



Frankston Men's Shed Recipe Book



Peninsula
Health

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BY THE
AUSTRALIAN
GOVERNMENT

About this Resource

The Frankston Men's Shed is a relaxed place where men can come together and participate in group projects or work on their own hobbies. Activities currently available include woodwork, cooking, gardening, furniture restoration, community projects and general hobbies.

The Frankston Men's Shed Community Kitchens group runs every Monday and participants choose, prepare, cook and share meals together. This recipe book includes some of the recipes they have tried, tested and recommend!



Acknowledgments:

The recipes within this resource were sourced by the members of the Frankston Men's Shed Community Kitchen Group from numerous recipe books or magazines.

May 2017

Digital version available at www.communitykitchens.org.au

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The Australian Dietary Guidelines

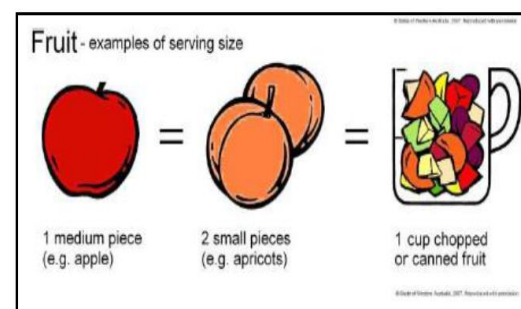
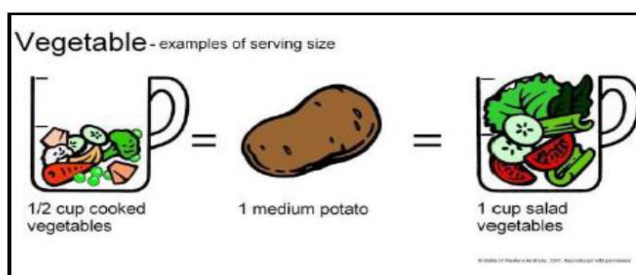
The Australian Dietary Guidelines provide advice about the kinds of foods that we need to eat to maintain or improve our health and wellbeing.

The guidelines recommend that we:

- Enjoy a wide variety of nutritious foods from the five food groups every day including:
 - Plenty of **vegetables** and **fruits** (different types and colours).
 - **Grain (cereal)** foods, mostly wholegrain and/or high cereal fibre varieties.
 - **Lean meats** and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
 - **Dairy foods** like milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (*reduced fat milks are not suitable for children under the age of 2 years*).
- Drink plenty of **water**.
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
- Encourage, support and promote breastfeeding.
- Care for your food; prepare and store it safely.

Go for 2 Fruit and 5 Veg!

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg) for good health and wellbeing.





Australian Guide to Healthy Eating

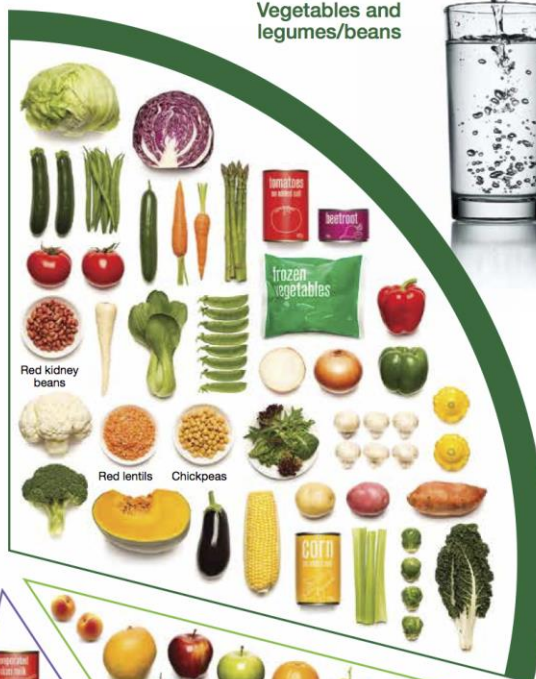
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



For more information visit: www.eatforhealth.gov.au/guidelines.

