams	1.8 kg
Cheese – grated	Reduced fat	100 grams	200 grams	1.0 kg
Spinach		100 grams	200 grams	900 grams
Seeded mustard		25 grams	50 grams	250 grams
Mayonnaise	97% fat free	50 grams	100 grams	500 grams

### Method

1. Preheat the oven to 170°C, 20% steam.
2. In a bowl mix together the chicken breasts, oregano, garlic and pepper, place on a lightly sprayed oven tray and cook for 15-20 minutes, remove from the oven and cool.
3. Put the cut red onion on a lightly sprayed oven tray and roast for approx. 20 minutes or until the onion is beginning to caramelize.
4. Mix together the mustard and the mayonnaise.
5. Slice the Turkish breads length ways ¾ of the way through, spread evenly with the mustard mixture on the top and bottom cut surfaces, place the spinach on the bottom followed by the sliced chicken, add the cooked onion, tomato and finish with the cheese. Serve toasted.

### RECIPE – Chicken, chilli and lime corn tortillas

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – breast	Sliced	600 grams	1.2 kg	6.0 kg
Fresh lime juice		60 ml	125 ml	600 ml
Garlic – crushed		20 grams	40 grams	200 grams
Chilli – dried flakes		1 tsp	2 tsp	15 grams
Coriander - ground		½ tbsp	1 tbsp	25 grams
Avocado – fresh	Diced	¾ whole	1 ½ whole	2 ½ whole
Tomatoes - cherry	Halved	250 grams	500 grams	2.5 kg
Red kidney beans	Tinned, drained	300 grams	500 grams	3.0 kg
Capsicum – green	Diced	225 grams	450 grams	2.25 kg
Corn – kernels		200 grams	400 grams	2.0 kg
Onion – red	Diced	110 grams	220 grams	1.0 kg
Spinach		100 grams	250 grams	1.0 kg
Yoghurt – natural	Reduced fat	150 grams	300 grams	1.3 kg
Tortilla	Corn	5	10	50

### Method

1. Heat oven to 180°C, dry heat.
2. Combine half of the lime juice with the garlic, chilli and coriander, add the chicken and marinate for 45 minutes to 1 hour.
3. Lay chicken on oven trays and cook for approx. 15 minutes.
4. Combine the avocado, tomato, kidney beans, capsicum, corn, red onion and spinach in a gastronorm tray, briefly cook for 5 minutes.
5. Allow bean mix to cool, add yoghurt, lay a tortilla on bench, put an even spread of the bean mix on the tortilla, top with 3-4 pieces of chicken, fold in both ends and roll.
6. Serve toasted.

### RECIPE – Dijon and herb chicken Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – breast	Skin off	500 grams	1.0 kg	5.0 kg
Thyme – fresh		1 tsp	2 tsp	20 grams
Mustard – Dijon		1 tsp	2 tsp	30 grams
Turkish bread	130 grams ea.	5	10	50
Avocado – spread		75 grams	150 grams	750 grams
Cream cheese	Reduced fat	50 grams	100 grams	500 grams
Tomato	Sliced	180 grams	360 grams	1.8 kg
Rocket		100 grams	200 grams	1.0 kg
Cucumber		80 grams	160 grams	800 grams
Pepper – black		½ tsp	1 tsp	15 grams

### Method

1. Mix together the thyme and the mustard, spread over the chicken, roast in the oven at 180°C for 15-20 minutes until cooked through, remove and cool.
2. Slice the Turkish breads  $\frac{3}{4}$  of the way through.
3. Mix together the cream cheese and the avocado, evenly spread this on both sides of the Turkish bread. Fill each bread with rocket, tomato, cucumber, finish with the sliced cooked chicken breast and a sprinkle of black pepper.
4. Serve toasted.

### RECIPE – Falafel Turkish bread with roast cauliflower hummus and spinach

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish bread		5	10	50
Falafel	GREEN recipe	600 grams (3ea)	1.2 kg	6.0 kg
Spinach		100 grams	200 grams	1.0 kg
Carrot	Roasted strips	250 grams	500 grams	2.5 kg
Grated cheese	Reduced fat	150 grams	300 grams	1.5 kg
Cauliflower	Roasted	200 grams	400 grams	2.0 kg
Hummus	As per GREEN recipe	150 grams	300 grams	1.5 kg
Basil pesto	As per GREEN recipe	100 ml	200 ml	1.0 litre

### Method

1. Slice Turkish breads almost all the way through, leaving a hinge at the back.
2. Puree cauliflower and hummus together, add a little water until you reach a soft and spreadable consistency.
3. Spread the bottom of the bread with even amounts of pesto and spinach, lay out the strips of roasted carrot, top each roll with 3 falafel.
4. Spoon hummus mixture over the top of the falafel and top with grated cheese.
5. Microwave and place into toaster.

### RECIPE – Greek chicken toasted sour dough sandwich

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken breast	Skin off	500 grams	1.0 kg	5.0 kg
Garlic – crushed		1 tsps.	15 grams	75 grams
Oregano – dried		½ tsp	1 tsp	15 grams
Thyme – fresh	Crushed	4 sprigs	¼ bunch	1 bunch
Fresh lemon juice		20 ml	40 ml	180 ml
Yoghurt	Reduced fat	100 grams	200 grams	1.0 kg
Cucumber	Sliced	100 grams	200 grams	1.0 kg
Tomato	Sliced	200 grams	400 grams	2.0 kg
Red onion	Sliced thin	100 grams	200 grams	1.0 kg
Cos lettuce	Leaves	¼ cos	½ cos	2 ½ cos
Sourdough	500 gram ea. loaf	500 grams	1.0 kg	5.0 kg

### Method

1. Preheat the oven to 180°C and 15% steam.
2. Combine the garlic, oregano, thyme, lemon and yoghurt in a bowl and stir well. Add the chicken breast and marinate for 30-45 minutes.
3. Put the chicken on a lightly sprayed oven tray and cook for 20-30 minutes.
4. Remove chicken from oven and slice, mix the chicken with the tray juice.
5. Slice the sourdough into even slices, put the cos lettuce leaves on first followed by the cucumber, tomato, and onion. Top with the sliced chicken and some of the juices, top with another piece of sourdough.
6. Toast the sandwich, once toasted add the lettuce, serve.

### RECIPE – Italian style chicken Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – thigh fillet	Trimmed, skin off	600 grams	1.2 kg	6.0kg
Tuscan seasoning	See green recipe	25 grams	50 grams	250 grams
Turkish bread	130 grams ea.	5	10	50
Tomato concasse		200 grams	400 grams	2.0 kg
Spinach		125 grams	250 grams	1.0 kg
Cottage cheese		100 grams	200 grams	1.0 kg
Basil pesto	As per GREEN recipe	1 ½ tbsp	3 tbsp	300 grams
Mozzarella - grated	Light	75 grams	150 grams	750 grams

### Method

1. Preheat oven to 180°C.
2. Coat the chicken in the Tuscan herbs, roast in the oven for 20-25 minutes, remove and cool.
3. Make the tomato concasse by removing the stalk point of the tomatoes and putting a score mark in the bottom of the tomato, cross ways. Blanch in boiling water for 30-45 seconds and put directly into ice water. Remove the skin with a knife, cut the tomato in half and squeeze out the seeds. Dice the tomato fine.
4. Mix the concasse, cottage cheese and pesto together.
5. Cut the Turkish breads through the middle long ways  $\frac{3}{4}$  of the way, spread the tomato mix generously on both sides of the Turkish bread.
6. Put an even amount of spinach in each roll and topped with the sliced chicken thigh.
7. Evenly distribute the mozzarella and toast Turkish breads, serve.

### RECIPE – Lamb, roast pumpkin, caramelised onion and spinach Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish bread	130 grams ea.	5	10	50
Roast lamb	Sliced thin	500 grams	1.0 kg	5.0 kg
Oil – olive		20 ml	40 ml	200 ml
Pumpkin	Diced	400 grams	800 grams	4.0 kg
Rosemary	Fresh, leaves only	1 tbsp	2 tbsp	50 grams
Tomato	Thick sliced	250 grams	500 grams	2.5 kg
Onion – brown	Sliced	220 grams	480 grams	2.2 kg
Spinach		100 grams	200 grams	1.0 kg

### Method

1. Preheat the oven to 180°C.
2. Toss the diced pumpkin with the oil and the rosemary, put on an oven tray and roast for 25 – 35 minutes or until the pumpkin is brown and soft. Blend the pumpkin and rosemary together to form a paste, set aside.
3. Lay the tomato slices on a lightly sprayed oven tray and roast for approx. 10 minutes.
4. Heat a pan or pot, lightly spray with oil and add the onions, stir frequently until the onions are browned and caramelised.
5. Slice the Turkish bread length ways and spread both sides with the pumpkin puree, lay slices of the roast lamb followed by the spinach, tomato slices, caramelised onion and the cheese. Serve toasted.

### RECIPE – Meatball Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Beef – mince	Lean	700 grams	1.4 kg	7.0 kg
Carrot	Grated	50 gram	100 gram	500 gram
Onion – brown	Fine dice	110 gram	220 gram	1.1 kg
Garlic – crushed		1 tsp	15 grams	80 grams
Tomato - crushed		400 gram	800 gram	4.0 kg
Mixed herbs – dried		$\frac{3}{4}$ tbsp	15 gram	75 gram
Turkish bread	130 gram ea.	5	10	50
Carrot	Stripped	100 gram	200 gram	1.0 kg
Zucchini	Stripped	90 gram	180 gram	900 gram
Capsicum – red	Sliced	85 gram	170 gram	850 gram
Cheese – grated	Reduced fat	100 gram	200 gram	1.0 kg
Tomato	Sliced	100 gram	200 gram	1.0 kg
Spinach		75 gram	150 gram	750 gram

### Method

1. Preheat the oven to 180°C
2. Combine mince, grated carrot, garlic, onion and herbs in a bowl, combine well.
3. Roll mix into meatballs, bit smaller than a golf ball, approx. 40 grams each, put in an oven tray, pour the tomato over the meatballs and bake in the oven for 20-25 minutes.
4. Remove from oven and allow to cool completely.
5. Cut Turkish breads  $\frac{3}{4}$  of the way through, spread one side with a little of the tomato mix from the meatball cooking sauce.
6. Put spinach on each roll followed by carrot, zucchini and capsicum, top with 4 of the meatballs, and a little bit more sauce, finish with the cheese.
7. Grill for 2 minutes.



### RECIPE – Moroccan chicken Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken breast	Skin off	500 grams	1.0 kg	5.0 kg
Moroccan spice mix	As per GREEN recipe	2 tsp	4 tsp	25 grams
Paprika – smoked		½ tsp	1 tsp	1 tbsp
Oil – vegetable		40 ml	80 ml	250 ml
Onion – red	Sliced thick	250 grams	500 grams	2.25 kg
Turkish bread	130 gram ea.	5	10	50
Tomato	Sliced	200 grams	400 grams	2.0 kg
Spinach		120 grams	240 grams	1.0 kg
Cream cheese	Reduced fat, spreadable	100 grams	200 grams	1.0 kg
Garlic – crushed		½ tsp	1 tsp	40 grams
Parsley	Chopped	2 tbsp	¼ bunch	1 ¼ bunches

### Method

1. Heat oven to 190°C.
2. Combine Moroccan spice, paprika and oil together, mix well. Put the onion and the chicken breast in the spice mix and stir well, spread out evenly onto an oven tray with all the spice oil and onion. Cook for 25-35 minutes or until onion has begun to brown and the chicken is cooked. Drain off any excess juices.
3. Slice the Turkish breads length ways ¾ of the way through.
4. Mix together the cream cheese, garlic and parsley, spread this on both sides of the Turkish bread.
5. Layer the spinach and tomato in the breads, top with the sliced chicken and onion mix, serve toasted.

### RECIPE – Pulled beef Turkish bread with Middle East flavours

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish breads	130 grams ea.	5	10	50
Pulled beef	As per GREEN recipe	500 grams	1.0 kg	5.0 kg
Spinach		150 grams	300 grams	1.5 kg
Haloumi cheese	Grilled	300 grams	600 grams	3.0 kg
Tomato	Sliced	180 grams	360 grams	1.8 kg
Beetroot	Sliced roasted	250 grams	500 grams	2.5 kg
Cucumber	Sliced	150 grams	300 grams	1.5 kg
Yoghurt	Reduced fat	150 grams	300 grams	1.5 kg
Mint	Fresh, chopped	½ tbsp	1 tbsp	¾ bunch
Chilli – flakes		¼ tsp	½ tsp	1 tbsp
Turmeric	Roasted	½ tsp	1 tsp	15 grams
Cumin – ground	Roasted	½ tsp	1 tsp	15 grams

### Method

1. Slice Turkish breads in ½.
2. Put spinach on the base followed by the cucumber and beetroot. Then put the pulled beef on with the tomato then finish with the haloumi.
3. Mix together the yoghurt, mint, chilli, turmeric and cumin. Spoon this over the top of the haloumi, put the top of the roll back on and press down slightly.
4. Microwave for 30 seconds then toast for 3 minutes or until browned and crisp, serve.

### RECIPE – Pulled Dijon Pork Turkish Bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish bread	1 x130g	5	10	15
Greek yoghurt	Reduced fat	100 grams	200 grams	1.0 kg
Smoky paprika		1 tsp	2 tsp	15 grams
Pulled pork	As per GREEN recipe	500 grams	1kg	5 kg
Cream cheese	Softened, reduced fat	100 grams	200 grams	1 kg
Dijon mustard		2 tsp	30 grams	150 grams
Baby spinach		125 grams	250 grams	1.2 kg
Capsicum red, green	Sliced	200 grams	400 grams	2 kg
Fetta	Crumbled, reduced fat	100 grams	200 grams	1 kg

### Method

1. Combine yoghurt and smoky paprika in a bowl and gently mix through pork
2. Combine cream cheese and mustard
3. Cut Turkish bread  $\frac{3}{4}$  way through.
4. Spread Turkish breads with cream cheese mix
5. Fill with spinach leaves, crumbled feta and sliced capsicum
6. Top with pulled pork mixture
7. Set aside for later service
8. Serve toasted.

## RECIPE – Pulled Moroccan lamb Turkish breads

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish bread	130 grams ea.	5	10	50
Moroccan pulled lamb	As per GREEN recipe	500grams	1.0 kg	5.0 kg
Yoghurt – plain	Reduced fat	110 grams	220 grams	1.1 kg
Paprika – smoked		¼ tsp	½ tsp	10 grams
Garlic – crushed		¼ tsp	½ tsp	15 grams
Mint – fresh		1 tbsp	2 tbsp	1 bunch
Tomato	Sliced	180 grams	360 grams	1.8 kg
Rocket		125 grams	250 grams	1.25 kg
Pumpkin	Sliced, roasted	150 grams	300 grams	1.5 kg

## Method

1. Slice Turkish breads ¾ of the way through.
2. Combine the pulled lamb, yoghurt, paprika, garlic and mint, set aside.
3. Line each Turkish bread with rocket, tomato and sliced roast pumpkin. Evenly distribute the lamb mix between the rolls.
4. Heat in microwave for 30 seconds then toast until done.

### RECIPE – Tandoori pulled lamb Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Tandoori pulled lamb	As per GREEN recipe	500 grams	1.0 kg	5.0 kg
Yoghurt – plain	Reduced fat	150 grams	300 grams	1.3 kg
Parsley – continental	Chopped	1 tbsp	2 tbsp	1 bunch
Cucumber	Grated, strained	110 grams	220 grams	1.1 kg
Turkish bread	130 gram ea.	5	10	50
Avocado	Pulp	125 grams	250 grams	1.25 kg
Tomato	Sliced	180 grams	360 grams	1.8 kg
Rocket		110 grams	220 grams	1.0 kg
Cheese – grated	Reduced fat	200 grams	400 grams	2.0 kg

### Method

1. Combine the pulled lamb, yoghurt, parsley and cucumber together, set aside.
2. Cut the Turkish breads  $\frac{3}{4}$  of the way through.
3. Spread the base of the Turkish bread with the avocado, rocket then tomato, evenly distribute the lamb, finish with the grated cheese.
4. Microwave for 30 seconds and toast for 3 minutes or until browned and crisp.

### RECIPE – Roasted vegetable Turkish bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Turkish breads	130 grams ea.	5	10	50
Avocado	Pulp	80 grams	160 grams	800 grams
Oil – olive		45 ml	90 ml	400 ml
Capsicum – green		100 grams	200 grams	1.0 kg
Capsicum – red		100 grams	200 grams	1.0 kg
Pumpkin	Sliced	150 grams	300 grams	1.5 kg
Zucchini	Sliced, length ways	100 grams	200 grams	1.0 kg
Rocket		100 grams	200 grams	1.0 kg
Tomato	Thick slices	320 grams	640 grams	3.2 kg
Oregano – dried		½ tsp	1 tsp	20 grams
Onion – red	Sliced, thin	90 grams	180 grams	900 grams

### Method

1. Preheat oven to 170°C
2. Warm the oil slightly, toss the vegetables in a bowl separately. Lay the vegetables on individual trays in their separate varieties as they will all cook at different times. Sprinkle the tomatoes with oregano before roasting.
3. Cook the vegetables until cooked through and tender.
4. Cut the Turkish breads  $\frac{3}{4}$  of the way through, spread with the avocado.
5. Starting with the rocket, layer all the vegetables evenly across the Turkish breads.
6. Toast the Turkish breads for 3-4 minutes until heated through and browned.

## RECIPE – Tandoori chicken tortilla

Ingredients	Preparation	5 serves	10 serves	50 serves
Tandoori paste		90 grams	180 grams	900grams
Chicken – thigh fillet	Skin off, trimmed	500grams	1.0 kg	5.0 kg
12" corn tortilla		5	10	50
Spinach		100 grams	200 grams	1.0 kg
Zucchini	Ribbons	75 grams	150 grams	750 grams
Tomato	Sliced	200 grams	400 grams	2.0 kg
Red onion	Sliced	75 grams	150 grams	750 grams
Yoghurt	Reduced fat	100 grams	200 grams	1.0 kg
Mint – fresh	Chopped	40 grams	75 grams	375 grams

## Method

1. Preheat oven to 180°C.
2. Coat chicken in tandoori paste and bake in oven for 30-35 minutes or until cooked through, allow to cool.
3. Lay out tortilla, evenly spread the spinach, zucchini, tomato and red onion. Finish with the sliced marinated cooked chicken.
4. Mix together the mint and the yoghurt, spoon this over the top of the chicken. Fold in each end and roll up. Serve toasted.

## Lunch – Other



### RECIPE – Almond and herb crumbed Hoki burger

Ingredients	Preparation	5 serves	10 serves	50 serves
Mixed herbs		1 tsp	2 tsp	25 grams
Flaked almonds		50 grams	100 grams	500 grams
Lemon - zest		1 tsp	2 tsp	75 grams
Egg		1 egg	3 eggs	15 eggs
Milk – light		125 ml	250 ml	750 ml
Flour		75 grams	150 grams	750 grams
Breadcrumbs		100 grams	200 grams	1.0 kg
Hoki fillet	120g portions	5	10	50
Square seeded roll		5	10	50
Baby spinach leaves		80 grams	160 grams	800 grams
Zucchini	Strips with peeler	110 grams	220 grams	1.1 kg
Coleslaw	As per GREEN recipe	350 grams	700 grams	3.5 kg

### Method

1. Preheat oven to 180°C
2. Combine herbs, lightly crushed up flaked almonds, lemon zest and breadcrumbs.
3. Mix together milk and eggs.
4. Crumb each fish fillet using flour, egg mix and breadcrumbs. Place on an oven tray lined with grease proof. Cook in oven for 7-10 minutes on dry heat.
5. Cut each bread roll in half, put spinach on the bottom, followed by a good spoon full of coleslaw, top with a cooked fish fillet, finish with zucchini strips and put the roll top on.

### RECIPE – Beef and vegetable pasties

Ingredients	Preparation	5 serves	10 serves	50 serves
Pastry – short crust	Light	850 grams	1.7 kg	8.5 kg
Beef mince	Lean	200 grams	400 grams	2.0 kg
Pork mince	Lean	150 grams	300 grams	1.5 kg
Celery	Fine dice	80 grams	160 grams	800 grams
Carrot	Fine dice	80 grams	160 grams	800 grams
Potato	Fine dice	80 grams	160 grams	800 grams
Capsicum	Fine dice	80 grams	160 grams	800 grams
Onion – brown	Fine dice	80 grams	160 grams	800 grams
Garlic – crushed		1 tsp	2 tsp	80 grams
Pepper – black		Pinch	½ tsp	12 grams
Barbeque sauce	Salt reduced	30 ml	60 ml	300 ml
Egg	Whole, beaten	1	2	6

### Method

1. Preheat the oven to 180°C.
2. In a large bowl combine the beef mince, pork mince, celery, carrot, potato, capsicum, onion, garlic, pepper and barbeque sauce, mix together well.
3. Lay the pastry on the work bench and cut out a round by cutting around the edge of a side plate or whatever size you require.
4. Beat the eggs in another bowl, spoon a generous amount of the mixture in the middle and fold over to one edge that has been egg washed, crimp and stand the pasty up so the crimped edge is on the top and the pastry has a flat bottom.
5. Put on a lightly sprayed oven tray and egg wash the top, cook for 25-35 minutes or until evenly browned. Serve with tomato and pear chutney (GREEN recipe).

