

EASY CHOICE FAMILY KAI

Affordable, healthy and zero food waste.



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

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First published in 2018

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On the cover: Curried Rice Salad, recipe p53

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 autumn as they use autumn produce and are perfect for cooler 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

- breadcrumbs
- cayenne pepper (optional)
- cheese
- chilli powder or flakes (optional)
- cinnamon, ground
- cloves, whole or ground (optional)
- cornflour
- cumin, ground
- curry powder
- fish sauce
- flour, plain
- garlic — cloves or crushed
- ginger — fresh or crushed
- honey
- margarine, vegetable spread or butter
- marmite (optional)
- mayonnaise
- milk
- mixed herbs, dried
- mustard
- nutmeg (optional)
- oil — vegetable, olive or canola
- oregano, dried
- oyster sauce (optional)
- paprika
- parsley, fresh (optional)
- pepper
- raisins (optional)
- salt, iodised
- sesame oil (optional)
- soy sauce, reduced salt
- stock — beef, vegetable or chicken (liquid or cubes)
- sugar
- sunflower seeds (optional)
- tomato sauce
- turmeric
- vinegar — balsamic, white or lemon juice
- yoghurt, plain (optional)

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. Adjust the quantities as necessary to get the amount required for the recipe.

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

STORAGE TIPS

How you store your food has a huge impact on how long it lasts. Store bread in the freezer to keep it fresh and stop it 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.

If you have cut pumpkin, wrap it tightly in cling wrap to keep it fresh. If it grows mould it is ok to cut the mould off and still eat the rest of the pumpkin.

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 =
 ¾ 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); ¾ 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
 RICE
 PASTA
 POTATO
 LEGUMES



ONE HAND

FISH
 VEGETABLES



ONE PALM

PROTEIN
 BEEF
 PORK
 EGGS
 CHICKEN



ONE CUPPED HAND

FRUIT
 NUTS
 SEEDS



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LOVE
 FOOD
 hate waste
 NEW ZEALAND

AUTUMN RECIPES WEEK 1

This week's recipes:

- Chicken and Vegetable Pie
- Thai-Inspired Vegetable Curry
- Bacon and Corn Baked Potatoes
- Green Bean, Beef and Egg Stir Fry
- Mexican Bean Empanadas

Bonus recipe:

- Rice Fritters



SHOPPING LIST

Butchery

beef stir fry - 500g
boneless skinless chicken breast - 500g

Chilled

bacon middle - 200g
cheese - 200g (around 2 cups needed for Week One, but consider buying 1kg block and grating it, then freezing each cup of cheese to use over the next four weeks)

Produce

cabbage – ½ head
carrots – 10
leek - 1
onions – 9
potatoes - 9 medium

Frozen

green beans - 1kg
mixed vegetables - 1kg
puff pastry - 1kg (6 sheets)

Grocery

brown rice – 1kg (long grain)
chickpeas - 1 can
chopped tomatoes – 2 cans
coconut milk - 1 can (400ml)
creamed corn – 1 can

eggs – 6
red kidney beans - 2 cans
Thai red curry paste – 1 packet or jar (at least 50g)

Staples for the week

cayenne pepper (optional)
chicken stock (liquid or cubes)
chilli powder (optional)
cornflour
cumin, ground
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
honey
lemon juice, or vinegar
mayonnaise
milk
mixed herbs, dried
oil – vegetable, olive or canola
oregano, dried
oyster sauce
paprika
parsley, fresh (optional)
pepper
salt – iodised
soy sauce - reduced salt

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.



CHICKEN AND VEGETABLE PIE

Each serve gives: 1 Carb 1 Protein 1 Veg

Cook Time Approx. 70 mins

Ingredients

2 sheets puff pastry*
 2 Tbsp oil, divided
 500g chicken breast, diced
 2 onions, finely chopped*
 3 cloves garlic, finely chopped or 1 ½ tsp crushed garlic
 2 carrots, grated*
 2 cups frozen mixed vegetables*
 1 cup frozen green beans*
 1 tsp dried mixed herbs
 1 cup chicken stock
 2 Tbsp cornflour
 1/2 cup milk
 1 tsp salt
 pepper, to taste
 1 egg, beaten*

Tip

Brush any pastry offcuts with beaten egg and bake in the oven for 10-15 minutes at the same time as you're cooking the pie for a tasty snack.

Eat leftovers for lunch the next day.

Method

Thaw pastry according to packet instructions. Preheat oven to 180°C.

Heat one tablespoon of oil in a frying pan and fry the chicken until cooked. Transfer to a bowl and set aside. In the same pan, add a tablespoon of oil and fry the onion and garlic until softened.

Add the carrots, mixed vegetables, green beans and mixed herbs and cook for approximately 5 minutes or until the vegetables begin to soften. Add the cooked chicken back to the pan, pour in the chicken stock and stir to combine.

In a bowl, mix the cornflour and milk and then add to the frying pan. Season with salt and pepper. Bring the mixture to the boil then turn down the heat and simmer until the sauce has thickened, stirring often. Once thickened, remove from heat and allow to cool slightly.

Grease a pie plate or oven proof dish with oil and place a layer of pastry in the bottom. You may need to cut your pastry in some places and add it to other places to make it fit. Note: Don't use more than two sheets of pastry as you need the rest to make the Mexican empanadas.

Pour the chicken and vegetable mixture on top of the pastry and top with the second sheet of pastry.

Press the edges of the pastry together and trim off excess pastry. Seal the edges by pressing them together with a fork. Poke a few holes on the top to let steam escape. Brush the top of the pie with the beaten egg.

Cook for 30 - 40 mins or until the pie is puffed and golden. Let the pie cool for 5 to 10 minutes before serving.

THAI-INSPIRED VEGETABLE CURRY

Each serve gives: 1 Carb ½ Protein 3 Veg

Cook Time Approx. 35 mins

Ingredients

2½ cups brown rice*
 1 tsp oil
 2 onions, finely chopped*
 3 cloves garlic finely chopped or 1 ½ tsp crushed garlic
 2 tsp grated fresh ginger or 1 tsp crushed ginger
 2 Tbsp Thai red curry paste (50g)
 3 medium potatoes, washed and chopped into small cubes*
 3 carrots, washed and chopped into small cubes*
 ¼ cabbage, roughly chopped*
 1 can chopped tomatoes*
 salt & pepper, to taste
 1 tsp chilli powder (optional)
 1 can coconut milk (or coconut cream, see tip)
 1 cup chicken stock
 1 cup water
 1 can chickpeas, drained
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 1 cups green beans, defrosted and chopped*

Method

Cook rice according to the instructions on the packet.

