

# the monash youth cookbook



# Acknowledgement of Country

Monash Youth Services acknowledges the Wurundjeri Woi Wurrung and Bunurong People as the Traditional Owners and custodians of the land now known as Monash and pays respect to their Elders past, present and emerging.

If you would like to learn more about Aboriginal Heritage in Monash, please visit [www.monash.vic.gov.au/Aboriginal-Heritage](http://www.monash.vic.gov.au/Aboriginal-Heritage)



# **About Monash Youth Services**

Monash Youth Services (MYS) is a part of the broad range of services that Monash Council provides to the local community.

MYS provides programs, events and services to young people and families living in and accessing the City of Monash.

MYS offers individual support for young people aged 10-25 years. The team also facilitates a range of youth development programs, groups and events. All MYS services and programs are free and confidential. For more information, please visit [monashyouth.org.au](http://monashyouth.org.au)

## **Inclusivity Statement**

We would like to acknowledge that our community is diverse and Monash Youth Services prioritises an inclusive and accepting environment for all ages, genders, abilities, races, religions, sexualities and cultures.

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youth cookbook**

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## BREAKFAST RECIPES

# KOLA KENDA



Kola Kenda is a traditional Sri Lankan drink consumed at breakfast time. The herbaceous blend of rice and raw green ingredients is not just rich in vitamins and antioxidants, but also contains ginger and garlic to boost the immune system. The rice gives it its porridge-like consistency. In Sri Lanka, Kola Kenda is often served warm in a glass with a small piece of jaggery that you nibble on between sips. Instead of morning tea, I still love to have this healthy green smoothie to signify a positive start to my day.

- *Nishitha, Wheelers Hill*

### Equipment

Blender/Nutribullet  
Rice cooker or pot  
Saucepan  
Strainer

### Ingredients

100g kale, coarsely chopped  
2 garlic cloves  
1.25cm piece of ginger  
1/2 cup jasmine rice  
1/2 cup coconut milk  
1L water  
1 tsp salt

**Serves 6**

Preparation time: 10 minutes  
Cooking time: 30 minutes

### Method

Chop garlic and ginger. Cook the rice with garlic and ginger in a rice cooker or large pot.

While rice is cooking, add the kale and water to the blender. Blend finely. Once kale is blended, strain out the liquid into a bowl and return kale to the blender.

Once the rice is cooked and cooled, add the rice to the blender with the kale liquid and blend again.

Add mixture to a saucepan and cook for 15 minutes over medium heat. Do not overcook as the bright green colour will turn to dark green and the vitamins will be destroyed.

Serve with Kitul (Sri Lankan sugar), jaggery or coconut jaggery.

## BREAKFAST RECIPES

# BREAKIE BANANA SMOOTHIE



When I first got a nutribullet blender as a birthday present, I experimented a lot with making smoothies. This is a great, simple base for any smoothie. You can add berries to change the colour, peanut butter for extra deliciousness or spinach leaves for a nutritional boost!

- Amanda, MYS staff member

## Method

Chop up the walnuts and set aside.

Put banana, milk, yoghurt and honey into the blender and blend until smooth.

Pour mixture into a glass.

Top with chopped walnuts to add texture.

Enjoy!



## Equipment

Blender  
Spoon  
Knife  
Glass

## Ingredients

1 large banana  
125ml milk or plant-based milk  
2 tbsp yoghurt  
1 tbsp honey  
6 walnuts, finely chopped

Serves 1

Preparation time: 5 minutes



## BREAKFAST RECIPES

# CRUNCHY GRANOLA



*This meal is important to me as my biggest passions are health and nutrition, as well as baking. This granola is a great way to start the day because it is full of goodness and it's also a great snack when you are craving something sweet. Having large quantities of this in the cupboard can help reduce the amount of sugar you consume, especially when you go to the pantry because of boredom. The nuts and seeds are high in omega 3 fatty acids and antioxidants, which can help lower cholesterol, triglyceride levels and improve overall cardiovascular health. This meal is also vegan, which means that it loves both you and the planet!*

- Chloe, Ashburton

## Equipment

Baking tray  
Baking paper  
Small bowl  
Large bowl  
Wooden spoon  
Oven

## Ingredients

2 tbsp rice malt or maple syrup  
3 tbsp olive oil  
1/2 cup desiccated coconut  
1/2 cup flaked almonds  
2 tsp sunflower seeds  
13 dried or 10 fresh pitted dates,  
roughly chopped  
16 dried apricots, roughly chopped  
1 tsp salt  
1 1/2 cups rolled oats

Serves 1

Preparation time: 10 minutes

Cooking time: 15 minutes

## Method

Preheat the oven to 180°C and line a baking tray with baking paper.

Mix the syrup and oil in a small bowl.

Combine the dry ingredients in a large bowl and make a well in the centre.

Pour the wet ingredients into the well and stir with a wooden spoon to combine.

Spread the raw granola out on prepared tray and bake for 15 minutes, or until it starts to brown. Half way through the baking time, turn the granola over with a spoon to ensure that it cooks evenly and crunches up.

