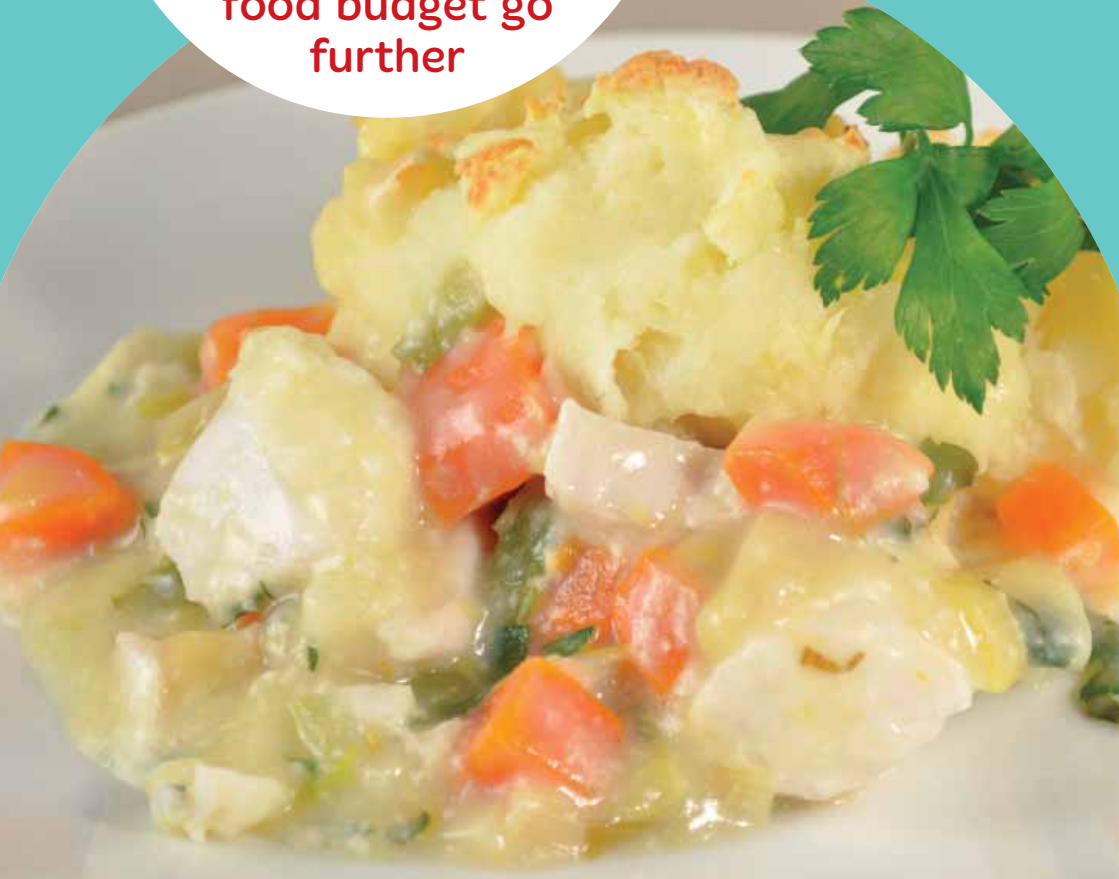


Affordable Eats

Easy and tasty family
meals that make your
food budget go
further



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The Heart Foundation is committed to ensuring that all New Zealanders can fulfil their lifetimes. Our programmes help people live healthier lives. We work hard to make food choices easy for New Zealanders by providing a range of recipes to eat well on a budget.



Affordable Eats is a collection of recipes designed to feed your family **for less than \$3 per person per serve** more economically, without sacrificing taste, quality or nutrition. We have shared with you a few tips to help you stretch your food budget. We also have a 'Tasty and Affordable' recipe section at www.heartfoundation.org.nz/recipes. Remember seasonal produce means affordable!

