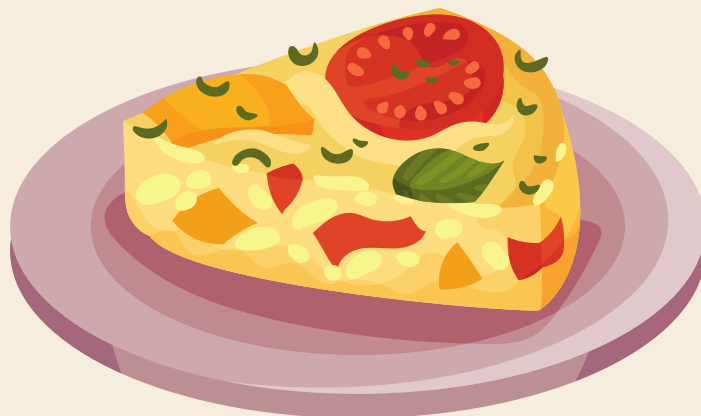





Vegetable frittata




Ingredients

- 6 eggs 
- 1/2 cup milk 
- 1/3 cup cheese (feta or cheddar)
- Vegetables of choice 
(pumpkin, capsicum, spinach, tomatoes mushrooms, broccoli)

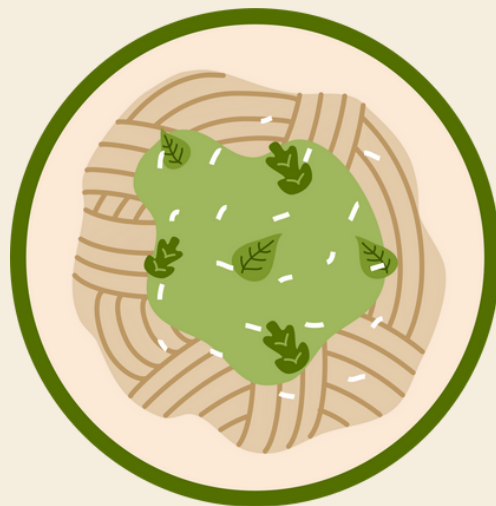
Method

1. Heat oil in a cast-iron skillet or pan. Add vegetables and saute until cooked. If using leftover pre-cooked vegetables skip this step.
2. Whisk eggs and add milk. Season with salt and pepper to taste. Mix in cheese.
3. Pour egg mixture over vegetables in skillet.
4. Transfer skillet to oven preheated at 200°C and bake for 20 minutes or until set. Alternatively, if pan is not oven-proof transfer use a small oven dish.

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Healthier pesto pasta



Ingredients

- Pasta ★
- Pesto of choice ★
- Broccoli
- Tomatoes 🌱
- Chicken (optional)
- Fresh basil 🌱

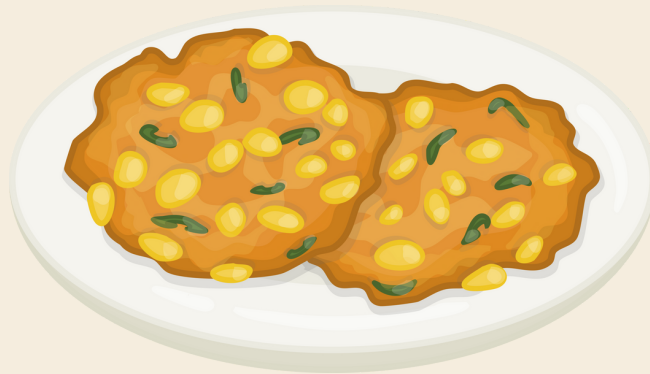
Method

1. Cook pasta according to packet instructions, adding the broccoli to the pasta water for the final 5 minutes of cooking so that it softens.
2. Drain pasta and broccoli and stir through pesto, chopped tomatoes and cooked chicken.
3. Top with parmesan cheese and garnish with fresh basil.

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Corn and zucchini fritters



Ingredients

- Corn (1 tin or 2 fresh cobs) 🌱 ★
- 1 zucchini 🌱
- 3 eggs 🌱
- 1/3 cup milk ★
- 1 1/4 cups self-raising flour
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- Tomato relish, to serve

Method

1. Whisk eggs and add corn, grated zucchini, eggs and milk.
2. Sift in flour, cumin and turmeric and gradually stir in. Season with salt and pepper.
3. Heat oil in a pan. Put small scoops of the mixture into the pan and shape into flat circles.
4. Cook on one side for a few minutes until golden brown, before flipping. Remove from pan once cooked through.
5. Serve fritters with relish and a salad.

