Step 1
Preheat oven to 180 degrees Celsius.

Step 2
Combine all ingredients in a large bowl and stir well to combine. Season with salt and pepper.

Step 3
Bake for 25-30 minutes or until cooked through. Cooking time may vary. Check at 40 minutes until cooked through. If using large muffin pan, bake for 20 minutes and return to oven for further 20 minutes if required.

Method
Salt and pepper
10 eggs, slightly beaten
2 cups wholemeal flour
1 cup grated cheese
1 large onion
1/2 cup olive oil
2 carrots, grated
6 zucchinis, grated

Serves 8

Zucchini Slice
Boil water, add pasta and cook for around 10 minutes until almost cooked. Stir

Step 3
salt and pepper. Reduce liquid by 1/3

for another 10 minutes. Add minced tomatoes and tomato puree and season with around 5 minutes to soften. Add mince and garlic and cook on medium to high heat.

Heat oil in a pan on low heat. Add onion, carrot, zucchini and celery and cook for

Step 2

Preheat oven to 180 degrees Celsius.

Step 1

1 1/2 cups grated cheese
Salt and pepper
300g pasta (spaghetti or macaroni)
1 teaspoon dried oregano leaves
1 tin chopped tomatoes
2 tablespoons tomato paste
1 tin kidney beans
500g beef mince
2 cloves garlic, crushed
1 large celery, chopped
1 large zucchini, grated
1 large carrot, grated
1 tablespoon oil or butter

Serves 6

Spaghetti Bolognese Bake
Method

1 1/2 cups basmati rice
1/2 head broccoli, chopped
1 head cauliflower, chopped
1 zucchini, diced
1 cup frozen peas
2 carrots, diced
2 cloves garlic, crushed
350g chicken breast, diced
1 onion, diced
1 tsp tomato paste
1 3/4 cups milk
2 tbsp Curry Powder (keep's used in recipe)
2 tbsp plain flour
1 tbsp Olive oil
50g butter

Serves 6

Mild Chicken Curry

Step 1

Heavily butter a saucepan. For 1 minute until melted. Add flour and Curry powder and stir until a thick paste. Add 1-2 tablespoons of milk at a time, mixing well until a liquid consistency before adding remaining milk and Tomato paste. Stir over low heat until

Step 2

Meanwhile, heat oil briefly in a pan and add onion, Stir for 1-2 minutes and add

Step 3

Stir-fry chicken, tomatoes and vegetables. Stir over medium heat until chicken is browned and cooked through and vegetables begin to

Pour the curry sauce over the chicken and vegetables and cook for a further 3-5 minutes, stirring well to combine. Serve with rice.
Mexican Bowl

**Method**

Step 1
Heat olive oil on low heat. Add onion and garlic and cook for 2-3 minutes to soften.

Step 2
Layer lettuce, carrots, cheese and tomato in a bowl. Top with a spoonful of mince and taco seasoning and cook for around 10 minutes until mince is cooked through. Add mince and cook for 3-4 minutes until beginning to brown. Add tomato paste and hot chili sauce.

**Recipe**

1/2 cup natural yoghurt
250g plain corn chips
2 tablespoons tomato paste
2 teaspoons taco seasoning
1 tablespoon olive oil
500g beef mince
2 tomatoes, diced
2 cloves garlic, crushed
1/4 cup grated cheese
2 carrots, grated
2 cups lettuce, shredded
1 onion, diced

Serves 5-6