

KŌANGA | SPRING RECIPES

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# LOCAL CHOICE FAMILY KAI

4 weeks of  
easy, nourishing  
dinner meals  
for a family  
of 6



EASY | AFFORDABLE | ZERO WASTE

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Local Choice Family Kai helps families shop for, and eat, nourishing affordable food. The concept provides a plan for five dinner meals for a family of six (two adults and four children under 10) or four adults for \$50\*.

This book provides four weeks of easy dinner recipes, shopping lists and tips to reduce food waste while cooking and preparing dinner.

Local Choice was created by Healthy Families Waitakere. This was achieved in collaboration with FreshChoice, Auckland Council supported by Love Food Hate Waste and community members in West Auckland.

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**On the cover:** Mexican pancakes, recipe p40

\*\$50 is based on using low-cost ingredients including seasonal fresh vegetables and on supermarket prices at the time of publication. Prices may vary between stores and regions, and whether you buy in bulk or from markets.

**THIS WEEK'S RECIPES**

Shakshuka

Layered fish & potato bake

Asian chicken pasta salad

Nachos

Bacon lentil pasta

**BONUS RECIPE**

Meringue kisses

**SPRING  
WEEK 1**



## SHOPPING LIST

### BUTCHERY

beef mince – 400g  
chicken breast, boneless – 500g

### CHILLED

milk, low fat – 1L  
middle bacon – 200g pack  
cheddar cheese – 500g block

### PRODUCE

potatoes – 1.5kg – 12 pieces  
carrots – 800g – 6 pieces  
onions – 1.2kg – 6 pieces  
green cabbage – half  
spring onion – 1 bunch  
silverbeet – 500g – 1 packet  
eggs – size 6 – 12 pack  
lemon – 1

### FROZEN

frozen mixed vegetables – 1kg pack

### GROCERY

corn chips – 300g – 1 packet  
spiral pasta – 500g – 1 packet  
diced tomatoes – 400g – 6 cans  
lentils in brine – 420g – 1 can  
red kidney beans – 390g – 2 cans  
tinned tuna, smoked fish fillets or salmon –  
450g – 1 large can  
chickpeas – 420g – 1 can

## STAPLES FOR THE WEEK

bay leaves (optional)  
cayenne pepper or ground chilli (optional)  
chicken stock (liquid or stock cube, can use vegetable stock if you prefer)  
cumin, ground  
fish, oyster or Worcestershire sauce  
garlic – cloves or crushed  
ginger – fresh or crushed  
lemon juice or vinegar  
mixed herbs, dried  
oil – vegetable, olive or canola  
paprika  
pepper  
rosemary or basil, dried  
salt (iodised)  
soy sauce – light or low sodium  
sugar – brown or white  
sweet chilli sauce  
water

## OPTIONAL EXTRAS

wholemeal toast or bread rolls to serve with shakshuka  
sour cream and guacamole to serve with the nachos

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## TIPS

Recipes can be cooked in any order, although we recommend cooking the shakshuka and layered fish & potato bake first, while the silverbeet is fresh.

Save the brine from the chickpeas when you make the Asian chicken pasta salad. Use the brine to make meringue kisses (bonus recipe on page 11).

Ingredients you will be sharing this week are: potatoes, carrots, onions, eggs, green cabbage, silverbeet, spring onion, pasta, frozen mixed vegetables and cheese. You will have some cheese left over, but it will be used in next week's meal plan. ★



## BASIC HOME KITCHEN MEASUREMENTS

3

TEASPOONS

=

1

TABLESPOON

4

TABLESPOONS

=

$\frac{1}{4}$

CUP

16

TABLESPOONS

=

1

CUP

# SHAKSHUKA (ONE-POT)

**READY IN**  
APPROX. 35 MINS

**SERVES**  
6

**NUTRITION PER SERVE**  
ENERGY: 1630KJ    PROTEIN: 23.0G    TOTAL FAT: 17.0G    CARBS: 30.6G    SODIUM: 1120MG



## INGREDIENTS

- 4 potatoes★
- 2 tablespoons oil
- 1 onion, finely chopped★
- 1 tablespoon paprika (optional)
- 1 teaspoon ground chilli powder, to taste (optional)
- 1 teaspoon ground cumin
- 3 cloves garlic, finely chopped or 3 teaspoons crushed garlic
- 250g silverbeet (including stalks), finely chopped★
- 2 cans diced tomatoes★
- 1 can red kidney beans★
- 1 cup chicken stock
- 1 teaspoon sugar
- 2 spring onions, chopped★
- salt, to taste
- pepper, to taste
- 8 eggs★
- 1 cup grated cheese★
- wholemeal toast or rolls (optional)

SHARED INGREDIENT★

## METHOD

Chop the potatoes into small cubes then boil until they are nearly cooked. Alternatively, microwave on high for 3–4 minutes.

Preheat oven to 200°C bake.

Heat oil in a large saucepan over medium heat. Cook the onion for 4 minutes.

Stir in the paprika, chilli powder and cumin, and cook for 1 minute.

Add garlic, silverbeet and potatoes and cook for 5 minutes.

Pour in the diced tomatoes, red kidney beans, chicken stock, sugar and spring onions. Season with salt and pepper.

Leave to simmer for 10 minutes, or until the mixture has reduced slightly.

Transfer the sauce mix to an ovenproof dish. Crack the eggs evenly across the top of the tomato sauce and bake for approximately 5 minutes until the yolks start to firm up.

Take out of the oven and sprinkle over the cheese.

Bake for another 5 minutes or until eggs have set.

Serve with wholemeal rolls or toast, if desired.

**LEFTOVERS:** This dish won't freeze well so any leftovers should be eaten for breakfast or lunch the next day.

# LAYERED FISH AND POTATO BAKE

**READY IN**  
APPROX. 90 MINS

**SERVES**  
6

ENERGY: 2160KJ

PROTEIN: 42.9G

TOTAL FAT: 21.3G

CARBS: 33.8G

SODIUM: 2030MG



## INGREDIENTS

- 1 tablespoon oil
- 2 onions, finely chopped ★
- 250g silverbeet (separate leaves from stalks), finely chopped ★
- 3 cloves garlic, finely chopped or 3 teaspoons crushed garlic
- salt, to taste
- pepper, to taste
- 1 can smoked fish fillets, tuna or salmon ★
- 2 cups cheese, grated ★
- 2 eggs ★
- 2 cups milk
- 8 potatoes, thinly sliced ★

## COLESLAW

- ¼ cabbage, shredded ★
- 2 carrots, grated ★
- 1 tablespoon oil
- 1 tablespoon lemon juice or vinegar
- salt & pepper to taste

SHARED INGREDIENT ★

## METHOD

Heat oil in a saucepan on medium heat. Add the onion and chopped silverbeet stalks and cook until translucent.

Add garlic and chopped silverbeet leaves and cook until the leaves are soft. Let the mixture cool and then mix in the fish. Season with salt and pepper.

Meanwhile, preheat the oven to 180°C bake.

Divide the cheese into 4 portions (½ cup each).

In a baking dish (300 x 200 x 50mm, greased), place the sliced potatoes along the bottom of the dish, then spread a thin layer of the silverbeet and fish filling. Sprinkle one portion of cheese on top. Repeat these layers twice more, finishing with a layer of potatoes. Whisk the milk with eggs and then pour it over the dish. Top with the last of the grated cheese.

Bake for approximately 50 minutes, until the potato is soft. If it begins to burn, cover it with tinfoil.

Let cool slightly before serving.

To make the coleslaw, mix all of the coleslaw ingredients together.

