



FairfieldCity
**BEST
START**
Education & Care

COOKBOOK




FairfieldCity
Celebrating diversity

Participating Early Learning Centres

Bonnyrigg Early Learning Centre
Bonnyrigg Heights Early Learning Centre
Cabramatta Early Learning Centre
Canley Vale Early Learning Centre
Janice Crosio Early Learning Centre
Marlborough Street Early Learning Centre
Mobile 2 Preschool
St Johns Park Early Learning Centre
Tasman Parade Early Learning Centre
Wakeley Early Learning Centre
Wetherill Park Early Learning Centre.



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OUR STORY

Boom! In June 2021, the COVID pandemic hit and the Fairfield Local Government Area was struck once again harder than ever being declared a COVID hot-spot and was forced into a lockdown bubble.

Fairfield City is one of the most culturally and linguistically diverse communities in Australia with a high percentage of workers being on low incomes, new migrants with little to no access to government benefits and is a community that struggles to get by in the best of times. As a core component of the Fairfield Local Government Area, the community pulls through and comes together to support each other, so during the COVID pandemic lockdown, Council did just that.

Being part of the Early Childhood Education sector, we wanted to do something to help and be active within our community during a very hard time. The team went above and beyond and provided over 35,000 meals to the local community. The meals were culturally diverse, allergy-friendly, children and baby friendly and most importantly, full of nutrition! 11 of Fairfield City Best Start early learning services participated in this amazing initiative.

As early education teachers, we constantly get asked questions like why does my child eat at the centre and not at home? Can I have the recipe? How do you cook it? So, we saw this as an opportunity to create a cookbook that is packed with child-friendly, nutritional, easy failsafe meals that families can cook together.

Buon Appetite!





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CHICKEN AND CORN SOUP

Prep Time: 30 mins **Cook Time:** 30 mins **Serves:** 4

Ingredients

- › 2 chicken breasts (about 200g each)
- › 2 tsp finely grated fresh ginger
- › 1 tbsp cornflour
- › 60ml (¼ cup) cold water (to mix cornflour)
- › 420g can creamed corn
- › 300g can corn kernels (rinsed, drained)
- › 6 green shallots (ends trimmed, thinly sliced diagonally)
- › Salt and freshly ground black pepper

Steps

1. Place chicken in a large saucepan cover with water and bring to the boil over high heat.
2. Reduce heat to low and simmer for 5 minutes or until chicken is cooked through.
3. Transfer chicken to a heatproof bowl and set aside for 5 minutes to cool slightly.
4. Once cooled, finely shred the chicken and add ginger to the liquid mixture.
5. Place the cornflour in a small bowl and gradually stir in cold water until smooth and combine with the liquid.
6. Place in a large saucepan and cook, stirring occasionally for 2 minutes or until liquid thickens slightly.
7. Add the chicken and creamed corn. Cook, stirring occasionally for 2 minutes or until hot.
8. Add green shallots (leaving some to garnish dish) and stir to combine.
9. Taste and season with salt and pepper.
10. Ladle the soup among serving bowls and sprinkle with the remaining green shallot and serve.



CHICKEN NOODLE SOUP

Prep Time: 20 mins **Cook Time:** 20 mins **Serves:** 4

Ingredients

- › 2 tsp olive oil
- › 1 cup diced carrots
- › ¼ tsp each: garlic powder, onion powder
- › ¼ tsp salt, celery salt, turmeric powder
- › 1 tsp chicken stock powder
- › 1L chicken broth
- › 1 cup cooked chicken, diced small
- › 1 cup Kluski noodles (up to 1 ½ cups) (other types of noodles can be used, just adjust the cooking time for your noodle type)

Steps

1. In a large pot, over medium-low heat, sauté the carrots in the oil for 3-4 minutes.
2. Stir in the garlic powder, onion powder, salt, chicken stock, celery salt, and turmeric powder.
3. Pour in the chicken broth and add the chicken base, stir to combine.
4. Turn the heat up to bring the pot to a simmer. Add the noodles and chicken, cook for 12-15 minutes, until the noodles are cooked through.
5. Taste for additional seasoning.

This soup will reduce slightly as it sits, as the noodles absorb the broth, you may need to add additional broth (or water) when reheating.



MINISTRONE SOUP

Prep Time: 10 mins Cook Time: 30 mins Serves: 4

Ingredients

- › 1 tsp oil
- › 1 onion, chopped
- › 1 clove garlic, crushed
- › 2 tins chopped tomatoes
- › 600ml/2 ½ cups vegetable stock
- › ½ tsp dried mixed herbs or dried oregano
- › 125g uncooked pasta
- › 150g /1 ½ cups frozen vegetables
- › 265g /1 cup mixed beans (pre-cooked)
- › Fresh basil and grated Parmesan cheese (optional)

Steps

1. Heat the oil in a large saucepan. Add the onions and cook for 2-3 minutes until they start to soften. Add the garlic and cook for another 30 seconds.
2. Pour in the tinned tomatoes and vegetable stock. Add the dried herbs and bring to the boil.
3. Stir in the pasta and cook for approximately 8 minutes or until the pasta has fully cooked.
4. Add the frozen vegetables and mixed beans and cook for another minute or two until they have heated through.
5. Serve with a little fresh basil and some grated Parmesan.



HONEYED CARROT SOUP

Prep Time: 20 min Cook Time: 40 min Serves: 6

Ingredients

- › 2 tbsp butter
- › 2 small leeks, sliced
- › 800g carrots, roughly chopped
- › 2 tsp clear honey
- › 1 bay leaf
- › 2 ½L vegetable stock
- › Sour cream or yoghurt, to serve

Steps

1. Melt the butter in a large saucepan over medium heat.
2. Add the leeks to the pan, then cook for 3 minutes until starting to soften.
3. Add the carrots, honey, chilli (if using) and bay leaf, then cook for 2 minutes.
4. Pour in the stock and bring to the boil, then simmer for 30 minutes.
5. Blend the soup in batches, return to a clean pan, then season to taste.
6. Serve with a swirl of sour cream or yoghurt and garlic bread or bacon bits.

LEEK BACON AND POTATO SOUP

Prep Time: 30 mins **Cook Time:** 40 mins **Serves:** 4

Ingredients

- › 25g butter
- › 3 rashers streaky bacon, chopped
- › 1 onion, chopped
- › 400g pack well washed, trimmed and sliced leek
- › 3 medium potatoes, peeled and diced
- › 1.4L vegetable stock
- › 140ml cooking cream
- › 4 rashers streaky bacon, to serve

Steps

1. Melt the butter in a large pan, then fry the bacon and onion, stirring until they start to turn golden.
2. Tip in the leeks and potatoes, stir well, then cover and turn down the heat.
3. Cook gently for 5 minutes, shaking the pan occasionally.
4. Pour in the stock, season well and bring to the boil.
5. Cover and simmer for 20 minutes until the vegetables are soft.
6. Leave to cool for a few minutes, then blend in a food processor in batches until smooth.
7. Return to the pan, pour in the cream and stir well. Taste and season if necessary.
8. Serve with tasty crisp bacon and toasted crusty bread on the side.



