



### **Cheesy Jamato Eggplant**

Serve warm as an impressive vegetable side dish for 6 or use small eggplants as part of an antipasto.

#### *You will need:*

1 large eggplant	1 large tomato
2 cloves garlic	1 medium onion, chopped
125g ricotta cheese	1 small capsicum
2 Tbs Spice Girlz Jamato	80g grated parmesan cheese
Ground black pepper	Olive oil

Line a large oven tray with baking paper.

Slice eggplant into 2cm thick rounds. Generously brush one side of each slice with olive oil and place oil side down on tray.

Meanwhile in a small pan,

Heat 1 tsp olive oil; add onion, garlic and capsicum. Stir until softened.

Dice tomato. Combine with onion, garlic and capsicum in a small bowl with ricotta cheese and Spice Girlz Jamato. Mix well.

Spoon mixture thickly on to the centre of each eggplant slice. Spread with a spoon almost to the edge.

Grind a sprinkle of black pepper over each piece and top with parmesan cheese, mounding slightly in the middle.

Bake in moderate oven, 180c for 15 minutes or until cheese is golden & melted, & the eggplant underside is tender.

Cool slightly. Remove from tray with a spatula.

### **Jamato Veggie Cakes**

Serve as a main course with an avocado, mint and yoghurt salad, as part of a platter or as an appetiser.

#### *You will need:*

300g pumpkin, diced and peeled	Olive oil
2 Tablespoons Spice Girlz Jamato	2 Tbs rice flour
½ cup tinned cannellini beans	2 Tbs chopped walnuts
1 tbs coriander, chopped	1 tbs mint, chopped
1 spring onion, finely chopped	1 egg beaten
Sesame or nigella seeds	

Line an oven tray with baking paper. Place pumpkin on tray and lightly drizzle with olive oil.

Roast for approx 20 minutes or until very soft. Cool slightly. In a bowl, combine the roasted pumpkin, Jamato, rice flour, beans, walnuts, spring onion, coriander and mint. Add beaten egg and mix together, mashing well.

If the mixture is a little sloppy add a bit more rice flour. When well combined and firm enough to hold shape, cover and chill for 10 minutes.

With wet hands, roll the mixture into 8 balls. Flatten slightly and press onto a plate of sesame or nigella seeds to coat both sides.

Place the patties onto a tray and bake 15 minutes until firm and just colouring.

### **Potato Puffs** - Makes 12 small

Great party starter

#### *You will need:*

3 slices sandwich bread	1 cup mashed potato
1 cup cheese, grated	1 egg, lightly beaten
1-2 Tbs onion, finely chopped	1-2 rashers bacon, chopped
Salt	Your choice of Spice Girlz Jamato, Hakuna Matata, Zulu-Lu or Saucy Tomato.

Preheat oven to 190c

Butter the bread lightly but evenly. Cut off crusts, and then cut into 4 small squares.

Press the squares into patty pans buttered side down.

Mix the mashed potato with cheese, egg, onion and bacon (you can add 2 level Tbs of the Spice Girlz product of your choice at this stage or save it to dollop on top just before serving)

Put the potato mixture into the bread cases.

Bake for 20-30 minutes, until bread is light brown.

ENJOY!

NOTE: Children love this one! Recipe can be tripled and frozen if desired.