



**Orion**  
Springfield Central

# *Foods that Warm the Soul*

MY COMMUNITY COOKBOOK

# The heart of your home



If your home had a heart, where would it be? We recently asked our team this question and the response was unanimous:

My kitchen.

Gone are the days when it was an afterthought, a space limited to preparing food. Today our kitchens are a place where our family and friends debrief over dinner and learn about each other's day.

Occasionally we find refuge with a cup of tea. We've had the unavoidable "can I see you in the kitchen?" chat and it's also where we've stolen kisses...

With the kitchen in mind, we want to give you a glimpse of our heart beyond our stores. By sharing recipes that bring us comfort and joy, we hope to stay connected with our wonderful community.

Bon appétit!

- Orion Springfield Central Team

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# Cheese Ball



Makes 4-6 servings

*"It is such a yummy recipe for nibblies before dinner or when having cheese, dips and crackers. It can also be made with dairy free alternative ingredients and tastes just as good!"*

By: Mandy Nance

## Ingredients:

125g philadelphia cream cheese  
125g tasty cheese  
125g cheddar cheese  
2 tbsp gherkin, finely chopped  
2 tbsp capsicum, finely chopped  
2 tbsp shallots, finely chopped  
Hot chilli sauce  
Curry  
Paprika

## Method:

- Beat cream cheese.
- Add grated tasty and cheddar cheese. gherkin, capsicum and shallots.
- Add a small amount of hot chilli sauce.
- Roll into a ball. (This recipe makes two balls)
- Mix paprika and curry and roll balls in this.
- Refrigerate for a few hours.

# Cheese and Bacon Rolls



Makes 12 servings

Cooking Time: 20 mins

*"The bread is so light & fluffy these are super delicious they never last in my house"*

By: Lara Haynes

## Ingredients:

2 (7g) packets dry yeast  
1 tsp sugar  
1 1/2 cups warm water  
5 cups plain flour  
2 tsp salt  
1/2 cup milk  
2 tbsp sugar  
60g butter, melted  
1 egg, lightly whisked  
1 tbsp milk  
1 1/4 cups cheese, grated  
4 rashers bacon, finely diced

## Method:

- Combine yeast, sugar and water in a small bowl and whisk until dissolved. Cover and leave in a warm place for 10 minutes or until it becomes frothy.
- Sift flour and salt into a large bowl, then stir in the yeast mix, milk, 2 tablespoons sugar & butter.
- Mix into a soft dough then knead on a floured surface until smooth and elastic.
- Place dough in a greased bowl then cover and leave in a warm place for approx. 30 minutes or until the dough has doubled in size.
- Turn dough onto a floured surface then knead until smooth.
- Divide into 12 portions, then roll each into a roll about 12cm.
- Place on a lightly greased tray then cover with plastic wrap and leave for 15 minutes or until well risen.
- Remove the plastic, brush the rolls with a mix of the egg and milk, then sprinkle evenly with cheese and bacon.
- Bake in a preheated oven at 180 degrees for 20 minutes.



# Cheesy Mushrooms



Makes 5 servings

Cooking Time: 20 mins

*"Because it's always a crowd pleaser. It's vegetarian and even the meat eaters are impressed with this dish."*

By: Tegan Wilkie

## Ingredients:

Field Mushrooms  
Ricotta cheese  
1 tub feta cheese  
1 pack fresh parmesan cheese  
2 stems spring onion, chopped  
Spinach  
Chilli (optional)  
Garlic (optional)

## Method:

- Microwave about 300 grams of chopped fresh spinach.
- Mix ricotta, spring onion, crushed feta, garlic and chilli in a bowl.
- Add spinach and mix together.
- Scope desired amount into the mushrooms (stems removed).
- Sprinkle parmesan cheese on top and bake in oven on 180 degrees for about 15 mins.
- Serve with a salad or just as a entree.

# Chicken and Cheese Soup



Makes 6 servings

Cooking Time: 60 mins

*"I grew up with this recipe and have passed it on to many friends. Everyone loves it."*

By: Teagan Horsfield

## Ingredients:

2 chicken breasts  
2 carrots, chopped  
2 celery sticks, chopped  
2 potatoes, chopped  
2 onions, chopped  
1 cup cream  
2 cups water  
2 cups chicken stock  
1 cup cheese, grated

## Method:

- Add all ingredients and water into a pot on high, for 45 mins or until ingredients are soft.
- Add the stock and cream, simmer for 15 mins.
- Add cheese, wait until melted.
- Vitamise it or leave it chunky. Serve with a crusty side bread. Best soup for the cold weather and so yummy.

# Chicken Cob Loaf



Cooking Time: 10 mins

*"Easy to entertain."*

By: Kym Riseley

## Ingredients:

Cob loaf  
French onion soup  
Cream  
Cheese  
BBQ chicken

## Method:

- Cut and remove the top of cob loaf.
- Pull apart warm chicken in a mixing bowl.
- Add 1 packet of French onion soup and 1 bottle of cream to chicken.
- Spoon into cob loaf.
- Sprinkle with cheese and place in oven until cheese is melted.
- Use top of cob loaf as a spoon and to dunk and eat.



# Creamy Cabbage



Makes 6-8 serves

Cooking Time: 2 hours

*"It is delicious and creamy and a perfect side for steak or sausages, and feeds a family easily."*

By: Nicole Koeleman

## Ingredients:

1 shredded cabbage  
6 baby potatoes, halved  
350g of shredded/chopped ham  
1 can cream of chicken soup  
300ml thickened cream  
Salt and pepper to taste

## Method:

- Combine cabbage, potatoes and ham in a large mixing bowl.
- In another bowl, combine the soup and cream and season with salt and pepper.
- Add the soup mixture to cabbage mixture and mix well. Transfer to a baking dish and cover tightly with foil.
- Bake in 180 degree oven for 2 hours.
- Enjoy as a side dish or on its own!



# Easy Pumpkin Soup



Cooking Time: 20 mins

*"Easy, healthy and crowd pleaser."*

By: Paula Samson

## Ingredients:

1kg kent pumpkin  
Sweet potato  
White potato  
Chicken Stock  
Salt and pepper  
Cream to serve

## Method:

- Dice and peel pumpkin and potatoes. Simmer in 1 litre of chicken stock.
- Add 2 cups of water. When soft, blend into soup.
- Season with salt, pepper and dash of cream. Serve with a crusty bread roll.

# Fried Dumpling



## Ingredients:

2 cups self raising flour  
1 tsp baking powder  
1/2 tsp salt  
3 tsp sugar  
1/2 cup milk  
1/2 cup water  
60g butter  
Vegetable oil for frying

Makes 12 dumplings

Cooking Time: 10 mins

*"They are a delicious alternative to bread and they are fast to make."*

By: LoriAnne Small

## Method:

- Combine dry ingredients into mixing bowl.
- Rub butter using fingertips into the dry mix.
- Gradually add milk and/or water until the mix comes together. The dough should not be too wet. Knead gently until dough is smoother, but be careful not to knead too much, as your dumpling may become too dense.
- Preheat oil in large saucepan on medium heat. Too hot, and dumplings will be tough on the outside and under cooked.
- Roll dough into golf ball size balls.
- Drop into oil and fry until golden, turning once until floating. About 2 mins each side.
- Drain on paper towel and serve with soups, curries etc.

# Pumpkin Mac and Cheese



Makes 6 servings

Cooking Time: 30 mins

*"This is a super easy way to hide vegetables and my toddler loves it."*

By: Scott Smith

## Ingredients:

1/2 butternut pumpkin, cut into pieces  
(can add other vegetables)

1 tbsp flour

1 tbsp butter

1 ltr milk

300g tasty cheddar

50g parmesan

1 bay leaf

1/2 tsp nutmeg

400g packet of macaroni

Salt and pepper to taste

## Method:

- Preheat oven to 180 degrees (fan forced).
- Roast the pumpkin until golden and soft.

*Option to add any other vegetables such as carrot, spinach or sweet potato.*

- Allow pumpkin to cool and then mash and set to the side.
- Cook the macaroni as per the packet instructions (till al dente).
- For the bechamel sauce, use a heavy base saucepan on a low to medium heat.
- Melt the butter and once it begins to bubble, add the flour to make a roux, stir continually to avoid burning.
- Cook for one minute, until flour is cooked out.
- Pour in the milk, ensuring you whisk constantly.
- Add bay leaf and nutmeg.
- Cook gently until thickening then add the grated cheese (reserving a small amount for topping).