Let the granola cool. Once cooled, break it into chunky clusters.

Enjoy with your favourite berries, plant-based milk, yoghurt, nut butter, smoothie or just by itself.

# BANANA LOAF



This is an everyday snack and it is easy to make. It doesn't need an oven to make it either, just put it in the microwave and it cooks in a few minutes!

- Rachel, Chadstone



## Method

Cream the butter and sugar. Beat in the eggs one at a time, then add in the salt and mashed bananas.

Dissolve the bi-carbonate soda in the milk, then add the flour, stirring well to combine.

Combine both mixtures. Grease a microwave-safe dish and spoon in the mixture.

Microwave on high for 5-6 minutes. Let mixture sit in the microwave for 5 minutes. Then microwave again for 3 minutes.

Allow to stand for 2 minutes before putting on a cake rack to cool.

### Icing:

Blend the butter into the icing sugar.

Mix in lemon juice until smooth, beating well.

Spread over the loaf.

## Equipment

Bowl  
Microwave-safe dish  
Microwave  
Cake rack

## Ingredients

125g butter  
1 1/2 cup brown sugar  
2 eggs  
Pinch of salt  
3 ripe bananas, mashed  
2 tsp bi-carbonate soda  
1/3 cup milk  
2 cups self-raising flour, sifted

### Icing:

1 1/2 cups sifted icing sugar  
1 tbsp butter  
2 tbsp lemon juice  
Cinnamon

**Serves 10 - 12**

Preparation time: 20 minutes  
Cooking time: 20 minutes



BREAKFAST RECIPES

# SPANISH INSPIRED SHAKSHUKA



*This was one of the first dishes that my boyfriend and I cooked together (that actually tasted good).*

*- Sarah, Oakleigh East*

## Equipment

Large frypan with lid  
Wooden spoon

## Ingredients

2 cans of tinned tomato  
6 eggs  
40g feta  
1 large onion, finely chopped  
6 cloves of garlic, finely chopped  
2 chorizo sausages, mince taken  
out of skin  
1 small bag of baby spinach leaves  
Handful of cherry tomatoes  
(chopped in half)  
Half a small red onion (chopped  
lengthways)  
2 tbsps sweet paprika  
1 tbsp chilli flakes  
1 tbsp honey  
Sugar  
Crushed pepper, Salt  
Sourdough bread

Serves 4

Preparation time: 10 minutes  
Cooking time: 20-25 minutes

## Method

In a large pan, fry minced chorizo sausage until cooked.

Add chopped onion and garlic to the pan until both are lightly brown.

Next, add 3/4 of the spinach leaves, mix and sauté.

Add the 2 cans of tinned tomato, along with the sweet paprika and chilli flakes. Add salt and pepper to taste, then add a drizzle of honey to balance the tanginess. Allow mixture to simmer for approximately 10 minutes, stirring occasionally. Taste as you go and make sure everything is balanced.

Make small 'indents' in the sauce and break eggs into the indents. Close pan with a lid and allow eggs to cook to desired gooeyness.

Once egg is at desired gooeyness, garnish with chopped red onion, cherry tomatoes, the remaining spinach leaves, crumbled feta and red chilli flakes.

Serve with warm (but not toasted) sourdough bread.

## BREAKFAST RECIPES

# LOADED, FOLDED OMELETTE



I taught myself how to cook an omelette to impress my mum for Mother's Day one year, since then I have experimented over and over until I found something special!

- Patrick, MYS staff member

## Method

Place the diced bacon and capsicum into a bowl. Add any optional vegetables here too.

Place the fry pan onto the stove, over a medium heat. When warm, drop a splash of oil into the pan.

Add the capsicum and bacon to the frypan. Be sure to keep the ingredients moving in the pan.

When the bacon is cooked, remove the ingredients and place on a paper towel.

Clean the frypan as you will need it again later.

Crack the eggs into a bowl and whisk. Add the milk into the egg mixture for extra creaminess. If you enjoy pepper, add some into the egg mixture at this stage.

Grab the frypan again and heat it over a low/medium heat on the stove. When warm drop in a splash of oil. Pour your egg mixture into the fry pan (make sure the pan is not too hot or the omelette will cook unevenly).

While the egg mix is cooking, pour 2/3 of the pre-cooked ingredients over half of the mixture and then cover them with the parmesan cheese.

When the egg mix is cooked well enough to lift it with a spatula, fold the empty half of the egg over the top of the pre-cooked ingredients and parmesan. Cook for 2-3 more minutes.

Slide your omelette onto a plate, then quickly reheat the remaining 1/3 of pre-cooked ingredients for 30 seconds before topping your plated omelette with them.

Garnish with the spring onions and bon appetite!



## Equipment

Frying pan  
Spatula  
Whisk (or fork)  
Sharp knife  
Stove top  
Paper towel  
Great instincts!

