

# Vegetarian Tacos

## Ingredients:

### Filling:

- 1 tablespoon olive oil
- ½ red onion, finely chopped
- 1 small zucchini, chopped
- 6 mushrooms, sliced
- 1 red capsicum, diced
- 2 cloves garlic, minced
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons chili powder
- 1 teaspoon smoked paprika
- ¼ teaspoon dried oregano
- 1 tablespoon water
- 1 can black beans, drained and rinsed
- Juice of ½ lime
- ¼ cup chopped fresh coriander
- Salt and Pepper to season



### Toppings to serve:

- 1 tomato, diced
- ½ cucumber, diced
- ¼ iceberg lettuce, finely shredded
- 1 cup shredded cheese (DF sub)
- ½ avocado thinly sliced
- ½ cup Taco Sauce- mild
- Corn tortillas or corn shells, warmed (GF sub)

### Equipment:

- Knives
- Chopping boards
- Frying pan
- Measuring spoons and cups
- Mesh strainer
- Wooden spoon
- Serving platter-toppings
- Serving bowl/spoon- sauce
- Serving plate- tortillas and taco shells
- Serving bowl- filling
- Foil
- Baking Tray

## Method

1. Collect all ingredients and equipment, then prepare all filling ingredients.
2. In a large frying pan, heat the olive oil over medium to high heat. Add the prepared onion, zucchini, mushrooms, and bell pepper. Cook until vegetables are softened, stirring occasionally, about 5 to 7 minutes.
3. Stir in the garlic and cook for 1 more minute, then add the cumin, chili powder, smoked paprika, and oregano with 1 tablespoon of water. Stir until well combined.
4. Gently stir in the black beans and add the lime juice and cilantro. Season with salt and pepper, to taste. Place the prepared filling in a serving bowl and cover with foil to keep warm until serving.
5. Meanwhile prepare the toppings as noted in the ingredient list and assemble all toppings neatly on serving platter, with sauce in a small serving bowl.
6. Warm the taco shells and tortillas in the oven (tacos on a baking tray, tortillas wrapped in foil) for 5-10 minutes on 160 degrees Celsius.
7. Place all the serving dishes with the toppings, fillings and shells on the table.
8. To assemble the tacos, place the veggie filling in a warm corn tortilla. Top with desired toppings and serve immediately.

# Chocolate Cake

## Ingredients:

### Cake:

- 1 ¾ cups plain flour (GF Flour sub)
- ¾ cup of cocoa powder
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons bi-carb soda
- 2 cups caster sugar
- 1 teaspoon salt
- 2 eggs (EF Egg Replacement)
- 1 cup milk (Soy or Oat Milk sub DF)
- ½ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water

### Buttercream Frosting:

- 200g unsalted butter, softened (DF Nutellex sub)
- 2 ½ cups soft icing sugar
- ½ cup cocoa powder
- ¼ cup milk (Soy or Oat Milk sub)
- 1 teaspoon vanilla extract

## Method

1. Preheat the oven to 180 degrees celsius and prepare the Bundt cake tin.
2. Sift the plain flour, cocoa powder, baking powder and bi-card soda into a large bowl.
3. Add the sugar and salt. Whisk briefly to combine.
4. Now add the eggs, milk, vegetable oil and vanilla extract into the dry ingredients and whisk well to combine until lump free.
5. Add the boiling water and whisk to incorporate. The mixture will be quite runny.
6. Pour the cake batter into the prepared Bundt tin and place on the middle shelf in the oven for 50 minutes or until a skewer inserted comes out clean.
7. Cool in the Bundt tin for ten minutes before turning out onto a cooling rack upside down.
8. To make the butter cream frosting, place the softened butter into a medium mixing bowl and mix on high speed with the hand mixer until the butter becomes pale...about 3 minutes.
9. Add in half of the icing sugar and half of the cocoa powder and beat for another 3 minutes- start on low speed and build up to high speed as the ingredients incorporate.
10. Add the remaining icing sugar and cocoa powder, beating again for 3 minutes, gradually building up the speed.
11. Add the milk and vanilla extract. Beat again for 1 minute on high speed.
12. When the cake is cool enough, spread the icing over the cake.

## Equipment:

- Bundt tin
- Large mixing bowl
- Whisk
- Measuring cups
- Measuring jug- small
- Measuring spoons
- Sifter
- Skewer
- Cooling rack