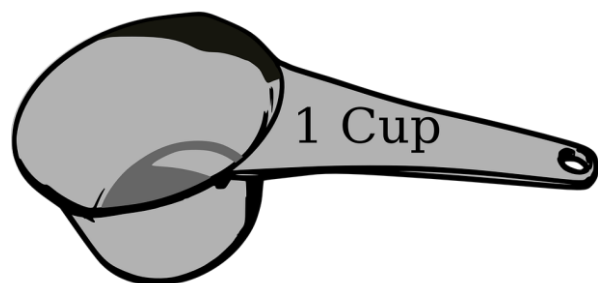
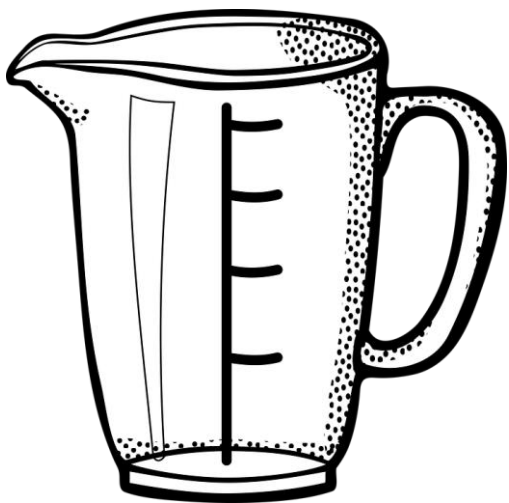
Changing recipes to make them healthier

- Choose **reduced fat** dairy products
- Choose **margarine or oil** instead of butter
- Choose **lean ham or tinned fish** (e.g. tuna) instead of salami/bacon
- Remove **skin** and **extra fat** from chicken and meat
- Choose **tomato based** sauces instead of high fat, creamy sauces
- Choose **evaporated skim milk + coconut essence** instead of coconut milk
- Choose **filo pastry** instead of puff pastry
- Choose **wholegrain/multigrain** bread instead of white bread
- Choose **wholemeal flour** instead of white flour
- Choose **lower fat** salad dressings
- Choose **basmati** or **doongara** rice (low Glycaemic Index)
- Try not to peel the skin off fruit and vegetables
- Choose tinned fruit in **natural juice**
- Try stewing fruit without adding extra sugar



Common recipe abbreviations and equivalents

Units	Abbreviation	Equivalent
Tablespoon	Tbsp or T	
Teaspoon	Tsp or t	
Kilogram	Kg	
Gram	g	
Litre	L	1000ml
Millilitre	ml	
Cup		250ml
Ounce	Oz	28.4g
Pound	Lb	453g
Dash		Usually 1/4 teaspoon
Pinch		Usually 1/8 teaspoon



Recipes – let's get cooking!



Lamb Kibbe with Tahini Sauce

Prep: 1 hour

Cook: 40 minutes

Serves: 2



(Photo and recipe sourced from Frankston Men's Shed Community Kitchen group)

Ingredients:

- ½ cup of cracked wheat (burghul)
- 250grams lamb mince
- 1 small onion, chopped
- 3 teaspoons of pine nuts, chopped
- 1 egg white
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon of fresh mint, chopped
- ½ teaspoon of dried oregano leaves
- ¼ teaspoon dried basil leaves

Tahini Sauce:

- 2 tablespoons low-fat plain yoghurt
- 1 teaspoon tahini paste
- 1 teaspoon salt-reduced soy sauce
- 1 teaspoon fresh parsley, chopped

Method:

1. Cover burghul with cold water in a bowl, stand for one hour, drain, and squeeze out excess moisture.
2. Combine lamb, onion, nuts, egg white, parsley, mint, oregano and basil in a bowl – mix well.
3. Grease a deep 15cm square cake pan.
4. Press meat mixture into greased pan.
5. Bake in moderate oven for about 40 minutes or until cooked through. Cut into 4 squares.
6. To make the tahini sauce, combine yoghurt, tahini paste, soy sauce and parsley in a bowl and mix well.
7. Serve lamb kibbe with the tahini sauce and a side salad.