## Ingredients

2 eggs  
1/3 cup milk  
1/2 cup green capsicum, diced  
1/2 cup red capsicum, diced  
2 rashers bacon, diced  
1/2 cup parmesan cheese  
1/2 cup spring onion, chopped fine  
Salt to taste  
Pepper to taste  
Olive oil  
Optional Extras:  
1/2 cup mushrooms  
Chilli flakes to taste

## Serves 1

Preparation time: 20 minutes  
Cooking time: 5 minutes



SNACKS & SIDES

# SWEET POTATO FRIES



This is one of my favourite snacks to make, and my family loves eating this with lemon-rosemary salmon. We have fresh rosemary in our garden, which makes this super tasty, but it's just as good with dried rosemary!

- Stacey, Mt Waverley

## Equipment

Baking tray  
Baking paper  
Bowl  
Oven  
Tongs

## Ingredients

1 medium sweet potato  
1 tbsp cooking oil  
1 tsp salt  
1 tsp pepper  
1/2 tbsp rosemary (fresh or dried)  
1/2 tbsp parsley  
1/4 tsp cayenne pepper (omit for non-spicy option)

Serves 2

Preparation time: 5 minutes  
Cooking time: 40 minutes

## Method

Preheat oven to 220°C and line a baking tray with baking paper.

In a large bowl, mix oil, herbs and spices together.

Carefully chop the sweet potato into 'soldiers' approximately 1cm wide and 10cm long.

Toss the sweet potato soldiers in the oil mixture, making sure to cover all sides. Then place them onto the prepared baking tray with about 1cm between them (this will ensure they get crispy).

Bake in the oven for 40 minutes, flipping the chips over halfway through.

Enjoy with aioli on the side of a main meal, or by itself.

# SOFT FLAT WRAP BREAD



This recipe was found by my dad because we wanted to try making our own bread. I recommend you try this with curry or Mexican food like a taco or burrito mix. I also love this recipe with prawn curry! My grandparents tried this recipe and they loved it too.

- Olivia, Mulgrave



## Method

Heat up butter and milk until butter is just melted.

Combine flour and salt, then add butter-milk mixture to make a dough.

Sprinkle work surface with flour, then knead dough for 5 minutes until smooth (add extra flour if the dough is sticky).

Wrap dough in a covering and rest for 30 minutes at room temperature.

Dust work surface with flour, cut dough into quarters and roll quarters into balls. Roll out balls into thick rounds about 0.3cm thick.

Heat oil in a non-stick pan over medium heat.

Place each flatbread in the pan and cook until small, golden-brown spots appear on each side. Let the first side puff up before you flip to the other side.

Stack the cooked bread and keep under a clean tea towel as the moisture helps keep the bread soft.

Optional: Brush or spray bread with oil or melted butter for a richer finish. Melted butter mixed with minced garlic will produce a garlic butter version!

## Equipment

Bowl  
Rolling pin  
Non-stick pan  
Tea towel

## Ingredients

2 cups or 300g plain flour + 1/4 cup extra for dusting and adjusting dough  
1/2 tsp salt  
3 1/2 tbsp or 50g butter  
3/4 cup or 185ml milk  
1/2 tbsp oil for cooking

## Serves 4

Preparation time: 10 minutes  
Cooking time: 20 minutes



SNACKS & SIDES

# BEEF CURRY PUFFS



This recipe was the first dish that I learnt to make with the help of my mum. From then on, I've made it numerous times as a weekend special snack for the whole family to enjoy! It is a delicious snack that is quick and easy to prepare and tastes great on its own or with an accompaniment of your choice.

- Naomi, Glen Waverley

## Equipment

Pan  
Oven  
Baking tray  
Bowl

## Ingredients

### Filling:

1-2 tbsp oil  
1 large onion (peeled and diced)  
2 tbsp curry powder  
400g ground beef  
50g of peas (optional)  
Salt to taste  
Coriander leaves to garnish  
Half a lemon

### Puffs:

3 sheets puff pastry  
1 egg  
Sesame seeds (optional)

Serves 12

Preparation time: 30 minutes  
Cooking time: 25 minutes

## Method

### Filling:

Heat oil in a pan on medium heat. Add onions and sauté for 3-4 minutes.

Add curry powder and stir it well. Cook for one minute until fragrant.

Add ground beef, breaking up to fine mince as it cooks for 3-4 minutes. Add salt as per to taste.

Add the peas.

Reduce heat to medium-low, and simmer for about 15 minutes until done.

Squeeze in the lemon juice and stir.

Remove from heat and garnish with coriander leaves.

Let the mince cool completely prior to assembly.

## **Method (continued)**

### **To assemble puffs:**

Remove sheets of puff pastry out of the freezer and leave them to defrost for about 10 minutes.

Preheat the oven to 180°C. Line a baking tray with baking paper.

In a small bowl, whisk the egg.

Take one piece of puff pastry and cut it into four squares.

Put a generous tablespoonful of the meat mixture into the centre of each square, and then brush the edges with some of the egg.

Fold each square over the filling to make a rectangle (or the shape of your choice) and press the edges completely, using a fork to crimp the seal closed. Place on the prepared baking sheet. Repeat with remaining puff pastry and filling.

Brush exterior of puffs with remaining egg. Top them off with sesame seeds.