*Option to add one egg yolk if you want a silky consistency whisk continuously to avoid lumps.*

- Cook until thickened and the cheese has melted completely, then pour (reserving a small amount to top off the dish) into bowl with mashed pumpkin and stir to combine.
- Add cooked macaroni to the pumpkin bechamel and stir to coat.
- Add mixture to an oven proof dish (e.g. Dutch oven or lasagne tray), top with remaining bechamel and grated cheese and bake for about 30 minutes, or until browned.



# Pumpkin Soup



## Ingredients:

1/2 Kent pumpkin  
3-4 small potatoes  
1 brown onion  
1L chicken stock  
1 tbs butter  
Sour cream

Makes 6 servings

Cooking Time: 2 hours

*"Simple, easy, delish"*

By: Sarah Malkinson

## Method:

- Slice onion and brown off with butter in pot.
- Dice up potato and pumpkin.
- Add chicken stock, potato and pumpkin to pot and bring to boil. Allow to simmer until potato and pumpkin are soft.
- Drain excess liquid into container and blend pumpkin.
- Add liquid until desired consistency.
- Season with salt and pepper and serve with sour cream and dinner rolls.

# Simple, Soulful Pumpkin Soup



Makes 2 servings

Cooking Time: 60 mins

*"Its a quick and easy, yet delicious winter warmer"*

By: Angel Lelievre

## Ingredients:

1 butternut pumpkin  
1 onion  
3 cloves of garlic  
2 cups chicken stock  
1/2 cup water (optional)  
Italian herbs  
Salt  
Pepper  
Crusty Vienna loaf to serve

## Method:

- Chop pumpkin and onion (leave garlic whole).
- Add all ingredients into a pot and boil on high for 40 mins or until soft. The stock will not cover the pumpkin, but that's ok. You can add 1/2 cup water if you prefer a thinner soup.
- Once soft, use a stick blender to combine.
- Serve with a crusty Vienna loaf.

# Two Ingredient Naan Bread



Makes 8 servings

Cooking Time: 5 mins

*"I love this recipe because it is quick, easy, cheap & something the whole family loves."*

By: Meahgan Purdy

## Ingredients:

1  $\frac{3}{4}$  cups self raising flour  
1 cup plain greek yoghurt

\*Can also add garlic to the melted butter, cheese, spinach, garlic powder (whatever takes your fancy) to the dough to make different flavoured Naan.

## Method:

- Combine both ingredients, you will need to use your hands.
- Turn out onto a floured surface and knead until combined.
- Divide into 8 pieces, flatten.
- Cook in a preheated, oiled fry pan for 3 mins one side, 2 mins the other side.
- While still hot, brush with melted butter.



# Beef Stroganoff



## Ingredients:

500g lean beef strips  
1 tbsp olive oil  
1 brown onion, chopped  
200g mushrooms, halved  
2 tbsp light sour cream  
1 pouch MasterFoods beef stroganoff recipe base  
Long grain to serve (1/2 cup per adult)

Makes 2 servings

Prep Time: 5-10 mins

Cooking Time: 20 mins

*"I love cooking this dish for my partner and myself, because it is a great Winter meal"*

By: Jamie Strachan

## Method:

- Heat oil in a pan and sear beef strips until brown. Set aside.
- Add onion and mushrooms into pan. Once soft, add back the beef strips and stir to combine.
- Snip and pour MasterFoods beef stroganoff recipe base and stir through.
- Simmer uncovered for 10 minutes.
- Stir through light sour cream and simmer for 1 minute or until heated through.
- Serve with rice (cooked as per instruction on pack).
- Garnish with continental parsley (optional, but I love it for dash of colour)



# Cajun Chicken Salad



Makes 2 servings

Cooking Time: 10 mins

*"Growing up it was the only thing I would ever order from our local cafe. Unfortunately the owners sold the cafe to take care of their son who was diagnosed with cancer. I was lucky enough to receive the recipe from them so I was able to make it myself."*

By: Kelly Lawrance

## Ingredients:

1 chicken breast  
150 g mixed lettuce  
1/2 sliced capsicum  
1/4 cucumber, sliced in half moons  
Mixed olives  
Full fat Greek feta  
Sun-dried tomatoes  
1 cup full fat thickened cream  
1 tsp butter  
Cajun seasoning  
Salt and pepper

## Method:

- Put the butter in a hot pan and fry off the chicken breast once cut into pieces.
- While the chicken is cooking combine all the salad together in a mixing bowl and then divide into 2 plates.
- Once the chicken is cooked, turn off the heat and add in the cream and stir.
- Add in the Cajun spice and salt and pepper to taste.
- Pour over the top of the salad and serve.

# Orange and Oregano Salad



Makes 4 servings

*"It is perfect by itself or as a side dish all year round, also fits all food categories and is vegetarian meal, gluten free, sugar free and salt free."*

By: Lynette Duffy

## Ingredients:

1kg peeled and diced oranges, seeds removed  
1 bunch fresh oregano  
1 spring onion, finely diced  
400g tin red kidney beans, drained and rinsed  
Freshly ground black pepper to taste

## Method:

- In a serving bowl, arrange the oranges. Tear the leaves from the stems of oregano and toss in with the oranges, add pepper, onion and beans then mix well. Serve cold.

I'm not like others...  
I know what I want  
for dinner.

I've been thinking  
about it since lunch.



# Air Fryer Chicken Wings



Makes 4 servings

Cooking Time: 16 mins

*"Easy and quick crowd pleasers."*

By: Michelle Hay-Chapman

## Ingredients:

1 lb chicken wings split into flats and drumettes  
1 tbsp olive oil  
2 tsp garlic salt  
1 tsp lemon pepper

## Method:

- Thoroughly pat dry chicken wings with paper towels and place in a mixing bowl.
- Coat in 1 tbsp oil then sprinkle on 2 tsp garlic salt and 1 tsp lemon pepper.
- Toss to evenly coat with seasoning.
- Place on air frying basket, spacing evenly and air fry at 400°F for 8 minutes per side, or a total of 16 minutes, or until chicken wings are crisp and golden brown on the outside.



# Chicken Enchiladas



Makes 1-2 servings

Cooking Time: 15-20 mins

*"Tasty, fast and can hide the veggies."*

By: Mandy Mitchell

## Ingredients:

Wraps  
Tin of cream of chicken soup  
Tub of sour cream  
Jar of salsa  
Boneless chicken (I prefer breast meat)  
Grated veggies of your choice  
Grated cheese

## Method:

- Cook the chicken.
- Mix the soup, salsa and sour cream together.
- Add half of the mix to the chicken and grated veggies.
- Wrap the enchiladas evenly dividing the mixture in each wrap.
- Pour the remaining sauce over the wraps and sprinkle some grated cheese over the top.
- Bake in the oven until cheese is melted.

# Cheesy Potato Bake



Makes 4 servings

Cooking Time: 30 mins

*"Wholesome Winter food."*

By: Tegan Beecham

## Ingredients:

4 potatoes  
1 cup of cheese  
3 rashers of bacon

## Method:

- Roughly cut up all potatoes and boil till soft. Drain, put in oven proof tray roughly cut up bacon and mix in with potato and cheese bake for 20 minutes 180 degrees.

# Chicken Chuck In



## Ingredients:

2 chicken breasts  
Olive oil  
500ml chicken stock  
2 tbs corn flour  
Pinch of salt and pepper  
Pinch of curry powder  
Any mixed vegies

Makes 4-6 servings

Cook Time: 20 mins

*"Its quick, easy and healthy."*

By: Rosie Caddy

## Method:

- Heat oil in pan.
  - Fry chicken and sprinkle in some salt and pepper.
  - Mix corn flour with a bit of the stock.
  - Blanche any veggies your using. (I used carrot and broccoli).
  - Add blanched veggies.
  - Add in corn flour mix gradually.
  - Add in the remaining chicken stock.
  - Add more salt and pepper to taste.
  - Add a pinch of curry power.
  - Serve with rice or mash potato.
- \*I use left over to make chicken and veg pies



# Chicken Pesto Gnocchi



Makes 4 servings

Cooking Time: 20 mins

*"It's a quick and easy family meal that makes your tastebuds dance."*

By: Teleah Hopgood

## Method:

- Fry up chicken, onion, garlic and capsicum in a fry pan until brown.
- Boil a kettle of water and pour into a large saucepan on the stove. Turn hot plate to high heat. When water returns to the boil add gnocchi and cook according to instructions on the packet. Meanwhile, add 2-3 tbsp of sundried tomato pesto to the chicken mixture and stir. Simmer for 5 minutes.
- Add cream to chicken mixture and stir until combined.
- Add spinach leaves to chicken mixture and stir to combine. Simmer until spinach leaves are wilted.
- Add parmesan cheese and stir to combine.
- Drain and rinse gnocchi in a colander and add to chicken mixture. Stir to combine.
- Serve in pasta bowls sprinkled with extra parmesan cheese. ENJOY!

