

14a Cooking with Bush Foods

Wattle Seed Damper

- 3 Cups self raising flour
- pinch of salt
- 1 Tbspn wattle seed
- 1/2 Cup or more of water
- Pre heat oven to 180°

Method

1. Add self raising flour and wattle seed and salt to a large bowl.
2. Add a small amount of water and gradually add until a dough consistency is made.
3. Knead on a floured board and place onto a tray and into an oven. The size of your damper and cooking time will vary depending on the size. The trick is to tap it and if it sounds hollow it is cooked.
4. Allow to cool and serve with butter and jam.



Chicken Burgers with Lemon Myrtle

- Pieces of small chicken breasts grilled or cooked on a barbeque
- Whole grain rolls or bread of choice
- Salad ingredients of your choice
- 1 Tablespoon of lemon myrtle seasoning mixed in with
- 1 Cup of low fat mayonnaise.

Method

Cook the chicken breast to your liking.

Using the salad ingredients of your choice place these with the chicken burgers on the bread.

Add a tablespoon of lemon myrtle mayonnaise on top and enjoy!

You could also add a tablespoon of 'bush tomato' chilli sauce on top.

14b Cooking with Bush Foods

Healthy Banana and Wattle Seed Cake

- 100g low fat margarine
- ½ Cup sugar
- 2 eggs
- 2 ripe bananas, mashed
- 2 Cup self raising flour, sifted
- 1 Tb spoon wattle seed
- ½ Cup low fat milk

Method

1. Preheat oven to 180°C. Coat a 20 x 10cm loaf tin with cooking spray.
2. Beat the margarine and sugar until creamy and then add the eggs, beating well.
3. Add the banana and wattle seed and fold in the flour and milk alternatively.
4. Spoon the banana mixture into the prepared tin and bake in the oven for about 30 minutes or until golden.

Serves 10

Healthy Banana and Wattle Seed Cake

- Beef mince
- Whole grain rolls or bread of choice
- Salad ingredients of choice
- Bush tomato sauce

Use beef mince to make small meat patties or you can purchase ready made patties.

Grill or cook the patties on a barbeque or stove top.

Using the salad ingredients of your choice, place with the meat patties on the bread rolls or bread.

Add a tablespoon of bush tomato sauce on top and enjoy!

You can also add a tablespoon of 'bush tomato' chilli sauce on top.

*Bush tomato sauce can now be readily purchased in most large supermarkets.

* You can also add some of the sauce to the mixture to add flavour.