

Mediterranean Salad



Ingredients:

Couscous

- 2 cups of boiling water
- 2 cups of instant couscous (G.F Quinoa)
- 1 tspn salt
- 2 tblspn of butter

Salad

- 2 Roma Tomatoes, diced
- 2 cucumbers, diced
- 1 capsicum, diced
- ½ Red Onion, diced
- 1 can of Chickpeas (drained)
- 2 tablespoons chopped Parsley
- 2 tablespoons chopped Mint
- 2 tablespoons chopped Basil
- 1 tablespoon oregano

Lemon Dressing

- 1 teaspoon lemon zest
- 30ml Lemon juice
- 1 tablespoon Red Wine Vinegar
- 45ml Olive Oil
- Pinch of Salt and Pepper

Instructions:

1. Boil Water.
2. Put couscous, salt and butter in a large container. Add Water.
3. Mix altogether, close lid of container and let couscous stand until tender (approx.. 5 mins), then fluff with a fork and let cool.
4. Next, dice tomatoes, cucumbers and red onion.
5. Drain the can of chickpeas.
6. Pick basil, parsley, oregano and mint leaves off stem and chop leaves.
7. Place all salad ingredients together in a large bowl. Mix well.
8. Make Lemon Dressing: Whisk together lemon zest, lemon juice, vinegar, salt, and pepper in a small bowl. Slowly drizzle in the olive oil and whisk until a thickened dressing forms. Pour over salad.
9. Clean, wash and dry up your zone.

Step by Step Instructions:

1. Preheat oven 200c and lightly spray pizza tray with olive oil.



2. Wash tomatoes and basil.



3. Chop cherry tomatoes in half.



4. Remove basil leaves from stem.



5. Grate cheese.



Garden Salad with Vinegar Dressing



Ingredients:

Salad

- 4 cups of mix salad
- ½ Pun net of cherry tomatoes, cut in half
- 2 Large carrot, chopped
- 2 Lebanese cucumber, diced
- ½ Red onion, sliced

Vinegar Dressing

- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 4 teaspoon chopped fresh oregano
- 2 cloves of garlic, minced
- 1 tsp Dijon mustard
- ⅔ cup extra virgin olive oil
- Salt and ground black pepper

Instructions:

1. Wash all vegetables and pat dry with a paper towel.
2. Slice cherry tomatoes in half.
3. Thinly slice onion (take off outer skin first!).
4. Dice Lebanese cucumbers.
5. Peel and chop carrots into 2cm cubes.
6. Mix all vegetables in a large salad bowl.
7. Add all dressing ingredients into a jar. Tightly close lid and shake well.
8. Pour dressing over salad just before servicing.

Step by Step Instructions:

1. Wash all vegetables and pat dry with a paper towel.



2. Slice cherry tomatoes in half



3. Thinly slice red onion



4. Dice Lebanese Cucumber into very small pieces, approx. 2cm



5. Always peel carrots away from you. Now chop.



6. Put all ingredients into a large salad bowl.



7. Combine all ingredients for the dressing in a jar. Close lid tightly & shake jar. Pour over salad just before servicing.



8. Wash and dry all Utensils/tools and wipe down work benches.





Italian Pizza



Ingredients:

- 1 Pizza dough
- 2 tablespoon tomato paste
- ½ punnet of red cherry tomatoes
- 1 cup of cheese, grated
- ½ red onion, thinly sliced
- ¼ cup of sliced black olives
- Sprinkle of dried herbs

Instructions:

1. Preheat oven to 200c and lightly spray pizza tray with olive oil.
2. Wash cherry tomatoes.
3. Next, chop cherry tomatoes in half.
4. Thinly slice red onion.
5. Grate cheese with grater.
6. Dust some flour onto a clean work bench.
7. With a rolling pin, roll pizza dough to the same size as pizza tray.
8. Using the back of a spoon, spread tomato paste over pizza.
9. Cover pizza with cherry tomatoes, red onion and slice olives.
10. Sprinkle grated cheese over pizza.
11. Lastly, slightly sprinkle dried herbs over pizza.
12. Carefully put pizza in oven and cook for 20mins.
13. Clean and wash up your zone.

