

Good Recipes

*Healthy, Tasty, Affordable
Kai Made Easy*

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Breakfasts

Porridge

Serves 4

Ingredients:

2 cups rolled oats / porridge oats
1 cup cold water or milk
4 cups boiling water

Stove Top Method:

1. Mix rolled oats and cold water or milk together in a saucepan.
2. Slowly stir in boiling water.
3. Boil for 3-5 minutes. Keep stirring to stop it sticking. If it is too thick add some more boiling water or milk and stir until you get the thickness you like.

Microwave Method:

1. Mix together all the ingredients in a plastic bowl.
2. Microwave on high for 1 minute 20 seconds.
3. Stir gently to further mix the oats.
4. Return to the microwave and cook for 1 minute.
5. To thicken, leave it to settle for a minute. To thin, add a little milk and stir.

Toppings:

Instead of sugar try chopped fresh or canned fruit, sultanas, chopped dates, banana or yoghurt.

Hints:

Mix ingredients together the night before and leave to stand (use cold water or milk).

This saves time in the morning and improves the porridge. For a creamier porridge, use more milk and less water.

To make servings for one or two people, half or quarter the recipe.

Scrambled Eggs

Serves 3

Ingredients

6 eggs
½ cup low fat milk
2 tsp margarine
Salt & pepper to season

Method

1. Melt the margarine in a saucepan over medium heat.
2. While the margarine is melting beat together eggs, low fat milk and seasonings. Pour into pan and when it starts to set, gently turn over to form soft curds; continue until all the egg is set.
3. Serve on wholemeal toast.

Other Breakfast Ideas

- Wholemeal toast with spreads e.g. vegemite, peanut butter, jam or marmalade.
- Cereal with tinned fruit, banana slices, or yoghurt. In winter try with hot water or hot milk.
- Toast or bun topped with spaghetti, creamed corn or baked beans.
- Wheat bix with fruit.
- Fruit smoothie.
- Banana wrapped in a wholemeal bread slice.

Check out www.breakfast-eaters.org.nz for some other great breakfast ideas.

Lunches

It is usually cheaper and healthier to make and take your own lunch instead of buying it. Here are some ideas:

Toasted Sandwiches

Toasted sandwiches are an ideal snack or quick meal on the run. Some fillings work well cold in the lunchbox.

- Grated cheese goes further than sliced cheese.
- Use wholemeal sliced bread

Fillings ideas:

Grated Edam cheese +

- Sliced onion or tomato
- Baked Beans / spaghetti / Creamed corn
- Crushed pineapple, well drained
- Lean bacon, ham or salami
- Pickle or relish
- Tinned fish

Cooking method options

- Use a toasted sandwich maker
- Cook under the grill using one slice of bread with a topping
- Heat a frying pan and cook both sides until golden brown.

Sandwiches

Breads	Spreads	Proteins	Veggies & fruit
Wholemeal Wholegrain Rye White high-fibre Rolls Panini Pita bread Bagels Tortillas Wraps Rewena	Margarine Light cream cheese Cottage cheese Ricotta Chutney/relish Marmite Hummus Light mayonnaise Peanut butter Mashed avocado	Egg Tuna or salmon Lean ham Lean beef Lean corned beef Pastrami Cooked chicken Luncheon Lean salami Edam cheese Cottage cheese Peanut butter	Lettuce Cucumber Avocado Tomato Grated carrot Grated courgette Red pepper Grilled vegetables Chopped celery Coleslaw Gherkin Pineapple Beetroot

Good combinations include:

- Egg (mash boiled egg with a little low-fat milk or light mayonnaise)
- Lettuce/ cucumber/ gherkin
- Spring onion with tuna/salmon (mix with a little light mayonnaise)
- Grated carrot and tomato
- Lettuce and crushed pineapple
- Coleslaw with cold meat (ham, beef, corned beef, pastrami, cooked chicken or luncheon)
- Chutney, lettuce and tomato
- Avocado and tomato
- Cream cheese and gherkin
- Tomato and cucumber
- Cheese and pineapple with cheese (edam, cottage, feta, etc):
- Shredded lettuce and tomato and relish
- Marmite/vegemite with lettuce
- Jam and cheese
- Peanut butter, grated carrot and chopped raisins
- Peanut butter and banana
- Cheese, raisins and chutney
- Hummus, tomato and cucumber
- Egg, lettuce and cucumber
- Roasted vegetables and cheese

Other lunch ideas

- Baked potato (can be eaten cold or reheated if a microwave is available).
- Leftovers e.g. pasta, potato salad, pizza or cooked banana, taro, potato, cassava and vegetables with meat.
- Crackers with sliced tomato or vegemite or avocado.
- Rice or couscous with a mixed bean salad and coleslaw.
- Corn on the cob (microwave in the leaves for 4 minutes).
- Tinned fish with rice. (Buy canned fish in water, **not brine or oil**).
- Avocado with tomato and pepper on toast.
- Tinned fish on toast.
- Baked beans on toast.
- Tortilla Wrap filled with salad and a small amount of cold meat.

Remember to keep food cold for as long as possible and re-heat thoroughly.

Salads

A salad does not need to have lettuce. Try out some of the following with a dressing (from page 8):

Pasta Salad

Mix cooked pasta (not noodles), cooked mixed vegetables, chopped cucumber and sunflower seeds.

Potato Salad

Cut cooked potato into chunks. Add bean sprouts, finely chopped carrot and spring onions. Add low fat / lite mayonnaise and mustard.

Carrot and Beetroot Salad

Mix grated carrots and a grated beetroot together. Add chopped mint (optional).

Cauliflower and Broccoli Salad

Cut into bite-size pieces, lightly cook, cool and add a dressing.

Citrus Coleslaw

Mix shredded cabbage, orange segments and spring onions.

