



REAL GOOD KAI RECIPES



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CONVERSIONS

Self raising flour can be made using 1 cup flour + 1 tsp baking powder

Liquid stock can be made using powder stock + water

Drain and rinse lentils/beans unless otherwise stated

Tbsp = Tablespoon

Tsp = Teaspoon

* = optional



SAVOURY

BAKED POTATOES



70 mins



Serves 4



Oven method



Ingredients

- 1 Tbsp oil
- 1 onion (or leek), finely chopped
- 2-3 cloves garlic, finely chopped
- 1 tsp coriander*
- 1 tsp cumin*
- 1 tsp paprika*
- 1 Tbsp tomato paste
- 1 Tbsp sweet chilli sauce*
- 2 cans of beans - black beans and kidney beans work well, **do not drain**
- 300g mince or 1 extra can of beans (drained)
- 2 cups vegetables grated or finely chopped (e.g. parsnips, carrots, broccoli, tomatoes, frozen corn, peas, etc.)
- Grated cheese
- 4 large potatoes
- Salt and pepper to taste

*optional

1. Preheat oven to 180°C. Wash **potatoes** (leave peels on), poke holes in them with a fork and bake for 60 mins.
2. In the meantime, turn pan on to medium heat. Add **oil, onion, garlic** and cook for 2-3 mins.
3. Add **vegetables** (and **mince** if using). Cook until vegetables are slightly soft (or mince is brown all over).
4. Add in **coriander, cumin** and **paprika** (if using) and mix into onions and vegetables, then add **sweet chilli sauce** and **tomato paste**.
5. Add **beans** and liquid from the beans. Cook until mix thickens and liquid disappears.
6. Remove potatoes from the oven. Slice length-ways and open up. Add bean mix into potatoes and top with **cheese**. You can place the potatoes back into the oven until cheese melts or eat straight away.

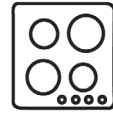
BEEF GYUDON



30 mins



Serves 4



Stove method

Ingredients

1 Tbsp oil
2 onions, finely chopped
300g beef, cut into thin strips
2–3cm ginger, finely chopped
1/3 cup soy sauce
1/3 cup mirin (rice wine vinegar)
2 Tbsp honey or alternative
1/2 cup liquid stock
2 spring onion stalks*
4 Tbsp sesame seeds, toasted*
3 cups lightly steamed or fresh vegetables to serve
Rice to serve

*optional

1. Turn pan on to low heat. Add **oil** and **onions**. Cook for 10 mins until soft and slightly browned (not crunchy or burned).
2. Add **ginger** and cook for 1–2 mins.
3. Add in **soy sauce, mirin, honey** and **stock** and simmer until it has reduced down to a thick syrup like sauce.
4. Add **beef strips** to the mixture and cook through (about 5 mins).
5. Serve on a bowl of **rice** and top with toasted **sesame seeds**, chopped **spring onion** and lightly steamed or fresh **vegetables**.



BEETROOT SALAD



15 mins



Serves 4



No cooking

Ingredients

1 beetroot
1 carrot
1 apple (or pear)
Juice of 1 lemon (or orange/lime)
1 Tbsp oil
1 tsp cumin*
1 tsp honey*
Salt and pepper to taste

Optional extras:

Freshly chopped herbs (mint, parsley or coriander)

*optional

1. Grate **beetroot**, **apple** and **carrot**. Add to salad bowl.
2. Squeeze juice from the **lemon** and combine with **oil**, **cumin**, **honey**, **salt** and **pepper**.
3. Drizzle this over the salad and let stand for 10–15 mins before serving.

Note: Keeps in the fridge for a couple of days.



BROCCOLI SALAD



15 mins



Serves 6



No cooking

Ingredients

2 broccoli, chopped into small pieces (stalk and all)

½ cup sunflower seeds*

½ cup red/white onion (finely chopped)

½ cup dried cranberries or raisins/sultanas

⅓ cup oil

2 Tbsp white wine vinegar or apple cider vinegar

1 Tbsp mustard

1 Tbsp honey*

1 clove garlic, finely chopped/ crushed

Pinch of salt and pepper

*optional

1. Add chopped **broccoli, sunflower seeds, chopped red onion** and dried **cranberries/raisins** into a bowl. Mix to combine.
2. Combine **oil, vinegar, mustard, honey, garlic, salt** and **pepper** in a small bowl. Mix until it comes together.
3. Pour dressing over broccoli mix and leave to stand for 20–30 mins before serving. Enjoy.

Note: This is a great, easy dish that can be prepared in advance for a summer BBQ or potluck dinner. It is also delicious with leftover chopped up meat (bacon, salami, chicken, etc.) or some grated cheese. Feel free to get creative and try adding different ingredients and extra vegetables.

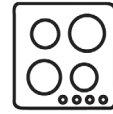
CANNELLINI AND CABBAGE STEW



50 mins



Serves 4 - 6



Stove method

Ingredients

1 Tbsp oil
1 onion, finely chopped
2-3 cloves garlic, finely chopped
200g chorizo sausage or 2-3 sausages*
4-5 cups cabbage, finely chopped
1 can cannellini/white beans, drained
4 cups chopped potatoes, chop small (skin on)
2 cans tomatoes
1 Tbsp mixed herbs*
1 tsp paprika*
½ tsp chilli powder*
1 Tbsp red wine vinegar or balsamic vinegar*
4-6 cups liquid chicken or vegetable stock
Salt and pepper to taste

*optional

1. Place a large pot over medium heat. Add **oil, onion** and **garlic** and cook for 2-3 mins.
2. If using, chop **chorizo/sausage** into small slices (around 2cm), add to the onion. Cook for 3-5 mins or until sausage is cooked through. Add **potatoes, mixed herbs, paprika** and **chilli** and cook for another 2 mins.
3. Add **tomatoes, stock** (enough to cover potatoes) and **red wine vinegar** (if using), cover and bring to boil. Continue to cook for 20 mins or until potatoes are cooked through.
4. Add chopped **cabbage** and **cannellini beans** then continue to cook for another 10 mins (until cabbage is cooked and tender).
5. Remove from the heat, season and serve. This is delicious served with toasted or fresh bread.





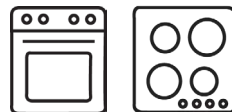
CAULIFLOWER HASH BROWNS



60 mins



Serves 4-6



Oven/stove method

Ingredients

Oil for cooking

3 cups grated cauliflower
(including stalk)

1 onion, finely chopped

½ cup grated cheese

3 eggs

2-3 cloves garlic, finely
chopped

1-2 Tbsp chives or parsley,
finely chopped*

1 cup breadcrumbs or rolled
oats (fine)

1 tsp paprika*

½ tsp chilli*

Salt and pepper

*optional

1. Add **grated cauliflower, onion, cheese, eggs, garlic, breadcrumbs** and **herbs/spices** into a bowl. Mix ingredients until well combined.

PAN FRY:

- Turn pan on to medium-low heat, add **2-3 Tbsp oil** into pan.
- Place small spoonfuls (4x4cm) of the mix into the pan and cook until golden on the bottom (4-5 mins), flip and continue to cook on the other side until both sides are golden.
- Remove from pan and serve straight away, alternatively turn the oven on low and store in there until ready to eat.

OVEN:

- Turn oven on to 180°C and line a tray with baking paper.
- Shape the mixture into evenly sized hash browns on the tray.
- Bake for 20 mins, flip and return to the oven for another 20 mins.

CAULIFLOWER PARMIGIANA



70 mins



Serves 4



Oven method



Ingredients

2 eggs
2 Tbsp milk
1 cup breadcrumbs
2 tsp mixed herbs
1 head cauliflower, sliced length-ways into steaks
Pinch of salt + ¼ tsp
1 Tbsp oil
2–3 cloves of garlic, finely chopped
1 onion, finely chopped
1 Tbsp cumin seeds*
2 Tbsp red wine vinegar
2 cans tomatoes
1 cup grated vegetables (e.g. carrot, zucchini, etc.)
1–2 cups spinach leaves
1 Tbsp tomato paste
½ cup grated cheese

*optional

1. Preheat oven to 180°C and prepare a flat baking tray.
2. Whisk **egg** and **milk**, place in a shallow bowl, big enough to fit cauliflower steaks.
3. Combine **breadcrumbs** and **1 tsp mixed herbs**. Spread evenly in shallow bowl or on a plate.
4. Individually dip **cauliflower** steaks into egg mix and then into breadcrumb mix, ensure cauliflower is well coated.
5. Place steaks into the oven and bake for 45 mins or until golden and cooked through.
6. While baking cauliflower, make the sauce. Combine **oil, onion** and **garlic** over a low/medium heat pan. Cook through. Add **cumin seeds** and cook for a further 30 seconds.
7. Add **tomatoes, pinch of salt, 1 tsp mixed herbs, red wine vinegar, grated veges** and **tomato paste** to pan. Stir to combine. Cook for 30 mins or until nicely thickened.
8. Remove steaks from oven. Layer each steak with **spinach** and top with **tomato sauce**. Sprinkle with **cheese**.
9. Return to oven for 5–10 mins or until cheese has melted. Serve alongside homemade chips and salad and/or topped with **fresh basil**.



CAULIFLOWER TACOS



60 mins



Serves 4



Oven method

Ingredients

1–2 Tbsp oil

½–1 head cauliflower cut into small 2–3cm pieces (including stem/hard white section)

¾ cup flour

¾ cup milk

1 tsp paprika*

¼ tsp chilli powder*

¼ tsp salt

1 tsp cumin*

1 tsp coriander*

4 tortillas/wraps

4–6 cups fresh vegetables (e.g. grated carrots, tomato, spinach, cabbage, cucumber, red onion)

Sauce for serving (tomato, mayo)

Cheese for serving*

Other taco fillings (e.g. chickpeas, eggs, etc.)

*optional

1. Preheat oven to 180°C (use fan bake if you can). Line a baking tray with baking paper or a small amount of **oil**.
2. Combine **flour, milk, paprika, chilli, salt, cumin** and **coriander** in a bowl to make batter (if it is too thick, feel free to add more **milk**).
3. Dip **cauliflower** pieces into batter and ensure each piece is covered. Place on baking tray. Continue coating until all cauliflower is covered.
4. Place baking tray in the oven for 30–40 mins. With 10 mins to go, drizzle over **oil** and return to oven to continue cooking until golden and crispy.
5. While cauliflower is cooking prepare fresh **vegetables** to add into tacos. Remove the cauliflower from oven and add into a **wrap** along with **sauc**es and **vegetables**. Enjoy!

Note: These are delicious served with a side of homemade wedges.

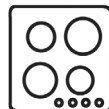
CHICKEN TORTILLAS



25 mins



Serves 4



Stove method

Ingredients

2 cups chopped vegetables
- fresh for adding into the wrap
(e.g. lettuce, tomato, carrot,
cucumber, avocado, etc.)

1 can black beans (or kidney
beans), drained

1 cup cooked rice

400g chicken, chopped 2cm
squares

1 can tomatoes

2 tsp cumin*

2 tsp coriander powder*

½ tsp chilli powder*

2 cloves garlic, finely chopped

1 onion, finely chopped

8 tortillas/wraps

½ cup cheese, grated

3 Tbsp oil

Juice of 1 lemon*

*optional

1. Turn pan onto high heat, add **1 Tbsp oil, black beans, rice, 1 tsp coriander** and **1 tsp cumin** and fry for 5 mins. Remove from pan and set aside.
2. Wipe pan out, return to heat and add **1 Tbsp oil, onion** and **garlic** and cook for 2–3 mins. Add diced **chicken** and brown.
3. Add **1 tsp coriander, 1 tsp cumin, chilli powder** and **tomatoes** and cook for 5 mins, until tomato mix has thickened slightly (reduced). Remove from pan.
4. Add **½** of the tomato mix into the bean mixture. Stir to combine. Season with salt and pepper.
5. Add mixture into **wraps**, with a bunch of fresh **vegetables** and sprinkle with **cheese**. Roll up and enjoy as a fresh, easy dinner or lunch. Leftovers are great for wraps the next day too.

Note: You can also add a bunch of different ingredients (eggs, hummus, seeds and whatever else you see fit).



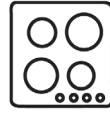
CHOW MEIN



25 mins



Serves 4



Stove method



Ingredients

2 Tbsp oil
1 onion, finely chopped
2–3 cloves garlic, finely chopped
1 tsp ginger, minced/finely chopped*
4 cups mixed vegetables, finely sliced (e.g. cabbage, carrots, broccoli, bok-choy, capsicum)
300g noodles, cooked according to instructions on package
300g tofu, or 250g chicken/beef/pork
4 eggs, beaten
2 Tbsp vinegar
4 Tbsp soy sauce
3 Tbsp hoison/black bean sauce
2 Tbsp chilli sauce/chilli flakes
1 Tbsp sesame oil*
2 tsp honey/sugar*
Salt and pepper to taste

*optional

1. Cook **noodles** according to package instructions.
2. In a bowl or jar, combine **vinegar, soy sauce, hoison/black bean sauce, chilli, honey/sugar** and **sesame oil**. Put aside for later.
3. Turn pan on to medium heat and add **oil**.
4. Add **onions, garlic** and **ginger** to pan and cook for 2–3 mins until soft. Add in finely chopped **tofu** or **meat** and brown/cook through.
5. Add all **vegetables** and cook until slightly softened/desired texture.
6. Pour **beaten eggs** into the pan, stir and cook through. Add in the rest of the ingredients (sauce and noodles).
7. Add **salt** and **pepper** to taste.