**TIP:** To decrease the cooking time, cook the sliced potatoes in the microwave for 2-3 minutes before placing in the baking dish.

**LEFTOVERS:** Eat any leftovers for lunch the next day.

# ASIAN CHICKEN PASTA SALAD

**READY IN** APPROX. 45 MINS    **SERVES** 6    **ENERGY:** 1520KJ    **PROTEIN:** 28.9G    **TOTAL FAT:** 7.7G    **NUTRITION PER SERVE**    **CARBS:** 37.9G    **SODIUM:** 1550MG



## INGREDIENTS

½ packet **spiral pasta** ★  
1 tablespoon **oil**  
1 **onion**, finely chopped ★  
4 **cloves garlic**, finely chopped or 4 teaspoons **crushed garlic**  
500g **chicken breast**, sliced thickly  
3 cups **frozen mixed vegetables** ★  
2 tablespoons **fish, oyster or Worcestershire sauce**  
3 tablespoons **soy sauce**  
1 **lemon**, juiced  
1 teaspoon **ginger**, grated or crushed  
½ cup **sweet chilli sauce** (alternatively you can use 2 tablespoons **honey**, ½ cup **water** and 1 teaspoon **chili powder**)  
¼ **cabbage**, finely chopped ★  
1 can **chickpeas**, drained (keep the brine for bonus recipe)  
2 **spring onions**, chopped ★  
**salt**, to taste  
**pepper**, to taste

SHARED INGREDIENT ★

## METHOD

Cook pasta according to the instructions on the packet.

Heat oil in a pan on medium heat. Fry the onion, half of the crushed garlic and chicken for 8-10 minutes, stirring occasionally.

Add the frozen vegetables and cook for another 5-7 minutes, or until the chicken and vegetables are cooked through.

In a bowl, mix together the fish sauce, soy sauce, lemon juice, ginger, sweet chilli sauce and the other half of the crushed garlic.

Stir the sweet chilli sauce mixture through the chicken and vegetables.

Remove the saucepan from the heat, and place the chicken mixture in a bowl.

Using forks, shred the chicken.

In a large bowl, toss together the pasta, cabbage, chickpeas, and most of the spring onions – leaving some to garnish.

Add the chicken, vegetables and sauce mixture to the pasta and mix well. Season with salt and pepper.

Garnish with remaining spring onions.

**TIP:** Use the green part of the spring onion as well as the white stalk.

**LEFTOVERS:** This dish doesn't freeze well, so eat for lunch the next day.

# NACHOS

**READY IN**  
APPROX. 30 MINS

**SERVES**  
6

ENERGY: 2610KJ

PROTEIN: 32.2G

TOTAL FAT: 31.0G

CARBS: 46.5G

SODIUM: 1130MG



## INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**, finely chopped ★
- 400g **beef mince** ★
- 3 **cloves garlic**, finely chopped or 3 teaspoons **crushed garlic**
- salt**, to taste (optional)
- pepper**, to taste (optional)
- 2 teaspoons **mixed herbs**
- 1 can **red kidney beans**, drained ★
- 2 cans **diced tomatoes** ★
- 1 teaspoon **sugar**
- 1 cup **water**
- 3 cups **frozen mixed vegetables** ★
- 2 **carrots**, grated ★
- 2 teaspoons **paprika**, to taste (optional)
- 1-2 teaspoons **cayenne pepper** or 1 teaspoon **chilli powder**, to taste (optional)
- 300g **corn chips**
- ½ cup **cheese**, grated ★
- guacamole** and **light sour cream** (optional)

SHARED INGREDIENT ★

## METHOD

Heat oil in a large saucepan on medium heat.

Add the chopped onion and fry for 2 minutes, or until the onion appears translucent.

Stir in the mince, garlic, salt, pepper and mixed herbs. Leave to let the mince cook for approximately 10 minutes, stirring regularly.

Stir in the kidney beans, diced tomatoes, sugar and water. Bring the mixture to a boil. Add the frozen vegetables, carrot, paprika and cayenne pepper (optional) and leave to cook for 10 minutes, or until the mixture has reduced slightly.

Spread the corn chips on a large baking tray, place the mince on top of the chips and then sprinkle over the cheese. Grill in the oven until the cheese is melted.

Serve with guacamole and sour cream on the side if you desire.

**LEFTOVERS :** The mince sauce freezes well. Alternatively use it in a toasted sandwich or in a filling for baked potatoes.

# BACON LENTIL PASTA

**READY IN**  
APPROX. 30 MINS

**SERVES**  
6

ENERGY: 1170KJ

PROTEIN: 16.1G

TOTAL FAT: 7.0G

CARBS: 33.0G

SODIUM: 1080MG



## INGREDIENTS

- ½ packet **spiral pasta** ★
- 1 tablespoon **oil**
- 1 **onion**, finely chopped ★
- 2 **bay leaves** (optional)
- 3 cloves **garlic**, finely chopped or 3 teaspoons **crushed garlic**
- 200g **middle bacon**, chopped
- 2 teaspoons **rosemary** or **dried basil**
- 2 teaspoons **mixed herbs**
- 2 cans **diced tomatoes** ★
- 1 teaspoon **sugar**
- 3 cups **frozen mixed vegetables** (defrosted) ★
- 2 **carrots**, grated ★
- 1 can **lentils**, drained
- salt**, to taste
- pepper**, to taste

## METHOD

Cook pasta according to the instructions on the packet.

Heat oil in a saucepan on medium heat. Add the onion, bay leaves and garlic for 2 minutes, or until translucent.

Stir in the bacon, rosemary or basil and mixed herbs. Then leave to cook for 3 minutes, stirring occasionally.

Mix in the diced tomatoes, sugar, vegetables, carrot and lentils.

Season with salt and pepper. Bring mixture to a simmer for 8-10 minutes, stirring occasionally. Remove the bay leaves from the mixture and discard.

Add cooked pasta to the mixture and serve.

**TIP:** You don't need to peel your carrots, just give them a good wash to make sure they are clean.

**LEFTOVERS:** Freeze any leftovers.

# MERINGUE KISSES

READY IN APPROX. 1H 40 MINS    SERVES 6    ENERGY: 433KJ    PROTEIN: 0.8G    TOTAL FAT: 0.2G    CARBS: 24.6G    SODIUM: 3MG



## INGREDIENTS

- ½ cup chickpea brine ★
- ½ teaspoon white wine vinegar (optional)
- ⅔ cup caster sugar

## METHOD

Preheat oven to 100°C, and line two baking trays with baking paper.

Using an electric beater or stand mixer, beat the chickpea brine in a large bowl, until you get stiff peaks. (To help stabilise the brine, you may want to add white wine vinegar).

When stiff peaks are achieved, and you can tip the bowl upside down without the mixture moving, begin to add the sugar very slowly one teaspoon at a time, whipping the mixture after each addition of sugar, until it is all incorporated.

Gently place the mixture in a clean zip lock bag and cut off one of the corners of the bag to make a small hole.

Pipe small dollops of the meringue mixture onto the baking tray. Try to keep them to about the size of a \$2 coin. Piping the meringue will take practice; so don't worry if your meringue kisses don't look perfect – they will still taste good!

Continue piping meringue kisses, evenly spreading (not touching) them across the baking tray.

Bake the meringues in the oven for 75 minutes (1 hour and 15 minutes).

Once baked, leave the meringues in the oven with the oven off and the door ajar for an additional 45–60 minutes.

Serve with fresh fruit & enjoy!