Bake in a preheated oven for 20-25 minutes or until golden brown.

Cool on tray for one minute and serve hot.



SNACKS & SIDES

# ROASTED BELL PEPPER MARINADE



*Can be used to marinate tofu, meat, potatoes and carrots.  
Note: Do not char the bell peppers.*

*- Shreeya, Glen Waverley*

## Equipment

Tongs  
Stove top  
Knife  
Blender

## Ingredients

2 red capsicums  
4 red dried chillies  
4 small garlic cloves  
1 twig of rosemary  
Juice of 1 lemon  
3 tbsp of mustard oil  
Himalayan pink salt  
Crushed black pepper

Serves 2

Preparation time: 30 minutes

## Method

Using tongs, roast the bell peppers (capsicums) on all sides and pop them into a kitchen towel for 5-6 minutes, which allows them to sweat.

Try to peel off the charred particles and remove the seeds.

Roughly chop the roasted bell peppers.

Place the chopped bell pepper and all the other ingredients in a blender and blend them to a smooth marinade.

SNACKS & SIDES

# STIR FRIED WATERMELON PULP



This is a traditional Chinese dish.

- Jia, MYS staff member



## Method

Peel off the watermelon skin using the peeler.

Cut the watermelon pulp into strips.

Cut the capsicum into thin strips.

Preheat the chilli oil in a pan. Add in the salt and garlic.

When the mixture is hot, add in the watermelon and capsicum strips.

Stir-fry until the watermelon pulp becomes softer.

Add in the vinegar near the end, and then serve!

## Equipment

Peeler (a potato peeler will do)  
Knife  
Pan  
Stirring spoon

## Ingredients

30ml cooking oil  
400g watermelon pulp  
1/2 tsp salt  
2 tsp vinegar  
1 capsicum  
3 cloves garlic  
1/2 tbsp chilli oil

## Serves 4

Preparation time: 15 minutes  
Cooking time: 15 minutes



## MEAL RECIPES

# DOSA



Dosa is a traditional South Indian bread often served alongside chutneys or other side dishes. It is my personal favourite. Whenever I go to India, I always eat dosa whenever I can, and my grandmother is the best at cooking it. Even in Australia, I sometimes eat it for breakfast or dinner, and its deliciousness never disappears. You can buy all the ingredients needed from any Indian grocery store.

- Sanjay, Glen Waverley

## Equipment

Bowl  
Strainer  
Grinder/blender  
Large non-stick pan  
Ladle  
1 chef hat

## Ingredients

2 cups of rice  
1/4 cup urad dal  
1/8 tsp methi seeds  
2 tsp poha  
Lots of water  
1/2 tsp salt

Serves 2 - 6

Preparation time: 10-15 hours  
Cooking time: 30 minutes

## Method

Make sure you wear a chef hat. If you do not have one, wear a beanie or cap. But you must wear one. Some background music helps too.

Put the rice, urad dal, methi seeds and poha in one bowl and rinse them a few times with water. Pour out the rinse water. Then add more water and allow it to soak for about 4 hours.

After 4 hours, drain all water and put the soaked ingredients into a grinder or blender. Grind it all up until the batter is a fine grainy consistency with no hard bits.

Transfer the batter into a large pan and add salt if you want to. Now let it ferment overnight, for 10-15 hours. Make sure you prepare the batter in the night, so you can cook the dosas for breakfast the next day.

Now it is morning and you should put on your chef's hat again. This is a must. Now's the time for some cooking. Finally!

Spread 1/2 tsp of oil all over a non-stick pan. This allows for easy flipping later on. The flame should be low to medium.

Take a ladle of batter and gently spread it on the pan, starting from the centre and moving outwards. It should look like a 2D cyclone.

## **Method (continued)**

You should be able to see a nice and round dosa now. If not ... then continue, maybe the next one might be better. This is a bit tough to get the hang of on the first try.

After the edges start to get a bit brown, flip the dosa with grace if you want both sides to be cooked. Otherwise, just take it off the pan now and serve it with any side dish.

The great thing about dosa is that it tastes great with anything and everything. My personal favourite is rolling up cooked onions and potatoes in the dosa and serving with tomato chutney. Now it's time to congratulate yourself and eat a hearty meal!

# CHICKEN AND VEGETABLE SOUP



*This recipe is special to me because it brings back my childhood memories as my grandmother used to cook this for me when I was little, and I loved eating this. I would eat it for days and days and still not get bored with it. I can now cook it myself (with a little help from my parents of course) and it's my all-time favourite*

- Hassan, Glen Waverley

## Equipment

Bowl  
Strainer  
Frying pan with lid

## Ingredients

Noodles  
Boneless chicken cut into small cubes or long strips  
Carrot and capsicum cut into small squares or long strips  
Cabbage (optional)  
Salt to taste  
Black pepper to taste  
Chilli flakes to taste  
1 tbsp vinegar  
2-3 tbsp soy sauce  
1 tsp Chinese salt  
Oil

Serves 4

Preparation time: 30 minutes  
Cooking time: 30 minutes

## Method

Marinate boneless chicken cubes with salt, black pepper, red chilli flakes, oil, soy sauce, vinegar, and Chinese salt and set aside for at least 45 minutes.