### RECIPE – Beef burger patties

Ingredients	Preparation	5 serves	10 serves	30 serves
Onion – brown	Grated	100 grams	200 grams	1.0 kg
Beef – mince	Lean	600 grams	1.5 kg	5.0 kg
Mustard – Dijon		1 tbsp	2 tbsp	200 grams
Parsley	Chopped	1 tbsp	2 tbsp	1 bunch
Sweet potato	Grated	70 grams	125 gram	625 grams
Zucchini	Grated	70 grams	125 gram	625 grams
Garlic – crushed		1 tsp	2 tsp	80 grams
Eggs	Beaten	1	2	6
Bread crumbs		30 grams	50 grams	200 grams

### Method

1. Grate all vegetables into a large bowl or a mixer with the dough hook, add the garlic, parsley, mince and mustard, combine.
2. Add the beaten eggs and breadcrumbs, combine mixture extremely well.
3. Form into even weight burgers patties and flatten slightly.
4. Cook in an oven at 180°C on 20% steam for 15-20 minutes or alternatively a flat grill or pan.

### RECIPE – Beef burger with grilled onion, mustard and tomato

Ingredients	Preparation	5 serves	10 serves	50 serves
Milk bun	90 gram ea.	5	10	50
Beef burger patties	As per GREEN recipe	5	10	50
Onion – brown	Sliced thick	220 grams	440 grams	2.0 kg
Mustard – Dijon		50 grams	100 grams	500 grams
Tomato	Vine ripened	250 grams	500 grams	2.5 kg
Cheese	Reduced fat, slices	105 grams (x5)	210 grams (x10)	1.1 kg
Cos lettuce	Leaves, washed	½ cos	1 cos	4 cos
Barbeque sauce	As per GREEN recipe	100 ml	200 ml	1.0 litre

### Method

1. Preheat the oven to 160°C.
2. Prepare the burger patties as per GREEN recipe.
3. Prepare the BBQ sauce as per GREEN recipe.
4. Cook the burgers on the flat grill and finish in the oven for approx. 10 minutes.
5. While the burgers are in the oven cook the onions on the grill until soft and browned.
6. Split the buns in half and spread one side with the mustard, lay a cos lettuce leaf on the bottom followed by the onion, tomato, burger, cheese and a spoon of BBQ sauce. Serve hot.

### RECIPE – Chicken burger with cornflake crumb, slaw and tomato

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken breast		700 grams	1.4 kg	7.0 kg
Corn flakes	Crunch up	2 cups	4 cups	1.2 kg
Egg	Beaten	2	4	12
Hungarian paprika		1 ½ tsp	3 tsp	20 grams
Flour – plain		1 cup	1 ½ cups	500 grams
Coleslaw	As per GREEN recipe	250 grams	450 grams	2.0 kg
Tomato	Thick sliced	220 grams	440 grams	2.0 kg
Roll – seeded	120 gram ea.	5	10	50

### Method

1. Preheat the oven to 190°C.
2. Cut the chicken breast in half horizontal.
3. Combine the paprika and the flour in a bowl, place the beaten eggs in another bowl and the crushed up cornflakes in another. Crumb the chicken breasts and set aside.
4. Place the chicken breasts on a lightly sprayed oven tray and cook for 15 minutes or until the chicken is cooked and the crumb is coloured slightly.
5. Cut the rolls, lay 2 pieces of the chicken on the roll in opposite directions, top with the tomato slices and the coleslaw.

### RECIPE – Hummus with Falafel, tomato salad, coriander and sumac

Ingredients	Preparation	5 serves	10 serves	50 serves
<b>Hummus</b>				
Chickpeas	Tinned, drained	500 grams	900 grams	2.3 kg
Tahini (no added oil)		1 ½ tbsp	2 ½ tbsp	200 grams
Fresh lemon juice		20 ml	40 ml	100 ml
Garlic – crushed		2 tsp	25 grams	90 grams
Olive oil	Extra virgin	20 ml	30 ml	100 ml
Paprika	Sweet, Hungarian	1 tsp	2 tsp	25 grams
<b>To finish</b>				
Falafel – 6 per serve 20g each	As per GREEN recipe	600 grams	1.2 kg	6.0 kg
Sumac		1 tsp	2 tsp	20 grams
Sesame seeds	Toasted	1 ½ tsp	3 tsp	25 grams
Tomato	Fresh, diced	220 grams	440 grams	1.8 kg
Red onion	Fine dice	180 grams	360 grams	1.5 kg
Parsley – continental	Chopped	1 tbsp	2 tbsp	½ bunch
Coriander – fresh	Chopped	1 tbsp	2 tbsp	½ bunch
Mint – fresh	Chopped	½ tbsp	1 tbsp	¼ bunch
Pita bread	90 grams ea.	5 pita	900 grams (10)	4.5 kg (50)
Avocado	Pureed	200 grams	400 grams	2.0 kg
Olive oil	Extra virgin	25 ml	50 ml	250 ml
Plain yoghurt	Reduced fat	170 grams	340 grams	1.5 kg

## Method

1. For the hummus, place all of the ingredients in a food processor and blend until a smooth paste is achieved, a small amount of water may need to be added to achieve this. Place in a bowl and set aside.

2. Prepare the falafel as per GREEN recipe, cook and set aside.
3. Combine the tomato, red onion and parsley in a bowl set aside.
4. To complete the dish, in a shallow bowl spread a 1 cm thick layer of the hummus, evenly place the falafel around the bowl, make a small well in the centre, add a spoon of the avocado and drizzle the oil on top, sprinkle the sumac and sesame seeds around the edge of the oil and avocado.
5. Sprinkle over the chopped coriander and mint. In separate side bowls place a small amount of the tomato mix, in another bowl a spoon of yoghurt, toast the pita bread and serve alongside the dish.

### RECIPE – Falafel

Ingredients	Preparation	5 serves	10 serves	50 serves
Chickpeas	Tinned	500 grams	1.0 kg	5.0 kg
Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Lemon – zest		1 tsp	10 grams	50 grams
Coriander – ground		1.5 tsp	7 grams	35 grams
Pepper – black	Ground	¼ tsp	5 grams	20 grams
Garlic – crushed		1 tsp	16 grams	80 grams
Besan flour		50 grams	80 grams	400 grams

### Method

1. Preheat the oven to 200°C.
2. Drain the chickpeas, reserve the liquid.
3. In a food processor, combine the chick peas, parsley, lemon zest, coriander, pepper and garlic, blend to a paste.
4. Add the besan flour and the reserved chick pea liquid to bring the mixture to a thick paste that can be rolled into a ball.
5. Using wet hands, roll the mixture into balls approx. 20 grams ea. Place on a sprayed oven tray covered with baking paper and press down to flatten slightly.
6. Bake for 15-20 minutes, turning half way through. Remove from the oven and allow to cool.



### RECIPE – Chat potatoes with garlic

Ingredients	Preparation	5 serves	10 serves	50 serves
Chat potato		600 grams	1.2kg	5.0 kg
Butter	Unsalted	20 grams	40 grams	200 grams
Garlic	Crushed	1 ½ tsp	20 grams	100 grams
Parsley	Chopped	1 ½ tbsp	¼ bunch	1 ¼ bunch

### Method

1. Steam the chat potatoes for 15-20 minutes or until no resistance is felt when inserting a skewer.
2. Beat together the butter, garlic and the parsley, toss the potatoes through the butter while hot.

### RECIPE – Lemon & herb chicken schnitzel burger

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken breast		625 grams	1.25 kg	6.25 kg
Plain flour		½ cup	1 cup	4 cups
Breadcrumbs		1 ½ cups	3 cups	1.25 kg
Thyme – fresh	Chopped	1 tbsp	2 tbsp	60 grams
Marjoram	Dried	½ tbsp	1 tbsp	30 grams
Parsley	Chopped	3 tbsp	¼ bunch	1 bunch
Egg		1	2	10
Milk	Reduced fat	100 ml	200 ml	1.0 litre
Oil – vegetable		30 ml	60 ml	250 ml
Milk bun		5	10	50
Avocado		75 grams	150 grams	750 grams
Tomato		180 grams	360 grams	1.8 kg
Coleslaw	As per GREEN recipe	350 grams	700 grams	3.5 kg
Cos lettuce		5 leaves	1 bunch	5 bunches

### Method

1. Preheat oven to 180°C
2. Combine the fresh and dried herbs with the breadcrumbs.
3. Combine the beaten eggs and the milk.
4. Crumb the chicken breast using flour, then egg finish with the herb breadcrumbs. Oil an oven tray, put the chicken breast on the tray and cook for 15 minutes.
5. Slice the milk buns in half, lay the lettuce on the base of the bun and top with a cooked schnitzel, then tomato and finish with coleslaw, serve.

### RECIPE – Moroccan pulled lamb burger

Ingredients	Preparation	5 serves	10 serves	50 serves
Pulled Moroccan lamb	As per GREEN recipe	450 grams	900 grams	4.5 kg
Chickpeas	Tinned, drained	200 grams	400 grams	2.0 kg
Cherry tomato	Roasted	400 grams	800 grams	4.0 kg
Basil – dried		¼ tsp	½ tsp	2 tsp
Oil – olive		25 ml	45 ml	100 ml
Feta	Crumbled	150 grams	300 grams	1.5 kg
Rocket		75 grams	150 grams	700 grams
Milk bun	90 grams ea.	450 grams	900 grams	4.5 kg

### Method

1. Cook the pulled lamb as per the recipe, this may need to be done the day before.
2. Heat the oven to 180°C, cook the buns for 8 minutes.
3. Toss the tomatoes with the oil and the basil, roast for 8-10 minutes or until they begin to split slightly.
4. Once cooled, split the buns through the centre, evenly distribute the lamb, chickpeas, roasted cherry tomatoes and feta, finish with the rocket, put the top of the bun on and serve toasted.

### RECIPE – Oven roasted salmon, chips and salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Salmon portions	200 gram ea.	5 (1.0kg)	10 (2.0kg)	50 (10kg)
Lemon	Wedges	5 ( ½ of 1)	10 (x1)	50 (x5)
Potato	Wedges	1.1 kg	2.2 kg	11 kg
Oil – olive		50 ml	100 ml	400 ml
Paprika – smoked		1 tsp	2 tsp	15 grams
<b>Garden salad</b>				
Lettuce mix		250 grams	500 grams	2.0 kg
Tomato	Wedges	240 grams	480 grams	2.4 kg
Cucumber	Sliced	150 grams	300 grams	1.5 kg
Red onion	Thin sliced	100 grams	200 grams	1.0 kg
Capsicum – red	Sliced	110 grams	220 grams	1.1 kg
Feta cheese	Reduced fat, Small cubes	120 grams	240 grams	1.2 kg
Balsamic vinegar		30 ml	60 ml	240 ml
Oil – olive		25 ml	50 ml	150 ml
Pepper – black	Cracked	Pinch	¼ tsp	1 ½ tsp

### Method

1. Preheat the oven to 200°C.
2. Par cook the potato wedges in boiling water until slight resistance is felt when testing with a skewer or knife. Toss the potatoes in a bowl with the 80% of the oil and paprika, put on a shallow oven tray and roast until browned and crisp, 30-40 minutes.
3. Line an oven tray with grease proof paper and lay the salmon out with at least a fillet width gap in between each one. Squeeze the lemon wedges over all the fillets roughly and throw the wedges in the tray with the salmon. Drizzle a small amount of oil over the fillets.
4. Cook for approx. 15 minutes or until firm and cooked through.

5. Make the garden salad by evenly distributing the ingredients across the appropriate number of serving bowls. Mix together the balsamic, olive oil and pepper, drizzle over the salad.
6. Serve the salmon on top of the wedges and accompany with one of the side salads.

### RECIPE – Parsley and lemon crumbed Barramundi

Ingredients	Preparation	5 serves	10 serves	50 serves
Barramundi fillets	180-200 grams	1.0 kg	2.0 kg	10 kg
Bread crumbs		200 grams	400 grams	2.0 kg
Parsley	Finely chopped	1 tbsp	2 tbsp	½ bunch
Lemon	Zest	1 tsp	2 tsp	2 lemons
Flour – plain		125 grams	200 grams	1.0 kg
Eggs	Beaten	1	2	10
Milk	Reduced fat	100 ml	200 ml	1.0 litre
Tomato – cherry	In half	250 grams	500 grams	2.5 kg
Cucumber	Sliced	150 grams	300 grams	1.0 kg
Capsicum – red	Sliced	120 grams	240 grams	1.0 kg
Onion – red	Fine slice, in ½	80 grams	150 grams	500 grams
Lettuce mix		150 grams	300 grams	1.5 kg

### Method

1. Preheat the oven to 190°C, or heat a flat plate grill to medium heat.
2. Zest the lemon into the bread crumbs, add the parsley.
3. Beat the eggs and the milk together.
4. Crumb the fish by placing into the flour, followed by the egg was and then into the crumbs, pressing the crumb into the fish firmly.
5. Spray an oven tray and bake the fish for approx. 25 minutes, turning once during cooking and spraying the surface of the fish again. Alternatively cook the fish on the flat grill, sprayed with a little bit of oil, turning 3 or 4 times.
6. Serve with a garden salad.

### RECIPE – Pizza with poached chicken, pineapple and red capsicum

Ingredients	Preparation	8 serves	16 serves	64 serves
Pizza base	Mission, 600 grams	1	2	8
Tomato puree		110 ml	220 ml	880 ml
Chicken breast	Poached, sliced	700 grams	1.4 kg	4.5 kg
Mixed herbs	Dried	½ tsp	1 tsp	12 grams
Pepper – black	Cracked	½ tsp	1 tsp	20 grams
Pineapple	Fresh, sliced thin	600 grams	1.2 kg	4.0 kg
Capsicum – red	Whole, sliced rings	220 grams (x1)	440 grams (x2)	1.5 kg (x7)
Spinach	Fresh	110 grams	220 grams	1.0 kg
Cheese – grated	Reduced fat	240 grams	480 grams	1.6 kg

### Method

1. Preheat the oven to 180°C.
2. Spread the pizza base evenly with the tomato puree, lay the sliced chicken breast across the base sprinkle with the mixed herbs and the pepper.
3. Lay the spinach over the chicken followed by the thin sliced pineapple and the red capsicum, finish off with the cheese.
4. Cook pizza for 15-20 minutes, serve hot, cut into smaller slices for hot finger food item or larger for a lunch dish.

### RECIPE – Pulled pork pizza with feta, red onion and rocket

Ingredients	Preparation	8 serves	16 serves	64 serves
Pizza base	48x27 cm mission	1	2	8
Pulled pork	As per GREEN recipe	650 grams	1.3 kg	5.2 kg
Pureed tomato		110 ml	220 ml	880 ml
Oregano	Dried	1 tsp	2tspn	12 grams
Red onion	Thin slice	120 grams	240 grams	960 grams
Zucchini	Thin slice	200 grams	400 grams	1.4 kg
Feta	Reduced fat, sliced	220 grams	440 grams	1.7 kg
Cayenne pepper		½ tsp	1 tsp	10 grams
Pepper – black	Cracked	½ tsp	1 tsp	10 grams
Rocket		150 grams	300 grams	1.0 kg

### Method

1. Preheat the oven to 180°C.
2. Spread the pizza base with the pureed tomato and sprinkle over the oregano, evenly distribute the pulled pork.
3. Spread over the red onion and zucchini, break the feta slices over the pizza, sprinkle over the cayenne and black pepper.
4. Bake the pizza for 15-20 minutes, cut into 8 and serve with a pile of fresh rocket on the top.



### RECIPE – Roast vegetable stack with herbs and basil dressing

Ingredients	Preparation	5 serves	10 serves	50 serves
Swiss chard	Stalks removed	½ bunch	1 bunch	5 bunches
Sweet potato	Sliced long ways	500 grams	1 kg	5kg
Eggplant - small		2 whole	4 whole	20 whole
Zucchini		450 grams	900 grams	4.5 kg
Tomato	Thick slices	240 grams	480 grams	2.4 kg
Olive oil		1 ½ tbsp	3 tbsp	300 ml
Avocado	Fresh	1	2	10
Continental parsley	Chopped	¼ cup	½ cup	2 ½ cups
Spring onion	Sliced on angle	¼ bunch	½ bunch	2 ½ bunches
Basil dressing	As per GREEN recipe			
Fresh thyme		1 tsp	6 grams	30 grams
Dried oregano		1 tsp	2 tsp	15 grams

### Method

1. Preheat oven to 180°C.
2. Remove stalks from Swiss chard and blanch for 15 seconds in boiling water.
3. Slice sweet potato, eggplant, zucchini and tomato, lay out on separate oven trays, drizzle with olive oil, cook sweet potato for 15 minutes, eggplant for 12 minutes, zucchini and tomato for 5 minutes. Remove from oven and cool.
4. Half avocados and remove skin, slice the half's into strips, long ways.
5. Chop parsley and spring onions.
6. Put fresh chopped thyme and oregano into the basil dressing.
7. To assemble, place Swiss chard leaf on the bottom, layer with sweet potato, eggplant, zucchini, and tomato. Top with 2-3 slices of avocado. Sprinkle parsley and spring onions over and around, drizzle with basil/herb dressing.

### RECIPE – Seasoned chips

Ingredients	Preparation	5 serves	10 serves	50 serves
Potato	Peeled cut into chips	1.0 kg	2.0 kg	10 kg
Parsley – dried		1 tbsp	2 tbsp	15 grams
Paprika	Normal	½ tbsp	1 tbsp	10 grams
Pepper – black		½ tsp	1 tsp	15 grams
Oregano – dried		1 tsp	2 tsp	10 grams
Garlic – powder		¾ tsp	1 ½ tsp	15 grams
Onion – powder		1 tsp	2 tsp	20 grams
Cumin		1 tsp	2 tsp	15 grams
Oil – olive		30 ml	60 ml	120 ml

### Method

1. Preheat the oven to 200°C.
2. Bring a large pot of water to the boil and blanch the potatoes for 7 minutes.
3. Drain the potatoes, spread out on a tray and pat dry.
4. Combine all of the herbs in a separate bowl.
5. Drizzle the potatoes with the oil and cover with the spice mix, tossing to coat.
6. Cook in the oven for approx. 20-30 minutes or until browned and cooked through.  
Serve as a side.

### RECIPE – Spanakopita

Ingredients	Preparation	5 serves	10 serves	50 serves
Spinach		600 grams	1.2 kg	6.0 kg
Garlic – crushed		½ tsp	1 tsp	70 grams
Feta cheese	Reduced fat	250 grams	500 grams	2.5 kg
Cheese – grated	Reduced fat	150 grams	300 grams	1.5 kg
Eggs	Lightly beaten	6	12	60
Breadcrumbs		2 tbsp	4 tbsp	1 cup
Nutmeg – ground		½ tsp	1 tsp	1 ¼ tbsp
Pepper – black		¼ tsp	½ tsp	2 tsp
Parsley – continental	Chopped	¼ cup	½ cup	1 ½ bunches
Paprika		½ tsp	1 tsp	1 tbsp
Spring onions		4 onions	½ bunch	2 bunches
Oil – rice bran		45 ml	90 ml	400 ml
Filo pastry		375 gram (1pkt)	750 gram(2pkt)	10 packs

### Method

1. Preheat the oven to 160°C.
2. Fill a bowl with boiling water, put the spinach in the water and leave for 2-3 minutes. Drain and squeeze all the excess water out, roughly chop.
3. In a bowl put the chopped spinach, garlic, feta, tasty cheese, eggs, breadcrumbs, nutmeg, pepper, parsley, paprika and spring onions. Mix together thoroughly.
4. Spray an appropriate size deep tray with real ease. Layer 5-6 sheets of filo in the bottom, wiping a bit of oil in between each of the sheets.
5. Spread the spinach mixture on the filo and top the mix with another 5-6 sheets of filo, using the remaining oil in between the layers again.
6. Wipe the top with the last little bit of oil and bake for 35-45 minutes or until set and browned on top.

### RECIPE – Stuffed mushrooms with cheese crumb

Ingredients	Preparation	5 serves	10 serves	50 serves
Large flat mushrooms	Portabello or field	500 grams (5)	1.0 kg (10)	5.0 kg
Oil – vegetable		30 ml	50 ml	110 ml
Onion – red	Diced	160 grams	320 grams	1.5 kg
Capsicum – red	Diced	150 grams	300 grams	1.3 kg
Capsicum – green	Diced	150 grams	300 grams	1.3 kg
Garlic – crushed		1 tsp	2 tsp	80 grams
Parsley	Chopped	1 tbsp	¼ bunch	1 bunch
Pepper – black		¼ tsp	½ tsp	10 grams
Breadcrumbs		150 grams	300 grams	1.2 kg
Egg	Whole, beaten	1	2	8
Cheese – grated	Reduced fat	120 grams	240 grams	1.2 kg

### Method

1. Preheat the oven to 170°C, 10 % steam.
2. Remove the stems from the mushrooms and finely dice. Lay the mushrooms top side down on an oven tray.
3. Heat the oil and fry of the onion, capsicum's, garlic and mushroom stems.
4. Remove from the heat and add the parsley and pepper, set aside.
5. Mix together the breadcrumbs, egg and cheese until well combined.
6. Put the capsicum mixture in the mushrooms and top with the breadcrumb mix.
7. Cook the mushrooms in the oven for 15-20 minutes or until cooked and the cheese crumb has browned, serve.

### RECIPE – Tandoori chicken burger

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken thigh fillets	Trimmed, skin off	600 grams	1.2 kg	6.0 kg
Tandoori paste		40 grams	80 grams	400 grams
Wholegrain rolls	110 grams ea.	5	10	50
Spinach		125 grams	250 grams	1.25 kg
Tomato		165 grams	330 grams	1.65 kg
Zucchini	Ribbons	120 grams	240 grams	1.2 kg
Coriander – fresh	Leaves, chopped	2 tbsp	¼ bunch	1 bunch
Tomato	Chopped, strained	130 grams	260 grams	1.3 kg
Yoghurt – natural	Reduced fat	130 grams	260 grams	1.3 kg

### Method

1. Preheat oven to 180<sup>0</sup>c.
2. Spread tandoori paste over the chicken breast, cook in the oven for 15-20 minutes.
3. Cut the whole grain rolls in half, put spinach, tomato and zucchini on the rolls and top with a chicken thigh fillet.
4. Push the tomato through a strainer to remove as much liquid as possible, mix the tomato with the coriander and yoghurt. Spoon the yoghurt over the chicken and top with the other half of the bun.