## Ingredients:

- 1 packet of gnocchi
- 1 Jar of tomato pesto
- 3 cloves garlic, diced
- 300ml thickened cream
- 3 chicken thighs diced
- 1 onion diced
- 1 red capsicum, diced
- 1 packet of spinach leaves
- 1/4 cup of parmesan cheese



# Crispy Skin Salmon and Veg



Cooking Time: 20 mins

*"Always tastes great healthy and a winner for the family."*

By: Josie Storey

## Ingredients:

Skin on salmon fillets

Broccolini

Potatoes

## Method:

- Skin side down and wait until crispy then flip onto other side.
- Boil potatoes and steam broccolini.
- Add butter and milk to potatoes and mash until smooth.

# Creamy Chicken Bake



Makes 6 servings

Cooking Time: 60 mins

*"It's a huge family hit. It is also very versatile."*

By: Kirra Alston

## Ingredients:

Chicken breast  
1kg Bacon  
750g mushrooms  
250g cream  
600ml cracked pepper  
1/2 tsp vegeta  
1 cup shallots  
1 packet of pasta your choice  
1 cup grated cheese

## Method:

- Cook diced up chicken, bacon.
- Add sliced mushrooms and shallots. Once cooked, add cream. Simmer for 10 mins.
- Add vegeta and cracked pepper.
- Cook pasta till al dente, drain, then add to creamy mix. Simmer with the lid on 10 mins.
- Tip all onto baking dish. Sprinkle cheese in the top.
- Cook till the top is slightly brown.
- Serve as is in a bowl. So yummy.

# Creamy Garlic Mushroom Risotto with Chicken



## Ingredients:

Absorbio rice  
Chicken  
Mushrooms  
Garlic  
Stock  
Salt and pepper  
Cream

Cooking Time: 45 mins

*"It's a family favourite, super quick and easy to make"*

By: Rikki Walker

## Method:

- Boil stock.
- Fry off the rice in garlic oil.
- Slowly add stock, a cup at a time to absorb the liquid. Keep stirring.
- In another frying pan, fry off mushroom in garlic. Remove and cook chicken the same.
- After rice is the correct consistency mix all together, pouring in cooking cream.
- Season with salt and pepper as desired.
- Add cheese if liked.



# Easy Chicken Curry



Makes 4 servings

Cooking Time: 30 mins

*"It is the simplest yet most authentic curry recipe I have come across."*

By: Debbie Olliver

## Ingredients:

4 chicken thighs, skinned, boned and cubed into bite size pieces

4 tbsp oil

2 onions, very finely chopped

1 tbsp ginger, grated

1 tbsp garlic, minced

1 tsp cumin powder

1 tsp coriander powder

2 green chilies, chopped finely

3 ripe tomatoes, chopped

½ cup water

½ cup chicken stock

½ cup coriander leaves, chopped



## Method:

- Heat oil in a heavy pan. Fry the onions for about 5 minutes.
- Add the garlic and ginger and fry for 2 minutes.
- Add cumin and coriander powder and green chilies and fry for another minute.
- Add tomatoes and cook for 5 minutes or until the tomatoes have disintegrated.
- Add water and chicken stock and cook for 10 minutes.
- Add salt and pepper to taste.
- Put in the chicken and cook over a high heat for about 5 minutes or until the chicken is cooked.
- Stir through the coriander leaves then serve with rice.

# Egg in Basket



## Ingredients:

Bread

Butter

Eggs

Baked beans

Grated cheese

Bacon

Hash browns

\*Any sides you prefer

Cooking Time: 15-20 mins

*"It's a very comforting meal. It can be enjoyed for breakfast or lunch with a cuppa or juice, or served for dinner with a nice glass of red wine."*

By: Krystle Edgecombe

## Method:

- Use a glass to cut out the middle piece of bread.
- Fry bread and circle in butter. Flip once first side is toasty.
- Crack egg inside the hole in the bread.
- Flip again for a second to seal the other side.
- Top with baked beans and grated cheese or just dip your fried circle and hash browns into your yolk.
- Add any other sides you fancy like bacon, sausages etc.

# Fettucine Carbonara



Makes 4-6 servings

Cooking Time: 25 mins

*"This is a family favourite. You don't have to be a master chef to whip this one up!"*

By: Patrick Shackcloth

## Ingredients:

Wholemeal fettucine (4 handfuls)

2 free range chicken breast fillets

6 rashers short cut bacon

100g mushrooms

1 small red onion

1/2 cup white wine or white wine vinegar

1/2 cup thickened cream

2 tbsp Greek yoghurt

1 egg

Lemon juice

Bunch parsley (curly)

Grated parmesan

Pepper

## Method:

- Place pot of water on stove and bring to boil.
- Add pasta (one handful per person). Pasta takes 15 min to cook, check continuously.
- Dice chicken breasts and toss in hot pan until starting to brown.
- Add diced bacon, mushroom, onion to chicken and cook until mushroom and onion have softened.
- Add wine and turn heat down to med-low. Cook until wine is reduced.
- In a bowl/jug, whisk together the cream, yoghurt, lemon juice, egg and half the parsley.
- Add cream mixture to pan and stir through.
- Remove pasta and strain. Return to pot and stir through a spoon of butter (or good quality olive oil) and fresh cracked pepper.
- Serve pasta into bowls with carbonara sauce.
- Top with leftover parsley and freshly grated parmesan.



# Gnocchi Bake



## Ingredients:

500g potato gnocchi  
100g (1 cup) 4 cheese melt blend  
250g cooked chicken, shredded  
2 green shallots, chopped  
2 zucchinis, grated  
100g basil pesto  
200ml Bulla cooking cream

Makes 4 servings

Cooking Time: 40 mins

*"Kid friendly and a great way to sneak in vegetables for the kids."*

By: Rachael Foster

## Method:

- Preheat oven to 200C/180 fan forced.
- Lightly grease a 4cm-high, 26cm (base measurement) round baking dish.
- Cook the gnocchi in a large saucepan of boiling water following packet directions or until the gnocchi rise to the surface. Drain. Place the gnocchi in the prepared dish.
- Mix through half the cheese. Season well. Scatter over the chicken, shallot and zucchini, roughly mix into the gnocchi.
- Dollop over the pesto and pour over the cooking cream. Scatter over the remaining cheese.
- Bake for 25-30 mins or until cheese is melted and golden.

# Grandma's Curried Sausages



Makes 6 servings

Cook Time: 8 hours on low OR  
5 hours on high

*"The smells of this recipe reminds me of the  
most heartwarming times in my life..."*

By: Courtney Arnold

## Ingredients:

8-12 sausages (pork or beef)  
1 green apple  
1 banana  
1 brown onion  
2 potatoes  
1 large carrot  
1 can of Campbell's minestrone or  
beef and vegetable soup  
2 bay leaves  
300ml of water  
2-3 tablespoons of curry powder  
Frozen peas  
White or brown rice to serve

## Method:

- Brown off sausages and slice into small bite size pieces. Place in slow cooker on low.
- Largely dice all remaining vegetables and fruit and place into slow cooker.
- Cover ingredients with soup and water, add bay leaves and curry powder. Cook on low for 8 hours.
- Add frozen peas half an hour before turning heat off.
- Serve with rice.

# Kezzas Carbonara



Makes 3-4 servings

Cooking time: 20 mins

*"So simple and easy, takes next to no time to cook but full of flavour!"*

By: Kerri-Ann Marsh

## Ingredients:

Bacon  
Onion  
Zymils lactose free cream  
Shaved Parmesan  
Pasta

## Method:

- Boil pasta.
- Fry the onion and bacon together.
- Add cream and parmesan.
- Once pasta is cooked, mix it all in together. Wam bam thank you mam.