Red Coleslaw

Mix shredded red cabbage, crushed pineapple, sliced celery and raisins.

Mustard and Apple coleslaw

Shredded cabbage, unpeeled apple cut into chunks, bean sprouts. When adding apples to a salad, put them in just before serving.

Coleslaw

Mix thinly sliced cabbage with grated carrot. Dress with low fat mayonnaise mixed with low fat yoghurt or milk

Salad Dressings

Lemon Dressing

Mix ¼ cup lemon juice and ¼ cup oil with black pepper.

Mustard Dressing

Mix 1 Tbsp prepared mustard, ¼ cup plain yoghurt or low fat dressing.

Yoghurt Dressing

Mix 1 Tbsp lemon juice (or orange juice) with ¼ cup yoghurt.

Vinaigrette

Mix ¼ cup vinegar and ¼ cup oil. Add lemon juice (optional).

Mayonnaise

Always use lite mayonnaise. Make mayonnaise go further by mixing with plain yoghurt.

Curry dressing

Add 1 tsp curry powder to yoghurt or low fat mayonnaise.

Sweet chilli dressing

Mix 1 Tbsp sweet chilli sauce, 2 Tbsp oil and 1 Tbsp lemon juice or vinegar (or according to taste).

Mixed Bean Salad

Serves 5

Ingredients

2 cans Beans, drained (e.g. Four Bean Mix or red kidney beans, chickpeas, broad beans and green beans)

1 onion (red is popular) or spring onion

1 diced carrot or celery stick

Fresh green herbs if you have them e.g. chives or parsley

¼ cup vinaigrette – see above

½ cup corn (either drained from can or thawed from frozen)

Method

1. Finely chop onion or spring onion.
2. Mix all ingredients together in a bowl and chill in fridge before serving.
3. Serve with a main meal or with bread.

Ingredients

1 cup couscous
2 Tbsp lemon juice
1 tsp ground cumin
2 Tbsp sultanas or dried fruit
¼ cup chopped mint or parsley
1 cup boiling chicken or vegetable stock
½ cup red onion diced
1 carrot cut small
1 cup mushrooms sliced
2 zucchini sliced

Method

1. Mix cumin into the couscous. Add the lemon juice.
2. Put sultanas into boiling water for 5 minutes and then drain.
3. Add the boiling stock (1tsp powdered stock and 1 cup boiling water) to the couscous.
4. Cover and leave for 5 minutes.
5. Uncover, add the fruit, onion, carrot and mint/parsley.
6. Brush non stick fry pan with oil and cook zucchini and mushrooms in a hot pan until soft but still green.
7. Add zucchini and mushrooms to couscous.
8. Serve with anything as an alternative to rice.

Soups

Soup is a cheap and warming meal for lunch or dinner. It is surprisingly easy to make. You can make extra and freeze to use another time. Try adding extra vegetables (tinned, fresh or frozen) or barley, split peas, lentils or rice to make it more healthy and filling.

Anything Soup

Serves 6-8

Ingredients

1-2 onions
1 Tbsp oil
3-4 cloves garlic
1 tsp cumin powder or chili powder
2 cubes/tsp of vegetable or chicken stock
3 Cups Water
1 can chopped tomatoes
3 potatoes or ¼ pumpkin cubed
2 carrots
1 Cup of soup mix or red lentils
1 can beans (Cannellini, chick peas, kidney beans or four bean mix)
1 Cup any frozen veggies (peas, corn...)
1 Cup of small pasta (e.g. Spirals, shells, macaroni)
Any other vegetable! Ideas include chopped cabbage, frozen beans, parsnip, leek....

Method

1. Heat oil in large saucepan
2. Cook chopped onions until slightly soft
3. Add chopped garlic cook for another minute
4. Add water, stock, spices, lentils, beans, potatoes. Simmer 10 minutes.
5. Add all other veggies and canned tomatoes. Simmer 10 Minutes
6. Add pasta. Simmer 10 Minutes.

Pumpkin and Peanut Soup

Serves 6

Ingredients

½ pumpkin
2 orange kumara (optional)
2 onions
2 cloves garlic,
1 Tbsp Canola Oil
1 Tbsp curry powder
1 cube vegetable stock
2 litres water
¼ tsp salt
Pepper
1 tin chopped tomatoes
2 Tbsp peanut butter

Method

1. Take skin off pumpkin, remove seeds and cut into chunks.
2. Wash kumara and cut up into rings.
3. Heat oil, add crushed garlic, curry powder and diced onion.
4. Add pumpkin and kumara, cover vegetables with water, add tomatoes, measured salt and pepper and stock.
5. Put lid on pot and bring to boil. Boil gently for 30 minutes or until pumpkin is soft.
6. Mix the peanut butter with some soup or water to make it runnier and stir into the soup.
7. Use a potato masher or a hand held blender to make the soup smoother.

Variation

Add a can of light coconut milk instead of peanut butter to make a creamy pumpkin and coconut flavored soup.

Silver beet Soup

Serves 6

Ingredients

- 1 large bunch silverbeet, trimmed
- 1 Tbsp vegetable oil
- 1 large onion, roughly chopped
- 2 large potatoes, peeled, chopped into small pieces
- 2 garlic cloves, crushed
- 2 vegetable stock cubes
- 1 litre hot water
- 2 teaspoons lemon juice
- 1 teaspoon finely grated lemon rind
- 1 cup lite milk or ½ cup sour cream

Method

1. Wash silver beet and chop roughly.
2. Heat oil in a saucepan over medium-high heat. Add onion, potato and garlic. Cook, stirring occasionally, for 5 minutes or until onion has softened.
3. Add stock cubes and hot water to onion mixture. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until potato is tender.
4. Add silver beet leaves, lemon juice and lemon rind. Cook for 3 minutes or until just wilted. Set aside for 2 minutes to cool slightly.
5. Blend in batches until smooth with a wand, food processor, or for a chunky soup use a potato masher. Return to pan over low heat. Season with pepper.
6. Stir in milk.
7. Cook for 2 minutes or until heated through.
8. If using lite sour cream, put a teaspoon in the centre of each plate.
9. Serve with bread.