LENTIL SOUP

Prep Time: 20 mins Cook Time: 20 mins Serves: 4

Ingredients

- › 1 tsp extra-virgin olive oil
- › ½ small onion (finely chopped)
- › 1 carrot (finely chopped)
- › 1 celery stalk (finely chopped)
- › 1 garlic clove (minced)
- › Coarse salt and ground pepper
- › 450ml low-sodium vegetable or chicken broth
- › ¾ cup canned cooked lentils (rinsed and drained)
- › 2 tsp red-wine vinegar

Steps

1. Heat oil in a medium saucepan
2. Add onion, carrot, celery, and garlic; season with salt and pepper and cook, stirring occasionally, until onion softens, 3-5 minutes.
3. Add broth; bring to a boil and cook for 5 minutes.
4. Add lentils and cook until soup thickens slightly, 3-5 minutes.
5. Stir in vinegar and season with salt and pepper.



PUMPKIN SOUP

Prep Time: 30 mins **Cook Time:** 30 mins **Serves:** 6

Ingredients

- › 1.2kg pumpkin (any type) OR butternut squash
- › 1 onion, sliced
- › 2 garlic cloves, peeled whole
- › 3 cups (750ml) vegetable or chicken stock (low sodium)
- › 1 cup (250 ml) water
- › Salt and pepper

Finishes:

- › ½ – ¾ cup (125-185ml) cream, half and half or milk

Steps

1. Cut the pumpkin into 3cm slices, removing the skin and seeds. Cut into 4cm chunks.
2. Place the pumpkin, onion, garlic, broth and water in a pot (liquid won't cover all the pumpkin).
3. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (about 10 minutes).
4. Remove from heat and use a stick blender to blend until smooth
5. Season to taste with salt and pepper, stir through cream (never boil soup after adding cream as it will split).
6. Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired.
7. Serve with crusty bread.



ROASTED RED PEPPER, SWEET POTATO AND SMOKED PAPRIKA SOUP

Prep Time: 30 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 1 sweet potato, roughly diced with skin on
- › 1 red pepper, de-seeded and cut into chunks
- › 1 red onion, peeled and cut into chunks
- › 3 garlic cloves, peeled
- › 1 tsp smoked paprika
- › 2 tbsp olive oil
- › 200ml coconut milk
- › 200ml chicken stock
- › ½ tbsp Sriracha sauce
- › 1 tsp maple syrup
- › 2 tsp red-wine vinegar

Steps

1. Heat oven to 190c (fan) or 170c (gas).
2. Put the sweet potato, pepper, onion and garlic on a baking tray. Sprinkle with the paprika and seasoning, then drizzle with the oil. Toss together. Roast for 30 minutes or until begins to brown.
3. Tip the roasted vegetables into a blender (or use a stick blender) with the coconut milk, stock, Sriracha and maple syrup. Blend until smooth.
4. Pour into a pot and heat until piping hot.
5. Check for seasoning and serve with toasted bread.



BEEF SAN CHOY BOW

Prep Time: 30 mins Cook Time: 20 mins Serves: 4

Ingredients

- › 20g dried sliced shiitake mushrooms
- › 1 cup boiling water
- › ¼ cup light soy sauce
- › ¼ cup oyster sauce
- › 1 tbsp caster sugar
- › ½ tsp sesame oil
- › 1/3 cup Chinese cooking wine or dry sherry
- › 1 ½ tbsp vegetable oil
- › 2 cloves minced garlic
- › 2 tsp grated fresh ginger
- › 1 large chopped red chilli
- › 3 green onions or shallots sliced plus extra to garnish
- › 600g beef mince
- › 12 iceberg lettuce leaves
- › Steamed rice to serve

Steps

1. Soak mushrooms in boiling water for 15 minutes or until rehydrated. Strain and keep water aside.
2. In a small bowl combine soy, oyster sauce, sugar, sesame oil and wine.
3. Heat vegetable oil in wok over high heat. Add mushroom, garlic, ginger, chilli and green onion and cook for 5 minutes. Add mince and brown for 3-4 minutes, breaking up with wooden spoon.
4. Add chestnuts, mixed sauces and half of the mushroom water then cook for 4 minutes or until sauce has reduced slightly.
5. Place a little steamed rice in each lettuce leaf and top with san choy bow mix.
6. Sprinkle with extra green onion and serve with remaining steamed rice.



CARROT LAMB DUMPLING

Prep Time: 30 mins **Cook Time:** 10 mins **Serves:** 4

Ingredients

- › 500g lamb mince
- › 2 carrots
- › 300g round dumpling, or gyoza wrappers
- › 1 tbsp salt
- › 1 bunch (about 1 cup) spring onion (thinly sliced)
- › 3 tbsp soy sauce
- › 3 tbsp fresh ginger (grated or finely chopped)
- › 2 tbsp sesame oil
- › 2-3 tbsp vegetable oil

Steps

1. Add carrots, spring onion, and ginger into a food processor. Pulse until all the ingredients are minced, but not turned to mush.
2. Combine the carrots, spring onion and ginger with the rest of the filling ingredients in the bowl with minced lamb, soy sauce, sesame oil and salt. Work the mixture together with your hands until fully combined.
3. Wrap dumplings and place on a tray lined with baking paper or dusted with flour (not to stick).
4. The dumplings can be cooked immediately (see notes below) or can be frozen using a baking sheet. Once frozen solid, place into a freezer container for up to 3 months.

Recipe Notes:

Steamed dumplings: Line a steamer basket with parchment and steam over simmering water for about 6 minutes if fresh, 8 minutes if frozen.

Boiled dumplings: Bring a large pot of water to a boil and add the dumplings. Stir so they don't stick together. Add 1 ½ cups of cold water and bring to a boil again. Add another 1 ½ cups of cold water and bring to a boil a third time. Check one dumpling to make sure they are cooked through; boil another few minutes if necessary.

Fried dumplings: Heat vegetable oil in a large skillet over medium-high heat until warm. Align dumplings in the pan. When the dumplings start to sizzle, pour in ¼ cup water. Cover immediately and turn to medium heat.





CHEESE SCONES

Prep Time: 20 mins **Cook Time:** 30 mins **Serves:** 12 scones

Ingredients

- › 3 cups self raising flour
- › 60g softened butter
- › 1 cup milk
- › 1 cup tasty cheese

Steps

1. Preheat oven to 200°C.
2. Rub butter into the flour.
3. Add cheese, mix together.
4. Add milk.
5. Knead into a dough.
6. Roll out flat about 5cm.
7. Cut with a round cutter or a drinking glass.
8. Place in oven and cook for 20-25 minutes until golden brown and well risen.

ENCHILADAS

Prep Time: 10 mins **Cook Time:** 40 mins **Serves:** 4

Ingredients

- › 450g minced beef (at least 80% lean)
- › 2 cans Old El Paso™ red enchilada sauce
- › 1 can Old El Paso™ chopped green chillies
- › 1 pack Old El Paso™ large flour tortillas
- › 1 ½ cups shredded cheddar cheese

Steps

1. Preheat oven to 180°C.
2. Spray 25.4cm baking dish or pan with cooking spray.
3. In a non-stick skillet, cook beef over medium-high heat for 5-7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in ½ cup of the enchilada sauce and the chillies.
4. Spread ½ cup of the enchilada sauce evenly in baking dish.
5. Spread ¼ cup beef mixture down the centre of each tortilla; sprinkle with 1 tbsp cheese.
6. Wrap tortillas tightly around filling, placing seam side down in baking dish.
7. Top with remaining enchilada sauce and sprinkle with remaining cheese.
8. Bake 20-25 minutes or until hot and bubbly.
9. Remove from oven and let stand for 5 minutes before serving.