- If you have extra lamb kibbe left over, you can freeze it!
- Tahini sauce can be made 3 hours ahead
- You can purchase burgul at Coles

Warm Greek Potato Salad

Prep: 12 minutes

Cook: 10 minutes

Serves: 4

Ingredients:

- Zest from ½ a lemon
- Juice from ½ a lemon
- 2 tablespoons olive oil
- ¼ (45g) cup pitted kalamata olives, chopped
- 2 spring onions, thinly sliced
- 500 grams potatoes, peeled and chopped
- 35 grams Danish feta, crumbled
- 1 tablespoon fresh mint, chopped
- 1 radish, finely diced



(Photo and recipe sourced from taste.com.au)

Method:

1. Combine the lemon zest and juice, oil, olives and spring onion in a large bowl.
2. Season with salt and pepper.
3. Steam the potatoes for 10 minutes or until just tender.
4. Drain and transfer the potatoes to the olive mixture and fold to coat.
5. Fold in the feta and the mint.
6. Season with salt and pepper.

Curried Lentil and Vegetable Pie

Prep: 20 minutes

Cook: 50 minutes

Serves: 6

Ingredients:

- 800 grams cream delight potatoes, peeled
- 60 grams butter, chopped
- 2 tablespoons extra virgin olive oil
- 1 medium brown onion, finely chopped
- 2 garlic cloves, crushed
- 4 cm piece fresh ginger, finely grated
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- ¼ cup madras curry paste
- 2 x 400 grams cans lentils, drained, rinsed
- 400 grams can crushed tomatoes
- 165 millilitres (ml) can coconut milk
- 1 cup frozen peas
- 2 tablespoons fresh coriander leaves, to serve



(Photo and recipe sourced from taste.com.au)

Method:

1. Place potatoes in a larger saucepan. Cover with cold water. Bring to the boil over medium-high heat. Boil, uncovered, for 20 minutes or until tender. Drain. Transfer to a bowl. Mash potatoes. Add butter. Season with salt and pepper, and stir to combine.
2. Meanwhile, heat oil in a large saucepan over medium heat. Add onion, garlic, ginger, celery and carrot. Cook, stirring for 10 minutes or until vegetables soften.
3. Add curry paste. Cook, stirring for 1 minute or until fragrant. Add lentils, tomatoes and coconut milk. Bring to the boil. Reduce heat to medium low. Simmer uncovered, for 10 minutes or until thickened. Stir in peas.
4. Preheat oven to 220°C/200°C fan-forced. Grease a 6cm-deep, 19cm x 26cm (8 cup-capacities oval baking dish. Place lentil mixture in in prepared dish. Top with mashed potato. Bake for 25 minutes or until light golden. Serve topped with coriander.

Mushroom Lasagne

Prep: 30 minutes

Cook: 45 minutes

Serves: 8

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 50 grams prosciutto, chopped
- 375 grams portobello mushrooms, sliced
- 125 grams cup mushrooms, sliced
- 1 teaspoon thyme leaves
- 540 gram jar Arrabbiata Pasta Sauce
- 250 grams frozen spinach, thawed, drained
- 1 egg
- ½ cup grated parmesan
- ½ teaspoon ground nutmeg
- 700 grams carbonara sauce
- 6 Fresh lasagne sheets
- Grated parmesan to serve



*(Recipe sourced Woolworths Fresh magazine
Photo sourced from Frankston Men's Shed Community Kitchen group)*

Method:

1. Heat 1 tablespoon oil in a frying pan. Add onion, garlic and prosciutto and cook for 3 minutes. Transfer to a bowl. Add remaining oil. Increase heat to high. Cook mushroom, in batches until golden. Transfer to bowl with onion. Add thyme and ½ cup of pasta sauce. Season.
2. In a separate bowl, combine spinach, ricotta, egg, parmesan and nutmeg. Mix well with a fork. Stir in 1 cup of carbonara sauce. Season.
3. Preheat oven to 180°C. Grease a 22cm x 30cm dish and spread ½ cup of pasta sauce over base. Warm lasagne sheets following packet directions. Lay 2 sheets

over base. Spoon mushroom mixture evenly over. Top with 2 lasagne sheets. Spoon spinach mixture over. Top with another 2 lasagne sheets. Spoon over remaining pasta sauce. Finish with remaining carbonara sauce. Sprinkle parmesan over top.