Heat oil in a large pan, add onions and cook until soft and clear.

Add the garlic, ginger and curry paste and fry for two minutes.

Add potato, carrots, cabbage, chopped tomatoes, salt, pepper and chilli powder and stir until everything is well coated and carrots start softening (approximately 8 minutes).

Tip in the coconut milk, stock and water and simmer on low heat for 10 minutes. Then add chickpeas, defrosted mixed vegetables and beans and cook for a further 5 minutes (or until all vegetables are heated through).

Taste. Add more salt, pepper and chilli powder, if necessary.

Serve the curry on top of the cooked rice.

Tip

You can adjust the amount of chilli powder used depending on your family's preference.

If using coconut cream, add half of the coconut cream to the rice during cooking (reducing the amount of water) for coconut flavoured rice. Add the remaining half of the coconut cream to the curry, rinse the can with water and add this to the curry too.

Leftovers can be frozen.





GREEN BEAN, BEEF AND EGG STIR FRY

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 30 mins

Ingredients

2 ½ cups brown rice*
 2 Tbsp oil
 4 eggs, whisked*
 2 onions, finely chopped*
 500g stir fry beef
 3 cloves garlic finely chopped or 1 ½ tsp crushed garlic
 2 tsp grated fresh ginger or 1 tsp crushed ginger
 5 Tbsp reduced salt soy sauce
 2 Tbsp honey
 1 Tbsp cornflour
 2 Tbsp cold water
 2 tsp pepper
 3 carrots, chopped into small batons*
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 2 cups frozen green beans, defrosted in cold water and drained*
 1 Tbsp oyster sauce

Method

Cook rice according to the packet instructions.

While the rice is cooking, marinate the beef with garlic, soy sauce, honey, pepper and cornflour and set aside.

Heat 1 tablespoon of oil in a large fry pan over a medium heat and fry the egg mix until just cooked, then tip into a bowl and set aside.

Using the same pan, add the remaining oil and fry the onions until they are lightly browned, approximately 5 minutes.

Add beef and fry for approximately 5 minutes, stirring occasionally.

Add carrots, mixed vegetables and green beans to the pan, then stir the oyster sauce through.

Use a fish slice or wooden spoon to break up the eggs, then add back into the pan and mix well.

Serve the stir fry on the cooked rice.

Tip

Tougher cuts of meat can be softened by mixing in a pinch of baking soda through the meat and letting it sit for 10 minutes, before adding your marinade.

Leftovers can be frozen.

BACON AND CORN BAKED POTATOES

Each serve gives: 1 Carb ⅓ Protein 3 Veg

Cook Time Approx. 90 mins

Ingredients

6 medium potatoes, cleaned*
1 Tbsp oil
200g bacon, chopped
1 onion, finely chopped*
2 garlic cloves, finely chopped or 1 tsp crushed garlic
1 leek, sliced thinly (with green and white parts kept separate, see tip)
2 cups frozen mixed vegetables defrosted in cold water and drained*
1 can creamed corn
1 tsp salt
pepper, to taste
1-2 cups grated cheese

Coleslaw:

1/4 cabbage, finely shredded*
2 carrots, grated*
2 Tbsp fresh parsley (optional)
3 Tbsp mayonnaise (optional)
1 Tbsp lemon juice or vinegar

Method

Preheat oven to 180°C. Pierce the potatoes with a fork, place them on a tray and bake for 50 minutes or until they are soft. Once cooked, set them aside to cool.

While potatoes are baking, heat oil in a large frying pan over medium heat. Add bacon and cook for 10 minutes.

Add leek and cook for another 5 - 10 minutes or until leek has softened. Add onion and garlic and cook for a further 2 - 3 minutes until the onions are soft and clear. Add the drained mixed vegetables and stir to combine then remove from the heat.

To make the coleslaw, mix the cabbage, grated carrots, parsley, mayonnaise and lemon juice in a bowl.

Cut cooled potatoes in half lengthwise and carefully scoop out the flesh of the potato into a bowl. Leave about 1cm of flesh on the skin. Be careful not to break the skin.

Mash the potato then mix in the bacon and vegetables and the creamed corn. Season with salt and pepper. Fill the skins with the potato mix and top with grated cheese. Bake for approximately 10 minutes or until the cheese is melted.

Serve loaded potatoes with a side of coleslaw.

Tip

If only using the white part of leek, freeze the greens for soup, or add to the chicken pie filling, as these parts are tougher than the white parts of the leek.

Eat leftovers for lunch the next day.

MEXICAN-STYLE BEAN EMPANADAS

Each serve gives: 2 Carb 1 Protein 3 Veg

Cook Time Approx. 60 mins

Ingredients

4 sheets puff pastry*
1 Tbsp oil
2 onions, finely chopped*
3 cloves garlic, finely chopped or 1 ½ tsp crushed garlic
1 tsp ground cumin
1 Tbsp paprika
1 tsp cayenne pepper or chilli powder (optional)
2 cans kidney beans, drained
1 can chopped tomatoes*
1 tsp salt
1 tsp pepper
1 1/2 tsp dried oregano
2 cups frozen mixed vegetables*
2 Tbsp flour
warm water
1 egg, beaten*

Garlic green beans:

1 Tbsp oil
3 garlic cloves, finely chopped or 1 ½ tsp crushed garlic
5 cups green beans, defrosted in cold water and drained*
½ cup soy sauce
pepper, to taste

Method

Thaw pastry according to instructions on the packet. Preheat oven to 180°C.

Heat oil in a large pan over medium heat and cook onions and garlic until soft and golden, about 5 minutes. Add cumin, paprika and cayenne pepper and fry for approximately 2 minutes.

Add the kidney beans, chopped tomatoes, salt, pepper and oregano and cook for about 5 minutes. Take the pan off the heat and add the mixed vegetables.

Sprinkle the flour over a clean surface to stop the pastry from sticking. Lay out a sheet of puff pastry and cut into quarters. Place 2 tablespoons of filling into the top half of each quarter. Use your finger to brush the edges with warm water, then fold the bottom half over to form a triangle. Use a fork to seal the edges and to poke a few holes on top to let steam escape.

Lightly brush the tops with the beaten egg. Place empanadas on a baking paper and bake for 10 -15 minutes until the pastry is golden brown and puffy.