**TIP:** The bigger the meringue kisses you make – the longer the baking time. Adjust baking time accordingly.

**NOTE:** The ingredients for the bonus recipe aren't included on the shopping list.

# 6

## helpful FRIDGE HACKS



**1** **Keep it cool** – make sure your fridge is between 1°C and 4°C.

**2** **The door is the warmest part of your fridge**, so use it to store things like drinks and sauces, not your milk or cheese.

**3** **Have an 'Eat Me First' shelf** where you put food that other people can help themselves to like leftovers, food that has a short shelf and snacks for the kids.

**4** **Don't overfill your fridge** as air needs to circulate in order to keep your food cold. If your fridge is too full, put some things into the freezer.

**5** **Not all food belongs in the fridge** – tomatoes, onions, potatoes and bananas definitely shouldn't be kept in the fridge. Other items that don't need to be kept cold include eggs and condiments like tomato or sweet chilli sauce.

**6** **Use your crisper drawers smartly** – keep your vegetables in one and your fruit in the other. This will ensure everything stays as fresh as possible.

## THIS WEEK'S RECIPES

Red beans in bread shells

Mongolian beef stir-fry

Honey soy chicken with roast vegetables

Sausage jambayala

Fridge frittata

## BONUS RECIPES

Garlic bread chips

Coconut rice with pineapple

# SPRING WEEK 2



### SHOPPING LIST

#### BUTCHERY

beef stir-fry – 400g  
chicken drumsticks – 1kg – 8-10 pieces  
pork sausages – 6 sausages

#### PRODUCE

potatoes – 1.5kg – 10 pieces  
carrots – 1kg – 8 pieces  
onions – 1kg – 8 pieces  
broccoli – 1 head  
leek – 1  
beetroot – 600g – 4 pieces  
eggs – size 6 – 12 pack

#### FROZEN

frozen mixed vegetables – 1kg pack

#### GROCERY

wholemeal sliced bread – 1 packet  
long grain brown rice – 1kg pack  
diced tomatoes – 400g – 2 cans  
red kidney beans – 390g – 2 cans  
cannellini beans – 2 cans

### STAPLES FOR THE WEEK

bay leaf (optional)  
cheese (*if you have followed the week one meal plan you may have some leftover*)  
chicken or vegetable stock (liquid or powder)  
chilli flakes (optional)  
cornflour  
cumin, ground  
garlic, fresh or crushed  
ginger, fresh or crushed  
honey  
milk, low fat  
mixed herbs, dried  
oil – vegetable, olive or canola  
paprika  
parsley (optional)  
pepper  
rosemary, fresh or dried  
salt (iodised)  
soy sauce – light or low sodium  
sugar – white or brown  
white vinegar

### OPTIONAL EXTRAS

green salad to serve with the red beans in bread cases

SUPPORTED BY



## TIPS

Recipes can be cooked in any order but we suggest making the red beans in bread shells and the Mongolian beef stir-fry first, when your broccoli is fresh.

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Don't throw away your bread crusts when you make the red beans in bread shells. It's easy to turn bread crusts into delicious chips – try the bonus recipe for garlic bread chips on page 21.

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You will have some brown rice leftover. For something sweet, make the bonus recipe on page 22 for coconut rice with pineapple – it is a tropical version of a rice pudding.

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Ingredients you will be sharing this week are: leek, potatoes, carrots, onions, eggs, broccoli, bread, brown rice and frozen mixed vegetables. You will also be using up leftover cheese from the previous week (if you followed the meal plan). ★

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Cut the leek in half length-ways. You can use most of the dark green part of the leek, just make sure to slice it thinly as it will take slightly longer to cook than the white part.

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You don't need to peel your potatoes, carrot or beetroot – just give them a good wash to make sure they are clean.

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If you buy more than one loaf of bread at once, store the extras in the freezer until you need them. Freezing bread keeps it fresh and stops it from growing mould.

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# RED BEANS IN BREAD SHELLS

**READY IN**  
APPROX. 40 MINS

**SERVES**  
6

ENERGY: 1850KJ

PROTEIN: 22.5G

TOTAL FAT: 8.8G

CARBS: 57.2G

SODIUM: 1460MG



## INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped ★
- 3 cloves garlic, finely chopped or 3 teaspoons crushed garlic
- 2 cans kidney beans, drained
- 2 cans diced tomatoes
- ½ head broccoli, finely chopped ★
- 2 carrots, grated ★
- 1 cup frozen mixed vegetables (defrosted) ★
- 1 tablespoon paprika
- 1 teaspoon mixed herbs
- 1-2 teaspoons chilli flakes, to taste (optional)
- salt, to taste
- pepper, to taste
- 1 teaspoon sugar
- 12 slices of wholemeal bread
- ½ cup cheese, grated (optional)
- green salad to serve (optional)

## METHOD

Heat oil in a saucepan on medium heat. Add onion and garlic and cook until translucent and soft.

Mix in the kidney beans, chopped tomatoes, broccoli, carrots, defrosted vegetables and seasonings (including the sugar).

Let the mixture simmer for 10 minutes.

Preheat oven to 180°C bake.

Cut the crusts off the bread, but don't throw them away. Use them to make garlic bread chips (see bonus recipe) or freeze them to use for breadcrumbs.

Roll the bread out gently with a rolling pin, then ease it carefully into the openings of a pre-greased medium-size muffin tray to form cups.

Bake the bread for about 10-15 minutes, until it is golden.

Remove the bread shells from the oven, let them cool for a few minutes.

Fill the shells with the red beans sauce and a sprinkle of grated cheese. Return to the oven until the cheese is melted.

Serve with a green salad (optional).

**TIP:** If you don't have muffin tins, you can make these in ramekins or small oven-proof bowls.

**LEFTOVERS:** Eat for lunch the next day.

# MONGOLIAN BEEF STIR-FRY

**READY IN**    **SERVES**

APPROX. 45 MINS

6

ENERGY: 2010KJ

PROTEIN: 28.0G

TOTAL FAT: 10.1G

CARBS: 61.7G

SODIUM: 1010MG



## INGREDIENTS

- 2 cups **brown rice** ★
- 3 tablespoons **oil**
- 2 **onions**, finely chopped ★
- 3 **cloves garlic**, finely chopped or 3 teaspoons **crushed garlic**
- 1 teaspoon **ground** or **crushed ginger**
- 400g **beef stir-fry**
- salt**, to taste (optional)
- pepper**, to taste (optional)
- 1 teaspoon **chilli flakes** or **paprika** (optional)
- ½ head **broccoli**, chopped ★
- 3 cups **frozen mixed vegetables** ★
- 2 **beetroot**, grated ★
- 3 **carrots**, cut into thin sticks ★
- 2 tablespoons **honey**
- 2 tablespoons **white vinegar**
- ½ cup **soy sauce**
- 1 ½ cups of **water**
- 3 tablespoons **cornflour**

SHARED INGREDIENT ★

## METHOD

Cook the brown rice according to the instructions on the packet. Keep warm.

Heat oil in a large frying pan or wok on a medium heat. Stir-fry the onion, garlic, and ginger for 1 minute.

Stir in the beef and season with salt, pepper and chilli or paprika, then let cook for 8 minutes, or until browned.

Add the broccoli, frozen vegetables, beetroot and carrots. Stir-fry for an additional 5-7 minutes.

In a bowl, combine the honey, vinegar, soy sauce, water and cornflour. Pour it over the beef mixture and simmer gently, stirring continuously until the sauce is thick.

Serve with rice.

**TIP:** Use the stalk of the broccoli as well as the florets. Cut the stalks into thin sticks similar in size to the florets.