Note: To make meal even more delicious, top with spring onions, crispy shallots or sesame seeds.

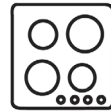
CURRY



40 mins



Serves 6



Stove method

Ingredients

1 Tbsp oil

1 onion (or leek), finely chopped

2–3 cloves garlic, finely chopped

1–2 Tbsp curry powder

2–3 cups liquid stock

1 can coconut milk

1 can tomatoes

2 cans of chickpeas, drained

400g chicken breast*

8–10 cups vegetables, grated or chopped (e.g. pumpkin, potatoes, carrots, parsnips, zucchini, capsicum, peas, etc.)

Salt and pepper to taste

Rice to serve

*optional

1. Turn pan onto medium heat, add **oil, onion** and **garlic**. Brown slightly (around 1–2 mins).
2. Add **chicken** and brown, then add **curry powder** and stir to combine with chicken mix.
3. Add chopped **vegetables**, followed by **coconut milk, tomatoes** and **stock** (enough to cover vegetables). Bring to a gentle boil.
4. Cook for 15–20 mins, or until vegetables are cooked through.
5. Add **chickpeas**. Cook for a further 2 mins.
6. Remove from heat and serve with cooked **rice, white or brown**.

Note: You can easily add meat to this curry. Add it in after the onion and garlic, brown and then continue on to step 2.

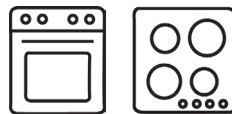
ENCHILADAS



45 mins



Serves 4



Oven/stove method

Ingredients

2 cups chopped vegetables for grilling (e.g. corn, capsicum, zucchini, eggplant, mushrooms, asparagus, etc.)

1 can black beans (or kidney beans), drained

1 cup cooked rice

400g chicken, cooked and shredded (optional)

1 can tomatoes

2 tsp cumin*

2 tsp coriander*

1 ½ tsp chilli powder*

2 cloves garlic, finely chopped

1 onion, finely chopped

8 tortillas/wraps

½ cup cheese, grated

3 Tbsp oil

Juice of 1 lemon*

Salt and pepper to taste

*optional

1. Turn pan onto high heat, add **1 Tbsp oil** and 2 cups of chopped **vegetables**. Cook until slightly char grilled (showing some black marks) for 5–8 mins. Remove from pan.
2. Add **1 Tbsp oil, black beans, rice, 1 tsp coriander, 1 tsp cumin** and **1 tsp chilli powder** and fry for 5 mins. Remove from pan, add **lemon juice** and set aside.
3. Add **1 Tbsp oil, onion** and **garlic** and cook for 2–3 mins. Add **1 tsp coriander, 1 tsp cumin** and **½ tsp chilli powder** and **tomatoes** and cook for 5 mins until tomato mix has thickened slightly (reduced). Remove from pan.
4. Add **½ the tomato mix**, cooked **chicken** (if using) and vegetables into the bean mixture. Stir to combine. Season with **salt** and **pepper**.
5. Add mixture into **wraps**, roll and place in a dish. Once all wraps are in dish, cover with the rest of the tomato mix. Top with **cheese** and bake at 180°C for 20 mins, or until piping hot. Best served with a side salad.



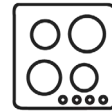
FRIED RICE



25 mins



Serves 4



Stove method



Ingredients

3 Tbsp oil
1 onion, finely chopped
2 eggs, beaten
5 cups vegetables, chopped small (1–2cm squares)
1 Tbsp fresh or minced ginger
2–3 cloves garlic, finely chopped
2 Tbsp sweet chilli sauce*
2 cups cooked rice
½ cup spring onions*
1 Tbsp soy sauce
1 tsp sesame oil*
1 cup cooked meat or tofu*
Salt and pepper to taste

*optional

1. Place a large pan onto a medium to high heat.
2. Add **1 Tbsp oil** and **eggs**. Cook until scrambled and just set, make sure you stir them along the way. Remove from pan and wipe clean.
3. Add **1 Tbsp oil** to the pan. Cook harder **vegetables** (i.e. carrots) and **onion** until onion are cooked through.
4. Add remaining **vegetables** to the pan and cook until golden/desired texture is reached (3–5 mins).
5. Add **vegetables** and **eggs** together (you may need to chop eggs so they can be stirred through).
6. Add last Tbsp of **oil** to the pan along with **garlic, ginger** and **sweet chilli sauce**. Stir and cook for around 30 seconds.
7. Add cooked **rice** into ginger mix until heated through.
8. Add **spring onions, meat/tofu** and **vegetable/egg mix** to the rice. Remove from heat and stir until well combined. Add **soy sauce** and **sesame oil**. Stir through and add **salt** and **pepper** to taste.



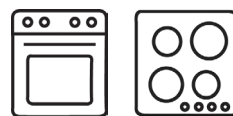
FRITTATA



55 mins



Serves 6



Oven/stove method

Ingredients

4–6 cups vegetables, chopped small or grated (e.g. broccoli, cauliflower, carrots, capsicum, kumara, potato, pumpkin, spinach, tomato, zucchini, etc.)

1 onion (or ½ leek), finely chopped

3 cloves garlic, finely chopped

1–2 Tbsp oil

6–8 eggs

½ cup milk

½ cup cheese, grated

2 tsp mixed herbs*

2 tsp spices e.g. chilli, cumin, paprika

Salt and pepper to taste

*optional

1. Preheat oven to 200°C and lightly grease an oven proof dish. Put this aside.
2. In a fry pan (on medium heat) add **oil, onion** and **garlic** and cook for 2–3 mins (until cooked through).
3. Add **vegetables** into the onion mix and cook for a further 5 mins.
4. Place vegetable mixture into prepared oven proof dish.
5. In another dish, whisk **eggs, milk, herbs, spices** and **salt** and **pepper** until well combined. Stir through **¼ cup cheese**.
6. Pour egg mix over vegetables. Sprinkle the rest of the **cheese** on top. Bake for 30–40 mins until vegetables are cooked through and egg mix is set. Enjoy!

Note: Frittatas can be made in any size dish. They can even be made using muffin tins. However, cooking time will vary with dish size.

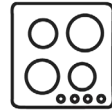
FRITTERS



40 mins



Serves 4



Stove method

Ingredients

6 cups vegetables (grated or finely chopped)

1 onion, finely chopped

2-3 cloves garlic, finely chopped*

½ cup flour

3 eggs, whisked slightly with fork

¼ cup cheese, grated

1 tsp cumin*

½ tsp chilli powder*

2 Tbsp oil

*optional

1. Ensure all **vegetables** are grated or chopped finely.
2. Add **all ingredients** (except oil) to a bowl. Stir to combine.
3. Turn pan onto low/medium heat. Add **oil**.
4. Put spoonfuls of the mixture into the heated pan.
5. Cook for around 5 mins on one side, flip fritters and cook for a further 5-8 mins or until cooked through. Do not over flip.

Note: These vegetable fritters are great served with salad, sweet chilli sauce and natural yoghurt. They can be made with any vegetables. Just use what is in the fridge/freezer and be creative.

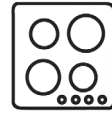
GADO GADO



30 mins



Serves 4



Stove method



Ingredients

1 onion or ½ leek, finely chopped
3 cloves garlic, finely chopped
1 tsp fresh or dried ginger*
2 Tbsp curry powder
⅓ cup peanut butter
2 Tbsp soy sauce
2 Tbsp sweet chilli sauce*
Juice of 1 lemon (or 1 Tbsp vinegar)
⅔ cup water or liquid stock
2 Tbsp oil
1 Tbsp honey*
4 eggs, cooked in boiling water for 6–10 mins, quartered
300g firm tofu (or chicken), diced into 1cm cubes
3–4 cups vegetables to serve (e.g. broccoli, carrots, spinach)
Cooked rice or rice noodles to serve

*optional

1. Add **onion/leek** to a pan on low-medium heat with **1 Tbsp oil** and brown slightly. Add **ginger** if using, and **1 Tbsp curry powder**. Cook for 30 seconds to release flavours.
2. Add **soy sauce, peanut butter, sweet chilli sauce, lemon, honey** and **water/stock** and cook for around 5 mins (more water can be added if needed). Once cooked, remove from pan.
3. Wipe down the pan, add **1 Tbsp oil, tofu** (or **chicken**) and **1 Tbsp curry powder**. Cook until **tofu** (or **chicken**) is browned on all sides and cooked through.
4. Cut the **vegetables** into chunks, slice them or shred finely. They can be boiled, steamed or eaten fresh.
5. Put the tofu and veges in a bowl. Spoon the satay sauce over. Stir to mix everything together.

Note: Delicious topped with boiled eggs, roasted peanuts, lemon juice, fried onions, coriander or spring onions.



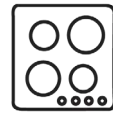
GINA'S SWEET 'N SOUR



30 mins



Serves 4



Stove method

Ingredients

300g chicken, pork or tofu (pat dry with a clean tea towel and dice 2–3cm)

2 tsp cornflour

½ tsp salt and ½ tsp pepper

3 Tbsp oil

1 onion, sliced or cut into 8 segments

6 cups chopped vegetables

2 Tbsp spring onions*

Sauce:

1 tsp cornflour, mixed with ¾–1 cup water

2–3 Tbsp tomato sauce or puree

2–3 Tbsp sweet chilli sauce

1–2 Tbsp soy sauce

1 clove garlic, minced (or ½ tsp from the jar)

1 tsp fresh ginger, minced (or ½ tsp from the jar)

1 cup pineapple, diced 2–3cm*

*optional

1. In a bowl, mix the first 3 ingredients. Set aside.
2. In a pan on high heat, add ½ tsp oil and flash fry the **onions** for 3–5 mins (or until slightly browned on the edges). Remove from the pan and set aside.
3. Repeat the next process in batches. Flash fry 1–2 cups of **veges** at a time in ½ tsp oil for 3–5 mins. Remove and set aside.
4. Pour the remainder of the **oil** into the pan, add the **meat** or **tofu** in one layer. Brown all sides until cooked and slightly crispy (turn the heat down to medium if the pan is too hot). Remove and set aside, reserving the oil in the pan.
5. Mix all the **sauce ingredients** together in a bowl, and pour into the pan. Add the **pineapple** (if using) and bring to quick simmer (light boil). Add in the meat and vegetables. Combine and cook for 2–3 mins until the juices start to thicken.
6. Serve over rice or rice noodles.

HASSLEBACK POTATOES



70 mins



Serves 4



Oven method



Ingredients

4 large potatoes
2 Tbsp oil or alternative
Salt
Pepper
1 tsp paprika* or any other
spice/herb
2 Tbsp breadcrumbs
4 Tbsp grated cheese

*optional

1. Preheat oven to 220°C. Use a sharp knife and start cutting thin slices into the **potatoes**. Do not cut the whole way through the potato, we want about 1–2cm of the potatoes not cut. This will hold the potatoes together.
2. Place cut side up on a tray. Drizzle with **oil** and season with **salt** and **pepper**.
3. Bake potatoes for 40 mins. Mix **breadcrumbs, paprika** and **cheese** together.
4. Remove the potatoes from the oven, cover with breadcrumbs and cheese combination.
5. Return to the oven for another 20 mins (or until potatoes are cooked through).
6. Remove and serve.

HOMEMADE BREAD



70 mins



Serves 6 - 8



Oven method

Ingredients

2 cups boiling water
2 cups cold water
4 tsp honey or sugar
7 tsp yeast (dried yeast)
2 $\frac{3}{4}$ cups white flour
2 $\frac{3}{4}$ cups wholemeal flour
3 tsp salt
2 cups rolled oats or
sunflower seeds (or a
combination of both)
4 Tbsp nuts/seeds
(sunflower seeds, almonds,
pumpkin seeds, etc.)*

*optional

*Adapted from Annabell Langbein's
Busy People Bread*

1. Preheat oven to 80°C and line or grease two 25x10cm loaf tins, or one large dish with baking paper.
2. In a large bowl, mix the **boiling water** with the **honey/sugar** to dissolve. Add the cold water and **yeast** and put to one side for 10 mins. Whisk the yeast mixture then add **white** and **wholemeal flour, salt** and **oats** and mix until evenly combined (the mixture will be very loose, wet batter).
3. If using two tins, divide mixture between them, or place in one large dish. Spread evenly and flatten the top. Sprinkle **2 Tbsp seeds/nuts** over the top of each loaf and run a sharp knife through the top in at least 3 or 4 places so it rises evenly without splitting. Bake for 20 mins at 80°C and then turn the oven to 210°C and bake for a further 30–40 mins.
4. When cooked, the loaves will sound hollow when tapped. Turn out of tins while still hot and leave to cool. This bread stays fresh for several days and toasts well.