For the garlic green beans, heat oil in a frying pan over medium heat. Add the garlic and beans and stir fry for 3 minutes. Add soy sauce and pepper and mix to combine.

Serve the empanadas with a side of garlic green beans on the side.

Tip

You can save any beaten egg from brushing the pastry for brushing the chicken pie top, or for your rice fritters (for the bonus recipe).

Leftovers can be frozen.

RICE FRITTERS

Each serve gives: 2 Carb ½ Protein ½ Veg **Cook Time** Approx. 60 mins

Ingredients

2 cups brown rice
2 eggs, lightly beaten
1 cup of vegetables of your choice, grated or finely chopped (e.g. carrot, mushrooms etc)
1 cup cheese, grated
½ cup plain flour
½ cup milk
2 tsp dried mixed herbs
salt, to taste
pepper, to taste
¼ cup oil

Method

Cook the rice according to the instructions on the packet. Once cooked, set aside and allow to cool.

Heat 1 tablespoon of oil in a pan over a high heat and fry off your vegetables for 2 - 3 minutes. Remove from the heat to cool slightly.

Mix the cooled vegetables and flour in a bowl and mix well to combine. Add the rice, eggs, cheese, milk and dried herbs. Season well and mix again until all the ingredients are combined.

Heat 1 tablespoons of oil in a large frying pan over medium heat. Put heaped tablespoons of the fritter mix in the frying pan. Fry for 3 - 4 minutes until golden brown and then flip. Once golden on both sides, remove from the pan and set aside until ready to serve.

Add more oil to the pan and repeat the process until you have used up all of the fritter mix.

Enjoy!



AUTUMN RECIPES WEEK 2

This week's recipes:

- Tuna pasta bake
- Golden Cottage Pie
- Hearty Vegetable Bolognese
- Moroccan Chicken Stew
- Egg and Black Bean Pita Pockets

Bonus recipe:

- Aquafaba Aioli



SHOPPING LIST

Butchery

beef mince - 500g
boneless skinless chicken breast - 500g

Chilled

cheese – 400g (around 4 cups) (As mentioned in Week One, buy 1kg block and grate, then freeze to use for the next few weeks)

Produce

apple - 1
carrots – 5
celery – ½ bunch
leek - 1
onions - 7
potatoes - 8
pumpkin – ½

Frozen

mixed vegetables – 1 kg packet

Grocery

black beans – 1 can
chickpeas - 1 can
dried apricots - 100g
eggs – 12
lentils - 2 cans
penne pasta – 500g packet

pita pockets – 8 pcs packet (minimum)
tomatoes, chopped - 3 cans
tuna chunks in spring water - 425g can

Staples for the week

chilli powder (optional)
cinnamon, ground
cumin, ground
flour, plain
garlic, (fresh or crushed)
margarine, vegetable spread or butter
marmite (optional)
mayonnaise
milk
mixed herbs, dried
whole grain mustard
nutmeg (optional)
oil – vegetable, olive or canola
oregano, dried (optional)
paprika
pepper
raisins (optional)
salt, iodised
stock – beef, vegetable or chicken (liquid or cubes)
tomato sauce
yoghurt, plain (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.



TUNA PASTA BAKE

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 50 mins

Ingredients

½ packet penne pasta*
 2 Tbsp margarine,
 vegetable spread or
 butter
 2 Tbsp mustard
 4 Tbsp plain flour
 2 cups milk*
 1 tsp nutmeg (optional)
 1 Tbsp oil
 3 cloves garlic, finely
 chopped or 1 ½ tsp
 crushed garlic
 ½ leek (green parts
 only), sliced thinly*
 (reserve white part of
 leek for Bolognese
 recipe)
 2 cups frozen
 vegetables, defrosted in
 cold water and drained*
 salt, to taste
 pepper, to taste
 425g tuna chunks in
 spring water, drained
 1 cup cheese, grated*

Method

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

Cook the pasta according to the packet instructions – but you want the pasta to be a little firmer than usual (as it will cook more in the oven) so cook it for two minutes less than the cooking time on the packet. Once cooked, drain, and run under cold water to cool completely and return to the pot to rest.

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, stirring so it doesn't catch and burn.

Lower the heat and add the milk, approximately 1 quarter cup at a time, whisking to ensure that there are no lumps. Once all the milk is added, allow the mixture to sit on the heat for approximately 5 minutes stirring constantly to thicken slightly. Stir in the nutmeg, if using and then add salt and pepper. Remove from the heat.

Heat oil in a frying pan over medium heat and stir fry the garlic and leek for approximately 5 minutes or until the leek is tender. Season with salt and pepper and cook for another 3 minutes.

To the drained pasta, add the leeks, drained vegetables, tuna, and white sauce. Mix well to combine all the ingredients then transfer to a 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.

Let cool for 5 minutes before serving.

Tip

You can use the dark green part of the leek, just make sure to chop it finely. We have saved the white part of the leek for another recipe below.

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

Eat leftovers for lunch the next day.

HEARTY VEGETABLE BOLOGNESE

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 40 mins

Ingredients

1 Tbsp oil
 2 onions, finely sliced*
 ½ leek (white parts of the leek saved from Tuna Bake recipe), sliced*
 2-4 garlic cloves, finely chopped or 2 tsp crushed garlic
 ¼ bunch celery, finely chopped*
 2 tsp dried oregano or mixed herbs
 1 tsp salt
 pepper, to taste
 1 can chopped tomatoes*
 1 cup water
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 2 can lentils, drained
 ½ packet penne pasta*
 1 cup cheese, grated*

Method

Heat oil in a large frying pan on medium heat, and gently cook onions, white parts of the leek, garlic and celery for 5 minutes or until onions are soft, stirring regularly.

Add the dried oregano, salt, pepper, chopped tomatoes and water. Mix well.

Bring the mixture to a gentle simmer for 2 minutes. Add the drained mixed vegetables and lentils to the sauce. Mix well and simmer for another two minutes, or until the vegetables are just warmed.

While the vegetable sauce is cooking, cook the pasta according to the packet instructions. Drain the pasta and stir it into the sauce.

Serve the pasta in individual bowls with a sprinkle of cheese on top.

Tip

You can reserve a cup of pasta water before draining to add to the vegetable sauce if it becomes too thick while cooking.

Leftovers can be frozen.