**LEFTOVERS:** Freeze any leftovers.

# HONEY SOY CHICKEN WITH ROAST VEGETABLES

**READY IN**  
APPROX. 60 MINS

**SERVES**  
6

**ENERGY:** 1900KJ

**PROTEIN:** 33.4G

**TOTAL FAT:** 19.2G

**CARBS:** 37.7G

**SODIUM:** 1060MG



## INGREDIENTS

- 8-10 large **chicken drumsticks** (skin removed)
- ½ cup **soy sauce**
- 2 tablespoons **honey**
- 3 teaspoons grated or crushed **ginger**
- 1 teaspoon **cumin**
- 2 **cloves garlic**, finely chopped or 2 teaspoons **crushed garlic**
- salt**, to taste (optional)
- pepper**, to taste (optional)
- 6 **potatoes**, chopped into chunks ★
- 2 **carrots**, chopped into chunks ★
- 2 **onions**, cut into wedges ★
- 2 medium **beetroot**, chopped into chunks ★
- 2 tablespoons **oil**
- 1 **onion**, finely chopped ★
- 1 ½ cups hot **water**
- 1 cup **milk**
- 3 tablespoons **cornflour**

## METHOD

In a bowl, marinate the chicken drumsticks with soy sauce, honey, ginger, cumin, garlic, salt and pepper. Cover and set aside for 15 minutes.

Preheat oven to 180°C bake.

Place the chopped potato, carrots, onion wedges and beetroot into a roasting dish and toss with 1 tablespoon of oil. Sprinkle with salt and pepper and place into the hot oven. Bake for approximately 30 minutes or until vegetables are soft (turn vegetables over after 15 minutes).

Meanwhile heat 1 tablespoon of oil in a large frying pan on a medium heat. Add the finely chopped onion and cook until it is soft. Add the chicken drumsticks and fry for approximately 10 minutes on each side.

Add the hot water to the marinade bowl, rinse the sides with the water and then pour this liquid into the pan with the chicken. Cover and let it simmer for 10 minutes.

Combine the milk with the cornflour. Pour it over the chicken, bring to simmer then reduce the heat and stir it continuously until the sauce is thick.

Remove from heat and let it sit for a couple of minutes.

Serve chicken with the roast vegetables on the side.

**LEFTOVERS:** Eat for lunch the next day.

# SAUSAGE JAMBALAYA

**READY IN** APPROX. 50 MINS    **SERVES** 6    **ENERGY:** 2280KJ    **PROTEIN:** 20.3G    **TOTAL FAT:** 25.5G    **CARBS:** 53.3G    **SODIUM:** 1730MG



## INGREDIENTS

- 3 eggs★
- 3 tablespoons oil
- 6 sausages★
- 1 onion, finely chopped★
- ½ leek, thickly sliced★
- 3 cloves garlic, finely chopped or 3 teaspoons crushed garlic
- 1 tablespoon paprika
- salt, to taste (optional)
- pepper, to taste (optional)
- 1 bay leaf (optional)
- 2 cups brown rice★
- 1 carrot, grated★
- 3 cups frozen mixed vegetables★
- 2 cups chicken stock
- 2 ½ cups boiling water
- 1 can cannellini beans, drained★
- chopped parsley, to serve (optional)

SHARED INGREDIENT★

## METHOD

Boil the eggs until they are hard boiled (about 12 minutes). Allow to cool, peel and chop, then set aside.

Meanwhile heat oil into a large saucepan on medium heat.

Fry the sausages until they are cooked. Remove from heat. Once they are cool, slice into thick slices.

Return the pan to the heat and add the onion, leek and garlic. Cook for 3 minutes.

Stir in the paprika, salt, pepper, bay leaf, rice, grated carrot and frozen vegetables. Make sure it is well combined.

Pour in the chicken stock and boiling water.

Bring to the boil, then immediately reduce to a simmer.

Put the lid on the saucepan and leave to simmer on a low heat for 25 minutes, or until the rice is cooked.

Add the cannellini beans and the sausages, and cook for 3-4 minutes on a low heat until they are warmed through.

Serve with the chopped eggs and with a sprinkle of fresh parsley (optional).

**TIP:** Use the green part of the leek as well – just chop it more finely than the white part as it will take slightly longer to cook.

**LEFTOVERS:** Freeze any leftovers.

# FRIDGE FRITTATA

READY IN SERVES

APPROX. 45 MINS

6

NUTRITION PER SERVE

ENERGY: 1230KJ PROTEIN: 18.5G TOTAL FAT: 11.9G CARBS: 23.7G SODIUM: 692MG



## INGREDIENTS

- 4 medium potatoes★
- 1 tablespoon oil
- 1 onion, finely chopped★
- ½ leek, finely chopped★
- 2 cloves garlic, finely chopped or 2 teaspoons crushed garlic
- 3 cups frozen mixed vegetables★
- 1 can cannellini beans, drained
- 9 eggs★
- ½ cup milk
- 1 teaspoon rosemary
- 1 teaspoon mixed herbs
- salt, to taste (optional)
- pepper, to taste (optional)
- ½ cup cheese, grated
- wholemeal toast★

## METHOD

Cut your potatoes into cubes. Boil or microwave them until they are tender. Once cooked, remove from heat and allow to cool.

Preheat oven to 180°C bake.

Drizzle oil in a large oven-proof frying pan on medium heat.

Add the onion, leek and garlic and cook for 3 minutes, or until they're beginning to soften.

Add the frozen vegetables and stir-fry for 5 minutes, or until the vegetables are slightly warmed through.

Reduce the heat, and stir in the potatoes and cannellini beans.

In a separate bowl, whisk together the eggs, milk, rosemary, mixed herbs, salt and pepper.

Pour the egg mixture over the vegetables. Sprinkle the grated cheese over the top.

Place the pan in the oven for 30 minutes, or until the eggs are set.

Serve with wholemeal toast.

**TIP:** If you don't have an ovenproof frying pan, transfer the vegetables, potatoes and beans to casserole or baking dish before you add the egg mixture.

**LEFTOVERS:** Eat for breakfast or lunch the next day.

# GARLIC BREAD CHIPS

READY IN  
APPROX. 25 MINS

SERVES  
6

ENERGY: 1360KJ

PROTEIN: 6.9G

TOTAL FAT: 18.9G

CARBS: 29.3G

SODIUM: 390MG



## INGREDIENTS

crusts from 10 slices of **bread**, (about 40 pieces)

2 **garlic cloves**, crushed or 2 teaspoons **crushed garlic**

¼ cup **oil**

**salt**, to taste (optional)

½ cup **sour cream** (optional)

1 tablespoon **sweet chilli sauce** (optional)

## METHOD

Preheat the oven to 200°C.

Place the crusts in a wide bowl.

Combine the oil with the garlic in a small bowl, then add the salt and mix together.

Pour the oil mix over the crusts and gently mix through until all of the crusts are evenly coated.

Spread on a baking tray in a single layer.

Bake for 5-7 minutes, until toasted and golden

To make the dip, combine the sour cream and sweet chilli sauce in a bowl and mix through.

**TIP:** You can store your crusts in the freezer until you have enough.

**NOTE:** The ingredients for the bonus recipe aren't included on the shopping list.



# COCONUT RICE WITH PINEAPPLE

READY IN  
APPROX. 3 HRS

SERVES  
6

ENERGY: 195KJ

PROTEIN: 2.4G

TOTAL FAT: 2.5G

CARBS: 2.2G

SODIUM: 557MG



## INGREDIENTS

- 1 ½ cups brown rice
- 1 cup milk
- 1 cup water
- ⅔ cup desiccated coconut
- 1 can light coconut milk
- 1 teaspoon vanilla essence or vanilla extract
- ½ cup sugar
- 1 large can pineapple chunks in juice

## METHOD

Place all of the ingredients (except for the pineapple) into a pot.