Add noodles to boiling water and add 1/2 tsp salt. Boil until soft and almost ready to eat. When boiled, drain water and rinse under cold water for a few seconds so they don't stick together.

Prepare vegetables by cutting carrot and capsicum into small squares or long strips.

Heat oil in a frying pan. Add vegetables and fry for 2-3 minutes. Then add salt, black pepper, chilli flakes, soy sauce, vinegar and Chinese salt. Mix and fry the vegetables for another minute, then add marinated chicken.

Stir-fry vegetables and chicken until the chicken is soft and cooked through. You can taste the vegetables and chicken at this stage to see if you need to add more salt or any other spices.

Then add boiled noodles to the vegetables and chicken and mix properly. Add a little more soy sauce, Chinese salt, black pepper, chilli flakes (if required, as per taste). Mix properly and cover the pan. Leave on low heat for 5-6 minutes.

# BIBIMBAP



This recipe is one of my summer favourites even though it has nothing to do with my ethnicity. I think the joy and excitement of mixing all the ingredients until very well incorporated and the first bite packed with goodness, freshness and a variety of textures, gets me every time I make this dish.

- Jade, Springvale

## Method

Wash the vegetables and mushrooms. Scald the mung bean sprout. Set aside.

Cut the carrot into strips. In a frying pan, cook the carrot over a medium-low heat until quite soft. Set aside. Cut the mushroom vertically into 5mm thick pieces. Cook for around 2 minutes to avoid over cooking.

Chop the lettuce into 1.5cm strips.

Stir-fry the minced beef. Before it is completely cooked, add the sugar, oyster sauce, soy sauce, gochujang and 50ml of water and stir to combine. Cook on medium heat until almost all of the liquid has evaporated.

Pan-fry the egg to your liking.

In a medium eating bowl, place the rice at the bottom, followed by the rest of the prepared ingredients and top it off with an egg.

It may sound very difficult and intimidating at first, but trust me, it isn't. And, even if it is, it's still worth the time and effort.



## Equipment

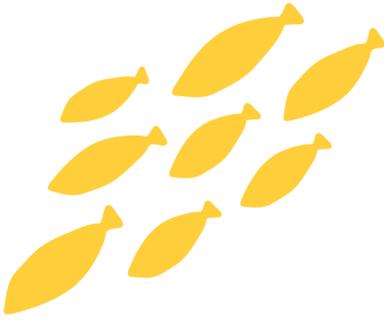
Frypan  
Wooden spoon  
Bowl

## Ingredients

1 bowl (125g) cooked short grain rice  
50g mung bean sprouts  
1 carrot  
5 mushrooms of choice  
A handful of lettuce  
An egg  
80g minced beef  
1 tsp sugar  
1 tbsp soy sauce  
1 tbsp oyster sauce  
1 tbsp gochujang (Korean chilli paste - optional)  
Oil for frying

## Serves 1

Preparation time: 10 minutes  
Cooking time: 30 minutes



# FISH FRY



This fish fry is an inspiration from my grandma's cookbook. I still remember those days when my house was filled with the aroma. There were days when I would be wrapped in the fragrances that come from helping my grandma in the kitchen. This dish can be eaten as a snack or for dinner, accompanied with rice and lentil stew.

- Shreeya, Glen Waverley

## Equipment

Bowl  
Wooden spoon  
Fridge  
Frying pan with lid  
Stove

## Ingredients

2 large fish fillets (barramundi preferably)  
3 tbsp mustard oil  
3 tbsp olive oil  
1 1/2 tbsp ginger and garlic paste  
2 tsp salt  
1 1/2 tsp chilli powder  
1 tsp pepper powder  
1 tsp garam masala powder  
1 tsp coriander powder  
1 lemon (juice)  
Vinegar

**Serves 2**

Preparation time: 20 minutes  
Cooking time: 12 minutes

## Method

Clean the fish by washing in water and vinegar.

In a bowl, mix all the ingredients except for the fish fillets.

Now coat the fish with the marinade and leave in the fridge for 6 hours or overnight.

In a pan, add 1/2 tsp of olive oil and add the fish to it.

Simmer on the stove, covered with a lid, for 6 minutes on each side.

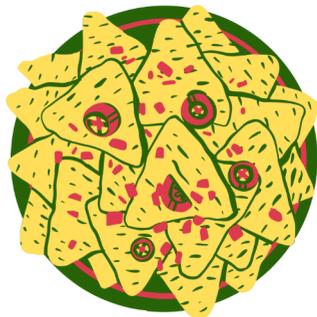
Serve it hot.

# CLASSIC BEEF NACHOS



I love to cook every Thursday and lunch is always nachos!

- Chloe, East Burwood



## Method

Pre-heat oven to 180°C.

Heat olive oil in frying pan over medium to high heat. Add capsicum and cook for 3 minutes or until soft.

Add beef and cook to break up lumps.

