



LUNCHBOX PINWHEELS

VILLAGE *eats*



It's back to school time so let's make school lunch boxes fun with these simple pinwheels. Pick up your sustainable Warrior Lunchbox at The Source Bulkfoods!

METHOD:

1. Cut crusts off the bread slices, roll flat with a rolling pin. On each slice spread cream cheese to all four edges. Layer one side of the sliced bread with any filling below
2. Roll in a tight pinwheel and slice into 1/3's

INGREDIENTS:

1. Cream cheese, ham, cucumber
1/2 teaspoon cream cheese, 1/2 slice of ham, 1 cucumber slice (slice with a peeler)
2. Mayonnaise, ham, lettuce
1/2 teaspoon mayonnaise, 1/2 slice of ham, 1 baby cos lettuce leaf
3. Cream cheese, salmon, cucumber
1/2 teaspoon cream cheese, 1/2 slice of smoked salmon, 1 cucumber slice (slice with a peeler)
4. Cream cheese, cucumber, carrots
1/2 teaspoon cream cheese, 1 cucumber slice (slice with a peeler), 1 tablespoon grated carrot

Lunchbox from @thesourcestives @stivesvillage

VALENTINE'S DONUTS



Impress the one you love with these cheat Valentine's donuts. Made with any preferred pancake premix, these raspberry and biscoff filled donuts are sure to impress that special someone. Complete with an easy chocolate dipped strawberry love heart. **Cook time:** 15 mins | **Prep time:** 10 mins | **Serves:** 6

INGREDIENTS:

1 (300g) pancake premix, any preferred pre-mix. See notes
2 tablespoons unsweetened cocoa powder.
50g raspberries, halved
1/2 cup Biscoff spread, melted
180g melted chocolate block, any preferred chocolate. See notes below
3 strawberries

METHOD:

1. Preheat oven to 180C fan. Grease a non-stick donut tray with a spray of olive oil. Add the cocoa powder to the pancake pre mix and shake. Then add 280ml water and shake to combine.
2. Fill each hole halfway with the pancake mixture. Add a swirl of melted biscoff and evenly add 2 raspberries torn in half on top of the biscoff.
3. Pour the remaining pancake mixture to cover the biscoff and raspberries.
4. Bake on 160C for 20 minutes. Melt the chocolate and almond bar in 1-minute intervals until melted. Once donuts are cool, twist out of the donut tray and dip the top of the donuts into the melted chocolate. Add a drizzle of biscoff spread.
5. Serve with a strawberry heart. Cut the sepal (green leaf) diagonally out with a pairing knife. Cut down the center to form 2 hearts. Dip the top half into the leftover chocolate and biscoff.

Cooking Notes:

The pancake premix used for this recipe was Green's Baking, the buttermilk gluten-free pancake shake.

Make sure the donut tray is well greased. Don't fill donut hole too high.

To dip the donuts in chocolate I used the old gold almond and dark chocolate

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PASTA PRIMAVERA



Cook time: 10 mins | **Prep time:** 20 mins | **Serves:** 4

INGREDIENTS:

250g penne pasta or any preferred pasta
1/2 cup fresh peas, can use frozen
120g green beans, cut in 1/2
1 zucchini, sliced into ribbons
1/3 cup basil pesto, store bought
60g wild rocket/arugula
1/2 cup creme fraiche
1 lemon, zest and 1/2 lemon juice
50g pecorino cheese, shaved with a peeler
salt and pepper

METHOD:

1. Bring a pot of salted water to a boil. Add pasta and cook as per packet instructions.
2. Add the asparagus and peas to the pot for the final 1.5-2 minutes of cooking the pasta.
3. Drain the pasta and vegetables. Transfer pasta and vegetables back into the pot.
4. Add zucchini, pesto, rocket, creme fraiche, rocket, lemon zest, juice. Toss through gently with salad servers. Serve on a large serving platter. Add pecorino shavings on top with a drizzle of olive oil, and cracked pepper to taste.

NOTES: The pecorino cheese is salty so you won't need to add much salt. Can substitute beans for asparagus if preferred.

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DUKKAH CRUSTED TENDERLOINS



A one tray simple weeknight dinner that is bursting with flavour.

Cook time: 15 mins | **Prep time:** 10 mins | **Serves:**6

Ingredients.

- 1/2 cup dukkah saltbush, from The Source Wholefoods, St Ives Shopping Village
- 6 chicken tenderloins
- 2 eggs, whisked
- 250g cocktail truss tomatoes
- 1 tablespoon balsamic glaze
- olive oil
- salt and pepper to taste

Garnish:

- lemon wedges
- plain yoghurt
- parsley leaves
- salad leaves

Method.

1. Preheat oven to 180C fan and line a baking tray with parchment paper. Evenly spread the saltbush dukkah onto a flat plate.
2. Coat the chicken tenderloins in the whisked egg and then lay each side onto the dukkah. Place each tenderloin onto the baking tray and drizzle with olive oil.
3. Half each tomato and place on the baking tray. Drizzle with balsamic glaze and olive on top of the tomatoes with a little salt and pepper.
4. Bake for 15 minutes and serve with lemon wedge, yoghurt and parsley.

Saltbush Dukkah from @thesourcestives @stivesvillage