GOLDEN COTTAGE PIE

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 1 hour

Ingredients

4 potatoes, scrubbed and chopped*
 1/4 pumpkin, seeds and skin removed, chopped*
 3 carrots, chopped*
 1 Tbsp oil
 2 onions, chopped*
 3 garlic cloves, chopped or 1 1/2 tsp crushed garlic
 500g beef mince
 2 tsp salt, divided
 pepper, to taste
 3 tsp paprika
 2 Tbsp tomato sauce
 1 tsp mixed herbs
 1 tsp marmite (optional)
 1 can chopped tomatoes*
 2 cups frozen mixed vegetables*
 1 cup beef or vegetable stock
 1 Tbsp plain flour
 1/2 cup milk, warmed*
 1 cup cheese, grated*

Method

Preheat the oven to 180°C.

For the Veggie mash, place the pumpkin, potatoes and carrots in a pot of water and cook for 15-20 minutes or until soft. Once cooked, drain.

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

Add the garlic, mince, 1 teaspoon salt, pepper and paprika to the pan and cook for 5 minutes. Then, add the chopped tomatoes, tomato sauce, herbs, marmite and cook for 2 minutes.

Mix the stock and flour together in a cup and add to the mince. Mix well, cover and leave the mixture to simmer gently over medium to low heat, stirring occasionally until the mince is just cooked (around 10-15 minutes).

In a large bowl, use a vegetable masher to mash the potatoes, carrots and pumpkin. Add the warm milk, remaining salt, pepper and mix until fluffy and smooth. Place the meat mixture into a greased oven-proof dish and mix in the frozen vegetables, spreading it evenly for the bottom layer.

Spread the vegetable mash over the top of the meat and vegetables, and then sprinkle with cheese.

Put the pie into the oven and cook for 20 minutes or until the pie is golden on top and bubbling.

When the pie is ready, remove it from the oven and let it set for 5 minutes before serving.

Tip

You can make this in advance (up to step 8) and then just add cheese right before you cook it. Cook for an extra 15 minutes from the fridge to ensure the temperature of the pie is piping hot before serving (it should be at 75°C or more).

Leftovers can be frozen.



MOROCCAN-STYLE CHICKEN STEW

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 50 mins

Ingredients

500g boneless skinless chicken breast, cubed
 1 tsp salt, to taste
 2 Tbsp paprika
 3 garlic cloves, finely chopped or 1 ½ tsp crushed garlic
 pepper, to taste
 1 tsp chilli powder (optional)
 1 Tbsp oil
 2 onions, sliced*
 1 teaspoon cumin
 1 teaspoon ground cinnamon
 4 large potatoes, chopped into small cubes*
 1/4 pumpkin, seeds and skin removed, chopped into bite-sized pieces*
 2 cups water
 1 cup chicken stock
 ½ cup dried apricots, halved
 1 can chopped tomatoes*
 2 cups frozen mixed vegetables*
 1 can chickpeas, drained (reserve chickpea brine for bonus recipe Aquafaba Aioli, below)
 plain yogurt, to serve (optional)

Method

In a bowl, mix the chicken with 1 teaspoon salt, paprika, garlic, pepper to taste, and chilli powder. Cover and set aside.

Heat oil in a large frying pan or pot on medium heat. Add the onion and cook for 5 minutes until the onion is soft and clear.

Add the chicken and fry for 10 minutes, stirring regularly. Add the cumin and cinnamon and cook for a further 2 minutes until the spices become fragrant.

Stir in the potatoes, pumpkin, water and chicken stock. Cover and let it cook for 10 minutes, stirring regularly.

Mix in the dried apricots, chopped tomatoes, frozen mixed vegetables and chickpeas (saving the chickpea brine for the bonus recipe below).

Bring to a gentle boil, turn the heat down low and leave to simmer gently for 15-20 minutes, stirring occasionally and until the potatoes and pumpkin are soft.

Serve the stew in a bowl with a dollop of plain yogurt (optional).

Tip

Save the brine from the chickpeas to make the bonus recipe.

Eat leftovers for lunch the next day



EGG AND BEAN PITAS WITH APPLE SALAD

Each serve gives: 1 Carb 2 Protein 2 Veg

Cook Time Approx. 20 mins

Ingredients

2 Tbsp oil, divided
 1 onion, finely chopped*
 2 garlic cloves, finely chopped or 1 tsp crushed garlic
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 1 can black beans, drained
 12 eggs
 ½ cup milk*
 1 tsp paprika
 salt, to taste
 pepper, to taste
 8 pita pockets
 1 cup cheese, grated*
 2 carrots, grated*
 1 apple, finely chopped
 ¼ bunch celery, finely chopped*
 2 Tbsp mayonnaise or Aquafaba Aioli (see bonus recipe)
 raisins, soaked in hot water and drained (optional)

Method

Heat one tablespoon of oil in a large frying pan over a medium heat. Add the onion and cook for 5 minutes until soft and clear.

Add the garlic, mixed vegetables and black beans and cook for a minute, until the vegetables are hot and tender. Tip the vegetable mixture into a bowl and set aside. Return the same frying pan to the heat and heat another tablespoon of oil in the frying pan.

Whisk the eggs, milk, paprika, salt and pepper together and then tip into the pan. Allow the eggs to start to set and then use a spoon to scramble them. Remove the pan from the heat once the eggs are just cooked.

Add the vegetables to the eggs and mix to combine. Heat your pita pockets in the toaster or microwave. Alternatively, heat the pita pockets in the oven at 180°C five minutes.

To make the salad, mix the grated carrot, chopped apple, celery, and raisins, if using. Stir through the mayonnaise and season with salt and pepper.

To serve, slice each pita pocket in half and fill with the egg and bean mixture. Sprinkle with grated cheese. Serve the salad on the side.

Tip

You can add your favourite sauce (see aquafaba aioli recipe below) to the pita pockets to give it more flavour. You can also substitute the raisins for other dried fruit such as apricots, if you have any leftover from the Moroccan-Style Chicken Stew Recipe.

Eat leftovers for lunch the next day.



AQUAFABA AIOLI

Ingredients

Leftover aquafaba (brine from 1 can of chickpeas, approximately 3 Tbsp)
2 Tbsp vinegar or lemon juice
1 garlic clove, peeled
½ teaspoon salt
pepper, to taste
1 cup oil (or more, depending on the consistency)
2 tsp wholegrain mustard (optional)

Method

Place the aquafaba, vinegar or lemon juice, garlic, salt and pepper in a blender or food processor and blend for approximately 10 seconds.

