Fresh from the garden: basil, edible flowers, eggplant, parsley, zucchini

Recipe Source: Collingwood College, Victoria

This recipe uses the fresh bounty of the autumn garden. If you have children with nut allergies in your class, leave out the almonds.

**Equipment:**
- chopping board
- 1 large knife
- 2 clean tea towels
- kitchen paper
- small bowl
- 2 heavy-based frying pans (one large)
- wooden spoon
- mortar and pestle
- large bowl
- two large spoons
- serving platters

**Ingredients:**
- 1 large zucchini
- 2 eggplant
- parsley and basil, to garnish
- 200 mL olive oil
- ½ cup almonds
- 2 tablespoons honey
- 1 cup yoghurt
- salt and pepper, to taste
- edible flowers, such as pumpkin or calendula flowers, to garnish

**What to do:**
- Set out the chopping board and knife. Dampen a tea towel and place it under the chopping board to prevent it from slipping.
- Using the large knife, cut the zucchini in half lengthways, then chop it into ½ centimetre thick half-moons. Pat them dry with kitchen paper.
- Cut the eggplant into quarters, then chop the lengths of eggplant into ½ centimetre thick half-moons, too. Pat them dry with kitchen paper.
- Wash the parsley and basil, then gently dry them with a clean tea towel.
- Finely chop the parsley and place in the small bowl.
- Strip the basil leaves from the stems. Discard the stems. Tear the leaves into pieces and add to the parsley. Set aside.
- Heat one of the frying pans over medium–high heat. Tip in the almonds and stir with a wooden spoon over the heat until they start to smell good, about 3–4 minutes.
- Tip the warm almonds into the mortar and use the pestle to break them up a bit. You don’t want powder – just bash them a few times to crack them into large chunks.
• Put the large frying pan on high heat and pour in the oil. When the oil is hot, carefully fry the eggplant (in batches), stirring with a wooden spoon, until it turns light brown and soft. (Do this in batches so the oil stays hot and the eggplant doesn’t get soggy.)
• Put the cooked eggplant into the large bowl as you keep frying batches.
• Now fry the zucchini (also in batches) until it is light brown. Put the cooked zucchini in the same large bowl.
• Mix the parsley and basil through the vegetables. Season with salt and pepper to taste.
• Mix the yoghurt with the honey and drizzle this sauce over the vegetables. Stir very gently with two large spoons to coat the vegetables.
• Divide the vegetables between serving platters.
• Scatter toasted almonds on top and garnish with edible flowers.

Notes: At Collingwood College, they use this recipe to look at all the varieties of eggplant from their garden. They grow *Listada di gandia* (white with pale purple/pink areas), Thai Long Green (thin banana shape, pale green) and *Slim Jims* (thin banana shape, black).