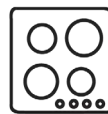
HOMEMADE TORTILLAS



30 mins



Serves 6



Stove method



Ingredients

3 cups flour

1 tsp salt

1 tsp baking powder

1/3 cup oil

1 cup warm water

1. Combine **flour**, **salt** and **baking powder** in a bowl and mix until combined. Add **oil** and **water** and continue to mix until the dough comes together to form a ball.
2. Sprinkle **flour** over a clean, flat surface. Remove dough from bowl and work/knead for a few minutes on prepared surface. Continue to work for a couple of minutes until dough is smooth.
3. Separate dough into 10–16 equal portions. Turn each one and coat with **flour**. Form each piece into a ball. Cover balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours) before proceeding.
4. After resting, heat a large pan over medium heat. Roll each dough piece into a rough circle, about 1/4cm thick, keep work surface and rolling pin lightly floured. *Don't stack tortillas on top of each other or they will stick together.*
5. When the pan is hot, place one tortilla in the pan, allow to cook for about 1 min, or until the bottom surface has a few light brown spots and the top surface is bubbly. Flip (to the other side) and cook for 15–20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface.
6. Remove from pan and stack in a covered container or plate with a tea towel covering. Keeping the tortillas covered is essential to prevent them drying out. Serve immediately or store in airtight container for later.

IKA MATA



40 mins



Serves 4



No cooking

Ingredients

400g fresh white fish fillet
(any type)

Juice of 1 lemon

1 capsicum

1 spring onion

1 red chilli*

1 tomato

1 can coconut milk (light)

Salt to taste

*optional

1. Chop the **fish fillets** into small cubes (around 1–2cm).
2. Squeeze **lemon** juice over fish, cover and pop in the fridge. Leave to cure for at least 30 mins (can be left overnight).
3. Chop **capsicum, spring onion, chilli** and **tomato** slightly smaller than the fish cubes.
4. Add **coconut milk** to capsicum mix, stir to combine.
5. Remove fish from the fridge and drain off the lemon juice (a sieve works well here). Add drained fish to coconut mixture. Stir to combine and add **salt** to taste.

Note: Ika mata can be served as a side with anything you like. It's a great sharing or special occasion dish. 'Akaroro!

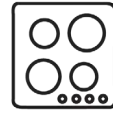
LEEK AND POTATO SOUP



45 mins



Serves 4



Stove method



Ingredients

2 Tbsp oil
3 cloves garlic, finely chopped
1 leek
4 medium potatoes (4–5 cups)
½ tsp thyme*
4–6 cups liquid stock
Salt and pepper to taste

*optional

1. Chop **leek** finely. Wash, peel (optional) and chop **potatoes**, around 1–2cm squares.
2. Place a large pot onto low heat. Add the **oil**, chopped **leek**, **garlic cloves** and **potatoes**.
3. Cook the leek for 3–5 mins to cook down slightly. Try not to burn or brown.
4. Add 4 cups of **stock**. If you feel as though you need more, add another 1 or 2 cups. It only needs to slightly cover the vegetables.
5. Add **salt**, **pepper** and **thyme**. Cover and bring to the boil. Let it boil slightly (simmer) for 25–30 mins or until potatoes are cooked through.
6. You can choose to serve chunky, or you can process it in a food processor, with a blender or hand mixer until smooth, or you can use a potato masher to mash slightly.

Note: This can be made in advance and frozen for later. Just make sure you let it cool completely before freezing.

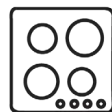
LENTIL AND BEEF BURGERS



50 mins



Makes 6 - 8



Stove method

Ingredients

½ onion, finely chopped
2 cans beans or lentils (i.e. black beans, kidney beans), drained, or 1 can and 400g mince
3 cloves garlic, finely chopped
1 egg
1 cup breadcrumbs
1 tsp chilli powder*
1 tsp coriander*
2 tsp cumin *
2 tsp paprika*
½ cup grated or finely chopped vegetables
Buns/bread to serve
Cheese, thinly sliced
Veges for filling (e.g. lettuce, tomatoes, capsicum, pickles)
Oil for cooking

*optional

1. Put **onion, lentils, vegetables, mince, garlic, egg, breadcrumbs** and **spices** into a bowl. Using your hands (or fork) mash the mixture together. This will soften the lentils so they can be shaped into a patty (or if you have a food processor you can use this).
2. Form the mixture into flat patties (around finger thickness), cover and place these onto a plate and in the fridge for 30 mins. Note: when the patties are in the fridge this is a good time to prep all other burger ingredients.
3. Turn the pan onto medium heat. When hot, add a drizzle (1 Tbsp) of **oil**. Place the patties and cook for 5 mins on each side. Test to check the patties are cooked through.
4. When nearly done, add **burger buns** into the pan to toast slightly. You can also put a slice of **cheese** on each patty to melt.
5. Remove buns and patties from heat and make burgers. Remember to add in lots of fresh vegetables.



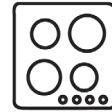
LENTIL BOLOGNESE



50 mins



Serves 6 - 8



Stove method

Ingredients

1 Tbsp oil
1 onion (or leek), finely chopped
3 cloves garlic, finely chopped
6 cups vegetables, chopped or grated
2 Tbsp tomato paste
2 cans tomatoes
2-3 cups liquid stock
2-3 Tbsp red wine vinegar*
¾ cup dried lentils (brown, red, split, etc.)
400g mince* - if not using mince, double lentil and stock quantities
2 tsp mixed herbs*
½ tsp salt
1 pack pasta (any variety works well)

*optional

1. Turn pan onto medium heat, add **oil**, **onion** and **garlic**, and cook for 2-3 mins.
2. Add **vegetables** (and **mince** if using). Cook until vegetables are slightly soft (or mince is brown all over).
3. Add in **tomato paste**, **red wine vinegar** (if using), **tomatoes**, **stock**, **mixed herbs**, **salt** and dried **lentils**. Stir to combine and bring to slight boil (simmer).
4. Cover and cook for 20 mins. If too dry, add more **liquid stock**.
5. Remove lid and cook for a further 5-10 mins or until most of the liquid has been absorbed and lentils are cooked through.
6. Serve with **pasta** and top with a sprinkling of grated **cheese**.

Note: Canned lentils and frozen vegetables can be used in this recipe. If using canned lentils do not add the stock. Drain and then add the lentils in at step 5 rather than step 3. If using frozen vegetables add in at step 5.

MAC 'N CHEESE



60 mins



Serves 4 - 6



Oven/stove method

Ingredients

1 Tbsp oil
1 onion (or ½ leek), finely chopped
2–3 cloves garlic, finely chopped
1 tsp mustard*
½ tsp turmeric*
4 cups chopped vegetables
300g macaroni pasta
½–1 cup cooked meat (e.g. ham, chicken, etc.)
2 cups milk
2 Tbsp flour
2 Tbsp butter, oil or alternative
½ cup grated cheese
1 cup breadcrumbs*
1 tsp garlic powder*
1 tsp mixed herbs*
Salt and pepper to taste

*optional

1. Bring a pot of water to boil. Add **vegetables** and cook for 5–10 mins (depending on hardness of vegetables). Add **pasta**. Cook for a further 7–8 mins. Remove from heat and drain.
2. Preheat oven to 180°C. Turn pan onto medium heat and add **oil, onion** and **garlic**. Brown slightly. Add **turmeric** and **mustard**.
3. Add **butter** to onion mix, followed by the **flour**. Mix quickly, then slowly begin to add the **milk**, (this allows the white sauce to thicken). Once all milk is added and sauce is thick, add **cheese, salt** and **pepper** and remove from the heat.
4. Combine **pasta, vegetables, meat** and **cheese** in an oven proof dish. In a separate bowl, combine **breadcrumbs** and **herbs**.
5. Sprinkle breadcrumb topping over pasta/sauce. Bake for 20 mins until topping is golden brown

Note: For an extra cheesy topping, sprinkle an extra ¼ cup cheese on top with breadcrumb mix.



MINT AND POTATO SALAD



10 mins



Serves 6 - 8



No cooking

Ingredients

5-6 cups potatoes, boiled, drained and chopped

1 cup peas, cooked and drained

Leftover ham or chicken*

½ cup fresh mint

¼ cup sunflower seeds (or alternative i.e. almonds)

1 clove garlic

1 Tbsp lemon juice

¼ cup oil

2 Tbsp aioli

Salt and pepper to taste

*optional

1. Using a blender, stick mixer or food processor, process **mint, sunflower seeds, garlic, lemon juice** and **oil** to form pesto.
2. Fold in **aioli** and season to taste.
3. Mix pesto dressing in with **potatoes, peas** and **ham/chicken** (if using).
4. Top with fresh **mint** and serve.

Note: This is best served cold and will keep in the fridge for 1-2 days.

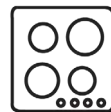
NACHOS



50 mins



Serves 6



Stove method

Ingredients

1 Tbsp oil
1 onion (or ½ leek), finely chopped
2–3 garlic cloves, finely chopped
1 tsp coriander powder*
1 tsp cumin powder*
1 tsp paprika*
½ tsp chilli powder*
400g mince or 2 cans of beans, drained
2 cans tomatoes
2 cans beans (black beans, kidney beans), drained
6 cups vegetables, grated or chopped very finely (e.g. parsnips, carrots, broccoli, frozen corn, etc.)
Grated cheese (for topping)
Plain yoghurt (for topping)
Corn chips to serve (plain)
Salt and pepper to taste

*optional

1. Turn pan on to medium heat. Add **oil**, **onion** and **garlic** and cook for 2–3 mins.
2. Add **vegetables** and **mince** (if using). Cook until vegetables are slightly soft (or mince is browned all over).
3. Add in **coriander**, **cumin**, **paprika**, **chilli** and **tomatoes**. Stir to combine and bring to slight boil (simmer).
4. Cover and cook for 20 mins. Remove lid and add **beans**.
5. Cook for a further 5–10 mins or until most of the liquid has been absorbed and beans are cooked through.
6. Top with **cheese** and **plain yoghurt** and serve with **corn chips**.

Note: This can be made without the mince, you will need to cook the tomato mixture down for longer. You could also add in an extra can of beans. It also freezes really well if you make too much.

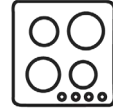
OKONOMIYAKI



20 mins



Serves 4-6



Stove method

Ingredients

1-2 Tbsp oil

2 eggs

½ cup water

1 Tbsp soy sauce

1 tsp ginger powder*

½ tsp chilli powder*

1 cup flour

1 tsp baking powder

4 cups chopped cabbage, thinly sliced or shredded

2 cups extra vegetables, grated or finely chopped (e.g. carrot, zucchini, leek, cabbage, etc.)

2-3 spring onion stalks*, finely chopped

Sauces and toppings for serving (e.g. shredded chicken, left over beef or pork, mayonnaise, aioli, sweet chilli sauce, soy sauce, sesame seeds or extra onions)

*optional

1. Turn pan onto medium heat and add **oil**.
2. In a large bowl, whisk together **eggs, water, soy sauce, ginger powder, chilli powder, flour** and **baking powder** until a thick smooth 'pancake' batter has formed.
3. Add **cabbage, spring onions** and **extra vegetables** to the pancake mix. Ensure all vegetables are combined into the pancake mix.
4. Add around **½ cup of the mix** into the pan to form a large pancake. Cook for around 4 minutes (until nicely browned) and then flip and brown the other side.
5. Continue to repeat step 4 until all pancakes are cooked.
6. Served drizzled with **sauce** and other **toppings** of your choice.

Note: These are also great for lunches the following day.





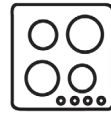
OYAKODON



35 mins



Serves 4



Stove method

Ingredients

1 Tbsp oil
1 onion, finely chopped
300g chicken, sliced into small, thin pieces
¾ cup liquid stock
¼ cup soy sauce
3 Tbsp mirin (rice wine vinegar)
1 Tbsp honey (or alternative)
4–6 eggs
2 spring onion stalks*
½ tsp chilli powder*
4 Tbsp sesame seeds, toasted*
3 cups lightly steamed or fresh vegetables to serve
Rice to serve

*optional

1. Turn pan on to low/medium heat and add **oil** and **onions**. Cook for 10 mins until soft and slightly browned (not crunchy/burned).
2. Add in **chicken** pieces and cook until slightly browned and cooked through.
3. Stir in **soy sauce, mirin, honey** and **stock** and simmer until it has reduced down to a thick, syrup like sauce around the chicken.
4. Crack in **eggs** and lightly scramble. Once cooked, remove from heat.
5. Serve on a bowl of rice and top with toasted **sesame seeds, spring onion**, a dash of **chilli powder** and lightly steamed or fresh **vegetables**.