HUMMUS DIP

Prep Time: 20 min **Serves:** 4

Ingredients

- › 420g can chickpeas
- › ¼ cup tahini
- › ½ tsp salt
- › ¼ tbsp cumin
- › ½ a lemon (juice)
- › 2 tbsp extra virgin olive oil
- › 2 garlic cloves minced
- › 1 tbsp of chopped parsley

Steps

1. Drain and rinse chickpeas.
2. In a blender add chickpeas, lemon juice, minced garlic, salt, cumin and tahini and blend well until smooth.
3. Transfer hummus to a shallow bowl, drizzle olive oil and top with chopped parsley.

VEGETABLE PUREE

Prep Time: 20 mins Cook Time: 30 mins

Ingredients

- › 4 large potatoes
- › 1 large sweet potato
- › ¼ pumpkin
- › 3 carrots
- › 1 zucchini
- › 5 cups vegetable broth
- › salt and pepper

Steps

1. In a large pot, combine the vegetables and broth/water.
2. Cook over high heat, reduce the heat and simmer partially covered, until all the vegetables are tender.
3. Using a blender, puree the vegetables until smooth, seasoning with salt and pepper

Note: Vegetable puree can be stored in individual serves in the freezer for up to 6 months. Suitable for babies first food or the elderly.



VEGETARIAN RICE PAPER ROLLS

Prep Time: 40 mins Serves: 30 rolls

Ingredients

- › 50g vermicelli rice noodles
- › 30 small rice paper rolls
- › 1 lebanese cucumber (cut into matchsticks)
- › 1 carrot (peeled and cut into matchsticks)
- › 1 avocado (stoned, peeled and sliced)
- › ½ cup mint leaves
- › ½ cup coriander

Steps

1. Place noodles in a small heatproof bowl and cover with boiling water. Set aside for 2 minutes to soften. Drain well. Use kitchen scissors to coarsely chop.
2. Fill a shallow dish with warm water. Dip 1 rice paper sheet in water, then drain and place on a clean board (it will continue to soften on standing).
3. Arrange a little of the noodles, cucumber, carrot, mint and coriander along bottom third of the rice paper sheet.
4. Fold edge of the rice paper sheet over the filling. Fold in the sides, then roll up to enclose. Transfer to a serving plate. Repeat with remaining rice paper sheets, noodles, cucumber, carrot, avocado, mint and coriander.
5. Serve with soy sauce or sweet chilli sauce.



ALFREDO CHICKEN WITH PASTA AND VEGETABLES

Prep Time: 20 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 1kg chicken breast cut into cubes
 - › 2 tbsp butter
 - › 1 clove of garlic chopped
 - › 1 tbsp Italian herbs
 - › ¼ cup cheese
 - › 2 packets of pasta
 - › Choice of vegetables
 - › Salt and pepper to taste
 - › 1 tspn chicken stock powder
- Sauce
- › 2 tbsp butter
 - › 4 cloves minced garlic
 - › 3 tbsp flour
 - › 2 cups milk
 - › Italian herbs
 - › ½ cup shredded cheese

Steps

1. In a large pan heat oil, melt butter then add the chicken breast. Season with Italian herbs, salt and pepper.
2. Cook for 8-10 minutes or until chicken is fully cooked.
3. Add diced onion, chicken and season with salt, garlic, chicken stock and Italian herbs.
4. Set aside the cooked chicken.
5. In the same pan, melt butter and add garlic. Cook until soft, then add half of the flour to the garlic and butter. Slowly add the rest of the flour.
6. Pour in the milk in a little bit at a time, the sauce will then begin to thicken.
7. Season with salt, pepper and Italian herbs. Add cheese and stir until melted.
8. Add vegetables (e.g. fresh carrots, zucchini, broccoli, peas).
9. Cook until golden and cooked through, then add cream, 1½ cup milk and 1 cup of cheese.
10. In another large pot boil water and cook 2 packets of pasta.
11. Pour the sauce over the cooked pasta, add the chicken and mix well.



CHICKEN CASSEROLE

Prep Time: 30 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 1kg minced chicken
- › 3 diced carrots
- › 5 diced potatoes
- › 1 cup of shredded cabbage
- › 1 tbsp oil
- › 1 chopped onion
- › 400g can diced tomatoes
- › 700ml bottle passata sauce
- › 3 ½ cups chicken broth/water
- › 1 tsp minced garlic
- › Salt and pepper

Steps

1. Heat oil in a large pot, sauté onions for 2 minutes.
2. Cook chicken for 5 minutes or until browned.
3. Add potatoes, carrots, and shredded cabbage.
4. Add salt, pepper and garlic.
5. Add diced tomatoes and the bottle of passata sauce
6. Simmer until vegetables are done.



CHILLI CON CARNE

Prep Time: 15 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 1 large onion
- › 1 red pepper
- › 2 garlic cloves
- › 1 tbsp oil
- › 1 heaped tsp hot chilli powder (or 1 level tbsp for mild taste)
- › 1 tsp paprika
- › 1 tsp ground cumin
- › 500g lean minced beef
- › 1 beef stock cube
- › 400g can chopped tomatoes
- › ½ tsp dried marjoram
- › 1 tsp sugar (or add a thumbnail-sized piece of dark chocolate along with the beans instead, see tip)
- › 2 tbsp tomato purée
- › 410g can red kidney beans

Steps

1. In a large frying pan add oil.
2. Sauté onions and garlic.
3. Add mince and cook until brown.
4. Add salt and mix.
5. Add tomatoes, kidney beans and sugar. Mix through.
6. Add capsicum and vegetables.
7. Stir through the rest of dry ingredients (spices) and simmer.

CREAMY MUSTARD CHICKEN

Prep Time: 20 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 700g chicken thigh fillets, skinless and boneless
- › 1 ½ tbsp olive oil
- › ½ tsp cooking/kosher salt
- › ¼ tsp black pepper
- › 1 garlic clove chopped
- › 1 cup mixed vegetables e.g. beans, corn, carrot and peas
- › ½ cup mushrooms
- › ¼ cup vegetable stock

Creamy Mustard Sauce

- › ½ cup thickened/heavy cream
- › 1 tbsp Dijon mustard
- › 1 tbsp whole grain mustard
- › ¼ tsp cooking/kosher salt
- › ¼ tsp black pepper
- › 1-2 tbsp water, as needed

Steps

1. In a large frying pan add oil.
2. Sauté onions and garlic.
3. Add chicken and cook until brown.
4. Add salt, pepper, vegetable stock and mustard.
5. Add mushrooms. Cover until they reduce in size.
6. Add beans and vegetables. Mix through.
7. Add cream and simmer.