Cost per serve at time of publication 2014

Squeezing more out of your food budget

- ▶ Write a shopping list – and stick to it – and know your budget.
- ▶ Take a calculator or use self-scanners to help keep track of your spend.
- ▶ Use the cheapest supermarkets, fruit stores or butcheries in the area. Watch out for specials and be aware that local convenience stores and service stations often charge extra for the convenience.
- ▶ Cheaper fruit and vegetables can always be found at local markets.
- ▶ Branded products don't necessarily mean better quality. Give supermarket's own brands a try as they could well be made by the same manufacturer.
- ▶ Look for best value by checking the price per 100g or litre.
- ▶ Reduce the amount of convenience, processed and snack foods you buy.

Stretching your dollars – www.familybudgeting.org.nz

Tips to make your food go that little bit further

- ▶ When you're cooking dinner, make a little extra for the next day's lunch.
- ▶ Bulk up your curries, casseroles and stews with vegetables.
- ▶ Use your leftovers to make a whole new meal for the next day. Do this by adding extra vegetables, some pasta or rice, a can of fish and/or tomatoes.
- ▶ Crockpots and slow cookers are great for saving time and money, as you are able to slow cook cheaper cuts of meat.
- ▶ Adding legumes and beans to a dish is a great way to make a meal go further.
- ▶ Freeze leftovers and any surplus produce from your vegetable garden

Healthy Heart Visual Food Guide

eat most

vegetables
& fruit

eat some

grain foods &
starchy vegetables

legumes, fish, seafood,
eggs, poultry & meat

milk, yoghurt
& cheese

healthy oils,
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats



simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:

vegetables & fruit : a variety of colours



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

my step

grain foods & starchy vegetables : wholegrain & high-fibre



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



or

Choose just one starchy or grainy food at a meal

my step

legumes, fish, seafood, eggs, poultry & meat : lean & skinless



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

my step

milk, yoghurt & cheese : reduced fat



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to plain yoghurt



Try homemade instead of bought takeaways

junk food & takeaways : cut back



Downsize from a big plate to a smaller size

healthy oils, nuts & seeds



Swap from butter or ghee to oils or margarine



Choose a handful of nuts for a snack instead of potato chips



Swap a can of fizzy to water or milk

Swap from two scoops of ice cream to one scoop

Ingredients you'll need

Affordable Eats recipes are made using these ingredients. Remember if you don't have the exact ingredient for the recipe you are making, try substituting it with a similar ingredient. If an ingredient seems too expensive replace it with a more affordable ingredient or leave it out.

Oil	Spring onions	Eggs
Sesame oil	Onion	Milk, reduced-fat
Curry powder	Red onion	Yoghurt, reduced-fat
Tomato paste, salt-reduced	Garlic	Sour cream, reduced-fat
Dried chilli		Edam cheese
Paprika	Pumpkin	Frozen mixed vegetables
Dried mixed herbs	Kumara	Peas
Nutmeg	Carrot	
Cinnamon	Potato	Wholegrain bread
Black pepper		Wholegrain tortillas
	Parsley	
Chicken stock, salt-reduced	Mint	Chicken mince
Beef stock, salt-reduced	Coriander	Chicken breasts
Soy sauce, salt-reduced	Rosemary	Cooked chicken
Fish sauce	Ginger	Mussel meat
Sweet chilli sauce		Smoked fish
Coconut cream lite	Lemons	Fish
	Oranges	Trim pork
Baking powder	Bananas	Beef mince
Brown sugar	Kiwifruit	Beef lean
White sugar	Pears	Mutton
Wholemeal flour		Bacon
Cornflour	Leeks	Canned corn beef
	Broccoli	
Brown rice	Mushrooms	
Long grain rice	Peppers	
Medium grain rice	Chilli	
Vermicelli noodles	Courgettes	
Dried pasta	Cucumber	
Couscous	Tomatoes	
	Cabbage	
Red kidney beans, canned	Celery	
Cream-style corn	Silver beet / spinach	
Tomatoes, canned	Radishes	
Baked beans		
Currants		
Nuts		
Cashews		



Egg in nest serves 4

Ingredients

8 slices wholegrain
toast bread

2 Tbsp oil

8 eggs

Freshly ground black
pepper

Method

1. Cut a 4cm hole (use a biscuit cutter) in each slice of bread
2. Brush oil on one side of each slice of bread
3. Place the bread oil-side down in a frying pan on a medium heat
4. Break an egg into the hole of each slice of bread
5. Once the egg starts to set, brush on a little oil and turn to cook on the other side
6. Sprinkle with pepper

