

EASY CHOICE FAMILY KAI

Affordable, healthy and zero food waste.



Four weeks of easy, nourishing dinners for families of up to six.

CONTENTS

About Easy Choice	3
Shopping Tips	4
Staples for the month	5
Cooking and storage tips	6
What is on your plate?	7
Week 1	9
Shopping list	10
Recipes	11
Week 2	20
Shopping list	21
Recipes	22
Week 3	31
Shopping list	32
Recipes	33
Week 4	42
Shopping List	43
Recipes	45
How to make your own stock	51

First published in 2018 | Re-design 2025

Copyright photos WasteMINZ

For further information about Easy Choice, contact info@lovefoodhatewaste.co.nz

On the cover: Asian Chicken Pasta Salad, recipe p15

HOW CHOICE IS EASY CHOICE?

Easy Choice helps families shop for, cook and eat nourishing and affordable food. This is one of four seasonal cookbooks which contains four weekly meal plans. Each week has five dinner recipes. Each meal should feed a family of six (two adults and four children under 10) or four adults.

The recipes in this cookbook are designed for spring as they use spring produce and are perfect for spring nights — but they can be made any time of the year.

All of the recipes are nutritionally balanced and include plenty of healthy ingredients such as vegetables, beans and whole grains.

The meals are designed to produce zero food waste – all of the ingredients you buy should be used by the end of the week so no food should go to waste. If something is leftover at the end of the week, we have given you bonus recipes for using it up. For some meals, you may have leftovers. The recipe will tell you whether those recipes are suitable to be frozen or whether you need to eat them for lunch the next day.

The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need in order to make the meals, but which you are likely to already have in your fridge or pantry. It pays to check the staples before you go shopping in case you don't have something. Some staples are optional – these are clearly marked.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with a * so you know not to use all of the ingredient in one meal.

So, let's get cooking!



SHOPPING TIPS

These meal plans are designed to use the lowest cost ingredients from the supermarket. However, seasonal weather and price variations may mean that some items are a little more expensive.

Here are some tips to help you keep the prices down:

Buy the supermarket brand

Buying the basic supermarket brand products is a great way to keep your food bill in check. Not only is it saving you money, there is often very little, if any, difference in quality.

Buy in bulk

There are lots of ingredients like rice, meat, cheese and eggs which are used across all four weeks of this meal planner. If you are going to follow the meal planner for four weeks, you can save yourself some money by buying in bulk at the beginning. Look through the four shopping lists in this booklet and identify any items you can buy in bulk.

Stock up on specials

Meat can be very expensive, so if you have room to freeze meat, stock up on it when it is on special and freeze it until you need it. If you buy large portions, make sure you separate it out into meal sized amounts before you freeze it. Chicken breasts and drumsticks, beef mince and bacon are used many times throughout this meal planner.

Chicken drumsticks can be purchased in bulk from the frozen section of your supermarket. Chicken breasts, thighs and tenderloins are interchangeable, so buy whichever is cheapest.

Go for the cheaper alternative

This meal planner is designed to use fresh, seasonal produce, however the price of produce can vary greatly. If a vegetable suddenly has shot up in price, you can swap it for a cheaper kind of vegetable e.g. onions can be used instead of leeks.

Make substitutions

If you or someone in your family doesn't like a key ingredient in the recipe, then you can change it for something else. Beef mince can be substituted for pork mince, white rice can be used instead of brown rice, frozen vegetables instead of fresh ones. You may need to adjust cooking times to suit.

Frozen is cheaper than fresh

Frozen vegetables are often much cheaper than fresh, and are equally as good for you. Not only are they a far better bang for your buck, they won't go off in a few days like fresh vegetables do. The best thing is — they're already prepped and chopped saving time and money.

Shop around to save money

Speciality shops, like butcheries and fruit and vegetable shops, can often be much cheaper than supermarkets, so if you have time, shop around to get the best prices.

STAPLES FOR THE MONTH

baking powder	mustard (optional)
breadcrumbs	oil – vegetable, olive or canola
butter, margarine or vegetable spread	paprika
cheese	pepper
chilli – powder or flakes (optional)	raisins (optional)
coriander, ground	rosemary – fresh or dried
cornflour	salt, iodised
cumin, ground	sesame seeds (optional)
fish, oyster or Worcestershire sauce	skewers – bamboo or metal
flour, plain	soy sauce
garlic – cloves or crushed	stock – chicken or vegetable (liquid or cubes)
ginger – fresh or crushed	sugar
hoisin sauce (optional)	sunflower seeds (optional)
honey	sweet chilli sauce
mayonnaise	tomato sauce
milk	turmeric
mixed herbs, dried	vinegar (white or balsamic) or lemon juice

**KNOWING THE DIFFERENCE BETWEEN USE BY AND
BEST BEFORE WILL SAVE YOU FOOD AND MONEY**





COOKING TIPS

Cooking times will vary based on your appliances so remember to always check that the food is cooked properly.

The recipes assume that the frozen mixed vegetables being used are a mix of peas, beans, corn and carrots. If your mix has larger vegetables like broccoli and cauliflower then you may want to cook them for slightly longer.

You don't need to peel your vegetables, but make sure to wash them well. By keeping the skin on your vegetables you are not only reducing food waste, you are also increasing the nutrients and fibre in your meals.

Using stock cubes is much cheaper than buying liquid stock. To use a stock cube, dissolve one stock cube in a cup of boiling water. Alternatively, it is easy to make your own stock at home. Check out the recipe on page 51 to learn how to turn vegetable scraps into stock.

You can adjust flavourings to suit your family's preferences. You can also make substitutions e.g. mixed herbs can be used instead of oregano.



STORAGE TIPS

How you store your food has a huge impact on how long it lasts.

Store bread, hamburger buns and pita breads in the freezer to keep them fresh and stop them growing mould.

Keep cheese tightly wrapped in its packaging or plastic bag to stop it drying out. If cheese grows mould, it is safe to cut the mould off and still eat the cheese.

Store potatoes and onions in cool, dark places but keep them separate from each other (e.g. in separate cupboards). If they are stored next to each other they will go bad much faster.

The quantity of rice used in these recipes is generous. If it is too much for your family, you can cook less. If you have leftover cooked rice, you can freeze it. Leftover cooked rice is safe to eat, providing it is cooled quickly and reheated until it is piping hot.

WHAT IS ON YOUR DINNER PLATE?

Understanding the food groups and serve sizes

Eating a variety of foods from all food groups is important to keep healthy. How many serves of a particular food group you should eat depends on how old you are, how active you are and other medical conditions, such as if you are pregnant or have diabetes. For example, adults require more serves of carbohydrates than a five year old child. In addition, the serving size will be smaller for children compared to adults. Using your hands as a guide for serving sizes is an effective tool to prevent over or under eating. See the guidelines below for more details.

CARBOHYDRATES

6+ A DAY

Carbohydrates provide your body with the energy it needs to work properly. Good sources of carbohydrates include rice, pasta, breads, cereals and starchy vegetables (such as potatoes and kumara). Eat at least six serves per day and where possible, choose wholemeal or wholegrain varieties (like brown rice) for extra fibre.

For dinner, a quarter of your plate should be carbohydrates.