While the food processor is running on a slow speed, slowly tip in the oil, starting with a few drops at a time. Then gradually pour in a tablespoon at a time, until all oil has been absorbed and the mixture has changed to a thicker consistency (around 2 minutes). If it's too thick, blend in a little water. If it's too thin, blend in a little more oil.

Finally, add the wholegrain mustard and give it a little pulse to mix it through the aioli.

Store in an airtight container in the fridge for up to 2 weeks.

Tip

Aquafaba, or the leftover brine in a can of chickpeas may vary in quantities in each can. Add your oil gradually and keep checking the consistency when you are gradually pouring the oil in.

This recipe works best with an immersion blender and moving the blender up and down while adding oil. This will help add more air to make your aioli thicker.

If leaving out mustard, increase the vinegar or lemon juice to taste.

AUTUMN RECIPES WEEK 3

This week's recipes:

- Burmese-inspired Chicken Curry
- Easy Udon Noodles
- Mexican-style Meatballs
- Sri Lankan-Style Dahl
- German-style Subs

Bonus recipe:

- Rice pudding



SHOPPING LIST

Butchery

beef mince – 500g
 chicken drumsticks, – 1.2kg or 10 - 12
 drumsticks
 pork sausages - 6

Chilled

cheese – 200g (approx. 2 cups for this
 week but consider buying a 1kg block in
 Week One and grating it into cup portions,
 then freezing for future weeks)

Produce

apple – 1
 beetroot – 1 medium
 carrots – 10
 onions – 8
 potatoes – 6
 spring onions – 1 bunch

Frozen

green peas – 1 kg packet
 spinach – 1 packet (500g)

Grocery

bread rolls – 6 long
 brown rice – 1kg
 coconut milk – 1 can (400ml)
 eggs – 6
 lentils – 1 can
 red split Lentils – 500g packet
 tomatoes, chopped – 2 cans

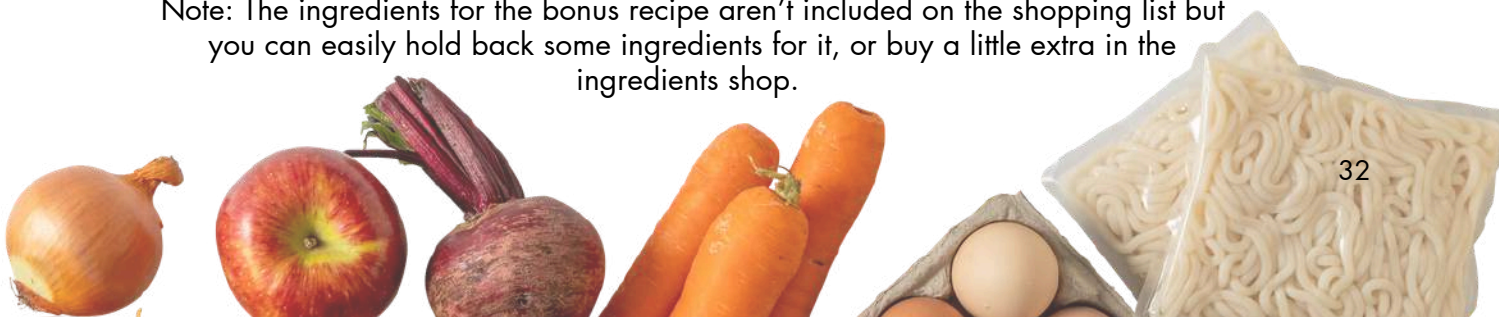
udon noodles – 3 packets (200g per
 packet)

Staples for the week

breadcrumbs
 cayenne pepper (optional)
 chicken or vegetable stock (liquid or
 cubes)
 chili powder (optional)
 cinnamon, ground
 cumin
 curry powder
 garlic – cloves or crushed
 ginger – fresh or crushed
 mayonnaise
 mustard
 oil – vegetable, olive or canola
 oregano, dried (optional)
 oyster sauce (optional)
 paprika
 pepper
 salt, iodised
 sesame oil (optional)
 soy sauce, low sodium
 stock - chicken, vegetable or beef (liquid
 or cubes)
 sugar - brown
 tomato sauce
 turmeric
 vinegar – balsamic, white or lemon juice

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.



BURMESE-INSPIRED CHICKEN CURRY

Each serve gives: 1 Carb 2 Protein 3 Veg

Cook Time Approx. 60 mins

Ingredients

3 Tbsp oil
 2 onions, finely chopped*
 3 – 4 garlic cloves, finely chopped or 2 tsp crushed garlic
 1 Tbsp fresh ginger, grated or 2 tsp crushed ginger
 2 tsp curry powder
 1 tsp cayenne or chilli powder (optional)
 2 tsp paprika
 2 tsp cumin
 1 tsp ground cinnamon
 1 tsp salt
 pepper, to taste
 1.2kgs chicken drumsticks (10 to 12 pieces)
 6 medium potatoes, chopped into 2cm cubes
 3 cups water
 1 cup chicken stock
 2 Tbsp tomato sauce
 1 can chopped tomatoes*
 1 tsp sugar
 2 cups frozen green peas, defrosted in cold water and drained*
 2 carrots, grated *
 2/3 cup red lentils, washed and drained*
 2 spring onions, chopped with the white and green parts kept separate*

Method

In a large bowl, mix curry powder, cayenne pepper, paprika, cumin, cinnamon, salt and pepper into the chicken and set aside.

Heat a large frying pan or pot on medium heat. Add the oil and the onions, and fry for 2 minutes then add garlic and ginger. Add the spiced chicken drumsticks and brown on each side for approximately 5 minutes.

Add the potatoes, water, chicken stock, tomato sauce, chopped tomatoes, sugar, carrots and red lentils. Add in the chopped white parts of the spring onion, leaving the green ends to use as garnish. Mix well and increase the heat to high until the mixture is boiling.

Once boiling, reduce the heat to low and simmer for about 20 minutes or until the potatoes and carrots are tender and the chicken is cooked. If the liquid doesn't cover the chicken and potatoes make sure to turn regularly so they are cooked on all sides.

Mix through the defrosted peas so that they are just heated through. Serve in bowls and garnish with the leftover chopped spring onions.

Tip

Cut into the chicken to check that it is cooked before serving. The juices should run clear and the meat should be coming away from the bone when cooked. The thickest part of the chicken should read 75°C or higher.

Leftovers can be frozen. Before freezing, cool the chicken completely in the fridge and in small batches. When reheating chicken, make sure the chicken is piping hot when reheated and the thickest part reads 75°C or higher.