PIZZA



30 mins



Serves 1-2



Oven method



Ingredients

Pizza base:

1 cup plain flour

½ tsp salt

1 tsp baking powder

1 tsp oil

½ cup milk or water

Topping ideas:

Tomato paste

Spinach/silverbeet

Tomatoes

Capsicum

Cheese

Fresh herbs

Onion/leeks

Left over cooked meat

1. Mix **flour**, **salt** and **baking powder** together in a bowl.
2. Mix the **oil** and **milk** (or **water**) together in a cup and pour into the flour mixture.
3. Mix together and form a ball. Place on a lightly floured chopping board or bench. If too wet, add more flour. If too dry, add more water/milk.
4. Flatten with palms of hands or a rolling pin to make a flat pizza shape (1cm thick).
5. Lightly flour a baking tray. Form the dough into a large flat circle/rectangle on the baking tray.
6. Cover with your favourite toppings and bake in oven at 200°C for 15-20 mins or until base is crispy and toppings are golden.

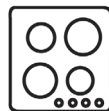
PUMPKIN PASTA



45 mins



Serves 4



Stove method

Ingredients

1 Tbsp oil
3 cups chopped pumpkin,
skin removed
1 onion or ½ leek, finely
chopped
2–3 cloves garlic
½ tsp cinnamon*
¼ tsp nutmeg*
¼ tsp chilli powder*
1 Tbsp mixed herbs*
2 Tbsp flour
2 Tbsp butter or alternative
2 cups milk
½ cup grated cheese
1 packet pasta
Salt and pepper to taste

*optional

1. Bring 2 pots of water to the boil. Add **pumpkin** to one pot and boil for 15–20 mins (until mushy and cooked through).
2. Drain **pumpkin**, allow to cool slightly and then mash or blend to form a puree/smooth mash. Set aside.
3. Add **pasta** to second pot and cook according to packet instructions (around 7 mins). Drain and set aside.
4. Place a pan onto low/medium heat. Add **onion/leek** and **garlic**. Cook until onion/leek is cooked through.
5. Add **butter/alternative** and **flour** to the pan to make a thick paste. Quickly add ¼ cup of the **milk** to prevent paste from burning. Stir continuously to form sauce. When mix has thickened up, add another ¼ cup **milk** to the mix. Continue to do this until all milk is added and you end up with a nice white sauce.
6. Add **cheese, cinnamon, mixed herbs, nutmeg** and **chilli powder, salt** and **pepper** and mashed **pumpkin** to the white sauce mix. Stir to combine. Add sauce to pasta and serve.



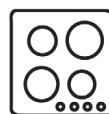
PUMPKIN SOUP



55 mins



Serves 6



Stove method

Ingredients

3 Tbsp oil

1 onion, finely chopped

2-3 cloves garlic, finely chopped*

6 cups chopped pumpkin

2 cups chopped vegetables (potato, carrot, kumara, etc.)

4 cups liquid stock (chicken or vegetable)

1 can coconut milk* (or 1 extra cup of stock)

1 Tbsp curry powder*

Salt and pepper to taste

*optional

1. Use a large (soup sized) pot. Turn pot onto medium heat, add **oil, onion** and **garlic** and cook for 2-3 mins.
2. Add chopped **pumpkin, vegetables** and **curry powder** and cook for another 2-3 mins.
3. Add **stock** and **coconut milk**.
4. Cover the soup and let simmer for 30-40 mins, until the vegetables are cooked through.
5. Season with **salt and pepper**.
6. Remove from the heat and either blend in a food processor/blender or mash with a masher/fork.
7. Serve in bowls. This goes well with toasted or fresh bread.

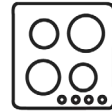
SAVOURY MINCE



55 mins



Serves 6



Stove method

Ingredients

1 onion or leek, finely chopped
2-3 garlic cloves, finely chopped*
400g mince
1 cup liquid stock
1 tsp marmite*
4 cups vegetables, grated or finely chopped, can be frozen or fresh
1 Tbsp oil
1 can chickpeas or lentils
1 tsp mixed herbs*
1 Tbsp tomato paste
1 Tbsp cornflour
Salt and pepper to taste

*optional

1. Turn pan onto low heat, add **garlic** and **onion/leek** and cook for 1-2 mins.
2. Turn pan up to medium heat, add **mince** and brown (7-10 mins).
3. Add **stock, marmite, tomato paste, vegetables** (if using fresh) and **mixed herbs**. Cook/simmer for another 20 mins.
4. Mix **cornflour** with **1 Tbsp water** to make a paste. Add to mince mix to thicken.
5. Add **chickpeas/lentils** (and frozen vegetables) and cook for another 5-10 mins.
6. Add **salt and pepper** to taste.

Note: Any vegetables can be used in this dish, they can be fresh, frozen, leftovers, grated or chopped any way you please. The chickpeas are a great addition as they bulk it up and make it go further.

SCONES



50 mins



Serves 6-8



Oven method

Ingredients

1 cup self-raising flour (1 cup flour + 1 extra tsp baking powder)

Pinch of salt

1 tsp herbs/spices (e.g. mustard powder, chilli, paprika, etc.)

1 tsp baking powder

¼ cup butter/margarine

½ cup cheese, grated

⅓ cup milk, plus extra for glazing*

Extra cheese for topping the scones

Note: Grating the butter works well/is easier than rubbing

*optional

1. Preheat oven with the baking tray inside to 200°C (slightly less for fan ovens). In a medium-large bowl, sift together the **flour**, **salt**, **herbs/spices** and **baking powder**. Sift again to make sure the ingredients are thoroughly combined.
2. Cut the **butter** into cubes, place in the bowl and then mix with your fingertips for make breadcrumbs. Sprinkle the **grated cheese** into the breadcrumb mixture and rub in until the cheese is evenly distributed. Try not to mix too much as the heat from your hands may start to melt the cheese.
3. Make a well in the centre of the mixture and pour enough **milk** to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.
4. Lightly **flour** a surface and roll out the dough to approx. 2cm thick. Cut the scones into desired shape and then place on the hot tray. Glaze the tops with extra milk and sprinkle a little **cheese** on the top of each scone before putting in the oven.
5. Bake in the oven for 10-15 mins or until golden brown and cooked through.





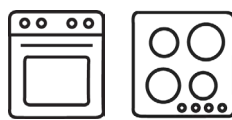
SHEPHERD'S PIE



50 mins



Serves 6



Oven/stove method

Ingredients

- 1 Tbsp oil
- 1 onion/leek, finely chopped
- 3 garlic cloves, finely chopped
- 6 cups vegetables, chopped or grated
- 2 Tbsp tomato paste
- 2 cans tomatoes
- 2–3 cups liquid stock
- 2–3 Tbsp red wine vinegar*
- ¾ cup dried lentils (brown, red, split, etc.)
- 400g mince (optional) - if not using mince, double lentil and stock quantities
- 2 tsp mixed herbs*
- ½ tsp salt
- 4–6 potatoes (or pumpkin, kumara or a mix), boiled and mashed with 3 Tbsp milk
- ¼ cup cheese, grated

*optional

1. Turn pan onto medium heat, add **oil**, **onion** and **garlic** and cook for 2–3 mins.
2. Add **vegetables** (and **mince** if using). Cook until vegetables are slightly soft (or mince is browned all over).
3. Add in **tomato paste**, **red wine vinegar** (if using), **tomatoes**, **stock**, **mixed herbs**, **salt** and drained **lentils**. Stir to combine and bring to slight boil (simmer).
4. Cover and cook for 20–30 mins (or until lentils are cooked through).
5. Remove lid and cook for a further 5–10 mins or until most of the liquid has been absorbed (and lentils are cooked through).
6. Transfer mince mix to an oven proof dish. Top with **mashed potato** and **cheese** and place in the oven for 15 mins at 180°C, or until cheese is melted/golden.

Note: Leftovers can be frozen. This dish can also be made in advance and frozen for later use.

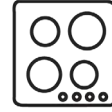
STIR FRY



30 mins



Serves 4



Stove method

Ingredients

- 1 Tbsp oil
- 1 onion (or ½ leek), finely chopped
- 3 cloves garlic, finely chopped
- 5cm fresh ginger, or 1 Tbsp ginger powder
- 8 cups vegetables, chopped (anything goes here)
- ½ cup soy sauce
- 2 Tbsp sweet chilli sauce*
- ½ cup liquid stock
- 1 tsp white vinegar or lemon juice*
- 2 tsp honey/alternative*
- 1 Tbsp cornflour*
- 1 tsp sugar

*optional

1. Turn pan onto medium, add **oil, onion/leek** and **2 cloves of garlic**.
2. Grate ½ of the **ginger** into the pan, no need to remove the skin (handy hint: store fresh ginger in the freezer).
3. To make the sauce, in a separate bowl or jar add the **soy sauce**, 1 clove of chopped **garlic**, **sweet chilli sauce**, ½ of the fresh **ginger** (grated), **liquid stock**, **vinegar**, **sugar** and **cornflour**. Shake or mix to combine and put aside.
4. Add **vegetables** to pan. Make sure you add the ones that take the longest to cook first. Cook for 2–3 mins then add the rest. Cook for a further 1–2 mins.
5. Drizzle over the sauce. Serve with rice or rice noodles.

Note: Meat can be added to this stir fry. Chop into small pieces, between 2–3cm. Add in after onion and garlic have browned slightly. Ensure meat has been cooked through and then go to step 2.



STOCK



2-3 hours



Serves 6-8 cups



Stove method



Ingredients

1 bag frozen vegetable scraps. This can include, but is not limited to:

- Vegetables skins (potato, carrot, kumara, pumpkin)
- End cuts of vegetables
- Fresh herbs (stalks/leaves)
- Green things (broccoli stems, leek ends, cabbage leaves)
- Capsicum stem (white seedy bit)
- Onion and garlic ends and skins
- Any limp vegetables

Enough water to cover veges

1. Once freezer bag is full, remove from the freezer and place all scraps in a large pot on medium heat.
2. Cover scraps with water. Add lid on to the pot and bring to the boil.
3. Reduce to low heat and simmer for 2-3 hours.
4. Remove from heat and strain liquid into a heat proof bowl or pot. Discard leftover scraps.
5. The stock can then be portioned out and frozen (freezing in 1-2 cup portions is much easier when cooking). If using containers, be sure to leave space at the top for expansion in the freezer. If using freezer bags, ensure they are completely sealed.
6. Enjoy next time you need liquid stock in your meal.

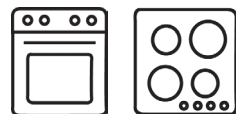
STUFFED CAPSICUMS



35 mins



Serves 4



Oven/stove method

Ingredients

1 Tbsp oil
2 garlic cloves, finely chopped
3 cups vegetables (e.g. zucchini, corn, eggplant, mushrooms, etc.)
4 capsicums
1 cup cooked rice
1 can black beans, drained
1 can tomatoes
1 Tbsp sweet chilli sauce
½ cup grated cheese
1 tsp cumin
1 tsp coriander
Salt and pepper to taste

1. Turn pan onto medium heat and preheat oven to 170°C.
2. Chop **vegetables** (excluding capsicum) relatively small. Add to heated pan along with **oil** and **garlic**. Cook for 2–3 mins or until softened.
3. Remove pan from heat and add **rice, beans, tomatoes, chilli sauce, cumin, coriander** and **salt and pepper**. Mix to combine.
4. Cut the top off each **capsicum**. Remove white membrane and seeds (these may need to be rinsed out).
5. Fill each capsicum with the rice/bean mix and place on a lined baking tray.
6. Top capsicums with **cheese** and bake for 20 mins or until capsicum is tender.

Note: Leftover rice/bean mix is delicious served in wraps or tacos.



SUSHI



20 mins



Serves 4



No cooking



Ingredients

4 cups rice, cooked according to package instructions

2 Tbsp vinegar

1 Tbsp sugar

6–8 seaweed sheets

2–3 cups of your favourite sushi fillings (e.g. cucumber, capsicum, spinach, avocado, cooked chicken, tuna/salmon, tofu, eggs, carrot, broccoli, leek, sauces, seeds, etc.)

Soy sauce*

Wasabi*

Tea towel or bamboo mat for rolling

*optional

1. Add **vinegar** and **sugar** into warm cooked **rice** and mix well. Let the rice mix cool.
2. This is a good time to prepare and chop all **fillings**. You can chop them any way you like, vegetables chopped long and skinny roll well.
3. Place **seaweed** (shiny side down, rough side up) flat on a bamboo mat or tea towel. Spread a thin layer of rice on the seaweed.
4. Place **vegetables** and other **fillings** in a row down one end of the rice. Begin rolling tightly using the mat or tea towel. Slice the roll into 1–2cm thick rounds.
5. Eat on its own or with **soy sauce** and **wasabi!**

Note: Ensure you precook the rice.