1 serve = 1 fist

2 breakfast wheat biscuits; 1 whole-grain bread roll; 1 sandwich-slice whole grain bread; ½ cup muesli; ½ cup cooked porridge; 1 cup cooked pasta; 1 cup cooked rice.

FRUIT AND VEGETABLES

3+ VEGETABLES & 2+ FRUIT A DAY

Fruit and vegetables provide a range of nutrients like fibres, vitamins and minerals that are essential to good health. Eat at least three servings of vegetables and at least two servings of fruit per day. Try to eat the rainbow as different coloured fruit and vegetables contain different nutrients.

For dinner, half of your plate should be vegetables.

1 serve vegetables = 1 full hand

½ cup cooked or frozen vegetable (e.g. peas, carrot, pūhā, silverbeet, kamokamo (squash), broccoli, cabbage, taro leaves); ½ cup salad

1 serve fruit = 1 cupped hand

1 medium apple, pear, banana or orange
OR 1 cup of fresh, frozen or stewed fruit salad.

PROTEIN

1+ A DAY

Protein is the building block for all cells in your body. Protein comes from dairy products as well as fish, seafood, eggs, poultry or red meat, nuts, seeds and legumes (such as lentils, kidney beans and chickpeas). Eat at least one serving of fish and other seafood, eggs, poultry or red meat a day OR eat at least two servings of legumes, nuts or seeds a day.

One portion of protein is about the amount that will fit in the palm of your hand.

For dinner, one quarter of your plate should be protein.

1 serve meat = 1 full hand palm size and thickness

Legumes = $\frac{3}{4}$ cup cooked beans, split peas, chickpeas, lentils; 1 medium fillet of cooked fish (100g); 1 egg (50g); 2 drumsticks or 1 chicken leg; 2 slices cooked meat (approximately 100g); $\frac{3}{4}$ cup mince or casserole.

MILK AND MILK PRODUCTS

2+ A DAY

Milk, yoghurt and cheese provide protein, vitamins, and minerals including calcium which are important for bone health and strong teeth. Eat at least 2 servings of dairy products (milk, cheese, yoghurt) a day and choose low-fat or reduced-fat options. If you choose a plant-based milk (e.g, soy, rice or almond), make sure that it has added calcium (and vitamin B12 if you avoid animal-based foods).

1 serve = 1 glass (250ml) of milk or calcium-added soy or rice milk; 1 small pottle of yoghurt (125–150g); 2 slices (40g) of cheese.

THE HANDY GUIDE to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

ONE FIST

CARBOHYDRATES
LEGUMES

RICE
PASTA
POTATO



ONE HAND

FISH
VEGETABLES



ONE PALM

PROTEIN

BEEF
PORK
EGGS
CHICKEN



ONE CUPPED HAND

FRUIT
NUTS
SEEDS



lovefoodhatewaste.co.nz

LOVE
FOOD
hate waste
NEW ZEALAND

SPRING RECIPES WEEK 1

This week's recipes:

- Salmon Potato Bake
- Shakshuka
- Asian Chicken Pasta Salad
- Moroccan Mince Pizzas
- Creamy Bacon Pasta Bake

Bonus recipe:

- Meringue Kisses

Moroccan
Mince Pizzas
recipe p17



SHOPPING LIST

Butchery

beef mince – 500g
chicken breasts, boneless – 500g

Chilled

bacon, middle – 200g
cheese, Edam – 500g
milk – 1 litre

Produce

carrots – 4
cabbage – half
lemon – 1
onions – 6
potatoes – 10/1.5kg
silverbeet – 500g
spring onions – 1 bunch

Frozen

frozen mixed vegetables – 1kg

Grocery

cannellini beans – 1 can
chickpeas – 2 cans
eggs – 12
pita breads, wholemeal – 10
salmon – 1 can (450g)

spiral pasta – 500g
tomatoes, chopped – 2 cans

Staples for the week

butter, margarine or vegetable spread
chilli – powder or flakes (optional)
coriander, ground
cumin, ground
fish, oyster or Worcestershire sauce
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
mustard (optional)
oil – vegetable, olive or canola
paprika
pepper
salt, iodised
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
sweet chilli sauce
tomato sauce
turmeric
vinegar, white

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.

Note: The ingredients for the bonus recipe aren't included on the shopping list but you can easily hold back some ingredients for it, or buy a little extra in the ingredients shop.

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

You will have some cheese leftover. If you are following the meal planner in order, you can use the leftover cheese in the week 2 and 3 recipes. Keep cheese tightly wrapped in its packaging or a plastic bag or beeswax wrap to stop it drying out. You can grate and freeze leftover cheese.



SALMON POTATO BAKE

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 1 hour

Ingredients

1 tablespoon oil
2 onions, finely chopped*
250g silverbeet, finely chopped (separate leaves from stalks)*
3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
1 can salmon, drained and flaked
salt & pepper to taste
6 potatoes, thinly sliced*
2 cups grated cheese*
2 eggs*
2 cups milk*

Coleslaw

¼ cabbage, shredded*
2 carrots, grated*
1 tablespoon oil
1 tablespoon vinegar
salt & pepper to taste

Method

Preheat the oven to 180°C.

Heat the oil in a frying pan on a medium heat. Add the onion and chopped silverbeet stalks and cook until soft and clear. Add the garlic and chopped silverbeet leaves to the frying pan and cook until the leaves are soft.

Remove the frying pan from the heat and let the mixture cool for a little bit before mixing in the salmon. Season with salt and pepper.

Layer a quarter of the sliced potato over the bottom of a greased baking or ovenproof dish. Spread over a thin layer of the fish and silverbeet mixture. Then sprinkle over ½ cup of grated cheese. Repeat these layers two more times, finishing with a layer of potatoes.

Mix eggs and milk together and then pour it over the potatoes. Top with the last of the grated cheese.

Place in the oven and bake for approximately 50 minutes or until the potato is soft. If it begins to burn, cover it with tinfoil. Once cooked, remove it from the oven and let it rest for 10 minutes before serving.

While the fish and potato bake is cooling, make the coleslaw by mixing all of the coleslaw ingredients together. Serve the fish and potato bake with the coleslaw on the side.

Tip

If you prefer you can use tuna or smoked fish fillets instead of salmon.

To decrease the cooking time, cook the sliced potatoes in the microwave for a couple of minutes before placing them in the baking dish.

Eat leftovers for lunch the next day.



SHAKSHUKA

Each serve gives: ½ Carb 2 Protein 2½ Veg

Cook Time Approx. 45 mins

Ingredients

4 potatoes, skin on, chopped into 1 cm cubes*
 2 tablespoons oil
 1 onion, finely chopped*
 1 tablespoon paprika (optional)
 ½–1 teaspoon chilli powder (optional)
 1 teaspoon ground cumin
 3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
 250g silverbeet (including stalks), finely chopped*
 2 cans chopped tomatoes
 1 cup frozen mixed vegetables*
 1 cup chicken or vegetable stock
 1 teaspoon sugar
 2 spring onions, chopped*
 salt & pepper to taste
 6 to 10 eggs*
 1 cup grated cheese*

Tip

Use the green part of the spring onion as well as the white stalk. The green part makes a nice garnish.

Eat leftovers for breakfast or lunch the next day.