### RECIPE – Tandoori chicken pie

Ingredients	Preparation	5 serves	10 serves	50 serves
Tandoori paste		2 tsp	20 grams	100 grams
Plain yoghurt	Reduced fat	100 grams	200 grams	1.0 kg
Chicken thigh	Skin off, whole	500 grams	1.0 kg	5.0 kg
Coriander – fresh	Leaves and stems	¼ bunch	½ bunch	20 bunches
Onion – red	Fine diced	160 grams	320 grams	1.5 kg
Feta	Reduced fat	80 grams	160 grams	800 grams
Cheese – grated	Reduced fat	100 grams	200 grams	1.0 kg
Capsicum – red	Diced, fine	110 grams	220 grams	1.0 kg
Spinach	Chopped	80 grams	160 grams	800 grams
Filo Pastry		325 grams	650 grams	3.0 kg

### Method

1. Preheat the oven to 180°C.
2. Combine the tandoori, ¾ of the yoghurt and the chopped washed coriander stems in a bowl and add the chicken, mix together well and allow to marinate for at least 3 hours, preferably overnight.
3. Put the chicken on an oven tray and cook for approx. 30-40 minutes, allow to cool slightly.
4. Once cooled, chop the chicken into small dice and place in a bowl, add the coriander leaves, onion, crumbled feta, grated cheese, capsicum, filo and the remaining yoghurt, stir well to combine.
5. Spray a deep tray or pie/quiche dish with oil, layer the pastry into the tray, overlapping in the base and hanging out over the edges, spray a little oil in between sheets, make sure that there is at least 3-4 layers of pastry all across the base.
6. Pour the mixtures into the pastry and pull the overhanging pieces over the top of the pie, top with another 2 or 3 filo pastry sheets to seal the pie completely.
7. Bake for 35-40 minutes or until pastry is browned. Serve straight away or allow to cool and cut into pieces.

### RECIPE – Thai beef burger with grilled mango and coriander

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – rice bran		10 ml	20 ml	80 ml
Onion – red	Dice	160 grams	320 grams	1.6 kg
Garlic – crushed		½ tsp	1 tsp	40 grams
Ginger – crushed		¼ tsp	½ tsp	20 grams
Coriander	Leaves and stems	¼ cup	½ bunch	2 bunches
Green curry paste		1 ½ tsp	3 tsp	120 grams
Beef mince	Lean	500 grams	1.0 kg	5.0 kg
Egg	Beaten	1 whole	2 whole	6 whole
Mango – fresh	Or tinned, well drained, pat dry	5 cheeks, 300 grams	600 grams	3.0 kg
Tomato - fresh	Thick cut	300 grams	600 grams	3.0 kg
Cos lettuce	1-2 leaves ea.	½ cos lettuce	1 cos	5-6 cos
Onion jam	As per GREEN recipe	¼ cup	½ cup	650 grams
White roll	110 gram ea.	5 (550 grams)	10 (1.1 kg)	50

### Method

1. Preheat the oven to 160°C.
2. Heat the oil in a pan, fry off the onion, garlic, ginger, chopped and washed coriander stems and the curry paste until fragrant.
3. Allow the mix to cool, and tip into a bowl. Add the mince and the egg, mix by hand very well or for large batches mix in a Hobart mixer with the dough hook.
4. Once well mixed, form into even size burger patties and set aside to rest for 10 minutes.
5. Heat a flat grill and spray with oil, seal the burger off and finish them in an oven at 160°C for 10-12 minutes.
6. Grill the mango cheeks and set aside.
7. Cut the rolls through the centre and build up with the cos lettuce, tomato, mango cheeks. Top with a burger patty and finish with the onion jam. Serve.
8. Can be pre prepared if required, don't add the lettuce until after heating.

### RECIPE – Vietnamese fish burger

Ingredients	Preparation	5 serves	10 serves	50 serves
Wholemeal bread roll		5	10	50
<b>For the fish cakes</b>				
Sweet potato	Steamed and mashed	400 grams	800 grams	4.0 kg
Egg white	Whipped to medium peak	1	3	14
Cornflour		10 grams	20 grams	120 grams
Lemon zest		1 tspn	1 lemon	25 grams
Onion - red	Diced	90 grams	180 grams	900 grams
Green curry paste		20 grams	40 grams	180 grams
Coriander	Chopped	¼ cup	½ cup	1 bunch
Dried chilli flakes		¼ tsp	½ tsp	2 ½ tsp
Tuna in spring water	Drained	550 grams	1.1 kg	5.5 kg
<b>To serve</b>				
Coleslaw	As per GREEN recipe	400 grams	800 grams	3.5 kg
Natural yoghurt	Reduced fat	60 ml	120 ml	600 ml
Rocket		150 grams	300 grams	1.5 kg

### Method

1. Preheat the oven to 160°C, 10% steam.
2. Lightly whip egg whites in a separate bowl. Mix together thoroughly the mashed sweet potato, corn flour, lemon zest, diced onion, curry paste, coriander and chilli. Stir the well-drained tuna through the potato mix and then gently fold through the egg whites, form into even size patties and place on an oven tray, flatten. Cook the burgers for approx. 8-10 minutes, or until set.
3. Cut the bread rolls all the way through, place rocket on the bottom, top with a fish burger and finish with the coleslaw.



## Lunch – Wet

### RECIPE – Barramundi, coconut curry with greens

Ingredients	Preparation	5 serves	10 serves	50 serves
<b>Curry paste</b>				
Lemon grass	Fine sliced	1 stalk	2 stalk	4 stalk
Ginger	Crushed	8 grams	16 grams	80 grams
Chilli – red	Sliced, seeds removed	1 chilli	2 chilli	150 grams
Coriander	Stalks, washed	1 tbsp	2 tbsp	1 bunch
Oil – olive		10 ml	20 ml	75 ml
Cumin – ground		2 tsp	10 grams	30 grams
<b>Curry</b>				
Oil – vegetable		10 ml	20 ml	100 ml
Onion – brown	Fine dice	200 grams	400 grams	1.5 kg
Coconut – desiccated		50 grams	100 grams	500 grams
Curry paste	As above	2 tbsp	4 tbsp	400 grams
Turmeric		2 tsp	10 grams	25 grams
Stock – fish	Reduced salt	250 ml	500 ml	2.5 litres
Green beans	Sliced diagonal	100 grams	200 grams	1.0 kg
Barramundi fillets	180 – 200 grams	5	10	50
Choy sum or similar	Cut up and washed	1 bunch	2 bunches	10 bunches
Coriander	Leaves, washed	2 tbsp	¼ bunch	1 bunch

### Method

1. To make the paste, bash the lemon grass with the back of a knife and cut up very fine, put the lemon grass, ginger, chilli, coriander roots oil and cumin in a processor and blend to a paste, a slight amount of water may need to be added to reach desired consistency.
2. For the curry, heat the oil in a pot and fry off the onion, add the coconut and cook until it begins to colour slightly and smells nutty.

3. Add the curry paste and cook off for 5-10 minutes. Add the turmeric cook for another 30 seconds. Add the fish stock, bring to the boil and simmer for 10 minutes or until sauce thickens slightly.
4. Cut the barramundi fillets in half-length ways and add them to the sauce cook for 10 minutes, add the stalks sections of the Asian greens and the beans, simmer for a further 4-5 minutes.
5. To finish the curry add the Asian green leaves and the coriander simmer for a further 1 ½ minutes. Serve with steamed rice.

### RECIPE – Beef enchiladas

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		30 ml	60 ml	100 ml
Onion – brown	Chopped	180 grams	360 grams	1.8 kg
Garlic – minced		1 tsp	2 tsp	80 grams
Chilli – fresh		20 grams	40 grams	200 grams
Beef mince	Lean	450 grams	900 grams	4.5 kg
Pepper – black	Cracked	Pinch	½ tsp	1 tbsp
Red kidney beans	Canned, drained	400 grams	800 grams	3.5 kg
Tomato – crushed		300 grams	600 grams	3.0 kg
Capsicum – green	Diced	150 grams	300 grams	1.5 kg
Cheese – grated	Reduced fat	120 grams	240 grams	1.2 kg
Fresh lemon juice		10 ml	20 ml	100 ml
Avocado	Fresh or pulp	80 grams	160 grams	800 grams
Ricotta cheese		40 grams	80 grams	400 grams
Parsley	Chopped	2 tbsp	½ cup	1 ½ bunches
Tortilla	90 gram ea.	5	10	50

### Method

1. Heat the oil in a pot over medium heat.
2. Add the onion, garlic and chilli, sauté for 5-10 minutes.
3. Add the beef mince and brown, add the pepper
4. Put the kidney beans, tomato and the capsicum in the pot, stir well and bring to the boil, reduce heat to a simmer and cook for 30-45 minutes or until thickened.
5. Lay out a tortilla, put an even amount of the beef mixture in and sprinkle with the cheese, fold in ends and roll, toast for 3-4 minutes.
6. Mix together the lemon juice, avocado, ricotta cheese and parsley. Once tortilla is plated, serve with avocado mix over the top.

### RECIPE – Beef moussaka

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – rice bran		20 ml	40 ml	200 ml
Beef – mince	Lean	1 kg	2 kg	10 kg
Garlic – crushed		1 ½ tsp	25 grams	90 grams
Onion – brown	Sliced	120 grams	240 grams	1.2 kg
Oregano – dried		¾ tbsp	1 ½ tbsp	25 grams
Parsley – continental	Chopped	2 tbsp	¼ bunch	1 bunch
Tomato – paste	Salt reduced	55 grams	110 grams	550 grams
Tomato – crushed		400 grams	800 grams	4.0 kg
Beef stock	Reduced salt	200 ml	400 ml	2.0 litres
Pepper – black		¾ tsp	5 grams	15 grams
Eggplant	Sliced, thin	1 ½	3	16
Flour – plain		60 grams	120 grams	600 grams
Oil – rice bran		60 ml	120 ml	600 ml
Milk	Reduced fat	600 ml	1.2 litres	6.0 litres
Nutmeg – ground		pinch	¼ tsp	2 tsp
Pepper – white		pinch	½ tsp	10 grams
Cheese – grated	Tasty, Reduced fat	60 grams	120 grams	600 grams

### Method

1. Preheat oven to 180°C.
2. Heat oil in a large pot, add onion and garlic cook for 10-15 minutes or until slightly coloured, add mince and pepper, cook for a further 15 minutes or until liquid from mince has evaporated.
3. Add tomato paste, oregano and parsley mix through. Add the crushed tomato and the beef stock, bring to a boil and turn down to a simmer, cook for 1 – 1 ½ hours or until sauce is thickened.

4. In another pot, heat the remaining quantity of oil and stir in the flour, cook out for 5-8 minutes, slowly add the milk, whisk to a smooth consistency.
5. Cook béchamel sauce for 30-40 minutes, whisking very often to ensure there are no lumps, add nutmeg and white pepper, stir and cook for a further 5 minutes. Whisk to ensure a smooth consistency to the finished sauce.
6. Stir in 80 % of the grated cheese into the béchamel and keep warm, reserve the remaining to cheese for the top.
7. Slice the eggplants long ways thinly, put a layer of eggplant in the bottom of a baking dish, put a third of the mince on the eggplant top with a quarter of the béchamel sauce, cover béchamel with another layer of eggplant. Continue this process until all the sauces are used. Finish with a layer of eggplant topped with béchamel, sprinkle the remaining grated cheese on top.
8. Place Moussaka in the oven and cook for 45 minutes to 1 hour or until cheese has browned and béchamel is set.
9. Allow to cool before cutting into portions.

### RECIPE – Bolognaise baked potatoes

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – rice bran		30 ml	60 ml	100 ml
Beef mince	Lean	350 grams	750 grams	3.5 kg
Onion – brown	Diced	160 gram	320 grams	1.6 kg
Carrot	Diced	160 grams	320 grams	1.6 kg
Garlic – crushed		1 tsp	2 tsp	100 grams
Tuscan seasoning	As per GREEN recipe	1 tsp	2 tsp	1 tbsp
Paprika		½ tsp	1 tsp	1 tbsp
Pepper – black	Cracked	½ tsp	1 tsp	15 grams
Tomato – crushed		400 grams	800 grams	3.5 kg
Parsley – continental	Chopped	¼ cup	¼ bunch	1 bunch
Potatoes – large	Skin on	5	10	50
Cheese – grated	Reduced fat	250 grams	500 grams	2.5 kg

### Method

1. Preheat the oven to 180°C.
2. Bake the potatoes in the oven for 40-50 minutes or until no resistance is felt when testing with a knife or skewer.
3. In a pot heat the oil, add the onion and garlic and sauté, add the mince and brown, add the carrot, Tuscan seasoning, paprika, pepper and tomato, stir well. Bring to the boil, reduce to a simmer and cook for 40 – 50 minutes or until thick. Add the parsley.
4. Once the potatoes are cooked, cut a cross in the top and spread out, spoon a good amount of the meat sauce on top of the potato, cover with the cheese and put back in the oven until the cheese is melted. Serve.

### RECIPE – Braised lamb jacket potato

Ingredients	Preparation	5 serves	10 serves	50 serves
Potato	Large, washed	1.1 kg (5 whole)	2.2 kg (10)	11 kg (50)
Oil – vegetable		20 ml	40 ml	90 ml
Onion – brown	Chopped	180 grams	360 grams	1.6 kg
Garlic – crushed		1 tsp	2 tsp	80 grams
Carrot	Fine dice	160 grams	320 grams	1.5 kg
Red lentils	Dry – soaked 1 hr.	150 grams	300 grams	1.5 kg
Stock – vegetable	Reduced salt	500 ml	1.0 litre	4.0 litres
Spinach		120 grams	240 grams	1.0 kg
Braised lamb shoulder	As per GREEN recipe	450 grams	900 grams	4.5 kg
Feta cheese	Reduced fat, Crumbled	200 grams	400 grams	2.0 kg

### Method

1. Preheat the oven to 180°C.
2. Cook the potatoes for 45 minutes to 1 hour or until no resistance is felt when tested with a knife or skewer.
3. In a pot heat the oil and add the onion and garlic, fry off for 5-10 minutes, browning slightly.
4. Add the carrot and cook for a further 10 minutes. Pour in the lentils and the stock, bring to the boil and turn down to a simmer, cook until the lentils have begun to break down.
5. Stir through the spinach and the lamb shoulder meat and bring back to a simmer, turn off heat.
6. Cut a potato cross ways and spread out, spoon the lamb mixture on and crumble the feta over the top. Put back into the oven for 10 minutes, serve.



### RECIPE – Braised lamb baked potato with chilli beans

Ingredients	Preparation	5 serves	10 serves	50 serves
Slow braised Lamb shoulder	As per GREEN recipe	450 grams	900 grams	4.5 kg
Oil - vegetable		30 ml	60 ml	110 ml
Garlic – crushed		1 tsp	2 tsp	90 grams
Onion – brown		200 grams	400 grams	2.0 kg
Red kidney beans		350 grams	700 grams	3.0 kg
Tomato – crushed		250 grams	500 grams	2.0 kg
Chilli – flakes		¼ tsp	½ tsp	1 ¼ tsp
Paprika – smoked		¼ tsp	½ tsp	1 tbsp
Spinach leaves		200 grams	500 grams	1.5 kg
Yoghurt – plain	Reduced fat	125 grams	250 grams	1.25 kg
Potato	Large, skin on	5	10	50

### Method

1. Preheat the oven to 180°C.
2. Bake the potatoes for 40-50 minutes or until no resistance is felt when testing them with a skewer or knife.
3. In a pot heat the oil, add the onion and the garlic, sauté for 5-10 minutes or until slightly browned.
4. Add the kidney beans, tomato, chilli and paprika, bring to the boil and simmer for 10-15 minutes, add the lamb and the spinach, bring back to a boil, turn off.
5. Once the potatoes are cooked, cut a cross in the top and spread, spoon a generous amount of the meat and bean mix over the top and serve with the yoghurt.

### RECIPE – Braised lamb shoulder

Ingredients	Preparation	10 serves	50 serves
Lamb –shoulder	Bone in	1.8 kg (1)	10 kg (5)
Chicken stock	Reduced salt	1.2 litres	6.0 litres
Garlic	Whole cloves	30 grams (4)	15
Pepper - whole	Black peppercorns	5 grams	25 grams
Bay leaves		2	10
Thyme – fresh		¼ bunch	1 ½ bunches
Onion – brown	Roughly chopped	650 grams (3)	3.0 kg (12-14)
Carrot	Roughly chopped	400 grams	2.0 kg
Celery	Roughly chopped	250 grams	1.25 kg
Tomato – crushed		800 grams	3.0 kg

### Method

1. Heat the oven to 150°C.
2. Heat a pan or wide pot. Score the lamb all over.
3. Seal the lamb in the pan until browned on each side.
4. Deglaze the pan with a little bit of the stock and tip into a roasting dish.
5. In the same pan, sauté off the vegetables. Line the bottom of the roasting dish with the onion, carrot and celery.
6. Put the lamb on top and throw in the bay leaves and pepper corns, squeeze the thyme in your hand and throw into the dish, on and around the lamb.
7. Cut slits in the lamb and push the garlic cloves into the slits.
8. Pour the remaining stock and the crushed tomatoes into the dish and cover with grease proof paper and foil.
9. Put in the oven for approx. 3-3 ½ hour or until meat easily pulls of the bone.
10. Allow to rest for 30 minutes under the foil then pull the meat off the bone and chop up. Mix the meat with the reserved pan juices. Refrigerate if not using straight away.

### RECIPE – Cauliflower dahl with pilaf rice

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil - olive		2 tsp	30 ml	90 ml
Onion brown	Sliced thin	225 grams	450 grams	1.5 kg
Red curry paste		15 grams	25 grams	125 grams
Cumin – ground		2 tsp	1 tbsp	20 grams
Garlic – crushed		1 ½ tsp	20 grams	90 grams
Cauliflower	Small florets	500 grams	1.0 kg	5.0 kg
Red lentils	Dried	200 grams	400 grams	2.0 kg
Vegetable stock	Reduced salt	750 ml	1.3 litres	7.0 litres
Rice – jasmine		185 grams	370 grams	1.85 kg
Water		375 ml	750 ml	3.75 litres
Star anise		1	2	6
Spinach		150 grams	300 grams	1.5 kg
Yoghurt - Natural	Reduced fat	100 grams	200 grams	1.0 kg

### Method

1. Soak lentils in half the stock for 2-3 hours
2. Heat oven to 170°C
3. Heat oil in a large pot, add onion and cook for 2-3 minutes, add curry paste, cumin and ginger, cook until fragrant, 5 minutes.
4. Add cauliflower and stir to coat in spice and onion mix.
5. Add the lentils and the remaining stock to the pot, bring to a boil and then simmer for 30-45 minutes, until lentils have broken down, stir often.
6. For pilaf, pour rice into a gastronorm tray lined with grease proof, add water and stir around to evenly combine, throw in star anise. Top with another piece of grease proof and cover whole tray with foil, cook for 25 minutes. Remove foil and stir rice, allow to cool uncovered.
7. Finish curry with spinach, serve on pilaf rice with yoghurt.

### RECIPE – Chicken Biryani

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		30 ml	60 ml	100 ml
Chicken – breast	Diced, chunky	500 grams	1.0 kg	5.0 kg
Cumin – ground		2 tsp	1 tbsp	25 grams
Coriander – ground		2 tsp	1 tbsp	25 grams
Onion – brown	Diced	220 grams	400 grams	1.8 kg
Garlic – crushed		2 tsp	30 grams	85 grams
Ginger – crushed		1 tsp	20 grams	65 grams
Chilli – crushed		½ tsp	1 tsp	30 grams
Cauliflower	Florets	500 grams	1.0 kg	4.0 kg
Chicken stock	Reduced salt	250 ml	500 ml	2.5 litres
Tomato crushed		200grams	400 grams	2.0 kg
Tomato – cherry		200 grams	400 grams	1.5 kg
Coriander – fresh	Chopped and washed	¼ bunch	½ bunch	2 bunches

### Method

1. Coat the diced chicken in half of the dry spices.
2. Heat oil in a large pot, add the chicken in batches and brown, remove and put to the side.
3. Add onion to the pot with the remaining spices, garlic, ginger, chilli and ¼ cup of water to deglaze the pot, stir for 5 minutes constantly until fragrant.
4. Add the cauliflower and stir to coat in the spices.
5. Add the chicken, stock, crushed tomato and coriander stalks to the pot, simmer for 15 minutes.
6. Add the cherry tomato, cook for a further 10 minutes.
7. Finish the dish with the rest of the fresh coriander.

### RECIPE – Chicken, chickpea and tomato curry

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken thigh	Skin off, diced	500 grams	1.0 kg	4.5 kg
Oil – vegetable		20 ml	40 ml	60 ml
Onion – brown	Diced	180 grams	360 grams	1.8 kg
Garlic – crushed		1 tsp	2 tsp	80 grams
Ginger – crushed		1 tsp	2 tsp	70 grams
Turmeric		1 tsp	5 grams	25 grams
Cumin	Ground	1 tsp	5 grams	25 grams
Garam Marsala		1 tsp	6 grams	30 grams
Chilli – crushed		Pinch	¼ tsp	5 grams
Pepper – black	Cracked	¼ tsp	5 grams	10 grams
Chickpeas	Tinned/drained	300 grams	600 grams	2.5 kg
Tomato – crushed		350 grams	700 grams	3.0 kg
Chicken stock	Reduced salt	150 ml	300 ml	1.5 litres
Spinach		250 grams	500 grams	1.0 kg

### Method

1. Heat the oil in a large pot.
2. Add the chicken, onion, garlic, ginger, turmeric, cumin, garam marsala, chilli and pepper, stir continuously until spices are fragrant and chicken is coated.
3. Tip in the chickpeas, tomato and chicken stock. Bring to the boil and reduce to a simmer, stirring often. Cook for 45 minutes to 1 hour.
4. Stir through the spinach and cook for a further 5 minutes. Serve with steamed rice or pilaf rice.