Light Meals

Baked Potatoes or Kumera

Ingredients

1 Potato or kumara per person

Oven Method

1. Scrub potatoes or kumara and pierce skin with a fork several times.
2. Bake at 180°C for 1-1 ¼ hours or until soft.
3. To test – use a fork to check if it is soft inside.

Microwave Method

1. Scrub and pierce skin with a fork several times. Place on a plate and place in the microwave.
2. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. This may take longer for a larger potato.

Cut the potato open and add any of the following:

- Heated baked beans or chilli beans
- Spaghetti
- Tinned corn
- Coleslaw
- Mince
- Cottage cheese or Low fat sour cream
- 2 tablespoons grated cheese eg edam
- Tinned fish in tomato sauce or with lemon juice
- Spring onion
- Chopped gherkin
- Grated edam cheese
- Bolognese sauce or other mince mixtures

Corn and Cheese Rolls

Serves 8

Ingredients

8 slices Wholemeal or wholegrain bread
1 can Creamed corn,
2 cups vegetable such as: celery, red pepper, mushrooms, finely diced
1 cup Edam cheese, grated

Method

1. Cut the crusts off 3 sides of the bread.
2. In a bowl mix the corn, the other vegetables and $\frac{3}{4}$ of the grated cheese. Spread the mixture over the bread slices. Roll up each slice (leaving the crust edge on the outside) and place in a lightly oiled baking dish.
3. Top with the remaining grated cheese and bake in an oven at 160°C for 20–25 minutes. Leave for about 10 minutes before serving as the filling is very hot.

Mini Veggie Quiches

Serves 6

Ingredients

12 slices Wholemeal bread, crusts removed
Marmite or vegemite
1 cup Edam cheese, grated
4 Eggs, lightly beaten
2 Tbsp Onion finely chopped
1 cup Mushrooms finely sliced, or 1 can creamed corn

Method

1. Spray muffin pans with oil spray.
2. Spread one side of the bread thinly with marmite.
3. Place each bread slice, marmite side up, into the oiled muffin pans.
4. Combine remaining ingredients and spoon the mixture into the bread cases. Bake in a preheated oven at 190°C for 20 minutes.

Wraps

Serves 4-6

Ingredients

1 Packet round flat bread e.g. wraps, roti, tortilla or mountain bread
6 slices of either ham, luncheon, roast beef, corned silverside, or cooked chicken
1 whole lettuce, torn into large chunks
2 carrots, thinly sliced with a peeler
1 cucumber, thinly sliced along the length
3 tomatoes, thinly sliced
1 cup BBQ sauce or tomato sauce or sweet chilli sauce or cottage cheese or low-fat mayonnaise

Method

1. Take a wrap out from the packet and place on a chopping board.
2. Spread sauce lightly on the wrap.
3. Take a handful of lettuce leaves and spread across one corner.
4. Add a few slices of tomatoes, cucumber and carrots.
5. Take 2 slices of sliced meat and place over the top of the vegetables.
6. Roll the burritos tightly into a log shape, wrap in plastic food wrap and cut in half.

Sweet corn Fritters

Makes 12

Ingredients

1 can creamed corn
1 egg
1 cup self raising flour (or 1 cup plain flour plus 2 tsp baking powder)
Chopped spring onion or parsley (optional)
Oil or oil spray for cooking

Method

1. Mix all ingredients together in a bowl. Do not over mix as this will toughen the fritters.
2. Heat a heavy bottomed or non-stick pan. Add a little oil.
3. Add spoonfuls of mixture and cook until bubbles appear on the surface. Flip and cook the other side until golden brown. Turn down the heat if they cook too quickly or start to burn.

Omelette

Serves 4-6

Ingredients

2 Tbsp cooking oil
2 potatoes, peeled, cut into cubes
1 garlic clove, crushed
1 Tbsp fresh herbs, e.g. parsley, chives, rosemary
6 eggs

Method

1. Beat eggs in a large bowl.
2. Heat oil in a frying pan. Add potatoes and cook for 5-7 minutes until just cooked. Add a tablespoon of water if the potato sticks.
3. Add garlic and cook another minute.
4. Pour over egg mixture.
5. To cook the top, either cover with a lid, or put the frying pan under the grill for a few minutes.

Variations: Add grated cheese, smoked fish, sliced zucchini, mushrooms, corn kernels, silver beet, ham, leftover sausage.

Pizza

Choose one of the following for a base

- Supermarket pizza base
- Homemade pizza base
- Scone dough rolled out
- Pita breads
- Turkish bread

Choose one of the following for a spread

- Tomato paste
- Pasta sauce
- Canned spaghetti
- Pureed spinach

Topping ideas

- Grated edam cheese
- Drained crushed pineapple
- Chopped onion
- Sliced tomato
- Sliced capsicums
- Finely chopped bacon or ham (with fat removed)
- Tinned tuna or salmon
- Chopped cooked chicken
- Sliced tomato
- Dried or fresh oregano, basil or mixed herbs
- Capers
- Sliced olives

Snacks

Munch and Crunch Platter

Arrange some of the following ingredients on a plate or platter. Choose different colours, different textures and a mixture of sweet and savoury:

- Tomato wedges or cherry tomatoes
- Cold meat, e.g. ham or chicken pieces
- Carrot or celery sticks
- Radishes
- Apricots, peaches or nectarines
- Melon wedges
- Rice crackers or water crackers
- Bread triangles or pita bread wedges.
- Wholemeal Crackers
- Rice crackers
- Bread stick cut into slices
- Cucumber slices
- Cheese cubes
- Pepper pieces
- Apple or pear slices
- Strawberries or grapes
- Raisins or sultanas
- Dried apricots
- Capsicum
- Cauliflower
- Toasted bread

Dips

You don't need to buy expensive dips. It is quick and easy to make your own. Try some of these ideas:

- Cottage cheese - add chopped chives or small pieces of pineapple for more flavour.
- Sweet chilli dip- mix 2 tbsp sweet chilli sauce with a pottle (½ cup) of natural yoghurt.
- Creamy tomato dip- mix 2-3 tbsp tomato sauce with a pottle of natural yoghurt (½ cup) or 1/3 cup lite sour cream.

Homemade Crisps

Cut tortilla, mountain bread or pita bread into small pieces. Brush with canola oil and sprinkle with a little salt and black pepper. Bake at 160°C for 8-10 minutes. Add crushed garlic, or mixed herbs to oil for a different flavour.

Hummus

Serves 10

Ingredients

1 can of chickpeas – drained.
1 Tbsp oil
1-2 tsp garlic, finely chopped
¼ cup lemon juice
Pinch salt

Method

1. Place all ingredients in a food processor and blend until smooth. If mix isn't smooth enough add a bit of liquid drained from the can.
2. Cover and put in the fridge until ready to serve.
3. Serve with homemade crisps (page 18), wholegrain crackers, vegetable sticks. Great as a dip or use on sandwiches as an alternative to margarine.

Guacamole

Serves 6

Ingredients

2 medium avocados, chopped into small cubes
2 medium tomatoes, diced
2 spring onions
Juice of one lemon
2 Tbsp sweet chilli sauce or 1 tsp chilli powder or a dash of hot sauce

Method

Mix all together and serve. Salsa looks great in a glass bowl.

Dinner

Stews & Casseroles

Better Than You Think Lentil Stew Serves 5

Ingredients

1 Tbsp canola oil
1 onion chopped
3 cloves garlic sliced
1 ½ cups brown or orange lentils
3 cups chicken or vegetable stock
1 Tbsp marmite
3 bay leaves
2 tsp vinegar
1 carrot sliced
3 potatoes or kumera diced
½ cup frozen peas
½ cup Frozen corn

Method

1. Heat oil in large saucepan. Add onions, cook until soft. Add garlic, cook 1 minute.
2. Add stock, marmite, bay leaves and lentils, simmer 15 minutes if using orange lentils, or 30 minutes if using brown lentils.
3. Add all vegetables and vinegar, simmer another 20 minutes.

Variations

*-Add lean strips of chuck or blade steak at step 1.
-Add some curry spices such as curry powder or cumin to Step 1 to make a tasty Dahl.*

Lentils are a tasty nutritious and easy alternative to meat. Give them a try! Orange lentils cook faster and break up – they can be hidden in all sorts of dishes. Brown lentils take a bit longer to cook and hold their round shape.

Chicken or Beef Casserole

Serves 10

Ingredients

4 large or 8 small chicken pieces or 1kg Chuck, Blade or Stewing Steak
4 potatoes / kumera
2 onions sliced
4 carrots
Chopped celery
2 tsp chopped garlic
1 ½ cups water
2 tsp instant chicken or beef stock
2 Tbsp brown vinegar
2 Tbsp brown sugar
¾ cup orange lentils
1 Tsp mixed herbs fresh herbs
1-2 tablespoons corn flour to thicken
1 can tomatoes

Method

1. Take the skin off the chicken pieces or cut all fat off meat.
2. Cut the potatoes into large pieces. Slice the carrots into rounds. Cut the onions into chunks.
3. Put the vegetables, lentils, tomatoes, and meat pieces into a casserole dish.
4. If using stock, dissolve in the water. Pour the water over.
5. Sprinkle over the herbs. Cover.
6. Bake at 180°C for 1 ½ hours until chicken is cooked.
7. Thicken the casserole by mixing the cornflour in a cup with ¼ cup cold water. Add this to the casserole near the end of cooking.

Ingredients

Lean meat

Vegetables: potatoes, kumara, pumpkin, watercress, puha

Method

1. Cut away the fat or get better value for money and buy lean meat.
2. Halfway through boiling the meat pour out the fatty water, re-fill the pot, boil and continue to simmer the meat.
3. Add onions, garlic, low salt stock and herbs for extra flavour.
4. Give vegetables a quick wash but leave skin on.
5. Go for a variety of colours try: pumpkin, potatoes, and kumara.
6. Boil then simmer until vegetables are half cooked.
7. Add the greens, try: watercress, puha, spinach, silverbeet, cabbage or bok choy. Then simmer away until greens are cooked.
8. Cool leftovers quickly. Place in smaller containers, cover and refrigerate as soon as possible.
9. Reheat in meal amounts until piping hot. To cook boil up in a crockpot use pre-trimmed meat. Put the potatoes and kumara on the bottom, place the meat on the top. Add some low salt stock, in enough water for amount of meat. Cook the boil up slowly throughout the day.

Supergrans Golden Sausages

Serves 4-6

Ingredients

500 g sausages

1 carrot

1 onion

1 Packet frozen peas or beans

500 g any other vegetables such as broccoli, cauliflower, cabbage, silverbeet....

2 Tbsp flour

1 Tbsp Worcester sauce

2 Tbsp vinegar

1 Tbsp sugar

2 cups boiling water

Pepper to taste

Method

1. Slice sausages and fry in a lightly oiled pan until browned. Set aside.
2. In a bowl mix the flour, sauce, vinegar and sugar to a smooth paste.
3. Add the boiling water, and pepper to taste.
4. Pour into a large fry-pan or saucepan, add the sausages, onion and carrot.
5. Cook slowly until vegetables are cooked.