Method

Place the potatoes in a pot, cover with water, place on the stove and bring to the boil. Once boiling, reduce the heat to a simmer and cook until they are just tender. Drain and reserve. Alternatively you can microwave the potatoes.

Preheat oven to 200°C.

Heat oil in a large frying pan or pot over a medium heat. Use an oven-proof frying pan if you have one. Add the onion and cook until soft and clear – about 5 minutes.

Add the paprika, chilli powder and cumin to the frying pan and fry for 1 minute. Add garlic and silverbeet and cook for 5 minutes.

Pour in the chopped tomatoes, frozen mixed vegetables, stock, sugar, spring onions and season with salt and pepper. Stir through the potatoes.

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

Transfer the tomato sauce mix to an oven-proof dish if your frying pan isn't oven-proof. 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 the dish out of the oven and sprinkle over the cheese. Return it to the oven and bake for another 5 minutes or until eggs have set and the cheese has melted.



ASIAN CHICKEN PASTA SALAD

Each serve gives: 1 Carb 1½ Protein 2½ Veg

Cook Time Approx. 45 mins

Ingredients

½ packet spiral pasta*
 1 tablespoon oil
 1 onion, finely chopped*
 4 cloves garlic, finely chopped or 2 teaspoons crushed garlic, divided
 500g chicken breast, sliced into small chunks
 2 cups frozen mixed vegetables*
 2 tablespoons fish sauce, oyster sauce or Worcestershire sauce
 3 tablespoons soy sauce
 1 lemon, zested and juiced
 2 teaspoons grated ginger or 1 teaspoon crushed ginger
 ½ cup sweet chilli sauce (see tip if you don't have any sweet chilli sauce)
 1 can chickpeas, drained
 ¼ cabbage, finely chopped*
 2 spring onions, sliced*
 salt & pepper to taste

Method

Cook half a packet of pasta according to the instructions on the packet. Once cooked, drain and keep warm.

Heat the oil in a frying pan on medium heat. Add the onion, half of the garlic and chicken and fry for 10 minutes, stirring occasionally.

Add the frozen mixed vegetables and cook for another 5-10 minutes, or until the chicken and vegetables are cooked through.

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

Add the sweet chilli sauce mixture to the chicken and vegetables and cook for 30 seconds. Remove the frying pan from the heat.

In a large bowl, toss together the pasta, chickpeas, cabbage, and most of the spring onions - leaving some to garnish. Mix through the chicken and vegetable mixture. Season with salt and pepper. Garnish with remaining spring onions.

Tip

If you don't have sweet chilli sauce, mix together 2 tablespoons honey, ½ cup water and 1 teaspoon chilli powder.

Eat leftovers for lunch the next day.



MOROCCAN MINCE PIZZAS

Each serve gives: 1 ½ Carb 1 ½ Protein 1 ¾ Veg

Cook Time Approx. 30 mins

Ingredients

2 tablespoons oil
1 onion, finely chopped*
500g beef mince
3 garlic cloves, finely
chopped or 1 ½ teaspoon
crushed garlic
1 teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
chilli powder or flakes, to
taste (optional)
3 cups frozen mixed
vegetables*
2 carrots, grated*
1 can chickpeas, drained
(keep the liquid/ aquafaba
for bonus recipe)
salt & pepper to taste
10 pita breads, wholemeal
½ cup tomato sauce
1 cup grated cheese*

Method

Preheat the oven to 180°C.

Heat oil in a large frying pan on a medium heat. Add the chopped onion and cook until it is soft and clear.

Add the mince, garlic, turmeric, cumin, coriander and chilli (if using) to the frying pan. Cook for 10 minutes or until the mince is browned. Stir in the frozen mixed vegetables and grated carrot and fry until the vegetables are cooked.

Stir the chickpeas through the mince, season with salt and pepper and remove from the heat.

Spread the pita pockets on baking trays and then spread tomato sauce over each pita pocket. Spoon the mince and vegetable mixture over each of the pita pockets and then top with cheese.

Place the pizzas in the oven and cook until the cheese has melted and the bases are crispy, about 15 minutes.

Tip

Need a quick meal? The recipe can be made in half an hour.

Save the brine from the chickpeas when you drain them. This is called aquafaba and can be used to the bonus recipe meringue kisses on page 19.

Eat leftovers for lunch the next day.

CREAMY BACON PASTA BAKE

Each serve gives: 1 Carb 1 Protein 1½ Veg

Cook Time Approx. 50 mins

Ingredients

½ packet spiral pasta*
 2 tablespoons butter,
 margarine or vegetable
 spread
 1 tablespoon mustard
 (optional)
 4 tablespoons plain flour
 2 cups milk*
 1 tablespoon oil
 200g bacon, chopped
 1 onion, finely chopped*
 3 cloves garlic, finely
 chopped or 1 ½
 teaspoons crushed garlic
 3 cups frozen mixed
 vegetables*
 salt & pepper to taste
 1 can cannellini beans,
 drained
 1 cup grated cheese*

Tip

You can cook the pasta
 the day before or in the
 morning to save time.

Leftovers can be frozen.

Method

Preheat oven to 180°C and grease a medium to large-sized ovenproof dish.

Cook the pasta according to the packet instructions. Once cooked, drain, return to the pot and mix with a drizzle of oil to keep the pasta from sticking together.

While the pasta is cooking, melt the margarine, vegetable spread or butter in a saucepan on a low heat. Once melted, whisk in the mustard and flour until it forms a paste. Cook for one minute. Remove the pot from the heat. Slowly add the milk, constantly whisking as the milk is being added to ensure that there are no lumps. Then return the saucepan to the stovetop on a low heat and whisk gently for a few minutes to allow the sauce to thicken.

Heat oil in a frying pan over medium heat and stir fry the bacon and onion until the onion is soft. Add the garlic and the frozen mixed vegetables and cook for approximately 5 minutes. Season with salt and pepper and cook for another 3 minutes. Stir through the cannellini beans.

Mix the vegetables and bacon with the pasta and white sauce. It may be easier to mix it all together in the pot you cooked the pasta in, if it is bigger than your frying pan.

Pour the pasta into the greased ovenproof dish. Sprinkle the cheese on top, then place it in the oven to bake for approximately 25 minutes, or until the cheese is golden and the pasta bake is piping hot.

MERINGUE KISSES

Cook Time Approx. 1 hour 40 mins

Ingredients

½ cup chickpea brine (aquafaba)

½ teaspoon white vinegar

⅔ cup caster sugar



Method

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

Put the chickpea brine and white vinegar into a large bowl. Use an electric beater or stand mixer to beat it until you have stiff peaks. To check if you have stiff peaks, pull your beater up out of the mixture. The mixture should stand up in stiff peaks that don't move.

Once you have stiff peaks, begin adding the sugar one teaspoon at a time to the mixture while you continue to beat it. Whip it after the addition of each teaspoon of sugar until incorporated. Repeat until all of the sugar is incorporated.

Spoon the mixture into a clean piping bag. If you don't have a piping bag, you can use a small, clean plastic bag and cut off a corner of the bag to make a small hole. Pipe small dollops of the meringue mixture onto the baking tray (make sure there is a bit of space between them and they don't touch each other, as they will increase in size as it cooks). Try to keep it to the size of a \$2 coin if possible. Piping the meringue will take practice; so don't worry if your meringue kisses don't look perfect – they will still taste good!