GOULASH

Prep Time: 30 mins **Cook Time:** 2 hrs **Serves:** 4

Ingredients

- › 2 medium onions
- › 2 tsp butter or lard (preferred)
- › 1 tsp caraway seeds
- › 2 tbsp paprika
- › ¼ cup flour
- › 700g stewing beef (trimmed and cut into cubes)
- › 2 cups beef broth or water
- › 400g diced canned tomatoes
- › 1 tsp salt
- › ¼ tsp pepper
- › 1 ½ cup carrots (optional)
- › 3 cups potatoes (optional)

Steps

1. In a large pot, melt butter and add onion. Cook until translucent. Stir in caraway seeds and paprika and mix well.
2. In a bowl, dust the stew beef with flour. Add beef to the onion mixture and cook for about 2-3 minutes.
3. Slowly add about ¼ cup of the beef broth to lift the brown bits off the bottom of the pan. Then add remaining broth, diced tomatoes (potatoes and carrots if using), salt and pepper.
4. Stir and bring to a boil, cover, then reduce to a simmer for about 1 ½ to 2 hours or until tender.



LENTILS WITH TOMATOES AND CHICKEN

Prep Time: 30 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 2 tsp extra virgin olive oil
- › 4 x 150g free range chicken breast fillets, trimmed
- › 1 onion, finely chopped
- › 2 garlic cloves, thinly sliced
- › 2 x 400g Ardmona tinned tomatoes
- › ½ cup (125ml) chicken stock
- › 400g can lentils, rinsed
- › 1 cup basil leaves, to serve
- › 1 capsicum, chopped
- › 1 cup mixed frozen vegetables

Steps

1. In a large frying pan add oil.
2. Sauté onions and garlic.
3. Add chicken and cook until brown.
4. Add salt, chicken stock, tomatoes and lentils and mix well.
5. Add the remaining seasoning and vegetables.
6. Bring to the boil and simmer for 15 minutes, until sauce is reduced.



MEATBALLS WITH VEGETABLES

Prep Time: 40 min **Cook Time:** 1 hr **Serves:** 4

Meatballs Ingredients

- › 450g minced beef (at least 16% fat)
- › 450g minced pork
- › $\frac{2}{3}$ cup milk
- › $\frac{1}{2}$ cup breadcrumbs
- › $\frac{1}{4}$ cup ricotta cheese
- › $\frac{1}{4}$ cup grated Parmesan or Romano cheese
- › 1-2 tsp salt
- › 1 tbsp chopped fresh parsley
- › 2 tsp black pepper
- › 1 tsp dried oregano or marjoram
- › 2-3 cloves garlic (minced)
- › 1 cup flour (for dusting)
- › $\frac{1}{3}$ cup extra virgin olive oil
- › 2 $\frac{1}{2}$ cups home-made tomato sauce (see recipe on next page)

Steps

1. In a large bowl, combine the beef, pork, ricotta cheese, grated parmesan, eggs, salt, parsley, oregano, black pepper, garlic cloves and the bread-milk mixture. Mix it well with your hands until combined.
2. Don't overwork the mixture or it will become tough.
3. Wet your hands and form the meatballs. A traditional size for this sort of meatball is 5cm, but you can make them any size you want.
4. Once the meatball is rolled, roll it in the flour to give it a good coating. Set each one on a baking sheet as you work. You might need to rinse your hands a few times as you make the meatballs.
5. When all the meatballs are formed, heat olive oil in a large skillet over medium-high heat. Brown the meatballs on at least two sides. Don't worry about the center getting cooked through, as you will finish these in the sauce.
6. Once all the meatballs are browned, arrange them in the sauce turning each one over to coat.
7. Cover the pot and simmer gently for 15-20 minutes.
8. Serve with the sauce and pasta or crusty bread and garnish with parsley.

Tomato Sauce Ingredients

- › 2 tbsp extra virgin olive oil
- › ¾ cup finely chopped onions
- › ¾ cup finely chopped carrots
- › ¾ cup finely chopped celery
- › 800g can crushed tomatoes, including the juice, or 800g of fresh tomatoes (peeled, seeded, and chopped)
- › 2 tbsp chopped fresh parsley
- › 1 clove garlic (minced)
- › ½ tsp dried basil or 2 tbsp chopped fresh basil
- › 1 tsp tomato paste
- › Salt and freshly ground black pepper

Steps

1. Heat olive oil in a large saucepan on medium heat.
2. Add the onions, carrots, celery, and parsley. Stir to coat with the oil, reduce the heat to low and cover the pan.
3. Cook for 15-20 minutes until the vegetables are soft and cooked through.
4. Add the garlic, and increase the heat to medium-high. Cook the garlic for half a minute, then add the tomatoes.
5. Add the tomato paste and basil and season with salt and pepper.
6. Bring to a low simmer, reduce the heat to low and let it cook uncovered until thickened while you prepare the meatballs for 15-30 minutes.
7. Purée in a blender, or push through a food mill for a smooth consistency.



MEXICAN BEEF

Prep Time: 20 mins **Cook Time:** 40 mins **Serves:** 4

Ingredients

- › 500g beef mince
- › 1 tbsp oil
- › 1 onion
- › 2 carrots
- › 1 or ½ red capsicum
- › 1 medium sweet potato
- › 1 can corn kernels or red kidney beans
- › 1 packet taco seasoning*
- › 1 tsp vegetable stock powder
- › 1 cup tomato cooking sauce or passata
- › 1 cup water

Steps

1. Dice all the vegetables or use a food processor.
2. Fry the onion and red capsicum.
3. Add the beef and cook until brown.
4. Add the remaining vegetables and cook for 5 minutes.
5. Add the Vegeta seasoning, tomato cooking sauce or passata and water.
6. Simmer for 15-20 minutes on low heat.
7. Serve with rice or couscous.

Note: you can use zucchini or pumpkin

* If you do not have taco seasoning use 1 tsp of ground cumin and 2 tsp of sweet paprika.



MOROCCAN LAMB

Prep Time: 40 mins Cook Time: 2 hrs Serves: 4

Ingredients

- › 500g lamb shoulder (cut in to 5cm pieces)
- › 4 tbsp canola or olive oil
- › 500ml boiling water
- › 1 red sweet potato (diced)
- › 1 brown onion (diced)
- › 3 cloves of garlic (diced)
- › 5cm piece of ginger (cut into julienne)
- › 1 cup dry apricot (cut into pieces)
- › ½ tsp cinnamon
- › ½ tsp turmeric
- › 1 tbsp smoked paprika
- › 1 can (450g) diced tomatoes
- › Salt to taste
- › 1 cup diced pumpkin
- › ¼ cup honey
- › 2 tbsp lemon juice
- › 1 ½ cups jasmine rice

Steps

1. Heat 2 tbsp of oil in a large pot, then add lamb and cook until golden brown (approx. 10-15 minutes).
2. Transfer the meat into a dish and leave aside.
3. Using the same pot, heat remaining oil, add diced onion, garlic, sweet potato and pumpkin and cook until light brown.
4. Add ginger and apricot, stir well to combine.
5. Add diced tomato and mix well cooking for another 5 minutes.
6. Add the lamb, salt, honey and cinnamon. Cover with boiling water and bring to boil.
7. Lower the heat and gently simmer for 1 to 1 ½ hours, stirring occasionally. The potato and pumpkin will turn in to puree and the mixture will be thicker and creamier.
8. Transfer into a serving dish along with the cooked rice.