When beef is cooked, add both sachets of nacho salsa and cook for 3 minutes until slightly thickened.

Layer half of the nacho chips in an ovenproof dish. Spoon half of the beef and capsicum mixture over the top and sprinkle with cheese. Then create another layer with remaining nacho chips.

Bake in the oven for 10 minutes or until cheese is golden.

Combine avocado, cherry tomatoes, sour cream and coriander and then pile on top of hot nachos.

## Equipment

Frying pan  
Wooden spoon  
Oven-proof dish  
Oven

## Ingredients

1 tsp olive oil  
1 red capsicum, finely chopped  
500g mince beef  
Old El Paso nacho kit  
1/2 cup shredded pizza blend cheese  
1 large ripe avocado  
1/2 cup cherry tomatoes, chopped  
2 tsp sour cream  
Small handful of fresh coriander, washed and chopped

## Serves 3

Preparation time: 30 minutes  
Cooking time: 10 minutes



MEAL RECIPES

# FIERY LEMONGRASS PRAWNS IN SPECIAL SAUCE

*Fiery Lemongrass Prawns in Special Sauce is a signature dish of my mum's and this piquant side dish can be served as an accompaniment to perk up any rice meal. Every bite is greeted by the briny flavour of prawns, tossed in a paste made with fiery dry chillies, ginger, garlic, onions and completed with the citrusy notes of lemongrass and kaffir lime leaves. I recommend making this dish along with coconut rice, which is basically white rice cooked in coconut milk. The coconut milk adds creaminess and extra flavour that can eliminate some of the heat for those looking for a less fiery dining experience.*

- Kamalinee, Oakleigh East

## Equipment

Blender  
Stove top  
Wok/skillet  
Knife  
Wooden spoon  
Small bowl  
Serving platter  
Chopping board

**Serves 4**

Preparation time: 30 minutes

Cooking time: 30 minutes

## Ingredients

1kg tiger prawns (deveined and shelled with tails intact),  
marinated with 1 tbsp turmeric powder and 1 tbsp salt.  
4 tbsp oil  
20 pieces of dry red chillies, deseeded and soaked in hot  
water  
1 thumb-sized piece of fresh ginger, peeled  
6 cloves garlic, peeled  
1 large onion, peeled and cut into wedges  
2 medium-sized tomatoes, roughly chopped  
4 sweet baby capsicums - yellow, green, red - quartered  
2 stalks lemongrass bruised to release flavour and cut in half  
4 kaffir lime leaves, remove stem and centre rib and slice  
thinly

### Seasoning:

2 tbsp Worcestershire sauce  
1 tbsp soy sauce  
1 tbsp dark soy sauce  
1 tbsp oyster sauce  
1 tsp salt (or to taste)  
1 tsp sugar (or to taste)  
Juice from 1 lime  
Coriander leaves, chopped

## Method

Place dry chillies, ginger, garlic in a blender and process into a paste. Add a bit of water if needed to blend the mixture well.

Heat oil over medium-high heat in a skillet/wok. Add in the lemongrass, half of the sliced kaffir lime leaves and onions. Cook until the onions are translucent.

Add the chopped tomatoes and stir-fry for about 5 minutes.

Add the spice paste; stir-fry until aromatic and until oil oozes to the surface.

Add in the prawns and cook for about 8 minutes, until the prawns turn colour. Reduce heat and continue to simmer for 3 minutes.

Mix the seasoning ingredients together and stir into the wok.

Add in the capsicums and lime juice. Mix and stir well for 2 minutes.

Sprinkle with the remaining kaffir lime and coriander leaves. Turn off the stove.

Dish up onto a serving platter and garnish with cucumber slices.



## MEAL RECIPES

# COUS COUS SALAD



*This is my favourite meal to make when I don't have a lot of time but want something filling and healthy. Plus, it packs really well for uni or school lunches. If you want a nut-free option, simply omit the pine nuts, which you can replace with sesame or chia seeds for extra texture.*

*- Stacey, Mount Waverley*

### Equipment

Bowl  
Plate  
Chopping board  
Knife  
Saucepan  
Colander/Sieve  
Fork

### Ingredients

1/2 cup wholemeal couscous  
30g baby spinach or rocket  
25g feta cheese  
200g pumpkin  
20g pine nuts (or nuts of choice)

Serves 1

Preparation time: 10 minutes

### Method

Pour 1/2 cup of boiling water over the dry couscous in the bowl you will serve it in. Cover with a plate and let it stand while you prepare the rest of the meal.

Dice the pumpkin and place in a pot of water over medium heat and simmer for 5 minutes. Once cooked, drain in a colander or sieve.

Remove the plate covering the couscous and fluff with a fork.

Place the spinach over the couscous, then the cooked pumpkin and pine nuts. Roughly cut or crumble the feta on top.

Enjoy.

## MEAL RECIPES

# CHICKPEA, LENTIL AND SWEET POTATO CURRY



Vegetarian curries are my favourite to cook in the kitchen. They are flavoursome, filling and easy to put together. This recipe was created out of what was available one night in my pantry and fridge.