Bake the meringues in the oven for 75 minutes (1 hour and 15 minutes). Leave the meringues in the oven once baked, with the oven off and the oven door slightly open for an additional 45-60 minutes. Serve with fresh fruit.

Tip

If you don't have a piping or plastic bag, you can use a teaspoon to put small dollops of meringues on the tray. The bigger the meringue kisses you make, the longer the baking time. Adjust baking time accordingly.

Store leftovers in an airtight container.

SPRING RECIPES WEEK 2

This week's recipes:

- Beans in Bread Shells
- Mongolian Beef Stir-fry
- Sausage Jambayala
- Honey Soy Chicken
- Potato Frittata with Garlic Toast

Bonus recipe:

- Rice Congee

Honey Soy
Chicken
recipe p27



SHOPPING LIST

Butchery

beef stir-fry – 500g
chicken drumsticks – approx. 1kg/10
drumsticks
pork sausages – 6

Produce

beetroot – 4/600g
broccoli – 1
carrots – 8
leek – 1
onions – 8
potatoes – 10/1.5kg

Frozen

mixed vegetables – 1 kg

Grocery

bread, wholemeal sandwich – 1 loaf
brown rice – 1 kg (long grain)
cannellini beans – 2 cans
eggs – 12
red kidney beans – 2 cans
tomatoes, chopped – 2 cans

Staples for the week

butter or margarine
cheese
chilli powder (optional)
cornflour
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
hoisin sauce (optional)
honey
milk
mixed herbs, dried
oil – vegetable, olive or canola
paprika
pepper
rosemary – fresh or dried
salt, iodised
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
vinegar, white

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.

Note: The ingredients for the bonus recipe aren't included on the shopping list but you can easily hold back some ingredients for it, or buy a little extra in the ingredients shop.

If you are following the meal planner in order, you will have cheese leftover, which you can use this week. It is listed as a staple as you only need 1 ½ cups of grated cheese this week.

Store bread in the freezer to stop it going stale and mouldy.





BEANS IN BREAD SHELLS

Each serve gives: 2 Carb 1½ Protein 2½ Veg

Cook Time Approx. 40 mins

Ingredients

12 slices wholemeal bread*
 1 tablespoon oil
 1 onion, finely chopped*
 3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
 2 cans kidney beans, drained
 2 cans chopped tomatoes
 2 carrots, grated*
 1 cup frozen mixed vegetables*
 1 tablespoon paprika
 1 teaspoon mixed herbs
 1 teaspoon chilli powder (optional)
 1 teaspoon sugar
 salt & pepper to taste
 1 cup grated cheese
 ½ head broccoli, chopped*

Method

Preheat oven to 180°C.

Roll the bread out gently with a rolling pin or a glass bottle, then ease it carefully into the openings of a pre-greased medium-size muffin tray to form cups. If you don't have muffin trays, check out the tip below for what to use instead. Place the muffin tray into the oven and bake the bread for about 10–15 minutes, until the bread is golden. Remove the bread shells from the oven, let them cool for a few minutes.

While the bread shells are cooking, heat oil in a large frying pan or saucepan on a medium heat. Add onion and garlic and cook until the onion is soft and clear. Mix in the kidney beans, chopped tomatoes, carrots, frozen mixed vegetables, paprika, mixed herbs, chilli powder (if using), and sugar. Season with salt and pepper. Bring the mixture to the boil and then reduce the heat and let it simmer for 10 minutes.

Spoon the bean mixture into the shells and sprinkle them with grated cheese. Return to the oven until the cheese is melted.

While the bread shells are baking, place the broccoli in a pot of water and boil for 5 minutes or until tender.

Serve the bread shells with the broccoli on the side.

Tip

Need a quick meal? This is the quickest recipe this week.

If you don't have muffin tins, you can make these in ramekins or small oven-proof bowls. Or simply toast both sides of the bread and then carefully spread the sauce mixture on top of the flat bread.

Eat leftovers for lunch the next day.

MONGOLIAN BEEF STIR-FRY

Each serve gives: 1 Carb $\frac{3}{4}$ Protein $3\frac{1}{2}$ Veg

Cook Time Approx. 50 mins

Ingredients

2 cups brown rice*
 2 tablespoons oil
 2 onions, finely chopped*
 3 cloves garlic, finely chopped
 or 1 $\frac{1}{2}$ teaspoons crushed garlic
 1 tablespoon ginger,
 grated or 1 teaspoon
 crushed ginger
 500g beef stir-fry
 $\frac{1}{2}$ head broccoli, chopped*
 2 cups frozen mixed vegetables*
 2 beetroot, grated*
 3 carrots, cut into matchsticks*
 2 tablespoons hoisin sauce
 or honey
 2 tablespoons white vinegar
 $\frac{1}{4}$ cup soy sauce
 1 $\frac{1}{2}$ cups water
 3 tablespoons cornflour
 1 teaspoon chilli powder
 (optional)

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.

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

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

Serve with rice.

Tip

The stir-fry is quick to cook but the cooking of the rice can take a while, so if you need to make this recipe in a hurry, cook the rice in advance and then reheat it when you need it.

Use the stalk of the broccoli as well as the florets. Cut the stalks into batons similar in size to the florets.

Leftovers can be frozen.

SAUSAGE JAMBALAYA

Each serve gives: 1 Carb 2 Protein 2½ Veg

Cook Time Approx. 50 mins

Ingredients

3 tablespoons oil,
divided
1 onion, finely chopped*
½ leek, thinly sliced*
3 cloves garlic, finely
chopped or 1 ½
teaspoons crushed
garlic
1 tablespoon paprika
2 cups brown rice*
1 carrot, grated*
3 cups frozen mixed
vegetables*
2 cups chicken or
vegetable stock
2 ½ cups boiling water
3 eggs*
6 sausages
1 can cannellini beans,
drained*
salt & pepper, to taste

Method

Heat 1 tablespoon of oil in a large frying pan over a medium heat. Add the sausages and fry until cooked, turning often. Remove from heat. Once they are cool, slice into bite-sized pieces and reserve.

Add 2 tablespoons of oil to the pan followed by the onion, leek and garlic. Cook until the onion and leek are soft. Stir in the paprika, rice, grated carrot and frozen mixed vegetables.

Pour in the 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 30 minutes, or until the rice is cooked. If your frying pan doesn't have a lid, cover it with tinfoil.

Place the eggs in a pot and cover with water. Bring the pot to a rolling boil, then remove the pot from the heat, cover it with a lid and leave it for 10 minutes. After 10 minutes, remove the eggs from the pot and leave the eggs to cool in a bowl of cold water. Once cool, peel and chop into quarters.

Once the rice is cooked, stir through the cannellini beans and the sausages, and cook for a few minutes on a low heat until they are warmed through. Season with salt and pepper.

Serve the jambalaya with the chopped eggs sprinkled over the top.

Tip

The green part of the leek can be used, just chop it more finely than the white part as it will take slightly longer to cook.

Leftovers can be frozen.