WARM WINTER ROAST SALAD



90 mins



Serves 4



Oven method

Ingredients

2 ½ Tbsp oil
1 onion, cut into wedges
2-3 garlic cloves, finely chopped
3 cups root vegetables (e.g. beetroot, carrot, parsnip), cut into chunks
3-4 cups potatoes/kumara/pumpkin, cut into chunks
2 cans brown lentils, drained
4 Tbsp balsamic/white vinegar
1 tsp cinnamon powder*
½ tsp ground cumin*
1 tsp mixed herbs*
½ tsp salt
½-1 tsp paprika or chilli powder
Salad dressing
Salt and pepper to taste

*optional

1. Preheat oven to 180°C. Add **2 Tbsp oil, vinegar, garlic, cinnamon, cumin** and **herbs** to a large bowl and mix well.
2. Add cut **vegetables** to the above mixture and toss to coat well. Spread vegetables onto lined baking tray and sprinkle with **salt** and **pepper**.
3. In another small bowl, mix together **½ Tbsp oil, salt, paprika/chilli powder** and drained **lentils**. Spread mixture onto another lined baking tray.
4. Place both trays in the oven. Cook vegetables for 30 mins or more until veges are cooked through. Roast lentils for around 20 mins until crunchy/crispy, checking halfway through to prevent burning, and stir to ensure even cooking.
5. Serve roast veges in a bowl, with your choice of salad dressing, and sprinkle crunchy lentils on top. This is great as a main or side dish.



SWEET

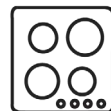
APPLE PIE PORRIDGE



12 mins



Serves 1



Stove method

Ingredients

1 apple, grated or finely chopped
1 tsp cinnamon
1 tsp oil or alternative
½ cup rolled oats
1 cup milk or water
Pinch of salt
¼ cup nuts/seeds for topping*

*optional

1. Place a small pan on to a low/medium heat.
2. Add **oil** into the prepared pan, along with the grated/chopped **apple** and **cinnamon**. Stir occasionally. Cook for 5 mins or until the apple is cooked through.
3. Add a pinch of **salt**, **rolled oats** and **milk or water** to the apple mix.
4. Continue to cook for another few minutes until oats are cooked through.
5. Remove from the heat, serve in a bowl and top with your **favourite toppings**. This could include nuts, seeds, cornflakes, fresh fruit, yoghurt, cinnamon, maple syrup, etc.

Note: This can be made with any sort of apple or even a pear and is a great way to use up old fruit.





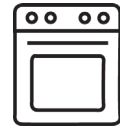
APPLE MUFFINS



30 mins



Makes 8



Oven method

Ingredients

Muffins:

1 cup wholemeal flour
1 tsp baking powder
1 tsp cinnamon
½ tsp mixed spice
¼ tsp salt
1 egg
¼ cup sugar
¼ cup + 2 Tbsp oil
1 tsp vanilla essence
¼ cup yoghurt (plain, unsweetened)
2 apples, grated/chopped finely (or pears)

Topping:

¼ cup wholemeal flour
¼ cup brown sugar
1 Tbsp melted margarine/
butter
1 tsp cinnamon

1. Preheat oven to 175°C. Grease muffin tin.
2. In a medium bowl, mix together the **flour, baking powder, cinnamon, mixed spice** and **salt**.
3. In another bowl, whisk the **egg**. Add **oil, sugar** and **vanilla**. Whisk to combine and then add **yoghurt**.
4. Add the dry mix to the wet mix. It just needs to be combined, so be careful not to over-mix. Mix in the **grated apples**. Use a spoon to put the filling into the pre-greased muffin tin. Fill each muffin $\frac{3}{4}$ of the way up.
5. Combine the **topping ingredients** and add to the top of the muffins. This adds a lovely crust and a little extra sweetness.
6. Bake for 15–20 mins or until a knife poked in comes out clean.
7. Let the muffins cool for 5 mins and then turn out onto a wire rack to cool.
8. When the muffins are completely cooled, place them in an airtight container and store them at room temperature for up to 4 days. Anything past that, store in the refrigerator or freezer.

BANANA BREAD



55 mins



Serves 4-6



Oven method

Ingredients

3 ripe bananas, peeled and mashed with a fork

1 extra banana for topping, not mashed*

1/3 cup oil (or alternative)

4 eggs

1 1/4 cups flour

1 Tbsp honey*

1 tsp baking soda

1 Tbsp apple cider vinegar (or alternative vinegar)

1-2 Tbsp cinnamon*

1 tsp vanilla essence*

1/2 tsp salt

*optional

1. Preheat oven to 180°C, grease or line a loaf tin or small tin with baking paper.
2. In a large bowl combine **oil** and mashed **bananas**.
3. Add in the **flour, honey, baking soda, cinnamon, vanilla, vinegar, salt** and **eggs**. Mix together to combine.
4. Pour mixture into prepared tin.
5. If using a **banana** for the topping, cut into thin slices and place over the mixture.
6. Place in the oven and cook for 45 mins, or until a knife poked in comes out clean. Cooking time is oven dependent and can vary.

Note: Banana bread freezes well or can keep in an airtight container for 4-5 days.

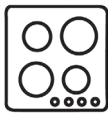
BANANA PANCAKES



15 mins



Serves 2-4



Stove method



Ingredients

2 ripe bananas
4 eggs
½ cup rolled oats
1 Tbsp cinnamon*
Oil for cooking

*optional

1. Heat a non-stick pan onto medium.
2. (Option 1) Place all ingredients (except oil) in a food processor. Blend until combined and banana is smooth **OR** (Option 2) mash **bananas** thoroughly with a fork. Add **eggs, oats** and **cinnamon** and mix well to combine.
3. Add oil to the heated pan. Pour small amounts of mixture (around ¼ cup) into the pan, creating pancakes. The larger they are the harder they will be to flip.
4. Cook for 1-2 mins or until bubbles start to appear on the top of the pancake. Flip and cook for a further 1-2 mins on the other side.
5. Repeat with the rest of the batter. Serve with your favourite toppings and enjoy.



CHOCOLATE CUPCAKES



35 mins



Serves 12



Oven method

Ingredients

2 medium sized beetroot (steamed and pureed or grated fresh) *Note: Beetroot puree = steam/lightly boil beetroot for 25 mins until soft. Add to blender or food processor and blend until smooth*

1 ½ cups flour (*Note: gluten free flour works well here too*)

¼ cup cocoa powder

1 ½ tsp baking powder

¼ tsp salt

2 eggs

¼ cup milk

½ cup sugar (brown or white)

¼ cup margarine/butter or alternative (55g) - room temperature

¼ cup oil

1 cup dark chocolate chunks

1. Preheat oven to 180°C (grease muffin tin).
2. In a bowl, mix together the **flour, cocoa, baking powder** and **salt**.
3. In a small bowl, whisk together the **eggs** and **milk**. Then mix in the pureed or grated **beetroot**.
4. In a large bowl, cream/beat the **sugar, margarine/butter** or alternative and **oil** (*note: you can use an electric or hand held beater here*).
5. Mix the beetroot mixture into the sugar mixture and then slowly fold in the flour mixture.
6. Using a spatula, mix in the **chocolate** (or place chunks in the middle of each cupcake for a choc surprise).
7. Evenly divide the batter into the pre-greased muffin tin. Each case should be about ¾ full.
8. Bake for 20–25 mins, until the muffins are springy to the touch. Remove from oven and allow to cool in the tin for 5 mins. Remove from tin and allow to cool completely.

CHOCOLATE MOUSSE



35 mins



Serves 4-6



No cooking

Ingredients

Aquafaba (chickpea brine/
juice) from 1 can of chickpeas
100g dark chocolate

1. Place **chocolate** in a heat proof bowl. Melt in microwave for 30 seconds and then stir. Repeat for another 30 seconds and stir. Continue until melted. (Alternatively melt over a double boiler, pot and bowl).
2. Using an electric beater (or by hand), beat **aquafaba** for 3-4 mins or until it forms soft peaks.
3. Take a large tablespoon of the beaten **aquafaba** and add to the **melted chocolate**. Stir through to loosen chocolate.
4. Add the rest of the **aquafaba** into chocolate mix. Fold through gently until combined.
5. Divide mixture into small bowls ready for serving.
6. Chill for 30 mins to firm slightly and serve.

Note: This is delicious topped with fresh fruit like strawberries or banana. It also helps tone down the intense chocolate.

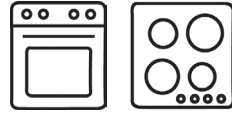
CRUMBLE



50 mins



Serves 4



Oven/stove method

Ingredients

Filling:

4 apples cored and thinly sliced or diced into small cubes

1 ½ cups other fruit, peeled and chopped into small pieces

¼ cup sultanas

1 Tbsp cinnamon

1 Tbsp water

1 Tbsp oil or alternative

Topping:

1 cup rolled oats

1 cup coconut (chips, desiccated or shredded)*

¼ cup flour

2 Tbsp sweetener (honey/sugar)

1 Tbsp cinnamon

¼ cup oil or alternative

*optional

1. Preheat oven to 180°C. Turn pan on to medium heat, add **1 Tbsp of oil, water, apples** and **cinnamon** and cook for 5 mins.
2. Add **other fruit** and **sultanas**, then cook for a further 2 mins.
3. In another bowl, combine **topping ingredients**.
4. Transfer cooked apple mixture in to an oven proof dish, top with topping mix.
5. Bake for 20–30 mins or until golden brown on top.

Alternatively, you can skip the pan step, and combine all filling ingredients in an oven proof dish. Cover with topping and cook for 45–50 mins, until all apples are cooked through.

Note: Great served hot with a drizzle of milk.



FRUIT SALAD



10 mins



Serves 6



No cooking

Ingredients

6 cups fruit

Juice of 1 lemon (or orange)

½ cup coconut (dried,
desiccated, flakes or chips)

1 Tbsp honey*

3 Tbsp hot water (*with honey)

*optional

1. Chop **fruit** into desired size (medium to small chunks).
2. Squeeze over **lemon/orange juice**.
3. Add **coconut**.
4. Combine **honey** and **hot water** until honey dissolves. Drizzle over fruit.
5. Stir fruit salad to combine all ingredients.
6. Serve and enjoy!



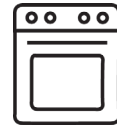
GINGERBREAD COOKIES



20 mins



Makes 12



Oven method

Ingredients

2 cups plain flour
½ tsp baking soda
1 Tbsp ground ginger
1 tsp cinnamon
1 cup brown sugar
1 egg (slightly beaten)
150g margarine/butter
or alternative
Baking paper

1. Preheat oven to 180°C and line 2 trays with baking paper.
2. Add **flour, baking soda, cinnamon, ginger** and **brown sugar** into a large bowl.
3. Cut **butter** into small cubes and add to the dry mix. Rub the butter in using your hands until the mixture looks like breadcrumbs.
4. Add **egg** and mix to combine. Using your hands, bring the dough together to form a ball. If it's too sticky, add more flour.
5. Place dough in the fridge to rest for about 30 mins (can be left overnight).
6. Once chilled, roll dough between 2 more sheets of baking paper until around ½cm thick. Cut into desired shapes and place on prepared tray. Once dough is all cut, bake for 8-10 mins or until golden brown.

Note: Gingerbread can be iced too and icing them is a great activity to do with kids. Make icing using 1 beaten egg white (until fluffy), 1 ½ cups icing sugar and 1 tsp lemon juice. Mix all together and place in a clean bag. Chop off small corner and pipe onto the cooked and cooled cookies.

HOMEMADE BLISS BALLS



10 mins



Makes 12



No cooking

Ingredients

1 cup oats

1 cup coconut + extra for rolling*

1 cup dates (soaked for 5-10 mins in boiling water mashed with fork)

¼ cup binding ingredients (water from soaked dates, peanut butter, nut butter, juice from fresh fruit, etc.)

Optional added extras, which could include: nuts, cocoa powder, dried fruit, peanut butter, seeds, fruit (orange zest/juice), veges (grated carrot), chocolate, weetbix, spices, etc.*

Note: You will need to have a play with quantities to see what works and what doesn't. If adding extra dry ingredients you may need extra binding ingredients.

*optional

1. Mix all ingredients together or throw in a food processor to combine.
2. Roll into balls or flatten into a tray covered with baking paper.

Note: These keep in the freezer for up to 3 months.

JAFFA SLICE



75 mins



Serves 8



No cooking

Ingredients

Base:

1 cup dates (chopped)
1 cup oats
1 cup coconut (desiccated)
¼ cup orange juice (around
2 small oranges)
Zest (grated peel) of 1 orange
2 Tbsp cocoa powder
Pinch of salt

Topping:

100g dark chocolate
⅓ cup coconut milk

1. For base: Place **dates** in a heat proof bowl and cover with **boiling water**. Let sit for 10 mins, or until softened.
2. Add **dates** and **orange juice** to a food processor and blend to a paste, alternatively use a fork to mash it thoroughly.
3. Add **oats, coconut, cocoa, zest** and **salt** into the date mixture and combine.
4. Place base mixture into a tray/dish lined with baking paper and place in freezer.
5. For topping: Melt **chocolate** in the microwave or by using a double boiler (pot + bowl). Remove from heat source and add **coconut milk**. Mix thoroughly to combine.
6. Remove base from the freezer and pour chocolate topping on top.
7. Place base back in the fridge or freezer for 30–60 mins (or until topping is set). Remove and cut into desired shape and size, and enjoy.





