



Neighbourhood House

# Community Lunches Recipes





# Welcome

**to our collection of community lunch recipes, cooked and served right here at Watsonia Neighbourhood House.**

Every Tuesday we host an inclusive community lunch where everybody can attend and feel welcome.

Most meals are generally vegetarian, and are cooked by our wonderful volunteer cook Rosie.

After the many compliments, full bellies, and requests for the recipes, we thought it was time to create a cookbook for our community to have access to and use anytime.

Our community lunch recipes will be continuously updated here for you to cook for yourself at home, or cook for others.

If you would like to stay up to date with community news, classes, workshops and other inclusive events, please join our mailing list [here](#).  
(scroll to the bottom of our website)

# Tuna Veggie Pasta Bake

## Ingredients:

1/2 packet macaroni pasta  
1/2 cup frozen corn  
1/2 cup frozen green beans  
1/2 cup frozen peas  
1 large tin tuna, drained  
1/2 cup grated cheese  
1 small tub ricotta  
1 small tin creamed corn  
2 tsp minced garlic  
1 tsp mixed herbs  
2 tsp stock powder

## Topping:

1/2 cup breadcrumbs  
1/2 cup grated cheese: Mix together in bowl  
1/4 cup dried shallots

## Method:

Cook pasta in salted water. Add frozen vegetables to pasta in last 5 minutes of cooking. Drain.

Mix together ricotta, grated cheese, creamed corn, garlic, herbs and stock powder, stir through pasta.

Place pasta in casserole dish. Top with breadcrumb mixture. Bake in moderate oven until golden and crunchy on top (20-30 mins)

Serve with Garlic bread and/or salad.

Recipes for 6ish people

# Mixed Veggie Frittata

## Ingredients:

6 eggs  
Half bunch spring onions  
2 cups peeled and cubed potato  
2 medium zucchinis  
1 tin corn kernels  
1 cup grated cheese  
½ cup plain flour  
1 tsp mixed herbs  
2 tsp stock powder  
2 tomatoes

## Method:

Boil potatoes until cooked through, drain.  
Chop zucchini into small pieces. Thinly slice spring onions.  
Mix together eggs, flour, cheese, herbs, stock powder. Add vegetables.  
Place in casserole dish. Top with thinly sliced tomatoes, mixed herbs and a little cheese.  
Bake in moderate oven until firm and browning on top (40-50 mins)  
Service with salad.

# Baked Eggs

## Ingredients:

6 eggs (1 per person)  
1 bottle of Passatta  
1 red capsicum  
2 medium zucchinis  
1 onion  
1 tsp mixed herbs  
1 tsp smoked Paprika  
2 tsp stock powder  
½ cup grated cheese

## Method:

Thinly slice onion, capsicum and zucchini, fry in a little oil until soft. Add passatta and simmer gently for 20 mins. Crack eggs gently on top of sauce mixture. Sprinkle cheese and mixed herbs on top. Cover with lid and cook for 5-10 minutes until eggs cooked through.  
Serve with rice/savoury muffins and/salad

# Roast Veggie Salad

## Ingredients:

¼ pumpkin  
1 sweet potato  
3 carrots  
1 tsp mixed herbs  
1 tsp stock powder  
1 bag mixed lettuce leaves  
1 large cucumber  
1 tin brown lentil, rinsed and drained  
Olive oil and Balsamic vinegar to taste

## Method:

Peel pumpkin and chop all vege into bite sized pieces. Drizzle with oil and sprinkle on herbs and stock powder. Bake in moderate oven until soft and browning (40-50 mins). Cool.

Peel and chop cucumber into small pieces, add lettuce, lentils, and roast vege. Add oil and vinegar to taste. Serve as a main dish or as a side salad.

# Tuna Patties

## Ingredients:

1 tin tuna, drained well.  
1 kg potatoes, peeled and chopped small  
½ cup grated cheese  
2 eggs  
½ bunch spring onions  
½ cup plain flour  
1 cup bread crumbs  
1 tsp mixed herbs  
2 tsp stock powder  
1 small tin corn kernels

## Method:

Boil potatoes until soft. Drain and mash. Add flour, herbs, stock powder, eggs, tuna, corn and cheese. Mix well.

Form into patties, roll in bread crumbs.

Fry on both sides on low heat until golden brown.

Serve with Salad.