Per serve:

ENERGY

1247KJ

SAT FAT

2.7g

CARBS

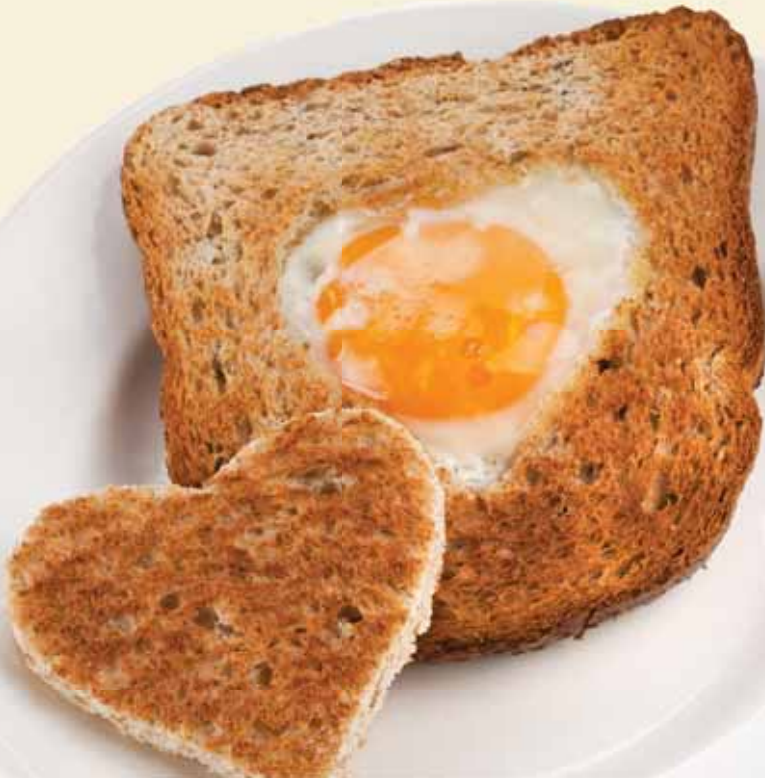
25.7g

FIBRE

3.5g

SODIUM

465mg





Home-made tomato sauce with pasta serves 2

Ingredients

100g dried pasta

1 onion, diced

400g can chopped tomatoes

1 clove garlic, crushed

2 Tbsp tomato paste, salt-reduced

$\frac{1}{4}$ – $\frac{1}{2}$ tsp paprika or chilli

Method

1. Prepare the pasta to packet directions
2. Cook onion in a non-stick pan with a dash of water until soft
3. Add crushed tomatoes, garlic, tomato paste, chilli and cook until thickened
4. Serve over the pasta

Variation

Add roasted root vegetables such as pumpkin and carrot, cut into bite-size pieces

Add leftover cooked meat such as chicken or beef

Add a combination of seasonal vegetables, whatever is in the vegetable bin in the fridge

Per serve (without variation):

ENERGY

1045KJ

SAT FAT

0.5g

CARBS

50g

FIBRE

6g

SODIUM

302mg

Bubble 'n squeak serves 4

Ingredients

1 Tbsp oil

1 medium onion, diced

1½ cups cabbage,
cooked

4 medium potatoes,
boiled and cubed

1 medium kumara,
boiled and cubed

½ cup nuts, roughly
chopped (optional)

¼ cup parsley, chopped

Pinch ground nutmeg

Method

1. Heat oil in a large frying pan
2. Add onion and sauté until soft
3. Add remaining ingredients and heat through
4. Turn frequently and scrape residue stuck to the bottom of the pan
5. Serve hot

Per serve:

ENERGY

1149KJ

SAT FAT

1.5g

CARBS

36g

FIBRE

6.3g

SODIUM

203mg





Fresh fruit platter serves 4

Ingredients

2 Tbsp reduced-fat
sour cream
½ cup brown sugar
2 tsp lemon juice
2 mandarins or oranges
1 banana
2 kiwifruit
1 pear

Method

1. Blend the sour cream, brown sugar and lemon juice
2. Microwave on medium power for 5 minutes or until smooth and caramelized, stir well. Or alternately place in a saucepan and cook over a low heat for 5 minutes, stirring occasionally
3. Cut the fruit into wedges or bite-size chunks
4. Arrange on large platter or individual plates
5. Drizzle with caramel sauce