KUMARA CHOC BROWNIE



35 mins



Serves 6+



Oven method

Ingredients

$\frac{3}{4}$ cup mashed kumara (peeled)
1 cup peanut butter
2 tsp vanilla
 $\frac{1}{2}$ cup chocolate chunks
 $\frac{1}{2}$ cup sugar + 1 Tbsp
 $\frac{1}{4}$ cup cocoa
 $\frac{1}{2}$ cup flour ground rolled oats
 $\frac{3}{4}$ tsp baking powder
Pinch of salt

Topping:

$\frac{1}{2}$ cup mashed kumara (peeled)
2–3 Tbsp cocoa powder
2–3 Tbsp maple syrup or honey
2 Tbsp oil
Pinch of salt

1. Preheat oven to 180°C and grease or line a baking tray (around 20cm).
2. Warm **peanut butter** so it's soft and can be easily stirred.
3. Mix $\frac{3}{4}$ cup **kumara** into **peanut butter**, along with **vanilla** and **sugar**.
4. In another bowl combine **flour**, **chocolate chunks**, **cocoa**, **baking powder** and **salt**.
5. Mix the dry ingredients into the wet ingredients until well combined.
6. Pour/spoon mixture into prepared tin.
7. Bake for 20–25 minutes. Remove from oven and allow to cool. It will look underdone, however it firms up when it cools. To firm up more, cover and place in the fridge.

To make a fudgy and delicious topping combine all topping ingredients and mix until smooth. You may want to add some water or milk to make it more spreadable. The topping can then be drizzled, dolloped or spread on top of cooled brownie before serving.

CHOCONANA SMOOTHIE



5 mins



Serves 2



No cooking

Ingredients

1 banana (fresh or frozen)
3-4 Tbsp peanut butter
2-3 tsp cocoa (no added sugar)
½ cup rolled oats*
2 cups milk
4-5 ice cubes

*optional

1. Blend **all ingredients** in a blender or food processor until completely combined.
2. Pour into glasses and enjoy.

Note: You can add so many different ingredients into a smoothie. You could try swapping the peanut butter for a handful of other fruit like orange or berries.

Get creative and have some fun with the kids. Smoothies are a great summer treat. If you have any leftover mix, freeze it into ice blocks for a hot summer's day.

KIWIBERRY SMOOTHIE



5 mins



Serves 2



No cooking

Ingredients

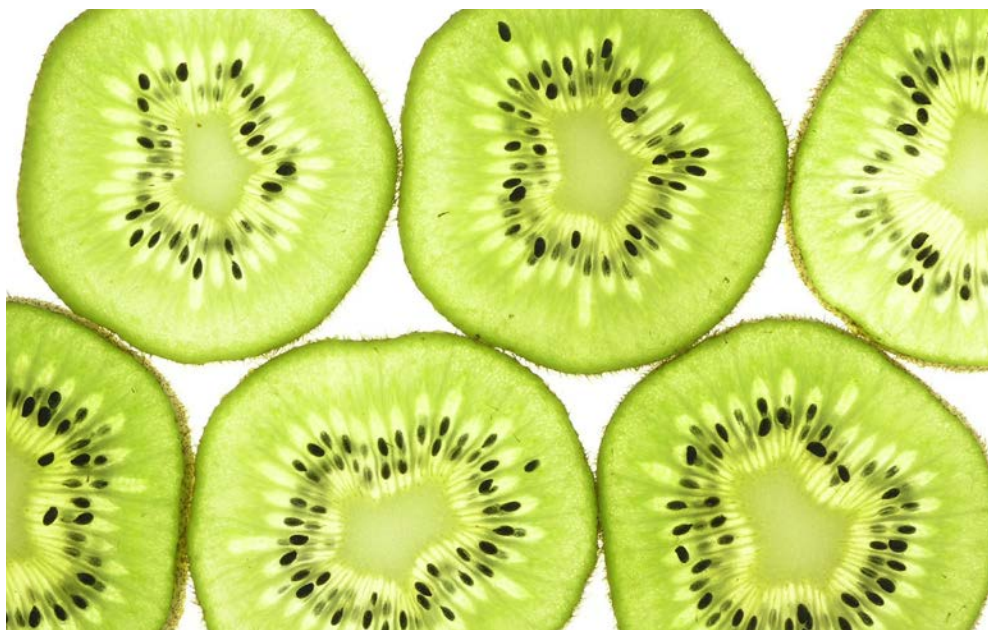
- 1 banana (fresh or frozen)
- ½ cup kiwifruit (fresh or frozen)
- ½ cup berries (fresh or frozen)
- ½ cup rolled oats*
- 2 cups milk
- 4–5 ice cubes

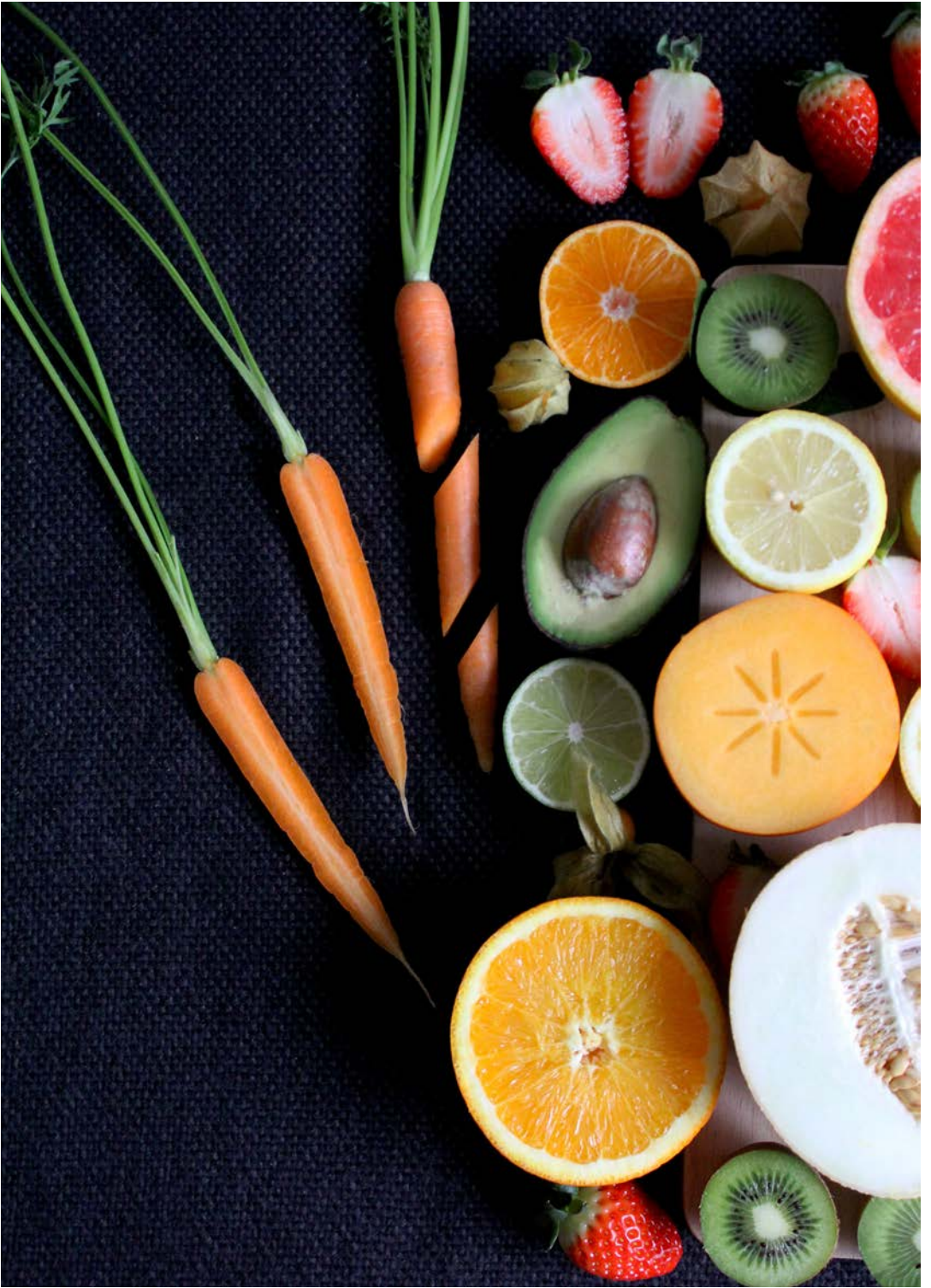
*optional

1. Blend **all ingredients** in a blender or food processor until completely combined.
2. Pour into glasses and enjoy.

Note: You can add so many different ingredients into a smoothie.

Get creative and have some fun with the kids. Smoothies are a great summer treat. If you have any leftover mix, freeze it into ice blocks for a hot summer's day.





FRUIT + VEGETABLES

APPLES



PREPARATION

- Wash and dry apples well before cooking or eating.
- Cut into wedges.
- Grate for salads and breakfast toppings.

ADD FLAVOUR

- Apples are a quick and tasty snack eaten raw or as part of a fruit platter.
- Top breakfast cereal with stewed apple and cinnamon.
- Serve sliced or grated apple with low fat yoghurt for dessert.

COOKING

- Stew: Peel and slice apples and place in saucepan with water to cover about 1/3 of the fruit.
- Cover and simmer until apples are soft, adding a little more water if necessary.
- Combine slices with cinnamon and oil and cook through (great breakfast topping).

VEGE UP

- Add grated or sliced apple to coleslaws and salads.
- Combine with chopped bananas, pears and canned peaches (in juice) for a fruit salad.
- Combine grated apple, carrot and low fat Edam cheese for school lunchboxes.
- Cut into wedges and serve with peanut butter or cheese as a snack.

STORAGE

- In a cool, dry place or in the fridge.
- Stewed apples can be frozen and stored for later use.

AVOCADO



PREPARATION

- Cut in half, remove stone and skin. Chop or mash as required.
- Avocados brown easily so cut just before use.
- Squirt with lemon or lime juice to prevent browning or rinse with cold water and store in fridge in an airtight container.

ADD FLAVOUR

- Avocado goes well with tomatoes, lemon, garlic, chilli, parsley or coriander and vegemite/marmite.
- Try it on toast as is, or with tomato and a dash of salt and pepper.

COOKING

- Add avocados to salads and sandwiches.
- Use instead of butter on bread or crackers.
- Can also be used in smoothies and as a creamy base for avocado chocolate mousse.

STORAGE

- Buy several days in advance, when still hard, and store at room temperature.
- To speed up ripening, store next to a banana or in a paper bag with a banana.
- Once ripened, store in the fridge for up to a week.

ASPARAGUS



PREPARATION

- Snap or slice off tough ends before cooking. Asparagus in salads is often blanched, however, if the asparagus is fresh it can be used raw.
- Fresh asparagus is 'squeaky' – when the spears are gently rubbed they squeak; old asparagus is rubbery and doesn't squeak.

ADD FLAVOUR

- Serve asparagus with light mayonnaise, cottage cheese, hollandaise or aioli. It can be used in soups, quiches, pies, salads, stir fries, or eaten with fresh bread.
- To retain the colour, add a little lemon juice or vinegar when cooking and cook for a very short amount of time using a method such as stir frying.

COOKING

- Lightly steam.
- Stir fry.
- Cover in water and microwave for 3 mins and then place straight in cold water (blanch).
- Bake.
- Barbecue asparagus.

VEGE UP

- Asparagus is one of the highest vegetable sources of folate and is also a source of riboflavin, vitamins C and K, plus contains a dietary significant amount of potassium.
- Asparagus ends can be used to flavour soups or stocks. Cooked asparagus should be tender but slightly crisp. For maximum flavour, try not to overcook.

STORAGE

- Keep asparagus in fridge with butt ends either wrapped in wet paper towels; or
- Stand up in a jar with 1–2 cm of water (like flowers in a vase); or
- Wash, then refrigerate in plastic bags or containers.

BANANAS



PREPARATION

- Peel skin and enjoy bananas fresh.
- If using for baking, peel bananas and mash in a bowl with the back of a fork.

ADD FLAVOUR

- Slice bananas on toast or cereal and add a sprinkle of cinnamon.
- Serve sliced banana with low fat yoghurt for dessert.

COOKING

- Use overripe bananas in cakes, muffins and banana bread. Just freeze and use when ready to bake.
- Bananas are great in smoothies.
- Blend frozen bananas with other frozen fruit, nuts or cocoa to make a healthy ice-cream.

VEGE UP

- Slice banana and combine with sliced apple or pear and drained, canned peaches (in juice) for a quick fruit salad.
- Combine sliced banana with kumara and other vegetables for a tasty salad, served warm or cold.
- They can be used as a sandwich filling with peanut butter, or put them in school lunches.

STORAGE

- Store bananas in a cool, dry area for 3-4 days.
- If bananas start to brown, peel them, chop them into small pieces and freeze for smoothies, cakes, ice-cream etc.
- Bananas can also be frozen whole.

BEETROOT



PREPARATION

- Scrub clean under water with a soft brush.
- Slice off stems and leaves.
- Slice beetroot into chunks or rounds.
- No need to peel the beetroot.

ADD FLAVOUR

- Chop beetroot into chunks, drizzle over 1 Tbsp oil combined with 1 Tbsp honey and roast for 30 mins.
- Blend cooked beets with chickpeas and fresh herbs to make beetroot hummus.

