

Vegetarian Paella

Ingredients:

- 1.25 litres Vegetable Stock
- 1 pinch Saffron threads
- 60ml (1/4 cup) Olive Oil
- 1 onion, diced
- 1/2 green capsicum, diced
- 1/2 red capsicum, diced
- 1 teaspoon salt
- 1 tin whole tomatoes, diced
- 3 garlic cloves, crushed
- 2 teaspoons sweet paprika
- 1 teaspoon smoked paprika
- 2 cups medium grain rice
- 1 cup frozen peas
- 1 cup fresh spinach leaves, roughly chopped

To garnish/ finish off:

- 2 lemons, cut into wedges
- 1/4 bunch Parsley, roughly chopped
- Sea Salt
- Olive Oil

Equipment:

- Medium pot
- Paella pan
- Knives
- Chopping boards
- Measuring cups
- Measuring spoons
- Measuring jug- large & small
- Garlic mincer
- Wooden spoon
- Clean tea towel



Method

1. Preheat the oven to 150 degrees Celsius and collect all of your ingredients and equipment.
2. Prepare your ingredients as listed above. When prepped, heat the olive oil in the paella pan on the stovetop, low heat. Add the diced onion, capsicums and salt. Cook for 15 minutes, stirring occasionally until the vegetables are very soft. Move on to preparing your stock whilst this cooks.
3. Place the vegetable stock into a medium pot and bring to the boil on the stovetop. Remove from the heat and drop in the saffron. Set aside to infuse for at least 5 minutes. You will see your stock turn a bright yellow.
4. Come back to your Paella pan after the 15 minutes and add the diced tomato and garlic. Cook for a further 10 minutes or until the sauce becomes thick.
5. Add the paprikas into the mix and stir to combine, then add the rice and peas. Stir until everything is coated in the sauce and cook for 1-2 minutes until the rice begins to turn translucent.
6. Pour the prepared stock over the rice and turn up the heat to high. Stir to make sure the rice is evenly spread across the pan, then simmer for exactly 5 minutes without stirring. DO NOT STIR!!!!
7. At exactly 5 minutes, move the paella pan into the oven and cook for 12-15 minutes until the liquid has been absorbed.
8. Remove from the oven, stir through the spinach leaves and then cover the pan with a clean tea towel and set aside for 5 minutes.
9. To serve, place the lemon wedges randomly around the pan, drizzle with olive oil, sprinkle with sea salt and scatter the parsley. Serve immediately and enjoy!

ANZAC Day Cake

Ingredients:

Cake:

- 125g butter, chopped (DF sub)
- ½ cup golden syrup
- 2 cups self-raising flour (GF sub)
- ½ cup shredded coconut
- ¼ cup caster sugar
- 1 cup milk (DF sub)
- 2 eggs (EF sub)

Honey Icing:

- 1 ½ cups icing sugar
- 60g butter, melted (DF sub)
- 1 teaspoon honey
- 1 teaspoon vanilla extract
- 1 tablespoon hot water (approximately)

Equipment:

- 20x30cm slice tin
- Baking Paper
- Small saucepan
- Wooden spoon
- Small bowl
- Whisk
- Large bowl
- Wire cooling rack
- Spatula
- Measuring cups
- Measuring spoons
- Measuring jug- small



Method

1. Preheat the oven to 180 degrees Celsius and collect all of your ingredients and equipment.
2. Lightly grease and line a 20cmx30cm slice pan.
3. In a small saucepan, combine the butter and golden syrup. Stir it over low heat until smooth.
4. In a small bowl, whisk the milk and eggs together and set to the side.
5. In a large bowl, combine the self-raising flour, coconut and sugar. Stir in the butter mixture and then gradually blend in combined milk and eggs. Stir until smooth.
6. Pour the mixture into the prepared slice tin and bake for 25-30 minutes or until cooked when tested with a skewer.
7. Turn the cake out onto a wire rack to cool down.
8. Meanwhile, make the honey icing by combining the icing sugar, butter, honey, vanilla extract and hot water in a large bowl. You may need a little bit more water if icing is too thick. It should be thick but spreadable.
9. When the cake is cool enough, spread the icing over the cake and cut into squares to serve.