HONEY SOY CHICKEN WITH ROASTED VEGETABLES

Each serve gives: 1 Carb 1½ Protein 2 Veg

Cook Time Approx. 1 hour

Ingredients

- ½ cup soy sauce
- 2 tablespoons honey (see tip)
- 1 tablespoon ginger, grated or 2 teaspoons crushed ginger
- 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
- 1 teaspoon ground cumin
- 10 chicken drumsticks
- 10 potatoes, chopped into chunks*
- 2 carrots, cut into chunks*
- 2 onions, cut into wedges*
- 2 medium beetroot, cut into chunks*
- 2 tablespoons oil, divided
- salt & pepper, to taste
- 1 onion, finely chopped*
- 1 ½ cups hot water
- 1 cup warm chicken or vegetable stock
- 3 tablespoons cornflour

Tip

If you don't have honey, mix 2 tablespoons of sugar with 1 teaspoon of boiling water to make a thick paste.

You can marinate the chicken up to a day in advance.

This recipe needs to be made before the potato frittata on page 29 because it uses the leftover potatoes.

Eat leftovers for lunch the next day.

Method

Preheat oven to 180°C.

In a large bowl mix together the soy sauce, honey, ginger, garlic and cumin. Add the chicken drumsticks and roll them around in the marinade so they are well covered. Cover and set aside for 15 minutes to give the chicken time to marinate.

Place the chopped potato, carrots, onion and beetroot into a large roasting dish and toss with 1 tablespoon of oil. Season with salt and pepper and place into the hot oven. Note: It may look like a lot of potatoes but some of these are for the potato frittata. Bake for 15 minutes and turn the vegetables over. Bake for a further 15 minutes or until the vegetables are soft. Save 3 cups of roasted potatoes to make the potato frittata on page 29.

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 to the pan in a single layer. Fry for 20 minutes, turning the drumsticks to brown evenly.

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 with lid and simmer for 10 minutes.

Combine the warm stock with the cornflour. Pour it over the chicken, stirring the sauce continuously until thick. Remove it from the heat and let it sit for a couple of minutes.

Serve chicken with the roast veggies on the side.



POTATO FRITTATA WITH GARLIC TOAST

Each serve gives: 1 ½ Carb 2 Protein 2 Veg

Cook Time Approx. 45 mins

Ingredients

1 tablespoon oil
1 onion, finely chopped*
½ leek, finely sliced*
2 cloves garlic, finely chopped
or 1 teaspoons crushed garlic
3 cups frozen mixed vegetables*
3 cups cooked potatoes*
1 can cannellini beans, drained*
9 eggs*
½ cup milk
1 teaspoon rosemary
1 teaspoon mixed herbs
salt & pepper, to taste
½ cup grated cheese

Garlic toast

3 tablespoons butter or
margarine, softened
2 cloves garlic, finely chopped or
1 teaspoon crushed garlic
6 slices wholemeal bread*

Method

Preheat oven to 180°C.

Heat the oil in a large oven-proof frying pan on medium heat. Add the onion, leek and garlic and cook until they are soft.

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.

While the frittata is heating, make the garlic toast. Mix the butter or margarine with the garlic in a small bowl. Use a toaster to toast the bread and then spread it with garlic butter.

Tip

If you haven't made the honey soy chicken recipe and don't have leftover cooked potatoes, slice 4 medium potatoes into cubes and boil until just tender.

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

If you don't have a toaster, lay the bread on a baking tray, toast one side of it in the oven, then turn it over and spread the other side with the garlic butter. Place it back into the oven until it is crispy.

Leftovers can be frozen.

RICE CONGEE

Cook Time Approx. 1 hour 30 mins

Ingredients

1 $\frac{2}{3}$ cups brown rice
15 cups water or stock
(3.75 litres)

Method

Place the rice and the water or stock in a large pot. Bring to the boil and then reduce it to a simmer. Leave to simmer for 90 minutes, or until it has reached a porridge-like consistency. Stir often while it simmers, to stop the rice sticking to the bottom of the pot.



Tip

Congee is an Asian rice porridge which can be eaten for any meal, not just breakfast.

The recipe above is to make a plain congee, but you can flavour it in many different ways:

- Sauté garlic and ginger in the pot before adding the rice and water/stock.
- Add different spices or seasonings (like soy sauce)
- Garnish with things like: boiled eggs, fresh herbs, chopped spring onions, nuts or seeds, leftover chicken or other meat, finely chopped fresh vegetables, cooked Asian greens
- Add honey, maple syrup or sugar to make a sweet version. Serve it with fruit and yoghurt.

This can also be made using a slow cooker.

Leftovers can be frozen.

SPRING RECIPES WEEK 3

This week's recipes:

- Corn and Bacon Fritters
- Fish cakes with Salad
- Beef Burgers with Wedges
- Donburi Chicken Bowl
- Egg Fried Rice

Bonus recipe:

- Sushi

Donburi
Chicken Bowl
recipe p39



SHOPPING LIST

Butchery

beef mince – 500g
chicken breast, boneless – 500g
fish fillets, uncrumbed – 500g

Chilled

bacon, middle – 200g

Produce

beetroot – 1
carrots – 9
iceberg lettuce – 1
lemon – 1
onions, brown – 5
onion, red – 1 small
potatoes – 10/1.5kg
spring onions – 2 bunches

Frozen

mixed vegetables – 1kg

Grocery

black beans – 1 can
brown rice, long grain – 1kg
chickpeas – 1 can
corn kernels – 2 cans
creamed corn – 1 can
eggs – 12

hamburger buns – 6

lentils – 1 can

Staples for the week

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

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.

Note: The ingredients for the bonus recipe aren't included on the shopping list but you can easily hold back some ingredients for it, or buy a little extra in the ingredients shop.

The fish can either be bought fresh or frozen. Cook the fish cakes first if using fresh fish.

You need to make the donburi chicken bowl before the egg fried rice because the egg fried rice uses leftover cooked rice.

You will have some brown rice leftover which you can use to make sushi, bonus recipe on page 41.



CORN & BACON FRITTERS WITH RAW ENERGY SLAW

Each serve gives: ½ Carb 1 Protein 2 Veg

Cook Time Approx. 30 mins

Ingredients

200g middle bacon
½ cup plain flour
1 teaspoon baking powder
salt, to taste
2 eggs, beaten*
1 can corn kernels, drained*
1 can creamed corn
1 can black beans, drained
¼ cup grated cheese
2 spring onions, sliced*
pepper, to taste
2 tablespoons oil

Raw energy slaw

2 carrots, grated*
1 beetroot, grated
1 small red onion, finely chopped
½ cup raisins (optional)
4 tablespoons sunflower seeds (optional)
salt & pepper, to taste
1 tablespoon oil
2 tablespoons lemon juice*

Method

Heat a non-stick frying pan over a high heat. Add the bacon and cook to your liking. Once cooked, chop into small pieces.

To make the fritters, sift the flour, baking powder and salt into a bowl and mix to combine.

Next stir in the eggs, the two cans of corn, black beans, cheese, spring onions and bacon. Season with pepper.

Heat oil in a large frying pan on medium heat. Place spoonfuls of the fritter mix into the pan. Let the mixture fry for 2–3 minutes, or until golden on the bottom. Flip the fritters and fry for an additional 2–3 minutes or until the fritters are cooked. Continue until all of the fritters are cooked.