SHEPHERD'S PIE

Prep Time: 40 mins

Cook Time: 1 hr

Serves: 4

Ingredients

1 ½ tbsp olive oil
2 garlic cloves , minced
1 onion , finely chopped
1 carrot , finely chopped
1 stalk celery , finely chopped
¾ tsp each dried thyme and rosemary (or
2 sprigs fresh thyme and 1 sprig rosemary)
750g minced lamb or beef
¼ cup plain flour
¼ cup tomato paste
2 cups beef stock/broth
½ cup red wine (or water)
1 beef bouillon cube , crumbled
1 tbsp Worcestershire sauce

2 dried bay leaves
¾ tsp cooking/kosher salt
½ tsp black pepper
1 cup frozen peas

Mashed Potato

- › 1.2kg potatoes, peeled and cut into 2.5cm cubes
- › ⅔ cup (165ml) milk (whole or low fat)
- › 2 tbsp (30g) butter

Crust

- › 2-3 tbsp grated parmesan, optional
- › Fresh thyme leaves, optional garnish

Steps

Boil the potatoes:

1. Place the peeled and quartered potatoes in a medium sized pot. Cover with at least an inch of cold water. Add 1 tsp of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 min).
2. Preheat the oven to 180°C.

Sauté the vegetables

3. While the potatoes are cooking, melt 4 tbsp of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6-10 minutes.
4. If you are including vegetables, add them according to their cooking time e.g. carrots and onions are cooked together due to their cooking times.
5. If you are including peas or corn, add them when the onions are cooked, or after the meat starts to cook, as they take very little cooking time.

Add the lamb or beef mince, then the Worcestershire sauce and broth:

6. Add the mince to the pan with the onions and vegetables and cook through.
7. Drain the pan of excess fat, if necessary then season with salt and pepper.
8. Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary to keep the meat from drying out.
9. Taste the cooked filling and if needed, add more salt, pepper or Worcestershire sauce.

Mash the cooked potatoes:

10. When the potatoes are done cooking (a fork can easily pierce), remove from the pot and place in a bowl with the remaining 4 tbsp of butter. Mash with a fork or potato masher. Taste and season with salt and pepper.

Layer the meat mixture and mashed potatoes in a casserole dish:

11. Spread the cooked filling in a large baking dish, spreading evenly (23cmx33cm).
12. Spread the mashed potatoe over the top of the mince. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned.
13. Sprinkle parmesan cheese on the top to create a crust and thyme leave to garnish.
14. Place in oven and cook for 30 minutes or until browned and bubbling. If necessary, boil for the last few min to help the surface of the mashed potatoes brown.



TUNA MORNAY

Prep Time: 10 mins **Cook Time:** 40 mins **Serves:** 4

Ingredients

- › 2 x 425g cans tuna drained
- › 1 can chicken soup (concentrated)
- › 1 can chopped tomato
- › 2 onions
- › 3 tbsp oil
- › ½ cup breadcrumbs
- › 1 cup shredded tasty cheese
- › 1 tbsp margarine
- › 1 packet pasta
- › Diced carrots, corn or peas

Steps

1. Preheat the oven to 180°C.
2. Fry onion in the oil until it is soft, rub the margarine into the breadcrumbs then mix with the grated cheese.
3. Combine the onions, soup, chopped tomatoes and tuna.
4. Place the mixture into greased oven proof dishes and sprinkle with the breadcrumb and cheese mix.
5. Place in the oven for about 30 minutes or until heated through.
6. Cook the pasta while the mornay is in the oven.
7. Serve with side salad.



MAIN



CHICKEN, SWEET POTATO AND CHICKPEA CURRY

Prep Time: 20 mins **Cook Time:** 40 mins **Serves:** 4

Ingredients

- › 2 tbsp olive oil
- › 2 tbsp butter
- › 680g boneless skinless chicken thighs cut into bite-size pieces
- › 1 white onion, minced
- › 4 garlic cloves, minced
- › 3 tbsp curry powder
- › 1 tsp cumin powder
- › 1 tsp black pepper
- › 1 tsp paprika
- › ½ tsp turmeric powder
- › 2 cups chicken broth
- › 2 small or 1 big (450g) sweet potatoes, cut into (2.5cm) pieces
- › 1 can (425g) chickpeas, drained
- › ½ teaspoon salt
- › 1 can (400ml) full-fat unsweetened coconut milk
- › ½ cup chopped coriander

Steps

1. In a large frying pan add oil.
2. Sauté onions, garlic and ginger.
3. Add chicken and cook until brown.
4. Add salt and mix.
5. Add cauliflower and chickpeas.
6. Stir through the rest of dry ingredients (spices).
7. Add coconut cream/milk then simmer for 15-20 minutes.



RED THAI CHICKEN CURRY

Prep Time: 1 hr Cook Time: 30 mins Serves: 4

Ingredients

- › 1 ½ tbsp Thai red curry paste
- › 600g chicken thigh fillets (trimmed, cut into 4cm pieces)
- › 1 ½ tbsp vegetable oil
- › 400ml can coconut milk
- › 2 tbsp fish sauce
- › 3 tsp brown sugar
- › 2 large dried chillies (roughly chopped)
- › 250g baby green beans (trimmed, sliced diagonally)
- › Steamed jasmine rice (to serve)
- › Fresh Thai basil leaves (to serve)

Steps

1. Place curry paste and chicken in a ceramic bowl. Toss to coat. Cover. Refrigerate for 1 hour if time permits.
2. Heat oil in a wok over medium heat. Stir-fry chicken for 2-3 minutes or until lightly browned. Add coconut milk. Reduce heat to low. Cook, stirring occasionally, for 5-6 minutes or until chicken is cooked through.
3. Stir in fish sauce and sugar. Cook for 1 minute. Add chilli and beans. Cook for 3-4 minutes or until beans are tender.
4. Spoon rice into bowls. Spoon over curry.
5. Top with basil and serve.

BOLOGNESE SAUCE

Prep Time: 20 mins Cook Time: 1½ hrs Serves: 6

Ingredients

- › 1 tbsp vegetable oil
- › 1 chopped onion
- › 1 chopped carrot
- › 1kg of minced beef
- › Salt and pepper
- › 2 tsp garlic
- › ½ cup peas
- › ½ cup corn
- › ½ cup beans
- › ½ cup potato
- › 1 bottle tomato pasta sauce
- › 1 can crushed tomatoes
- › 250ml liquid chicken stock

Steps

1. Put the oil and chopped onion in the pot and turn the heat on to medium. Cook and stir the onion until it has become translucent, then add the chopped carrots, peas, corn, beans, potatoes. Cook for about 2 minutes, stirring vegetables to coat them well.
2. Add minced beef, salt, pepper, chicken stock and garlic. Crumble the meat with a fork, stir well and cook until the beef browns.
3. Add the tomato sauce and the crushed tomato can and stir thoroughly to coat all ingredients well.
4. When the tomatoes begin to bubble, turn the heat down so that the sauce cooks slowly. Cook for 1 hour or more, stirring from time to time.
5. While the sauce is cooking, you are likely to find that it begins to dry out and the fat separates from the meat. To keep it from sticking, add ½ cup of water whenever necessary. At the end, however, no water at all must be left and the fat must separate from the sauce.





