

Minestrone Soup

Ingredients:

- 2 tablespoons olive oil
- ½ an onion finely chopped
- 1 clove garlic, minced
- 800g diced tomatoes
- 2 cups vegetable stock
- 2 cups water
- 2 tablespoons tomato paste
- 2 teaspoons Worcestershire sauce
- 1x 400g tin of kidney beans, drained and rinsed
- Salt and pepper to season
- 1 cup macaroni pasta
- 1 stick celery, chopped
- 1 large carrot, peeled and diced
- 1 small zucchini, chopped
- 1 Potato, peeled and chopped
- 1 cup frozen cauliflower florets
- 1 cup frozen green beans
- ½ cup frozen spinach
- ¼ cup Parmesan cheese (Bio Cheese option if needed)
- Parsley to garnish

Equipment:

- Large soup pot
- Measuring spoons/cups
- Knife
- Chopping board
- Peeler
- Measuring jug
- Mesh strainer
- Garlic press
- Wooden spoon
- Ladle
- Serving bowls



Method

1. Collect all the ingredients and equipment.
2. Heat oil over high heat in large pot.
3. Add onion and garlic and stir until the onion goes translucent- roughly 2 minutes.
4. Add the carrot, celery and zucchini. Stir for 1 minute to coat in flavour.
5. Add the crushed tomatoes, vegetable stock, water, tomato paste, Worcestershire sauce, kidney beans, salt and pepper.
6. Stir, bring to a simmer and then place the lid on. Simmer gently for 20 minutes.
7. Add the potato and beans. Simmer for another 5 minutes.
8. Add the pasta, cauliflower and spinach and continue to simmer until pasta is cooked through.
9. Remove from the heat, stir through the parmesan. Taste and adjust salt and pepper seasoning if needed.
10. To serve, ladle into bowls, garnish with parsley and enjoy.

Hedgehog Slice

Ingredients:

Base:

- 250g unsalted butter, chopped (Nutelex sub for DF)
- 395g can sweetened condensed milk (Coconut condensed milk sub for DF)
- 2x 250g packet of Marie biscuits (GF/DF biscuit sub)
- 1/4 cup cocoa powder
- 1/2 cup desiccated coconut

Icing:

- 250g Baking Milk Chocolate (DF if needed)
- 2 teaspoons cooking oil
- 2 tablespoons extra desiccated coconut for sprinkling on top

Equipment:

- Baking tray
- Baking paper
- Knife
- Medium Saucepan
- Whisk
- Rolling pin
- Medium mixing bowl
- Wooden Spoon
- Pyrex Jug
- Measuring spoons/cups
- Spoon



Method

1. Collect all the ingredients and equipment.
2. Line the base of a 16cm x 26cm slice pan with baking paper.
3. Place the butter and condensed milk in a medium saucepan. Place over medium-low heat and cook, whisking regularly until the mixture is combined.
4. Meanwhile, place the biscuits on the kitchen bench. Use a rolling pin to crush the biscuits until there is a combination of fine and chunky crumbs. Put the biscuit crumbs into a medium bowl and add the cocoa powder and coconut. Stir to combine.
5. Add the biscuit mixture and the condensed milk mixture together. Stir well to combine. Transfer to the prepared pan. Use a spatula to press firmly and evenly. Place in the fridge.
6. For the icing, place the chocolate in a heat proof Pyrex jug with the oil and melt in the microwave for 30 second intervals until it is melted. Drizzle over the slice and smooth the surface. Then sprinkle with a little bit of extra coconut. Place the slice in the refrigerator until set.