



Recipes





SPINACH & RICOTTA CANNELLONI

INGREDIENTS

1 bag baby spinach
2 packet Lasagna sheets
500 grams Ricotta
2 jars Napoli sauce
Packet tasty cheese

DIRECTIONS

1. Place Napoli sauce in a base of a baking tray and then add a layer of lasagna sheets.
2. Cover sheet with sauce and ricotta then cover with spinach.
3. Repeat steps 1 and 2 until baking dish is full.
4. Do one more layer of pasta then cover with sauce and sprinkle with grated cheese.
5. Cook in oven on 180c for 1 hour.
6. Remove from oven and allow 20 minutes to cool.



SPANISH BEEF WITH BEANS & CHEESE

INGREDIENTS

Rice
1 large onion
1kg mince
1 large can kidney beans
washed and drained
1 packet grated cheese
1 large tin tomato soup
2tbsp grain mustard
Italian mixed herbs

DIRECTIONS

1. Cook rice as per directions on packet, keep warm.
2. Fry onions in a large pot until golden, add mince and brown.
3. Stir in mustard and pepper.
Add soup and some water if necessary.
4. Stir in kidney beans and cheese.
Season to taste.
5. Serve with rice.



CHEESY ZUCCHINI & CARROT SLICE

INGREDIENTS

10 free-range eggs
2 cups self-raising flour
½ cup vegetable oil
4 medium zucchini, grated
3 medium carrots, grated
2 large purple onions,
finely diced
10 slices bacon, chopped (or
omit for vegetarian version)
1 cup tasty cheese, grated

DIRECTIONS

1. Preheat oven to 170°C and line two 20 x 30 cm baking trays with baking paper.
2. Beat the eggs in an extra large bowl until combined and just a little bit frothy. Sift in the flour and beat until well combined. Mix the oil in thoroughly.
3. Add the zucchini, carrot, onion, bacon and cheese and mix gently until combined.
4. Pour into prepared trays, smooth the top and bake for around 40 minutes. You may wish to swap the trays around halfway through baking to ensure both cook evenly.
5. Allow to cool slightly before cutting each tray into 12 squares and serving.

You can substitute other vegetables for the carrot – grated sweet potato, finely chopped capsicum; thinly sliced mushrooms and rocket.



TUNA PATTIES

INGREDIENTS

1 x 425g can of tuna
3 cups of mashed potato
3 shallots, finely chopped
2 eggs
½ cup grated cheese
Salt and pepper to taste
½ cup breadcrumbs
½ cup of flour
½ cup of oil

DIRECTIONS

1. Combine all ingredients, excluding flour and oil.
2. Form into patties or balls.
3. Heat pan with oil 1cm deep. Lightly flour each individual patty and fry in pan until golden brown.



ROAST PUMPKIN & FETA SLICE

INGREDIENTS

½ cup Jap pumpkin cut into
2cm wedges
1 large red onion, cut into
wedges
Extra virgin olive oil
½ teaspoon salt
1 cup of baby spinach leaves,
washed
⅓ cup milk
Pepper to taste

DIRECTIONS

1. Preheat oven to 230c
2. Toss pumpkin with salt and about 1 teaspoon of olive oil. Place pumpkin and onion on a tray and roast for about 15 minutes, until pumpkin is tender. Place spinach, pumpkin and onions into a bowl and mix together with a fork. Sprinkle feta over this mixture.
3. Line a slice pan with baking paper and place the feta and pumpkin mixture into the pan.
4. In a large bowl, whisk together eggs, milk and pepper and stir well. Pour egg mixture over the vegetables. Bake in the oven for 15-20 minutes or until set in the centre.
5. Let slice stand for 10 minutes, then cut into squares.



COCONUT FINGER

INGREDIENTS

Topping:

110g desiccated coconut

125g sugar

1 egg

Pinch of salt

Base:

110g self raising flour

85g plain flour

Pinch of salt

85g butter, softened

85g white sugar

1 egg, beaten

Fruit jam, for spreading

DIRECTIONS

1. Preheat the oven to 180c. If you want your slice to have a thick base grease a 28cm x 18cm slice tin. If you prefer a thin slice, grease a 35cm x 38cm baking tray.
2. To make the topping, mix all ingredients together.
3. For the base, sift flours and salt together, then rub in butter, add sugar and mix in beaten egg to achieve a stiff dough. Knead well, then roll out thinly.
4. Place dough into prepared baking tin, cover with a layer of jam, then spread on the topping mixture. Bake for 20 minute. Remove from oven but leave on the baking tray until fairly cool. Cut into fingers to serve.



TRADITIONAL SCONES

INGREDIENTS

3 cups self raising flour

125g butter at room

temperature

$\frac{1}{4}$ cup cream

$\frac{1}{2}$ teaspoon baking powder

Enough milk to combine
ingredients

DIRECTIONS

1. Preheat oven to 200°C.

2. Sift flour and baking powder into a large mixing bowl. Rub butter into flour until completely combined. Add cream and mix until combined.

3. Add only enough milk to create a sticky dough.

4. Lightly sprinkle flour onto a flat surface and kneed mixture until it becomes light and fluffy. Flatten mixture out to approximately 2cm thick.

5. Cut scones out using a floured glass jar or cookie cutter.

6. Bake for about 12 minutes or until golden brown.



CHOCOLATE BROWNIE

WITH WARM CHOCOLATE SAUCE

INGREDIENTS

150g butter, chopped
300g best quality dark
chocolate 70% cocoa solids
chopped
330g firmly packed brown sugar
4 eggs, beaten lightly
150g plain flour
120g sour cream
75g toasted hazelnuts,
chopped coarsely

DIRECTIONS

1. Preheat oven to moderate. Grease 20cm x 30cm lamington pan; line base and sides with baking paper.
2. Stir butter and chocolate in small saucepan over low heat until mixture is smooth. Transfer to a medium bowl.
3. Stir in sugar and eggs, then flour, sour cream and nuts; spread mixture into prepared pan. Bake, uncovered, in a moderate oven about 30min. Cool in pan.
4. Cut brownies into 16 pieces; serve drizzled with chocolate sauce.

Chocolate sauce:

150g chocolate, chopped coarsely 300ml thickened cream 75 g firmly packed brown sugar 2 teaspoons coffee flavored liqueur Stir chocolate, cream and sugar in small saucepan over low heat until smooth.



LEMON SLICE

INGREDIENTS

125g unsalted butter
60g caster sugar
1 tsp vanilla extract
1 ⅓ cups plain flour, sifted

Lemon Sauce:

1 cup caster sugar
2 tbsp plain flour
½ cup milk
2 lemons, zested, juiced
Pure icing sugar, to dust
4 eggs

DIRECTIONS

1. Preheat oven to 180c. Line base and sides of a 30 x 30 lamington tin with baking paper.
2. Using an electric beater, cream the butter, sugar and vanilla until light and creamy.
3. Sift flour into cream mixture and stir with a wooden spoon until combined.
4. Press mixture into base and 2.5cm up sides of prepared tin. Bake for 10 minutes or until starting to brown around the edges; let cool.
5. Meanwhile make the lemon sauce. Put eggs, sugar, flour, milk, rind and juice in a bowl and whisk until well combined. Pour mixture over base.
6. Bake for 20-25 minutes, or until set. Stand tin on a wire rack to cool. When cold, cut into squares and dust with icing sugar.



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