CREAMY CHICKEN WITH PASTA

Prep Time: 20 mins Cook Time: 40 mins Serves: 4

Ingredients

- › 500g packet of pasta
- › 500-600g diced chicken breast
- › 250g frozen spinach
- › 250g corn kernels
- › 200g diced mushroom (optional)
- › 1 diced onion
- › 1 tsp minced garlic
- › 1 tsp dry oregano
- › 2 tsp vegetable stock powder
- › 2 cans of Carnation lite cooking cream

Steps

1. Heat oil in saucepan, sauté onion and garlic, add chicken and cook on low heat for 15 minutes. (If adding mushroom, fry before adding the chicken).
2. Add the vegetables with oregano and vegetable stock powder. Cook for 10 minutes. In the meantime, cook your pasta.
3. When the pasta is nearly cooked, add the cooking cream to the chicken heated well and then mix with the pasta.

LASAGNE

Prep Time: 1 hr

Cook Time: 1½ hr

Serves: 4

Ingredients

- › 2 tsp olive oil
- › 1 brown onion, halved, finely chopped
- › 2 garlic cloves, crushed
- › 750g beef mince regular
- › 2 x 400g cans Italian diced tomatoes
- › 250ml red wine
- › 1 cup mushrooms
- › 2 grated carrots
- › 55g (¼ cup) tomato paste
- › Salt and freshly ground black pepper
- › Olive oil, extra, to grease
- › 4 large fresh lasagne sheets
- › ½ cup coarsely grated mozzarella cheese
- › Mixed salad leaves, to serve

Béchamel Cheese Sauce

- › 1L (4 cups) milk
- › 1 brown onion, halved, coarsely chopped
- › 8 fresh parsley stalks
- › 8 whole black peppercorns
- › 4 whole cloves
- › 2 bay leaves
- › 60g butter
- › 50g (⅓ cup) plain flour
- › 70g (1 cup) finely grated parmesan cheese
- › Pinch ground nutmeg (optional)
- › Salt and ground white pepper



Steps

1. Heat the oil in a large frying pan over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes or until onion softens. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour. Add the tomato, wine and tomato paste, and bring to the boil. Reduce heat to low. Simmer, uncovered, stirring occasionally for 30 minutes or until sauce thickens slightly. Remove from heat. Taste and season with salt and pepper.
2. Meanwhile, to make the cheese sauce, combine the milk, onion, parsley stalks, peppercorns, cloves and bay leaves in a medium saucepan and bring to a simmer over medium heat. Remove from heat and set aside for 15 minutes to infuse.
3. Strain the milk mixture through a fine sieve into a large jug. Discard solids.
4. Melt the butter in a large saucepan over medium-high heat until foaming. Add the flour and cook, stirring, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan. Remove from heat.
5. Gradually pour in half the milk, whisking constantly with a balloon whisk, until mixture is smooth. Gradually add the remaining milk, whisking until smooth and combined.
6. Place saucepan over medium-high heat and bring to the boil, stirring constantly with a wooden spoon, for 5 minutes or until sauce thickens and coats the back of the spoon. Remove from heat. Add the parmesan and stir until cheese melts. Taste and season with nutmeg, salt and white pepper.
7. Preheat oven to 180°C. Brush a rectangular 3L (12 cup) capacity ovenproof dish with oil to lightly grease. Spread one-quarter of the cheese sauce over the base of the prepared dish. Arrange 1 lasagne sheet over the sauce. Top with one-third of the mince mixture and one-third of the remaining béchamel sauce. Continue layering with the remaining lasagne sheets, mince mixture and béchamel, finishing with a layer of béchamel. Sprinkle with mozzarella. Place on a baking tray. Bake in preheated oven for 40 minutes or until cheese melts, is golden brown, and the edges are bubbling. Remove from oven and set aside for 10 minutes to set.
8. Cut the lasagne into 8 portions and serve with mixed salad leaves.

VEGETARIAN PASTA SAUCE

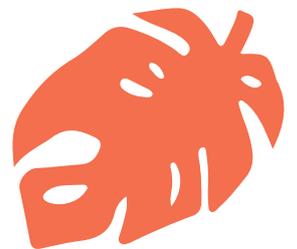
Prep Time: 30 mins **Cook Time:** 50 mins **Serves:** 4

Ingredients

- › 500g pasta
- › 2 carrots (peeled)
- › 1 red or green capsicum
- › 2 zucchinis
- › 1 eggplant
- › 100g mushrooms
- › 2 brown onions (peeled)
- › 3 cloves garlic
- › 1 tbsp vegetable stock powder
- › 680ml bottle of passata
- › 1 tbsp mixed Italian herbs
- › 1 tbsp olive oil

Steps

1. Mince garlic and finely dice all vegetables.
2. Use a large pot to fry onion and garlic in olive oil until onion softens. Add other vegetables, passata, vegetable stock powder and herbs.
3. Cook on low-medium heat with lid on the pot for about 30-45 minutes, stirring occasionally.
4. Cook pasta as directed on packet.
5. Serve sauce over freshly cooked pasta.



BEEF HONEY AND SOY SAUCE WITH RICE NOODLES

Prep Time: 20 mins **Cook Time:** 30 mins **Serves:** 4

Ingredients

- › 500g lean beef
- › 1 tbsp oil
- › 2 cloves garlic
- › 1 carrot
- › 1 red capsicum
- › 200g snow peas
- › 200g broccoli cut into florets
- › 200g baby corn
- › 1 tbsp soy sauce
- › 1 tbsp honey
- › 1 packet rice noodles

Steps

1. Soak noodles or follow the packet instruction.
2. Heat oil in a wok (or use an electric frying pan).
3. Fry beef and garlic, remove from wok.
4. Add carrot and stir-fry for 1 minute.
5. Add all ingredient except beef and noodles. Cook for 2 minutes.
6. Add beef and noodles and stir for 1 minute.





CHICKEN STIR-FRY

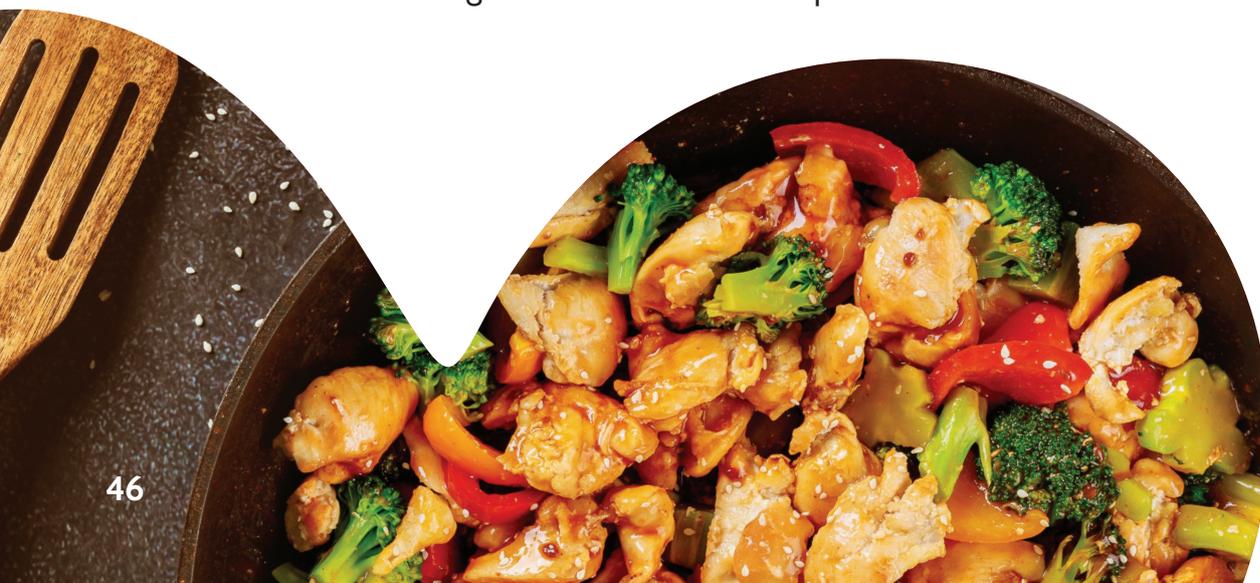
Prep Time: 30 mins Cook Time: 20 mins Serves: 4

