

Chef's Hub

(Serves 6)

Ingredients:

- 1 tablespoon olive oil
- 1 small brown onion
- 350 gram chicken thigh fillets
- 1 litre (4 cups) chicken stock
- 150 grams baby spinach leaves
- 400 grams pumpkin
- 1 cup Arborio or basmati rice (uncooked)
- 1 tablespoon Parmesan cheese

Baked Chicken Risotto

Unlike stove-top risottos, this oven-baked version requires hardly any stirring. Grate some additional Parmesan cheese to sprinkle on top of the individual portions.

METHOD:

1. Preheat oven to 180°C.
2. Peel and finely dice onion.
3. Cut chicken into small strips, removing any skin or bones.
4. Wash spinach. Cut pumpkin into small cubes.
5. Heat oil in non-stick frying pan over medium heat.
6. Add chicken to pan. Cook, turning, for 5 minutes or until browned.
7. Remove from pan and set aside.
8. Add onion and rice. Stir to combine.
9. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.
10. Transfer mixture to a baking dish. Place chicken on top of rice, cover and bake for 25 minutes.
11. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.
12. Serve with steamed vegetables.

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Tombola

(Makes 6)

Ingredients:

- 35 g plain wholemeal flour
- $\frac{3}{4}$ cup milk
- 30 g butter, melted
- Pinch of salt and black pepper
- 3 eggs
- 2 cups of your choice of vegetables (e.g. grated carrots, finely chopped broccoli, cauliflower and capsicum for a nice mix of flavours and tastes)
- 1-2 tablespoons of your choice of herbs
- 1 tablespoon grated parmesan/pecorino or cheddar cheese (omit if your child can't have dairy)



A tombola is similar to a frittata but with less egg and relies more on a flour-based batter. It is a great grab-and-go breakfast. They are also delicious cold, especially topped with avocado, tomato or feta cheese. The beauty of the tombola is that just about any uncooked vegetable can be used.

The recipe can be adjusted to suit a variety of allergies by substituting plain flour for spelt flour, milk for soy or rice milk and butter for Nuttalex or oil.

METHOD:

1. Preheat oven to 1880 C. Line six holes of a muffin tin with patty papers.
2. Place the flour, milk, butter, salt, eggs, pepper in a large bowl and whisk together well. Add the vegetables, herbs and cheese (if using). Ladle the mixture into the muffin holes.
3. Bake for 30 minutes or until lightly golden and puffy. Let them sit for 5 minutes in the tin, then turn out onto a wire rack.