To make the raw energy slaw, combine the grated carrots, beetroot, chopped red onion, raisins, sunflower seeds, salt, pepper, oil and vinegar or lemon juice in a bowl. Mix well to combine.

Garnish with spring onions and serve the corn and bacon fritters with a side of raw energy slaw.

Tip

Make a sauce to serve with your fritters by mixing 2 tablespoons of sweet chilli sauce with 4 tablespoons of natural yoghurt or mayonnaise.

Need a super speedy meal? This recipe can be made in under 30 minutes.

Leftovers can be frozen or be eaten for lunch the next day.

FISH CAKES WITH SALAD

Each serve gives: ¾ Carb 1 ½ Protein 2 ⅓ Veg

Cook Time Approx. 50 mins

Ingredients

4 medium potatoes, cubed*
 2 carrots, sliced into rounds*
 3 tablespoons oil, divided
 1 onion, finely chopped*
 1 clove garlic, finely chopped or ½ teaspoon crushed garlic
 500g fish fillet, defrosted, cubed
 2 cups frozen mixed vegetables*
 1 teaspoon mixed herbs
 salt & pepper, to taste
 1 cup plain flour
 2 eggs, beaten*
 2 cups breadcrumbs
 ½ iceberg lettuce, finely sliced*
 2 spring onions, chopped*
 1 carrot, grated*
 1 can corn kernels, drained*
 2 tablespoons lemon juice*
 3 tablespoons mayonnaise

Method

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

Place the potatoes and carrots in a large pot and cover with water. Bring the water to the boil and then reduce it to a simmer. Cook the potatoes until they are soft (approx 15 minutes). Once soft, drain the water from the potatoes and roughly mash the potatoes and carrots together — some lumps are fine. Allow the mash to cool.

In the meantime, heat 1 tablespoon of oil in a frying pan on medium heat. Add the onion and garlic and cook until the onion is soft. Add the fish to the frying pan and cook for 5 minutes.

Stir in the frozen vegetables and dried herbs and cook for approximately 5 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 a little.

Add the mashed potatoes and carrots to the fish and season with salt and pepper. Use your hands to form round fish patties, about the size of your palm.

Prepare a bowl with plain flour, a second bowl with the beaten eggs 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 cake evenly in breadcrumbs, creating a layer surrounding the whole cake. Repeat for each of the fish cakes.

Continued next page >>

Place the crumbed fish cakes on the lined baking tray and brush them with 2 tablespoons of oil.

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

While the fish cakes are cooking, make the salad by mixing the iceberg, spring onion, carrot and corn kernels in a bowl. Mix the lemon juice and mayonnaise together in a small bowl, then toss it through the salad.

Serve fish cakes with the salad.

Tip

The fish cakes can be made in advanced and then just cooked when you are ready to eat them.

The fish can either be bought fresh or frozen.

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 zip lock bag.

Eat leftovers for lunch the next day.





BEEF BURGERS WITH WEDGES

Each serve gives: 3 Carb 1½ Protein 2⅓ Veg

Cook Time Approx. 1 hour

Ingredients

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

Tip

You don't need to peel the potatoes, just scrub them well before using.

Eat leftovers for lunch the next day.

Method

Preheat oven to 190°C and line a large baking tray with baking paper. If you do not have a large baking tray, use 2 medium size baking trays.

Toss the potato wedges with 2 tablespoons of oil, rosemary, salt and pepper. Place the wedges on the tray in a single layer ensuring no pieces overlap.

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 frying pan over medium heat. Add the onion and garlic and cook until the onion is soft and clear. Transfer the onion and garlic to a large bowl and allow to cool completely.

Add the mince, lentils, paprika and egg. Season with 1 teaspoon salt and ⅛ teaspoon pepper. Use your hands to mix everything thoroughly. Use your hands to shape the mixture into patties the same size as your hamburger buns. Lightly coat each patty 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 6 minutes, then flip them and cook for an additional 6 minutes or until they are cooked through. Top patties with cheese before they are finished to melt the cheese.

Assemble burgers by spreading tomato sauce and mayonnaise on the buns. Top the bottom bun with shredded iceberg lettuce, grated carrot, cheesy patty and crown with top bun.

Serve the burgers with a side of potato wedges.



DONBURI CHICKEN BOWL

Each serve gives: 1 Carb $\frac{3}{4}$ Protein $2\frac{1}{3}$ Veg

Cook Time Approx. 40 mins

Ingredients

4 cups brown rice*
2 tablespoons oil
1 onion, finely chopped*
2 cloves garlic, finely
chopped or 1 teaspoon
crushed garlic
500g chicken breast, thinly
sliced
2 carrots, cut into sticks*
3 $\frac{1}{2}$ cups frozen mixed
vegetables*
3 tablespoons honey
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{2}$ cup boiling water
2 spring onions, sliced*
2 tablespoons sesame
seeds (optional)
salt and pepper to taste

Method

Cook brown rice according to packet instructions.
Note: This is a lot of rice but half of the rice will be
used to make the fried rice. Save 4 cups of cooked
rice to make the fried rice on page 41.

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

Add the onion and garlic and cook for 5 minutes.
Then add the chicken and cook for 10–12 minutes,
stirring occasionally. Add the carrot sticks and frozen
vegetables and cook for two minutes.

In a small bowl, mix together the honey, soy sauce
and boiling water. Pour the sauce into the frying pan
and mix well.

Put a lid on the frying pan and simmer for 5-10
minutes until vegetables are just cooked. Remove
from heat and salt and pepper to taste.

Assemble each bowl with some rice in the bottom,
topped with the chicken and vegetable mixture.
Garnish each bowl with spring onion and sesame
seeds (optional).

Tip

If you have any salad greens or finely sliced cabbage, add them as an extra topping
to the donburi.

You need to make this recipe before the egg fried rice because the egg fried rice uses
leftover rice, which has already been cooked this recipe.

Cool rice quickly by spreading it over a large tray or rinsing it under cold water. Place it in
the fridge as soon as possible.

Leftovers can be frozen.

EGG FRIED RICE

Each serve gives: 1 Carb 1½ Protein 2 Veg

Cook Time Approx. 30 mins

Ingredients

2 tablespoons oil, divided
 7 eggs, beaten*
 2 onions, finely chopped*
 3 cloves garlic, finely
 chopped or 1 ½ teaspoons
 crushed garlic
 1 tablespoon fresh ginger,
 finely chopped or
 2 teaspoons crushed ginger
 1–2 teaspoons chilli flakes,
 to taste (optional)
 3 ½ cups frozen mixed
 vegetables*
 1 can chickpeas, drained
 4 cups cooked brown rice
 ¼ cup soy sauce
 1 tablespoon fish sauce
 (optional)
 2 spring onions, chopped*

Method

Heat 1 tablespoon of oil in a large frying pan over a medium heat.

Add the beaten eggs to the frying pan. Once they start to cook, stir them with a spoon so that they scramble. Once cooked, remove from the pan and set aside.

Return the pan to the heat and add 1 tablespoon of oil. Sauté the onion for 3 minutes, or until the onion is soft. Stir in the garlic, ginger and chilli flakes (optional), and cook for 1 minute.