Ingredients

- › 2 tbsp peanut or canola oil
- › 3 chicken breasts (trimmed, cut across the grain into thin strips)
- › 1 brown onion (cut into thin wedges)
- › 1 red capsicum (seeds removed and cut into thin strips)
- › 250g button mushrooms or mushroom caps (sliced)
- › 1 bunch broccolini (cut into 4cm lengths)
- › 2cm piece fresh ginger (peeled, finely grated or chopped)
- › 2 garlic cloves (finely chopped)
- › 2 fresh birdseye chillies (remove seeds if desired, thinly sliced)
- › 2 tbsp salt-reduced soy sauce
- › 1½ tbsp oyster sauce
- › 1 tbsp water
- › Cooked white rice or noodles (to serve)

Steps

1. Heat wok over high heat for about 1 minute. Add 1 tbsp of the oil and swirl it around the wok to coat the entire cooking surface and heat for 30-60 seconds or until very hot. Add half the chicken strips and stir-fry for 1-2 minutes or until the chicken is sealed and cooked through. Transfer the chicken to a plate and set aside. Add about half the remaining peanut oil to the wok and repeat the process with the remaining chicken strips.
2. Add the remaining oil to the wok and heat over high heat until hot. Add the onion and capsicum and stir-fry for 2 minutes.
3. Add the mushrooms and broccolini and stir-fry for a further 2 minutes. Add the ginger, garlic and chillies. Season with salt and stir-fry for 1 minute or until aromatic.
4. Add the soy sauce, oyster sauce and water and toss for about 1 minute. Return the chicken to the wok and stir until the vegetables and chicken are coated with the sauces and the vegetables are tender crisp.





HONEY SOY CHICKEN STIR-FRY

Prep Time: 30 min Cook Time: 30 min Serves: 6

Ingredients

- › 1/3 cup (80ml) honey
- › 2 tbsp light soy sauce
- › 3 garlic cloves, crushed
- › 500g Chicken Thigh Fillets, chopped
- › 1 tbsp sesame oil/or alternative
- › 1 brown onion, cut into thin wedges
- › 1 carrot, peeled, halved lengthways, thinly sliced
- › 1 red capsicum, seeded, chopped
- › 3 tsp cornflour
- › 1/2 cup green beans
- › 1 tbsp vegetable stock powder
- › Spring onion chopped

Steps

1. In a large frying pan sauté onions and 2 tbsp of garlic until clear, add chicken and cook until the chicken turns white (no pink).
2. Add the honey and soy and simmer until liquid is almost evaporated and texture is of a sticky consistency.
3. In a separate large pot/fry pan, add the remaining garlic, carrots, cabbage, capsicum, beans and zucchini and cook until tender.
4. Stir through the vegetable stock powder, salt and pepper.
5. Serve the vegetables in a bowl and add chicken on top. Serve with spring onions.

APPLE CRUMBLE

Prep Time: 20 mins Cook Time: 20 mins Serves: 4

Ingredients

- › 1 tin (800g) stewed apples or stew 6 fresh green apples

Topping ingredients:

- › 1 cup plain flour
- › 100g melted butter
- › ½ cup brown sugar
- › ½ cup desiccated coconut
- › ½ cup rolled oats

Steps

1. Stew apples, mash and place in a greased baking dish.
2. Prepare topping.
3. Melt butter.
4. Mix all dry ingredients. Add melted butter and stir together well.
5. Crumble between your fingers and sprinkle on top of the stewed apples.
6. Bake at 180°C degrees until the crumble turns a golden brown





BANANA BREAD

Prep Time: 15 mins Cook Time: 25 mins Serves: 8

Ingredients

- › 3 bananas
- › 1 cup sugar
- › 1 cup oil
- › 1 tsp vanilla essence
- › 1 tsp cinnamon
- › Pinch salt
- › 3 cups plain flour
- › 2 ½ tsp baking powder
- › ½ teaspoon baking soda

Steps

1. Preheat oven to 180°C degrees.
2. Mash 3 bananas with 1 cup of sugar mix until the bananas are smooth.
3. Add 1 cup oil, vanilla essence, cinnamon, pinch salt and mix thoroughly.
4. Add 3 cups of flour, baking powder and baking soda, salt and mix well.
5. Pour the mix into a greased cake tin or line the cake tin with baking paper.
6. Bake for 25 minutes.

DAIRY AND NUT FREE CUPCAKE

Prep Time: 20 mins **Cook Time:** 30 mins **Serves:** 8

Ingredients

- › ½ cup maple syrup
- › ½ cup melted unsalted butter
- › 1 tbsp vanilla
- › 1 ripe banana pureed (approx. 1 cup)
- › 2 cups of apple puree (1 tin of apple pie slice pureed)
- › 1 tbsp cinnamon
- › 2-3 cups of plain flour
- › 2 tsp baking powder
- › 1 tsp of icing sugar to decorate the cupcake.
- › Small sifter

Steps

1. Preheat oven to 180°C degrees.
2. Line the cupcake tray with cupcake cases.
3. In a small bowl mix flour and baking powder together.
4. In a medium bowl add syrup, melted butter, mashed banana, pureed apple, cinnamon, and vanilla. Mix using a whisker until well combined.
5. Gradually add flour to the apple and banana mixture, using a spatula until combined.
6. Scoop the mixture into the lined cupcake tray, filling it half way.
7. Lower the oven temperature to 150°C.
8. Place the tray in the oven and cook for 25-30 minutes or until golden then remove from oven.
9. When completely cooled, transfer to a serving dish and lightly dust with icing sugar.





EGG AND DAIRY FREE CAKE

Prep Time: 10 mins **Cook Time:** 20 mins **Serves:** 6

Ingredients

- › 1 ½ cups self raising flour
- › ¾ cup castor sugar
- › ⅔ cup canola oil
- › 1 cup water
- › 1 tsp vanilla essence

Steps

1. Mix dry ingredients.
2. Add oil, water and vanilla essence.
3. Stir ingredients together with a wooden spoon until smooth.
4. Pour into a cake tin.
5. Bake at 180°C degrees for approximately 20 minutes or until cooked.
6. Check centre is cooked with a skewer.