Substitution

Use your favourite fruit or whatever is in season

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
680KJ	0.5g	38g	3.2g	10mg

Chicken and corn soup serves 6

Ingredients

2 cans cream style corn

2 cups mixed frozen vegetables

1½ cups chicken stock, salt-reduced

1 cup chicken mince or 1 skinless chicken breast minced in food processor

1 Tbsp soy sauce, salt-reduced

2 Tbsp cornflour

2 eggs, beaten

Method

1. In a saucepan combine cream style corn, mixed vegetables, 2 cups water and chicken stock (replace with additional water if not using chicken stock) and bring to the boil
2. Stir in chicken mince and soy sauce and return to the boil
3. In a small bowl, mix together the cornflour and 2 tablespoons cold water
4. Stir cornflour mixture into soup gradually until thickened
5. Gradually add beaten egg while stirring the soup
6. Remove from heat and serve

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
775KJ	0.8g	27g	7.2g	473mg



Chicken fried rice Serves 6

Ingredients

2 cups long grain rice
600ml water
6 eggs, lightly beaten
50ml oil
1 onion, finely diced
1kg mixed frozen vegetables
300g grilled skinless chicken breast, sliced
45ml soy sauce, salt-reduced

Method

1. Rinse the rice under cold running water. In a saucepan cover the rice with the water and bring to the boil with the lid on
2. Reduce heat to the lowest setting and cook for 20 minutes or until the water has been absorbed and the rice is cooked. Remove from the heat and allow to cool
3. Heat a wok or large frying pan with half of the oil
4. Add beaten egg and cook until lightly scrambled. Remove eggs and roughly chop
5. Add the rest of the oil to the wok and add onion and vegetables. Stir-fry until nearly cooked
6. Add cooked rice and chicken and heat through
7. Add eggs back to the wok with soy sauce and mix thoroughly

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1802KJ	2.5g	42g	7g	527mg

CHICKEN





Mexican roll-up with chicken salsa serves 4

Ingredients

400g cooked chicken or any other leftover meat

2 Tbsp reduced-fat sour cream

1 cup button mushrooms, finely chopped

1 cup canned chopped tomatoes, any flavour

4 wholegrain tortilla wraps

60g Edam cheese, grated

Method

1. Preheat the oven to 200°C and grease a shallow oven-proof dish
2. Combine the chicken, sour cream, mushrooms and half the tomatoes
3. Divide the mixture between the 4 tortillas and roll up to enclose the filling
4. Place tortilla parcels seam-side down in the oven-proof dish
5. Spoon the remaining tomato over the tortillas and sprinkle with grated cheese
6. Bake for 15–20 minutes or until the cheese turns golden

Serve with steamed seasonal vegetables or salad

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1456KJ	4.4g	22g	4g	600mg



Chicken and lime vermicelli

Serves 6

Ingredients

- 1 large packet (250g) vermicelli noodles*
- 2 medium carrots, thinly sliced*
- 2 spring onions, thinly sliced*
- 2 medium peppers, thinly sliced*
- ½ cup fresh herbs (mint, parsley & coriander)*
- 2 cloves garlic, crushed*
- 1 red chilli, seeds removed and finely chopped (optional)*
- 2½ cups (400g) cooked chicken, skin removed, shredded*
- ¼ cup sweet chilli sauce*
- 2–3 Tbsp lemon juice*

Method

1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain
2. Combine vermicelli in a large bowl with carrots, spring onions, red pepper, herbs, garlic, chilli and chicken
3. Make the dressing by mixing together sweet chilli sauce and lemon juice
4. Pour dressing over the vermicelli and toss gently to combine
5. Cover and refrigerate until ready to serve

Substitution:

Chicken for surimi (crab meat), ham, fish or any other cooked meat
Add your seasonal vegetables

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1139KJ	1.1g	44g	2.5g	375mg

Baked chicken frittata Serves 4

Ingredients

3 medium potatoes, boiled and sliced

1½ cups cooked chicken, shredded

1½ cups spinach or silverbeet, blanched, if using frozen thaw and squeeze out the liquid

