Kale Slaw with Red Cabbage & Carrots

Season: Winter/Spring
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, kale, parsley, red cabbage, red onion

Equipment:
- measuring spoons
- small bowl
- whisk
- tea towel
- chopping board
- cook's knife
- large bowl
- tongs

Ingredients:
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- salt
- pepper
- 5 kale leaves, finely shredded
- ¼ small red cabbage, sliced finely
- 1 carrot, peeled and julienned
- 1 small handful parsley, chopped
- ½ small red onion, diced
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds

What to do:
1. Whisk olive oil, mustard, and apple cider vinegar. Season with salt and pepper.
2. Combine kale, cabbage, carrot, parsley and red onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing, and toss to coat.
4. Taste and season as necessary before serving.
Chickpea, Beetroot & Pumpkin Salad

Fresh from the garden: beetroot, garlic, lemon, pumpkin, silverbeet

Equipment:
- tea towel
- chopping board
- cook's knife
- measuring scales
- baking dish
- small bowl
- measuring spoons
- citrus juicer
- whisk
- large mixing bowl
- mixing spoon
- serving platters

Ingredients:
- 6 small–medium beetroot, peeled and cut into 1 cm cubes
- 3 tbsp extra virgin olive oil
- 2 garlic cloves, finely chopped
- salt
- pepper
- 500 g pumpkin, peeled, cut into 1 cm cubes
- 400 g can chickpeas, drained and rinsed (or 100 g dried chickpeas soaked overnight and cooked)
- 1 tbsp lemon juice
- 4 silverbeet leaves, stem removed and discarded, and leaves finely sliced
- 50g feta, crumbled

What to do:
1. Preheat the oven to 200º C.
2. Combine beetroot, 1 tbsp olive oil and garlic in a large baking dish. Season to taste. Bake for 10 minutes.
3. Place pumpkin in the same baking dish, away from the beetroot. Bake for another 20 minutes.
4. Combine chickpeas, remaining olive oil and lemon juice in a small bowl.
5. Check beetroot and pumpkin are cooked.
6. Place beetroot, pumpkin, chickpea mixture and silverbeet in a large bowl and toss gently.
7. Assemble on serving platters and top with crumbled feta.

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Vegetable Frittata

Set oven temperature at 180°C

- **Ingredients:**
  - 6 eggs, lightly whisked
  - ½ cup pure cream
  - 2 garlic cloves, crushed
  - 1 onion finely diced
  - 2 cups vegetables (choosing from grated zucchini, pumpkin and diced red capsicum, peas etc)
  - ½ cup grated parmesan cheese plus extra for sprinkling on top
  - Salt & freshly ground black pepper
  - 2 teaspoons olive oil

- **Method:**

  1. **Step 1**
     
     Whisk the eggs, cream and garlic together in a large bowl. Gently fold in the vegetables and the cheese, and season with salt and pepper.

  2. **Step 2**
     
     Heat the oil in a large non-stick frying pan over medium heat. Pour in the vegetable mixture and cook for 5-6 minutes or until frittata is set, sprinkle with the extra grated parmesan.

  3. **Step 3**
     
     Place the pan into the oven and cook until slightly brown on top and set.

  4. **Step 4**
     
     Cut the frittata into small wedges and place on serving plates. Serve immediately.