### RECIPE – Chow Mein

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		20 ml	40 ml	100 ml
Onion – brown	Fine dice	180 grams	360 grams	1.6 kg
Garlic – crushed		1 tsp	16 grams	80 grams
Beef – mince	Lean	450 grams	900 grams	4.5 kg
Curry powder	Refer to GREEN recipe	2 tsp	1 tbsp	35 grams
Cabbage	Fine sliced	250 grams	500 grams	2.5 kg
Carrot	Fine dice	125 grams	250 grams	1.25 kg
Celery	Fine dice	110 grams	220 grams	1 bunch
Frozen vegetables	Mixed	200 grams	400 grams	2.0 kg
Rice	White, long grain	150 grams	300 grams	1.5 kg
Stock – vegetable	Reduced salt	225 ml	450 ml	2.2 litres
Soy sauce – gluten free	Reduced salt	20 ml	40 ml	200 ml

### Method

1. Heat the oil in a larger pot.
2. Fry off the garlic and onion, add the mince and curry powder and continue to fry off, stirring continuously until mince beginning to colour.
3. Add the vegetables and stir, cook for a further 15 minutes, or until vegetables are tender and cabbage has wilted.
4. Add the rice, stock and soy sauce, once the Chow Mein is boiling, turn down to a simmer and cook, lid on for 12-14 minutes or until rice is cooked and liquid absorbed. Serve.

### RECIPE – Lemon & thyme Barramundi Fillets with chickpeas

Ingredients	Preparation	5 serves	10 serves	50 serves
Barramundi fillets 180g – 200g	Thaw	5	10	50
Olive oil		60 ml	120 ml	600 ml
Thyme		1 tsp	5 grams	20 grams
Lemon zest		1 tbsp	2 tbsp	50 grams
Fresh lemon juice		50 ml	100 ml	500 ml
Garlic		1 ½ tsp	30 grams	110 grams
Smoked paprika		1 tsp	2 tsp	20 grams
Brown onion	Fine dice	160 grams	320 grams	1.5 kg
Chickpeas – tinned	400 gram tins	1 tin	2 tins	4 kg
Vegetable stock	Reduced salt	200 ml	400 ml	1.8 litres
Yoghurt - plain	Reduced fat	2 tbsp	4 tbsp	450 ml
Continental parsley		¼ bunch	½ bunch	2.5 bunches
Black pepper, cracked		¼ tbsp	½ tbsp	2 tbsp
Spinach		150 grams	300 grams	1.0 kg

### Method

1. Thaw Barramundi fillets in cool room overnight.
2. Heat oven to 190°C on dry heat
3. Whisk ¾ of the oil together with the thyme, lemon zest, ½ the lemon juice and ½ the garlic, add Barramundi fillets and marinate for 10 minutes, no longer or the juice will begin to cook the fish. After 10 minutes remove from marinade and put on a Preheated oven tray, cook for 15 minutes or until fish feels firm. (Temperature probe if required.)
4. Heat remaining oil in a gastronorm tray and add paprika, remaining garlic and onion, stir and put in oven for 5 minutes, add chickpeas and stock, cook for a

further 5-10 minutes, drain half of the stock off, add spinach and put back in oven for 3-4 minutes, remove, allow to cool.

5. Once cooled, add yoghurt, parsley, and pepper to chickpeas and stir through.
6. Spoon even quantities of the chickpeas on serving plates and top with a fillet of Barramundi, mix remaining lemon juice with the pan juices from the fish and drizzle over as a sauce.



### RECIPE – Mediterranean Slow braised lamb shoulder

Ingredients	Preparation	5 serves	10 serves	50 serves
Lamb shoulder	Trim excess fat	½ shoulder	2.0 kg	10 kg
Onion – brown	Roughly chopped	180 grams	360 grams	1.8 kg
Carrot	Roughly chopped	160 grams	320 grams	1.6 kg
Celery	Roughly chopped	2 sticks	¼ bunch	1 bunches
Beef stock	Reduced salt	300 ml	600 ml	3.0 litres
Tomato – fresh	In ½ thick slices	250 grams	500 grams	1.8 kg
Oregano – dried		½ tsp	1 tsp	250 grams
Garlic – cloves	Smashed, skin off	3	6	20 (1.5 head)
thyme – fresh	Chopped	5 sprigs	¼ bunch	1 bunch
Rosemary – fresh	Chopped	1 sprig	2 sprigs	¼ cup
Sage – fresh	Chopped	½ tbsp	1 tbsp	¼ bunch

### Method

1. Preheat the oven to 170°C.
2. Heat a pan or grill, brown the lamb on all sides.
3. In a baking tray put the onion, carrot, celery and the garlic, place the meat on top.
4. Sprinkle the herbs on and around the meat, spread around the pieces of tomato and pour in the stock.
5. Cover the tray with grease proof paper and foil, cook for 2 -2 ½ hours for the smaller pieces and up to 5 hours for the larger pieces. May require turning half way through.
6. In the last 30% of the cooking time remove the foil and glad bake.
7. Remove from the oven and cool. Remove the meat from the braising liquid and cover with foil. Remove the herb stalks and mash the vegetables through the sauce. Allow to sit for a few minutes then skim the impurities from the top of the sauce.
8. Pull all the meat from the bones and chop, mix with the sauce and store covered in the cool room for future use or freeze. Alternatively, serve the meat hot with mash or steamed smashed chats.

### RECIPE – Mexican beef baked potato

Ingredients	Preparation	5 serves	10 serves	50 serves
Potato	Large, washed	1.0 kg	2.0 kg	10 kg
Oil – vegetable		30 ml	40 ml	80 ml
Onion – red	Diced	160 grams	320 grams	1.2 kg
Garlic – crushed		1 tsp	2 tsp	80 grams
Celery	Diced	120 grams	240 grams	1.0 kg
Beef – mince	Lean	500 grams	1.0 kg	5.0 kg
Chilli – flakes	Dried	¼ tsp	½ tsp	7 grams
Tomato – crushed		300 grams	600 grams	2.9 kg
Red kidney beans		150 grams	300 grams	1.5 kg
Parsley – continental	Chopped	2 tbsp	¼ cup	1 bunch
Pepper – black		Pinch	¼ tsp	12 grams
Cheese – grated	Reduced fat	140 grams	280 grams	1.4 kg
Spinach		100 grams	200 grams	1.0 kg

### Method

1. Preheat the oven to 180°C.
2. Cook the potatoes for 45 minutes to 1 hour or until tender when tested with a skewer or knife.
3. Heat the oil in a pot, fry off the onion, garlic and celery until soft. Add the mince and brown, add the chilli, cook for 10 minutes, stirring often.
4. Add the tomato, kidney beans, parsley, pepper and salt, stir well, bring to the boil, reduce heat and cook for 30-40 minutes or until thickened.
5. Cut a cross in the top of the potato, put a good amount of spinach in the potato, top with spoonfuls of the meat mixture and cheese.
6. Put back in the oven for 10-15 minutes or until the cheese has melted, serve.

### RECIPE – Moroccan lamb jacket potato

Ingredients	Preparation	5 serves	10 serves	50 serves
Pulled Moroccan Lamb	As per GREEN recipe	500 grams	1.0 kg	5.0 kg
Coleslaw	As per GREEN recipe	450 grams	900 grams	4.0 kg
Potato – 220 gr ea.	Large, skin on	5 (1.1 kg)	10 (2.2 kg)	50 (11 kg)
Yoghurt	Reduced fat	125 grams	250 grams	1.25 kg
Parsley – continental	Chopped	2 tbsps.	¼ cup	1 bunch
Turmeric	Ground	½ tsp	1 tsp	1 ¼ tbsp

### Method

1. Preheat the oven to 180°C.
2. Roast the potatoes in the oven until tender, when checked with a skewer or a knife there is no resistance.
3. Warm the pulled lamb up in a pot or the microwave until hot.
4. Mix together the yoghurt, turmeric and parsley, set aside.
5. Cut a cross in the top of the potato and spread out, put a spoonful of the coleslaw on each potato, followed by the hot lamb then finish with the turmeric yoghurt. Serve.

### RECIPE – Persian chicken and tomato tagine

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		20 ml	30 ml	100 ml
Chicken thigh skin off.	Trimmed, 2cm pieces	500 grams	1.0 kg	5.0 kg
Onion – brown	Fine dice	160 grams	300 grams	1.5 kg
Carrot	Fine dice	100 grams	200 grams	1.0 kg
Celery	Fine dice	100 grams	200 grams	1.0 kg
Garlic – crushed		2 tsp	1 tbsp	80 grams
Cumin – ground		2 tsp	1 tbsp	20 grams
Cinnamon		1 tsp	2 tsp	10 grams
Allspice - ground		1 tsp	2 tsp	10 grams
Star anise		½ of 1	1 small	4
Hungarian paprika		1 tsp	2 tsp	12 grams
Pepper – black	Cracked	½ tsp	1 tsp	10 grams
Tomato – crushed		300 grams	600 grams	2.9 kg
Green lentils	Washed	110 grams	220 grams	1.1 kg
Honey		½ tbsp	25 ml	125 ml
Mint leaves	Chopped	1tbsp	¼ cup	¾ bunch
Parsley – continental	Chopped	¼ cup	¼ bunch	1 ¼ bunch
Beans – green	Blanched/cooked	200 grams	400 grams	2.0 kg
Rice	Steamed	155grams	300 grams	1.5 kg

### Method

1. In a pot, heat the oil and seal of the chicken in batches.
2. Add the onion, carrot, celery and garlic stir well and cook for a further 10 minutes.
3. Combine the cumin, cinnamon, all spice, star anise, paprika and pepper, tip this in to the pot and stir well, cook for 5 minutes.
4. Add the tomato, lentils, and a little water, bring to the boil and simmer for approx. 30-40 minutes or until the chicken is cooked and the sauce has thickened.

5. In the last 5 minutes of cooking add the honey and mint leaves.
6. Add the hot blanched beans to the rice and stir through the parsley.
7. Serve the Persian chicken with the rice, sprinkle with a little more paprika.

### RECIPE – Persian pork and lentil stew

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		20 ml	30 ml	80 ml
Pork – shoulder	Trimmed, 2cm pieces	500 grams	1.0 kg	5.0 kg
Onion – brown	Fine dice	160 grams	320 grams	1.6 kg
Carrot	Fine dice	100 grams	200 grams	1.0 kg
Celery	Fine dice	100 grams	200 grams	1.0 kg
Garlic – crushed		2 tsp	1 tbsp	80 grams
Cumin – ground		2 tsp	1 tbsp	20 grams
Cinnamon		1 tsp	2 tsp	10 grams
Allspice - ground		1 tsp	2 tsp	10 grams
Tomato – crushed		300 grams	600 grams	2.9 kg
Green lentils - dry	Washed	110 grams	220 grams	1.1 kg
Water		350 ml	700 ml	3.0 litres
Honey		1 tbsp	30 ml	125 ml
Mint leaves	Chopped	1 tbsp	¼ cup	¾ bunch
Parsley – continental	Chopped	¼ cup	¼ bunch	1 ¼ bunch
Beans – green	Blanched/cooked	200 grams	400 grams	2.0 kg

### Method

1. Preheat the oven to 150°C.
2. Heat the oil in a heavy base baking dish, fry the pork off in 2 batches, set aside.
3. In the same tray, sauté the onion, carrot, celery and garlic. Add the cumin, cinnamon and allspice, fry until fragrant.
4. Put the pork back into the tray, add the tomato, washed lentils and the water, stir together well to combine.
5. Cover with foil and place in the oven for approx. 2 hours, if the sauce reduces to much add a little more water.
6. Once cooked stir in the honey. Serve with the hot green beans tossed with the mint and parsley.

### RECIPE – Pulled beef

Ingredients	Preparation	5 serves	10 serves	50 serves
Beef – brisket or topside	Trim excess fat	850 grams	1.7 kg	8.5 kg
Beef stock	Reduced salt	125 ml	250 ml	1.25 litres
Onion – brown	Rough chop	220 grams	440 grams	2.2 kg
Carrot	Rough chop	180 grams	360 grams	1.8 kg
Celery	Rough chop	150 grams	300 grams	1.5 kg
Pepper – black		½ tsp	1 tsp	15 grams
Oregano – dried		1 tsp	2 tsp	25 grams
Garlic – crushed		1 tsp	2 tsp	25 grams

### Method

1. Preheat oven to 150°C
2. Heat a pan or grill, brown the beef brisket on each side.
3. In a gastronorm tray, put the onion, carrot and celery on the bottom, sit the piece of beef on top.
4. Rub the pepper, oregano and garlic all over the seared meat.
5. Pour in the beef stock and cover the tray with grease proof paper and foil, put in the oven for 4-4 ½ hours for large pieces or 2-2 ½ hours for the smaller pieces.
6. Remove from oven and allow to cool for 30 minutes. Once cooled pull the meat apart, strain the vegetables off and discard, keep the cooking liquid. When the meat has been pulled apart mix with the cooking liquid and store in the cool room covered for future use.

### RECIPE – Moroccan pulled lamb

Ingredients	Preparation	20 serves	70 serves
Lamb – leg	Boned	2.2 kg (1)	11.0 kg (5)
Chicken stock	Reduced salt	1.2 litres	6.0 litres
Garlic	Whole cloves	4	15
Paprika – smoked		2 tsp	15 grams
Thyme – fresh		¼ bunch	1 ½ bunches
Onion – brown	Roughly chopped	650 grams (3)	3.0 kg (12-14)
Carrot	Roughly chopped	400 grams	2.0 kg
Moroccan spice	As per GREEN recipe	3 tbsp	60 grams

### Method

1. Heat the oven to 150°C.
2. Heat a pan or wide pot. Score the lamb all over and rub with the Moroccan spice.
3. Seal the lamb in the pan until browned on each side.
4. Deglaze the pan with a little bit of the stock and tip into a roasting dish.
5. Line the bottom of the roasting dish with the onion and carrot.
6. Put the lamb on top and sprinkle with the paprika, squeeze the thyme in your hand and throw into the dish, on and around the lamb.
7. Cut slits in the lamb and push the garlic cloves into the slits.
8. Pour the remaining stock into the dish and cover with grease proof paper and foil.
9. Put in the oven for approx. 3-3 ½ hour or until meat easily pulls of the bone.
10. Allow to rest for 30 minutes under the foil then pull the meat off the bone using forks in a dragging motion. Mix the meat with the reserved pan juices. Refrigerate if not using straight away.



### RECIPE – Pulled pork

Ingredients	Preparation	5 serves	10 serves	50 serves
Pork leg or shoulder	Bone in, scored, trim excess fat	850 grams	1.7 kg	8.5 kg
Onion – brown	Rough chopped	180 grams	360 grams	1.8 kg
Carrot	Rough chopped	150 grams	300 grams	1.5 kg
Celery	Rough chopped	150 grams	½ bunch	1 ¼ bunches
Garlic – crushed		20 grams	40 grams	200 grams
Oregano – dried		½ tsp	1 tsp	15 grams
Tomato paste		1 tbsp	2 tbsp	200 grams
Pepper – black		½ tsp	1 tsp	20 grams
Vegetable stock	Reduced salt	250 ml	500 ml	2.5 litres

### Method

1. Preheat oven to 150°C
2. Heat a pan or grill and brown the pork cut on all sides.
3. Put the onion, carrot and celery in a gastronorm tray, sit the pork on top.
4. Mix together the garlic, oregano, tomato paste and pepper, spread this over the pork.
5. Pour the stock into the tray and cover with grease proof paper and foil.
6. Cook the larger cuts for 4 – 4 ½ hours or until coming away from the bone, the smaller cuts will only need approx. 2 – 2 ½ hours.
7. Rest for 20 – 30 minutes once out of the oven, pull the meat from the bones and shred, strain the vegetables and discard, mix the reserved cooking liquid with the meat and store in a covered container until required.

### RECIPE – Roasted vegetable lasagne

Ingredients	Preparation	16 serves	32 serves	64 serves
<b>Béchamel sauce</b>				
Flour – plain		225 grams	450 grams	900 grams
Oil – rice bran		200 ml	400 ml	800 ml
Milk	Reduced fat	2.8 litres	5.6 litres	11.0 litres
Cheese – grated	Reduced fat	100 grams	200 grams	400 grams
Nutmeg – ground		½ tbsp	1 tbsp	2 tbsp
<b>Roast vegetable filling</b>				
Oil – vegetable		40 ml	80 ml	160 ml
Pumpkin	Sliced	500 grams	1.0 kg	2.0 kg
Sweet potato	Sliced	500 grams	1.0 kg	2.0 kg
Zucchini	Sliced	400 grams	800 grams	1.6 kg
Potato	Sliced	400 grams	800 grams	1.6 kg
Carrot	Sliced, length ways	350 grams	700 grams	1.4 kg
Capsicum – red	Cut full sides	450 grams	900 grams	1.8 kg
Pepper – black		¼ tbsp	½ tbsp	20 grams
Thyme – fresh	Leaves picked	1 tbsp	2 tbsp	½ bunch
<b>Tomato sauce</b>				
Oil – vegetable		10 ml	20 ml	30 ml
Onion – brown	Chopped	180 grams	360 grams	720 grams
Garlic – crushed		10 grams	20 grams	40 grams
Tomato – crushed		800 grams	1.6 kg	3.2 kg
Basil – fresh	Ripped leaves	½ cup	¼ bunch	½ bunch
Spinach		220 grams	440 grams	800 grams
Lasagne sheets		270 grams	540 grams	1.2 kg
Cheese – grated	Reduced fat	100 grams	200 grams	400 grams

### Method

1. Preheat the oven to 170°C

2. For the béchamel sauce, heat the rice bran oil in a pot, add the flour, stir to combine and cook, stirring for 5 minutes. Add the milk and whisk smooth, turn heat down to a low simmer and bring slowly up to the boil, whisking often.  
Make sure the corners of the pot are stirred in as well. Once simmering, cook out the flour for 10-15 minutes, continuously stirring. Add the cheese and the nutmeg, cook for a further 2-3 minutes.
3. Separately toss the vegetables in a little bit of the oil, lay on trays and bake until tender with still a slight amount of resistance when tested with a skewer or a knife. Once out of the oven and still hot evenly distribute the thyme leaves and the pepper over the vegetables.
4. For the tomato sauce, heat the oil in a pot and sauté the onion and the garlic. Add the tomato, bring to the boil and simmer for 15 minutes or until thick. Turn the heat off and add the ripped up basil leaves.
5. To assemble the lasagne, spread a small amount of the béchamel sauce on the bottom of a gastronorm tray, layer lasagne sheets on next. Layer the vegetables in an even layer, mixed, top this with the white sauce, then a little cheese, followed by a few spoonfuls of the tomato sauce. Do three layers of the vegetable, white sauce and tomato sauce combination in total.
6. Finish the last layer with lasagne sheets and the remaining béchamel sauce, sprinkle over the rest of the cheese. Bake in the oven for 40-50 minutes or until no resistance is felt when a skewer or knife is inserted through the lasagne.
7. Allow to cool and place in cool room to set for easier portioning, or serve straight out of the oven.

### RECIPE – Shepard's pie

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		30 ml	60 ml	120 ml
Beef – mince	Lean	800 grams	1.6 kg	8.0 kg
Onion – brown		220 grams	440 grams	2.2 kg
Garlic – crushed		½ tbsp	1 tbsp	80 grams
Carrot		200 grams	400 grams	2.0 kg
Zucchini		180 grams	360 grams	1.8 kg
Mixed veg – frozen		220 grams	440 grams	2.2 kg
Beef stock	Reduced salt	150 ml	300 ml	1.5 litres
Flour – plain		1 tbsp	2 tbsp	¼ cup
Thyme – dried		½ tsp	1 tsp	1 tbsp
Mixed herbs – dried		½ tbsp	1 tbsp	20 grams
Pepper – black		¼ tsp	½ tsp	1 tbsp
Potato	Peeled rough chop	500 grams	1.0 kg	5.0 kg
Milk	Reduced fat	150 ml	300 ml	1.5 litres
Cheese – grated	Reduced fat	150 grams	300 grams	1.5 kg

### Method

1. Preheat the oven to 180°C
2. Heat the oil in a pot and sauté the onion and garlic, add the mince and brown.
3. Add the vegetables and cook for a further 5 minutes, stir in the flour and add the stock, turn down to a simmer and cook for 45 minutes to 1 hour. Finish the meat off with the herbs and pepper.
4. In another pot put the chopped potatoes in and cover with water, boil for 30-40 minutes or until soft enough to mash, drain the potatoes well, tip back into the pot, add the milk and ¾ of the cheese, mash then whisk until smooth.
5. Tip the meat mix into a deep tray and top with the mash potato, sprinkle the remaining cheese over the top, bake for 45 minutes or until browned on top.

### RECIPE – Spanish braised pork baked potato

Ingredients	Preparation	5 serves	10 serves	50 serves
Spanish braised pork	As per GREEN recipe	600 grams	1.2 kg	6.0 kg
Spinach		200 grams	400 grams	1.5 kg
Potato 220 grams ea.	Large, unpeeled	1.1 kg	2.2 kg	11 kg
Cheese – grated	Reduced fat	200 grams	400 grams	2.0 kg

### Method

1. Preheat the oven to 180°C.
2. Cook the potatoes for 40-50 minutes or until cooked, no resistance should be felt when tested with a skewer or a knife.
3. Heat the pork up with the braising liquid until hot, once hot, stir in the spinach to wilt.
4. Cut a cross in the top of the potato and spread, spoon a generous amount of meat on the potato and top with the cheese. Put back in the oven to melt the cheese, serve.