Variation

Add a can of baked beans or chilli beans at the same time as sausages for an extra healthy protein kick!

Dinners – Bakes

Fish Pie

Serves 6

Ingredients

3 Tbsp margarine
3 Tbsp flour
2 cups low fat milk
1 can smoked fish
1 medium onion, chopped
1 medium tomato, diced
1 cup mixed vegetables, chopped e.g. carrot, celery, zucchini, peppers
2 hard boiled eggs, sliced
Handful chopped parsley
¼ cup dry breadcrumbs
Pepper to taste

Method

1. Preheat oven to 180°C.
2. Melt margarine in a saucepan, add flour, stir and cook for a minute on medium heat. Gradually add milk, stirring constantly until mixture thickens.
3. Briefly cook vegetables and onion in boiling water until soft; drain.
4. Add vegetables, eggs, tomato, drained fish and parsley into sauce, mix together then transfer to a casserole or baking dish.
5. Sprinkle over breadcrumbs and bake for 20-30 minutes until ingredients are heated and crumbs are golden and crisp.
6. Serve with mashed potato and fresh salad.

Choose fish canned in water or brine, rather than oil. Drain the brine/water off before use.

Tuna & Tomato Pasta Bake

Serves 4

Ingredients

1 packet small pasta or macaroni
2 Tbsp oil
4 spring onions, chopped finely
1 cup peas or mixed veggies microwaved for 3 minutes and drained
1 grated carrot
1 can Tuna in seawater, drained
1 can tomato puree
1 cup grated Edam cheese
3 Tbsp chopped parsley
Ground black pepper and a little salt
2 slices of bread

Method

1. Cook pasta in lots of boiling water according to the packet and drain. The recipe uses 4 cups cooked pasta, but you can add pasta more if needed.
2. Heat oil in a frying pan. Add the onions and cook a little until shiny. Turn off and add the grated carrot and mixed vegetables or peas. Leave to sit.
3. Drain the tuna and break up into a large bowl. Add the vegetables, pasta, tomato puree, parsley, salt and pepper and $\frac{1}{2}$ the grated cheese. Mix gently through.
4. Put into an oven dish and smooth mixture over with the back of a spoon.
5. Lightly spread margarine onto the slices of bread. Cut into fingers. Lay over the top of the pasta mix. Sprinkle the rest of the cheese over the top.
6. Bake in a preheated oven at 180°C for 20 minutes.

Potato Topped Chicken Bake

Serves 4

Ingredients

400 g chicken breast cubed
1 large onion chopped
2 medium zucchini grated
1 medium carrot grated
1 cup mushrooms sliced
1 tsp dried mixed herbs
2 cups trim milk
4 tsp corn-flour
Black pepper to taste
500 g potato or kumara sliced thinly and cooked until tender
Tomato slices
1 Tbsp mixed herbs, or basil
50 g grated Edam cheese

Method

1. Spray a non stick pan with cooking spray and sauté chicken until starting to brown.
2. Add veggies and mixed herbs and cook a further 5 minutes, or until veggies are tender.
3. Mix the milk, corn-flour, salt and pepper together and add to the pan. Simmer gently for about 5 minutes until the mixture thickens.
4. Layer half the sliced potato or kumara in an ovenproof dish and cover with all of the chicken and veggie mixture.
5. Place remaining potato or kumara slices over chicken mixture and arrange tomato slices on top.
6. Scatter herbs over tomato slices and then scatter cheese on top.
7. Bake in 200°C oven for about 40 minutes, or until cheese is golden brown.

* This recipe can be doubled for leftovers. Add a large salad or some lightly cooked fibrous veggies for a balanced meal.

Fish and Chips

Serves 4

Ingredients

500 g fish fillets
½ tsp vegetable oil
1 cup Weetbix crushed or breadcrumbs
1 egg

Method

1. Pat fish fillets dry with paper towels so the crumbs will stick.
2. Beat egg with 1 tablespoon of water in a shallow plate.
3. Put crushed Weetbix or breadcrumbs in a shallow plate.
4. Dip fish in egg, and then in cereal.
5. Coat both sides.
6. Bake 10 minutes at 230°C. Thicker fillets may need longer.
7. Serve with wedges. See page 28 for recipe.

Healthy KFC

Serves 4

Ingredients

8 chicken drumsticks, skin removed
1 Tbsp milk
1 Tbsp oil
½ cup flour
½ cup breadcrumbs or crushed cornflakes
2 tsp paprika
1 tsp curry powder
½ tsp chicken stock
Pepper

Method

1. Mix oil and milk together.
2. Mix flour, breadcrumbs or crushed cornflakes and seasonings together.
3. Dip chicken drumsticks into milk mixture, and then roll in coating.
4. Place on baking paper in oven dish.
5. Bake 40 minutes at 175°C turn halfway through.

Serve with wedges (below) and coleslaw (page 7)

Potato Wedges

Serves 4

Ingredients

4 large potatoes, washed but not peeled
1 tbsp oil

Method

1. Heat the oven to 200°C
2. Chop each potato lengthwise into 8 long pieces per potato. Put these into a plastic bag.
3. Put the oil in the bag and shake to mix and coat the potatoes with oil.
4. Put the potatoes in a roasting dish. Bake in oven for 30 minutes or until soft on inside and crispy on outside.
5. Serve with hamburgers or fish patties instead of chips.