2 Tbsp reduced-fat sour cream

4 eggs

1 Tbsp rosemary (optional)

Method

1. Heat oven to 180 C
2. Grease and line a 25cm round cake tin
3. Lay the sliced potato, shredded chicken and spinach on top of each other in the tin
4. Mix together the sour cream and eggs. Then pour the egg mixture evenly over the ingredients in the tin
5. Sprinkle rosemary leaves over the top
6. Bake for approximately 30 minutes or until the egg has set
7. Turn out of the tin

Serve with salad and tomato relish

Per serve:

ENERGY

985KJ

SAT FAT

2.5g

CARBS

18.7g

FIBRE

5.2g

SODIUM

171mg





Fritters, mussel, courgette or banana serves 6

Ingredients

350g mussel meat, finely chopped, or 3 courgettes grated

4 eggs

2 cups wholemeal flour

½ cup parsley, chopped

2 spring onions, chopped

⅔ cup reduced-fat milk

½ cup reduced-fat yoghurt, unsweetened

2 tsp baking powder

2 Tbsp oil

Makes 24 fritters

Method

1. Mix together gently; chopped mussels, eggs, flour, parsley, spring onion, milk, yoghurt and baking powder
2. Heat a large heavy-based frying pan using a little oil at a time
3. Drop 2 tablespoons of batter into pan for each fritter
4. Cook until golden brown on both sides and cooked through

Serve with green salad and or seasonal vegetables

Variation Banana Fritters

Substitute the mussel meat or courgettes for 350g banana or 3 medium bananas; replace the parsley and spring onions with ½ cup sugar and a teaspoon of cinnamon

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1267KJ	1.7g	30g	5g	500mg

Thai fish cakes serves 6

Ingredients

500g fish fillets

$\frac{1}{3}$ cup fresh coriander, chopped

1 Tbsp fresh ginger, chopped

1 small fresh chilli, finely chopped

1 spring onion, thinly sliced

2 kaffir lime leaves, finely chopped (optional)

1 Tbsp brown sugar

2 tsp fish sauce

1 tsp sesame oil

1 Tbsp oil

Makes 18

Method

1. Dice the fish into large chunks
2. Place all ingredients except the oil into a food processor
3. Pulse until the fish has been finely chopped but is not a smooth paste
4. Shape fish mixture into 30g balls and slightly flatten
5. Heat oil in a heavy-based frying pan
6. Cook the fish cakes for approximately 2 minutes each side or until golden brown and cooked through

Serve with salad and steamed rice

Per serve (three fish cakes):

ENERGY

4061KJ

SAT. FAT

0.4g

CARBS

3g

FIBRE

0.2g

SODIUM

191mg

FISH





Smoked fish kedgeree Serves 4

Ingredients

1 Tbsp oil

1 medium onion, finely chopped

2 tsp curry powder

2 cups cooked rice

1 cup reduced-fat milk

1 cup smoked fish, roughly chopped

2 Tbsp lemon juice

½ cup fresh coriander or parsley, chopped

8 lemon wedges

4 soft boiled eggs, halved

Method

1. Heat oil in a saucepan over a low heat
2. Add the onion and cook for about 10 minutes or until soft and just beginning to brown
3. Add the curry powder and cook for a further minute, then stir through the cooked rice
4. Pour in the milk and heat gently
5. Fold through the smoked fish, lemon juice and coriander
6. Season with cracked black pepper
7. Serve with lemon wedges and soft boiled eggs, cut in half

Serve with seasonal steamed vegetables

Per serve:

ENERGY

1015KJ

SAT. FAT

1.9g

CARBS

21.4g

FIBRE

1g

SODIUM

590mg

Oka l'a (raw fish) Serves 8

Ingredients

1kg fresh fish fillets
(mullet or gurnard is best)

5 lemons, juice only

3 spring onions, chopped

1 small cucumber, seeds removed, chopped into bite-size pieces

2 tomatoes, chopped

½ green or yellow pepper, chopped

1 ½ cups lite coconut cream

1 cup water

Pepper to taste

Method

1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice – leave to marinate for at least 2 hours, or overnight in the fridge
3. Drain off the lemon juice. Add the spring onions, cucumber, tomatoes, pepper, coconut cream and water. Sprinkle with pepper and mix well
4. Transfer to a serving bowl, cover with plastic wrap and chill before serving