4. Bake for 30 minutes, until golden brown
5. Rest for 10 minutes before serving.



- You can freeze pieces of the lasagne before baking it if there is too much.
- To do this, complete steps 1-3 but then let it cool before placing it in the freezer.
- This is perfect for when you do not have enough time to cook another night for readily available homemade meals.
- The lasagne can last approximately one month frozen in the freezer.

Chicken, Mushroom & Thyme Enchiladas

Prep: 20 minutes

Cook: 45 minutes

Serves: 6

Ingredients:

- 50 grams butter
- 2 leeks, trimmed, thinly sliced
- 2 garlic cloves, crushed
- 1 teaspoon, chopped fresh thyme leaves
- ¼ cup plain flour
- 3 cups milk
- 1 tablespoon olive oil
- 800 grams chicken thigh fillets, trimmed, cut into 2 cm pieces
- 200 grams cup mushrooms, sliced
- 8 flour tortillas
- 60 grams baby spinach
- 1 ¾ cup grated tasty cheese
- Fresh flat-leaf parsley leaves, to serve



(Photo and recipe sourced from taste.com.au)

Method:

1. Preheat oven to 200°C/ 180°C fan-forced. Grease a 5cm deep, 20cm x 30cm oven proof dish.
2. Melt butter in a saucepan over medium heat. Add leek, garlic and thyme. Cook, stirring, for 8 to 10 minutes or until leek has softened. Add flour. Cook, stirring, for one minute or until combined. Gradually add milk, stirring constantly, until combined. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until mixture has thickened slightly. Season with salt and pepper.

3. Meanwhile, heat oil in a large frying pan over medium- high heat. Add chicken. Cook, stirring occasionally, for 5 minutes or until just cooked through. Add mushroom. Cook for 5 minutes or until mushroom has softened. Add 1 cup leek mixture. Cook, stirring, for 2 minutes or until well combined.
4. Place 1 tortilla on a flat surface. Top with ½ cup chicken mixture. Roll up to enclose filling. Place, seam-side down, in prepared dish. Repeat with remaining tortillas and chicken mixture.
5. Add spinach and 1 cup cheese to the remaining leek mixture. Stir to combine. Spoon over tortillas in dish, spreading to cover evenly. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until cheese is melted and golden. Serve sprinkled with parsley.



- Can be served with a simple green salad.
Toss roughly chopped or torn lettuce with lemon, olive oil and dill sprigs.

Bacon and Veggie Noodle Slice

Prep: 20 minutes

Cook: 40 minutes

Serves: 8

Ingredients:

- 2 teaspoons vegetable oil
- 2 middle bacon rashers, trimmed, chopped
- ½ x 440 grams packet shelf-fresh thin hokkien noodles
- 2 medium zucchini, grated
- 2 medium carrots, peeled, grated
- 125 grams can corn kernels, drained
- ½ cup frozen peas
- 4 green onions, thinly sliced
- 1 cup self-rising flour
- ½ cup grated tasty cheese
- 4 eggs
- ½ cup milk
- Extra ¼ cup vegetable oil
- Mixed salad leaves, to serve



(Photo and recipe sourced from taste.com.au)

Method:

1. Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm on all sides.
2. Heat oil in a frying pan over medium-high heat. Add bacon. Cook, stirring occasionally, for 4 to 5 minutes or until just golden. Remove from heat.
3. Separate noodles with your hands. Using kitchen scissors, cut into 5 cm lengths.
4. Squeeze excess liquid from zucchini and carrot. Combine noodles, bacon, zucchini, carrot, corn, peas, onion, flour and cheese in a bowl. Place eggs, milk, and extra oil in a jug. Whisk to combine. Stir through noodle mixture. Season with salt and pepper. Spread into prepared pan.
5. Bake for 30 to 35 minutes or until golden and just set. Stand for 15 minutes to set. Cut into 8 pieces.
6. Serve with salad leaves.