EASY UDON NOODLES

Each serve gives: 1 Carb 2 Protein 3 Veg

Cook Time Approx. 60 mins

Ingredients

3 packets Udon noodles
 2 Tbsp oil, divided
 5 eggs, lightly beaten*
 1 onion, chopped*
 ½ packet frozen spinach, thawed in cold water with the water squeezed out*
 2 cups frozen green peas, defrosted in cold water and drained*
 3 carrots, grated*
 2 tsp sesame oil (optional)
 3 Tbsp oyster sauce (optional)
 ½ cup soy sauce
 1 Tbsp brown sugar
 1 Tbsp vinegar
 2 Tbsp water

Method

Soak the Udon noodles in a bowl of hot water. Check the back of the packet to find out how long your brand of noodles needs to be soaked for. Once they are soft, drain and set aside.

Heat 1 tablespoon of oil in a large frying pan over medium heat. Tip in the beaten egg and quickly scramble the eggs until they are just set. Put the eggs in a bowl and set aside.

In the same frying pan, add the remaining tablespoon of oil and cook the onion until soft and clear. Add the spinach, frozen peas and carrots, stir frying for approximately 5 minutes until the peas have thawed.

In a small bowl combine the sesame oil, oyster sauce, soy sauce, sugar, vinegar and water.

Add the sauce, eggs and noodles into the vegetables mix. Fry for another 5 minutes or until heated through. Serve the noodles in bowls.

Tip

If you don't have sesame oil or oyster sauce add 1 tablespoon of crushed garlic and 1 tablespoon of crushed ginger instead to add extra flavour.

Eat leftovers for lunch the next day





SRI LANKAN-STYLE DAHL

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 40 mins

Ingredients

2 cups brown rice*
 1 Tbsp oil
 2 onions, finely chopped*
 3 garlic cloves, finely chopped or 1 ½ tsp crushed garlic
 2 Tbsp fresh ginger, grated or 2 tsp crushed ginger
 1 tsp turmeric
 1 tsp curry powder
 ½ tsp chilli powder (optional)
 1 ½ cups red lentils, washed and drained
 2 cups chicken or vegetable stock
 1 can coconut milk
 ½ cup water
 2 cups frozen peas*
 ½ packet frozen spinach*
 salt, to taste
 pepper, to taste

Method

Cook rice according to instructions on the packet.

While the rice is cooking, heat oil in a large fry pan over a medium heat. Add onion and cook until soft and clear.

Add garlic, ginger, turmeric, curry powder and chilli powder to the onion and stir fry for two minutes.

Add the rinsed lentils to the fry pan and mix well. Pour over the chicken stock, coconut milk and water. Stir to combine.

Bring the mixture to the boil and then reduce the heat to a simmer. Allow the lentils to cook until they are tender and the mixture has thickened – this should take about 20 minutes. Stir regularly.

Once the lentils are cooked and the sauce has thickened, stir through the spinach and peas. Season well with salt and pepper.

Serve on top of the rice.

Tip

Like curry, dahl is a recipe that tastes better the next day, so you can make this in advance and keep it in the fridge until you need it. Just leave the spinach and peas separate, and stir through the hot dahl before serving.

Freeze leftovers or eat for lunch the next day.

MEXICAN-STYLE MEATBALLS

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 50 mins

Ingredients

2 cups brown rice*
 500g beef mince
 1 can lentils, drained
 1 tsp salt
 pepper, to taste
 2 tsp dried oregano (optional)
 2 spring onions, chopped with the white and green part kept separate*
 1 egg, beaten*
 ½ cup breadcrumbs
 3 cloves garlic, crushed or 1 ½ tsp crushed garlic
 3 Tbsp oil
 1 onion, finely chopped*
 3 carrots, grated*
 1-2 Tbsp paprika
 1 tsp cayenne pepper or chilli powder (optional)
 2-3 tsp cumin
 1 ½ cups water
 1 can chopped tomatoes*
 2 cups frozen peas*
 1 cup cheese to serve*

Method

Cook rice according to the instructions on the packet.

In a large bowl mix the beef mince with the lentils, salt, pepper, dried oregano, white part of spring onions, egg, bread crumbs and one clove of minced garlic. Use your hands to roll the mince mixture into round golf ball-sized balls. There should be enough meatballs for 4-6 people.

In a large frying pan, heat 2 tablespoons of oil on a medium to high heat. Place the meatballs in the frying pan, and cook for about 5 minutes on each side, until they are lightly browned. Remove the meatballs from the frying pan and set aside.

In the same frying pan, heat 1 tablespoon of oil and then add the onion and cook for approximately 5 minutes or until soft and clear. Then add the remaining garlic, carrots, paprika, cayenne pepper and cumin. Mix well and cook for 2 minutes.

Add the chopped tomatoes. Add the water to the can of the chopped tomatoes and give it a swirl to get the rest of the tomatoes from the can. Tip it into the pan, and then bring it to the boil uncovered on a high heat.

Once the liquid is boiling add the meatballs to the sauce and then reduce the heat to low. Cover the frying pan with a lid (or use tin foil if you don't have a lid) and let the mixture simmer for approximately 15 minutes, until the meatballs are cooked. Stir in the peas and heat until cooked through.

To serve, spoon the rice into bowls and top with the meatballs and sauce. Sprinkle over the cheese and chopped green part of the spring onion.

Tip

If you don't have breadcrumbs you can use quick cook oats instead. Blend them in a food processor or blender until they resemble breadcrumbs, and use the same amount.

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

RICE PUDDING

Cook Time Approx. 2 hours

Ingredients

4 cups milk
2 cups water
1 cup brown rice
1 cup sugar

Method

Preheat oven to 180°C.

Put all of the ingredients into an ovenproof dish. Stir well to combine.

Cook uncovered for 2 hours until the rice is soft and the pudding is thick. Stir occasionally. Add more milk or water if the mixture gets too thick and the rice isn't cooked.

Serve hot or cold.

Tip

Tip: You can add extra flavourings to the pudding. Mix through raisins, vanilla essence or cinnamon. You can add any leftover apricots or diced apple from previous recipes to your rice pudding too.

Tip: You can add brown sugar instead of white sugar, if you have any leftover from buying brown sugar for Udon Noodles. Start with ½ cup and then increase to taste.

Tip: If you have leftover coconut milk from previous recipes, you can also substitute some of the milk with any leftover coconut milk.