### RECIPE – Spanish braised pork

Ingredients	Preparation	5 serves	10 serves	50 serves
Pork – leg/shoulder	Trimmed	900 grams	1.8 kg	9.0 kg
Oil – olive		30 ml	60 ml	300 ml
Garlic – cloves	Smashed	2	4	20
Onion – red	Roughly chopped	220 grams	440 grams	2.2 kg
Carrot	In ½ length ways	180 grams	360 grams	1.8 kg
Celery	In ½ across stalk	180 grams	360 grams	1.8 kg
Smoked paprika		½ tsp	1 tsp	20 grams
Tomatoes - crushed		400 grams	800 grams	4.0 kg
Chicken stock	Reduced salt	250 ml	500 ml	2.5 litres
Capsicum – red	Rough dice	350 grams	700 grams	3.5 kg
Bay leaves		2	4	15
Thyme sprigs		4	¼ bunch	1 bunch

### Method

1. Preheat the oven to 150°C.
2. Heat the oil in a roasting tray on medium heat, seal the pork on all sides, remove and set aside.
3. Add all of the vegetables, garlic cloves and paprika to the dish and sauté until slightly browned.
4. Add the pork back into the dish, sitting it on top of the vegetables, pour the tomato and stock over the pork, add the bay leaves and thyme.
5. Cover the pork with grease proof and foil, cook in the oven for 5 – 5 ½ hours for the large pieces and 2 – 3 hours for the smaller pieces.
6. Remove from oven and rest, remove meat from the tray.
7. Discard the carrot, celery and herbs from the dish, pour the remaining pan juices into a bucket and allow to sit for 5 minutes. Skim the surface of any impurities.
8. Pull the meat off the bone and chop, stir this into the reserved sauce, portion into smaller containers and put covered into the cool room.

### RECIPE – Tandoori pulled lamb

Ingredients	Preparation	20 serves	70 serves
Lamb – leg	Boned	2.2 kg (1)	11.0 kg (5)
Chicken stock	Reduced salt	1.2 litres	6.0 litres
Garlic	Whole cloves	4	15
Thyme – fresh		¼ bunch	1 ½ bunches
Onion – brown	Roughly chopped	650 grams (3)	3.0 kg (12-14)
Carrot	Roughly chopped	400 grams	2.0 kg
Tandoori paste		80 grams	300 grams
Parsley – continental	Roughly chopped	¼ bunch	1 bunch

### Method

1. Heat the oven to 150°C.
2. Heat a pan or wide pot. Cut slits in the lamb and push in the garlic cloves.
3. Seal the lamb in the pan until browned on each side.
4. Deglaze the pan with a little bit of the stock and tip into a roasting dish.
5. Line the bottom of the roasting dish with the onion and carrot.
6. Rub the Tandoori paste over the lamb and put on top of the vegetables, squeeze the thyme in your hand and throw into the dish, on and around the lamb.
7. Pour the remaining stock into the dish and cover with grease proof paper and foil.
8. Put in the oven for approx. 3-3 ½ hour or until meat easily pulls off the bone.
9. Allow to rest for 30 minutes under the foil then pull the meat off the bone using forks in a dragging motion. Mix the meat with the reserved pan juices. Refrigerate if not using straight away.

### RECIPE – Tuscan Slow braised lamb shoulder

Ingredients	Preparation	5 serves	10 serves	50 serves
Lamb shoulder/leg	Trim excess fat	½ shoulder	1.6 kg	8.0 kg
Onion – brown	Rough chopped	180 grams	360 grams	1.4 kg
Carrot	Rough chopped	160 grams	320 grams	1.5 kg
Celery	Rough chopped	2 sticks	¼ bunch	1 bunches
Beef stock	Reduced salt	300 ml	600 ml	3.0 litres
Oregano – dried		½ tsp	1 tsp	25 grams
Garlic – cloves	Smashed skin on	3	6	20
thyme – fresh	Squashed	4 sprigs	8 sprigs	½ bunch

### Method

1. Preheat the oven to 150°C.
2. Heat a pan or grill, brown the lamb on all sides.
3. In a baking tray put the onion, carrot, celery and the garlic, place the meat on top.
4. Sprinkle the herbs on and around the meat, pour in the stock.
5. Cover the tray with grease proof paper and foil, cook for 2 -2 ½ hours for the smaller pieces and up to 5 hours for the larger pieces.
6. Remove from the oven and cool. Strain the vegetables in the tray and discard, reserve the braising liquid.
7. Pull all the meat from the bones and chop, mix with the reserved juices and store covered in the cool room for future use or freeze.



### RECIPE – Vegan dahl Jacket potato

Ingredients	Preparation	5 serves	10 serves	50 serves
Potato	Large, washed	1.1 kg	2.2 kg	11 kg
Lentils – green	Soaked 1 hour	350 grams	700 grams	3.0 kg
Oil – vegetable		20 ml	40 ml	80 ml
Cumin – ground		1 tsp	2 tsp	40 grams
Garam marsala		1 tsp	2 tsp	40 grams
Turmeric		1 tsp	2 tsp	30 grams
Garlic – crushed		10 grams	20 grams	100 grams
Ginger – crushed		5 grams	10 Grams	50 grams
Chilli – crushed		1 tsp	1 ½ tsp	20 grams
Onion – red	Diced	160 grams	320 grams	1.5 kg
Celery	Diced	150 grams	300 grams	1.5 kg
Carrot	Diced	150 grams	300 grams	1.5 kg
Vegetable stock	Reduced salt	600 ml	1.2 litres	5.0 litres
Pepper – black		¼ tsp	½ tsp	1 tbsp
Sea salt		½ tsp	1 tsp	25 grams
Spinach		200 grams	400 grams	1.6 kg

### Method

1. Preheat the oven to 180°C.
2. Bake the potatoes for 45 minutes to 1 hour or until tender when tested with a knife or skewer.
3. In a large pot, heat the oil and fry off the onion, cumin, garam marsala, turmeric, garlic, ginger and chilli until fragrant, 5 minutes approx...
4. Add the celery and carrot, cook for a further 5 minutes, tip a small amount of water in if the spices begin to stick.
5. Pour in the lentils and the stock, bring to the boil and reduce to a simmer, cook for 45 minutes to 1 hour or until lentils begin to break down.
6. Add the pepper, salt and the spinach, cook stirring for a further 5-10 minutes until spinach is wilted and combined.
7. Cut a cross in the potato and spread apart, spoon some of the dahl into the centre of the potato and re-heat in the oven for 10 minutes, serve hot.

## Quiches, Tarts & Frittatas

### RECIPE – Caramelised onion frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		30 ml	60 ml	110 ml
Onion – brown		500 grams	1.0 kg	5.0 kg
Bay leaf		1	2	6
Thyme – fresh	Leaves picked	1 tsp	2 tsp	¾ bunch
Egg		6	12	50 eggs
Cheese – grated	Reduced fat	200 grams	400 grams	1.8 kg
Pepper – black	Cracked	Pinch	¼ tsp	1 tbsp

### Method

1. Preheat the oven to 170°C.
2. In a pot heat the oil and add the onion, cook the onion with the bay leaves, stirring often until the onions have broken down and have caramelised.
3. Tip the onions into a bowl and cool.
4. In another bowl beat the eggs, thyme, cheese and pepper together, add the onion and combine well.
5. Pour the onion mix into a lightly greased deep oven dish and cook for 20-30 minutes, or until just set and browned slightly on top. The larger amounts may need more time.
6. Allow to cool before cutting into portions, these could also be done in muffin trays as a finger food.

### RECIPE – Chicken and leek frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – vegetable		25 ml	50 ml	110 ml
Leek		1	2	10
Chicken thigh	Skin off, fine dice	450 grams	900 grams	4.5 kg
Garlic – crushed		1 tsp	2 tsp	80 grams
Pepper – black	Cracked	¼ tsp	½ tsp	1 tbsp
Parsley	Chopped	¼ cup	¼ bunch	1 bunch
Eggs	Beaten	6	12	55
Milk	Reduced fat	65 ml	125 ml	600 ml
Cheese – grated	Reduced fat	125 grams	250 grams	1.25 kg

### Method

1. Preheat the oven to 180°C.
2. Slit the leeks down the centre and remove a couple of the outer leaves, slice finely and wash thoroughly, drain well.
3. Heat the oil in a pot and fry off the leek for 5 minutes, add the chicken and garlic, continue to fry off until the chicken is cooked. Stir in the pepper and the chopped parsley. Remove from the heat and cool.
4. In a large bowl whisk together the eggs and the milk, stir in the chicken mix and the cheese.
5. Line a deep baking dish and lightly spray, pour in the chicken mix and bake in the oven for 35-45 minutes or until set. Serve hot or cold.

Note: could be poured into smaller dishes or moulds and used as a finger food item.

### RECIPE – Egg and spinach filo tarts

Ingredients	Preparation	5 serves	10 serves	50 serves
Egg		7	14	70
Cottage cheese		60 grams	120 grams	600 grams
Cheese – grated	Reduced fat	75 grams	150 grams	750 grams
Mixed herbs – dry		1 tsp	2 tsp	25 grams
Filo pastry	1 sheet ea. Tart	50 grams	100 grams	500 grams
Oil – olive		15 ml	30 ml	250 ml
Spinach	Wilted	150 grams	300 grams	1.5 kg
Pepper – black		¼ tsp	½ tsp	15 grams
Smoked paprika		½ tsp	1 tsp	25 grams

### Method

1. Preheat the oven to 180°C.
2. Combine the eggs, cottage cheese, grated cheese and herbs in a bowl, mix well.
3. Lay a sheet of filo on the bench and lightly brush with oil, fold in half, oil again and fold into ¼'s, put 1 into eat muffin tin.
4. Evenly spread the wilted spinach between the filo tins, pour in the egg mix, sprinkle with the black pepper and the smoked paprika.
5. Bake in the oven for 12-15 minutes or until set.

### RECIPE – Pea, herb and feta frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		30 ml	50 ml	100 ml
Onion – brown		160 grams	320 grams	1.5 kg
Garlic – crushed		1 tsp	2 tsp	65 grams
Peas – frozen		250 grams	500 grams	2.5 kg
Oregano – dried		½ tsp	1 tsp	15 grams
Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Thyme	Chopped	1 tbsp	2 tbsp	1 ¼ bunches
Eggs		6	12	60
Feta	Reduced fat, Crumbled	150 grams	300 grams	1.5 kg

### Method

1. Preheat the oven to 170°C.
2. In a pan heat the oil and fry off the onion and garlic until slightly coloured. Remove from the heat and stir through the peas, oregano, parsley and thyme.
3. In a bowl mix together the eggs and the feta, stir in the pea mixture.
4. Pour the mix into a lined and lightly sprayed deep dish.
5. Bake for 30-45 minutes or until set and slightly coloured. Serve hot or cold.

### RECIPE – Potato and cheese frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		30 ml	60 ml	100 ml
Potato	Peeled, diced small	450 grams	900 grams	4.5 kg
Onion – brown	Sliced	180 grams	360 grams	1.8 kg
Garlic – crushed		1 tsp	2 tsp	85 grams
Eggs	Beaten	6	12	50
Milk	Reduced fat	40 ml	80 ml	400 ml
Cheese – grated	Reduced fat	120 grams	240 grams	1.2 kg
Parsley – continental	Chopped	2 tbsp	¼ bunch	1 bunch

### Method

1. Preheat the oven to 170°C.
2. In a pot heat the oil, add the onions, garlic and potato, continue on medium heat, stirring often until the potato is almost cooked through. Remove from the heat, allow to cool slightly.
3. In another bowl beat the eggs, cream, cheese and parsley together, tip the potatoes in and mix through.
4. Tip the mixture into a lightly greased tray and bake in the oven for 30-40 minutes or until just set and slightly browned on top, allow to cool before cutting into portions.

### RECIPE – Potato, corn and capsicum frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		40 ml	60 ml	120 ml
Garlic – fresh	Cloves, sliced	15 grams	30 grams	150 grams
Potato	Peeled thin slice	150 grams	300 grams	1.5 kg
Capsicum – red	Fine dice	120 grams	240 grams	1.0 kg
Corn – kernels	Frozen	140 grams	280 grams	1.3 kg
Parsley	Chopped	2 tbsp	¼ bunch	1 bunch
Eggs	Beaten	6	12	60
Milk	Reduced fat	65 ml	125 ml	500 ml
Cheese – grated	Reduced fat	150 grams	300 grams	1.5 kg
Paprika – smoked		½ tsp	1 tsp	1 tbsp

### Method

1. Preheat the oven to 180°C.
2. Heat the oil in a pan or a pot, sauté the garlic until soft, add the potato and cook until beginning to colour slightly, add the capsicum and the corn, cook for a further 5 minutes and remove from the heat.
3. In a bowl, combine the parsley, eggs, milk and cheese.
4. Mix through the potato mixture and pour into a deep lined tray or dish. Sprinkle over the paprika.
5. Bake for 30-45 minutes or until set. Serve hot or warm.



## RECIPE – Quiche – chicken and asparagus

Ingredients	Preparation	8 serves	16 serves	80 serves
Pastry – short crust	Reduced fat	200 grams (x1)	400 grams (x2)	2.0 kg
Chicken – breast	Poached	500 grams	1.0 kg	5.0 kg
Asparagus	Fresh, cut up.	2 bunches	4 bunches	20 bunches
Tomato – cherry	In ½	250 grams	500 grams	2.5 kg
Eggs	Whole	7	14	70
Milk	Reduced fat	100 ml	200 ml	1.0 litre
Cheese – grated	Reduced fat	200 grams	400 grams	2.0 kg
Parsley	Chopped	1 tbsp	2 tbsp	1 bunch

## Method

1. Preheat the oven to 170°C.
2. Line a quiche tin with the pastry, slice the chicken breast and evenly distribute this over the pastry followed by the cut cherry tomatoes.
3. Mix together the eggs, milk, cheese and sea salt.
4. Put the asparagus in the tin and pour over the egg mixture, sprinkle the top with the parsley.
5. Bake in the oven for 30-45 minutes or until set and slightly coloured. Serve hot or cold.

### RECIPE – Roast vegetable frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		30 ml	60 ml	150 ml
Capsicum – green	Dice	100 grams	200 grams	900 grams
Capsicum – red	Dice	100 grams	200 grams	900 grams
Pumpkin	Dice	110 grams	220 grams	1.0 kg
Mushrooms	In half, slice	100 grams	200 grams	900 grams
Zucchini	Dice	110 grams	220 grams	1.0 kg
Potato	Dice	120 grams	240 grams	1.1 kg
Onion – red	Dice fine	140 grams	280 grams	1.2 kg
Garlic – crushed		½ tsp	1 tsp	40 grams
Eggs	Beaten	6	12	60
Milk	Reduced fat	125 ml	250 ml	1.0 litre
Cheese – grated	Reduced fat	150 grams	300 grams	1.4 kg
Paprika smoked		½ tsp	1 tsp	1 tbsps
Oregano – dried		½ tsp	1 tsp	1 tbsps
Pepper – black		¼ tsp	½ tsp	15 grams

### Method

1. Preheat the oven to 180°C.
2. Put the capsicum, mushroom and zucchini in a bowl and toss with a 3<sup>rd</sup> of the oil, tip on a tray and bake for 10 - 15 minutes.
3. Toss the pumpkin and potato with another 3<sup>rd</sup> of the oil and bake for 20 – 25 minutes.
4. In a pan heat the remaining oil and fry off the onion and garlic.
5. Tip all of the vegetables including the onion into a bowl and mix with the paprika, oregano and pepper.
6. In a separate bowl beat the eggs, cheese and milk together.
7. Combine the 2 mixtures and pour into a lined and lightly sprayed deep dish and bake for 35 minutes to 1 hour, depending on the size of the tray, or until set and beginning to brown slightly. Serve hot or cold.

### RECIPE – Salmon and roast vegetable quiche

Ingredients	Preparation	6 serves	12 serves	60 serves
Pastry – short crust	Light	200 grams	400 grams	2.0 kg
Salmon – fresh	Cooked fillet	200 grams (x1)	400 grams (x2)	2.0 kg
Capsicum – red	Roasted, diced	100 grams	200 grams	1.0 kg
Capsicum – green	Roasted, diced	100 grams	200 grams	1.0 kg
Pumpkin	Diced, roasted	120 grams	240 grams	1.2 kg
Zucchini	Diced, roasted	120 grams	240 grams	1.2 kg
Spinach	Chopped	80 grams	160 grams	800 grams
Eggs – whole		7	14	70
Milk	Reduced fat	100 ml	200 ml	1.0 litre
Cheese – grated	Reduced fat	80 grams	160 grams	800 grams

### Method

1. Preheat the oven to 170°C.
2. Lightly spray the quiche tin and line with 1 sheet of the light short crust pastry.
3. Flake the salmon into small pieces and mix with the vegetables and the cheese, tip this into your quiche tin.
4. Beat together the egg and cream, pour this in the quiche tin, making sure it is evenly distributed between the ingredients.
5. Bake in the oven for approx. 35-40 minutes or until set and coloured on the surface.
6. Serve hot or cold.

### RECIPE – Spinach, roasted red capsicum and feta cheese tart

Ingredients	Preparation	10 serves	20 serves	50 serves
Eggs		12 whole	25	80
Roasted capsicum		500 grams	1.0 kg	4.5 kg
Spinach		50 grams	100 grams	500 grams
Filo pastry		100 grams (x10)	20 sheets	50 sheets
Olive oil – spray		5 ml	10 ml	50 ml
Feta cheese	Reduced fat and crumbled	200 grams	400 grams	1.8 kg
Mixed herbs		¼ tsp	1 ½ tsp	15 grams
Cheese – shredded	Reduced fat	100 grams	200 grams	1.0kg

### Method

1. Preheat oven to 180°C
2. Combine eggs, tasty cheese, and herbs in a bowl, whisk well.
3. Lay a sheet of filo on your board, brush with oil, fold in half, brush with oil again, fold into quarters.
4. Line muffin tins with the filo, evenly distribute the roast red capsicum between tins along with the feta and spinach.
5. Pour in egg mixture to the top of the pastry, bake in oven for 12-15 minutes or until set.

### RECIPE – Vegetable and 3 cheese frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Onion – red	Fine dice	160 grams	320 grams	1.5 kg
Zucchini	Grated	110 grams	220 grams	1.0 kg
Sweet potato	Grated	110 grams	220 grams	1.0 kg
Pumpkin	Grated	100 grams	200 grams	900 grams
Peas – frozen		110 grams	220 grams	1.0 kg
Spinach	Chopped	80 grams	160 grams	700 grams
Garlic – crushed		½ tsp	1 tsp	40 grams
Eggs	Beaten	6 whole	12 whole	60 whole
Cheese – grated	Reduced fat	120 grams	240 grams	1.0 kg
Cheese – feta	Crumbled, reduced fat	100 grams	200 grams	900 grams
Cottage cheese		80 grams	160 grams	750 grams
Herbs – dried	Mixed	1 tsp	2 tsp	20 grams

### Method

1. Preheat the oven to 160°C
2. Combine all of the vegetables and the garlic in a large bowl and mix together.
3. Beat together the eggs, cheeses and herbs, tip into the vegetable mix and combine together thoroughly.
4. Pour the mix into a deep, lined and sprayed baking tray or gastronorm. Cook for 40 minutes to 1 hour or until set and beginning to brown on top.
5. Serve straight away or allow to cool and then cut into appropriate size portions for reheating at a later stage.

### RECIPE – Vegetable frittata with broccolini

Ingredients	Preparation	1 tray	2 trays	5 trays
Brown onion	Diced	220 grams	440 grams	2.2 kg
Crushed garlic		2 tsp	4 tsp	200 grams
Red capsicums	Diced	360 grams	720 grams	3.6 kg
Carrots	Grated	240 grams	480 grams	2.4 kg
Broccolini	Stems cut in to 1 cm	190 grams	380 grams	1.75 kg
Peas		375 grams	750 grams	3.75 kg
Milk	Reduced fat	500 ml	1 litre	5 litres
Eggs		30	60	300
Grated cheese	Reduced fat	400 grams	800 grams	4 kg
Dried oregano		4 tsps.	15 grams	75 grams
Black pepper		1 tsp	2 tsp	20 grams

### Method

1. Preheat oven to 180°C.
2. Cook broccolini in boiling water for 1-2 minutes.
3. Sweat off onion and garlic, put in a large bowl, add capsicum, carrot, broccolini and peas.
4. Crack eggs in a separate bowl and add milk, cheese, oregano and black pepper, whisk to combine.
5. Add egg mix to vegetables and stir.
6. Pour mix into gastronorm tray lined with baking paper, cook for 45 minutes or until set.

### RECIPE – Vegetable slice

Ingredients	Preparation	5 serves	10 serves	50 serves
Capsicum – green	Fine dice	50 grams	100 grams	500 grams
Capsicum - red	Fine dice	50 grams	100 grams	500 grams
Carrot	Grated	55 grams	110 grams	550 grams
Sweet potato	Grated	55 grams	110 grams	550 grams
Zucchini	Grated	95 grams	190 grams	950 grams
Pumpkin	Grated	40 grams	80 grams	400 grams
Onion – red	Fine dice	80 grams	160 grams	800 grams
Eggs		4	8	40 eggs
Flour – self raising		60 grams	120 grams	600 grams
Cheese – grated	Reduced fat	60 grams	125 grams	625 grams
Vegetable stock – powder	Reduced salt	1 tsp	2 tsps.	30 grams
Pepper – black		1 tsp	½ tbsp	20 grams

### Method

1. Preheat oven to 170° c.
2. Beat eggs in a large bowl, add flour and beat until combined and smooth.
3. Add the prepared vegetables, cheese, powdered stock and the pepper.
4. Pour into a sprayed gastronorm tray and bake for 30-45 minutes or until set.
5. Allow to cool and cut into portions.