Chicken & Broad Bean Fricassee

Prep: 15 minutes

Cook: 35 minutes

Serves: 4

Ingredients:

- 1 ½ tablespoons olive oil
- 750 grams chicken thigh fillets, trimmed, quartered
- 2 garlic cloves, finely chopped
- 2 tablespoons plain flour
- 1/3 cup dry white wine
- 1 ½ cups chicken stock
- 1 ½ teaspoons dried tarragon leaves
- 2 cups frozen broad beans
- ¼ cup thickened cream
- 2 tablespoons chopped fresh tarragon leaves
- Cooked risoni, to serve



(Photo and recipe sourced from taste.com.au)

Method:

1. Heat 2 teaspoons oil in a non-stick frying pan over medium- high heat. Season chicken with salt and pepper. Cook chicken, in batches, for 3 minutes each side or until golden. Transfer to a plate.
2. Add remaining oil to a pan. Add garlic. Cook, stirring, for 1 minute, or until fragrant. Add flour. Cook, stirring, for 2 minutes. Remove from heat. Add wine. Stir until mixture is smooth. Stir in stock and dried tarragon. Return to heat. Cook, stirring, for 5 to 6 minutes or until mixture thickens. Return chicken to pan. Simmer, stirring often, for 12 minutes or until chicken is cooked through.
3. Meanwhile, cook broad beans following packet directions, until tender. Drain. Peel broad beans and discard skins.
4. Add cream and broad beans to chicken mixture. Cook for 3 minutes or until warmed through. Stir in fresh tarragon. Season with salt and pepper. Serve with risoni.

Greek-Style Stuffed Capsicums

Prep: 20 minutes (+ cooling time)

Cook: 1 ½ hours

Serves: 8

Ingredients:

- ¾ cup (150g) brown rice
- 1 teaspoon olive oil
- 2 brown onions, finely chopped
- 500 grams lamb mince
- 2 garlic cloves, crushed
- 1 tablespoon ground paprika
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 100 grams reduced-fat fetta
- 120 grams packet of baby spinach
- ½ cup (125ml) red wine or beef stock
- 400 grams can cherry tomatoes
- 4 red or yellow capsicums, halved lengthways, seeded
- Flat-leaf parsley leaves, to serve
- Lemon zest, to serve

Method:

1. Preheat oven to 140°C. Cook rice following packet directions. Set aside to cool. Heat half the oil in a large frying pan over medium heat. Add half the onions and cook, stirring, for 5 minutes or until onions softens. Add lamb and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until lamb changes colour. Stir in half the garlic. Add the paprika, oregano and cumin and cook, stirring for 1

minute or until aromatic. Remove from heat. Add rice, fetta and spinach and stir to combine. Season until golden. Transfer to a plate.

2. Meanwhile, heat the remaining oil in a medium saucepan over medium heat. Add remaining onion and garlic and cook, stirring, for 5 minutes or until onion softens. Add the wine or stock and bring to the boil. Cook for 2 minutes or until reduced by half. Add the tomatoes and cook for 5 minutes or until sauce thickens slightly. Season.
3. Place capsicum, cut-side up, in a roasting pan. Spoon the rice mixture evenly among the capsicum halves. Pour the sauce around the capsicum. Bake, covered for 30 minutes. Uncover and bake for a further 30 minutes or until capsicum is very tender. Top with parsley and lemon zest to serve.



