



Kia Kaha Te Kai

Easy cooking for healthy whānau



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Easy cooking for healthy whānau

Whānau focussed
Nutritionally sound
Budget conscious



**Te
Korowai
Hauora
O
Hauraki**



Healthy Eating Healthy Action
Oranga Kai - Oranga Pūmāu



Waikato District Health Board

Kia ora!

We trust you will find this cook book useful.

We have collected together the recipes that our own whānau love, that are quick and easy to make, and don't cost too much.

Some are old favourites that you'll recognise, but with a few changes to fit the healthy kai kaupapa. There are also some new ideas for when you feel like a change.

Kia Kaha Te Kai

Enjoy!



Gwendoline Welburn
General Manager & Public Health Services Manager
Te Korowai Hauora O Hauraki
June 2010

Karakia

Whakapainga enei kai
Hei oranga mo o matou Tinana
Ko Ihu Karaiti hoki
To matou kai whakaora
Ake, ake ake
Amine



Healthy Kai for Healthy Whānau

Kia Kaha Te Kai



All our recipes use kai from this rourou.

To make old favourites healthier, we've added more vegetables and fruit to recipes. We've added wholegrain cereals and legumes to extend meat dishes (cheaper as well as healthier).

Where possible, recipes used fruit to give natural sweetness to baking and puddings, so we could use less sugar.

We've used wholemeal flour where we could and wholegrain bread for added goodness and fibre.



Kia Ata Kai

Recipes use low fat milk and lower fat dairy products like edam cheese, low fat sour cream and low fat yoghurt.

The meat we've used is generally lean, with any visible fat or skin removed.

Recipes use small amounts of meat – not more than 150g per person.

(This amount would fit in the palm of your hand and be about as thick as your little finger.)



Kia Iti Te Kai

We've used small amounts of the good fats. Our recipes use margarine and oils but not butter or dripping.

We used mostly canola, soya and rice bran oils because these were the cheapest.

Where we could we replaced salt with herbs, spices or lemon juice. If salt was needed we used as little as we could get away with. Any salt used was iodised.



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A photograph of a coastal scene. In the foreground, a large, gnarled tree with dark bark and green leaves, some of which are covered in bright red flowers, hangs over the frame from the top and right. Below the tree, a rocky shoreline leads to a small beach and the ocean. The water is a vibrant turquoise color, and the sky is a clear, bright blue. In the background, another tree with red flowers is visible on a grassy slope.

Photo credit: Rachel Holmes.

**Ehara tā te tangata kai, he kai tītongi kakī, e kore e
rite ki tāna ake, tino kai, tino mākona.**

*The eating of other people's food merely tickles the palate,
but that gained by our own exertion is best and most satisfying.*

Breakfast

- The best start to the day is breakfast eaten at home
- Breakfast is the easiest and cheapest meal
- It's the most important meal of the day - not to be missed!





Toasted Muesli

Preparation time: 5 minutes

Cooking time: 10-20 minutes

Ingredients

- 6 cups rolled oats
- 1 cup wheat germ
- 1 cup sunflower seeds
- 1 cup oat bran
- 1 cup bran flakes
- 1 cup pumpkin seeds
- 1-2 cups dried fruit, chopped

TIP

If you are watching your weight, you could cut the oil and sugar in half - or leave it out.

Coating

- $\frac{1}{4}$ cup oil (*canola, soy or whatever you have for baking*)
- $\frac{1}{4}$ cup brown sugar
- 2 teaspoons vanilla essence
- 2 teaspoons cinnamon

Method

- Preheat oven to 160°C.
- Mix all the dry ingredients together in a large baking dish.
- Mix the oil, sugar, vanilla and cinnamon together and mix into the dry ingredients with your hands.
- Bake for 10 minutes, stir then cook for another 5-10 minutes or until lightly browned.
- Remove from the oven and add 1-2 cups dried fruit.
- Serve with yoghurt and fruit.





Omelette

Serves 1-2

Preparation time: 4 minutes

Cooking time: 3 minutes

Ingredients

2 eggs

2 tablespoons water

1 teaspoon or a light spray of oil

Salt & pepper to taste

Method

- Whisk eggs together with salt, pepper and water.
- Lightly oil a small frying pan and heat until hot but not smoking; pour in the egg mixture.
- Use a spatula to push the set egg mixture towards the centre of the pan and let the runny egg fill the space till all the mixture is set.
- Fold one side of the omelette over the other and flip onto the plate to serve.

TIP

Make this basic omelette a full meal by adding a little grated cheese, ham, tomato or a few sliced mushrooms.





Pancakes

Approximately 12 pancakes

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

2 cups self raising flour

2 eggs

2 cups low fat milk

Method

- Whisk eggs and milk together and slowly add to flour. Mix to a smooth batter.
- Heat a frying pan. Brush or spray with a little oil. Spoon or ladle around $\frac{1}{4}$ cup of the mixture into the pan; swirl around to make a flat pancake.
- Cook until pancake begins to bubble; flip and cook the other side till golden. Turn down the heat if it starts to brown too quickly.
- Serve with fresh or tinned fruit, yoghurt, jam or golden syrup.

TIP

Self raising flour makes a lighter product. If you don't have self raising flour use ordinary flour and baking powder. Add 2 level teaspoons baking powder to every cup of flour.





Porridge with Fruit

Serves 6 - Using Stovetop

Ingredients

3 cups rolled oats

1½ cups cold liquid (water or low fat milk)

6 cups boiling water

Salt (optional)

Method

- Mix rolled oats with cold water or low fat milk in a saucepan. Stir in boiling water.
- Bring to the boil and cook for 1 minute or until thick, stirring occasionally.