Step by Step Instructions:

1. Preheat oven 200c and lightly spray pizza tray with olive oil.



2. Wash tomatoes and basil.



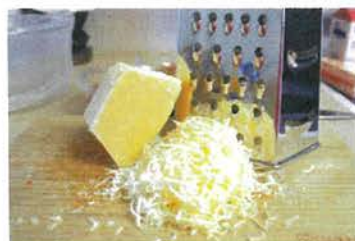
3. Chop cherry tomatoes in half.



4. Thinly slice red onion.



5. Grate cheese.



6. Dust flour on bench and roll pizza dough the same size as tray.



7. Spread tomato paste onto pizza.



8. Top tomatoes, onion, olives and cheese onto pizza. Sprinkle dried herbs all over pizza.



9. Carefully put pizza in oven and bake for 20mins.



10. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.





Garlic and Herb Pizza



Ingredients:

- 1 Pizza dough
- 2 Olive oil
- 2 garlic cloves
- 1 cup of cheese, grated
- 1 tablespoon of dried herbs

Instructions:

1. Preheat oven to 200c and lightly spray pizza tray with olive oil.
2. Dust some flour onto a clean work bench.
3. With a rolling pin, roll pizza dough to the same size as pizza tray.
4. With a fork, prick the pizza base a few times.
5. Brush Olive oil over pizza dough.
6. Peel and crush garlic, then put on pizza base.
7. Sprinkle dried herbs over pizza.
8. Grate cheese with grater.
9. Sprinkle grated cheese over pizza.
10. Carefully put pizza in oven and cook for 20mins.
11. Clean and wash up your zone.

Step by Step Instructions:

