



## Valley Kai Pantry Staples Recipes

# BASIC FRITTATA

the  
**VALLEY**  
project

- 1 tbsp olive oil
- 1 onion, thinly sliced
- 500g (approx. 3 medium-large) potatoes
- 5 medium eggs, lightly beaten in a large bowl
- 2 tbsps rosemary, chopped
- Salt and pepper to taste

1. Preheat oven to 170c.
2. Heat oil in a large pan and cook onion until soft.
3. Peel potatoes and either slice very thinly or, chop roughly and put in a food processor and pulse until chopped into pea-sized pieces. Don't overdo it or they will turn to mush.
4. Whisk the eggs with rosemary, salt and pepper in a large bowl. Add sliced/chopped potatoes and toss well to coat. Add in softened onions and stir to combine.
5. Take a greased oven-safe dish and pour the mixture into it. Feel free to add extra toppings like sliced tomato, salami or cheese.
6. Place into the oven and bake for 30-40 minutes or until set in the middle. Check this by piercing the middle of the mixture with a knife to see if the egg is still runny.
7. Rest for 10 minutes before cutting into wedges or squares. Serve either hot or at room temperature with your favourite chutney or toppings.



## Valley Kai Pantry Staples Recipe

# VEG & LENTIL COTTAGE PIE

- 1 large carrot
- 1 small onion
- 1 stick celery
- olive oil
- 100g split pea red lentils
- 500ml vegetable stock
- 100g frozen peas
- sea salt
- freshly ground black pepper
- 2 tablespoons tomato purée
- 30g Parmesan cheese
- 1 large potato or kumura (300g)

1. Preheat oven to 180°C. Peel and dice the carrot, onion, and celery.
2. Heat a splash of oil in a medium pan on medium heat. Add the carrot, onion, and celery. Pop the lid on and cook for 5 to 10 minutes, or until softened. Add the lentils, stock and peas, then bring to a boil, stirring regularly. Once boiling, reduce to a simmer and cook for 10 to 15 minutes, or until the lentils are cooked through.
3. Season to taste with sea salt and black pepper, then add the tomato puree. Scrub the potato or kumura clean, then coarsely grate it into a bowl. Toss with a little oil and add in some Parmesan.
4. Transfer the filling to a 15cm x 20cm ovenproof dish and sprinkle with the potato. Bake for 15 to 20 minutes, or until the potato topping is golden and cooked through and the filling is piping hot.



the  
**VALLEY**  
project

## Valley Kai Pantry Staples Recipe

# CLASSIC TOMATO SOUP

- 1 tbsp olive oil
- 1 medium onion - sliced
- 2 cans of tomatoes (can used flavoured if you want)
- $\frac{3}{4}$  cup of vegetable stock or water
- Salt and pepper to taste
- Sugar to taste (optional)
- Handful of basil leaves (optional)

1. In a large pot or dutch oven add the olive oil and onions, salt and pepper, and cook until the onions have softened and gone translucent (around 6-8 minutes).

2. Add in tomatoes and vegetable stock/water. Bring to a boil. Reduce to a simmer and cover with a lid, cooking for 20 minutes and stirring occasionally.

3. Take off the heat and taste test. This is when you can adjust the salt, pepper, and sugar as tomatoes can have varying levels of acidity.

4. Add the basil, should you choose to use it, and then transfer everything to a blender (or stick blender) and process until smooth.

5. Serve with some homemade garlic bread or toasted ciabatta and enjoy!



## *Valley Kai Pantry Staples Recipe*

# BARBEQUE CHICKEN PIZZA

- 1 - 2 pizza bases
- ½ cup pizza sauce (tomato or barbeque)
- 2 cups grated cheese (avoid pre-grated as it doesn't melt as well)
- 1 cup shredded leftover chicken
- 1 onion thinly sliced (red or white)
- 1 Capsicum thinly sliced
- 4 - 5 button mushrooms thinly sliced

1. Preheat oven and tray to 200C.

2. Assemble the pizza by spreading the sauce on the bases followed by cheese, chicken, onion, capsicum, and mushrooms.

3. Top with more cheese, place pizza on the hot oven tray, then bake for 15-20minutes or until the base is crispy and the cheese has melted.

4. Optionally add a swirl of barbeque sauce on top, slice and serve.