Add in the frozen mixed vegetables and the chickpeas and cook for 5 minutes. Then mix in the cooked rice, stirring regularly for 2 minutes or until any lumps are broken up.

Pour in the soy sauce and fish sauce (optional), cooking for another 2 minutes. Stir through the scrambled eggs and cook until the rice is piping hot.

Garnish fried rice with spring onion and serve.

Tip

This recipe uses leftover rice from the donburi chicken bowl recipe as cold rice is best for making fried rice. If you don't have leftover rice, cook two cups of rice to use.

Leftovers can be frozen.

SUSHI

Cook Time Approx. 1 hour

Ingredients

1 $\frac{2}{3}$ cups brown rice
 $\frac{1}{4}$ cup vinegar, apple
cider vinegar, or rice
wine vinegar
2 $\frac{1}{2}$ tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
6–10 sheets roasted
sushi seaweed

Filling suggestions

tinned tuna or salmon;
carrot and cucumber,
sliced into thin batons;
omelette; avocado;
leftover cooked chicken
or leftover stir-fry

To serve (optional)

soy sauce, pickled
ginger, wasabi,
mayonnaise

Method

Cook the rice according to package instructions.

Mix together the vinegar, sugar, and salt in a bowl.

Transfer the cooked rice into a large bowl and pour the seasoned vinegar over the rice and mix thoroughly. Let the rice cool slightly before assembling.

Prepare the filling ingredients of your choice while the rice is cooling.

To assemble a 'Maki' sushi roll: place a piece of seaweed, shiny side down, on top of a sushi rolling mat, then spread an even layer of rice over the seaweed. Arrange the filling about $\frac{3}{4}$ of the way down along the edge closest to you, in a line. Holding onto the edge, roll the seaweed and rice over the filling, add some pressure to encase the filling. Let go of the edge then continue to roll and add pressure to form a sushi roll. See tip for how to make Temaki sushi hand rolls without a mat.

Slice the sushi roll using a sharp knife, in a gentle back and forth sliding motion to ensure the sushi stays in shape.

Tip

Hand rolled 'Temaki' sushi: cut the seaweed in half using clean scissors, lay the seaweed shiny side down, then spread rice on the right side of the seaweed. Place the filling on the rice diagonally pointing towards the bottom corner of the seaweed. Fold the top right corner of the seaweed over the rice and filling, pick up the sushi and continue to roll bringing the left side over to form a cone. Moisten the edge with water and seal. This method does not require cutting after rolling.

Leftovers can be eaten the next day.

SPRING RECIPES WEEK 4

This week's recipes:

- Chicken Kebabs with Pasta Salad
- Penne and Meatballs
- Potato Crusted Quiche with Salad
- Beef Stir-fry Wraps
- Mexican Pancakes with Green Beans

Potato Crusted
Quiche with
Salad recipe
p47



SHOPPING LIST

Butchery

beef mince – 500g
beef stir-fry – 500g
chicken breast, boneless – 500g

Chilled

cheese – 250g
milk, low fat – 1 litre

Produce

apple – 1
cabbage – ½
carrots – 4
cucumber – 1
lemon – 1
onions – 7
potatoes – 4/600g

Frozen

green beans – 1kg
mixed vegetables – 1kg

Grocery

apricots, dried – 200g
corn kernels – 1 can
eggs – 12

kidney beans – 2 cans
lentils – 1 can
penne pasta – 500g
tomatoes, chopped – 4 cans
tortillas or wraps – 12

Staples for the week

breadcrumbs
chilli – powder or flakes (optional)
flour, plain
garlic – cloves or crushed
mayonnaise
oil – vegetable, olive, or canola
oyster sauce (optional)
paprika
pepper
salt, iodised
skewers – bamboo or metal
soy sauce
sugar
sweet chilli sauce (optional)

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.

Note: The ingredients for the bonus recipe aren't included on the shopping list but you can easily hold back some ingredients for it, or buy a little extra in the ingredients shop.

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

Beef stir-fry meat is used this week but it can be quite expensive. If it isn't on sale you can substitute it for chicken or pork instead.



CHICKEN KEBABS WITH PASTA SALAD

Each serve gives: 1 Carb $\frac{3}{4}$ Protein $3\frac{1}{3}$ Veg

Cook Time Approx. 50 mins

Ingredients

½ packet penne pasta*
 500g chicken breast,
 chopped into
 bite-size pieces
 salt & pepper, to taste
 2 cloves garlic, finely
 chopped or 1 teaspoons
 crushed garlic
 2 tablespoons oil, divided
 2 onions, cut into wedges*
 200g dried apricots
 1 onion, finely chopped*
 2 cups frozen mixed
 vegetables*
 1 cup frozen beans*
 ½ cucumber, sliced*
 juice and zest of half
 a lemon*
 12 skewers
 (metal or bamboo)

Tip

If you don't have skewers, toss the chicken, apricots and onion wedges together on a baking dish and bake for approximately 25 minutes (turning halfway through), or until the juices run clear.

Any leftovers can be eaten for lunch the next day.

Method

Cook half of the packet of pasta according to instructions on the packet. Once cooked, drain and set aside.

While the pasta is cooking, preheat oven to 180°C and line a baking tray with baking paper. Place the chicken pieces in a bowl and season with salt and pepper. Add the garlic and 1 tablespoon of oil. Mix well.

To make the kebabs, thread an onion wedge, a piece of chicken and then a dried apricot onto the skewer. Continue until the skewer is nearly full. Repeat this method until all of the chicken has been used up.

Place the kebabs on the baking tray and bake for approximately 25 minutes, turning them over halfway through the cooking time. Note: the larger the pieces of chicken, the more time the kebabs will need in the oven to cook. To check if the chicken is cooked, poke a piece with a knife. If the juices are clear, then it is cooked. If there are still signs of blood, it will need to be cooked for longer.

While the kebabs are cooking, heat 1 tablespoon of oil in a pan on medium heat. Add the finely chopped onion and cook until translucent. Add the frozen vegetables and beans and sauté for 5 minutes or until they are cooked.

In a large bowl toss together the vegetable mix, cucumber and cooked pasta. Season with salt and pepper, add the lemon zest and squeeze over the lemon juice.

Serve the kebabs with the pasta on the side.

PENNE AND MEATBALLS

Each serve gives: 1 Carb 1½ Protein 1½ Veg

Cook Time Approx. 50 mins

Ingredients

½ packet penne pasta*
 500g beef mince
 1 can lentils, drained
 1 onion, finely chopped*
 3 cloves garlic, crushed
 or 1 ½ teaspoons
 crushed garlic
 ½ cup breadcrumbs
 1 egg, lightly beaten*
 salt & pepper, to taste
 1 tablespoon oil
 2 cans chopped tomatoes*
 1 teaspoon sugar
 2 cups frozen mixed
 vegetables*
 1 cup grated cheese*

Method

Cook pasta according to instructions on the packet.
 Once cooked, drain and keep warm.

In a bowl, combine the mince and lentils with half of the onion and garlic. Add the breadcrumbs, egg and season with salt and pepper. Use clean hands to mix it well, then roll the mixture into small balls, slightly larger than a \$2 coin.

Heat oil in a large frying pan over a 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 cook until the onion is soft.

