

# Cook Book by Martin Ruzicka



Based on <https://www.woolworths.com.au>

# Avocado Chocolate Cake

## Ingredients

- olive oil ( 100ml )
- spelt flour ( 1½ cups )
- cacao powder ( ½ cup )
- bicarbonate of soda ( 1½ tsp )
- almond meal ( 100g )
- avocado ( 1 )
- unsweetened Greek yoghurt ( 1 cup )
- vanilla extract and 1 tsp vanilla extract for frosting ( 2 tsp )

## Instructions

- Preheat the oven to 180°C. grease a 20cm springform cake pan and line base with baking paper.
- Sift the spelt flour, cacao powder and bicarbonate of soda together into a bowl. Stir in the almond meal and 1 cup coconut sugar. Scoop the avocado flesh into a food processor with the yoghurt, macadamia oil and vanilla and process until smooth. Add avocado mixture to the dry ingredients and stir until well combined.
- Transfer the mixture to the prepared pan and bake for 40 minutes or until cooked when tested with a skewer. Remove from oven and cool in pan for 10 minutes. Remove from pan, transfer to a wire rack and cool completely.
- For the frosting, scoop the avocado flesh into a food processor. Add the icing sugar, cacao powder and vanilla extract, then process until smooth and creamy. Spread frosting over the cooled cake to serve.

**Calories: 650**



# Currant and Tea Scones

## Ingredients

- chai tea ( 2 tea bags )
- currants ( 1/4 cup )
- self-raising flour ( 3 cups )
- caster sugar ( 2 tbs )
- butter ( 80g )
- milk ( 1 cup )
- strawberries ( 100g )

## Instructions

- Preheat oven to 220°C. Place tea bags into a jug and pour over 1/2 cup boiling water. Set aside for 3 minutes. Remove bags, squeezing out liquid. Discard bags. Add currants to tea and soak for 5 minutes.
- Meanwhile, put flour and sugar into a bowl. Add butter and rub into flour.
- Drain currants, measuring the liquid in a jug and add enough milk to make up to 1 1/2 cups. Stir currants and tea mixture into flour mixture. Stir quickly and lightly together using a dinner knife until combined. Turn out onto a lightly floured surface, knead lightly until smooth and pat out until 2cm thick. Cut out 5cm rounds and transfer scones to a baking tray. Bake for 12-15 minutes or until well risen and golden. Serve with whipped cream and strawberries.

**Calories: 835**



# Creamy Chicken, Tomato, Mozzarella and Spinach Pasta Bake

## Ingredients

- Pasta shells large ( 200g )
- chicken breast or thigh ( 500g )
- Pasta Bake Creamy Tomato and Mozzarella ( 1 jar )
- grated cheddar cheese ( 1 cup )
- English Spinach ( 200g )
- fresh basil leaves ( 100g )

## Instructions

- Preheat oven to 180°C.
- Cook 200g of dry pasta following packet instructions.
- Fry 500g of diced chicken breast in a pan until brown.
- Combine cooked pasta, chicken and Creamy Tomato and Mozzarella Sauce into a baking dish. Cover with 1 cup of grated cheese and spinach.
- Bake for 20 minutes or until golden brown and garnish with fresh basil.

**Calories: 890**



# Bangers and Mash

## Ingredients

- Potatoes ( 1kg )
- Thick Australian Beef Sausages ( 1 pack )
- milk ( 1l )
- butter ( 50g )
- Traditional Gravy pouch ( 50g )
- Salt ( 1 tsp )

## Instructions

- Peel and cut potatoes in uniform shape, place in a saucepan and cover with salted cold water. Bring to the boil.
- Separate and prick sausages. BBQ or grill, turning regularly until thoroughly cooked.
- Check potatoes with a skewer. When easily inserted, drain water and mash cooked potatoes.
- Mix butter and milk at moderate temperature in a heat-proof dish. Slowly add to mash until desired texture achieved and season lightly.
- Cut the corner from traditional gravy and microwave pouch for 40 seconds.
- Pile the mashed potatoes on the plate with sausages and pour over the gravy.

**Calories: 730**





# Rhubarb Tart With Yoghurt

## Ingredients

- Puff pastry, slightly thawed ( 1 sheet )
- Eggs ( 2 )
- Rhubarb, stems cut into 6cm lengths ( 1 bunch )
- Raw sugar ( 4 tbs )
- oranges, zest and juice ( 2 )
- Greek Yoghurt ( 1 cup )

## Instructions

- Preheat oven to 180°C.
- Grease a baking sheet. Top with pastry. Lightly push down on each corner with your thumb (to stop them rising too much) and score lightly with a knife around the edges to create a 1cm border. Lightly run the knife over the rest of the pastry in a cross hatch pattern to score it. Lightly brush the egg over pastry. Bake in oven for about 15 minutes or until golden.
- Using a palette knife transfer pastry to serving plate. Spoon over some yoghurt, rhubarb and top with a few spoonfuls of remaining yoghurt.

**Calories: 680**