Instead of salt add herbs such as rosemary, mixed herbs or spices such as chilli powder or paprika to the bag

To make spicy wedges mix 2 Tbsp flour, 1 tsp paprika, 1 tsp curry powder in plastic bag with the oil

Ingredients

500 g lean mince
3 slices of bread to crumble (or 1 ½ cups fresh breadcrumbs or ½ cup rolled oats)
¼ cup tomato sauce
1 egg (not essential)
1 tsp dried mixed herbs or 1 tablespoon fresh herbs
1 cup grated carrot
1 cup any mixed veggies chopped small

Method

1. Mix all ingredients together.
2. Press mixture into a loaf tin or oven-proof dish.
3. Cook at 180°C for 40-45 minutes, or until juices run clear.

Variations:

-Add other grated or finely chopped vegetables. For extra flavour add 1 teaspoon dry mustard and 2 gloves finely chopped garlic. Make a large meat loaf and save some slices for school lunches.

-Add a can of chilli or baked beans to the mix.

Easy Cottage Pie

Serves 4-5

Ingredients

500 g lean mince
1 can whole peeled tomatoes
1 Tbsp Worcestershire sauce
1 Tbsp tomato paste
1 tsp dried basil or 1 Tbsp chopped fresh basil
1 onion roughly chopped
Pepper
5 cups cooked mashed potato
2 handfuls of vegetables such as carrots, peas, corn, capsicum, mushrooms, spinach, broccoli...

Method

1. Mix mince, vegetables, can tomatoes Worcestershire sauce, tomato paste, basil onion and pepper in a bowl.
2. Place into a square pie dish.
3. Cover with the mashed potato. Bake at 180°C for 30-35 minutes or until golden brown serve with vegetables.

Dinners – Fry pan

Fish Patties with Potato or Taro Makes 8

Ingredients

1 small can smoked fish, tuna or salmon in water, drained.
3 medium potatoes, cooked and mashed or 2 taro cooked and grated
1 tsp lemon juice or ¼ cup tomato or sweet chilli sauce
1 egg
1 Tbsp canola oil

Method

1. Mix all ingredients except oil.
2. Spread a little flour on a board, tip mixture out, shape into a rectangle and cut into eight pieces.
3. Shape into round, flat patties. Heat the oil in a pan. Put four cakes into the pan. Brown on both sides.

Kedgerree Serves 10

Ingredients

1 can tuna in water, drained.
2 cups cooked rice
1 onion, chopped
2 eggs, hard boiled

Method

1. Break up fish. Slice eggs.
2. Heat oil in a pot or frying pan, brown the onion.
3. Add the rice, fish, and egg. Heat and serve.

Variation:

Use fresh smoked fish, or cooked white fish.

Ingredients

4 cups cooked brown rice or long grain white rice (2 cups raw rice, 4 cups water)
2 eggs
Pepper
150 g reduced fat ham slices cut into small squares
1 Tbsp oil
2 cloves garlic, finely chopped
1 tsp ginger, raw grated or dry
1 onion finely chopped or 6 spring onions
3 ½ cups of any vegetables such as diced celery or carrots, peas, mushrooms....
3 Tbsp soya sauce
1 Tbsp sweet chilli sauce
¼ cup unsalted nuts, chopped

Method

1. Cook rice - see page 43.
2. **Cook egg omelette:**
 - Stir eggs with whisk or fork to blend and add pepper
 - Heat 1 tsp oil in non stick pan.
 - When pan is hot, pour in half of egg mixture; tilt pan to make a thin omelette.
 - Flip omelette onto a plate and roll up. Slice roll finely with a sharp knife. Repeat with rest of egg mixture. Leave to one side
3. **Fried rice:** Heat rest of oil in the non-stick pan, add garlic and ginger and onion; stir fry for 1 minute.
4. Add the rest of the vegetables and stir fry for a further 3 minutes.
5. Add the rice and ham to the vegetables, stir through and cook a further 3 – 4 minutes.
6. Stir in the sliced egg, soy sauce and chilli sauce.
7. Sprinkle chopped nuts on top and serve.

Butter (less) chicken

Serves 4

Ingredients

2 tsp canola oil
1 chopped onion
2 cloves garlic
3 tsp grated ginger
2 tsp curry powder
1 tsp ground cumin
1 tsp ground coriander
300g boneless skinless chicken breasts, cubed or 1 can drained chick peas and 2 potatoes cubed
1 ½ cups any vegetables (broccoli, cauliflower, carrots, beans, peas...)
1 can whole or diced tomatoes
½ cup Light and Creamy evaporated milk
1 Tbsp tomato paste
1-2 tsp garam masala spice
¼ cup plain unsweetened low-fat yoghurt
1-2 Tbsp chopped coriander

Method

1. Heat oil in a large pan, add onion and garlic. Cook and stir until onion is soft (about 5 minutes).
2. Add ginger, curry powder, cumin and coriander. Cook for 1 more minute.
3. Add chicken or potato and chick peas to pan, stir and cook until chicken has lost its pink colour, and then stir in tomatoes, evaporated milk, vegetables and tomato paste. Allow mixture to boil and then reduce heat to simmer, cook for 8-10 minutes or until the chicken is cooked through.
4. Stir in remaining ingredients.
5. Serve over rice with a side salad.

Variation. Leave out evaporated milk for a more tomato based curry. Leave out both milk and tomatoes of r dry curry.