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Overnight oats



Ingredients

- 1/2 cup rolled oats ★
- 1/2 cup milk of choice ★
- 1/2 tsb cinnamon
- 1/2 tsp vanilla essence
- 1 tbs chia seeds
- 1 tsp honey ★ or maple syrup
- Yoghurt (optional)
- Toppings (peanut butter ★, berries, banana, nuts, seeds)

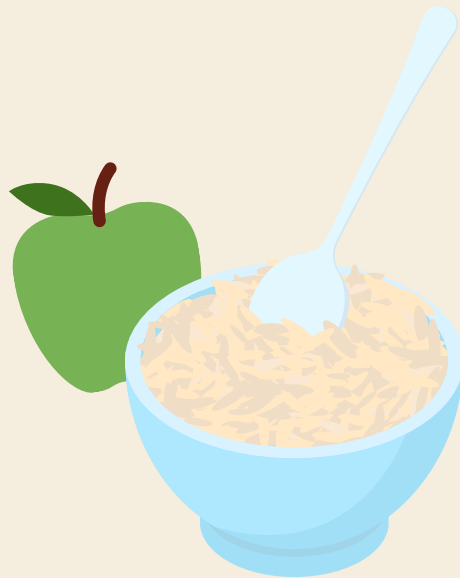
Method

1. Add oats, milk, cinnamon, vanilla, chia and sweetener to a jar or other container. Stir until combined.
2. Leave in the fridge overnight.
3. In the morning, serve with yoghurt if desired, and your choice of toppings

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Apple porridge



Ingredients

- 1 apple
- 1 tsp cinnamon
- 1/2 cup oats ★
- 1/2 cup milk of choice ★
- Honey ★
- Walnuts or other toppings of choice

Method

1. Chop apple and cover with water in a small pot. Add cinnamon and cook until the apple has softened.
2. Add oats and milk and stir frequently until cooked.
3. Remove from heat and drizzle with honey and top with walnuts or other toppings.

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Lentil and green bean salad



Ingredients

- 1 red onion
- 2 cloves garlic
- 2 tsp grated ginger
- 2 tsp garam masala
- 400g can lentils ★
- 250g tomatoes 🌱
- 200g green beans 🌱
- 50g feta
- Parsley 🌱
- Lime

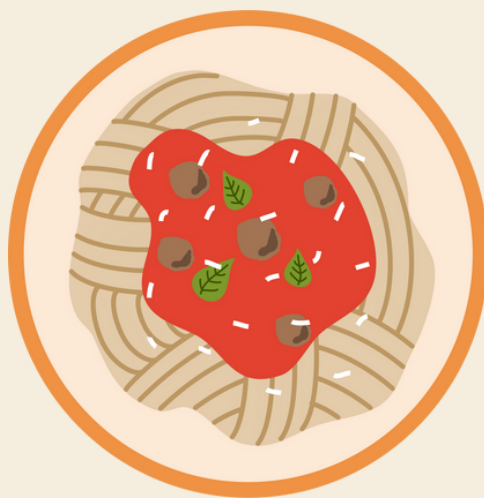
Method

1. Cook onion in oil until soft. Add garlic, ginger and garam masala and cook for another minute before removing from heat.
2. Boil green beans in a pot for 3-4 minutes or until tender.
3. Mix together drained lentils, onion, chopped tomatoes, sliced green beans, parsley and feta until just combined. Squeeze lime over top.

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Spaghetti bolognese



Ingredients

- 1 tbs olive oil
- 1 onion
- 2 cloves garlic
- 500g beef mince
- 1/2 cup red wine (optional)
- 2x 400g can crushed tomatoes ★
- 2 tbs tomato paste
- 2 bay leaves
- 1 tbs oregano
- Spaghetti ★

Method

1. Cook onion in a pan in oil until soft.
2. Add garlic and cook for a further minute before adding beef mince. Cook until browned.
3. Add red wine and simmer for a minute. Then add tomatoes, tomato paste, bay leaves and oregano. Season with salt and pepper to taste.
4. Cook for 20-30 minutes until sauce thickens.
5. Meanwhile, cook spaghetti according to packet directions.
6. Serve sauce over a bowl of spaghetti.

