

The background of the entire page is a collage of fresh produce. At the top left are two artichokes with their green leaves and brown centers. To their right is a bunch of carrots, including orange and purple varieties. On the left side, there's a tart with a scalloped edge, topped with lemon slices and herbs. On the right side, there's a basket of red berries. At the bottom, there's a mix of vegetables including purple cabbages, green broccoli, and a paper bag filled with red tomatoes and other produce.

TWO, FOUR, SIX, EIGHT DIG IN DON'T WAIT - RECIPE BOOK

BROUGHT TO YOU BY THE
DEVONPORT COMMUNITY



RHUBARB CAKE

INGREDIENTS

- 1 1/2 cup sugar
- 1/2 cup butter
- 1 egg
- 2 cup plain flour
- 1 tsp vanilla essence
- 1 tsp bicarbonate of soda
- 1 cup light sour cream
- 2 cup rhubarb chopped
- 1/2 tsp salt

Topping

- 1/2 cup brown sugar
- 1 tbs soft butter

DIRECTIONS

1. Place all ingredients, except rhubarb in bowl, beat until well combined.
2. Add rhubarb and fold into mixture.
3. Put into a greased and lined square tin.
4. Topping: Mix ingredients together and sprinkle evenly over cake.
5. Bake at 180C for approximately 1 hour.

Notes

To sour milk, add 1 teaspoon vinegar to 1 cup milk. Microwave cake to reheat.

Serve warm with cream. Use butter or margarine.

SUBMITTED BY JILL SELBY



Two ingredient Greek Yogurt Pizza Dough

ingredients

- 1 & 1/2 cups of Self Raising Flour
- 1 cup Greek Yogurt

instructions

- In a bowl pour Greek Yogurt and the self raising flour. Mix well with a wooden spoon
- Dust the counter with some flour and knead the dough so its not so sticky
- Roll out desired thickness and put on a greased lined tray
- Add some tomato paste, relish, sauce or whatever you like
- Top with your favourite pizza toppings and bake in a preheated oven 230 degrees for 10-12 minutes

Submitted by Sue Horton

Meat Free Sausage Rolls

ingredients

- 1/2 cup granulated nuts,
- 3 eggs
- 1 small onion,
- 1 tabs soy sauce
- 1 cup cottage cheese
- 1 cup 2 minute rolled oats
- 1/2 cup breadcrumbs.

directions

- Process the first 5 ingredients until fine.
- Mix in the breadcrumbs and rolled oats.
- Roll in puff pastry and cook in a hot oven.



Submitted by Lesley Proctor

Chicken Vegetable bake

The Ingredients

- 1 cup pasta
- 2 rashers of bacon
- 1 large onion, chopped
- 250g broccoli, chopped
- 2 carrots, sliced
- 2 celery, sliced
- 2 cups, chopped cooked chicken
- 440g can corn kernels, drained
- 1 teaspoon dry mixed herbs
- 1 small chicken stock cube, crumbled
- 1 cup grated tasty cheese
- Paprika to sprinkle over the top
- Cheese sauce:
 - 60g butter
 - 2 tablespoon plain flour
 - 2 cups milk
 - ½ cup grated tasty cheese



Submitted by Kylie Lunson

Directions

1. For the cheese sauce, melt butter in a saucepan, stir in flour and stir over medium heat for one minute. Remove from heat. Gradually stir in milk then stir overheat till sauce boils and thickens. Stir in cheese and stir till cheese has melted.
2. For the remainder, gradually add pasta to a large saucepan of boiling water. Boil till just tender and drain.
3. Add bacon and onion to a medium saucepan. Stir overheat for about 3 mins or until bacon is cooked.
4. Boil, steam or microwave broccoli, carrots and celery till tender and then drain.
5. Combine pasta, bacon mixture, broccoli, carrots, celery, chicken, corn, mixed herbs, stock cube and cheese sauce in large bowl and mix well.
6. Spoon mixture into an oven-proof dish and sprinkle with cheese and paprika.
7. Bake in a moderate oven for 25 minutes.



Easy Scones



You will need:

2 cups of self raising flour

1/2 cup of cream

1/2 cup of lemonade

Turn oven on to 200 degrees

Sift flour into a bowl

Fold in lemonade and cream

Roll out and cut into circles

Place on a Tray

Brush the top with milk

Bake for 10-15 minutes





EASY FRIED RICE

Ingredients

- 1 cup Basmati Rice
- 2 eggs beaten
- 2 spring onions
- 75 grams ham diced
- 1 cup bean shoots
- 1 onion
- 1 cup of frozen peas
- 3 tb soy sauce
- 1 red capsicum diced
- 2 cups of Chinese cabbage
finely shredded
- 1 tbps of oyster sauce

Directions

1. Cook rice as per packet drain and cool
2. Heat a little oil in a non stick pan. Pour in eggs and make a thin omelette. Cook til set, transfer to a plate
3. Add some oil to the pan and cook ham and onion until golden
4. Add veggies and toss well for a few minutes
5. Add remaining ingredients except the omelette
6. Stir sauce through
7. Fold in sliced omelette and serve hot

Submitted by East Devonport Child and Family Centre

PUMPKIN SOUP

INGREDIENTS

Pumpkin chopped into small pieces

Chicken Stock

Chopped onion

METHOD

In a large pot brown onions

Add pumpkin, put lid on and allow the
pumpkin to sweat

Add 2 cups of chicken stock and 2 cups of
water

Bring to boil

Once boiled bring down to simmer

Simmer until the pumpkin is very soft

Blend til smooth and serve with cracked
pepper

Submitted by East Devonport Child and
Family Centre

Savoury Pin Wheels

Ingredients

1 cup of low fat cheese
1 small onion
2 rashers of lean bacon
1 cup of chopped parsley
1 1/2 cups wholemeal self raising flour
1 1/2 cups self raising flour
60 g margarine
1 cup low fat milk
2 tablespoons of extra milk

Procedure

Turn oven on 200 degrees. Grate the cheese. Chop the onion, bacon and parsley put aside in a bowl

Shift both flours together in a bowl

Rub the margarine into the flour until mixture looks fine like bread crumbs

Add milk and mix together to a soft dough

Roll dough into a rectangle

Brush the top side of the dough with the extra milk

Sprinkle the cheese, bacon, onion and parsley

Firmly roll up the dough from the long side, brush the top with extra milk

Cut into 8 slices

Lay flat on a oven tray and bake for 30-35 minutes on the middle oven shelf

