

A selection of our favourite recipes

using Chives, Coriander, Basil, Rocket and Parsley



More instructions, along with fun tips, recipes and activities can be found on our website

www.livingfundraisers.com.au



Smoked Salmon Mini Quiches

Ingredients (makes approx 22):

- 2-3 shortcrust pastry sheets
- 1 egg (plus 2 egg yolks)
- 300ml double cream
- 80g finely chopped smoked salmon
- 1 large tspn chopped fresh chives
- 1 pinch of cayenne pepper (optional)

Method

1. To make these smoked salmon mini quiches you must first of all preheat the oven to 180C.
2. Cut the pastry to size and place onto a mini muffin tray and place a little salmon in each.
3. Sprinkle chives in each of the pastry cases. Mix the egg / egg yolks, double cream, cayenne pepper together and divided the mixture into each case.
4. Bake in the oven for around 7-10 minutes.

Serve immediately or allow to cool, then place in the fridge until required. A simple yet very tasty recipe.

www.quickfreerecipes.com/smoked-salmon-mini-quiches-recipe/



Carrot Soup

Ingredients (serves 4):

- 1 tablespoon olive oil
- 1 leek, halved lengthways, thinly sliced
- 6 carrots, peeled, chopped
- 4cm piece ginger, peeled, grated
- 2 cups salt-reduced vegetable stock
- 2 cups water light sour cream, coriander, and toast, to serve

Method

1. Heat oil in a large saucepan over medium heat. Add leek, carrots and ginger. Cook, uncovered, stirring occasionally, for 8 minutes, or until vegetables start to soften.
2. Add stock and water to saucepan. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 20 minutes, or until carrots are very tender.
3. Remove from heat. Set aside to cool slightly. Process or blend soup until smooth. Return to saucepan. Heat over medium-high heat until hot. Season with salt and pepper.
4. Ladle soup into bowls. Top with sour cream and coriander. Serve with toast.

<http://www.taste.com.au/recipes/7529/carrot+soup>



Haloumi, tomato & basil tart

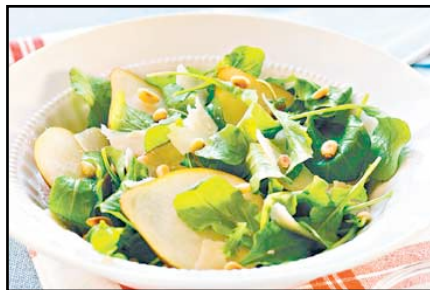
Ingredients (serves 4):

- 1 sheet (25 x 25cm) puff pastry, just thawed
- 85g (1/3 cup) bought basil pesto
- 4 small vine-ripened tomatoes, thickly sliced
- 1 x 240g packet haloumi, thickly sliced
- 1 tbs olive oil
- Freshly ground black pepper
- Small fresh basil leaves, to serve
- Mixed salad leaves, to serve

Method

1. Preheat oven to 200°C. Line a baking tray with non-stick baking paper.
2. Cut the pastry sheet into quarters. Cut a 5mm-wide strip from edges of each pastry sheet. Brush edges of pastry with a little water.
3. Place pastry strips on the edges of pastry sheets to create a border. Place on prepared tray.
4. Keeping within the border, spread the pesto evenly over the base of each pastry sheet.
5. Arrange the tomato and haloumi over the bases. Drizzle with oil and season with pepper.
6. Bake in preheated oven for 15 minutes or until pastry is puffed and golden. Place tarts on a serving platter and sprinkle with basil leaves. Serve immediately with mixed salad leaves, if desired.

<http://www.taste.com.au/recipes/2625/haloumi+tomato+basil+tart>



Rocket, pear & parmesan salad:

Ingredients:

- Pears, thinly sliced
- Lemon juice, to drizzle
- 2 tablespoons pine nuts
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper
- 125g baby rocket leaves
- 1/4 cup shaved parmesan, to serve

Method

1. Drizzle the pears with a little lemon juice. Place pine nuts in a small frying pan over low heat and cook for 1-2 minutes or until golden. Set aside to cool slightly.
2. To make the dressing, combine the olive oil and vinegar. Season with salt and cracked black pepper and whisk until well combined.
3. To serve, combine the rocket, pear, pine nuts and dressing in a large bowl and gently toss to combine. Transfer to a serving bowl and top with shaved parmesan.

<http://www.taste.com.au/recipes/22244/rocket+pear+and+parmesan+salad>



Tuna, tomatoes & parsley pasta

Ingredients (serves 4):

- 400g short pasta (we used farfalle or bow ties)
- 2 tbs olive oil
- 2 large garlic cloves, finely chopped
- 1/4 tsp dried chilli flakes (optional)
- Zest and juice of 1 lemon
- 425g can tuna in springwater, drained, flaked
- 4 large, ripe tomatoes, chopped
- 2 tbs chopped flat-leaf parsley leaves
- 1/4 cup (20g) shaved parmesan

Method

1. Cook the pasta in a large pan of boiling salted water according to the packet instructions.
2. Meanwhile, heat the oil in a frypan over low heat. Add garlic, chilli and zest and gently cook, stirring, for 2-3 minutes until softened. Season with salt and pepper, then add tuna and tomato, increase the heat to medium and cook, stirring, for 2-3 minutes until heated through.
3. Drain pasta, reserving 1/3 cup (80ml) cooking water. Return pasta and reserved cooking water to pan with the tuna mixture, lemon juice and parsley. Stir over low heat for 1 minute or until combined and heated through.
4. Serve pasta topped with parmesan.

<http://www.taste.com.au/recipes/22273/pasta+with+tuna+chilli+tomatoes+and+parsley>