# Red Lentil Soup

## Ingredients:

- 1 onion, diced
- 1 large sweet potatoes
- 4 carrots
- 1 cup red lentils
- 1 small tin coconut cream
- 2 tsp stock powder
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander

## Method:

Finely dice onion and fry in oil until soft. Add spices and stock powder and fry for a couple minutes. Add veggies and lentil and cover with boiling water. Simmer until lentil and veggies are soft. Remove from heat. Add coconut cream and blend until smooth and creamy with stick blender.



# Chunky Veggie Stew

## Ingredients:

- 1 onion
- 2 large carrots
- 4 medium potatoes
- 1 small bunch silver-beet
- 1 tin chickpeas
- 1 tin diced tomatoes
- 1 tsp mixed herbs
- 2 tsp stock powder
- 1 tsp moroccan spice blend

## Method:

Dice and fry onion until soft. Add herbs, spice blend and stock powder and cook for two minutes. Add the rest of the veggies and half fill with boiling water (not quite enough to cover). Simmer covered until everything is soft and cooked. Thicken with a little cornflour paste if desired.

# Vegetarian Sheppards Pie

## Ingredients:

1 cup Textured Soy Protein (soaked with 1 cup veggie stock)  
1 onion  
1 zucchini  
½ bag frozen peas, carrots and corn  
1 tsp smoked paprika  
1 tsp mixed herbs  
1 tbs Worcestershire sauce  
1 tbs soy sauce  
1 tbs tomato sauce  
4 large potatoes  
¼ cup cheese  
milk and butter for mash

## Method:

Dice and fry onion and zucchini, add herbs and spice. Once soft, add frozen veggies, soy protein and sauces. Add water to create sauce but not too much. Cook until all veggies are soft.

Boil potatoes and mash-season to taste.

Place veggie mix in casserole dish, top with mash potatoes and cheese.

Bake until cheese is melted and a golden crust is formed.

Cool for 5-10 mins before serving.

# Vegetarian Fried Rice

## Ingredients:

- 1.5 cups uncooked rice, rinsed
- 1 onion, finely diced
- ½ bag frozen peas, corn and carrots
- ½ block tofu, small dice
- 1 red capsicum, small dice
- ¼ bunch spring onions, finely sliced
- 1 tbs soy sauce/to taste
- 1 tbs sweet chilli sauce/to taste

## Method:

Cook rice with 4.5 cups water and 1 tsp veggie stock. Once cooked, spread out and cool on a tray.

In a fry pan with a splash of oil, fry tofu until golden brown.

Drizzle with soy sauce right at the end, remove from pan and set aside.

Add more oil to the pan and saute onion and capsicum until soft. Add frozen vegetables, cook well.

Add the tofu, rice, soy and sweet chilli, fry on high heat, stirring constantly until a little colour on rice. Turn off heat, add spring onions and serve.

# Veggie Curry

## Ingredients:

1 onion, finely diced  
½ cauliflower, cut into bite sized florets  
1 large sweet potato, large dice  
4 carrots, large dice  
2 large potatoes, large dice  
1 cup frozen peas  
1 tin chickpeas  
1 tin coconut cream  
1 sachet of curry paste  
2 tsp veggie stock powder

## Method:

Saute onion with a little oil until soft. Add curry paste and cook for a couple minutes.  
Add all other veggies except the peas. Add enough boiling water to not quite cover veggies.  
Simmer on low/medium until carrots cooked. Add coconut cream and peas and cook for 5 minutes.  
Serve with rice.

# Savoury Muffins

## Ingredients:

250 g Self raising flour  
1 tsp Baking powder  
1 tsp Salt  
200 g Grated cheese  
160 g Can of Tinned Sweetcorn, Drained  
25 g Fresh chives, Chopped finely  
2 Eggs, Beaten  
100 ml Oil, Sunflower or vegetable  
250 ml Milk, Semi skimmed or whole milk  
1 tbsp Oil to brush the tin  
Optional - Spring onions (green onions/scallions),  
red onion, cooked bacon, peppers, spinach

## Method:

Preheat the oven to 200C.  
Brush the inside of a muffin tin well with oil.  
Mix all of the dry ingredients in one bowl.  
Mix all of the wet ingredients in a bowl or jug,  
and stir until well mixed.  
Plop the wet mixture into the dry and mix until totally  
combined. (Don't over mix, but do check thoroughly as  
there are often pockets of dry flour hiding!)  
Scoop into the 12 muffin holes and bake for 20 - 25  
minutes or until golden brown.