Bring to the boil, then reduce the heat to low and simmer, stirring often for 15-20 minutes until the rice is tender. You may need to add a few more tablespoons of water to the mixture if it is too dry.

Let it cool and refrigerate for approximately two hours.

Serve it cold, topped up with pineapple chunks and a drizzle of the pineapple juice from the can.

**NOTE:** The ingredients for the bonus recipe aren't included on the shopping list.



## THIS WEEK'S RECIPES

Fish cakes

Beef burgers with wedges

Donburi chicken bowl

Fish & fritters

Thai fried rice

## BONUS RECIPE

Curried rice salad

# SPRING WEEK 3



## SHOPPING LIST

### BUTCHERY

chicken breast boneless – 600g  
beef mince – 500g

### PRODUCE

potatoes – 1.5kg – 10 pieces  
carrots – 1kg – 9 pieces  
onions – 1kg – 5 pieces  
iceberg lettuce – 1 head  
spring onions – 1 bunch  
lemons – 2  
eggs – size 6 – 12 pack

### FROZEN

frozen mixed vegetables – 1kg pack  
frozen fish fillets – 1kg (can be fresh - hoki, monk  
& lemonfish are most affordable)

### GROCERY

brown rice – 1kg pack  
lentils – 420g – 1 can  
chickpeas – 420g – 1 can  
creamed corn – 410g – 1 can  
corn kernels – 400g – 2 cans  
burger buns – 420g, pack of 6 – 1 packet

## STAPLES FOR THE WEEK

baking powder  
breadcrumbs  
cheese  
chilli flakes (optional)  
fish sauce (optional)  
flour, plain  
garlic, fresh or crushed  
ginger, fresh or crushed  
honey  
mayonnaise  
oil – vegetable, olive or canola  
paprika  
parsley or mixed herbs, dried  
pepper  
rosemary, fresh or dried  
salt (iodised)  
sesame seeds (optional)  
soy sauce – light or low sodium  
sweet chilli sauce  
tomato sauce

## OPTIONAL EXTRAS

green salad and tartare sauce to service with  
the fish & fritters

SUPPORTED BY



# TIPS

Recipes can be cooked in any order, although we recommend cooking the fish cakes and beef burgers first while your lettuce is fresh.

You will have some brown rice leftover. You can use it in the bonus recipe on page 32 for curried rice salad.

Ingredients you will be sharing this week are: potatoes, carrots, onions, eggs, lettuce, spring onion, frozen mixed vegetables, fish fillets and brown rice. ★

To keep your iceberg lettuce fresh, store it in a lettuce crisper, if you have one. If you don't have one, wrap the head of lettuce in paper towels and store it in a Ziploc bag.

## HOW TO MAKE YOUR VEGETABLES LAST LONGER

### LETTUCE



Wrapping your lettuce in a paper towel and placing it in a ziplock bag or placing your lettuce in a lettuce crisper, will result in it **lasting up to four times longer!**

### AVOCADO



Wrapping your cut avocado tightly in cling wrap will result in it **lasting up to four times longer!** For a zero waste alternative, store it in an airtight container.

### CARROTS



Storing your carrots in an airtight container lined with a paper towel will result in them **lasting up to 10 times longer!**

### SALAD GREENS



Storing your salad greens in an airtight container will result in them **lasting up to two times longer!**

### CELERY



Storing chopped celery in an airtight container lined with a paper towel will result in it **lasting for up to five days longer!**

### PUMPKIN



Wrapping your cut pumpkin in cling wrap will result in it **lasting for up to 4.5 times longer!** For a zero waste alternative, remove the seeds and then wrap in a beeswax wrap.

# FISH CAKES

**READY IN**  
APPROX. 50 MINS

**SERVES**  
6

**NUTRITION PER SERVE**  
ENERGY: 1850KJ    PROTEIN: 24.2G    TOTAL FAT: 12.1G    CARBS: 53.6G    SODIUM: 898MG



## INGREDIENTS

- 4 medium **potatoes**, cubed ★
- 3 **carrots**, cut into rounds ★
- 1 tablespoon + 2 tablespoons **oil**
- 1 **onion**, finely chopped
- 1 **clove garlic**, finely chopped or 1 teaspoon **crushed garlic**
- 400-500g **fish fillet**, defrosted, cubed ★
- 2 cups **frozen mixed vegetables** ★
- 1 teaspoon **dried parsley** or **mixed herbs**
- salt**, to taste
- pepper**, to taste
- 2 **eggs**, beaten ★
- 1 cup **plain flour**
- 2 cup **breadcrumbs**
- 1/3 **spring onion** bunch, chopped ★
- 1/2 **iceberg lettuce**, finely sliced ★
- 1 **carrot**, grated ★
- 1 can **corn kernels**, drained
- 2 tablespoons **lemon juice**
- 3 tablespoons **mayonnaise** (optional)

SHARED INGREDIENT ★

## METHOD

Preheat oven to 200°C and line a baking tray with baking paper.

Boil potatoes and carrots in a large pot until they are soft (approximately 15 minutes). Take off the heat and mash together roughly – lumps are fine. Allow it to cool.

In the meantime, heat 1 tablespoon of oil in a pan on medium heat, and then fry the onion and garlic for 3 minutes.

Stir in the fish and cook for 5 minutes.

Stir in the frozen vegetables, and cook for 5-7 minutes, or until the vegetables and fish are cooked through.

Take the fish mixture off the heat and place into a large bowl. Allow it to cool.

Add the mashed potatoes and carrots, dried parsley or mixed herbs, salt and pepper to the fish. Mix well to combine. If the mixture is too hot to handle, allow it to cool.

Using this mixture, form round fish patties, about the size of your palm.

Prepare a bowl with beaten egg, a second bowl with plain flour and a third bowl with breadcrumbs. Coat each fish cake with plain flour, then egg and transfer the egged fish cakes to the bowl of breadcrumbs. Roll the fish cake in the breadcrumbs – make sure to coat the fish cakes evenly in breadcrumbs, creating a layer surrounding the whole cake. Repeat with all of the fish cakes.

# FISH CAKES

Place the crumbed fish cakes on the lined baking tray, then drizzle 2 tablespoons of oil on top of the fishcakes, coating each fish cake as evenly as possible.

Bake the fish cakes for approximately 20 minutes in the oven, or until the breadcrumbs are golden.

In a bowl, toss the iceberg, spring onion, carrot and corn kernels to coat with mayonnaise (or drizzle of oil) and lemon juice.

Serve fish cakes with the salad.

Enjoy!