# Lentil Curry (Dahl)



Makes 4 servings

Cook Time: 45-60 mins

*"It's so easy to make. Really really tasty and used ingredients that are mainly dry ingredients meaning that you can have this ready to cook whenever!"*

By: Genevieve Plant

## Ingredients:

2 cups dry red lentils  
4 tbsp oil  
4 curry leaves  
1 ½ tsp cumin seeds  
1 tsp garlic, crushed  
1 tsp ginger, crushed  
2 tsp green chillies, crushed  
1 large tomato, grated  
½ tsp turmeric  
½ tsp chilli powder  
½ tsp cumin powder  
½ tsp coriander powder  
½ tsp salt  
½ tsp garam masala  
Fresh coriander to serve



## Method:

- Heat oil in a pot on a medium heat.
- Add cumin seeds and curry leaves, quickly stir.
- Add garlic, ginger and chillies stir-fry for a minute .
- Add grated tomatoes.
- Add all the dry spices mix well and turn heat on low and cook for approximately 5 minutes.
- Once the spices are cooked out and the oil is separating add the lentils and approximately 4 cups is water turn the heat up and bring to a boil.
- Turn the heat down and let the lentils gently simmer for about 15-20 minutes stirring every 5 minutes.
- Sprinkle garam masala and fresh coriander and mix well.
- Serve with rice or roti with a dollop of natural yoghurt.

# Loubieh



## Ingredients:

1 large brown onion  
5 cloves of freshly chopped garlic  
5 handfuls of trimmed green beans  
1 tin of tomatoes  
2 tbsp tomato paste  
1 cup water

Makes 4-6 servings

Prep Time: 5-10 mins

Cooking Time: 60 mins

*"Super healthy, easy and delicious."*

By: Dominique Hopewell

## Method:

- Dice onion and sauté in olive oil until soft and translucent.
- Add in garlic (I add 4 - 5 cloves but add how many suits your taste).
- Add green beans, tin of tomatoes, tomato paste and water.
- Bring to boil then reduce heat to a simmer. Cook until beans are tender.
- Season and serve with rice or on its own. Can be eaten hot or cold.

# Mac and Cheese Toastie



Makes 2 servings

Total Time: 15 mins

*"So easy to make and this kids and adults love them!"*

*By: Sajal Barua from Bakers Delight*

## Ingredients:

4 slices bakers delight hi-fibre lo-gi loaf  
20g salted butter  
2 serves of packet mac & cheese, or  
homemade  
3/4 cup grated cheese (we used a mix of  
mozzarella, parmesan and gouda)  
Flaky salt to serve

## Method:

- Make the mac and cheese to packet instructions and cool slightly
- Heat a large cast iron frying pan over medium heat
- Spread one side of both bread slices with butter
- Top the two sides without butter with the mac & cheese and grated cheese
- Top with the remaining two bread slices, buttered side up
- Cook sandwiches in the frying pan for 4 minutes each side, or until golden
- Cut in half and sprinkle with flaky salt to serve



# Pepper Chicken



Makes 4 servings

Cooking Time: 30 mins

*"So easy and very delicious."*

By: Lisa Urquhart

## Ingredients:

Black Pepper  
Sichuan Pepper  
Chicken thighs  
Soy sauce  
Capsicum  
Corn flour  
Oyster sauce  
Ginger  
Garlic

## Method:

- Marinate the chicken in soy sauce and ginger, let sit.
- Coat chicken in corn flour and shallow fry until cooked through.
- Grind peppers and mix with soy sauce and oyster sauce.
- Add sauce mixture and capsicum to the chicken and toss.

# Pizza



Makes 2 servings

Cooking Time: 20 mins

*"Easy and delicious."*

By: Molly Shambrook

## Ingredients:

Self raising flour

Sugar

Salt

Oil

Yeast

Warm water

## Method:

- Mix all together and then add small amounts of warm water until a dough forms.
- Knead and roll out and add toppings.
- Cook until cheese goes brown.

# Roast With New Neighbours



## Method:

- Mix all and add inside rolled meat then tie back up to roast. Roast approx 40 mins on 200 degrees or your desire, along with fresh seasonal veggies.
- Cover with foil and stand for 10 mins before serving to friends and family.

Makes 4 servings

Cooking Time: 40 mins

*"We enjoy making new friends especially if they are new to area to show them what Aussie Roasting is about"*

By: Lesley Walker

## Ingredients:

- 1 and 1/2 cup stale homemade breadcrumbs
- 1/4 cup dried currants
- 1 tsp orange rind, finely grated
- 1/4 cup fresh parsley, chopped
- 1 tbsp chopped fresh rosemary
- 2 green shallots, (white and pale green parts), chopped
- 2 tablespoon dijon mustard
- 2 tablespoon melted butter
- 1.25 kilo mini lamb roast (double ingredients and invite neighbours)



# Salt and Chilli Calamari



Salad (alter to taste)

Vermicelli rice noodles (necessary)

Choice of toasted nuts (cashew, almonds, pine nuts, peanuts)

Rocket leaves

Iceberg lettuce

Capsicum Red

Onion

Zucchini

Makes 4 servings

Cooking Time: 60 mins

*"It's fresh and makes you feel good..."*

By: Hannah MacDonald

## Ingredients:

### Calamari

1 lrg bag Frozen calamari/squid rings

$\frac{3}{4}$  cup flour

1 tsp salt

1 tsp pepper

3 eggs beaten

2-3 tbsp milk

1 cup panko crumbs

1 - 2 red chillies, seeds removed

Vegetable oil, for frying

60ml dressing ( $\frac{1}{4}$  cup)

Boiling water

2 tbsp caster sugar

60ml fish sauce ( $\frac{1}{4}$  cup)

1 tbsp white vinegar

2 tbsp lemon juice

1 garlic clove, finely chopped

1 fresh long red chilli, finely chopped

## Method:

### Calamari

- Defrost ½ the bag of frozen squid/calamari rings in cold water.
- Before squid is completely defrosted, remove from water and strain well in colander.
- Gather 4 separate small bowls (like cereal bowls).
- Place strained calamari rings in bowl the 1st bowl.
- In 2nd bowl mix together the flour, salt and pepper.
- In the 3rd bowl beat 3 eggs with the milk.
- Mix Panko crumbs and chilli in the 4th bowl.
- Dip on squid ring into the seasoned flour, coating well, then into the egg wash, coating well, then lastly, drop it into the panko crumbs. Use your other hand to coat the ring thoroughly with panko.
- Set aside on a plate, and repeat the process with all the calamari rings.
- Heat 2 inches of oil in a heavy saucepan to 350 degrees.
- Drop a few rings at a time into the hot oil.
- Fry until golden brown (approximately one minute or less).
- Remove with metal strainer utensil onto a paper towel lined plate.
- Immediately sprinkle with salt.

### Dressing

- Combine the water, sugar, fish sauce, vinegar and lemon juice. Stir until the sugar is dissolved. Leave to cool to room temperature.

### Salad

- Prepare rice noodles as per packet instructions.
- Slice and mix desired salad ingredients.
- Serve topped with calamari and drizzled with dressing.

# Sausage Rolls



Cooking Time: 30 mins

*"Hidden veges and my kids love them for school lunches or an easy dinner."*

By: Kiera Chapman

## Ingredients:

Sausage mince  
Blended vegetables (carrot, zucchini,  
onion, broccoli, spinach)  
Mixed herbs  
Tomato sauce  
Salt and pepper  
Puffed pastry sheets

## Method:

- Mix all ingredients except for pastry together.
- Cut pastry in half.
- Place some mince mixture on the pastry, spread out along the longest side, then roll up pastry and cut into 4 sausage rolls.
- Brush with some beaten egg or milk.
- Bake in 180 degree oven for 20-30 mins or until pastry is golden. Enjoy!



# Silverbeet with Chicken and Coconut Cream



## Ingredients:

Silverbeet  
Chicken (drumstick, breast or thigh)  
Coconut cream  
Salt and pepper  
Rice

Makes 1 serving

Cooking Time: 20-30 mins

*"It's easy and quick to cook. I was taught this when I was young and my kids love this!!"*

By: Clerk Maxwell

## Method:

- Boil chicken.
- Wash and chop the silverbeet.
- Once the chicken is half cooked, chuck in silverbeet for a few minutes. Bring to boil then pour in the coconut cream (preferably Kara coconut cream).
- Ensure rice is cooked to be served with dish.

# Slow Cooked BBQ Pulled pork



Makes 2-10 servings

Cooking time: 6-8 hours

*"Such an easy one to set and forget. Made it for Christmas lunch and set it late the night before so it was ready. The smell we woke up to was Devine"*

By: Amanda Hollis

## Ingredients:

Pork shoulder  
Onion Vinegar  
Bbq sauce (hickory brand is a Smokey nice flavour)  
Water Buns to serve  
Dry Coleslaw pack  
Mayonnaise to mix through coleslaw

## Method:

- Place onions on the bottom of the slow cooker, pork shoulder on top. Spread sauce all over pork shoulder and pour enough water in the bottom on slow cooker. Cook for as long as possible. Take meat out, pull apart with a fork and place in a serving dish. Add some water from slow cooker for mixing through and flavour.
- Serve on buns with coleslaw.