*(Recipe sourced from taste.com.au
Photo sourced from Frankston Men's Shed Community Kitchen group)*

Curry Chicken Pot Pie

Prep: 10 minutes (+ cooling time)

Cook: 1 ¼ hours

Serves: 6

Ingredients:

- 900 grams chicken thigh fillets, trimmed, cut into 5cm pieces
- 2 ½ tablespoons canola oil (divided)
- 30 grams unsalted butter
- 1 small onion, finely diced (about 1 cup)
- 1 garlic clove, finely chopped
- 1 tablespoons finely chopped peeled fresh ginger
- 1 jalapeno chilli, finely chopped
- 1 ½ teaspoon ground coriander
- 1 ½ teaspoon ground turmeric
- ¾ teaspoon ground cardamom
- ¾ teaspoon ground cumin
- 2 carrots, peeled, cut into 2cm pieces
- ½ small butternut pumpkin, peeled, seeded, cut into 2cm pieces (about 2 cups)
- 1 tablespoon plain flour.
- 1 ½ cups (375ml) salt-reduce chicken stock
- 400ml can coconut milk
- 1 Granny Smith Apple, cored, cut into 2cm pieces
- 1 free ranged egg
- 1 tablespoon milk
- 2 sheets frozen puff pastry, just thawed
- ¼ cup fresh coriander leaves

Method:

1. Season chicken. Heat 1 ½ tablespoon of oil in a large pot over medium heat. Add half the chicken. Cook, turning for 5 minutes or until golden brown. Transfer to a plate. Repeat with remaining 1 tablespoon of oil and remaining chicken until golden. Transfer to a plate.
2. Add butter and onion to pot and sauté, stirring to scrape up browned bits, for 4 minutes or until onion is tender. Add garlic, ginger chilli, ground coriander, turmeric, cardamom and cumin. Cook for 2 minutes, stirring frequently, or until fragrant. Add carrot and pumpkin and sauté for 2 minutes or until coated. Sprinkle flour over and

cook, stirring well to avoid browning, for 1 minute. Increase heat to medium-high. Stir in stock, coconut milk and chicken. Bring to a simmer. Reduce heat to medium-low. Simmer gently stirring occasionally, for 20 minutes or until pumpkin is tender. Stir in apple. Season. Transfer to a 2L capacity (25cm) skillet or 20cm square or round baking dish. Set aside to cool.

3. Preheat oven to 200°C (180°C fan-forced). In a bowl, whisk egg and milk to blend. Stack the pastry sheets on top of each other. On a lightly floured surface, roll out pastry to a 34cm square. Trim dough to form a 32cm disc. Brush some of the egg mixture over edges of skillet or dish. Lay pastry over dish and gently press overhanging edges of pastry onto side of dish. Brush with egg mixture and sprinkle with salt.
4. Bake for 30-35 minutes or until pastry is deep golden brown and puffed. Cool for 10 minutes. Sprinkle with coriander leaves.



(Recipe and photo sourced from taste.com.au)

Lemon and spinach risotto with grilled chicken

Prep: 15 minutes

Cook: 40 minutes

Serves: 6



(Recipe sourced from taste.com.au and photo sourced from Frankston Men's Shed Community Kitchen group)

Ingredients:

- 1 ½ litres chicken stock
- 25 grams butter
- 2 tablespoons olive oil
- 1 large brown onion, finely chopped
- 2 garlic cloves, crushed
- 3 cups Arborio rice
- 2 tablespoons finely chopped fresh sage leaves
- 2 teaspoons finely grated lemon rind
- 3 x 300 grams chicken breast fillets
- 1 cup grated parmesan
- 100 grams baby spinach

Method:

1. Place stock and 3 cups cold water in a large saucepan over medium heat. Cook for 10 minutes or until mixture starts to simmer. Reduce heat to low to keep hot.
2. Heat butter and half the oil in a large, heavy-based saucepan over medium heat. Add onion and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add rice. Stir to combine. Reduce heat to low. Add ½ cup stock mixture to rice mixture. Cook, stirring, until stock has absorbed. Repeat with remaining stock, ½ cup at a time, until all liquid is absorbed and rice is tender and creamy.
3. Meanwhile, combine half the sage and lemon rind and remaining oil in a medium bowl. Add chicken. Toss to coat in oil mixture. Heat a large frying pan over medium-high heat. Cook chicken for 3 to 4 minutes each side or until cooked through. Slice thickly. Cover to keep warm.
4. Stir parmesan into risotto. Reserve half the risotto. Add spinach, remaining sage and lemon rind to the remaining risotto. Cook for 1 to 2 minutes or until heated through. Season with salt and pepper. Serve risotto topped with sliced chicken.