COOKING

- Boil in a covered pot of water for approximately 20 minutes or until tender (longer for larger beetroot – 45 mins).
- Peel beetroot, cut in half and microwave in a covered dish on high for 3 mins each beetroot, or until tender.
- Cover in tinfoil and roast in oven at 180°C for approx 1 hour.

VEGE UP

- Add sliced, cooked beetroot to homemade hamburgers.
- Add roasted or boiled beetroot to roast vegetable salads with pumpkin, kumara, potatoes or carrots.
- Add 1 cup pureed beetroot to cake or muffin mixes.
- Add freshly grated beetroot into salads with grated apple, carrot and lemon juice.

STORAGE

- In plastic bags or loose in the vegetable section of fridge.
- Beetroot puree can be made in advance and frozen. Just remove from freezer and defrost when needed.

BROCCOLI



PREPARATION

- Wash well.
- Slice broccoli into sections.
- Slice the stem into cubes.

ADD FLAVOUR

- Stir fry with a little oil, soy sauce and crushed garlic.
- Stir fry with 1 tsp fresh ginger and 1 Tbsp honey.

COOKING

- Boil in water, covered for 1-2 mins until tender, or steam over boiling water for 1-2 minutes until just tender.
- Microwave in a covered container with a little water (2 Tbsp) for 3 mins.

VEGE UP

- Add to soups, curries and stews.
- Add lightly boiled broccoli to pasta meals.
- Cut into florets and use in stir fries.
- Blanch and add to salads.

STORAGE

- In vegetable section of the fridge.
- Cut into florets and put in snap lock bags in the freezer.
- Pre-cut stem into cubes or matchsticks, freeze and add to stir fries or curries.

CABBAGE



PREPARATION

- Remove tough outer leaves and cut cabbage into quarters.
- Cut out the thick core.
- Rinse cabbage quarters well and slice thinly.

ADD FLAVOUR

- Stir fry in a little oil and garlic, add one apple, sliced or grated.
- Cook in a frying pan with a can of crushed pineapple (including juice).

COOKING

- Boil in a covered pot of water for 2–3 mins or until just tender and slightly crunchy.
- Steam over boiling water for 4 mins or until just tender.
- Microwave on high for 2 mins in a covered container with a little water.
- Fry with 1 Tbsp oil and finely chopped garlic for 5 mins or until tender.

VEGE UP

- Add cabbage to stir fries (near the end of cooking).
- Add to vegetable soups, salads and stews.
- Use to make sauerkraut, this can then be added to a range of things.

STORAGE

- Refrigerate in vegetable drawer.
- Can be pre-cut and stored in an air tight container, in the fridge.
- Can be pre-cut and frozen for use in curries and stir fries.

CARROTS



PREPARATION

- Scrub to remove dirt and cut off the top and bottom end.
- Dice or slice into rings or matchsticks.
- Grate for salads or to bulk up meat dishes (bolognese, lasagne, patties etc.)

ADD FLAVOUR

- Sprinkle with dried or fresh herbs.
- Glaze cooked carrots by combining ½ Tbsp brown sugar, 1 Tbsp margarine and 1 tsp lemon rind.
- Roast carrots with other vegetables such as potatoes and kumara and a small amount of oil. Add to a hot or cold roast vegetable salad.

COOKING

- Boil in boiling water, covered for 5–10 mins or until just tender.
- Steam over boiling water for 10 mins until tender.
- Microwave in a covered container with a little water (about 2 Tbsp) on high for 5–6 mins.

VEGE UP

- Dice into casseroles, stews or stir fries.
- Use as a vegetable stick with low fat dips such as hummus.
- Add to sandwiches and slice into matchsticks to keep in the fridge for school lunches and quick snacks.

STORAGE

- Refrigerate in plastic bags, a container or loose in the vegetable drawer.
- They can be chopped and stored in a container in the fridge for 2-3 days.
- Grated or pre chopped and frozen in a snap lock bag (quick easy way to add prepared vegetables to your meal).

CAPSICUM



PREPARATION

- Wash the capsicum.
- Cut the stem and cap off the top of the capsicum and remove the seeds from the inside.
- Cut into slices or chunks as wanted.

ADD FLAVOUR

- Sliced raw capsicums add great colour and texture to summer salads and are delicious for scooping up hummus and dips on vegetable platters.
- Stuffed capsicums are delicious stuffed with mince or rice and other vegetables. Just slice off the top, scoop out the seeds and fill, stand on a baking tray and roast.

COOKING

- Stir-fry sliced capsicum, for 1-3 minutes.
- Brush halved capsicums with a little olive oil and out on the BBQ or a hot pan, peel off the charred skin and use whole or mash to add to sauces for extra flavour.

VEGE UP

- Add to stir-fry dishes and omelettes, mince and stews.
- Capsicums are a great main option for vegetarian meals.
- Use on pizza, with pasta or in sandwiches.

STORAGE

- Store whole capsicums in the vegetable compartment of the fridge or in a cool dark well ventilated cupboard.
- Fresh capsicum should keep well for 4-5 days in the fridge.
- Excess capsicum can be sliced and kept in sealed bags or containers in the fridge.

CAULIFLOWER



PREPARATION + STORAGE

- Break the cauliflower into florets.
- Rinse well in cold water and drain.
- Can be cut up in advance and stored in the fridge.
- Cauliflower leaves and the tough stem can be cut into small chunks and frozen. They can be added to curries and stir fries.

ADD FLAVOUR

- Roast cauliflower brushed with a small amount of oil and spices such as cumin and nutmeg.
- Sprinkle a little grated cheese (low fat) over cooked cauliflower.
- Add a can of flavoured chopped tomatoes (Moroccan or Indian) and serve with rice.
- Add ½ head of broccoli with the cauliflower or add additional vegetables such as peas or silverbeet.

COOKING

- Boil in lightly salted water, covered for about 4 mins, until tender and slightly crunchy.
- Steam over boiling water for about 4 mins.
- Microwave in a covered container with a little water (2 Tbsp) on high for 2 minutes.
- Roast cauliflower florets in the oven brushed with a small amount of oil for 20–40 mins or until golden brown.
- Can be made into cauliflower rice and used in a range of recipes (e.g. cauliflower pizza).

VEGE UP

- Add cauliflower to stir fries, soups, casseroles or pasta bakes such as macaroni cheese.
- Use as a raw vegetable dipper with hummus and other low fat dips.
- Chop finely and add to pasta sauce or mince.

CELERY



PREPARATION

- Chop 10cms off the base. Trim celery leaves and smaller stalks off (reserve the base for flavouring stocks and the leaves for soups or making pesto).
- Cut celery stems into 1–2cm slices.

ADD FLAVOUR

- Spread raw celery stems thinly with peanut butter or cottage cheese for a tasty snack.
- Stir fry celery slices with 1 Tbsp oil and crushed garlic until crisp and tender, about 5 mins.

COOKING

- Stir fry celery stems with a little water for 2–4 mins, until tender but still slightly crunchy.
- Use in soups, stocks, curries and stir fries.

VEGE UP

- Add chopped stems and leaves to stews, soups, casseroles or salads.
- Chop celery stems finely and add to mince dishes.
- Use stems as a vegetable stick with hummus and other low fat dips, particularly delicious with peanut butter.
- Use celery stems in school lunchboxes.
- Use celery leaves and stems to bulk up a pesto.

STORAGE

- Store in a plastic bag or container in the fridge.
- Tip: revive limp celery by slicing off both the bottom ends and standing celery in a jug of cold water for 30 mins.
- Can be frozen to use in soups, curries and stir fries.

KIWIFRUIT



PREPARATION

- Cut in half and eat straight from the skin.
- Remove the tops and bottoms of the kiwifruit, thinly slice off the skin and quarter/slice to add to a fruit platter or fruit salad.

ADD FLAVOUR

- Sprinkle over sesame seeds, dried coconut and squeeze over lemon juice.
- Use to tenderise meat. Simply slice or mash up a green kiwifruit and place it on your meat before you cook it.

COOKING

- You can cook kiwifruit but, since the flesh is so soft, add it to the last minute or two of a stir fry.
- Both green and gold kiwifruit make refreshing summer drinks and additions to any salad.

VEGE UP

- Dice and add to muffins.
- Use as the base of a chutney or jam. The natural pectin will help it set.
- Stew and keep in the fridge or freezer to serve over porridge, cereal or ice-cream.

STORAGE

- Generally speaking, when a kiwifruit yields to slight pressure, like a peach, it is ready to eat.
- If the kiwifruit is firm store at room temperature to ripen. If you don't want the kiwifruit to ripen further, put it in your fridge, it should store for 1-2 weeks.
- Kiwifruit can be peeled, chopped and frozen for use in homemade ice cream and smoothies.

KUMARA



PREPARATION

- Scrub well with water, top and tail kumara (peel if mashing).
- Chop into chunks or small cubes.
- Grate and freeze for later use.

ADD FLAVOUR

- Mash kumara with potatoes or pumpkin and a little milk.
- Combine cooked kumara chunks with chopped banana and vinaigrette dressing for a tasty salad.
- To make homemade kumara chips, slice into matchsticks and brush with 1 Tbsp oil and 2 tsp crushed garlic. Sprinkle over black pepper or dried herbs and roast in oven.

COOKING

- Boil in a pot of water, covered for 20 mins or until tender.
- Steam over boiling water for 20 mins or until tender.
- Microwave kumara with a little water in a covered dish for 7–9 mins on high.
- Roast kumara chunks for 45 mins at 200°C.

VEGE UP

- Add diced kumara to casseroles, curries, soups or stews at the beginning of cooking.
- Combine with other roast vegetables such as pumpkin and potatoes for a hot or cold roast vegetable salad.
- Grate into mince mixtures to make meatloaf or meatballs.

STORAGE

- Store kumara in a cool, dark, dry place.
- Remove from plastic bags.

LETTUCE



PREPARATION

- Remove any coarse or wilted leaves. Use these in soups.
- Gently break up the leaves. If necessary, soak the leaves in warm water for 3–4 minutes followed by refrigeration to freshen and crisp up the leaves.
- Dry the lettuce well after washing – a salad spinner is the best way to do this. Some varieties are available in root pots and keep fresh for longer.

ADD FLAVOUR

- Lettuce is used raw in salads, sandwiches, wraps, burgers and rolls.
- Several varieties of lettuce can be used together to increase interest and colour.
- Lettuce leaves may also be used in the place of wraps/tortillas.

COOKING

- Lettuce is generally served raw. However, older/outside leaves can be used in soups, stir fries and risottos.

VEGE UP

- While lettuce contains mainly water (95%) this is an advantage in providing hydration and as a low energy food.
- Darker leafy lettuces provide a range of nutrients including a large amount of vitamin K and smaller contributions of vitamin C, potassium, iron, folate and beta-carotene.

STORAGE

- Refrigerate in plastic bags, store in the crisper or pull apart and place in a plastic container.
- Avoid squashing the lettuce.
- Alternatively, if the lettuce roots are still attached, stand the lettuce in a jar with the roots in water, and do not refrigerate.

LEEKS



PREPARATION

- Remove the 2 outer layers, rinse and then use.
- Cut off the root end (2cm). The end is great to save and use in stock.
- Split leeks in ½ lengthwise and rinse under tap to remove dirt.
- Slice thinly so you have little half circles.

ADD FLAVOUR

- Fry equal quantities of sliced leeks and grated carrots into a little oil or alternative.
- Fry leeks with cumin seeds, crushed garlic and oil.
- Add a dressing of 2 tsp honey, 2 tsp wholegrain mustard and 2 Tbsp lemon juice.

COOKING

- Boil whole baby leeks for 10 mins or until tender.
- Stir-fry sliced leeks for 5 mins. They should be slightly crunchy.
- Cook sliced leeks in a little vegetable stock or water.

VEGE UP

- Leeks can be used in the place of an onion in most dishes.
- Add chopped leeks to casseroles, stews, soups, stir fries, curries, mince dishes, baked potatoes etc.
- Leek quiche and leek and potato soup are delicious easy recipes.
- Fry up some leeks, and mix with cheese and spices as a topping for wedges.

STORAGE

- Store 1-2 weeks in the fridge.
- Leeks can be pre chopped and frozen or pre chopped and stored in a container in the fridge.

MUSHROOMS



PREPARATION

- Cultivated mushrooms don't need peeling – just wipe.

ADD FLAVOUR

- Mushrooms can add a delicious meaty flavour to meals and can be substituted for meat in stews and stir-fries.
- Sautéed (gentle fry) in butter and garlic and served on grainy toast, mushrooms make a delicious lunch or mid-afternoon snack.
- Mushrooms can be eaten raw and can be added to sandwiches and salads.

COOKING

- Mushrooms can be fried, grilled, baked, stir fried or microwaved.

VEGE UP

- Mushrooms are very versatile and will add flavour to many dishes.
- They can be used with meat, in soups, sauces, braises, stews, stir-fries, omelettes, pies, salads and on pizzas.
- Serve them raw with a dip or in salads.

STORAGE

- Refrigerate in a paper bag in the vegetable compartment.
- Mushrooms continue to grow after harvesting and they will 'sweat' in plastic bags.
- Brown paper bags absorb moisture and keep mushrooms fresher.

ONIONS



PREPARATION

- Top and tail onions and cut in half to easily remove the skins.