### RECIPE – Zucchini and mushroom frittata

Ingredients	Preparation	5 serves	10 serves	50 serves
Oil – olive		30 ml	60 ml	110 ml
Zucchini	Diced	250 grams	500 grams	2.5 kg
Mushroom – mixed	Sliced, fine	350 grams	700 grams	3.0 kg
Onion – brown	Diced, fine	160 grams	320 grams	1.2 kg
Eggs	Beaten	6	12	60
Cheese – grated	Reduced fat	150 grams	300 grams	1.5 kg
Thyme – fresh	Leaves picked, chopped	2 tsp	1 tbsp	1 ½ bunches
Parsley	Chopped	1 tsp	2 tsp	1 bunch

### Method

1. Preheat the oven to 180°C.
2. In a pot or pan, heat the oil, fry off the onion, zucchini and mushroom, until well reduced and the liquid has evaporated.
3. Mix the eggs, cheese, parsley and thyme together, add the slightly cooled mushroom mix and combine well.
4. Pour into a deep lined gastronorm tray or baking dish.
5. Bake for 30-45 minutes depending on the size and depth. Until set and browned on top.
6. Serve hot or cold.



### RECIPE – Zucchini slice with feta

Ingredients	Preparation	5 serves	10 serves	50 serves
Zucchini	Grated	200 grams	400 grams	2.0 kg
Garlic – crushed		½ tsp	1 tsp	450 grams
Oil – vegetable		20 ml	40 ml	100 ml
Onion – brown	Diced	180 grams	360 grams	1.8 kg
Feta	Reduced fat, Crumbled	125 grams	250 grams	1.2 kg
Eggs		2	4	20
Flour – besan		100 grams	200 grams	900 grams
Pepper – black		Pinch	½ tsp	2 ½ tsp

### Method

1. Preheat the oven to 160°C.
2. Grate the zucchini and put in a strainer, squeeze the excess moisture out of the zucchini and put into a bowl.
3. Heat the oil in a frying pan and sauté the garlic and onion until light brown, tip into the zucchini and mix.
4. Beat together the feta and the eggs, tip into the zucchini mix and stir through, sprinkle over the besan flour and pepper, stir thoroughly again.
5. Tip the mixture into a lightly sprayed and lined gastronorm tray and bake for 45 minutes to 1 hour or until set and browned on top, allow to cool slightly before cutting into appropriate portion sizes. Serve hot or cold.

## Pasta & Rice

### RECIPE – Basil pesto pasta

Ingredients	Preparation	5 serves	10 serves	50 serves
Basil pesto	As per GREEN recipe	100 grams	200 grams	1.0 kg
Fettuccini	Or similar wide pasta	300 grams	600 grams	3.0kg kg
Shallots	Peeled in half	250 grams	500 grams	2.5 kg
Red capsicum	Roasted, diced	220 grams	440 grams	2.0 kg
Pepper – black	Cracked	¼ tsp	½ tsp	1 tbsp
Parsley – continental	Rough chop	¼ cup	¼ bunch	1 bunch

### Method

1. Bring a pot of water to the boil, cook the pasta as per instruction to al dente.
2. In the meantime, heat a large pan or pot spray lightly with olive oil spray, add the shallots and a splash of water, fry off the shallots until brown, caramelised and softening.
3. Add the red capsicum and stir, add the pesto and mix together, use some of the pasta cooking water to loosen the sauce.
4. Add drained pasta and toss until well combined, portion into serving bowls sprinkle with the rough chopped parsley and pepper.

### RECIPE – Chicken arancini with feta

Ingredients	Preparation	10	20	80
Chicken stock	Reduced salt	250 ml	500 ml	2.5 litres
Oil – olive		30 ml	60 ml	150 ml
Onion – brown	Diced fine	80 grams	160 grams	800 grams
Carrot	Diced fine	50 grams	100 grams	500 grams
Celery	Diced fine	50 grams	100 grams	500 grams
Garlic – crushed		1 tsp	2 tsp	80 grams
Chicken breast	Skin off, minced	250 grams	500 grams	2.5 kg
Arborio rice		75 grams	150 grams	750 grams
Parsley – continental	Chopped	2 tbsp	¼ bunch	1 bunch
Pepper – black	Cracked	¼ tsp	½ tsp	1 tbsp
Feta	Reduced fat	60 grams	120 grams	600 grams
Flour – plain		¼ cup	½ cup	450 grams
Egg	Beaten	2	4	16
Milk	Reduced fat	100 ml	200 ml	600 ml
Breadcrumbs		125 grams	250 grams	1.2 kg

### Method

1. Bring the chicken stock to a simmer in a separate pot.
2. Heat the oil in a large pot, add the onion, carrot, celery, garlic and chicken mince, sauté the ingredients off for 10-15 minutes or until soft and starting to brown slightly.
3. Add the Arborio rice and fry off with the veg for a further 5 minutes, stir until the rice begins to make a pop sound.
4. Turn the pot down to a low heat, slowly add the stock ladle by ladle until the rice absorbs all of the liquid. Mixture will sometimes not take all the stock, other times it may need a little more.
5. Tip the risotto into a long deep tray and allow to cool, stirring the mix often.

6. Add half the beaten eggs for 5 and 10 serves recipes and 10 eggs for the 50 serve recipe. Add the parsley and the pepper at the same time. Mix very well and allow to cool completely.
7. Roll the mixture into balls about the size of a golf ball, press a hole into the centre and place a piece of feta, reform the ball around the feta and set aside.
8. Mix together the remaining eggs and the milk, set up a crumbing station and crumb the arancini.
9. Lightly spray the arancini with oil, cook them in a very hot oven for approx. 15 minutes or until browned and cooked through.
10. Serve hot, with garlic yoghurt.

### RECIPE – Creamy mushroom and spinach pasta bake

Ingredients	Preparation	5 serves	10 serves	50 serves
Margarine		50 grams	100 grams	450 grams
Onion – brown	Chopped	180 grams	360 grams	1.8 kg
Garlic – crushed		16 grams	30 grams	150 grams
Mushroom – cup	Sliced	200 grams	400 grams	1.5 kg
Mushroom – portabello	Sliced	100 grams	500 grams	500 Grams
Stock – vegetable	Reduced salt	250 ml	300 ml	450 ml
Flour – plain		200 grams	400 grams	1.2 kg
Milk	Reduced fat	900 ml	1.2 litres	4.0 litres
Pepper – black	Cracked	½ tsp	1 ½ tsp	15 grams
Spinach		250 grams	500 grams	2.0 kg
Pasta – penne		400 grams	800 grams	2.5 kg
Cheese – grated	Reduced fat	220 grams	440 grams	2.0 kg

### Method

1. Preheat the oven to 170°C.
2. In a large pot melt the margarine, add the onion and the garlic, cook until soft.
3. Add the mushrooms and cook down for 10-15 minutes.
4. Add the flour stir in well, add in the cold stock and whisk until a thick sauce forms.
5. Pour in the milk and whisk again to ensure no lumps, turn down to a simmer and cook for 25-35 minutes or until flour taste is cooked out.
6. In the meantime, bring a large pot of water to the boil and cook the pasta al dente, drain.
7. Add the pepper and the spinach to the sauce, stir well.
8. Tip the drained pasta into the sauce and stir well, pour into a gastronorm tray and cover the top with cheese. Bake in the oven for 15-20 minutes or until cheese has melted and begun to brown.

### RECIPE – Slow cooked beef ragout with rigatoni

Ingredients	Preparation	5 serves	10 serves	50 serves
Beef – chuck or similar	Dice	1 kg	2 kg	10 kg
Flour – plain		100 grams	200 grams	1.0 kg
Pepper – black		¼ tsp	½ tsp	15 grams
Oil – olive		30 ml	60 ml	110 ml
Garlic – crushed		2 tsp	1 tbsp	100 grams
Onion – brown	Diced	180 grams	360 grams	1.8 kg
Carrot	Diced	220 grams	440 grams	2.2 kg
Celery	Diced	110 grams	220 grams	1.1 kg
Thyme	Sprigs	2	4	1 bunch
Tomato – crushed		400 grams	800 grams	3.5 kg
Beef stock	Reduced salt	250 ml	500 ml	2.5 litres
Balsamic vinegar		60 ml	120 ml	500 ml
Pasta	Rigatoni or similar	400 grams	750 grams	3.5 kg
Parsley – continental	Chopped	¼ cup	½ bunch	1 ¼ bunch

### Method

1. Preheat the oven to 150°C.
2. Put the beef and the flour in a bag and shake to cover the beef evenly with the flour.
3. Heat the oil in a pot and brown the beef in batches.
4. After all the beef is cooked add a ¼ cup of water and deglaze the pot until almost all the water has evaporated, put the onion, garlic, carrot and celery in the pot and cook for 5 minutes. Add the thyme, tomato, beef stock and balsamic.
5. Tip the contents of the pot into a roasting dish and add the beef. Cover the tray with greaseproof paper and foil, put into the oven for 3-4 hours, or until meat is very tender and sauce deep red and reduced.
6. After the ragout is cooked, boil the pasta in water for recommended cooking time for al dente. Drain the pasta and return back to the pot, tip the ragout into the pasta and stir through the parsley, divide into serving bowls.

## RECIPE – Tuna Mornay with spinach and smoked paprika

Ingredients	Preparation	5 serves	10 serves	50 serves
Pasta	Spiral or penne	250 grams	500 grams	2.5 kg
Oil – rice bran		70 ml	140 ml	600 ml
Flour plain		60 grams	120 grams	600 grams
Milk	Reduced fat	670 ml	1.3 litres	6.5 litres
Cheese – grated	Reduced fat	200grams	400 grams	2.0 kg
Parsley	Chopped	¼ cup	¼ bunch	1 bunch
Tuna	In spring water, well drained	425 grams ( 1 tin)	850 grams	4.25 kg
Red onion	Fine dice	180 grams	360 grams	1.6 kg
Corn	Thawed/tinned	220 grams	440 grams	2.2 kg
Spinach	Chopped	120 grams	240 grams	1.2 kg
Pepper – black	Cracked	Pinch	½ tsp	15 grams
Breadcrumbs	Fresh	1 cup	120 grams	700 grams
Paprika – smoked		¼ tsp	½ tsp	2 tsp

## Method

1. Preheat the oven to 180°C.
2. Bring a large pot of water to the boil and cook the pasta until al dente.
3. In another pot heat the oil and stir in the flour, whisk in the milk, bring to the boil, whisking very often. Reduce heat to a simmer and cook for 20-25 minutes.
4. Stir the parsley and ¾ of the cheese through the sauce, cook for a further 5 minutes.
5. In a bowl put the drained tuna, red onion, corn, spinach and pepper, combine.
6. Mix the béchamel sauce through the tuna, add the cooked pasta, mix well.
7. Tip into a lightly greased deep oven dish and sprinkle with the breadcrumbs, remaining cheese and the paprika. Bake for 30-40 minutes or until browned on top. Serve.



### RECIPE – Vegetable arancini

Ingredients	Preparation	10 serves	20 serves	80 serves
Vegetable stock	Reduced salt	250 ml	500 ml	2.5 litres
Oil – olive		30 ml	60 ml	150 ml
Onion – red	Diced fine	80 grams	160 grams	800 grams
Carrot	Diced fine	50 grams	100 grams	500 grams
Celery	Diced fine	50 grams	100 grams	500 grams
Capsicum – red	Diced fine	50 grams	100 grams	500 grams
Garlic – crushed		1 tsp	2 tsp	80 grams
Arborio rice		75 grams	150 grams	750 grams
Parsley – continental	Chopped	2 tbsp	¼ bunch	1 bunch
Pepper – black	Cracked	¼ tsp	½ tsp	1 tbsp
Flour – plain		½ cup	1 cup	450 grams
Egg	Beaten	2	4	16
Milk	Reduced fat	100 ml	200 ml	600 ml
Breadcrumbs		125 grams	250 grams	1.2 kg

### Method

1. Bring the vegetable stock to a simmer in a separate pot.
2. Heat the oil in a large pot, add the onion, carrot, celery, capsicum and garlic, sauté the ingredients off for 10-15 minutes or until soft and starting to brown slightly.
3. Add the Arborio rice and fry off with the veg for a further 5 minutes, stir until the rice begins to make a pop sound.
4. Turn the pot down to a low heat, slowly add the stock ladle by ladle until the rice absorbs all of the liquid. Mixture will sometimes not take all the stock, other times it may need a little more.
5. Tip the risotto into a long deep tray and allow to cool, stirring the mix often.
6. Add half the beaten eggs for 5 and 10 serves recipes and 10 eggs for the 50 serve recipe. Add the parsley and the pepper at the same time. Mix very well and allow to cool completely.

7. Roll the mixture into balls a bit smaller than a golf ball.
8. Mix together the remaining eggs and the milk, set up a crumbing station and crumb the arancini.
9. Lightly spray the arancini with oil, cook them in a very hot oven for approx. 15 minutes or until browned and cooked through.
10. Serve hot, with garlic yoghurt.

## Salads

### RECIPE – Apple, cabbage and spinach salad with pepitas

Ingredients	Preparation	5 serves	10 serves	50 serves
Apple	Peeled, diced	110 grams	220 grams	1.1 kg
Cabbage – red	Fine slice	120 grams	240 grams	1.2 kg
Spinach		80 grams	160 grams	800 grams
Onion – red	Fine slice	150 grams	300 grams	1.2 kg
Apples	Thin slice	220 grams	440 grams	2.2 kg
Pepitas	Roasted	75 grams	150 grams	750 grams
Oil – olive		20ml	40 ml	200 ml
Vinegar – white wine		20 ml	40 ml	200 ml
Dijon mustard		½ tsp	1 tsp	30 grams
Garlic – crushed		¼ tsp	8 grams	35 grams
Parsley	Chopped	2 tbsp	¼ cup	¾ bunch

### Method

1. Put the diced apple in a pot and cover with water, boil until soft enough to puree. Drain the excess liquid of and puree, allow to cool.
2. Combine the cabbage, spinach, red onion, and apple. Mix well.
3. In another bowl or jug combine the olive oil, vinegar, mustard, garlic, apple puree and parsley. Mix very well. Pour this over the salad and toss well to combine.
4. Portion the salad and sprinkle with the pepitas, serve.
5. Could be used as a carrier salad for chicken or pork.

### RECIPE – Balsamic marinated lamb and beetroot salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Lamb – diced	Trimmed	500 grams	1.0 kg	5.0 kg
Oil – olive		30 ml	60 ml	110 ml
Balsamic vinegar		50 ml	100 ml	400 ml
Garlic – crushed		1 tsp	2 tsp	80 grams
Rocket		200 grams	400 grams	2.0 kg
Onion – red	¼'s	320 grams	640 grams	3.0 kg
Baby beetroot	Drained, in ½	425 grams(1 tin)	850 grams	4.25 kg
Feta	Reduced fat, Diced	250 grams	500 grams	2.0 kg
Red capsicum	Roasted, strips	200 grams	400 grams	1.8 kg
Parsley – continental	Chopped	1 tbsp	2 tbsp	1 bunch

### Method

1. Preheat the oven to 190°C
2. In a bowl put the oil, balsamic, garlic and the lamb, toss together well and allow to marinate for 30 minutes.
3. Put the quartered onion on a tray along with the capsicum and cook until soft and starting to colour, approx. 20 minutes.
4. Heat a flat grill or large pan and cook the diced lamb in batches, remove from grill and put in a tray, covered with foil, keep warm.
5. In a bowl combine the roasted vegetables, beetroot, feta and rocket. Drizzle some of the juices from the lamb dish over the salad to dress.
6. Portion onto plates and evenly distribute the lamb amongst the salad. Serve.

### RECIPE – Bean, tomato and radish salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Onion – brown	Diced	180 grams	360 grams	1.0 kg
Oil – vegetable		20 ml	40 ml	100 ml
Oregano – dried		1 tsp	2 tsp	15 grams
Garlic – crushed	(1 x clove 6 grams)	1 clove	2 cloves	10 cloves
Red wine vinegar		50 ml	100 ml	500 ml
Tomato – fresh	Chopped	450 grams	900 grams	4.2 kg
Beans – cooked	Butter beans if avail.	300 grams	600 grams	2.7 kg
Mixed lettuce		125 grams	250 grams	1.2 kg
Zucchini	Ribbons	110 grams	220 grams	1.1 kg
Radish	Fine slice	150 grams	300 grams	1.3 kg
Parsley	Chopped	2 tbsp	¼ cup	1 bunch

### Method

1. Heat the oil in a pot and caramelise the onion, garlic and oregano. Add the vinegar, bring to the boil and turn off, remove from the heat and cool completely.
2. In a bowl put the tomato, beans and zucchini, pour ½ of the dressing over and toss, let sit for 5 minutes. Just before serving pour the remaining dressing over the lettuce and toss, put on to plates and top with the tomato mix. Finish with the radish slices and the chopped parsley.

### RECIPE – Coleslaw

Ingredients	Preparation	5 serves	10 serves	50 serves
Red cabbage	Fine slice	75 grams	150 grams	750 grams
Green cabbage		75 grams	150 grams	750 grams
Red capsicum	Fine dice	45 grams	90 grams	450 grams
Green capsicum		45 grams	90 grams	450 grams
Carrot	Grated	60 grams	120 grams	600 grams
Red onion	Fine slice	30 grams	65 grams	325 grams
Parsley – continental		3 tbsp	¼ bunch	1 ¼ bunches
Coleslaw dressing	Low fat commercial	60 ml	110 ml	500 ml

### Method

1. Mix all the prepared and sliced vegetables well in a large bowl.
2. Add the dressing and stir to combine, use within 1 ½ hours or the coleslaw will begin to soften.

### RECIPE – Honey roasted carrot salad with cumin

Ingredients	Preparation	5 serves	10 serves	50 serves
Carrots	Cut into batons	250 grams	500 grams	2.5 kg
Oil – olive		2 tsp	15 ml	75 ml
Cumin seeds	Ground	1 tsp	2 tsp	20 grams
Honey		1 tsp	½ tbsp	50 grams
Onion – red	Wedges	135 grams (1)	270 grams (2)	1.3 kg (10)
Pearl barley	Cooked	¾ cup	1 ½ cups	3.0 kg
Pine nuts	Roasted	40 grams	75 grams	375 grams
Fresh lemon juice		10 ml	20 ml	100 ml
Parsley – continental		2 tbsp	¼ bunch	2 bunches

### Method

1. Preheat oven to 180°C
2. Mix oil and cumin, pour over carrots, mix well and roast until browned and tender. Remove from oven and drizzle over honey, mix and allow to cool.
3. Roast onion pieces until soft and beginning to caramelize.
4. Mix pearl barley, lemon juice, parsley and any cooking juices from vegetables, add ¾ of the vegetables to the barley mix.
5. Plate up the barley and vegetable mix, top with the remaining vegetables and sprinkle over the pine nuts.



### RECIPE – Lamb and lentil salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Coriander seeds	Crushed	1 ½ tsp	2 tsp	20 grams
Cumin	Ground	2 tsp	3 tsp	25 grams
Lean leg of lamb		750 grams	1.5kg	7.5 kg
Red onion	Diced	180 grams	360 grams	1.8 kg
Garlic	Crushed	1 tsp	15 grams	70 grams
Beef stock	Reduced salt	200 ml	400 ml	2.0 litres
Honey		1 tsp	2 tsp	200 ml
Olive oil		10 ml	20 ml	100 ml
Spring onions	Thinly sliced	4	8	2 bunches
Water		60 ml	120 ml	600 ml
Brown lentils	Drained and rinsed	500 gram	1kg	4.5 kg
Red cabbage	Chiffonnade	400 grams	800 grams	3.8 kg
Broccoli	Cut into small florets	300 grams	600 grams	3.0 kg
Balsamic vinegar		20 ml	40 ml	200 ml
Flat leaf parsley	Coarsely chopped for garnish	¼ cup	½ cup	1 bunch
Black pepper	Cracked	pinch	5 grams	25 grams

### Method

1. Combine coriander and 1 tablespoon of cumin in a bowl.
2. Coat raw lamb with spice mix.
3. Heat a pan with the olive oil.
4. Seal lamb on all sides and place in ½ gastronorm tray lined with glad bake.
5. In the same pan add half of garlic and cook lightly, add stock, honey and bring to boil.
6. Pour over lamb, cover with glad bake and foil and place in combi oven @ 170°C for 1-1 ½ hours. Set aside lamb and retain any pan juices.
7. Steam broccoli (leave firm).

8. Lightly Sauté spring onion remaining garlic and cumin. Add cabbage cook for 8-10 minutes, then add lentils and Balsamic cook for 1 minute remove from heat and cover, cool.
9. Thinly slice lamb, combine all above ingredients in a bowl and pour over pan juices, check seasoning.
10. Portion salad and top with sliced lamb, garnish with chopped parsley and serve warm.

### RECIPE – Lamb with tabouleh salad and yoghurt

Ingredients	Preparation	5 serves	10 serves	50 serves
Burghul		150 grams	300 grams	1.5 kg
Lamb leg	Fat trimmed	125g	1.25kg	6.25 kg
Onion – spring	Sliced	3	½ bunch	2 bunches
Sumac		10 grams	20 grams	100 grams
Olive oil		15 ml	30 ml	125 ml
Cucumber	Diced	250 grams	500 grams	2.5 kg
Cherry tomato	Halved	250 grams	500 grams	2.5 kg
Flat parsley	Chopped	¼ bunch	½ bunch	2 bunches
Fresh mint	Chopped	40 grams	80 grams	1 ½ bunches
Fresh lemon juice	Fresh	25 ml	50 ml	250 ml
Rocket		125 grams	250 grams	1.25 kg
Natural yoghurt	Reduced fat	100 grams	200 grams	1.0 kg

### Method

1. Place Burghul in stainless steel bowl and cover with boiling water. Soak for 15 minutes, drain and squeeze out any excess water and return to bowl.
2. Coat lamb leg with Sumac. Heat ½ teaspoon of the olive oil in pan on high heat. Add lamb and brown for 2-3 minutes per side, remove from pan, put into roasting dish and cook until internal temp. Is 65°C. remove from oven wrap and rest in warm place.
3. Add cucumber, tomatoes and herbs to bowl containing burghul, add lemon juice and remaining olive oil and mix well
4. Place rocket on base of container/plate top with Tabouleh mix.
5. Cut lamb into strips and place warm lamb on top of tabouleh, top with yoghurt, serve.