Serve with brown rice and crisp lettuce leaves

Per serve

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
707KJ	3.7g	3.7g	1.1g	120mg



Fabulous fish pie serves 6

Ingredients

8 medium potatoes,
peeled and diced
3 Tbsp reduced-fat milk
1 Tbsp oil
3 medium carrots,
diced (2 cups)
1 large leek, sliced
(3 cups)
2 cups water
1 cup reduced-fat milk
3 Tbsp cornflour
½ cup parsley, chopped
2 Tbsp lemon juice
600g white fish fillets,
diced (hoki, trevally)
½ cup Edam cheese,
grated

Method

1. Preheat oven 180°C
2. Place potatoes in a pot and cover with cold water, bring to the boil and cook until tender. Drain and mash with the first measure of milk
3. Heat the oil in a large saucepan. Add the carrot and leek and sauté at a medium heat until soft but not brown
4. Add water and milk, bring to a gentle simmer. Wet the cornflour with a little water and gradually add to the simmering sauce until thick. Remove from the heat
5. Mix in the parsley and lemon juice. Pour into an oven-proof dish
6. Lay the diced fish on top of sauce. Spread the mashed potato on top, sprinkle with grated cheese
7. Bake for approximately 30 minutes or until hot through and fish is cooked

Per serve:

ENERGY

1513KJ

SAT. FAT

2.2g

CARBS

43.8g

FIBRE

6.5g

SODIUM

185mg

FISH





Pork chop suey serves 8

Ingredients

2 cups brown rice
2 Tbsp oil
2 onions, diced
4 tsp fresh ginger, finely chopped
4 cloves garlic, crushed
1kg Trim pork, diced
5 carrots, sliced thinly;
OR 4 cups frozen mixed vegetables
1 head broccoli, sliced into small pieces;
OR ½ head cauliflower, sliced into small pieces
1 yellow pepper, seeds removed, chopped
2 Tbsp soy sauce, salt reduced

Method

1. Place the rice into a large saucepan with 4 cups water, cover and bring to the boil over a medium heat. Then reduce heat to a low setting and cook for 15–20 minutes. Remove the pan from the heat and leave to stand covered for 5–10 minutes
2. Heat the oil in a large saucepan. Add onion, ginger, garlic, and pork. Stir-fry for 3–4 minutes
3. Add carrots (or frozen vegetables), broccoli (or cauliflower), pepper and ½ cup of water to the saucepan and cook for 3 minutes.
4. Add soy sauce to saucepan and stir – cover and simmer for 10–15 minutes until meat is tender
5. Serve over the cooked rice

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1569KJ	1.5g	49g	3g	420mg

Spicy Indian corned beef Serves 6

Ingredients

340g can Pacific corned beef

400g can Indian flavoured tomatoes

500g frozen mixed vegetables (carrots, peas, green beans and sweet corn)

1 Tbsp garlic, crushed

1 Tbsp ginger, grated

2 cups cabbage, finely chopped

2 cups pumpkin, cubed and cooked

3 Tbsp coriander or parsley, chopped

Method

1. Place can of corned beef in a pot, cover with hot water, leave to stand for 10 minutes, then tip water away. Open can and drain off fat
2. Place tomatoes in a large pan, add mixed vegetables
3. Add garlic and ginger, stir to combine
4. Cook on a medium heat, stirring occasionally. When vegetables are heated through, add drained corned beef, chopped cabbage and pumpkin. Continue cooking until steaming hot
5. Garnish with coriander or parsley