GREEK YOGHURT PARFAIT

Prep Time: 20 mins Serves: 4

Ingredients

- › 1kg Greek natural yoghurt
- › ½ cup rolled oats
- › ½ cup brown sugar
- › Fruit of your choice (watermelon, banana, strawberries, blueberries)

Steps

1. Spoon out Greek yoghurt and spread evenly in the bowl.
2. Layer fruit.
3. Sprinkle mixed rolled oats and brown sugar.
4. Repeat process.



STRAWBERRY AND BANANA SMOOTHIE

Prep Time: 10 mins Serves: 2

Ingredients

- › 2 cups frozen strawberries
- › 1 banana, cut into chunks and frozen
- › 1 ½ cups milk
- › ½ cup Greek plain yogurt

Steps

1. In a blender, place the strawberries, banana, milk and yoghurt.
2. Blend the ingredients until very smooth and serve.



WEETBIX SLICE

Prep Time: 20 mins Cook Time: 15 mins Serves: 4

Ingredients

- › 6 Weetbix
- › 1 ½ cups plain flour
- › 2 tbsp cocoa powder
- › ¾ cup desiccated coconut
- › 1 cup castor sugar
- › 200g melted cooking margarine

Steps

1. Crush Weetbix with your hands into a mixing bowl.
2. Add dry ingredients.
3. Add melted margarine.
4. Mix together well, using hands.
5. Line the baking dish with greaseproof paper.
6. Press onto greaseproof paper
7. Bake at 180°C degrees for 15 minutes.



MEASUREMENT CONVERSIONS

Liquid measurements



cup	tbsp	mls
1	16	237
$\frac{3}{4}$	12	177
$\frac{2}{3}$	10 + 2tsp	158
$\frac{1}{2}$	8	118
$\frac{1}{3}$	5 + 1 tsp	79
$\frac{1}{4}$	4	59
$\frac{1}{8}$	2	30
$\frac{1}{16}$	1	15

Dry measurements



tsp	tbsp	cup
3	1	$\frac{1}{16}$
6	2	$\frac{1}{8}$
12	4	$\frac{1}{4}$
16	5 + 2 tsp	$\frac{1}{3}$
24	8	$\frac{1}{2}$
32	10 + 2 tsp	$\frac{2}{3}$
36	12	$\frac{3}{4}$
48	16	1

Weight

grams	ounces
25	1
40	1.5
50	2
60	2.5
75	3
110	4
125	4.5
150	5
175	6
200	7
225	8
250	9
350	12
450	1 lb



Oven temperature



220	_____	_____	428
210	_____	_____	410
200	_____	_____	392
190	_____	_____	374
180	_____	_____	356
170	_____	_____	338
160	_____	_____	320
150	_____	_____	302





The Munch & Move program promotes children’s healthy eating, active play, and encourages limiting small screen recreation through six positive, health promoting key messages.

For more information on each topic, scan or click on the QR codes below or visit www.healthykids.nsw.gov.au/munch-move-resources/munch-move-fact-sheets/

Summary

Summary of the 2013 Australian Dietary Guidelines relevant to Early Childhood Education and Care Services.



Morning and afternoon tea snacks

Well planned morning and afternoon tea is essential to meet children’s nutritional requirements.



Choose water as a drink

Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.



Fussy eaters fact sheet

Tips on encouraging new foods and manage fussy eating.



Eat more fruit and vegetables

Eating fruit and vegetables every day will help your child grow strong and healthy.



Lunchbox food ideas for toddlers

A guide for families providing sample lunchbox menus with serves from each of the food groups.



Yummy Tummy Cookbook

There are many foods that can be used to pack a healthy lunchbox.



Pack your child a healthy lunchbox

A poster showing a variety of foods from each food group.



Healthy lunchboxes

There are many foods that can be used to pack a healthy lunchbox.



English



Arabic



Chinese



Vietnamese

Eat Healthy

Eating fruit and vegetables every day will help your child grown strong and healthy.



English



Arabic



Chinese



Vietnamese





Children and Family Service is a not-for-profit Council operated service with more than:

- 15 Best Start Education and Care services including long day cares, preschools, multipurpose, mobile services and Family Day Care;
- Fairstart Early Intervention Service providing NDIS services to children in need and Supported Playgroups for children and families.

We have more than 150 skilled educators providing care and education for more than 1,000 children aged 0-6 years within our local community, catering to more than 48 different nationalities and 85 children with additional needs.

Our Vision

For all children and families to have equitable access to services and educational opportunities that strengthen knowledge, ability and resilience to build foundations for future success.

Our Mission

We exist to provide support and education services for children and families in the Fairfield community.

Our Values

Innovation, Collaboration, Inclusion and Social Justice, Education.

We are passionate educators who provide quality early learning education to young children and families in the Fairfield Local Government Area. We have been operating for more than 40 years.

- We are committed professionals
- We are proud of our rapport within the community
- We value – Inclusion – all cultures, backgrounds and abilities
- We are innovative in our educational curriculums
- We work in partnerships with providers and engage with the local community and networker





BEST START – EDUCATION AND CARE

We support your child's educational journey through programming adapted to their strengths, culture, abilities and interests. Our centres are creative hubs of explorative play and sensory experiences delivering quality learning and skills in all areas of development. Our educators operate under the National Quality Standards incorporating the Early Years Learning Framework.

FAMILY DAY CARE

Our Family Day Care services have been offering quality care and education to Fairfield City families for more than 45 years in nurturing, natural and flexible home learning environments.

All our educators operate under the National Quality Standards incorporating the Early Years Learning Framework. Contact Council if you are interested in becoming an Educator or need to enrol your children. Fairfield City Family Day Care (FDC) is rated as exceeding the requirements of the National Quality Standards.

FAIRSTART EARLY INTERVENTION

Our team at Fairstart Early Intervention is made up of inspired and dedicated speech pathologists, occupational therapists, specialist teachers and other support professionals working together to give children in Fairfield City a 'fair start'.

We are committed to making a meaningful difference in the lives of children and families through supportive relationships and cultural support. We focus on strengthening families to achieve their own goals through family centered practice and play based interventions. Using a strengths-based approach, we work with families to develop and enhance their children's skills and enable them to reach their full potential.

We are passionate about supporting children from birth through primary school with additional needs to participate in, and feel included in their community. We can deliver support at our clinics, in your home, your child's educational environment and in the community. Fairstart Early Intervention is an NDIS provider.

If you feel therapy might be beneficial for your child contact us on 9725 0393 today to discuss the best pathway for your family. You don't need a referral from a GP or Paediatrician, although this may help offset the cost of therapy. Fairfield City Council is a registered NDIS and Medicare provider and some families may be eligible for financial support.

SUPPORTED PLAYGROUPS

Supported Playgroups offer fun, educational activities for children five years and under living in the Fairfield and Liverpool local government areas. Run by a multi-skilled team of early childhood teachers and family support workers, this free service promotes social interactions with other children, and connects families to the community and each other.

All parents and family members are welcome to attend (subject to availability). Priority is given to isolated families and families with other wellbeing concerns.

For further information about our services such as waiting lists please contact us on 9725 0393 or visit our website www.fairfieldcity.nsw.gov.au/Services/Children-and-Family-Services.



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Best Start Education & Care 2023