### RECIPE – Moroccan beef salad with roast pumpkin, chickpeas and feta

Ingredients	Preparation	5 serves	10 serves	50 serves
Beef – rump	Excess fat trimmed	600 grams	1.2 kg	6.0 kg
Moroccan spice	As per GREEN recipe	20 grams	30 grams	150 grams
Pumpkin	Diced small 1cm	500 grams	1.0 kg	5.0 kg
Oil – olive		30 ml	30 ml	150 ml
Chickpeas	Drained	400 grams	800 grams	3.5 kg
Spinach		150 grams	300 grams	1.2 kg
Fresh lemon juice		30 ml	50 ml	200 ml
Feta	Reduced fat, Cubed	150 grams	300 grams	1.5 kg
Pepper - black		½ tsp	1 tsp	15 grams

### Method

1. Preheat oven to 180°C
2. Cover beef in Moroccan spice, roast in oven until internal temperature reaches 65°C, remove from oven cover loosely with foil and rest for 15 minutes.
3. Toss pumpkin in oil and roast until slightly caramelised and tender, remove from oven and cool.
4. Once pumpkin is cooled put in a large bowl with the chickpeas, spinach, feta, lemon juice and pepper, toss gently to combine well.
5. Slice the beef into thin slices, arrange salad component on a plate and top with 2 slices of the roast beef, drizzle with the pan juices from the roast beef.

### RECIPE – Moroccan chicken salad

Ingredients	Preparation	5 serves	10 serves	50 serves
<b>For the chicken</b>				
Chicken breast	Skin off	625 grams	1.25 kg	6.25 kg
Olive oil		15 ml	30 ml	250 ml
Fresh lemon juice		20 ml	40 ml	200 ml
Cumin	Ground	½ tbsp	1 tbsp	30 grams
Coriander	Ground	½ tbsp	1 tbsp	30 grams
Turmeric	Ground	½ tsp	1 tsp	12 grams
Pepper	Ground	1 tsp	5 grams	25 grams
<b>For the dressing</b>				
Olive oil		25 ml	50 ml	250 ml
Cumin	Ground	Pinch	½ tsp	12 grams
coriander	Ground	Pinch	½ tsp	12 grams
Fresh lemon juice		25 ml	50 ml	250 ml
Pepper	Ground	Pinch	½ tsp	20 grams
<b>For the salad</b>				
Cherry tomato	Halved	350 grams	750 grams	3.0 kg
Cucumber	Seeded and cut into thick slices	250 grams	500 grams	2.5 kg
Red onion	Thinly sliced	180 grams	360 grams	1.6 kg
Leafy salad mix		150 grams	300 grams	1.5 kg
Fetta	Reduced fat and crumbled	175 grams	300 grams	1.6 kg
Pistachio nuts		50 grams	100 grams	500 grams
Pomegranate kernels		100 grams	200 grams	900 grams

### Method

1. Preheat the oven to 180°C.

2. Combine the chicken with all the marinade ingredients and allow to marinate for at least 45 minutes, 4-5 hours is ideal if time allows. Cook the chicken in the oven for 12-18 minutes or until cooked through and firm.
3. To make the dressing, whisk together all the ingredients and set aside.
4. Toss together all the salad ingredients and pour over the dressing right before serving.
5. This salad can be made a day in advance if kept covered in the refrigerator, just keep the dressing separate.
6. Evenly distribute the salad on serving plates and top with the sliced cooked chicken breast.

### RECIPE – Potato salad with chives a roast onion

Ingredients	Preparation	5 serves	10 serves	50 serves
Potato	Peeled, 2cm dice	500 grams	1.0 kg	5.0 kg
Oil – olive		20 ml	40 ml	100 ml
French shallots		200 grams	400 grams	2.0 kg
Chives	Chopped	½ cup	1 cup	4 bunches
Capsicum – red	Fine dice	150 grams	300 grams	1.5 kg
Celery	Fine dice	100 grams	200 grams	1.0 kg
Dijon mustard		2 tsp	40 grams	200 grams
Mayonnaise	97% fat free	60 ml	120 ml	600 ml
Pepper - black	Cracked	¼ tsp	½ tsp	150 grams
Turmeric		Pinch	¼ tsp	1 ½ tsp

### Method

1. Preheat the oven to 200°C.
2. Boil a large pot of water, add the diced potato and cook for 5-10 minutes once back to the boil. Remove the potatoes when they are still slightly tender and refresh in cold water quickly.
3. Peel the shallots, cut in quarters, toss with the oil and roast in the oven until caramelised, 10-15 minutes. Once cooked remove from oven and pull apart cooked shallot.
4. In another bowl, mix together the mustard, mayonnaise, pepper and turmeric, add a little water to loosen the dressing.
5. In a large bowl combine the well-drained potato, roast shallots, chives, capsicum and celery. Pour in the dressing and gently mix thoroughly by hand. Serve.

### RECIPE – Pulled pork Asian salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Pulled pork	As per GREEN recipe	450 grams	900 grams	4.5 kg
Cabbage – red	Fine slice	250 grams	500 grams	2.5 kg
Carrot	Julienne	150 grams	300 grams	1.5 kg
Onions – spring	Fine slice	¼ bunch	½ bunch	2 bunches
Chilli – fresh	Deseeded and sliced	15 grams	30 grams	120 grams
Snow peas	Sliced diagonal	125 grams	250 grams	1.2 kg
Coriander – fresh	Leaves and stems	1 ½ tbsp	¼ bunch	1 ¼ bunches
Peanuts	Roasted	50 grams	100 grams	500 grams
Oil – sesame		20 ml	40 ml	150 ml
Ginger – crushed		5 grams	10 grams	40 grams
Garlic – crushed		5 grams	10 grams	40 grams
Soy sauce	Salt reduced	20 ml	40 ml	180 ml

### Method

1. In a large bowl combine the cabbage, carrot, spring onion, chilli, snow peas, coriander and ½ the peanuts, toss to combine.
2. In another bowl combine the sesame oil, ginger, garlic a soy, mix well.
3. Tip the dressing onto the salad and toss well.
4. Evenly distribute the salad between plates, top with even amounts of the pulled pork and scatter with the remaining peanuts.



### RECIPE – Roast pumpkin, chickpea and feta salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Pumpkin	Diced	550 grams	1.1 kg	5.5 kg
Oil – olive		30 ml	50 ml	200 ml
Moroccan spice	As per GREEN recipe	2 tsp	4 tsp	80 grams
Fresh lime juice		20 ml	40 ml	200 ml
Chickpeas	Drained, rinsed	400 grams	800 grams	3.5 kg
Lentils	Cooked	300 grams	600 grams	3.0 kg
Spinach		150 grams	300 grams	1.2 kg
Feta	Light	150 grams	300 grams	1.3 kg
Pepper – black	Cracked	½ tsp	1 tsp	20 grams

### Method

1. Preheat the oven to 180°C.
2. Place the pumpkin, half the olive oil, Moroccan spice and pepper in a bowl and toss. Put on a tray and roast in the oven for 15-20 minutes or until soft and browning.
3. While pumpkin is still warm gently combine with the spinach.
4. After the pumpkin has cooled, mix with the lentils and the chickpeas. Combine the remaining oil and the lime juice, use this to dress the salad.
5. Portion on plates, even distribute the feta over the salad. Can be used as a carrier for chicken and pulled meats if required.

### RECIPE – Roasted vegetable, spinach, pine nut and feta salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Pumpkin	Diced	225 grams	450 grams	2.2 kg
Sweet potato	Diced	175 grams	350 grams	1.7 kg
Carrot	Batons	175 grams	350 grams	1.7 kg
Capsicum – red	Thick slices	180 grams	360 grams	1.8 kg
Onion – red	Wedges	180 grams	360 grams	1.8 kg
Spinach		120 grams	240 grams	1.2 kg
Pine nuts	Toasted	40 grams	80 grams	400 grams
Feta cheese	Reduced fat	150 grams	300 grams	1.5 kg
Oil – olive	Extra virgin	50 ml	100 ml	400 ml
Vinegar – red wine		30 ml	60 ml	250 ml
Thyme	Fresh	3 sprigs	¼ bunch	1 bunch
Pepper – black	Cracked	Pinch	8 grams	20 grams

### Method

1. Preheat the oven to 180°C.
2. Toss the cut-up vegetables in a little olive oil and spread out on a baking tray, roast for 15-20 minutes or until all veg is tender and starting to colour. Note: Be mindful to cut up the vegetables evenly so they cook at the same time, hard vegetables smaller, softer vegetables slightly larger.
3. Once the vegetables are cooked remove from the oven and allow to cool.
4. Combine the olive oil, red wine vinegar, thyme and pepper in a bowl and mix well.
5. Toss the cooled vegetables together in a bowl, add the spinach and the dressing, toss again, ensure even distribution of ingredients.
6. Place the salad in a bowl or on individual serving plates and crumble over the feta. Serve at room temperature or cold.

### RECIPE – Shredded beef salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Pulled beef	As per GREEN recipe	500 grams	1.0 kg	5.0 kg
Fresh lime juice		20 ml	40 ml	200 ml
Lime – zest		2 tsp	10 grams	50 grams
Oil – olive		30 ml	60 ml	300 ml
Cos lettuce	Sliced and washed	$\frac{3}{4}$ cos	1 $\frac{1}{2}$ cos	7 cos
Radish	Thinly sliced	100 grams	200 grams	1.0 kg
Beetroot	Sliced, roasted	120 grams	240 grams	1.0 kg
Sage – fresh	Finely chopped	$\frac{1}{2}$ tbsp	1 tbsp	60 grams
Red onion	$\frac{1}{4}$ , roasted	220 grams	440 grams	2.2 kg
Avocado	Fresh, sliced	1 whole	2 whole	10 whole

### Method

1. Remove the beef from the cool room and bring to room temperature.
2. Combine the lime juice, zest and oil in a bowl and whisk, set aside.
3. In another bowl combine the lettuce, radish, beetroot, sage and red onion, toss with the dressing
4. Plate the salad and top with the pulled beef, arrange 3-4 slices of avocado on the beef, drizzle with any extra dressing, serve.

### RECIPE – South western chicken salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken thighs	Skin off	600 grams	1.2 kg	6.0 kg
Olive – oil		30 ml	60 ml	110 ml
<b>Dressing</b>				
Fresh lime juice		30 ml	60ml	250 ml
Coriander – fresh	Chopped, leaves and stems, washed	2 tbsp	¼ bunch	1 bunch
Garlic – crushed		1 tsp	2 tsp	60 grams
Chilli – flakes		Pinch	¼ tsp	1 ¼ tsp
Cumin – ground		½ tsp	1 tsp	1 tbsp
Pepper – black	Cracked	¼ tsp	½ tsp	2 tsp
<b>Salad</b>				
Yoghurt – plain	Reduced fat	175 grams	350 grams	1.75 kg
Baby cos lettuce	Chiffonade & washed	1 ½	3	15
Cherry tomato	Cut in ½	250 grams	500 grams	2.5kg
Corn – kernels	Cooked	200 grams	400 grams	2.0 kg
Avocado – fresh	Smashed up	1	2	10
Fresh lemon juice		10 ml	20 ml	80 ml
Parsley	Chopped	1 tbsp	2 tbsp	½ bunch

### Method

1. Heat a flat grill or pan.
2. Combine the dressing ingredients in a bowl and whisk well.
3. Pour half of the dressing over the chicken and toss to marinate, leave sit for 1 hour.
4. Heat the oil on grill or in pan and cook the chicken all the way through, take off the heat and rest.
5. In another bowl put the lettuce, cherry tomato and corn, mix together the yoghurt and the remaining dressing, pour this over the salad and toss together well.
6. Smash together the avocado, lemon juice and the parsley, set aside.
7. Evenly distribute the salad on to plates, top with a sliced up chicken thigh, accompany the dish with the avocado.

### RECIPE – Warm salad of Lamb, potato and spinach with mustard dressing

Ingredients	Preparation	5 serves	10 serves	50 serves
Lamb – roast	Thinly sliced warm	500 grams	1.0 kg	5.0 kg
Chat potato	Steamed in ½	400 grams	800 grams	4.0 kg
Sweet potato	Sliced, roasted	300 grams	600 grams	3.0 kg
Spinach		125 grams	250 grams	1.25 kg
Tomato – cherry	Roasted	250 grams	500 grams	2.5 kg
Onion – red	Thin slice, raw	100 grams	200 grams	1.0 kg
Capsicum – roasted	Strips, warmed	125 grams	250 grams	1.25 kg
Seeded mustard		1 tbsp	20 grams	100 grams
Balsamic vinegar		40 ml	80 ml	350 ml
Pepper – black		½ tsp	1 tsp	15 grams
Fresh lemon juice	Wedges to serve	5	10	50

### Method

1. Combine the chat potato, sweet potato, spinach, tomato, onion and capsicum, toss in a large bowl with the seeded mustard and balsamic vinegar.
2. Place the salad on a serving plate and top with thin slices of the warm roast lamb, sprinkle with cracked pepper, serve with a lemon wedge.

## Condiments, Icings & Dressings

## RECIPE – Curry Powder

Ingredients	20 serves
Cumin – ground	3 tbsp (30g)
Coriander – ground	3 tbsp (30g)
Turmeric – ground	1 tbsp (10g)
Chilli – ground	1 tsp (5g)
Mustard – ground	1 tsp (5g)
Ginger – ground	1 tsp (5g)
Pepper – ground	1 tsp (5g)
Cloves – ground	½ tsp (3g)

## Method

1. Mix all spices together, store in an air tight container.

### RECIPE – Basil dressing

Ingredients	Preparation	5 serves	10 serves	50 serves
Basil		½ bunch	1 bunch	5 bunches
Garlic	1 tsp = 1 clove	2 cloves	4 cloves	20 cloves
Fresh lemon juice		20 ml	40 ml	200 ml
Olive oil		40 ml	80 ml	400 ml
Pepper		½ tsp	1 tsp	25 grams

### Method

1. Put basil leaves, garlic, lemon juice, pine nuts in a blender and pulse until roughly chopped.
2. Turn on blender, while running slowly pour in the olive oil. Once finished season to taste with cracked pepper.



### RECIPE – Basil pesto

Ingredients	Preparation	5 serves	10 serves	50 serves
Basil		½ bunch	1 bunch	5 bunches
Garlic	1 tsp = 1 clove	2 cloves	4 cloves	20 cloves
Fresh lemon juice		20 ml	40 ml	200 ml
Pine nuts	Roasted	80 grams	160 grams	800 grams
Olive oil		65 ml	125 ml	625 ml
Pepper		½ tsp	1 tsp	25 grams

### Method

1. Put basil leaves, garlic, lemon juice, pine nuts in a blender and pulse until roughly chopped.
2. Turn on blender, while running slowly pour in the olive oil. Once finished season to taste with cracked pepper.

### RECIPE – BBQ sauce

Ingredients	Preparation	500 ml	1 litre	5 litres
Buerre bosc pear	Peeled, cored, sliced	2	4	20
Oil – vegetable		20 ml	30 ml	50 ml
Onion – brown	Diced	100 grams	200 grams	1.0 kg
Garlic – crushed		1 tsp	16 grams	100 grams
Tomato – crushed		290 grams	580 grams	2.9 kg
Tomato paste	Salt reduced	1 tbsp	2 tbsp	100 grams
Vinegar – white		20 ml	40 ml	200 ml
Dijon mustard		1 tbsp	2 tbsp	125 grams

### Method

1. Place the pear in a pot and cover with water, cook until soft, drain off  $\frac{3}{4}$  of the liquid and puree.
2. Heat the oil in a pot and fry off the onion and garlic until just about to colour, add the tomato, tomato paste, vinegar and Dijon mustard. Stir well, bring to the boil and reduce to a simmer. Cook for 10 – 15 minutes.
3. Store in an air-tight container in the cool room for 2 – 3 weeks.

### RECIPE – Dukkah

Ingredients	Preparation	5 serves	10 serves	50 serves
Sunflower seeds		1 tbsp	20 grams	90 grams
Pine nuts		½ cup	90 grams	450 grams
Almonds		1 tbsp	80 grams	400 grams
Fennel seeds		1 tsp	10 grams	50 grams
Coriander seeds		10 grams	20 grams	100 grams
Sesame seeds		15 grams	30 grams	150 grams
Cumin		1 tbsp	15 grams	80 grams
Black pepper		½ tsp	4 grams	20 grams
Paprika		1 tbsp	8 grams	35 grams
Parsley	Chopped and dried	¼ bunch	½ bunch	2 bunches

### Method

1. Chop parsley and dry in oven for approx. 5-10 minutes @ 160°C
2. Roast nuts and seeds until fragrant.
3. Roast spices until fragrant.
4. Put all ingredients in food processor and blend until combined and crushed.
5. Store in a cool place in an air-tight container.

### RECIPE – Hummus

Ingredients	Preparation	5 serves	10 serves	50 serves
Chickpeas	Tinned, drained	500 grams	900 grams	2.3 kg
Tahini		1 ½ tbsp	40 grams	200 grams
Fresh lemon juice		20 ml	40 ml	100 ml
Garlic – crushed		2 tsp	25 grams	90 grams
Oil – olive		20 ml	30 ml	100 ml
Paprika	Sweet Hungarian	1 tsp	5 grams	25 grams
Water		30 ml	50 ml	200 ml

### Method

1. Put all ingredients except oil into a food processor, blend until smooth
2. While the motor is running, slowly add oil in to hummus until all oil is incorporated.
3. Keep in an air-tight container in the cool room.

## RECIPE – Moroccan spice

Ingredients	50 serves
Cinnamon – ground	25 grams
Cloves – ground	8 grams
Coriander – ground	25 grams
Cumin – ground	30 grams
Ginger – ground	20 grams
Parsley – dried	25 grams
Pepper – black	20 grams
Turmeric	12 grams

## Method

1. Dry roast all spices in a pan for 2-3 minutes or until fragrant, mix together thoroughly and store in an air-tight container.

### RECIPE – Pine nut and herb crust

Ingredients	Preparation	5 serves	10 serves	50 serves
Pine nuts	Roasted	75 grams	150 grams	750 grams
Oranges	Zested	10 grams	20 grams	100 grams
Parsley	Chopped	15 grams	30 grams	1 bunch
Basil	Leaves picked	15 grams	30 grams	1 bunch
Breadcrumbs		40 grams	70 grams	400 grams
Eggs		1	2	10
Pepper – black		Pinch	5 grams	20 grams
Sea salt		Pinch	5 grams	20 grams

### Method

1. Combine all of the ingredients in a food processor and blend until well mixed. Use as a coating on meats before cooking.

NOTE: use gluten free breadcrumbs as a GF option.

### RECIPE – Onion Jam

Ingredients	Preparation	10 serves	50 serves
Rice bran oil		25 ml	125 ml
Red onion	Thinly sliced	500 grams	2.5 kg
Brown sugar		20 grams	100 grams
Bay leaves		1	5
Balsamic vinegar		75 ml	375 ml
Water		100ml	400 ml
Cornflour – gluten free	Mix to a loose paste	½ tbsp	25 grams

### Method

1. Heat the oil in a pot and add the sliced onion, cook until the onion is caramelised, 10-15 minutes.
2. Add the brown sugar and stir through, then add the balsamic vinegar, bay leaves and water.
3. Cook out for at least 20 minutes on a low heat or until reduced.
4. Take off the heat slowly add the cornflour while stirring, return to the heat and cook for another 5-7 minutes.
5. Remove from heat, put into jars while hot and seal, or put into a plastic bucket, allow to cool, wrap and place in the cool room until required.

### RECIPE – Tomato chutney

Ingredients	Preparation	500 ml	1 Litre	5 litres
Buerre Bosc pear	Peeled, cored, sliced	2	4	20
Oil – vegetable		20 ml	40 ml	100 ml
Onion – brown	Dice fine	180 grams	360 grams	1.8 kg
Garlic – crushed		2 tsp	30 grams	150 grams
Tomato – vine ripe	Dice	550 grams	1.1 kg	5.5 kg
Clove – ground		¼ tsp	½ tsp	10 grams
Pepper – black	Ground	¼ tsp	½ tsp	15 grams
Apple cider vinegar		50 ml	100 ml	500 ml
Mustard powder		½ tsp	1 tsp	25 grams

### Method

1. Cover the pear with water and boil until soft, tip of ¾ of the liquid and puree.
2. Heat the oil in a pot and fry off the onion until beginning to caramelise.
3. Add the garlic and cook for a further 5 minutes. Then add the tomato and cook for another 5 minutes.
4. Add the clove, pepper, vinegar, mustard powder and pear puree. Bring to the boil and reduce to a simmer, cook for 20-30 minutes or until chutney has thickened.
5. Store in an air-tight container in the cool room for 2-3 weeks.



### RECIPE – Tomato salsa with chilli

Ingredients	Preparation	5 serves	10 serves	50 serves
Tomato - fresh	Fine dice, drained	220 grams	440 grams	2.2 kg
Coriander	Fine chop, stems and leaves, washed	¼ cup	½ cup	2 bunches
Onion – red	Fine dice	110 grams	220 grams	1.1 kg
Green chillies	Fine slice, deseeded	80 grams	160 grams	800 grams
Garlic – cloves	Finely chopped	2 cloves	4 cloves	20 cloves
Fresh lime juice		15 ml	30 ml	150 ml
Oil – olive extra virgin		20 ml	40 ml	200 ml
Pepper – black	Cracked	Pinch	¼ tsp	1 ¼ tsp

### Method

1. Combine the tomato, coriander, onion, chilli and garlic in a bowl, mix well.
2. Mix together the lime juice, olive oil, pepper, pour this over the salsa and mix well again. Use straight away or allow to rest so the flavours develop.
3. Could be utilised as a bruschetta topping or accompany main dishes as a side condiment.