## The **HANDY GUIDE** to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

### ONE FIST

CARBOHYDRATES  
VEGETABLES

RICE  
PASTA  
POTATO



### ONE FINGERTIP

OIL  
BUTTER



### ONE PALM

PROTEIN

FISH  
MEAT  
CHICKEN



### ONE THUMB

PEANUT BUTTER  
CHEESE  
NUTS  
AVOCADO



[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

LOVE  
FOOD  
hate waste  
NEW ZEALAND

# BEEF BURGER WITH WEDGES

**READY IN** APPROX. 60 MINS    **SERVES** 6    **ENERGY:** 2860KJ    **PROTEIN:** 39.8G    **TOTAL FAT:** 29.9G    **CARBS:** 59.0G    **SODIUM:** 1030MG



## INGREDIENTS

6 **potatoes**, cut into wedges ★  
3 teaspoons + 3 tablespoons **oil**  
2 teaspoons **rosemary**  
**salt**, to taste (optional)  
**pepper**, to taste (optional)  
1 **onion**, finely chopped  
2 **cloves garlic**, finely chopped or 2 teaspoons **crushed garlic**  
500g **beef mince**  
1 can **lentils**, drained  
1 teaspoon **paprika** (optional)  
1 **egg**  
2 tablespoons **plain flour**  
6 pack **burger buns**, toasted  
2 **carrots**, grated ★  
½ cup **cheese**, grated  
½ head **iceberg lettuce**, shredded ★  
**tomato sauce**, for serving  
**mayonnaise**, for serving

## METHOD

Preheat oven to 190°C and line 2-3 baking trays with baking paper.

Toss the potato wedges with 3 teaspoons of oil, rosemary, salt and pepper. Evenly spread the wedges across the baking trays.

Bake the potato wedges in the oven for 15–20 minutes, then turn the wedges and bake for another 20 minutes or until golden brown.

Meanwhile heat 1 tablespoon of oil in a small pan over medium heat.

Add the onion and garlic and sauté onions for 3 minutes, or until the onion is translucent.

Transfer the sautéed onion and garlic to a large bowl and allow it to cool completely. Add the mince, lentils, paprika and egg. Use your hands to mix everything thoroughly. Season to taste.

Using your hands, form circular patties, about the size of your palm.

Coat each patty lightly in flour.

Heat 2 tablespoons of oil in a large pan on medium heat, and then place the patties in the pan.

Cook the patties for 10–12 minutes, then flip the patty and allow it to cook for an additional 8 minutes, or until the patty is cooked through.

Place the patty into the bun and then assemble your burger by adding the following ingredients: grated cheese, grated carrot, tomato sauce, mayonnaise and shredded iceberg lettuce. Serve with a side of potato wedges.

# DONBURI CHICKEN BOWL

**READY IN** APPROX. 40 MINS    **SERVES** 6    **ENERGY:** 1820KJ    **PROTEIN:** 29.6G    **TOTAL FAT:** 9.4G    **CARBS:** 52.5G    **SODIUM:** 641MG

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## INGREDIENTS

- 2 cups **brown rice** ★
- 2 tablespoons **oil**
- 1 **onion**, finely chopped ★
- 2 **cloves garlic**, finely chopped or 2 teaspoons **crushed garlic**
- 600g **chicken breast**, thinly sliced
- 3 **carrots**, cut into sticks ★
- 4 cups **frozen mixed vegetables** ★
- 2 tablespoons **honey**
- ¼ cup **soy sauce**
- 1 cup **boiling water**
- ⅓ **spring onion** bunch, chopped ★
- 2 tablespoons **sesame seeds** (optional)

## METHOD

Cook brown rice according to packet instructions. Set aside.

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While the rice is cooking, heat oil in a pan over medium heat.

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Add onion and garlic and cook for 5 minutes. Then add the chicken and cook for 10-12 minutes, stirring occasionally.

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Add the carrot sticks and sauté for 5 minutes, stirring occasionally. Add the frozen mixed vegetables and cook for 2 minutes.

---

In a small bowl, mix together the honey, soy sauce, 1 cup boiling water and pour into the saucepan.

---

Put a lid on the pan and cook for 5-8 minutes. Then remove from heat.

---

Assemble each bowl with a portion of the cooked rice (approximately 1 cup for adults and ½ cup for children). Add the chicken and vegetable mixture.

---

Garnish each bowl with spring onion and sesame seeds (optional).

---

**LEFTOVERS:** Freeze any leftovers.

# FISH & FRITTERS

**READY IN**  
APPROX. 40 MINS

**SERVES**  
6

**NUTRITION PER SERVE**  
ENERGY: 1170KJ    PROTEIN: 20.8G    TOTAL FAT: 10.1G    CARBS: 23.5G    SODIUM: 1060MG



## INGREDIENTS

- 500-600g **fish fillets**, defrosted★ (or 500g chicken breast, if you prefer)
- ½ cup **sweet chilli sauce** (alternatively just use salt, pepper and lemon juice)
- 1 **lemon**, sliced
- ½ cup **plain flour**
- 1 teaspoon **baking powder** (optional)
- salt**, to taste (optional)
- 2 **eggs**, beaten★
- 1 can **whole corn kernels**, drained
- 1 can **creamed corn**
- ¼ cup **cheese**, grated
- ⅓ **spring onion** bunch, chopped★
- 2 tablespoons **oil**
- green salad** and **tartare sauce** (optional)

## METHOD

Preheat the oven to 180°C and line a baking tray with baking paper.

Spread the fish fillets on the baking tray, and then pour the sweet chilli sauce (or alternative) over the top of each fillet.

Put a lemon slice on top of each fish fillet.

Place the fish in the preheated oven for 15-20 minutes, or until cooked through.

Sift the flour, baking powder and salt into a bowl and mix to combine.

Next, stir in the eggs, whole corn kernels, creamed corn, cheese and spring onions. Note: if the batter is thick, add some more milk. If too liquid, add extra flour until slightly thickened.

Heat oil in a pan on medium heat.

Place spoonfuls of the fritter mix into the pan. Let the mixture fry for 2-3 minutes, or until golden. Then flip the fritter and fry for an additional 2-3 minutes, until cooked. Lay fritter on a paper towel to absorb the excess oil. Repeat until you have cooked all of the fritters.

Serve fish and fritters with a side of green salad and tartare sauce (optional).

**LEFTOVERS:** Eat the leftovers for lunch the next day. Any leftover fritters can be frozen.

# THAI FRIED RICE

**READY IN**  
APPROX. 35 MINS

**SERVES**  
6

**ENERGY:** 1690KJ

**PROTEIN:** 15.9G

**TOTAL FAT:** 11.8G

**CARBS:** 52.8G

**SODIUM:** 763MG



## INGREDIENTS

- 2 cups **brown rice** ★
- 1 tablespoon + 1 tablespoon **oil**
- 2 **onions**, finely chopped ★
- 3 cloves **garlic**, finely chopped
- 2-3 teaspoons **fresh ginger**, chopped  
or 1 teaspoon **crushed ginger**
- 1-2 teaspoons **chilli flakes**, to taste (optional)
- 4 cups **frozen mixed vegetables** ★
- 1 can **chickpeas**, drain and save the liquid for bonus recipe
- 4 tablespoons **soy sauce**
- 1 tablespoon **fish sauce** (optional)
- 7 **eggs**, beaten and seasoned with a pinch of **salt** and **pepper** ★
- 1/3 **spring onion** bunch, chopped ★

## METHOD

Cook brown rice according to packet instructions.

While the rice is cooking, heat oil in a large pan over medium heat.

Sauté the onion and garlic for 3 minutes, or until the onion is translucent.

Stir in the ginger, chilli flakes (optional), and cook for 1 minute, or until fragrant.

Add in the frozen mixed vegetables, chickpeas, and cook for 5 minutes. Then mix in the cooked rice, stirring regularly for 2 minutes.

Pour in the soy sauce and fish sauce (optional), cooking for another 2 minutes.

Transfer vegetable rice mixture onto a bowl.

Use the same frying pan to cook the eggs. Drizzle 1 tablespoon of oil, pour beaten eggs onto this frying pan and scramble, by stirring the eggs only as they cook.

Once the eggs are scrambled, mix the egg and rice mixtures together.

Garnish fried rice with spring onion and serve.

