

## Plant to Plate Competition

# TACO MINCE WITH SWEET POTATO



By East Ayr State School  
Serves 10

## & SALAD

### Ingredients

1 kg mince  
2 packets taco spice mix  
1 grated carrot  
1 grated zucchini  
1 onion, diced  
2 tbsp olive oil  
1 tin organic kidney beans – drained,  
rinsed, and processed in a food processor  
1 cup water  
2 sweet potatoes  
1 tbsp olive oil  
Salt and pepper  
1 tsp low-fat sour cream  
Salad to serve (1 cucumber,  
diced; 1 capsicum, diced,  
1 carrot, matchsticks, punnet cherry  
tomatoes, halved & 1 lettuce, chopped)



### Method

1. Saute onions with some olive oil on medium-high heat.
2. Add carrot and zucchini, saute for a few minutes.
3. Add in the mince and use a potato masher to break it up. Saute for a few minutes.
4. Add in taco spice mix. Stir well.
5. Add some water if needed. Allow to cook through a few minutes.
6. Add in the processed kidney beans and stir through.
7. Leave to fully cook through for 20 minutes.
8. In the meantime peel the sweet potato and cut into slices.
9. Lightly toss in oil and season with salt and pepper.
10. Place on an over tray and cook in the oven. Turning after 20 minutes.
11. Cook until golden and soft.
12. Serve warm taco mince on a bed of sweet potato, and add fresh salad, enjoy!

## Plant to Plate Competition



### ROAST VEGGIE SOUP

By Jarvisfield State School  
Serves 10



#### Ingredients

quater pumpkin, chopped  
2 potatos, chopped  
2 carrots, chopped  
2 zucchinis, chopped  
Half cauliflower, chopped  
1 sweet potato, chopped  
1 capsicum, chopped  
5 garlic cloves, whole  
1 onion, chopped  
1 leek, chopped  
3 tbsp olive oil  
1.5L vegetable stock  
4 sprigs rosemary/thyme, or a handful  
sage leaves  
salt and black pepper, to taste  
1 lemon, juiced (optional)  
serve with crusty bread



#### Method

1. Preheat the oven to 200C/180C Fan.
2. Place the vegetables, garlic and onion in a roasting tin.
3. Mix the oil with the herbs, seasoning, and the lemon juice if using, in a small bowl.
4. Pour over the vegetables and toss thoroughly.
5. Place in a preheated oven and bake for 30-40 minutes until the vegetables are tender and well browned.
6. Place roasted veggies in a pot with the vegetable stock. Bring to the boil and then simmer for 5 minutes.
7. Cool slightly to stick blend the mixture.
8. Serve with crusty bread, enjoy!

## Plant to Plate Competition



### ZUCCHINI MUFFINS



By Kalamia State School  
Serves 12

#### Ingredients

- 3 zucchinis, grated
- 1 onion, finely chopped (or grated)
- 200g rindless shortcut bacon, finely diced/diced ham
- 1 ½ cup grated cheddar cheese
- 1 cup self-raising flour
- 3 tbsp olive oil
- 7 eggs
- Salt and pepper
- ½ cup smooth ricotta (reduced fat)
- 6 cherry tomatoes, halved



#### Method

1. Preheat oven 180°C/160°C (fan-forced) and grease a 12 muffin tin.
2. Combine grated zucchini, onion, bacon, cheese and flour.
3. Whisk oil and eggs together and stir into flour mixture.
4. Season with salt and pepper.
5. Pour into prepared pan and smooth the surface. Dollop tbsp. of ricotta and arrange cherry tomatoes over the top.
6. Bake 35-40 minutes or until top is golden.
7. Serve warm or cold, enjoy!

## Plant to Plate Competition



### FRIED RICE



By Millaroo State School  
Serves 10

#### Ingredients

2 cups of cooked dry (cold) rice  
2 eggs  
4 bacon rashers  
½ cup peas  
1 small zucchini, diced  
1 carrot, diced  
1 small capsicum, diced  
1 small onion, diced  
½ cup corn  
4 shallots  
2 tbsp Soy sauce  
1 tbsp oil



#### Method

1. Break eggs into a bowl and whisk. In a hot frypan cook the eggs. Remove and dice into small pieces and put in a bowl.
2. Dice shallots and put in a bowl.
3. Dice bacon rashers and cook in the frypan. Once cooked place in another bowl.
4. In the wok, add oil. Heat to very hot, brushing the sides. Once hot add onion and fry for 1 minute. Then add carrot, zucchini and fry for 1 minute. Then add rice, egg, bacon, peas, capsicum and corn. Cook until all ingredients are 'al dente'. Add shallots. Then add soy sauce to taste.
5. Serve warm or cold, enjoy!

## Plant to Plate Competition



# ZUCCHINI TATER TOTS



By Collinsville State School  
Serves 24

### Ingredients

6 cups of shredded zucchini  
3 cups of bread crumbs  
6 large eggs  
¾ cup chopped spring onions  
1 ½ cups of shredded cheese  
Salt  
Cooking spray



### Method

1. Preheat oven to 220 degrees.
2. Shred your zucchini with a grater using the largest holes or a food processor.
3. Next, place the zucchini in a clean dish towel with a sprinkle of salt to draw all the liquid out. After waiting 10 minutes squeeze out any extra liquid; then place in a mixing bowl.
4. Add the bread crumbs, egg, chopped spring onions and shredded cheese; then mix well.
5. Spray a baking sheet with cooking spray or line the sheet with parchment paper.
6. Form the tots, rolling them in the palm of your hands. Line them on the baking sheet and bake for approximately 15 minutes until the tots lightly brown.
7. Serve warm, enjoy!