Indian Curried Pumpkin Soup

Prep: 15 minutes

Cook: 40 minutes

Serves: 4

Ingredients:

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 tablespoon ginger, finely grated
- 1/4 cup (75g) korma curry paste
- 800g butternut pumpkin, peeled, seeded, chopped
- 2 carrots, peeled, coarsely chopped
- 1 Granny Smith apple, cored, coarsely chopped
- 1/2 cup (100g) red lentils
- 4 cups (1L) chicken stock or vegetable stock
- 1/2 cup (140g) Greek-style yoghurt
- 1/2 Lebanese cucumber, finely chopped
- 1/2 tomato, seeded, finely chopped
- 1/2 red onion, finely chopped
- 1 teaspoon cumin seeds, toasted
- Coriander leaves, to serve
- Mini pappadams, to serve

(Recipe and photo sourced from taste.com.au)



Method:

1. Heat the oil in a large saucepan over medium heat. Cook brown onion, stirring, for 5 mins or until onion softens. Add the ginger and curry paste. Cook, stirring, for 1 min or until fragrant.
2. Add pumpkin, carrot, apple, lentils and stock. Increase heat to high. Bring to the boil. Reduce heat to medium. Simmer, stirring occasionally, for 25-30 mins or until the vegetables are tender.
3. Carefully use a stick blender to blend until smooth. Divide among serving bowls. Top with yoghurt, cucumber, tomato, red onion, cumin seeds and coriander. Serve with mini pappadams.

Cheesy Stuffed Pasta Shell

Bolognese Bake

Prep: 25 minutes (plus standing time)

Cook: 55 minutes

Serves: 6

Ingredients:

- 2 tablespoons olive oil
- 1 red onion, chopped
- 2 shortcut bacon rashers, finely chopped
- 1 red capsicum, finely chopped
- 1 zucchini, grated
- 1 carrot, grated
- 1 tablespoon chopped fresh oregano
- 2 garlic cloves, crushed
- 500 grams lean beef mince
- 700 gram jar tomato passata
- 1/3 cup chopped fresh basil, plus extra leaves to serve
- 24 dried conchiglioni pasta shells (jumbo shell pasta)
- 150 grams baby spinach
- 500 grams smooth light ricotta
- ½ cup finely grated parmesan
- 250 gram punnet cherry tomatoes, halved
- 1/3 cup grated mozzarella
- Crusty bread and salad leaves, to serve

Method:

1. Heat ½ the oil in a large, deep frying pan over medium-high heat. Add onion, bacon and capsicum. Cook, stirring occasionally, for 5 minutes or until onion has softened and bacon is golden. Add zucchini and carrot. Cook, stirring for 5-6 minutes or until vegetables are tender. Add oregano and garlic. Cook for 1 minute or until fragrant. Transfer to a heatproof bowl.
2. Heat remaining oil in a pan. Add mince. Cook, stirring with a wooden spoon to break up lumps, for 5-6 minutes or until browned. Return vegetable mixture to pan. Stir to combine. Add passata and ½ cup water. Season with salt and pepper. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until bolognese thickens. Stir in ½ the basil.