- Sammy, MYS Staff Member



## Method

Toss the sweet potato in oil and roast in the oven for approximately 20 minutes at 200°C or until tender.

Meanwhile, sauté the onion, garlic and curry paste until onions are translucent.

Add chickpeas, crushed tomatoes and red capsicum.

Simmer with the lid on until the capsicum is soft.

Add the roasted sweet potato, lentils and coconut cream.

Simmer for another 10 minutes.

Serve with some sliced spring onions, snow peas and a dollop of Greek yoghurt.

## Equipment

Wok or deep-dish frypan  
Wooden spoon  
Roasting tray

## Ingredients

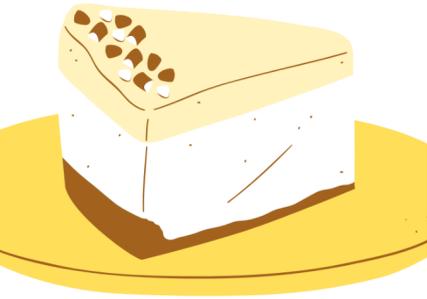
Onion, sliced  
Garlic, crushed  
Olive oil  
Curry paste of your choice  
Can of chickpeas  
Can of crushed tomatoes  
Can of lentils  
Can of coconut milk or cream  
Sweet potato, cut into cubes  
Red capsicum, sliced

### Optional to serve:

Sliced spring onions  
Sliced snow peas  
Greek yoghurt

### Serves 4

Preparation time: 5 minutes  
Cooking time: 30 minutes



# WATTLE SEED AND LEMON MYRTLE CHEESECAKE

*I was given the opportunity to brainstorm a dish incorporating Indigenous ingredients in my food tech class at school. I submitted the recipe and my teacher chose it for us to cook the following week in class. It was delicious and lots of fun to make!*

- Jasmine, Carrum Downs

## Equipment

23cm springform cake tin  
Rolling pin or mortar and pestle  
Microwave or small saucepan  
Baking tin  
2 bowls  
Electric mixer  
Spatula

## Ingredients

### Base:

100g gingernut biscuits  
150g butternut snap cookies  
Zest of half an orange  
1 tsp of lemon myrtle, ground  
60-80g butter

### Topping:

400g cream cheese  
150ml cream (thickened or pure)  
1 tbsp wattle seed, ground  
Zest and juice of half an orange  
115g raw caster sugar

Serves 2

Preparation time: 5 minutes  
Cooking time: 40 minutes

## Method

Lightly grease a 23cm springform tin.

Crumb the biscuits by putting them in a sealable bag and smashing them with a rolling pin, or by using a mortar and pestle to grind them.

Melt butter in a microwave or small saucepan on the stove and mix it into the crumbs. Then press the crumb mixture firmly into a greased tin with your fingers. Put tin in the fridge to set while you make the topping.

In a mixing bowl, beat cream cheese with an electric mixer just to loosen it until it is the consistency of thickened cream. This should take no longer than 60 seconds.

In a separate bowl, whip the cream. Once cream is whipped, fold the cream into the cream cheese.

Add orange zest, juice, sugar and wattle seed, then mix again until the mixture resembles thick cream.

Spread topping over the base, using a spatula or knife, and decorate with edible flowers if desired. Then return to fridge for an hour or until the cake has set.

SWEET TREATS

# VEGAN ITALIAN CUSTARD



*This recipe is inspired by my lovely Nonna who cooked the most amazing food for me when I was growing up. After going vegan I discovered her nostalgic homemade custard could be achieved using plant-based ingredients and taste just as good. This versatile dessert can be used in tarts, pastries, cakes or just eaten on its own.*

- Sophia, Ashwood

## Method

Add the olive oil to a pot over medium heat.

As the oil heats, add the flour and stir vigorously.

Add the soy milk then sugar, vanilla and citrus rinds. Keep stirring with a wooden spoon on low heat. It will take a while to thicken but be patient! Keep stirring.

Once it reaches the desired consistency, remove from heat and serve. You can also mix in cocoa powder for a chocolate custard.



## Equipment

Saucepan  
Stove  
Wooden spoon  
Grater

## Ingredients

6 tbsp olive oil  
4 tbsp plain flour  
4 cups (960ml) unsweetened soy milk  
1/3 cup sugar  
A couple of pieces of orange and lemon rind  
2 tbsp vanilla essence

**Serves 6**

Preparation time: 10 minutes  
Cooking time: 20 minutes

SWEET TREATS

# ICED COFFEE MILKSHAKE

*This makes me happy.*



- Everley, Scoresby



## Equipment

Drinking cup

## Ingredients

4 tbsp water  
Condensed milk  
1 cup milk  
1 1/2 tsp crushed instant coffee  
powder  
2-3 scoops vanilla ice cream

**Serves 1**

Preparation time: 5 minutes

## Method

Grab a large drinking cup.

Add the crushed coffee powder to the cup.

Pour in the water to dissolve the coffee powder.

Pour in 1 1/2 tbsp of condensed milk. You can add more for extra sweetness.

Mix well to combine all ingredients.