GERMAN-STYLE SUB SANDWICHES

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 30 mins

Ingredients

1 Tbsp oil
 6 pork sausages
 2 onions, sliced into rings*
 1 beetroot, grated
 2 carrots, grated*
 1 apple, grated
 1 tsp balsamic vinegar or 1/2 tsp white vinegar (optional)
 salt, to taste
 pepper, to taste
 6 long bread rolls
 mayonnaise, to serve (optional)
 1 cup cheese, grated*
 mustard, to serve (optional)

Method

Pre heat your oven to 180°C.

Pierce the sausage skins with a knife or fork 2 - 3 times on each side. Place the sausages on a baking tray and roast in the oven for 15 - 20 minutes or until golden and cooked through. Remove and set aside to cool.

While the sausages are in the oven, heat 1 tablespoon of oil in a frying pan over medium low heat. Add the onions to the pan and fry until golden and soft, approximately 10 - 15 minutes. Stir regularly to ensure they don't burn.

Cut bread rolls down the middle lengthways and place into the turned off oven to warm until ready to serve.

In a large bowl, mix the grated beetroot, carrots and apple. You don't need to peel the beetroot, carrot or apple, just make sure to wash them well. Season with the vinegar and add salt and pepper to taste.

To serve, take a warmed roll and spread with mayonnaise. Add a sprinkle of cheese, onions, top with a sausage and 2 - 3 tablespoons of the beetroot slaw. Finish with and a squeeze of mustard.

Serve any leftover slaw on the side.

Tip

Individual types of sausages may have slightly different cooking times - check the packet for specific instructions. Once Onions will be ready in approximately 15 minutes or when golden brown.

Save leftover slaw and sausages for lunch the next day.

AUTUMN RECIPES WEEK 4

This week's recipes:

- Bobotie (South African-Style Curried Mince)
- Warm Lentil Salad
- Bean Quesadillas
- Thai-Inspired Fried Rice
- Bacon Bread Cases with Raw Energy Slaw

Bonus recipe:

- Curried Rice Salad



SHOPPING LIST

Butchery

beef mince - 500g
boneless chicken breast or thighs - 500g

Chilled

cheese – 300g (around 3 cups)
middle bacon – 200g packet

Produce

beetroot – 3 medium
carrots – 4
onions – 8
pumpkin – ¼

Frozen

mixed vegetables – 1 kg packet
spinach – 500g

Grocery

bread, wholemeal thin sliced – 1 packet
brown rice – 1 kg packet
chickpeas – 1 can
creamed corn – 1 can
eggs – 12
kidney beans – 2 cans
lentils – 1 can
raisins – 400g
tomatoes, chopped – 2 cans
tortillas – 12

Staples for the week

cayenne pepper (optional)
chilli powder or flakes (optional)
cloves, whole or ground (optional)
curry powder
fish sauce (optional)
garlic – cloves or crushed
ginger – fresh or crushed
milk
mixed herbs, dried
oil – neutral oil such as canola or vegetable
paprika
pepper
salt, iodised
soy sauce
sugar
sunflower seeds (optional)
turmeric
vinegar – balsamic, white or lemon juice

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.



BOBOTIE (SOUTH AFRICAN-STYLE CURRIED MINCE)

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 60 mins

Ingredients

2 cups brown rice*
 2 slices wholemeal bread*
 1 ½ cups milk
 1 Tbsp oil
 2 onions, finely chopped*
 2 garlic cloves, crushed or 1 tsp crushed garlic
 1 Tbsp of fresh ginger, grated or 2 tsp crushed ginger
 500g beef mince
 2 cups frozen mixed vegetables, defrosted in cold after and drained*
 1 Tbsp curry powder
 1 tsp turmeric
 3 whole cloves or 1 tsp ground cloves (optional)
 ¼ cup raisins*
 ½ packet spinach (250g)*
 1 tsp salt
 pepper, to taste
 3 eggs, beaten*

Method

Cook rice according to the instructions on the packet. Preheat the oven to 180°C.

Tear the bread into pieces and put them into a bowl to soak with half a cup of milk.

Heat oil in a large frying pan over a medium heat. Add the onions and cook for a few minutes or until they are soft and clear.

Add the garlic, ginger and beef mince to the pan. Use a spoon to break up the mince and cook for 7-10 minutes, or until the mince is brown. Add the curry powder, turmeric, cloves and raisins to the frying pan and mix well.

Use a fork to mash the bread and milk and then tip into the pan. Add the spinach and mixed vegetables. Season with salt and pepper and mix well.

Grease an ovenproof dish and tip the mince mixture into it. Whisk the eggs with the remaining cup of milk. Pour the egg mixture over the mince and then bake in the oven for 15 minutes or until the egg is just set.

Serve the bobotie on top of rice.

Tip

Cook double the amount of rice so that you can have cooled rice to make the Thai Fried Rice.

Bobotie is often served with turmeric rice. Add a teaspoon of turmeric to your rice if desired.
 Any leftovers can be eaten for lunch the next day.



WARM LENTIL SALAD

Each serve gives: Low Carb 1 Protein 3 Veg

Cook Time Approx. 45 mins

Ingredients

¼ pumpkin, cut into small cubes (around 2cm)
 1 onion, cut into quarter wedges*
 2 beetroot, cut into small cubes (around 2cm)*
 2 Tbsp oil
 2 tsp salt
 pepper, to taste
 500g chicken thighs or breast, boneless and skinless
 2 garlic cloves, finely chopped or 1 teaspoon crushed garlic
 2 Tbsp paprika
 1 Tbsp dried mixed herbs
 1 can lentils, drained
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 1 Tbsp balsamic vinegar or lemon juice
 ½ cup raisins, soaked in hot water and drained*

Method

Heat oven to 180°C. Toss the pumpkin, onion and beetroot with 1 tablespoon of oil, 1 teaspoon salt and pepper to taste. Roast the vegetables for 20-25 minutes or until tender. Remove from the oven and set aside.

While the pumpkin is cooking, rub the chicken with garlic, 1 teaspoon salt, paprika and dried mixed herbs. Place the chicken on a lined baking tray and bake in the oven for 20 – 30 minutes until they are cooked and the juices are running clear. Note: Thighs will take less time to cook than breasts.

In a large bowl, mix together the roasted pumpkin, onion, beetroot, lentils, mixed vegetables, balsamic vinegar (or lemon juice) and raisins.

To serve, thinly slice the chicken and serve it on top of the warm lentil salad.

Tip

You don't need to peel the beetroot, just make sure to give them a good wash before using. If you have any beetroot stalks and leaves on your beetroot, you can also chop these into your salad or roast them with the chicken for the last 5-10 minutes.