1. Preheat oven 200c and lightly spray pizza tray with olive oil.



2. Dust flour on bench and roll pizza dough the same size as tray.



3. Brush olive oil over base then prick with a fork.



4. With the flat side of a knife, press down onto garlic to peel skin off.



5. Using a garlic crusher, crush the garlic until smooth and spread garlic over pizza base.



6. Sprinkle herbs over pizza base.



7. Grate cheese.



8. Sprinkle grated cheese over pizza.

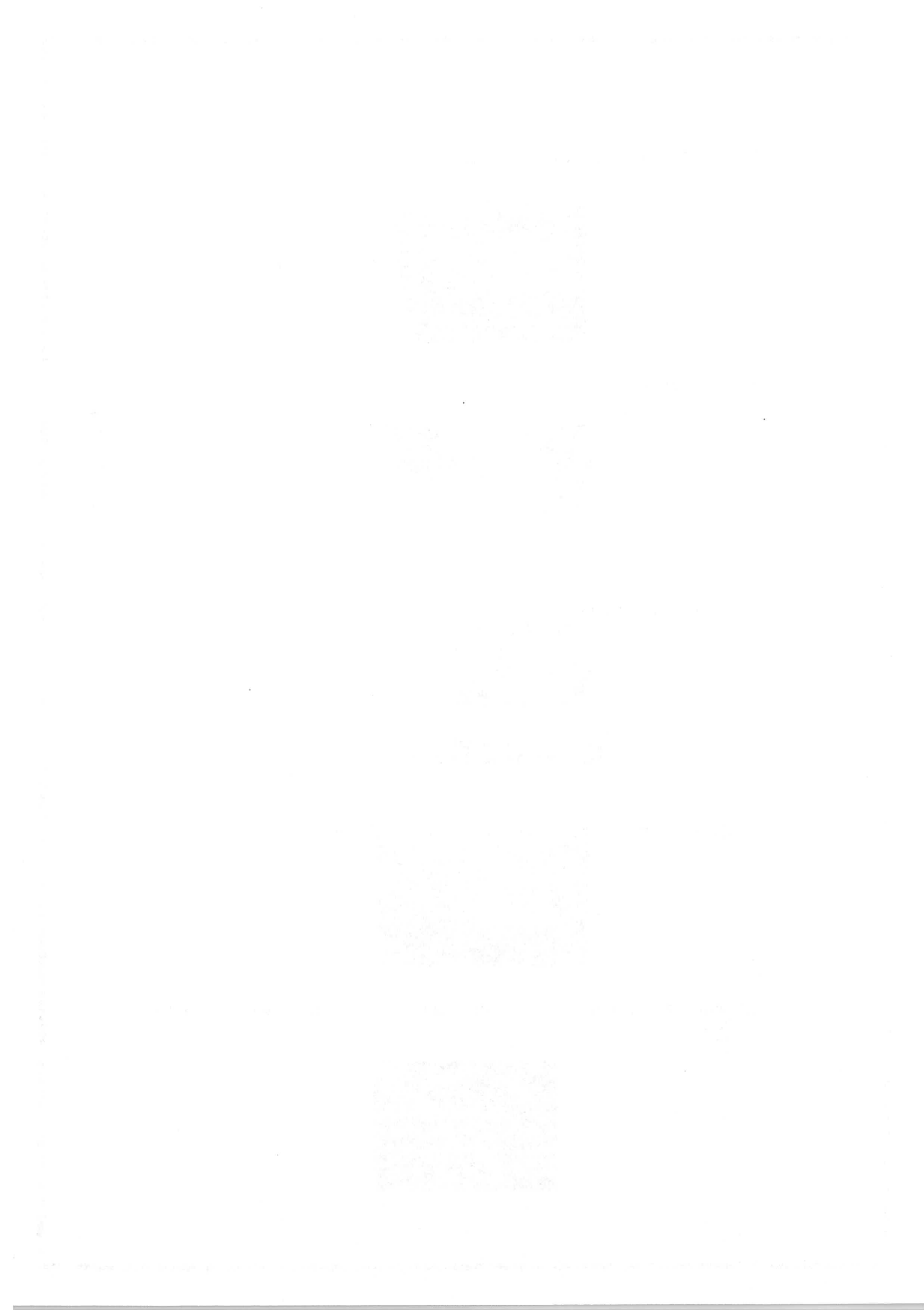


9. Carefully put pizza in oven and bake for 20mins.



10. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.





Yoghurt Pizza Dough



Ingredients:

- 2 cups of Self-Raising Flour (G.F option)
- 1 cup of Greek plain yoghurt (Lactose Free option)
- 2 teaspoons of white sugar

Instructions:

1. Put Self-raising flour and sugar in a large bowl.
2. Make a well and add Greek Yogurt.
3. Mix together. Add more flour if mixture is too sticky.
4. Dust bench with extra flour and kneed dough until soft.
5. Divide dough into 2 equal balls and put each ball into a clean bowl and wrap with cling wrap.
6. Put aside and rest dough.

Repeat steps 1 to 6 to make another

2 batches of dough

Step by Step Instructions:

1. Put Self-raising flour and sugar in a large bowl.



2. Make a well and add Greek Yogurt.



3. Mix together. Add more flour if mixture is too sticky.



4. Dust bench with extra flour and kneed dough until soft.



5. Divide dough into 2 equal balls and put each ball into a clean bowl and wrap with cling wrap.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.



Apricot Bliss Balls



Ingredients:

- 2 cup dried apricots
- 1 cup rolled oats
- 1 cup desiccated coconut and extra for rolling
- 1/3 cup pepitas and sunflower seeds
- 2 tbsp orange juice
- 2 tsp orange zest
- 2 tsp vanilla extract
- 1 tsp cinnamon

Instructions:

1. Add all the ingredients into a food processor and blitz until well combined. This will take around one and a half minutes.
2. Scoop tablespoon sized portions of the mixture and roll the mixture in balls using your hands.
3. Roll each ball in desiccated coconut to seal.
4. Store the balls in the fridge until ready to serve.

Step by Step Instructions:

1. Gather the ingredients.



2. Crush the garlic cloves with the flat of a knife, and remove the skin.



3. Using a mortar crush the garlic until smooth.



4. Add the garlic to a small bowl, and whisk together with mayonnaise, lemon juice, and 1/4 teaspoon salt. Put into fridge and serve with wedges.



5. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