Add in the vanilla ice cream.

Pour in the milk until the cup is nearly full, mix it all together and enjoy!

# COCONUT SLICE



*This is a family recipe that my family has enjoyed for years. I associate it with my childhood, and with my paternal grandparents. I also associate it with going on holiday.*

*- Josie, Ashwood*



## Method

Pre-heat oven to 170°C. Line shallow 25x20cm tin with foil.

Melt butter in microwave or over the stove, then swirl it in the tin to coat the sides. Leave sitting in the bottom.

Spread over biscuits and walnuts (if using), then raisins and chocolate.

Pour the condensed milk over the mixture evenly. Sprinkle the coconut over the top.

Bake for 25 minutes.

When cool, cut into squares or slices as desired.

## Equipment

Oven  
Shallow 25x20cm cake tin  
Microwave  
Microwave-safe bowl or saucepan

## Ingredients

80g butter or margarine  
180g crushed digestive biscuits  
60g walnuts, chopped (optional)  
120g chocolate drops  
90g desiccated coconut  
400g condensed milk  
60g raisins

## Serves 24

Preparation time: 15 minutes  
Cooking time: 25 minutes



# BUTTERCUP CAKES



*This recipe was used to make a special birthday surprise for our friends, Carol and Yuka, during the COVID-19 isolation time. We made these for them so we could sing "Happy Birthday" to them during a video chat and blow the candles out. This is a lovely, rich dessert, perfect with a cup of tea, coffee or milk. But you can have it without too. Very quick to make. Yummy even without decorating. My mum (Margaret) helped me with this.*

- James, Mulgrave

## Equipment

Oven  
Cupcake tray  
2x bowl  
Metal spoon  
Skewer/cake tester

## Ingredients

2 cups of self-raising flour  
3/4 cup of caster sugar  
2 eggs  
3/4 cup milk  
125g butter (melted at room temperature)  
1 tsp vanilla essence

### Icing:

3/4 cup icing sugar  
1/2 tbsp milk  
12g butter  
Desired food colouring  
Choc pearls, M&Ms and 100s & 1000s for decorating

**Serves 12**

Preparation time: 10 minutes  
Cooking time: 15 minutes

## Method

Preheat oven to 180°C (fan-forced) or 200°C (conventional). Grease a cupcake tray or line with cupcake papers.

Mix flour and sugar in a bowl. In a separate smaller bowl, mix milk, butter (125g), vanilla essence and eggs.

Using a metal spoon, gently add the egg mixture to the flour mix and stir until just combined. Spoon batter in prepared cupcake tray

Bake for 12-15 minutes or until a skewer inserted in the centre comes out clean. Leave in pan for 5 minutes before moving to a cooling wire.

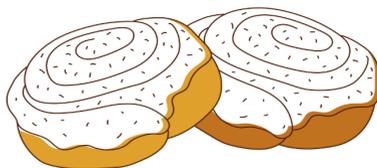
When cooled to room temperature, decorate with icing sugar mixture.

SWEET TREATS

# GRUMPS FAMOUS CINNAMON SCROLLS



- Grace, Ashwood



## Method

Combine yeast, warm milk, caster sugar, egg and 100g butter in a bowl - stand until foamy.

Combine bread flour and salt in a mixing bowl and add all wet ingredients. Mix until well combined and place in a warm spot until the mixture doubles in size.

Remove from bowl and knead, adding sultanas. Let mixture stand again until it doubles in size.

On a floured bench, roll out dough to approx. 30x18cms.

Mix 100g butter, cinnamon & brown sugar together and spread over dough and roll the dough into a log.

Cut the dough into 2cm slices and place on tray. Stand until doubled in size.

Bake at 200°C for 20-35 minutes. To make icing, mix icing sugar and a bit of water to form a paste. Spread over scrolls once they have cooled.

## Equipment

Oven  
Bowl  
Wooden spoon  
Rolling pin  
Spatula

## Ingredients

2 cups bread flour  
1 cup milk  
1 1/2 tsp dried yeast  
1 egg beaten  
1/3 cup caster sugar  
1/2 tsp salt  
200g butter  
1 cup sultanas  
3 tsp cinnamon powder  
1/2 cup brown sugar  
2 1/2 cups icing sugar

Serves 12 - 15

Preparation time: 60 minutes  
Cooking time: 35 minutes





# About this cookbook

This book is a smorgasbord of recipes submitted by young people across Monash, and published by Monash Youth Services and Monash Council. It initially began as a digital project during the COVID-19 lockdowns of 2020, but soon grew into a full cookbook. Inside you will find nourishing breakfasts, snacks to fuel your study sessions, meals to sharpen your cooking skills and exciting sweet treats.

To the young foodies who contributed to this cookbook, thank you so much for sharing your recipes and stories with us. And to the cooks reading this, we hope you have fun cooking up a storm in your kitchen and even more fun tucking into your creations.

Don't forget to take a photograph of any recipes you create and share it with @monashyouthservices on Instagram, and use the hashtag #monashyouthcookbook .

Happy Cooking!

-The Team at Monash Youth Services

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