

# Veggie Quesadillas

## Ingredients:

- 2 tablespoons olive oil
- 1 small sweet potato, peeled and diced into 1-cm cubes- SMALL!!
- 1 red capsicum- diced
- ½ zucchini- diced
- ½ red onion- finely diced
- 1 cup corn
- ½ can black beans, rinsed and drained
- 1 teaspoon ground cumin
- ½ teaspoon chilli powder
- Salt and Black Pepper, to taste
- 6 large flour tortillas (GF sub)
- 3 cups shredded pizza cheese (DF sub)
- ¼ cup chopped fresh coriander
- Salsa to serve

## Equipment:

- Measuring spoons
- Measuring cups
- Large frying pan
- Knives
- Chopping boards
- Baking trays
- Baking paper
- Medium bowl
- Wooden spoon
- Serving spoon



## Method

1. Preheat the oven to 180°C and collect all of your ingredients and equipment.
2. Heat 1 tablespoon of olive oil over medium heat in a large non-stick frying pan. Add the sweet potato and sauté for 5-6 minutes, stirring occasionally, until cooked through. Transfer to a separate plate and set aside.
3. Add the remaining 1 tablespoon of olive oil to the frying pan. Add the onion, capsicum, zucchini and corn to the frying pan and sauté for 4-5 minutes on medium heat.
4. Stir in the cooked sweet potato, black beans, cumin, chilli powder, a generous pinch of salt and black pepper, and sauté for 2 more minutes.
5. Transfer the mixture to a large bowl and set aside.
6. To make the Quesadillas, place the 6 tortillas on a clean bench and spread ½ a cup of cheese on one ½ of each of the tortillas.
7. Now add large spoonful of the veggie mixture on the other half of each tortilla, then sprinkle on some coriander.
8. Fold each tortilla over/in half, to create a half moon. Carefully place each Quesadilla onto a baking tray (3 to a tray), cheese half on top, and then place both trays in the oven at 180 degrees Celsius for 20 minutes.
9. To serve cut each Quesadilla into 3rds (triangles) and place on plates. If desired, add a spoon of tomato salsa to the plate for dipping into.

# Carrot Cake

## Ingredients:

- 440g can crushed pineapple , drained but RESERVE juice
- 1/4 cup reserved canned pineapple juice
- 3/4 cup milk (DF sub)
- 1 tsp white vinegar
- 3 eggs (EF sub)
- 1 1/2 cups brown sugar (loosely packed)
- 1/2 cup vegetable oil
- 2 cups plain flour (GF sub)
- 2 tsp bi carb soda
- 1/2 tsp salt
- 2 tsp cinnamon powder
- 2 Carrots, peeled and grated
- 1/4 cup desiccated coconut
- Pre-made cream cheese frosting

## Equipment:

- Measuring spoons
- Measuring cups
- Mesh strainer
- Small bowl
- Large bowl x2
- Whisk
- Wooden spoon
- Bundt tin
- Grater
- Peelers
- Cooling rack



## Method

1. Preheat oven to 180°C and collect all of your ingredients and equipment.
2. Prepare the bundt tin with butter and flour to make the surface non-stick.
3. Use the mesh strainer over a bowl to drain crushed pineapple. Use a spoon to lightly press the pineapple so that most of the juice has been squeezed out. Make sure you keep the bowl of juice to the side- do not throw it out!!! You will need to measure out 1/4 cup of the juice.
4. Whisk the plain flour, bi carb soda, salt and cinnamon in a large bowl. Set to the side.
5. In a separate large bowl, whisk together the milk, vinegar, eggs, brown sugar, and vegetable oil. Add in the 1/4 cup pineapple juice that was set aside.
6. Using a wooden spoon, stir in the carrot, crushed pineapple and coconut into the wet ingredients bowl.
7. Now pour the wet ingredients into the dry ingredients bowl and stir the mixture until the flour is completely incorporated.
8. Pour the mixture into the prepared bundt tin and bake in the oven for 40 minutes or until a skewer inserted into the middle comes out clean and the cake is golden on top.
9. Rest the cake for 10 minutes in the bundt tin before turning it out onto a cooling rack. Place into the fridge to help cool it down.
10. Frost the cake once it has completely cool.

# Carrot Cake-Cream Cheese Frosting

## Ingredients:

- 180g cream cheese , at room temperature (DF sub)
- 225g butter, softened (DF sub)
- 1 tsp vanilla extract
- 4 cups soft icing sugar- sifted

\*\*this will ice two cakes

## Equipment:

- Mixing bowl
- Measuring spoons
- Measuring cups
- Scales
- Hand Beaters
- Sifter

## Method

1. Using hand beaters, beat together the cream cheese, butter and vanilla until smooth.
2. Then beat in the icing sugar in 2 batches until it is well incorporated and the frosting is fluffy - about 3 minutes on medium to high speed.
3. Spread evenly over the cooled carrot cake.