Serve with rice, vermicelli, taro or roti

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
960KJ	3g	14g	4g	527mg



Individual pastry-less pies Serves 8

Ingredients

500g lean mince, lamb, beef or chicken

1 large onion, diced

1 can baked beans

5 Tbsp tomato paste, salt-reduced

2 cups frozen mixed vegetable eg. peas, carrots and sweet corn

800g potatoes, peeled and cut into even sizes

¼ cup reduced-fat milk

1 cup Edam cheese, grated

4 Tbsp parsley, chopped (optional)

Method

1. Preheat oven to 190°C
2. Brown the mince in batches in a hot frying pan. Set aside
3. Add a little oil to frying pan, gently cook onion until tender but not brown, increase heat and stir in browned mince
4. Add baked beans, tomato paste and half a cup of water, stir to combine
5. Stir in frozen vegetables, heat gently until vegetables are thawed
6. Cook potatoes in boiling water until tender, drain well and mash with milk, cheese (hold back 2 tablespoons) and chopped parsley
7. Spoon meat and vegetable mixture into individual ramekins or large baking dish. Top with mashed potatoes and sprinkle with remaining cheese. Bake for 20 – 25 minutes until hot and golden

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1216KJ	4g	37g	5.6g	359mg

MEAT



Beef curry Serves 4

Ingredients

- 1 Tbsp oil
- 2 medium onions, diced
- 350g lean beef, diced
- 3 cloves garlic, crushed
- 2 Tbsp curry powder
- 400g can tomatoes, crushed
- 2 Tbsp tomato paste, salt-reduced
- 1 cup water
- 1 Tbsp fresh coriander, chopped (optional)

Method

1. Heat the oil in a large pot. Add the onions and sauté until soft and beginning to brown
 2. Add beef, garlic and curry powder and sauté until the beef has browned lightly
 3. Add the tomatoes, tomato paste and water. Bring to a gentle simmer
 4. Cover and cook slowly for approximately 2 hours or until the beef is tender
 5. Add more water if it looks to be drying out too much
 6. Garnish with coriander
- Serve over rice with steamed seasonal vegetables

Per serve:

ENERGY

863KJ

SAT. FAT

2.2g

CARBS

11.5g

FIBRE

4.6g

SODIUM

199mg

MEAT



Irish stew serves 4

Ingredients

1 Tbsp oil
2 medium onions, diced
2 medium carrots, diced
300g mutton or hogget, fat removed and diced
2 large potatoes, washed and diced
3 cups beef stock, salt-reduced
2 Tbsp parsley, chopped

Method

1. Heat the oil in a large pot. Add onions and carrots, sauté until beginning to soften
 2. Add the meat and cook until lightly browned on the outside
 3. Add the potatoes and stock and bring to a gentle simmer
 4. Cover and cook for approximately 1½ hours or until the meat is tender
 5. Garnish with parsley
- Serve with steamed cabbage

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1050KJ	4.5g	22g	3.4g	444mg



Little meat loaves Serves 6

Ingredients

1 Tbsp oil
1 red onion, diced
2 cloves garlic, crushed
½ cup currants
1 tsp cinnamon
1 lemon, zest
400g beef mince, lean
1 cup cooked rice
⅓ cup parsley, chopped
9 cabbage leaves, large outer leaves
1 cup cabbage, shredded finely
1 carrot, sliced into sticks
2 cups beef stock, salt-reduced

Method

1. Preheat oven to 180°C
 2. Place the oil into a frying pan and add the onions, garlic, currants, cinnamon and lemon zest. Fry gently until the onion is soft. Remove from the heat and place into a mixing bowl
 3. Add mince, cooked rice, parsley and black pepper, mix well
 4. Place the cabbage leaves two at a time into a pot of boiling water; blanch for 1–2 minutes. Remove and place into cold water. Repeat until all the cabbage leaves are blanched, drain well. Now blanch the shredded cabbage and carrot sticks
 5. Lay the cabbage leaves out flat, remove the thickest part of the stems. Place ½ cup of the mince mixture onto the bottom of the cabbage leaves and roll up, folding in the sides as you roll
 6. Place into an ovenproof dish, pour over the stock, cover and bake for 45 minutes
 7. Garnish with shredded cabbage and carrots
- Serve with steamed vegetables

Per serve (1½ Rolls):

ENERGY

1093KJ

SAT. FAT

3g

CARBS

25g

FIBRE

4.5g

SODIUM

508mg

Quick minestrone Serves 4

Ingredients

2 cups seasonal vegetables prepared and chopped eg. potatoes, carrot, celery, kumara, parsnip, leeks