### RECIPE – Tuscan seasoning

Ingredients	Preparation	50 serves
Basil – dried		15 grams
Fennel seeds – dried	Ground	20 grams
Garlic – ground		25 grams
Oregano – dried		40 grams
Rosemary – dried		25 grams
Sage – ground		15 grams
Thyme – dried		20 grams
Parsley – dried		25 grams
Chilli – dried		12 grams

### Method

1. Combine all ingredients, store in an air tight container for future use.

### RECIPE – Tzatziki sauce

Ingredients	Preparation	5 serves	10 serves	50 serves
Plain yoghurt	Reduced fat	200 ml	400 ml	2 litres
Cucumber – continental	Grated, strained	½ whole	1 whole	5 whole
Vegetable oil		20 ml	40 ml	150 ml
Juice of lemon		20 ml	40 ml	180 ml
Garlic		1 tsp	16 grams	90 grams
Paprika – Hungarian		½ tsp	5 grams	25 grams

### Method

1. Grate cucumber and press into a strainer to remove all the liquid.
2. Mix cucumber with remaining ingredients and stir.

### RECIPE – Yoghurt frosting

Ingredients	Preparation	12 serves	24 serves	96 serves
Apple	Cooked, pureed, no added sugar	125 ml	250 ml	1 litre
Sweetener	Powdered	¼ cup	½ cup	2 cups
Vanilla – essence		1 tsp	2 tsp	40 ml
Yoghurt	Reduced fat, Strained for 12 hours	490 grams	980 grams	3.9 kg

### Method

1. Put strained yoghurt and apple puree in a mixer and beat well together.
2. Add the sweetener and the vanilla to the mix, incorporate well.
3. Use for frosting on various muffins and cakes.

## Bonus Healthier Recipes

## RECIPE – Banana and blueberry bread

Ingredients	Preparation	5 serves	10 serves	50 serves
Blueberries		½ cup	1 cup	5 cups
Honey		1 tbsp	2 tbsp	200 ml
Banana	Ripe and mashed	1	2	10
Apple cider vinegar		½ tbsp	1 tbsp	100 ml
Egg		2	4	20
Almond meal		120 grams	240 grams	1.2 kg
Cinnamon		½ tbsp	1 tbsp	25 grams
Baking powder		½ tsp	1 tsp	20 grams

## Method

7. Preheat oven to 180°C
8. Line loaf tin with Glad Bake or lightly spray muffin tray
9. Mix dry ingredients
10. Mix wet ingredients and combine with dry
11. Fold in fruit.
12. Place in tin or portion into tray
13. Bake for approx. 35 minutes in tin or until skewer comes out clean.

## RECIPE – Banana and Blueberry Muffins (Gluten and Dairy Free)

Ingredients	Preparation	12 serves	24 serves	36 serves	48 serves
Banana (Ripe)	Over ripe bananas mashed	4 bananas 2.5 cups 480 gm	8 bananas 5 cups 960 gm	12 bananas 7.5 cups 1.44 kg	16 bananas 10 cups 1.92 kg
Eggs	Lightly beaten	4	8	12	16
Almond Butter or Nuttelex		140gm Half cup	280gm 1 cup	420gm 1.5 cups	560gm 2 cups
Almond Meal *		75gm Half cup	150gm 1 cup	225gm 1.5 cups	300gm 2 cups
Cinnamon ground		Half tsp	1 tsp	1.5 tsps.	2 tsps.
Baking Soda	sifted	1 tsp	2 tsps.	3 tsps.	4 tsps.
Baking Powder	sifted	1 tsp	2 tsps.	3 tsps.	4 tsps.
Vanilla Essence		1.5 tsps.	3 tsps.	4.5 tsps.	6 tsps.
Blueberries	Fresh or Frozen	150gm 1 cup	300gm 2 cups	450gm 3 cups	600gm 4 cups

## Method

1. Line muffin tin with muffin liners, and pre-heat oven to 180°C
2. In a large bowl or mixer combine mashed ripe bananas, eggs, nut butter, and vanilla essence.
3. Add the almond meal, cinnamon, baking soda, baking powder to the wet ingredients.
4. Fold in Blueberries. \*If using frozen and batter seems to thin add more almond meal to absorb the moisture.
5. Pour the batter into muffin liners and spread evenly.
6. Bake in the pre-heated oven for approximately 11-13 minutes for mini muffins or 22-25 minutes for regular sized muffins, or until a toothpick comes out clean from the batter.
7. Allow muffins to cool in muffin tray for at least 10 minutes, then remove and let cool completely on a cooling rack.

## RECIPE – Banana and blueberry muffins (Gluten, dairy and egg free)

Ingredients	Preparation	12 serves	24 serves	96 serves
Banana	Over ripe	4 whole	8 whole	32 whole
Nuttelelex	Melted	140 grams	280 grams	1.1 kg
Flax seed		30 grams	60 grams	240 grams
Water		180 ml	360 ml	1.4 litres
Almond meal		250 grams	500 grams	2.0 kg
Bi-carb soda		1 tsp	2 tsp	38 grams
Baking power		1 tsp	2 tsp	38 grams
Vanilla essence		1 tsp	10 ml	40 ml
Blueberries	Frozen or fresh	150 grams	300 grams	1.2 kg

## Method

1. Preheat the oven to 160 °c.
2. Line a muffin tin with paper muffin liners.
3. Combine the flax seed and the water in bowl and set aside.
4. In another bowl mash the banana well, add the vanilla, melted Nuttelelex, flax seed mix, whisk together very well.
5. In a separate bowl combine the almond meal, bi-carb soda and baking powder.
6. Mix the dry ingredients with the wet very well, fold through the blueberries.
7. Place spoons of the mixture into the lined muffin tins, almost full to the top and bake in the oven for 20 -25 minutes or until a skewer comes out clean. Allow to remain in the tins until cool then place on an oven rack.



## RECIPE – Banana and nut bars with turmeric

Ingredients	Preparation	12 serves	24 serves	96 serves
Banana		240 grams	480 grams	2.0 kg
Cinnamon – ground		1 tsp	4 tsp	16 grams
Walnuts		65 grams	130 grams	520 grams
Oats	Rolled uncooked	135 grams	270 grams	1.1 kg
Peanut butter	Crunchy, no added sugar, no added salt	20 grams	40 grams	160 grams
Raisins		40 grams	80 grams	320 grams
Chia seeds		15 grams	30 grams	120 grams
Flaxseed		2 tbsps.	30 grams	120 grams
Sunflower seeds		70 grams	140 grams	560 grams
Turmeric		2 tsps.	10 grams	40 grams

## Method

1. Preheat the oven to 180°C.
2. In a large bowl, peel and mash the banana well, add the peanut butter.
3. Add the cinnamon, oats, raisins, chia seeds, flaxseeds, sunflower seeds and turmeric. Chop the walnuts and mix through. Put into a tray and push flat.
4. Bake for 40 minutes, remove from oven and cut into desired size while still warm.

## RECIPE – Berry cheesecake

Ingredients	Preparation	16 serves	32 serves	64 serves
Almond meal		440 grams	880 grams	1.75 kg
Peanut butter	No added salt, no added sugar	3 tbsp	75 grams	150 grams
Olive oil		20 ml	40 ml	¼ cup
Cream cheese –	Reduced fat	675 grams	1.35 kg	2.7 kg
Greek yoghurt –	Reduced fat	½ cup	1 cup	1 ½ cups
Vanilla essence		2 tsp	20 ml	40 ml
Sweetener		1 tbsp	2 tbsp	3 tbsp
Frozen berries/fruit		2 cups	4 cups	6 cups
Gelatine	(Tbsp)	38 grams (4)	75 grams (8)	150 grams (16)

## Method

1. For the base, blend almond meal and peanut butter together, slowly add olive oil until sticky, spread into tin and chill.
2. For the filling. Dissolve gelatine in a small amount of boiling water and set aside.
3. In a mixer, combine all ingredients, except ½ of the berries and beat until well combined, add the gelatine and beat for another 30 seconds.
4. Fold through the remainder of the berries through the mix and pour the mixture evenly into the tin/s.
5. Allow to set over night in the cool room.

## RECIPE – Blackberry muffins

Ingredients	Preparation	12 serves	24 serves	96 serves
Flaxseed – ground		30 grams	60 grams	240 grams
Water		200 ml	400 ml	1.6 litres
Banana	Peeled, mashed	480 grams (4)	960 grams	3.85 kg
Nuttelelex		140 grams	280 grams	1.1 kg
Almond meal		250 grams	500 grams	2.0 kg
Cinnamon		¼ tsp	½ tsp	2 tsp
Bi-carb powder		1 tsp	2 tsp	40 grams
Baking powder		1 tsp	2 tsp	35 grams
Vanilla essence		1 tsp	2 tsp	40 ml
Blackberries – frozen		150 grams	300 grams	1.2 kg

## Method

1. Preheat the oven to 180°C, 10% steam
2. Combine the flaxseed and the water, allow to sit for an hour.
3. Mix almond meal, cinnamon, bi-carb powder and baking powder together. Make a well in the centre.
4. Mash the banana's and put in the middle of the dry ingredients, melt the nuttelelex and put in with the banana, pour in the flax seed mix, vanilla and combine the ingredients together to make a batter.
5. Fold through the frozen berries and put into muffin trays.
6. Bake for 20-30 minutes or until firm and springy to touch. Served warm.

## RECIPE – Carrot Cake Muffins

Ingredients	Preparation	12 serves	24 serves	36 serves	96 serves
Apple puree	No added sugar	1.5 cups	3 cups	4.5 cups	6 cups
Carrot	Grated	2 cups	4 cups	6 cups	8 cups
Eggs	Lightly beaten	3	6	9	12
Honey	Warmed	2 tbsps	4 tbsps.	6 tbsps.	8 tbsps.
Self-Raising Flour	Sifted	75gm Half cup	150gm 1 cup	225gm 1.5 cups	300gm 2 cups
Baking Soda	Sifted	2 tsps.	4 tsps.	6 tsps.	8 tsps.
Sweetener powdered		¾ cup	1.5 cups	2.25 cups	3 cups
Cinnamon ground		2 tsps.	4 tsps.	6 tsps.	8 tsps.
Mixed Spice		1 tsp	4 tsps.	6 tsps.	8 tsps.
Walnuts	Chopped	1 cup	2 cups	3 cups	4 cups
Vanilla Essence		2 tsps.	4 tsps.	6 tsps.	6 tsps.
<b>Frosting</b>					
Yoghurt	Reduced fat, strained overnight	2 Cups			
Sweetener	Powdered	¼ Cup			
Vanilla Essence		1 tsp			
Apple Puree	No added sugar	½ cup			

## Method

1. Line muffin tin with muffin liners, and pre-heat oven to 160°C
2. Sift all the dry ingredients into a large bowl.
3. Mix all the wet ingredients into a large bowl
4. Make a well in the centre of the dry ingredients and pour in the wet, incorporate slowly, don't over mix.
5. Pour the batter into muffin liners and spread evenly.
6. Bake in the pre-heated oven for approximately 11-13 minutes for mini muffins or 22-25 minutes for regular sized muffins, or until a toothpick comes out clean from the batter.

7. Allow muffins to cool in muffin tray for at least 10 minutes, then remove and let cool completely on a cooling rack. Remove the muffin cases before refrigerating.
8. For yoghurt frosting, beat the strained yoghurt, apple puree, sweetener and vanilla together in a mixer for 5 minutes.
9. Once muffins are completely cooled pipe on yoghurt frosting and sprinkle with finely chopped walnuts and or lightly dust with cinnamon.

## RECIPE – Carrot cake

Ingredients	Preparation	23 cm (16 slices)	26 cm (18 slices)	Slab (approx. 40 pieces)
Apple puree	No added sugar	500 ml	750 ml	1.5 litres
Carrot	Grated	350 grams	525 grams	1.0 kg
Eggs	Beaten	5 eggs	8 eggs	16 eggs
Honey	Warmed	60 ml	90 ml	180 ml
Vanilla essence		1 tsp	2 tsp	1 tbsp
Flour – self raising		225 grams	340 grams	680 grams
Baking soda		3 tsp	5 tsp	2 ½ tbsp
Cinnamon		2 tsp	4 tsp	2 tbsp
Mixed spice		1 tsp	2 tsp	1 tbsp
Walnuts	Chopped fine	150 grams	275 grams	550 grams
<b>Frosting</b>				
Yoghurt	Reduced fat, Strained over night	500 grams	750 grams	1.5 kg
Sweetener	Powdered	¼ cup	½ cup	1 cup
Vanilla essence		5 ml	10 ml	20 ml
Apple puree	No added sugar	125 ml	200 ml	400 ml

## Method

1. Preheat the oven to 160°C.
2. Mix together the apple puree, carrot, beaten eggs, honey, and vanilla, set aside.
3. Sift all of the dry ingredients into a bowl and make a well in the centre.
4. Tip the wet ingredients into the dry and combine, slowly working from the centre out.
5. Stir through the walnuts.
6. Tip into the appropriate size lined and sprayed tin.
7. Bake for 45 minutes to 1 ½ hours, depending on the size of the cake. Test with a skewer, if it comes out clean the cake is ready.

8. Cool on an oven rack for 10 minutes before removing from the tin.
9. For the frosting, beat all the ingredients in a mixer with a balloon whisk until light and aerated. Spread this on top of the cooled cake. Garnish with pepita seeds and orange segments.

## RECIPE – Orange and almond cakes

Ingredients	Preparation	12 serves	24 serves	96 serves
Oranges – whole	Peeled, cut, pureed	2	4	16
Eggs		5	10	40
Honey		2 tbsp	85 grams	340 grams
Vanilla essence		1 tsp	2 tsp	40 ml
Almond meal		2 ½ cups	510 grams	2.0 kg
Baking powder		1 tsp	2 tsp	35 grams
Sweetener	Powdered	¼ cup	½ cup	2 cups
Yoghurt frosting	As per GREEN recipe			

## Method

1. Preheat the oven to 160°C
2. Peel the oranges, cut up, remove seeds and excess pith, puree until smooth.
3. Put orange, eggs, honey and vanilla in a food processor and blend until well combined. Add the almond meal, baking powder and equal, blend to a smooth batter with no lumps.
4. Divide the mixture between 12 (or more if doing a larger batch) muffin cases and bake for 20-30 minutes, or until a skewer comes out almost clean.
5. After allowing to cool to room temperature, ice with yoghurt frosting and garnish with orange zest.



## RECIPE – Orange and almond slice with maple orange frosting

Ingredients	Preparation	12 serves	24 serves	96 serves
Oranges – whole	Peeled, cut, pureed	2	4	16
Eggs		5	10	40
Vanilla essence		1 tsp	2 tsp	40 ml
Almond meal		2 ½ cups	510 grams	2.0 kg
Baking powder		1 tsp	2 tsp	35 grams
Sweetener	Powdered	½ cup	1 cup	4 cups
<b>Frosting</b>				
Cream cheese	Reduced fat	250 grams	500 grams	2.0 kg
Orange	Segments & juice	2 whole	4 whole	16 whole
Sweetener		¼ cup	½ cup	2 cups
Maple syrup		2 tbsp	40 ml	200 ml

## Method

1. Preheat the oven to 160°C
2. Peel the oranges, cut up, remove seeds and excess pith, puree until smooth.
3. Put orange, eggs, and vanilla in a food processor and blend until well combined. Add the almond meal, baking powder and equal, blend to a smooth batter with no lumps.
4. Pour the mixture into a slice tin lined with grease proof paper, cook in the oven for 15-25 minutes or until a skewer comes out clean, cool.
5. In a mixer beat the cream cheese, orange juice and sweetener until light in colour, slowly pour in the maple syrup, add the orange segments at the last moment and beat for a further 30 seconds. Spread on top of the cooled base, refrigerate, before cutting into portions.

## RECIPE – Strawberry and orange muffin/cake

Ingredients	Preparation	12 serves	24 serves	96 serves
Almond meal		45 grams	90 grams	360 grams
Plain flour		250 grams	500 grams	2.0 kg
Bi-carb soda		2 tsp	4 tsp	65 grams
Baking powder		16 grams	30 grams	110 grams
Milk	Reduced fat	375 ml	750 ml	3.0 litres
Orange juice		125 ml	250 ml	1.0 litre
Eggs	Whole, beaten	2	4	16
Oil – vegetable		20 ml	40 ml	140 ml
Orange – zest		1 tbsp	2 tbsp	60 grams
Honey	Warmed	20 ml	40 ml	160 ml
Strawberries	Cut up small	375 grams	750 grams	3.0 kg
Vanilla essence		1 tsp	2 tsp	40 ml
Cream cheese	Reduced fat	300 grams	600 grams	2.4 kg
Sweetener	Powdered	2 tbsp	4 tbsp	1 ¼ cups
Orange – zest		2 tbsp	4 tbsp	150 grams

## Method

1. Preheat the oven to 180°C.
2. Put the almond meal in a large bowl and sift the flour, bi-carb and baking powder in to the almonds, make a well in the centre.
3. Beat together the orange juice, eggs, oil, zest, honey and vanilla. Pour this into the dry ingredients along with the milk. Stir to combine starting from the inside out.
4. Once a smooth batter is made fold through ¾ of the strawberries.
5. Portion into muffin tins or cake tin, cook for 15-20 minutes for the muffins and 40-50 minutes for a cake or until tested with a skewer and it comes out clean.
6. For the frosting, beat the cream cheese and the sweetener together, spread on the top and finish with the remaining strawberries and orange zest.

## RECIPE – Sweet potato chocolate muffins/cake

Ingredients	Preparation	12 serves	24 serves	96 serves
Rolled oats		200 grams	400 grams	1.6 kg
Cocoa powder		2 tbsp	30 grams	120 grams
Sweetener	Liquid	1 tbsp	2 tbsp	160 ml
Baking powder		1 tbsp	2 tbsp	130 grams
Sweet potato	Mashed	250 grams	500 grams	2.0 kg
Milk	Reduced fat	250 ml	500 ml	2.0 litres
Egg	Whole	1	2	8
Vanilla essence		1 tsp	10 ml	40 ml
Nuttelext		120 grams	240 grams	960 grams

## Method

1. Preheat the oven to 180°C
2. Put all the ingredients into a blender or Hobart mixer with a balloon whisk and mix until a batter is formed and is smooth.
3. Pour the ingredients into lightly sprayed muffin tins or prepared cake tins.
4. Bake the muffins for approx. 25 minutes, the cakes for 45-50 minutes.
5. Test with a skewer and for spring back when lightly touched on the top.

## RECIPE – Chicken, pear, roast capsicum and walnut salad

Ingredients	Preparation	5 serves	10 serves	50 serves
Chicken – breast		625 grams	1.25 kg	6.25 kg
Mustard – seeded		40 grams	75 grams	400 grams
Orange – juice		100 ml	200 ml	900 ml
Cos lettuce	Fine chiffonade	½ whole	1 whole	5 whole
Capsicum – red	Roasted, sliced	170 grams	340 grams	1.7 kg
Carrot	Ribbioned	150 grams	300 grams	1.2 kg
Pear	In season, sliced	2 pears	8 pears	30 pears
Walnuts	Roasted, chopped	200 grams	400 grams	1.5 kg
Orange – segments		2 whole	4 whole	20 whole
Pepper – black		½ tsp	1 tsp	15 grams

## Method

1. Heat oven to 180°C.
2. Combine the ¾ of the mustard and ¾ of the orange juice, add the chicken breasts and marinate for 1-1 ½ hours. Remove from the marinade and roast for 20-25 minutes, or until juices run clear. Remove from the oven and cool.
3. Roast the pears in the oven for 20-25 minutes or until soft, set aside.
4. Combine lettuce, roast red capsicum, carrot and pear in a bowl, toss well to mix, add the combined remaining mustard and orange juice, gently toss.
5. Put the salad on a serving plate, top with slice pieces of the cooked chicken, garnish with the roasted walnuts and the orange segments.

## RECIPE – Beetroot, horseradish and dill dip

Ingredients	Preparation	5 serves	10 serves	50 serves
Beetroot		250 grams	500 grams	2.5 kg
Breadcrumbs	Fresh if possible	25 grams	50 grams	200 grams
Oil – extra virgin olive		50 ml	100 ml	400 ml
Garlic	Cloves	1 (1 tsp 8 gm)	15 grams	70 grams
Dill		2 tbsp	¼ bunch	1 bunch
Horseradish		2 tsp	1 tbsp	150 grams
Pepper	Cracked	½ tsp	1 tsp	15 grams

## Method

1. Cook beetroot in boiling water for approx. 1 hour or until tender. Leave to cool in the cooking liquid.
2. Peel the beetroot and chop roughly, reserve a little of the cooking liquid.
3. Put the beetroot, breadcrumbs, oil, garlic, dill, horseradish in a blender and puree, adding some of the reserved cooking liquid to form the correct consistency. Season with pepper.

## RECIPE – Carrot, orange and cumin dip

Ingredients	Preparation	5 serves	10 serves	50 serves
Carrot	Peeled, chopped	500 grams	1.0 kg	4.5 kg
Oil – extra virgin olive		20 ml	40 ml	80 ml
Onion – brown	Fine dice	160 grams	320 grams	1. Kg
Garlic – crushed		1 tsp	15 grams	75 grams
Cumin		1 tsp	8 grams	20 grams
Orange juice		60 ml	120 ml	500 ml
Pepper – cracked		½ tsp	1 tsp	15 grams

## Method

1. Steam the carrots until tender, set aside.
2. Heat the oil and cook the onion with the garlic and cumin, tip this mixture into a blender, add the carrot and orange juice, blend until smooth, season with pepper.