# Slow Cooked Beef Stroganoff With Mash



Makes 4 servings

Cooking Time: 8 hours

*"It is the best winter warmer!"*

By: Rebecca Edwards

## Ingredients:

500g stir fry beef  
Water  
Beef stroganoff recipe base (powder)  
Mushrooms  
Onion  
Sour cream  
Potatoes  
Butter  
Milk

## Method:

- Slow cook beef, water, mushrooms, onion and recipe base on low for 8hrs.
- In the last 30 mins, add sour cream to thicken.
- Mash potatoes with milk and butter and serve with stroganoff.



# Vegetable Lasagne



## Method:

- Place all ingredients into large pot and simmer until hard vegetables are softened slightly.
- Assemble as normal for Lasagne.
- \*Cheese sauce was double batch – made as for meat lasagne.

Makes a Family Size

Cooking Time: 60 mins

*"You don't miss the meat"*

By: Susan Ahern

## Ingredients:

500g raguletto red wine and basil sauce  
400g brown lentils  
410g diced tomatoes  
1 lrg onion, diced  
5 mushrooms, diced  
1 celery stick, chopped  
2 shallots, chopped  
2 sml zucchinis  
1 carrot, grated  
½ capsicum, diced  
1 tsp mixed herbs  
½ tsp minced garlic  
½ tsp thyme leaves  
Salt and pepper

# Vegan Mornay Pie



Makes 6 servings

Cooking Time: 60 mins

*"...this recipe feels like an old school hug."*

By: Dee Ratajczyk

## Ingredients:

250-500g mushrooms

2 medium potatoes

1 leak

1 onion

3-4 garlic cloves

2 medium carrots

1 tbsp fresh oregano, chopped

1 tbsp fresh rosemary, chopped

1 tbsp fresh parsley, chopped

250g dairy-free margarine

1 cup white wings gluten free plain flour

2 cups plant based milk

Vegeta veggie stock

Salt and pepper (for seasoning)

1/4 cup nooch (nutritional yeast)

3 pieces of gluten free puff pastry

## Method:

- Chop ingredients to desired size for pie filling.
- Par-boil potatoes.
- Fry off onion, leaked and garlic until the onion is translucent.
- Add mushrooms (and an optional splash of balsamic vinegar). Continue to fry until mushrooms soften and add rest of veggies and herbs. Pop the lid on the frying pan and leave to simmer.
- Defrost puff pastry by leaving out on the bench while you make the white sauce.
- Preheat the oven to 180 degrees.
- Melt butter in a saucepan over a medium heat. When melted add flour and whisk until small crumbs form. Gradually add the milk bits at a time, whisking to prevent lumpy sauce.
- Add nooch and continue to whisk until sauce is thick and creamy.
- Line pie dish with pastry, leaving enough for the pie lid. Use a fork to prick the pie base all over.
- Pour white sauce into the veggie mix and stir to combine. Add this to your pie base and cover the pie with remaining pastry. Prick holes in the lid to let steam out. Bake in the oven for approximately 1 hour.



# Banana Date Cookie Bites



## Ingredients:

4 medjool dates  
2 large ripe bananas  
1/2 cup almond butter  
1 free-range egg  
1 tsp pure vanilla extract  
1/2 tsp baking soda  
1/4 tsp ground cinnamon  
1/4 tsp ground cloves  
1/4 tsp ground nutmeg  
1/2 cup finely chopped pecans

Makes 12 - 14 cookie bites

Cooking Time: 25 mins

*".. my mum use to make it when we were kids and now my kids love it too."*

By: Sirat Fatima

## Method:

- Preheat oven to 350°C.
- Place the dates in a food process and pulse until finely chopped.
- Add the bananas, almond butter, egg, vanilla extract, spices and baking soda and process until smooth.
- Turn the machine off and fold in the chopped pecans.
- Use a small cookie scoop and scoop the batter onto a parchment paper or Silpat lined baking sheet.
- Bake for 10-12 minutes or until golden brown on the bottom.
- Cool on a wire rack.

# Berry Topped Carrot Cake



Makes 6-8 serves

Cooking time: 60 mins

*"Simple ingredients to create a classic carrot cake..."*

By: Varsha Prasad

## Ingredients:

### Cake

1 1/2 cups raw sugar  
1 cup oil  
4 eggs  
3 cups grated carrot  
2 cups wholemeal self-raising flour  
1 teaspoon ground cinnamon  
1/2 teaspoon nutmeg  
1/4 cup walnuts

### Cream cheese icing

1 cup unsalted butter  
250g Cream cheese  
3 cups icing sugar  
1 teaspoon vanilla essence

### Decorating

Piping bag (cut a small tip) - no nozzle required  
Strawberries - or any berries of choice  
Dark chocolate - grated  
Icing sugar  
Pistachios - grated  
Walnuts - crumbed

## Method:

### Cake

- Preheat oven to 180°C.
- Mix raw sugar and oil in a mixing bowl
- Add eggs and mix well
- Add grated carrot into a large mixing bowl
- Add in wholemeal flour, cinnamon and nutmeg and walnuts
- Place in the oven for 60 minutes

### Cream cheese icing

- Beat butter and cream cheese until pale and fluffy
- Add icing sugar, one cup at a time and continue beating
- Add vanilla essence and beat until fluffy

### Decorating

- Cut the cake in the middle to create two halves
- Place one layer on the cake board and pipe icing on the layer, place the other layer on the iced cake half
- Pipe the remaining icing on the top layer of the cake, sprinkle the grated pistachios and walnuts
- Add the grated chocolate
- Cut the strawberries in half and decorate
- Sprinkle icing sugar



# Cake-pops



Makes 40 pops

Prep Time: 2 hours

Cooking Time: 36 mins

Total Time: 6-7 hours

*"Because... SPRINKLES!"*

By: Lyla Chrzescijanski

## Ingredients:

1 and 2/3 cups (208g) all-purpose flour  
(spoon & leveled)  
1/2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 cup (115g; 1 stick) unsalted butter,  
softened to room temperature  
1 cup (200g) granulated sugar  
1 large egg, at room temperature  
2 tsp pure vanilla extract  
1 cup (240ml) whole milk (or  
buttermilk)



## Frosting:

7 Tablespoons (100 g) unsalted butter, softened to room temperature  
1 and 3/4 cups (210 g) icing sugar  
2–3 teaspoons heavy cream or milk  
1 teaspoon pure vanilla extract

## Coating:

40 ounces candy melts or choc coating of your choice  
Sprinkles to decorate

## Method

- Preheat oven to 177°C. Grease a 9-inch springform pan

### Make the cake:

- Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside
- Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together in a large bowl until creamed, about 2 minutes
- Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and sides of the bowl as needed
- With the mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick
- Pour the batter evenly into the prepared pan. Bake for 30 - 36 minutes or until a toothpick inserted in the center comes out clean. If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top
- Allow the cake to cool completely in the pan set on a wire rack

### Make the frosting:

- With a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed until creamy, about 2 minutes
- Add confectioners' sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes
- Crumble the cooled cake into the bowl on top of the frosting. Make sure there are no large lumps
- Turn the mixer on low and beat the frosting and cake crumbles together until combined
- Measure 1 tablespoon of moist cake mixture and roll into a ball
- Place balls on a lined baking sheet
- Refrigerate for 2 hours or freeze for 1 hour
- Re-roll the chilled balls to smooth out, if needed. Place back into the fridge as you'll only work with a couple at a time
- Melt the coating in a 2-cup liquid measuring cup (best for dunking!). you can use a double boiler or microwave

### Coat the cake balls:

- Remove only 2-3 cake balls from the refrigerator at a time
- Dip a lollipop stick about 1/2 inch into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball
- Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick
- Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off
- Decorate the top with sprinkles and place upright into a styrofoam block or box (as explained above)
- Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping!
- Coating will set within an hour. Store cake pops in the refrigerator for up to 1 week

"Our kitchen runs on love,  
laughter and a whole lot  
of sprinkles!"

- Lyla





# Camp Oven Scones



Cooking Time: 15 mins

*"It's the kids favourite camping snack"*

By: Sarah Levey

## Ingredients:

- 1 cup lemonade
- 1 cup cream
- 3 cups self raising flour

## Method:

- Mix all ingredients.
- Place baking paper in the bottom of your camp oven dish and place balls of the mixture around the edges and one in the centre.
- Cool over the fire for 15 minutes.