**LEFTOVERS:** Can be frozen.

# CURRIED RICE SALAD

**READY IN**  
APPROX. 10 MINS

**SERVES**  
6

ENERGY: 1260KJ

PROTEIN: 4.3G

TOTAL FAT: 10.7G

CARBS: 44.5G

SODIUM: 9MG



## METHOD

Mix together the first six ingredients in a large bowl.

Whisk the oil, white wine vinegar and curry powder together to make the dressing.

Mix the dressing through the salad.

**NOTE:** The ingredients for the bonus recipe aren't included on the shopping list.

## INGREDIENTS

- 2 cups cooked rice, chilled
- 1 apple, finely chopped
- 1 red onion, finely chopped
- 1 capsicum, finely chopped
- 2 tablespoons raisins
- 3 tablespoons fresh herbs, finely chopped
- ¼ cup oil
- ⅓ cup white wine vinegar
- 2 teaspoons curry powder



## THIS WEEK'S RECIPES

Chicken skewers with pasta salad

Potato crusted quiche

Beef stir-fry tortillas

Meatball parmigiana

Mexican pancakes

## BONUS RECIPE

Asian green beans

# SPRING WEEK 4



## SHOPPING LIST

### BUTCHERY

chicken breast boneless – 600g  
beef mince – 400g  
beef stir-fry – 400g

### CHILLED

milk, low fat – 1L  
cheddar cheese – 500g block

### PRODUCE

apple – 1  
cabbage – ½ head  
carrots – 800g – 4 pieces  
onions – 1kg – 8 pieces  
cucumber – 1 whole  
eggs – size 6 – 12 pack  
potatoes – 600g – 4 pieces

### FROZEN

frozen mixed vegetables – 1kg pack  
green beans – 1kg pack

### GROCERY

pasta penne – 1kg pack  
diced tomatoes – 400g – 4 cans  
red kidney beans – 390g – 2 cans  
dried apricot – 200g – 1 pack  
corn kernels – 400g – 1 can  
tortilla – 12 pieces – 1 packet  
lentils in brine – 420g – 1 can

## STAPLES FOR THE WEEK

breadcrumbs  
chilli flakes or ground chilli (optional)  
flour, plain  
garlic, fresh or crushed  
lemons  
mayonnaise  
mixed herbs  
oil – vegetable, olive or canola  
oyster sauce  
paprika  
pepper  
salt (iodised)  
sesame seeds (optional)  
skewers – bamboo or metal (12)  
soy sauce – light or low sodium  
sugar – brown or white

## OPTIONAL EXTRAS

green salad to serve with the Mexican  
pancakes

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SUPPORTED BY



# TIPS

Recipes can be cooked in any order, although we recommend cooking the chicken skewers with pasta salad and the potato crusted quiche while the cucumber is fresh.

You will have some frozen green beans leftover. Try our bonus recipe on page 42 for Asian green beans.

Ingredients you will be sharing this week are: potatoes, carrots, onions, cucumber, cabbage, eggs, milk, cheese and pasta. ★

We recommend you store your potatoes and onions apart from each other to make them last longer. Store your potatoes in your pantry and your onions in a cupboard.

## Knowing the difference between use by and best before will save you food and money



# CHICKEN SKEWERS WITH PASTA SALAD

READY IN APPROX. 50 MINS  
SERVES 6

ENERGY: 1520KJ

PROTEIN: 30.1G

TOTAL FAT: 6.6G

CARBS: 39.4G

SODIUM: 808MG



## INGREDIENTS

½ packet (250g) **pasta** ★  
600g **chicken breast**, skin removed, chopped into bite-size pieces

**salt**, to taste

**pepper**, to taste

2 **garlic cloves**, finely chopped or 2 teaspoons **crushed garlic**

2 tablespoons **oil**

2 **onions**, cut into wedges ★

200g **dried apricots**

1 **onion**, finely chopped ★

3 cups **frozen mixed vegetables** ★

1 cup **frozen beans** ★

½ **cucumber**, chopped into batons ★

½ **lemon**, juice

You will also need 12 **skewers** (they can be metal or bamboo)

## METHOD

Cook half of the packet of pasta according to instructions on the packet. Set aside.

Place the chicken pieces in a bowl and season with salt and pepper. Add the garlic and 1 tablespoon of oil. Mix well, cover and let it marinate for 15 minutes.

Preheat oven to 180°C and line a baking tray with baking paper.

To make the skewers, thread on an onion wedge, a piece of chicken and then a dried apricot onto the stick. Continue until the skewer is nearly full.

Repeat this method until all of the chicken has been used up.

Place the kebabs on the lined baking tray and bake for approximately 25 minutes, turning them over halfway through. When they are cooked, the juices of the chicken will run clear. Note: the larger the pieces of chicken, the longer the kebabs will need in the oven to cook.

While the kebabs are cooking, heat 1 tablespoon of oil in a pan on medium heat. Add the chopped onion and cook until translucent.

Add the frozen vegetables and beans and sauté for 7–8 minutes.

In a large bowl toss together the vegetable mix, cucumber, lemon juice and cooked pasta. Season to taste.

Serve the kebabs with the pasta on the side.

# POTATO CRUSTED QUICHE

**READY IN** APPROX. 60 MINS    **SERVES** 6    **ENERGY:** 1450KJ    **PROTEIN:** 19.8G    **TOTAL FAT:** 16.1G    **CARBS:** 26.4G    **SODIUM:** 714MG



## INGREDIENTS

- 4 potatoes, finely sliced ★
- 2 tablespoon oil
- 2 onions, finely chopped ★
- 2 garlic cloves, finely chopped
- 3 cups frozen green beans, defrosted and chopped ★
- 1 can corn kernels
- 8 eggs ★
- 1 ½ cups milk ★
- salt, to taste
- pepper, to taste
- 1 cup cheese, grated ★
- 2 tablespoons flavouring of your choice e.g. sweet chilli sauce, chutney, fresh herbs (optional)
- ¼ cabbage, shredded ★
- ½ cucumber, sliced ★
- 1 apple, grated
- 1 teaspoon lemon juice
- ¼ cup mayonnaise

SHARED INGREDIENT ★

## METHOD

Preheat the oven to 200°C.

Toss sliced potatoes with 1 tablespoon oil, then arrange in a single layer on 2 baking sheets. Bake until tender and pliable but not brown, about 10 to 15 minutes. Alternatively, you can cook them in the microwave for a couple of minutes.

Meanwhile, heat a frying pan and cook the onions with 1 tablespoon of oil until translucent. Add the garlic, green beans, corn kernels and cook for 5 minutes.

Line the side of a greased pie plate or baking dish with overlapping potato slices so they stick out above the rim; line the bottom with the remaining slices. Pour the stir-fry vegetables onto the potato-lined pie plate.

Whisk the eggs, milk, salt and pepper in a bowl; stir in half cup cheese. Mix through any optional flavourings that you are using. Pour onto the vegetables and scatter the remaining half cup cheese on top.

Reduce the oven temperature to 180°C and bake the quiche until just set in the centre, approximately 30 minutes.

Allow to cool slightly before slicing.

Toss the shredded cabbage, sliced cucumber and grated apple together.

Mix the lemon juice and mayonnaise together and toss through the salad.

Serve the quiche with a side of salad.

