



Zucchini, Ham & Cheese Slice

SERVES 20

20 extra large eggs

1kg cooked long grain basmati or brown rice

3 cups cheddar or tasty cheese, grated

8 medium zucchini, grated

3 cups frozen peas and corn, mixed

20 slices leg ham, diced

20 shallots, chopped

1kg cherry tomatoes, cut into halves

Preheat oven to 190°C. Grease and line a 20cm square pan or oven proof dish

Lightly whisk eggs in a large bowl. Add rice, cheese, zucchini, peas and corn, ham and shallots. Mix to combine

Pour into prepared pan, smoothing top with a spatula

Evenly place the halved tomatoes on top

Bake for 30–35 minutes or until set

Allow to cool before turning out and cutting into portions



Turkey, Avocado & Tomato Quiches

SERVES 24

4 eggs
2 cups milk
6 spring onions, diced
2 avocados, diced
1 tomato, cut into neat small dice
200g turkey meat, diced
150g tasty cheese, grated
12 sheets of filo pastry
salt and pepper

Preheat oven to 190°C and spray 2x 12 hole muffin tins

Lay out 2 sheets of filo pastry on top of each other and cut into quarters. Loosely line each muffin hole with a pastry quarter, making sure the sides are covered

Mix eggs, milk and seasoning together

Put even amounts of the turkey, avocado, tomato, spring onions into the base of each muffin hole

Top with cheese then carefully pour in the egg and milk mix to each quiche

Place in the oven for about 30 minutes or until the egg has set and the pastry and filling is golden



Banana & Raisin Cake

MAKES 2

250g self raising flour
1 teaspoon mixed spice
1 teaspoon cinnamon
200g raw sugar
200g raisins or sultanas
200g softened butter or 200ml olive oil
4 small ripe bananas

Preheat oven to 180°C and spray 2 loaf tins

Combine flour, mixed spice, cinnamon, sugar and raisins/sultanas

In a separate bowl smash the bananas with a fork or wooden spoon and add the butter/oil and mix well

Add this to the bowl of dry ingredients and stir gently until combined

Spoon the mixture evenly into both loaf tins

Bake in the oven for 40 minutes or until cooked when tested with a skewer

Tip: You can turn this recipe into individual portions. Line 2x 12 hole muffin tins with cases and bake for 20-30 minutes



Teriyaki Chicken in Japanese Rice Boxes

SERVES 20

2kg chicken thigh meat, skin on preferably, cut into 4cm pieces

1 litre premade teriyaki sauce

4cm ginger, grated

10 garlic cloves, grated

6 tablespoons vegetable oil

20 green shallots cut into small pieces

2.5kg cooked short grain rice

2 tablespoons sesame seeds

Put the teriyaki sauce in a large bowl with ginger and garlic and add chicken pieces, making sure chicken is thoroughly coated

Cover in plastic film and place in the refrigerator. Allow the chicken to marinate in this mixture for a minimum of 30 minutes, preferably overnight

In batches, heat the vegetable oil in a frying pan and add the chicken pieces. Fry both sides of the chicken on a low heat

Transfer the chicken to a bowl. Drain away any excess fat from the pan and repeat with remaining chicken

In a large pan, add all the chicken, along with the sauce used to marinate chicken. Cover the pan and steam the chicken on low heat for 5 minutes or until cooked

Remove the lid and simmer until the sauce becomes thick. Remove from heat and stir in shallots

Serve warm on top of some warm rice in noodle boxes and sprinkle with sesame seeds



Smoothies

MAKES 20

For these smoothie recipes, place the ingredients into a blender and blend until smooth. You will need to do this in batches. Once blended, place all ingredients in a large jug and stir well. If the mixture is a bit thick, add some water or ice to thin it down

Banana and Strawberry

2 litres low fat milk or almond milk
4 cups frozen strawberries, defrosted
6 bananas
3 tablespoons honey

Super Green

200g (8 cups) healthy greens (spinach, kale, cabbage or lettuce), washed and shredded
4 medium bananas, cut into 2cm pieces
8 green apples, quartered and cored
4 green pears, quartered and cored
8 kiwi fruit
4 tablespoons honey
2 cups water

Breakfast in a Glass

5 cups unsweetened apple juice
5 ripe bananas
2 cups seasonal berries
5 tablespoons pumpkin seeds (pepita kernels)
2½ tablespoons natural wheatgerm
2 cups natural yoghurt

Orange Surprise

12 oranges, juice only, or 1.2 litres unsweetened orange juice
3 limes, juice and zest
small piece ginger
3 bananas
1 cup crushed ice

Tropical

6 oranges, juice only
3 small pineapple, cut into chunks
6 ripe bananas
1.2 litres coconut milk
2 cups crushed ice

Kiwi and Banana

3 cups unsweetened apple juice
6 ripe bananas
9 kiwi fruit, peeled
2 cups crushed ice



Healthy & Delicious Southern Chicken

MAKES 20

20 skinless chicken drumsticks
5 cups wholemeal self raising flour
8 teaspoons garlic powder
8 teaspoons onion powder
4 teaspoons turmeric
1 teaspoon cayenne pepper or chilli powder
8 teaspoons smoked paprika
2 teaspoons salt
3 teaspoons ground black pepper
4 tablespoons olive oil (you may need a little more for cooking)

Preheat the oven to 190°C

Combine flour, garlic and onion powder, paprika, turmeric, cayenne or chilli (add or halve to suit taste), salt and black pepper in a large bowl

Preheat a nonstick frying pan and add a tablespoon of oil

Roll each drumstick through the spiced flour mixture, covering completely

In batches, place drumsticks in the frying pan, cooking on all sides quickly to seal and lightly brown

Remove from the pan and place on an oven tray while you fry the other drumsticks

Drizzle with a little more olive oil if the drumsticks look a bit dry and place in the oven for 20 minutes or until cooked thoroughly