Stir in the chopped tomatoes, sugar and frozen mixed vegetables. Allow the mixture to simmer for approximately 10 minutes, stirring occasionally. Season to taste.

Distribute the pasta between the bowls, top with the meatball sauce and sprinkle over the grated cheese.

Tip

If you don't have breadcrumbs you can use rolled oats instead.

Leftovers can be frozen.



POTATO CRUSTED QUICHE WITH SALAD

Each serve gives: ½ Carb 1 ½ Protein 3 ½ Veg

Cook Time Approx. 1 hour

Ingredients

4 potatoes, finely sliced
2 tablespoons oil, divided
1 onion, finely chopped*
2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
3 cups frozen green beans, defrosted and chopped*
1 can corn kernels, drained
2 tablespoons sweet chilli sauce (optional)
8 eggs, beaten*
1 ½ cups milk*
1 teaspoon salt
½ teaspoon pepper
1 cup grated cheese*

Salad

¼ cabbage, shredded*
½ cucumber, finely sliced*
1 apple, grated
1 teaspoon lemon juice*
¼ cup mayonnaise

Tip

To save time, potatoes can be precooked in the microwave.

Eat leftovers for lunch the next day.

Method

Preheat the oven to 180°C.

Place the sliced potatoes in a bowl and drizzle over 1 tablespoon of oil. Use clean hands to toss the potatoes so that all of the potatoes are covered in oil. Place the sliced potato in a single layer on two baking paper lined baking trays. Bake until the potatoes are tender but not crispy, about 10 to 15 minutes.

Meanwhile, heat 1 tablespoon of oil in a frying pan over a medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic, green beans, corn kernels and cook for 5 minutes. Mix through sweet chilli sauce, if using.

Grease a pie plate or baking tray with a little butter, margarine or oil. Use the sliced potato to line the sides and bottom, making sure that the potato pieces are overlapping. Try to leave some of the potato poking out over the top of the dish. Pour the vegetables into the potato-lined dish and then spread them around evenly.

In a bowl, stir in the eggs, milk, salt, pepper and half of the cheese. Pour the egg mixture over the vegetables. Sprinkle the remaining cheese on top.

Place the quiche in the oven and bake it for 45 minutes until it is just set in the centre. Once cooked, remove from the oven and allow to cool slightly before slicing and serving.

While the quiche is cooling, make the salad by mixing 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.



BEEF STIR-FRY WRAPS

Each serve gives: 2 Carb $\frac{3}{4}$ Protein 3 Veg

Cook Time Approx. 25 mins

Ingredients

1 tablespoon oil
 1 onion, finely chopped*
 500g beef stir-fry
 3 cloves garlic, finely chopped or 1 $\frac{1}{2}$ teaspoons crushed garlic
 2 carrots, cut into sticks*
 2 cups frozen green beans*
 2 cups frozen mixed vegetables*
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{3}$ cup oyster sauce (optional)
 1 tablespoon sweet chilli sauce (optional)
 $\frac{1}{4}$ cabbage, shredded*
 12 tortillas or wraps

Method

Heat the oil in a large frying pan over a medium heat. Add the onion and cook until it is soft.

Add the beef and garlic and stir-fry for approximately 5 minutes or until the beef is browned.

Add the carrots, beans and mixed vegetables to the pan and stir fry for 5 minutes.

Mix the soy, oyster and sweet chilli sauces together and pour over the beef. Mix well and allow it to cook for a couple of minutes.

To make the wraps, place the shredded cabbage in the middle of the wrap or tortilla, top with the beef stir-fry, then roll up.

Tip

Need a super speedy meal? This recipe can be made in 25 minutes.

Shopping tip: Beef stir-fry meat can be quite expensive. If it isn't on sale you can substitute it for chicken or pork stir fry instead.

Eat leftovers for lunch the next day.

MEXICAN PANCAKES WITH GREEN BEANS

Each serve gives: 1 Carb 2 Protein 3½ Veg

Cook Time Approx. 1 hour

Ingredients

Pancakes

2 cups plain flour
salt, to taste
3 eggs*
2 cups milk*
½ cup warm water
4 tablespoons oil, for the batter
2 tablespoons oil, for cooking

Pancake filling

1 tablespoon oil
1 onion, finely chopped*
3 cloves garlic, finely chopped or
1 ½ teaspoons crushed garlic
2 cans red kidney beans, drained
2 cans chopped tomatoes*
1 teaspoon sugar
salt & pepper, to taste
2 teaspoons paprika
chilli flakes/chilli powder,
to taste (optional)
2 carrots, grated*
3 cups frozen mixed vegetables*
1 cup grated cheese*

Garlic green beans

1 tablespoon oil
3 cups frozen green beans*
3 cloves garlic, finely chopped or
1 ½ teaspoons crushed garlic
salt & pepper, to taste

Method

Pancakes

To make the pancake batter sift the flour and salt into a large bowl. Whisk the eggs in a separate bowl. Then add milk, water and 4 tablespoons of oil to the eggs and mix well. Tip the liquids into the bowl with the flour and whisk until smooth.

Heat a splash of oil in a large frying pan over 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 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 of the batter is used. Set aside.

Pancake filling

Heat the oil in a large frying pan over a medium heat. Add the onion and cook until it is soft and clear.

Add the garlic, kidney beans, chopped tomatoes, sugar, salt, pepper, paprika and chilli flakes (optional). Mix well and let it simmer for approximately 5 minutes.

Add the carrots and frozen vegetables and allow it to simmer for another 5 minutes.

Continued next page >>

Assembling the pancakes

Preheat oven to 180°C and grease a large baking dish or tray.

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

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

Green beans

While the pancakes are in the oven, cook the green beans. Heat the oil in a medium frying pan over a medium heat.

Add the beans and garlic and cook for 5 minutes or until the beans are cooked. Season with salt and pepper.

Serve the pancakes with the green beans on the side.

Tip

You can make the pancake batter quickly by adding all the pancake ingredients (but only the first measure of oil) in a blender and processing it until smooth.

You can make the pancakes and filling in advance.

Leftovers can be frozen.

HOW TO MAKE YOUR OWN STOCK

It is easy and cheap to make your own vegetable stock.

You can make vegetable stock using the scraps and peelings from vegetables e.g. carrot tops, onion skins, leek leaves, limp celery etc. Collect your vegetable scraps in a plastic bag or container and keep it in the freezer until you have enough to make a batch of stock.

WHAT YOU NEED

at least 4 cups vegetable scraps and peelings or 4 cups chopped vegetables (more if your pot is large)

2 cloves garlic, crushed

5–10 whole peppercorns (optional)

1 bay leaf (optional)

a few sprigs of fresh herbs (optional)

water

HOW TO MAKE IT

Place all of the ingredients in a large pot and cover them with water. Bring the water to the boil, then reduce the heat to low and leave the stock to simmer for up to 2 hours.

Strain the stock, making sure to capture the liquid. Either use the stock immediately, store it in the fridge for up to a week or freeze it for later use.

Discard the soggy vegetable scraps by placing them in your compost. If you used chopped vegetables instead of scraps, save the cooked vegetables to use in a soup.

Note: if using your own vegetable stock in a recipe, you may need to add in extra salt.





For more great recipes visit
lovefoodhatewaste.co.nz