**LEFTOVERS:** Eat for lunch the next day.

# BEEF STIR-FRY TORTILLAS

**READY IN**  
APPROX. 35 MINS

**SERVES**  
6

ENERGY: 2000KJ

PROTEIN: 30G

TOTAL FAT: 10.8G

CARBS: 59.1G

SODIUM: 1690MG



## INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped★
- 400g stir-fry beef
- 2 teaspoons pepper
- 3 garlic cloves, finely chopped or 3 teaspoons crushed garlic
- 3 tablespoons water
- ¼ cup soy sauce
- ⅓ cup oyster sauce (optional)
- 2 carrots, cut into sticks★
- 2 cups frozen beans★
- 2 cup frozen mixed vegetables★
- 12 tortillas (approx 20cm in size)
- ¼ cabbage, shredded★
- sesame seeds (optional)

## METHOD

Heat the oil in a frying pan. Add the onion and cook over moderate to high heat until translucent.

Add the beef, pepper and garlic, and stir-fry for approximately 5 minutes.

Mix the water, soy and oyster sauces together and pour on to the beef. Add the carrots and stir-fry for another 3-5 minutes.

Add the frozen beans and mixed vegetables to the pan and cook for another 5-8 minutes or until beef is fully cooked and tender.

Serve the stir-fry with shredded cabbage and a sprinkle of sesame seeds in the wraps.

**LEFTOVERS:** Eat for lunch the next day.

# MEATBALL PARMIGIANA

**READY IN**    **SERVES**

APPROX. 50 MINS

6

ENERGY: 1720KJ

PROTEIN: 28.6G

TOTAL FAT: 13.5G

CARBS: 40.0G

SODIUM: 615MG



## INGREDIENTS

400g **beef mince**

1 **can lentils**, drained

1 **onion**, finely chopped (keep 2 tablespoons aside for the meatballs)★

3 **cloves garlic**, crushed (keep 1 teaspoon aside for the meatballs)

1 **egg**★

$\frac{3}{4}$  cup **breadcrumbs**

1 tablespoon **mixed herbs**

**salt**, to taste

**pepper**, to taste

1 tablespoon **oil**

2 cans **diced tomatoes**★

1 teaspoon **sugar**

2 cups **frozen mixed vegetables**★

$\frac{1}{2}$  **pasta** (250g) packet★

3 tablespoons **cheese**, grated★

## METHOD

In a bowl, combine the mince and lentils with 2 tablespoons onion, 1 teaspoon garlic, breadcrumbs, beaten egg and mixed herbs. Season with salt and pepper. Using your hands and a dessert spoon, form small meatballs (slightly bigger than \$2 coins) and place them on a plate.

Heat oil in a large frying pan over medium heat, add the meatballs and cook them for 3-5 minutes or until brown on each side.

Add the remaining garlic and onion to the pan and sauté until translucent.

Stir in the chopped tomatoes, sugar and frozen mixed vegetables. Allow the mixture to simmer for approximately 15 minutes, stirring it occasionally. Season to taste.

During this time, cook the pasta according to the packet instructions.

Distribute the pasta between the bowls, add the beef sauce on top, followed by a sprinkling of grated cheese.

**LEFTOVERS:** Can be frozen.

# MEXICAN PANCAKES

**READY IN**  
APPROX. 60 MINS

**SERVES**  
6

**NUTRITION PER SERVE**  
ENERGY: 2390KJ    PROTEIN: 23.0G    TOTAL FAT: 25.0G    CARBS: 56.4G    SODIUM: 1440MG



## INGREDIENTS PANCAKES

2 cups plain flour  
2 cups milk  
½ cup warm water  
4 tablespoons oil  
3 eggs★  
salt, to taste  
2 tablespoons oil

## PANCAKE FILLING

1 tablespoon oil  
1 onion, finely chopped★  
3 garlic cloves, crushed  
2 cans red kidney beans, drained  
2 cans diced tomatoes  
1 cup boiling water  
1 teaspoon sugar  
salt, to taste  
pepper, to taste  
2 teaspoons paprika

1-2 teaspoons chilli flakes/ground chilli, to taste (optional)  
2 carrots, grated★  
3 cups frozen mixed vegetables★  
1 cup cheese, grated★  
green salad to serve (optional)

## METHOD

### PANCAKES

Combine all the pancake ingredients (but only the first measure of oil) in a blender and process until smooth. If you don't have a blender, make the pancake batter by sifting the flour and salt into a bowl. Whisk the eggs in a separate bowl then add milk, water and 4 tablespoons of oil and mix well. Tip the egg mix onto the dry ingredients and whisk until smooth.

Heat the 2 tablespoons of oil in a large frying pan over a medium heat. Pour half a cup of the pancake batter into the pan. Either pick up the pan and tilt it so that the mixture spreads or use a spoon to help the spread the mixture to form a thin and round pancake.

When large bubbles form on the surface of the pancake, flip it over and cook until lightly golden on the other side. Repeat the same process until all mix is used. Set aside.

# MEXICAN PANCAKES

## PANCAKE FILLING

In a hot frying pan, add the oil and cook the onion until soft.

---

Add the garlic, kidney beans, diced tomatoes, sugar, salt, pepper, paprika and chilli flakes (optional). Mix well and simmer for approximately 8 minutes, stirring occasionally.

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Add the carrot and frozen vegetables and allow it to simmer for another 5 minutes, stirring it occasionally.

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## ASSEMBLING THE PANCAKES

Preheat oven to 180°C and lay baking paper in a large baking dish or tray.

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Add 3–4 tablespoons of fillings on to one half of each pancake and roll them into a tight cylinder.

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Put the filled pancakes into the baking dish. Spread the remaining filling on top of the pancakes, sprinkle with cheese and bake for 15–20 minutes.

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Serve it with a green salad (optional).

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**LEFTOVERS:** Can be frozen.



# ASIAN GREEN BEANS

**READY IN**  
APPROX. 10 MINS

**SERVES**  
6

ENERGY: 195KJ

PROTEIN: 2.4G

TOTAL FAT: 2.5G

CARBS: 2.2G

SODIUM: 557MG



## METHOD

In a hot frying pan, add the oil and garlic. Once the garlic starts sizzling, add the green beans, ginger, soy sauce and stir-fry for 3 minutes.

Add the pepper and chilli (optional), mixing it thoroughly.

Serve as a side dish or add some boiled eggs and tuna for a quick and light meal.

**NOTE:** The ingredients for the bonus recipe aren't included on the shopping list.

## INGREDIENTS

- 1 tablespoon oil
- 3 garlic cloves, crushed
- 1 teaspoon crushed ginger
- 3 cups frozen green beans, defrosted
- ½ cup soy sauce
- pepper, to taste
- 1 teaspoon chilli flakes (optional)

# 10 things you didn't know could be FROZEN



Freezers act as a 'pause button', preserving your food until you need it. In addition to items like bread, meat and leftovers, here are 10 items you can also freeze:

- 1 Cheese** – hard cheese freezes well (grated or in blocks)
- 2 Raw eggs** – make sure you separate the whites and the yolks first
- 3 Milk** – tip a little bit into your tea before freezing so it has room to expand in the bottle
- 4 Sauces and stocks** – use ziplock bags to freeze leftover sauces
- 5 Dairy** – cream, sour cream etc can be frozen but they will need to be used for cooking or baking once defrosted
- 6 Liquids** – leftover wine, coffee and coconut milk can all be frozen in ice cube trays
- 7 Baked goods** – such as cakes and biscuits last much longer in the freezer
- 8 Vegetables** – either blanch or cook fully before freezing so they retain their texture
- 9 Bananas** – peel and slice them before freezing
- 10 Cooked rice and pasta** – perfect for when you accidentally cook too much

Almost anything can be frozen with the exception of fruit and vegetables with high water content like lettuce, cucumber, watermelon and oranges.

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