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Vermicelli stir fry



Ingredients

- Vermicelli noodles ★
- 1 Onion
- 3 cloves garlic 🌱
- 1 tsp grated ginger
- Protein of choice (chicken or tofu)
- 2 carrots 🌱
- 1 head broccoli
- 1 capsicum
- 400g mushrooms
- 150g bok choy
- 1/4 cup soy sauce

Method

1. Cook vermicelli according to packet directions.
2. Cook chopped onion in pan with oil until soft.
3. Add garlic, ginger and protein of choice and stir fry until protein is cooked. Remove from pan and set aside.
4. Add more oil, carrots and broccoli and cook for 1 minute, then add capsicum and mushrooms and stir fry until vegetables are cooked.
5. Add bok choy and sauce to the pan and stir.
6. Drain noodles and add to the pan. Mix everything together.

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Chickpea curry



Ingredients

- 1 onion
- 2 cloves garlic
- 1 tsp chilli powder
- 2 tbs cumin
- 1 tbs turmeric
- 1 tbs garam masala
- 1 can of diced tomatoes★
- 1 can of coconut milk
- 1 can of chickpeas★
- Vegetables of choice🌱 (green beans, zucchini, capsicum, pumpkin)
- Rice ★

Method

1. Saute onion in oil until soft and transparent. Add chopped garlic and saute for a moment before adding chilli, cumin, turmeric and garam masala.
2. Add tomatoes and coconut milk and stir until sauce is combined.
3. Add drained chickpeas and vegetables and cook until soft.
4. Serve with rice.

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Pimped up instant noodles



Ingredients

- Instant noodles of choice ★
- Broccoli
- Mushrooms
- Corn 🌱
- Spring onions 🌱
- Protein of choice (chicken, beef, tofu, egg 🌱)
- Sauce of choice (soy, chilli, mayonnaise)

Method

1. Cook noodles according to noodle packet instructions, adding the broccoli and mushrooms at the start so they cook as well. Add noodle flavouring according to packet.
2. Add chopped spring onions, corn and cooked protein of choice on top.
3. Top with any sauces you'd like!

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Vegetarian burritos



Ingredients

- 1 onion
- 1 clove garlic
- 1 capsicum
- 2 cans of black beans ★
- Mexican spice mix
- 1 cup rice ★
- 1/4 cup coriander
- 1 tbs lime juice
- Avocado
- Cheese
- Salsa
- Lettuce
- Tortillas

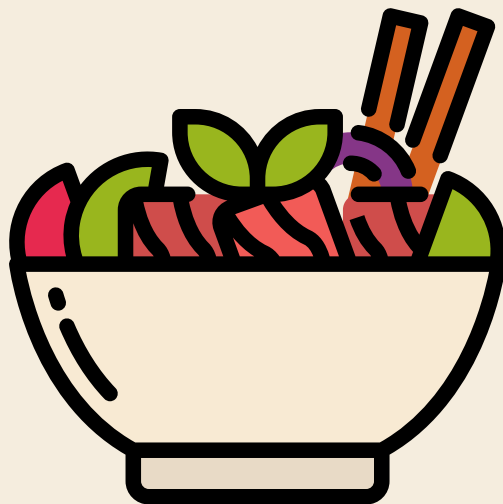
Method

- Saute the chopped onion in oil until soft and transparent. Add garlic.
- Add chopped capsicum, drained can of black beans and Mexican spice mix to taste. Cook until heated through.
- Add chopped coriander and lime juice to the cooked rice.
- Fill tortillas with rice, bean mix, avocado, cheese, salsa and lettuce. Wrap and serve.

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Tuna rice bowl



Ingredients

- 1 can tuna ★
- 1/2 cup cooked rice ★
- 1/2 cucumber 🌱
- Avocado
- Carrots
- Tomatoes 🌱
- 2 tsp soy sauce
- 1 tsp honey
- 1 tsp rice vinegar
- 1 tsp honey ★
- Mayonnaise

Method

1. Slice cucumber and avocado thinly. Grate carrot and chop tomatoes.
2. Put cooked rice in a bowl. Top with tuna and vegetables.
3. Mix together soy sauce, honey, sesame oil and rice vinegar and pour over the bowl. Drizzle mayonnaise on the top.

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