Chicken or Beef Stir-fry

Serves 6

Ingredients

3 Tbsp Canola oil
Skinless chicken breast or lean beef 600 grams (1½ cups)
1 onion - sliced
2 teaspoon chopped garlic
2 teaspoons chopped ginger
3 cups of vegetables such as: celery, mushrooms, broccoli, cauliflower, capsicum, carrots, courgettes, cabbage - all chopped (or frozen stir-fry vegetables mixture)
Egg noodles or vermicelli noodles
3 Tbsp Soya sauce

Method

1. Take fat and skin off chicken or fat off beef then cut into stir-fry slices.
2. Then wash down chopping board thoroughly.
3. Cut and slice all the vegetables into bite size pieces.
4. Boil jug then pour boiling water over noodles and leave to soak for 5 minutes, then drain and cool under cold water, then drain again.
5. Heat oil in a hot frying pan.
6. Cook chicken for 2 minutes or beef for 30 seconds on hot heat.
7. Add onions then garlic and cook for 1 minute mixing well.
8. Add vegetables and cook for 3 minutes.
9. Add noodles and mix well
10. Add the soy sauce, honey and sesame oil and mix well for another 2 minutes

Variation – add 1 can pineapple pieces in juice and 1 Tbsp vinegar – to make sweet and sour flavour.

Peanut Satay Chicken

Serves 4

Ingredients

1 onion, chopped
500g chicken boneless meat, cut into small strips
½ Tbsp oil
1 carrot, sliced or cut into sticks
1 cup silverbeet or bok choy, cut into pieces
2 Tbsp peanut butter
1 Tbsp brown sugar
1 tsp chilli powder
3 Tbsp light coconut cream or milk
1 Tbsp lemon juice

Method

1. Heat the oil in a large fry pan or wok and cook the onion until it is clear.
2. Turn up the heat and cook the chicken pieces for 5 minutes. Keep stirring so they don't stick.
3. Add the vegetables when the chicken is cooked through. Stir fry for 5 minutes.
4. Mix the rest of the ingredients together in a cup and pour into the pan. Mix and heat through.
5. Serve with rice or noodles.

Ingredients

500g minced beef (or lamb or pork)
½ Tbsp oil
1 onion
1 clove garlic, crushed
1 can tomatoes
2 cups water
1 stock cube or 1 Tbsp Worcestershire sauce or 1 Tbsp Marmite
1 cup corn kernels or peas or frozen mixed vegetables or fresh vegetables, sliced e.g. capsicum, mushrooms or silverbeet, broccoli...
½ cup carrot or pumpkin, grated.
Pinch pepper

Method

1. Heat oil in a frying pan and sauté onion for 2-3 minutes or until clear.
2. Add the mince and cook for 6-8 minutes until the mince is brown, stirring frequently.
3. Pour the fat off the mince using the pan lid to hold the mince back.
4. Add the vegetables, stock cube, marmite or Worcestershire sauce and water.
5. Reduce the heat and simmer for 15-20 minutes, stirring occasionally
6. Season with pepper to taste.

To make the meal go further add 1 can of lentils or red kidney beans. Make extra and freeze it or keep it in the fridge for the next day.

Spaghetti Bolognese

Serves 6

Ingredients

500 g mince
2 tsp oil
2 medium onions (chopped)
2 cloves garlic chopped or crushed
1 carrot (grated or finely chopped)
2 celery sticks
3 Tbsp tomato paste
1 can tomatoes
2 tsp oregano
2 tsp marjoram or basil or mixed herbs
250 g frozen peas or corn
450 g spaghetti
Grated Edam cheese or Parmesan (to flavour)

Method

1. Heat oil in a pan, brown the mince, add chopped onion and garlic and cook until onion is transparent.
2. Add vegetables. Mix through to heat. Add the tomato paste, herbs and canned tomatoes. Add enough water to make a sauce.
3. Heat a large pot of water to boiling point. Add pasta, stir to separate then leave lid off.
4. Cook until pasta is cooked but not soggy.
5. Serve strained spaghetti on a plate topped with mince mixture.
6. Sprinkle with Edam or parmesan cheese.

Two meals out of one!

Make extra bolognese sauce, top with mashed potato and bake in the oven for half an hour for dinner the following night.

Chilli Con Carne

Serves 4

Ingredients

Dash of oil
500g lean beef mince
1 Can Chilli Beans
1 Can Tomatoes

Method

1. Heat the oil in a frying pan and brown the minced beef, breaking it up with a fork as you go.
2. Drain fat off mince.
3. Add the Chilli Beans and can of Tomatoes. Simmer for 15 minutes until the beef is tender.
4. Jazz the recipe up by adding 2 onions, diced garlic and a teaspoon of cumin before you add the beans and tomatoes.
5. Serve with rice, nachos or on top of baked potatoes and a fresh green salad/coleslaw with a little mayonnaise
6. For a treat this recipe can be served with a little lite sour cream and/or guacamole.

Hamburgers

Serves 4

Ingredients

500g mince
1 onion finely chopped
1 egg
½ teaspoon dried herbs
Breadcrumbs

Method

1. Place all ingredients in a bowl and mix together. If mixture is too wet add 1-2 tablespoons wholemeal breadcrumbs.
2. Roll mince into balls, flatten and coat in breadcrumbs.
3. Cook immediately or chill in single layer until ready to cook.
4. Heat 1-2 tablespoons oil in a pan. Put pattie in and flatten with a fish slice. Cook on high heat until brown on both sides and in the middle. This should take about 2 minutes each side.

Variation: Add ½ cup grated carrot and 1-2 tablespoons fresh chopped parsley instead of the dried herbs.