# Caramel Slice



Makes 32 servings

Cooking Time: 60 mins

*"So easy to make and a definite crowd pleaser! Make a batch for snacks throughout the week or save them for those kids birthday parties."*

By: Terri Martin

## Ingredients:

### Base

220g plain flour  
1 tsp baking powder  
95g soft brown sugar  
180g unsalted butter, melted

### Filling & topping

175g unsalted butter  
115g golden caster sugar or raw sugar  
3 tbsp golden syrup  
400g canned condensed milk  
100g milk chocolate melts

## Method:

### Base

- Preheat oven to 180 degrees.
- Grease and line a 20cm x 30cm baking tin, leaving the paper hanging over the two long sides of the tin.
- Roughly mix the flour, baking powder and brown sugar with a fork. Stir in the melted butter.
- Press into the tin and bake for 20 minutes. Leave to cool.

## Method cont.

### Filling & topping

- Place butter, sugar, golden syrup and condensed milk in a saucepan and heat gently until the sugar has dissolved. Bring to the boil and simmer for 6-8 minutes, stirring constantly until the mixtures thickens. Pour over the base and chill in the fridge until firm.
- Melt the chocolate in a heatproof bowl over a saucepan of simmering water. Pour over the firm filling and chill in the fridge once more.



# Chickpea Cookies



## Ingredients:

1 can chickpeas (400g)  
1 cup oats  
2 medium bananas  
1/4 cup brown sugar  
1 tsp vanilla  
1 tsp baking powder  
1/4 cup dark chocolate chips

Makes 12 servings

Total Time: 25 mins

"Healthy and yum!"

By: Jasmine Ketchell

## Method:

- Drain the chickpeas and rinse thoroughly.
- Place all ingredients excluding the chocolate chips in the food processor. Whiz for 2-3 mins until very smooth.
- Remove the blade from the processor, add the chocolate chips and mix with a spoon.
- Using a tbsp, place spoonful's onto a baking paper lined tray. Use the back of the spoon to shape the dollops into circular shapes, approximately 1 cm thick. Do not panic if they look a bit... shall we say, rustic.
- Bake at 180 degrees for 25 mins.
- Remove from the oven and cool on tray.

# Choc Blondie



Makes 6 servings

Cooking time: 18-20 mins

*"Because I was still able to have a slice for morning tea or afternoon tea on a 6 week challenge"*

By: Jasmine Pratt

## Ingredients:

- 1/2 cup peanut butter
- 1/2 cup dark choc chips
- 1 can chickpeas
- 1 tsp salt
- 1/4 cup sugar free maple syrup
- 1/4 cup almond milk

## Method:

- Place in a lined baking tray and cook on 180 degrees for 18 to 20 mins. Let cool.
- Cut into 6 slices

# Date Loaf



Cooking Time: 20 mins minimum

*"It's a very moist, delectable treat that the whole family loves. Even if you didn't think you like dates!"*

By: Renee Green

## Ingredients:

1 cup dates, chopped  
1 cup brown sugar, lightly packed  
60g butter  
1 cup boiling water  
1 3/4 cups self-raising flour  
1 tsp bicarbonate of soda  
2 tsp vanilla essence

## Method:

- Place dates, butter and brown sugar in a bowl with the cup of boiling water until sugar is dissolved.
- Place flour, bicarb and vanilla in bowl and mix until combined.
- Cook in a moderately hot oven, in loaf tray for 20 minutes or until the middle springs back when touched lightly.
- Serve with butter or cream cheese.



# Easy Choc Caramel Slice



Makes 16 serves

Cooking Time: 40 mins

*"It's so easy and is always a winner!"*

By: Reanna Alexander

## Ingredients:

1 pack milk arrowroots  
80g butter  
1/2 cup milk chocolate chips  
1/2 cup white choc chips  
1/2 cup slithered almonds  
1/4 cup coconut  
1 tin condensed milk

## Method:

- Blend or crush biscuits and pour over melted butter (add more butter if needed).
- Push into bottom of a lined slice tin.
- Sprinkle with choc chips, almonds and coconut.
- Top with tin of condensed milk.
- Bake for approx. 40 mins or until golden (less for a lighter Caramel flavour or more for a more chewy caramel).
- Allow to cool and chop and serve.
- You can swap out almonds for other nuts or add sultanas for something different.



# Easy Choc Chip Cookies



## Ingredients:

115g softened butter  
55g caster sugar  
140g plain flour  
60g chocolate chips (dark is delicious)

Makes 12 cookies

Cooking Time: 10-12 mins

*"This is such a quick and easy recipe to whip up on the weekend and a great one to do with the kids."*

By: Michelle Gray

## Method:

- Heat oven to 180 degrees.
- Use a beater to whisk the softened butter and caster sugar together until fluffy. Using a spoon mix in the plain flour and chocolate chips until a dough forms.
- Roll the dough into walnut sized balls and flatten with the palm of your hand. Place them onto a baking tray slightly apart.
- Bake for 10-12 minutes

# Easy Florentines



## Ingredients:

1 1/2 cup sultanas  
2 cups cornflakes  
100g slivered almonds  
100g glace cherries, chopped  
2 tbsp mixed peel  
2/3 cup NESTLÉ sweetened condensed milk  
250g good-quality dark chocolate

Makes 24 servings

Total Time: 15 mins

*"Delicious, festive, so easy the kids can do it!"*

By: Julia Ewings

## Method:

- Preheat the oven to 170°C. Line 2 large baking trays with non-stick baking paper.
- Combine the sultanas, cornflakes, almonds, glace cherries, mixed peel and sweetened condensed milk in a bowl. Place spoonful's of the mixture on baking trays, leaving enough room between each for biscuits to spread. Bake for 10 mins until light golden brown, then set aside on a wire rack to cool.
- Melt the chocolate in a bowl over a saucepan of simmering water. Set aside to cool slightly then spread over the underside of the florentines. Use a fork to make wiggly lines in the chocolate, then place, chocolate-side up, on a wire rack until set.

# Epic (easy) Ice Cream Cake



## To assemble

1 deep 20cm cake tin with a removable base  
2 strips of acetate (flexible plastic paper) or flexible cardboard, each piece 60cm long and 20cm tall

## To decorate

Waffle cones,  
Mini meringues  
Sprinkles  
Lollies

Makes 6 servings

Total Time: 40 mins

By: Lauren Roche

## Ingredients

### Shortbread sprinkle crumb

570 g shortbread biscuits, crushed  
200 g white chocolate  
3 tbs coconut oil  
3 tbs sprinkles

### Chocolate crunch layer

275 g Oreo cookies, crushed  
100 g dark chocolate  
3 tbs coconut oil

### Ice cream layers

3 litres store bought vanilla ice cream  
500 ml store bought strawberry or raspberry sorbet

### White chocolate glaze (optional)

200 g white chocolate  
2 tbs coconut oil



# Method

## Shortbread sprinkle crumb

- Place the crushed shortbread into a medium sized mixing bowl
- Melt 200 g white chocolate and 3 tbs coconut oil together and add to the crushed shortbread, stir to combine
- Add the sprinkles, stir to combine and set aside

## Chocolate crunch layer

- Place the crushed Oreo's into a medium sized mixing bowl
- Melt 200 g dark chocolate and 3 tbs coconut oil together and add to the crushed Oreo's, stir to combine and set aside

## To assemble

- Line the base of a 20 cm round deep and loose based cake tin (or cake tin of your choice) with baking paper
- To support the cake while its freezing, use the two pieces of clear plastic sheet (acetate) or thick cardboard to make the tin taller by placing it around the inside edges of the cake tin, they should overlap most of the way around so there are no gaps
- Place  $\frac{3}{4}$  of the shortbread sprinkle mixture into the bottom of the prepared cake tin, press down the mixture and spread it out evenly
- Add  $\frac{1}{3}$  of the vanilla ice cream, and spread evenly with the back of a spoon
- Add the rest of the shortbread sprinkle mixture crumbling over the ice cream, sprinkle over an extra 2 tbs of sprinkles
- Add the next  $\frac{1}{3}$  of vanilla ice cream, and before smoothing it out, add the strawberry sorbet and an extra spoonful of vanilla ice cream and then smooth over with the back of a spoon, allowing the ice creams to swirl together a little

## Method cont.

- Add the Oreo chocolate crunch layer
  - Then add the rest of the vanilla ice cream, smooth over with the back of a spoon and add some extra sprinkles on top. Place the cake into the freezer overnight or for up to 2-3 days
  - When ready to serve, melt the 200 g white chocolate and 2 tbs white chocolate and set aside to completely cool
  - Remove the cake from the tin and place onto a serving plate
  - Drizzle the white chocolate mixture\* over the cake and then place the cake back into the freezer for 10-15 minutes to allow the chocolate to set
- \*The white chocolate drizzle is optional, you can add the decorations straight onto the ice cream cake if you don't want to add the white chocolate over the top of the cake.
- Remove the cake from the freezer and decorate with waffle cones, mini meringues, lollies and extra sprinkles



# Fruit Balls



Makes 20 servings

Total Time: 30 mins

*"This recipe has been in my family for over 30 years. It is easy to prepare with little helpers and makes a great lunchbox snack."*

By: Michelle Kozlowski

## Ingredients:

8 weet-bix  
3/4 cup sultanas  
1 cup coconut  
1 tin condensed milk  
1/2 tsp ground cinnamon  
2 dessert spoons cocoa extra  
Coconut for coating

## Method:

- Place weet-bix into a plastic bowl and crush finely with a rolling pin.
- In a bowl, combine the weet-bix with all other ingredients and mix well.
- With damp hands, roll mixture into balls.
- Toss in coconut, then chill in the fridge.



