



Week Fifteen



WHAT'S FOR LUNCH?

This question is a very important one now that we are all at home for the next few weeks. Try out these lunch ideas to add variety.

CHICKEN MINISTRONE

(from our River cookbook)

1 tablespoon olive oil

1 leek chopped

1 large sweet potato peeled and diced

2 celery sticks finely chopped

3 zucchini diced

2 cups shredded cabbage

1 can diced tomatoes

1/2 cup rice

Finely chopped parsley

1 onion diced

2 cloves garlic crushed

3 large carrots peeled and diced

4 skinless chicken breasts

1 red capsicum diced

2 1/2 cups chicken stock

3/4 cup macaroni

1 can cannellini beans

grated parmesan cheese

Heat oil, add onion, leek, capsicum and garlic and cook for 2-3 minutes. Add to the pot the sweet potato, carrots, celery, shredded cabbage. Cook for 5 minutes. Cut chicken into bite sized pieces and add to pot. Cook to seal on all sides. Add zucchini, chicken stock and tomatoes. Simmered covered for 1 hour. Add rice, macaroni and beans and simmer a further 15- 20 minutes. Serve topped with parsley and parmesan cheese.

SANDWICH FILLINGS-

Sandwiches can get a little boring so here a few different ideas to try out.

1. If you have left overs from the night before, they can be turned into tasty toasted sandwiches—eg chow mein or chicken casserole mixture.
2. Left overs from the night before can also be turned into tasty pies using a pie maker and putting shortcrust pastry sheets on the bottom and puff pastry sheets on the top.
3. Egg filling is extra yum if made by hard boiling eggs, mash with equal quantities of cream and mayonnaise and add finely chopped parsley and salt and pepper. This is the way the yummy egg sandwiches we make at the Royal Melbourne Show each day are made.



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4. Spread gherkin spread on sandwich bread slices, add ham and tasty cheese.
5. Mix any flavour chutney with grated cheese and use as a tasty sandwich filling. Turn into a tasty salad sandwich by adding sliced tomatoes and finely shredded lettuce.
6. Finely diced cooked chicken, finely chopped celery and finely chopped walnuts mixed together with mayonnaise to bind.
7. Don't forget to vary things with different varieties of bread and rolls or flat breads.

To finish your lunch try these...

CURRENT ROCK CAKES

(From our Rooster cookbook)

310gm butter

250gm plain flour

2 eggs

250gm sugar

250gm self raising flour

250gm currants

Sift flour, add sugar, rub in butter, add currants (or sultanas, raisins or a mixture). Mix to a stiff dough with the beaten eggs. Mixture may need another egg if using small eggs. Place balls of dough onto a greased baking tray and bake in a moderately hot oven until golden brown. If your oven is fan forced cook in a moderate oven so they don't burn.