5. Serve patties on either Hamburger rolls or sliced toast bread.
6. Fill with any salad ingredients
7. Top with tomato sauce, mustard or low fat mayonnaise.
8. Serve with Potato Wedges – see page 28

Ingredients

400 g lean minced beef
1 large onion, chopped
2 cloves garlic, finely chopped
3 sticks celery sliced
3 medium carrots, halved and sliced
1 can concentrated tomato soup
1 ½ cups hot water
1 tsp each dried oregano and basil
200 g macaroni pasta
2 cups quick-cooking vegetables (frozen peas, broccoli florets, mushrooms etc)
Black pepper to taste

Method

1. Heat large pan. Add the minced beef in several chunks, and heat stirring frequently, to break it up.
2. Drain fat off mince.
3. Add the chopped onion and garlic and keep stirring, over high heat, until the onion is transparent.
4. Add the sliced celery and carrots, then the soup, hot water, oregano and basil. Mix together and allow the mixture to return to the boil.
5. Add the pasta and mix to combine. Reduce the heat to a gentle simmer and cover with a lid. Cook for about 20 minutes, stirring every 5 minutes or so, or until the pasta is fairly tender. (if you think the mixture is too dry add another ½ cup of water).
6. Stir in the green peas, broccoli and/ or mushrooms and cook for another 5 minutes, or just until these are tender.

Corned Beef & Vegetable Dish

Serves 8

Ingredients

1 small can (340g) corned beef
1 onion, chopped finely
1 zucchini, sliced
1 carrot, peeled and chopped
2 tomatoes, chopped
1 ½ cups cabbage, chopped
1 stick celery, chopped
1 Tbsp soy sauce (optional)
2 Tbsp water

Method

1. Fill a large pan with water.
2. Do not open the can. Put the whole can of corned beef into the water and heat until boiling for 3 minutes.
3. Now open the can and pour off the fat. Alternatively heat meat in a pan or microwave and drain off fat.
4. Heat a pan. Add chopped onions and a little bit of water. Cook for a few minutes.
5. Add the corned beef and vegetables. Mix well. Put lid on and cook until vegetables are soft. Add the soy sauce and more water if needed.
6. Serve with taro, green banana, rice or vermicelli.

If more people come over, add more veggies e.g. silverbeet, bok choy, capsicum, or cauliflower. For a quick meal, use frozen mixed vegetables- they are just as healthy as fresh.

Dinners – Basics

Rice

Mix one part rice with 2 parts water e.g 1 cup rice with 2 cups water.

Microwave:

Put the rice in a large microwave bowl. Add boiling water then cover the bowl and microwave at Medium (50%) for 15 – 20 minutes or until rice tender.

Pot:

Put the rice in large pot with close fitting lid, pour in boiling water and bring the rice to the boil, then cover and reduce heat to very low and leave to steam for 15 minutes. Remove pot from heat and stand for a further 10 minutes.

Note: Brown rice requires a longer cooking time. Refer to packet for cooking instructions. Cooked brown rice still tastes a little chewy.

Vegetables

Cabbage

Shred cabbage finely. Cook lightly as overcooking ruins the flavour.

- Coleslaws (see salad ideas)
- Stir-fry- Add near the end of cooking
- Soups - Add near the end of cooking

Cauliflower / Broccoli

Cauliflowers are often large and can last for lots of meals. Cook lightly as overcooking ruins the flavour. Broccoli can be used in the same way.

- Stir-fry: Add to a stir-fry in the middle of cooking
- Raw or lightly cooked with a dip: Cut into small florets
- Microwave
- Add to casseroles or macaroni cheese
- Top with grated cheese
- Chop finely and add to a pasta sauce or mince.
- Use raw with a dip for a healthy snack

Pumpkin

Pumpkins are often cheap in season and store well.

- Baked pumpkin
- Pumpkin soup (see recipe)
- Casserole – cube and add at the beginning of cooking.
- Boil and mash with potatoes.

Courgettes/Zucchini

These veggies are versatile for savoury dishes and in baking.

- Stir-fry – add near the end of cooking
- Microwave - Cut into rings, cook till tender
- Use in a quick quiche
- Meatloaf or meat-balls - grate
- Muffins and cakes – grate, use in muffins or in place of carrots in carrot cake
- Pasta sauce – chop finely and add to pasta sauce or mince
- Pan fry with garlic.

Silverbeet/Spinach

Silverbeet is easy to grow in the garden. Gardeners often give it away. Silverbeet has a strong flavour but is great mixed with other ingredients.

Wash well and chop finely. These can be used in:

- Pasta sauce – chop finely and add to pasta sauce
- Quick quiche
- Stir-fry – add near the end of cooking
- Savoury muffins – lightly cook, and add to cheesy muffins
- Casserole – add in the last hour of cooking
- Soup – chop finely and add to a vegetable soup
- Meat-loaf or meat-balls - chop very finely

Carrot

Always cheap and a great bright orange, include them in each week's shopping list

- Salads - grate or finely chop
- Stir-fry - sliced, add near beginning of cooking
- Meat loaf - grate
- Mince meals such as bolognese – grate
- Casserole – chop into chunks

How to cook food safely

CLEAN

- Remember to wash your hands thoroughly with soap and warm water for 20 second and dry your hands thoroughly for 20 seconds before handling food.
- Use a different chopping board for raw and cooked foods.

COOK

- Cook food thoroughly (especially if you are reheating leftovers).
- Cook minced meat and sausages thoroughly (meat should not be pink), and cook poultry until juices run clear

COVER

- Keep food covered before and after it is prepared.

CHILL

- Put it in the fridge or freezer as soon as it has cooled down.
- Keep raw and cooked food separate in the fridge – raw food on the lowest level shelf.

Acknowledgements

Dietitians: Carole Gibb, Jan Milne

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Healthy Families Coach: Sarah Milne

“How to Cook Food Safely”, *New Zealand Food Safety Authority Safe Food Handling Guidelines*. New Zealand Food Safety Authority

Kai Lelei Recipes for Large Families, Auckland Regional Public Health and Counties Manukau District Health Board

The National Heart Foundation of New Zealand

Every day meal and snack ideas (CM DHB)

Nga WahineAtawhai o Matukutureia Recipe Book

Kai LeleiRecipes for Large Families

Healthy Cooking & Nutrition BOP DHB

Kia Kaha Te Kai

The great little cookbook