

Chickpea & Lentil Burgers

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, coriander, garlic, onion,

Equipment:

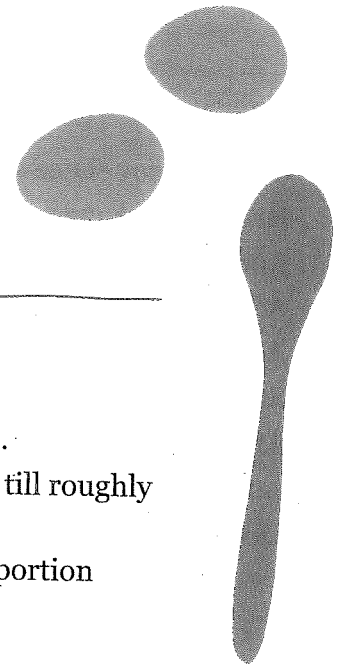
tea towel
chopping board
cook's knife
grater
measuring spoons
small frying pan, for dry-roasting
wooden spoon
mortar pestle
food processor
large plate
2 large frying pans
baking tray
baking paper
measuring cup
2 egg flips

Ingredients:

2 × 400 g tins chickpeas, drained,
or 250 g chickpeas cooked in advance
2 × 400 g tins brown lentils, drained,
or 250g brown lentils cooked in advance
3 small carrots, grated
1 brown onion, finely chopped
5 garlic cloves, crushed
2 small handfuls coriander, finely chopped
2 tsp fennel, dry-roasted and ground
4 tsp cumin, dry-roasted and ground
4 tsp coriander, dry-roasted and ground
1 tsp sea salt
black pepper
2 tbsp tahini (optional)
2 eggs
4 tsp vegetable stock
2 cups polenta
4 tbsp olive oil

What to do:

1. Preheat the oven to 180°C.
2. Combine all ingredients in a large bowl except the polenta and olive oil.
3. Mix well, then place half the mixture into the food processor and pulse till roughly chopped (you should try to retain some texture, rather than purée it).
4. Combine the mixture from the food processor with the non-processed portion and mash then together with your hands.
5. Scatter the polenta over a large plate.
6. Shape patties using about a ¼ cup of the mixture for each patty. (You should make enough patties for each diner.)
7. Roll each patty in the polenta to coat it.
8. Heat two large frying pans, each with half the olive oil over medium heat.
9. Cook the patties until golden, then place on a baking tray lined with baking paper.
10. Bake the patties in the oven for 15 minutes to cook through.



Tomato Sauce

Season: All

Serves: Makes approx
1 large bottle

Fresh from the garden: bay leaf, tomato

Equipment:

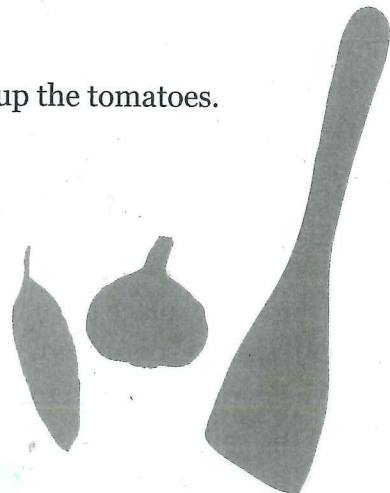
large pot
tea towel
chopping board
cook's knife
tongs
large bowl with iced water
large frying pan
measuring spoon
wooden spoon
funnel
sterilised 750 ml bottle

Ingredients:

8-10 fresh tomatoes
(or use 2 x 400 g can tomatoes)
2 tbsp olive oil
2 garlic cloves, finely diced
1 bay leaf
salt
pepper
1/4 tsp sugar

What to do:

1. Bring a medium pot of water to the boil.
2. Remove the core from the top of each tomato and cut a criss-cross across the bottom.
3. Blanch the tomatoes for 1 minute (or until the skin starts to come away), then drop them in a bowl of iced water for another minute.
4. Remove them from the water and peel the skins off.
5. Heat the olive oil in a large frying pan over medium heat.
6. Add the garlic and gently cook for 2 minutes.
7. Add the tomatoes and bay leaf to the frying pan.
8. Simmer for 25 minutes.
9. Stirring the mix, use the back of your wooden spoon to break up the tomatoes. (This sauce will be chunky.)
10. Season with salt, pepper and sugar.
11. Pour into a sterilised bottle and store for up to 2 weeks.



Tomato & Herb Quinoa Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: coriander, chilli, garlic, lemon, parsley, red onion, tomato

Equipment:

medium saucepan with lid
measuring scales
measuring cup
baking tray
tea towel
chopping board
cook's knife
large bowl
mixing spoon
citrus juicer

Ingredients:

1 cup raw quinoa
1½ cups water
4 tomatoes, diced
1 small red onion, finely diced
1 long red chilli, halved, deseeded, finely chopped
1 garlic clove, finely chopped
2 large handfuls coriander, washed and chopped
1 handful parsley, washed and chopped
60 ml extra virgin olive oil
1 lemon, juiced for 3 tbsp fresh lemon juice

What to do:

1. Preheat the oven to 180°C.
2. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1½ cups water to boil in a medium saucepan. Cover with a lid and simmer until all the liquid has been absorbed, about 10 minutes.
3. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
4. Combine the tomatoes, red onion, chilli, garlic, coriander, parsley, olive oil and lemon juice in a large bowl and stir to combine.
5. Stir the quinoa through the tomato and herb mixture.

