



antipasto plate

serves 4

INGREDIENTS

2 large red capsicums
2 young zucchinis
200g fetta cheese, cut into cubes
250g black olives
1 handful red cherry tomatoes, sliced in half
1 handful of yellow cherry tomatoes, sliced in half
1 Turkish bread loaf, sliced into 2cm thick slices
pesto
olive oil

EQUIPMENT

knife
chopping board
bread knife
dessertspoon
teaspoon
bowls
kitchen tongs
oven mitts
pastry brush

MAKE SURE you GET AN GET AN adult to HELP WHEN USING HOT OVENS AND GRILLS!!!

HOW TO ROAST CAPSICUM

1. Preheat oven to 250°C.
2. Line a baking tray with baking paper.
3. Place the capsicums on baking tray and bake until top is blackened.
4. Get an adult to turn over with tongs and bake a further 5 minutes or until blackened again. Repeat till blackened all over.
5. Carefully remove from oven using oven mitts. Remove capsicums and place in a bowl. Cover with plastic wrap and allow to steam until cool.
6. Slip off skin with fingers, remove stem and seeds and cut into 1cm wide long strips.

HOW TO GRILL ZUCCHINI

1. Heat char grill or barbecue.
2. Slice the zucchini lengthways into 5mm thick slices and brush both sides with olive oil.
3. Cook the zucchini on the char grill for approximately 5 minutes or until cooked but still firm. Turn when necessary.
4. Remove to a tray in a single layer and sprinkle with a little sea salt.

HOW TO TOAST TURKISH BREAD ON GRILL

1. Brush the slices of Turkish bread with olive oil on both sides and place on the hot grill.
2. When lightly marked using the tongs and flip over to grill the other side. Set aside.

TO SERVE ANTIPASTO

Present prepared vegetables, olives and cheese in colourful groups on a large platter.
Pile toasted bread onto a plate and place with the antipasto platter in the middle of the table.
Serve pesto in a bowl with a spoon.
Let guests help themselves.

FROM THE MARKET

Tomatoes, Zucchinis and Capsicums — Virgaras Garden , H & L Hydroponics,
N & M Tsimiklis, Patlin's Gardens
Pesto — Salad Greens and Kitchen Herbs
Olive Oil and Olives — Olive Lair
Fetta Cheese — Murray Valley Cheese and Alexandrina