# Gluten Free Chocolate Pancakes



Makes 1-2 servings

Cooking Time: 30 mins

By: Jenny Summerville

The Source Bulkfoods

## Ingredients:

1/3 cup almond Meal  
1 tablespoon Cacao Powder  
1 tablespoon Tapioca Starch  
1 teaspoon baking powder  
1 egg  
Plant mylk of choice - enough to make a  
pancake batter consistency.

## Method:

- Mix together.
- Pour half of the batter into frying pan and cook on one side till bubbles form.
- Carefully flip and cook the other side.
- Put onto plate.
- Cook rest of batter in the same manner.
- Top with berries and coconut yoghurt.

# Grandmas Secret Spiced Banana & Walnut Loaf



## Ingredients:

2 over ripe bananas  
1 tbsp Flavouristas Grandmas Secret Spice  
1 cup whole egg mayo  
3/4 cup sugar free maple syrup  
2 cups wholemeal self raising flour  
1/2 cup chopped walnuts  
Pinch of salt

Makes 6-8 servings

Cooking time: 30 mins

*"It's super easy to make, sugar free,  
healthy bread for everyone to enjoy..."*

By: Tiane Henry

## Method:

- Preheat oven to 180 degrees fan forced.
- Line loaf tin with baking paper.
- Mash bananas in a bowl, add maple syrup, mayo, chopped walnuts and mix.
- Add flour and salt. Mix with a spatula until combined.
- Pour into lined tin and bake for 25-30 mins or until the bread springs back when touched.
- \*Optional: Add slice bananas and a sprinkle of chopped walnuts on top before baking. Serve with butter and a cuppa.

# Holly's Lemon and Yoghurt Cake



Makes 12 servings

Total Time: 75 mins

*"This recipe is so versatile and can be made with gluten free flour too. It's a real crowd-pleaser."*

By: Holly McVicar

## Ingredients:

### Cake:

180 ml rice bran oil  
2 large eggs  
1 tablespoon finely grated lemon rind  
1/4 cup lemon juice  
1 cup thick Greek yoghurt  
2 cups caster sugar  
2 cups self-raising flour

### Lemon Mascarpone:

1 cup icing sugar  
250g mascarpone  
1 tablespoon finely grated lemon zest

### Lemon Drizzle:

1 cup icing sugar  
1 tablespoon lemon juice



## Method:

- Preheat oven to 160°C and line a springform cake tin

### Cake:

- Mix together the cake ingredients except flour
- Then gently fold in 2 cups self-raising flour
- Pour into tin and bake for approx 50 minutes

### Icing:

- Mix the lemon mascarpone ingredients together
- Prior to filling and once cooled, cut the cake in half to create two layers
- When cool fill with lemon mascarpone
- Top with the lemon drizzle
- Serve immediately or store chilled in the fridge

# Homemade NZ Cookie Times



## Ingredients:

2 ¼ cup plain flour  
1 tsp baking soda  
1 ½ tsp cornstarch  
½ tsp salt  
170g butter, softened  
¾ cup brown sugar  
½ cup white sugar  
1 egg  
1 egg yolk  
2 tsp vanilla  
125g whittakers creamy milk (half a block)

Makes 16 large cookies

Cooking time: 10-15 mins

*"Because they remind me of home."*

By: Sharnae Walsh

## Method:

- Preheat the oven to 160 degrees fan bake.
- In a medium bowl, sift dry ingredients together.
- In a separate large bowl, add softened butter and both sugars. Beat with electric beater on medium speed until the butter and sugar is fluffy and combined well.
- Add 1 egg then beat again.
- Add egg yolk and vanilla and beat until combined well.
- Gradually add the dry ingredients into the wet mixture, stirring until combined well.

## Method cont.

- Cut chocolate pieces into halve sized pieces.
- Prepare 2 baking trays with baking paper.
- Scoop out half of a  $\frac{1}{4}$  cup of dough. Push chocolate piece into the middle and roll the dough into a ball, so you can't see the chocolate inside. Put the rolled dough onto the tray then add 2 more pieces onto the dough (see picture above). DO NOT push the dough down, they will spread out/flatten in the oven.
- Bake for 10-12 minutes.



# Jenny's No Oats



Serves: 1 to 2

Cooking Time: 30 mins

*"So yummy especially if you're used to oats but can't tolerate it anymore."*

By: Jenny Summerville

The Source Bulkfoods

## Ingredients:

1/3 cup shredded coconut  
Grated zucchini (about 1/4 of a med sized one)  
1/2 to 1 Grated green apple  
1 dessertspoon flaxseed meal (linseed)  
1 dessertspoon banana flour  
1 dessertspoon collagen powder (optional)  
Plant mylk of choice, this time I used hazelnut that @thesourcespringfield stocks

## Method:

- Mix together.
- Cook till reaches a thick and creamy like consistency for just a few minutes.
- Optional toppings to add sweetness and more creaminess: Maple Syrup, Tahini, Coconut Yoghurt, Hemp Seeds, Raw Cacao Nibs

# Kay's Scones



Makes 10 - 12 servings

*"So easy, my husband makes them!"*

By: Sheryl Roche

## Ingredients:

3 ½ cups self raising flour  
4 tbsp sugar  
¾ pint milk  
5 tbsp butter

## Method:

- Rub butter into flour and salt which has been sifted 3 times.
- Add sugar before butter.
- Make well in centre of flour and add milk. Combine flour and milk quickly.
- Press out and cut mixture with scone cutter. Place scones on flat tray and brush tops with melted butter.
- Cook in hot oven 240 – 250 degrees.

# Marble Brownie



Makes 12 servings

Total Time: 22 mins

*"It just melts in my mouth! So delicious!"*

By: Caitlyn Busack

## Ingredients:

3/4 block of marble cadbury chocolate  
1 cup nutella  
1/2 cup of flour  
2 eggs

## Method:

- Preheat oven to 180 degrees
- Chop up the marble chocolate by cutting each piece into quarters
- Mix the nutella, flour, eggs and marble chocolate together
- Place into the oven for 22 mins
- Let rest for 30 mins

# Mini Coffee Bean Biscuits



## Ingredients:

2 tsp instant coffee  
1 tbsp boiling water  
70g butter  
60g icing sugar, sifted  
1 large egg yolk  
90g plain flour  
3 tbsp corn flour  
2 tbsp cocoa powder  
1/4 tsp salt  
OPTIONAL dark chocolate, for melted chocolate base

Makes 30 servings

Cooking Time: 16-18 mins

*"These biscuits are so fun! The middle of the cookie is so smooth and goes so well with a cup of coffee"*

By: Cassandra Fraser

## Method:

- Preheat oven to 165 degrees. (conventional oven)
- Cream butter and sugar together until combined.
- Mix in the egg yolk and coffee solution with a wooden spoon.
- Mix in the remainder of the dry ingredients until they come together and a dough has formed.
- Take teaspoon sized scoops and roughly shape to an oblong circle.
- Use a wet knife to cut length ways down the centre of each biscuit, only cutting about halfway through.
- Bake in preheated oven for 16-18 minutes.



# Hanna's Melty Moments



Cooking Time: 12-15mins

*"...for those days when you are struggling and in need of home"*

By: Katie Robinson

## Ingredients:

6 tbsp soft butter or margarine  
3 tbsp icing sugar  
1 tsp vanilla essence  
1 cup plain flour  
1/2 tsp cornflour

### Icing

1 lemon  
1 1/2 cup icing sugar

## Method:

- With a electric mixer, mix the soft butter/margarine until it looks like icing, then add icing sugar, vanilla essence and mix.
- Take your bowl and add plain flour and the cornflour. Now, you can either use your hands to mix into a biscuit crumb or use a wooden spoon to mix it all together.
- Roll mixture into little balls and place onto an oven tray. No need to space, usually 5 across and 9 down.