For flavoursome chicken, marinate the chicken overnight with the spices.

Store leftovers in the fridge and eat for lunch the next day.





THAI-INSPIRED FRIED RICE

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 50 mins

Ingredients

2 cups brown rice*
 2 Tbsp oil, divided
 2 onions, finely chopped*
 3 cloves garlic, finely chopped or 1 ½ tsp crushed garlic
 3 tsp fresh ginger, grated or 1 ½ tsp crushed ginger
 1-2 tsp chilli flakes or powder (optional)
 2 cups frozen mixed vegetables, defrosted in cold water and drained*
 1 can chickpeas, drained
 4 Tbsp soy sauce
 1 Tbsp fish sauce (optional)
 6 eggs, beaten*
 salt, to taste (if not using fish sauce)
 pepper, to taste

Method

Cook brown rice according to packet instructions. Once cooked, allow to cool completely.

Heat one tablespoon of oil in a large pan over medium heat. Pour the scrambled eggs in and swirl gently until just cooked. Season with salt and pepper and set eggs aside in a bowl.

Return the frying pan to the heat and add the remaining tablespoon of oil. Fry the onion and garlic for 3 minutes, or until the garlic and onion are soft.

Stir in the ginger and chilli flakes, and cook for another minute.

Mix in the cooked rice, stirring regularly for 2 minutes.

Pour in the soy sauce and fish sauce, if using, and cook for another 2 minutes. Stir through the defrosted mixed vegetables and chickpeas, and cook until just heated through.

Add the eggs to the pan and mix everything together.

Serve in bowls.

Tip

Fried rice works best with cold rice, so if you can, cook the rice in advance and allow it to cool in the fridge before using. This will reduce your cook time also. See the notes at the beginning about storing cooked rice safely.

Leftovers can be frozen.

BEAN QUESADILLAS

Each serve gives: 2 Carb 1 Protein 4 Veg

Cook Time Approx. 40 mins

Ingredients

1 Tbsp oil
 2 onions, finely chopped*
 3 garlic cloves, finely chopped or 1 ½ tsp crushed garlic
 2 carrots, grated*
 2 cups frozen mixed vegetables*
 2 cans kidney beans, drained
 2 cans chopped tomatoes
 ½ packet spinach (250g), thawed with water squeezed out*
 1 tsp salt
 pepper, to taste
 1 tsp sugar
 1 Tbsp paprika
 1 tsp chilli powder or cayenne pepper (optional, add more paprika if not using chilli)
 12 tortillas
 2 cups cheese, grated*

Method

Heat oil in a large frying pan over a medium heat.

Add the onions and cook until they are soft and clear.

Add the garlic and carrots and cook for approximately 5 minutes.

Add the frozen mixed vegetables, kidney beans, chopped tomatoes, spinach, salt, pepper, sugar, paprika and chili powder. Mix well, bring to the boil and then reduce the heat and simmer for 15 minutes or until it has thickened. Remove from heat and allow to cool slightly.

To make the quesadillas, heat another large frying pan over a medium heat. Place a tortilla in the frying pan and spread spoonfuls of the bean mixture over one half of the tortilla. Sprinkle over some of the cheese. Fold the other half of the tortilla over the top. Once the bottom of the tortilla is crispy, flip it over so that the top half can cook. Remove it from the heat when the tortilla is crisp and the cheese has melted. Repeat with the remaining tortillas.

Cut the quesadillas into wedges before serving.

Tip

You can freeze any leftover bean mixture to use another time.

You can pre-make these and wrap them in baking paper, and toast the next day for a quick lunch.

Leftovers can be frozen.

BACON BREAD CASES WITH RAW ENERGY SLAW

Each serve gives: 2 Carb 1 Protein 2 Veg

Cook Time Approx. 45 mins

Ingredients

12 slices wholemeal bread*
1 Tbsp oil
1 onion, finely chopped*
2 garlic cloves, finely chopped or 1 tsp crushed garlic
200g middle bacon, chopped
1 cup frozen mixed vegetables, defrosted in cold water and drained*
1 can creamed corn
3 eggs, lightly beaten*
salt and pepper
1 cup cheese, grated*

Raw energy slaw:

2 carrots, grated*
1 beetroot, grated*
½ cup raisins, soaked in hot water and drained*
4 Tbsp sunflower seeds (optional)
½ tsp salt
Pepper to taste
1 Tbsp oil
2 Tbsp balsamic vinegar or lemon juice

Method

Preheat the oven to 180°C. Grease 12 medium-size muffin cups. Press the bread slices carefully into the muffin tray to form cups. Bake for about 10-12 minutes or until they are starting to go crispy.

While the bread is baking, heat the oil in a frying pan over a medium heat. Add the bacon and fry for 5-7 minutes or until the bacon is cooked. Add the onion and cook for 3-5 minutes or until the onion is soft and clear.

Tip the bacon mixture into a bowl. Add the defrosted vegetables, creamed corn and beaten eggs. Season with salt and pepper and mix well. Spoon the mixture into the bread cases, filling them with as much mixture as possible. Sprinkle over the grated cheese.

Bake for 20 minutes or until the mixture is set and the cheese has melted.

To make the raw energy slaw, combine the grated carrots, beetroot, raisins, sunflower seeds, salt, pepper, oil and vinegar or lemon juice in a bowl and mix.

Serve the bread cases with a side of raw energy slaw.

Tip

If you don't have muffin trays, you can make this as a bread quiche. Spread the slices of bread along the bottom of a greased ovenproof dish.

Eat leftovers for lunch the next day.

CURRIED RICE SALAD

Each serve gives: 1 Carb 1 Veg

Cook Time Approx. 10 mins

Ingredients

2 cups cooked rice, chilled
1 apple, finely chopped
1 red onion, finely chopped
1 capsicum, finely chopped
2 Tbsp raisins, soaked in hot water and drained
3 Tbsp fresh herbs, finely chopped (such as parsley)
¼ cup oil
1/3 cup white wine vinegar
2 tsp curry powder

Method

Combine cooked rice, apple, red onion, capsicum, raisins and fresh herbs in a large bowl. Mix well to combine.

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

Pour the dressing over the salad and mix to combine.

Serve and enjoy!

Tip

Fresh herbs such as curly parsley will be able to withstand the vinegar dressing without going yellow, but feel free to use any other fresh herbs you prefer.



For more great recipes visit
lovefoodhatewaste.co.nz