3. Meanwhile, cook pasta following packet directions. Using a slotted spoon, transfer to a colander. Rinse under cold water. Drain well. Transfer to a bowl. Add spinach to boiling water. Cook for 2 minutes or until just wilted. Drain. Refresh under cold water. Drain well. Roughly chop.
4. Preheat oven to 220°C (200°C fan- forced). Spoon Bolognese into a 4cm deep, 21cm x 28cm (10 cup capacity) roasting pan.
5. Combine ricotta, spinach remaining basil and ½ the parmesan in a bowl. Season well with salt and pepper. Spoon mixture into pasta shells. Place pasta shells on top of bolognese, filling-side up, pushing into bolognese to secure. Arrange tomato around shells in pan. Sprinkle with remaining parmesan and mozzarella.
6. Bake for 20-25 minutes or until cheese is melted and golden. Stand for 5 minutes. Sprinkle with extra basil leaves. Serve with bread and salad leaves.



(Recipe and photo sourced from taste.com.au)



- You can find conchiglioni pasta shells in delis and large greengrocers.
- If pasta shells are unavailable, you can use fresh cannelloni sheets. Cut them in half crossways and roll up halves with ricotta filling inside. Before sprinkling with cheese, spoon a little of the bolognese over the pasta so it doesn't dry out during cooking. Cook, covered, until pasta is tender. Cook, uncovered, until browned.

Pumpkin, Basil & Pine Nut

Risotto

Prep: 15 minutes

Cook: 40 minutes

Serves: 6

Ingredients:

- tablespoon olive oil
- 4 cups (1L) vegetable stock
- 60g butter, chopped
- 1 leek, pale section only, thinly sliced
- 800g Kent pumpkin, peeled, cut into 3cm pieces
- 1 1/2 cups (300g) arborio rice
- 1/2 cup (125ml) white wine
- 1/2 cup (40g) parmesan, finely grated or vegetarian hard cheese
- 1/3 cup basil, finely shredded
- 1/3 cup (80g) sour cream
- 1/4 cup (40g) pine nuts, toasted
- Basil leaves, to serve
- Shaved parmesan, to serve



(Recipe and photo sourced from taste.com.au)

Method:

1. Place the stock and 1 cup (250ml) water in a saucepan. Bring to the boil. Reduce heat to low and simmer.
2. Meanwhile, melt the butter in a large saucepan over medium heat. Add the leek and cook, stirring, for 2 mins or until leek softens. Add the pumpkin and cook, stirring occasionally, for 8-10 mins or until the pumpkin is just tender.
3. Add the rice to the pumpkin mixture and stir to coat. Add the wine and cook, stirring, for 2 mins or until evaporated. Add 1 cup (250ml) of the simmering stock to the pumpkin mixture and stir until the liquid evaporates. Continue adding 1/2 cupful's of stock, stirring after each addition until the liquid is absorbed, for 20-25 mins or until the rice is just tender.
4. Add the grated parmesan and shredded basil and stir to combine. Spoon risotto into bowls and top with sour cream, pine nuts, basil leaves and shaved parmesan.

Moroccan Lamb Pot Pies

Prep: 10 minutes

Cook: 25 minutes

Serves: 4

Ingredients:

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 500 grams Lamb Mince
- 1 tablespoon Moroccan seasoning mix
- 1 teaspoon Crushed Garlic
- 400 grams can diced tomatoes
- 1 small eggplant, diced
- 75 grams baby spinach
- 2 tablespoons sultanas
- 1 sheet frozen puff pastry, thawed
- 1 egg, lightly beaten.



(Recipe sourced from taste.com.au)

Photo sourced from Frankston Men's Shed Community Kitchen group)

Method:

1. Heat oil in a large frying pan on medium. Cook onion for 5 minutes, until softened. Add lamb and cook, stirring to break up any lumps, for 5 minutes, or until browned. Add seasoning mix and garlic and cook for 1 minute, until fragrant. Add tomatoes, 1 cup of water and eggplant. Simmer for 5 minutes, until thickened slightly. Remove from heat. Stir through spinach and sultanas.
2. Preheat oven to 220°C / 200°C fan. Spoon lamb mixture into ovenproof dish. Cut pastry into 4 equal squares. Place on top of mince, scrunching edges of pastry around dish. Brush with a little egg. Bake for 10-15 minutes, until puffed and golden.



**For more recipe ideas visit the
Australian Community Kitchens Website:**
www.communitykitchens.org.au