# Ninety Second Mug Muffin



Makes 1 serving

Cooking Time: 90 seconds

*"So quick and easy!"*

By: Debra Ottway

## Ingredients:

1/3 cup quick oats  
1 egg  
1 ripe banana  
1 fresh date

## Method:

- Chop the date.
- Combine oats, egg and date.
- Mash in banana and mix well.
- Place into a large mug and microwave for 90 seconds.
- Serve with yoghurt for breakfast.

# Passionfruit Slice



Makes 12 servings

Total Time: 30 mins

*"Delicious easy and a crowd-pleaser"*

By: Denise Roach

## Ingredients:

1 packet butter cake mix  
125 gram melted butter  
Half cup desiccated coconut  
Tin of condensed milk  
2 passionfruit content or half tin of passionfruit  
Juice of 2 lemons or 50 ml of lemon juice

## Method:

- Combine butter cake mix, desiccated coconut and melted butter into a crumbly cookie dough consistency
- Put in slice tin then bake in oven at 170°C for about 10-15 minutes until golden brown
- Mix remaining ingredients (condensed milk, lemon juice, passionfruit) together
- Pour onto the base then sprinkle with desiccated coconut and into oven for 10 - 15 minutes



# Pineapple Loaf



Makes 4 mini loaves

Cooking Time: 75 mins

*"Light, sweet, fragrant and delicious."*

By: Jessie Fuesaina

## Ingredients:

1 1/2 cups sweetened shredded coconut

1/2 cup butter, room temperature

1 cup sugar

3 large eggs

1 cup sour cream

1/2 tsp baking soda

1/2 tsp salt

1 1/2 cups flour

All purpose

1 can (17 ounce) crushed pineapple, drained



## Method:

- Preheat oven to 350 F. Grease and flour a 9" loaf pan or 4 mini loaf pans.
- Spread an even layer of coconut on a baking sheet. Bake for 6-8 minutes, tossing occasionally.
- Beat butter and sugar until light and fluffy, around 3 minutes. Add eggs, one at a time, mixing to combine. Add sour cream, baking soda, and salt until just combined. Then add flour slowly, mixing until combined.
- Fold in crushed pineapple and 1 cup of the toasted coconut into batter.
- Fill loaf pans with batter.
- Sprinkle remaining toasted coconut on top of the batter.
- Bake a large loaf pan for 65-70 minutes, (mini loaves bake approximately 40 minutes) or until a toothpick comes out clean.
- Let sit for 15 min . Then remove from pan to a wire rack to cool completely.

# Rich Chocolate Cake



## Ingredients:

1 cup water  
1½ cups caster sugar  
150g butter  
1/3 cup cocoa  
½ teaspoon bicarbonate soda  
2 eggs, lightly beaten  
1 tsp vanilla essence  
1 1/2 cups self raising flour

Makes 8-10 servings

Cooking Time: 50 mins

*"It's so rich and decadent. It's my go to cake recipe as I find it super simple and it's always a crowd pleaser. It never lasts long in my household!"*

By: Christina Peter

## Method:

- Combine water, sugar, butter, cocoa and bicarbonate soda in a saucepan and warm, but do not boil, stirring until the sugar has dissolved and the butter has melted.
- Transfer mixture to a bowl and cool for 30 minutes.
- Beat in the eggs and vanilla. Stir in the flour and mix well. Pour into a greased and base-lined 20cm round cake pan.
- Bake in an oven 180°C for 50 minutes or until cooked.
- Cool for 10 minutes before turning onto a wire rack to cool completely.

# Ricotta Pancake Topped With Caramelised Banana



Makes 12 Pancakes

Cooking Time: 30 mins

*"Kids Love it! Healthier option and is gluten free."*

By: Aaron Farmer

The Coffee Club Orion Head Chef

## Ingredients:

1 cup milk  
1 egg  
1/2 cup ricotta cheese + extra to serve  
2 cups gluten free self raising flour  
1 teaspoon gluten free baking powder  
1/3 cup coconut sugar + extra for banana  
1/4 cup coconut oil  
2 bananas  
1 tablespoon chia seeds  
1 cup fresh blue berries

## Method:

- Whisk milk, eggs, ricotta in a bowl and put aside.
- Sift flour into a large bowl with baking powder and add sugar and mix well.
- Make a well in the centre then add milk mixture and whisk until combined.
- Heat a fry pan on medium heat and add small amount of coconut oil to coat base of pan.
- Cut banana in half length ways and spread coconut sugar over flesh side.  
Add to pan sugar side down continue to cook as pancakes are on pan as well.
- Add pancake batter to pan using 1/4 cup per pancake.
- Cook for 2 to 3 minutes until bubbles appear on surface. Turn over and cook for a further 2 to 3 minutes.
- Plate pancakes into a stack in the middle of the plate.
- Using a tablespoon place a dollop of ricotta in centre and place caramelised banana on top.
- Place 1/4 cup of blue berries over and around plate and sprinkle with a teaspoon of chai seeds over.



# Sweet Banana & Nutella Sausage Rolls



## Ingredients:

1 x 375 g sheet butter puff pastry  
2 x large bananas, peeled  
8 tbs Nutella (or peanut butter)  
1 egg, lightly whisked  
Cinnamon & sea salt for sprinkling

Makes 6 servings

Cooking Time: 40 mins

By: Greg Plawecki

## Method:

- Preheat your oven to 190°C
- Thaw the pastry as per packet instructions
- Slice the pastry in half
- Spread 3-4 tbs of Nutella in a line in the centre of each piece of pastry.
- Place a banana on top of the Nutella on each piece of pastry
- Roll up and seal the pastry by gently pressing down where the pastry joins
- Slice the pastry rolls into 2-inch slices and place the slices onto a paper-lined baking tray
- Brush the slices with the whisked egg and sprinkle with cinnamon and sea salt
- Bake at 190°C for 20 minutes
- Remove from the oven and set aside to cool for 20 - 30 minutes
- Serve dusted with icing sugar, or with yoghurt swirled with Nutella, or caramel for dipping.

# Thick and Creamy Vanilla Custard



## Ingredients:

250ml milk  
250 ml of cream  
Up to 50g sugar (select how sweet you like it)  
Up to 60g vanilla custard powder

Cooking Time: 8 mins in  
thermomix

*"It is delicious and warm on a cold night."*

By: Rebecca Winstanley

## Method:

### Thermomix

- Place all ingredients in the Thermomix.
- Cook at 90 degrees for 8 minutes on speed 4.

### Stove top

- Blend the custard powder with some milk to make a paste. Put the cream, milk and sugar in the saucepan. Slowly pour the custard paste in constantly stirring. Bring to the boil (keep stirring). Turn down heat, stir until thick.

# Three Ingredient Shortbread Cookies



Cooking Time: 30 mins

*"Because it's simple, easy and tastes amazing"*

By: Bethany Nicholas

## Ingredients:

250g butter  
3 cups plain flour  
1/2 cup icing sugar

## Method:

- Beat butter until pale and creamy.
- Slowly add in sifted icing sugar and beat through.
- Add sifted plain flour and mix with beater on low.
- Gently knead and roll mixture on a floured board or bench, then cut into shapes using cookie cutters.
- Bake until ever so slightly golden.



# Gum Gum Cookies



Makes 20 servings

Cooking Time: 30 mins

*"My dad taught it to me as a kid and I have now taught it to my kids. It's always been a favourite biscuit for anyone who's tried it and never lasts long!"*

By: Emily Hockings

## Ingredients:

1 1/2 cups SR flour  
180g butter  
1/2 cup sugar  
1 tbsp cocoa  
1 tbsp desiccated coconut  
4 tbsp cornflakes  
1/2 cup icing sugar  
1 tsp cocoa  
2 tsp lemon juice  
1/2 tsp vanilla essence

## Method:

- Preheat oven to 150 degrees.
- Cream butter and sugar. Add sifted flour and cocoa. Mix well then add coconut and cornflakes and mix well until combined.
- Roll into tiny balls and place on greased tray. Press lightly with a fork. Bake for 30 minutes in oven.
- Mix icing sugar with cocoa, lemon, and vanilla. Add hot water to bring to the right consistency.
- Ice biscuits when they have cooled.



# Thank you



A warm and heartfelt thank you to everyone in the Orion community for your cookbook contribution.

We hope that you enjoy re-creating some of these quick easy family favourite recipes for those you love.



MY COMMUNITY COOKBOOK