1 onion, diced

1L water

200g tomato paste, salt-reduced

400g can tomatoes, chopped

¼ cup couscous

400g can red kidney beans, drained and rinsed

Freshly ground black pepper to taste

Mediterranean herbs to taste eg. basil, thyme, oregano

Method

1. Put all ingredients in a saucepan, except the pepper and herbs, and bring to the boil
2. Simmer for 15–20 minutes
3. Season to taste with freshly-ground black pepper and herbs
4. Serve with wholegrain bread and a sprinkling of grated Edam cheese, if desired

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
996KJ	0.1g	41g	9g	123mg



Pumpkin risotto Serves 4

Ingredients

4 cups water

1 tsp dried vegetable stock powder, salt-reduced

1 Tbsp oil

1 medium onion, finely diced

3 cups pumpkin, peeled, seeded and diced

3 gloves garlic, crushed

1 cup medium grain rice (Arborio)

1 cup frozen peas

½ cup Edam cheese, grated

Method

1. Heat water in a pot and dissolve stock cube
2. In a different pot heat the oil. Add the onion and pumpkin to the oil and sauté until the onion is soft and just starting to brown
3. Add the garlic and rice to onion and sauté until the rice looks clear rather than white
4. Stir in one quarter of the hot stock with the rice, stirring occasionally
5. Add stock regularly while stirring until the rice is cooked through and the risotto has a creamy consistency (not too thick and not too runny)
6. Add the frozen peas and bring back to temperature
7. Remove from the heat, sprinkle with cheese over the top and serve hot

Variation

Add 2 rashers chopped bacon or 2 small chicken breasts, sliced, add with the onion and pumpkin.

Per serve:

ENERGY

1603KJ

SAT. FAT

3.4g

CARBS

53g

FIBRE

7g

SODIUM

131mg

MEATLESS





Solomon poi serves 8

Ingredients

1kg kumara, peeled and grated

1kg pumpkin, peeled and grated

6 large silverbeet leaves, stalks removed

½ cup roasted cashew nuts, chopped

½ cup lite coconut cream

½ cup reduced-fat milk

Pepper to taste

Method

1. Preheat oven to 180°C
2. Combine all the ingredients and mix thoroughly
3. Line a baking dish with tin foil, allowing enough to fold over the top
4. Place the mixture into the baking dish. Fold over the ends of the tin foil to make a parcel
5. Bake for 1 hour

Serve with lean meat and steamed vegetables

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1049KJ	2.2g	48g	6.5g	70mg

Vegetable couscous Serves 4

Ingredients

2 courgettes, chopped
1 cup cocktail tomatoes, halved
1 green pepper, cut into chunks
1 carrot, peeled and chopped finely
1 cup couscous
1¼ cups boiling water
1 Tbsp oil
1 lemon, zest and juice
2 radishes, sliced finely
¼ cup roasted almonds, chopped

Method

1. Preheat oven to 200°C
 2. Lightly oil a roasting dish, add the courgette, tomatoes, green peppers and carrot and bake in the oven for 15 minutes
 3. Place the couscous into a bowl and pour over the boiling water
 4. Season with black pepper, cover and set aside for 5 minutes or until all the water has been absorbed
 5. Add the oil, lemon zest and juice to couscous and fluff up with a fork
 6. Add the roasted vegetables, radishes and almonds
- Serve with cold meat or grilled meat, fish or chicken

Per serve:

ENERGY

1049KJ

SAT. FAT

1.2g

CARBS

31.6g

FIBRE

4.3g

SODIUM

16mg

MEATLESS

Weights and measures

Abbreviations

Tbsp	tablespoon
tsp	teaspoon
°C	degrees Celsius
g	grams
mg	milligrams
L	litre

Kitchen measures

1 Tbsp	= 15 ml
1 tsp	= 5 ml
3 tsp	= 1 Tbsp (NZ)
1 cup	= 250 ml
½ cup	= 125ml
4 cups	= 1 litre



Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*. Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following some simple food handling tips. Clean, cook and chill www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill/ will help you keep your friends and family safe from foodborne illness that causes upset tummies.

Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

For more free healthy recipes
heartfoundation.org.nz/freecookbooks
heartfoundation.org.nz/recipes



The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

**To make a donation, please go to
www.heartfoundation.org.nz/donate
or contact us at:**

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