ADD FLAVOUR

- To bring out the sweet flavour of onions add ½ tsp salt and ½ tsp sugar, sauté (gentle fry) them in oil before adding any other ingredients at a low heat with a lid on.
- For a delicious addition to a roast put whole onions in the roasting pan on top of a little oil with their skins on and roast until soft, sweet and delicious.

COOKING

- Onions can be sautéed, fried, roasted or pureed for sauces and by themselves make a delicious soup.

VEGE UP

- Onions can be added to just about any recipe to increase the flavour. In many recipes, onions add flavour and texture.
- They can be used in soups, braises, stews, pizzas, pies, pasta dishes, salads, sandwiches, sauces, chutneys and stir fries.

STORAGE

- Choose onions with firm flesh and dry paper skin, avoid any with green shoots or soft spots and store in a cool, dark, well ventilated place.
- Do not put onions in plastic bags; if purchased in plastic, remove as soon as possible. Avoid refrigerating fresh onions.
- Half used onions should be stored covered in a container in the fridge to avoid absorbing other flavours.

ORANGES



PREPARATION

- Top and tail the orange and cut into slices for small children.
- Squeeze for fresh orange juice.

ADD FLAVOUR

- Peel and slice and arrange on a plate with cucumber slices, drizzle with vinaigrette.

VEGE UP

- Peel and dice to add to salads, veges or fruit.
- Add to lunchboxes and picnic baskets.
- Pop in the Christmas stocking alongside the lollies for a healthy Christmas morning snack.
- Slice a couple of oranges and share around the table for a quick and easy dessert.

STORAGE

- Store oranges at room temperature, the fruit bowl is ideal.

PARSNIPS



PREPARATION

- Scrub clean under water and slice off each end.
- Cut into long sticks or rings.

ADD FLAVOUR

- Mash boiled parsnip with a little milk or combine with other boiled vegetables such as potatoes, carrots or kumara. Add spices such as nutmeg, cumin or black pepper.
- Panfry thin slices of parsnip with onion and ½ Tbsp oil. Serve as part of a green salad or alongside meat.

COOKING

- Boil in a saucepan of water, covered for approximately 8 mins or until tender.
- Steam over boiling water for 10 mins or until tender.
- Microwave in a covered container with a little water (about 2 Tbsp) for 6 to 8 mins until tender.
- Brush sliced parsnip with a little oil and roast in the oven at 200°C until golden and tender.

VEGE UP

- Add chopped parsnip to stews and casseroles with carrots and onions.
- Add parsnips to vegetable soups.
- Roast with a little oil with other vegetables such as pumpkin, potatoes or kumara to make a hot or cold roast vegetable salad. When cooked, drizzle with a little balsamic vinegar.

STORAGE

- Store in the vegetable section of the fridge. Or alternatively, in a cool, dark and dry place.

PINEAPPLE



PREPARATION

- Cut the bottom from the pineapple to make a firm base. Then stand the pineapple up with a sharp knife remove the skin from top to bottom.
- Cut around the hard core of the pineapple and slice the remaining quarters into small chunks. The original pineapple lumps.

ADD FLAVOUR

- Chunks of pineapple frozen on ice-blocks sticks make a delicious snack.
- Quartered pineapple rings drizzled with melted chocolate make a special dessert.

COOKING

- Pineapple can be fried in a non-stick pan to add to ham steaks or pork chops. Diced pineapple can be added to stir-fries or homemade pizzas.

VEGE UP

- Pineapple is a great addition to any fruit salad and many vegetable salads. Pineapple added to cheese and cracker platters makes for a special starter or dessert.

STORAGE

- Store pineapple in a cool dark cupboard or in the vegetable compartment of the fridge.
- Chopped peeled pineapple can be stored in airtight containers in the fridge or freezer until needed.

PLUMS



PREPARATION

- Stone fruit takes well to freezing. First peel the fruit by dropping into boiling water for 30 seconds. Then plunge into cool water and remove the skins. Slice open and remove the pits, which can make the fruit bitter during freezing. Place in an airtight container and they will last for up to a year.
- Rolling stone fruit in sugar before freezing helps to preserve the shape.

ADD FLAVOUR

- Plums are a delicious and interesting addition to salads: just wash and stone the fruit and then quarter. They can be added to stews and go particularly well with venison.
- Stewed with a little sugar and stored in an airtight container in the fridge, stewed plums can be used as a breakfast, dessert, or yoghurt topping or eaten by themselves.

VEGE UP

- Plums make a great addition to smoothies, lunch boxes, picnic bags or the BBQ table. Summer is the best time to enjoy this seasonal New Zealand grown treat.

COOKING

- Plums are the best eaten fresh straight from the fruit bowl but can also be stewed to last a bit longer. Plums can also be cooked into chutneys, sauces or jams to enjoy throughout the year.
- To stew: wash and stone the fruit, place into a pot with 1cm of water to stop them sticking and add ¼ tsp sugar per plum. Cover and simmer until soft (if the plums are really sweet they do not need any added sugar).

STORAGE

- Store plums at room temperature to ripen, check frequently as they are extremely perishable. A ripe fruit will yield when pressed gently.
- To speed up the ripening process, place plums in a paper bag and store at room temperature, away from direct sunlight.
- Storing ripe plums in a plastic bag in the crisper drawer will prolong their eating life (3-5 days).

POTATOES



PREPARATION

- Scrub under water and cut potatoes into pieces or leave smaller potatoes whole.
- There is no need to peel potatoes unless mashing.

ADD FLAVOUR

- Mash boiled potato with boiled pumpkin or kumara and a little milk.
- For homemade potato chips brush sliced potatoes with a small amount of oil and sprinkle with dried herbs if desired. Roast in oven until golden brown.
- Bake potatoes in the oven, slice tops and remove inner filling. Combine with corn kernels, low fat sour cream and ham and stuff mixture into potato skins. Bake in oven to heat through.

STORAGE

- Store potatoes in a cool, dark, dry place.
- Store them away from onions.

COOKING

- Boil in water covered for about 8-15 mins or until tender, depending on size of the pieces.
- Steam over a pot of boiling water for 10 mins.
- Microwave potatoes with a little water in a covered dish for about 8 mins, depending on size.
- Lightly brush potatoes with 1 Tbsp oil and roast at 200°C for 40-45 mins, or until tender and brown.

VEGE UP

- Add cubes of potatoes to casseroles, curries and stews at the beginning of cooking.
- Roast with other vegetables such as pumpkin and kumara for a roast vegetable salad.
- Top a basic mince mixture with mashed potato and sprinkle grated cheese on top. Bake in oven to make a Shepherd's pie.

PUMPKIN



PREPARATION

- Cut a section out of the whole pumpkin and remove the skin by cutting away from you (if roasting, no need to remove the skin).
- Remove seeds and stringy pieces and cut into pieces.
- TIP: To make it easier to chop the pumpkin, heat in the microwave first.

ADD FLAVOUR

- Add spices such as nutmeg, coriander or dried tarragon to cooked pumpkin.
- Mash boiled pumpkin with kumara or potatoes and a little milk.
- Mash pumpkin and chickpeas with salt, pepper and crushed garlic to make a quick, tasty dip.
- Drizzle pumpkin chunks with 1 Tbsp oil and 1 Tbsp honey and roast in the oven.

STORAGE

- Store whole pumpkins in a cool, dark, dry place.
- Store cut pumpkin (seeds removed) in the vegetable section of the fridge.

COOKING

- Boil in water covered for about 8 mins or until tender, depending on size of the pieces.
- Steam over a pot of boiling water for 15 mins.
- Microwave ½ a medium pumpkin with a little water in a covered dish for about 10 mins.
- Lightly brush chunks of pumpkin with 1 Tbsp oil and roast at 200°C for 35-40 mins, or until tender and brown (skin can be left on).

VEGE UP

- Add small cubes of pumpkin to casseroles, curries and stews at the beginning of cooking.
- Grate pumpkin into meatloaves, meatballs and meat sauces for pasta.
- Add cooked, mashed pumpkin to basic scone and muffin recipes.
- Roast with other vegetables such as potatoes, kumara and yams for a roast vegetable salad.

SILVERBEET



PREPARATION

- Wash silverbeet in cold water.
- Break or slice the leaves off the thick white stems. Slice both the leaves and the stems, keeping them separate (stems take longer to cook).

ADD FLAVOUR

- Pan fry silverbeet stems with garlic, onion and bacon. Add the leaves and cook for 2 mins.
- Fry ½ diced onion in 1 tsp oil and add sliced silverbeet and a can of tomatoes.

COOKING

- Boil stems in water for 2 mins then add the leaves and cook for a further 2 mins.
- Steam stems over boiling water for 3 mins, add leaves and cook for a further 2 mins.
- Stir fry stems in a little oil for 1 minutes, add the leaves and cook for another 2 mins.
- Microwave in a covered dish with 2 Tbsp water for 4-6 mins.

VEGE UP

- Add both leaves and stems to stir fries, soups, casseroles, curries and pasta sauces.
- Add silverbeet leaves as a layer in a lasagne dish.
- Steam silverbeet and squeeze dry then add to a frittata or quiche.

STORAGE

- Store in a plastic bag in the fridge for up to one week.

SPINACH



PREPARATION

- Trim stalks and wash. Cook spinach without additional water; the water that clings to the spinach after washing should be enough.
- Optional to remove the stems if eating raw, otherwise slice and cook with the leaves.

ADD FLAVOUR

- Spinach can be eaten raw in cold or warm salads or cooked and used as a side dish, in soups, on pizzas or in pasta sauces.
- It is popular in egg dishes such as soufflés, omelettes or quiches.
- Spinach can be used a substitute for meat to make vegetarian lasagne.

COOKING

- Spinach does not take long to cook. If you want to you can steam or stir fry it. However, make sure you add it in with very little time until the dish is ready (i.e. less than 1 min).
- Delicious eaten raw.

VEGE UP

- Spinach is a good source of vitamins A (in the form of beta carotene), C, B6, K and folate. Spinach is also a source of iron and potassium.
- Eating spinach with other sources of vitamin C, such as tomatoes or capsicum will increase the absorption of iron from the spinach.
- Eating spinach with lean red meat will also improve iron absorption.

STORAGE

- Store refrigerated in plastic containers (i.e. ice cream containers) or bags and use promptly.
- Spinach can be frozen if you don't think you will use it in time. To make storage easier, you can pre-cut and then freeze.

SWEETCORN



PREPARATION

- Remove outer green husk by stripping from the top down.

ADD FLAVOUR

- Thinly spread margarine over the cooked corn cob and sprinkle with black pepper.
- Add to a salsa or side salad with tomato, avocado, fresh herbs and lemon juice.

COOKING

- Microwave whole corn (leave husk layers on) on high for 4 mins per cob. Let corn stand for 2 mins before removing the husk.
- Remove husk, rinse corn cobs and add to a pot of boiling water. Cover pot and boil for 5 mins.
- Remove husk, rinse and steam over a pot of boiling water for 10 mins.

VEGE UP

- Cook corn cobs and scrape kernels off with a knife to add to stir fries, soups, casseroles or pasta bakes.
- Add to fritter batter, frittatas or quiches.
- TIP: Blanch corn, scrape kernels from cob and freeze in plastic bags if you have an oversupply.

STORAGE

- In the fridge with the husk on for up to one week.

TOMATOES



PREPARATION

- Wash and dry before cooking or eating.
- It is not necessary to remove the skin or the seeds unless specified in a recipe.

ADD FLAVOUR

- Sprinkle sliced tomatoes with balsamic vinegar and black pepper.
- Scatter fresh basil leaves over sliced tomatoes and add salt, pepper and a drizzle of olive oil.

COOKING

- Grill: Remove core, halve large tomatoes. Score top of small tomatoes with a cross.
- Stuff: Cut tops off and retain, scoop out seeds and stuff with favourite filling. Bake with tops on.

VEGE UP

- Eat raw in salads, sandwiches or on their own.
- Add to pizzas, pasta sauces, soups or stews.
- Tomatoes preserve well, are easily frozen or bottled.

STORAGE

- Store at room temperature, out of direct sunlight.
- Speed up ripening by putting in a paper bag. Do not refrigerate unless they are over-ripe.

ZUCCHINI



PREPARATION

- Top and tail zucchinis and wash in water.
- Slice into rounds or lengths.

ADD FLAVOUR

- Pan fry with crushed garlic and fresh herbs.
- Add a can of flavoured canned tomatoes to pan fried zucchini.
- Add diced zucchini to tinned pasta sauce for added vege hit, quick pasta or spaghetti topping.

COOKING

- Steam over boiling water for 3 mins or until tender.
- Microwave with a little water (2 Tbsp) in a covered dish for 2 mins.
- Pan fry in 1 Tbsp oil for 2–4mins.
- BBQ zucchini lengths brushed with a little oil.

VEGE UP

- Grate zucchinis into mince dishes; meatballs, bolognaise, meatloaf or homemade burger patties.
- Add to stir-fries, soups, frittatas or quiches.
- Add cooked zucchinis to roast vegetable salads or vegetable platters.

STORAGE

- In a vegetable drawer in the fridge for 4–5 days.



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