Serves 1 - Using Microwave

Ingredients

½ cup rolled oats

1¼ cups hot water or low fat milk

Method

- Combine ingredients in a bowl or Pyrex jug that is big enough to prevent porridge spilling over while cooking.
- Cook uncovered on medium power for 1½-2 minutes. Stir and return for a further 1-2 minutes or until thick.

Note: Cooking time may vary – it will depend on number of serves and power of microwave.

TIP

- Top with fresh or dried fruit and yoghurt.
- Add some chopped banana, apple or pear prior to cooking.
- Add some sultanas or raisins and a few sunflower seeds prior to cooking.





Scrambled Eggs

Serves: 3

Preparation time: 4 minutes

Cooking time: 5 minutes

Ingredients

6 eggs

½ cup low fat milk

2 teaspoons margarine

Salt & pepper to season

Method

- Melt the margarine in a saucepan over medium heat.
- While the margarine is melting beat together eggs, low fat milk and seasonings. Pour into pan and when it starts to set, gently turn over to form soft curds; continue until all the egg is set.
- Serve on wholemeal toast.

TIP

For a variation add fresh chopped parsley or chopped chives into the beaten egg mixture – alternatively, use as a garnish.



Breakfast Staples – Quick & Easy



Cereal and Fruit



Toast and Spreads



Yoghurt and Fruit

Breakfast Staples – Heat & Eat



Baked Beans/Spaghetti on Toast



Leftovers


A large, spreading tree with dark green foliage dominates the right side of the frame, its trunk thick and gnarled. The tree's branches extend over a grassy area that leads to a sandy beach. In the middle ground, a simple wooden bench sits on the sand. The ocean is visible in the background under a blue sky with scattered white clouds. The overall scene is peaceful and scenic.

Photo credit: Rachel Holmes.

**Kaua e rangiruatia te ha o te hoe; e kore to tatou
waka e u ki uta.**

*Do not lift the paddle out of unison or our canoe
will never reach the shore.*

Snacks & Lunches

Steps to a Healthy Lunch

- Quick and easy, low cost lunches: home made and healthy for all the whānau.
- Money savers: snacks and drinks to take when you are out.
- Snacks don't have to come in packets: healthy and home-made can be simple and fast.

1. Start with something bready or starchy

2. Add fillings and flavours

3. Include fruit and vegetables

4. Add a healthy snack



1. Start with something bready or starchy

Try different breads:

- Wholemeal
- Wholegrain
- Rewana
- Rolls
- Hamburger buns
- Pita breads
- Wraps

Leftovers like:

- Rice
- Pasta
- Kūmara
- Potato
- Taro



2. Add fillings and flavours

Choose from:

- Cheese
- Egg
- Tuna
- Meat
- Chicken
- Leftovers
- Marmite
- Peanut butter
- Jam
- Honey



3. Include fruit and vegetables

Add veges to sandwiches - try adding:

- Grated carrot
- Lettuce
- Cucumber
- Chopped parsley

In winter, soup is warm and filling.

Pack some fruit – raw or cooked fruit in a container.



4. Add a healthy snack

Fruit and vegetables make the best snacks.

Snacks don't have to come in packets.

Simple everyday foods make the best snacks.

- Scone
- Small muffin
- Pikelet
- Fruit bun
- Nuts and raisins
- Popcorn
- Yoghurt
- Mousetraps
- Cheese and crackers
- Plain biscuits



Make water or milk the first choice for whānau: water is always on tap and milk makes strong bones and teeth.



Ka Pai Te Wai

- Offer water not sweet drinks with meals.
- Put a jug of water on the table for the whole whānau to share.
- Keep a jug of water in the fridge – great to drink on a hot day.
- And it's free!





Popcorn



Fruit Kebabs





Baked Potato

Serves: See below

Preparation time: 5 minutes

Cooking time: 4-6 minutes microwave or 1 hour in oven

Ingredients

For each person allow:

1-2 potatoes

Fillings of your choice

2 tablespoons grated cheese eg edam

Filling Options

Choose one or combine several of the following:

Baked beans or chilli beans

Low fat sour cream or cottage cheese

Spring onion

Chopped gherkin

Grated edam cheese

Bolognaise sauce or other mince mixtures

Method

- Clean and scrub the potatoes and cut a cross through the top. Be careful not to slice right through the potato.
- Microwave on full power until cooked – about 4-6 minutes per potato. Alternatively, bake the potato for 1 hour in the oven at 200°C or until soft.
- Top with your choice of filling.
- Cover with grated cheese and microwave for 30 seconds on high until the cheese has melted.

TIP

Using low fat dairy products is an easy way to reduce fat. Edam cheese has less fat than other hard cheeses.





Bread Cases

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

2 slices of wholemeal sandwich bread per person

Margarine

Suggested fillings

Baked beans

Creamed corn and tomato

Mushroom & bacon

Spaghetti & cheese

Mashed potato, cheese & parsley

Egg, feta and spring onion

Ham, cheese and tomato

Method

- Preheat oven to 180°C.
- Trim the crusts off the bread and flatten with a rolling pin to make shaping easier.
- Spread margarine thinly on one side then press into muffin tins – margarine side down.
- Bake for about 10 minutes until they are dry and lightly brown. Add the filling of your choice and put back into the oven until the filling is hot.

TIP

- Great as a quick meal, snack or cold in a packed lunch.
- Make extra bread cases, store in an airtight container for 2-3 days and then fill with your favourite topping; heat and you've got an easy snack.





Sweetcorn Fritters

Makes: 12 medium fritters
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

1 x 400g can creamed corn
1 egg
1 cup self raising flour (or 1 cup plain flour plus 2 teaspoons baking powder)
Chopped spring onion or parsley (optional)
Oil or oil spray for cooking

Method

- Mix all ingredients together in a bowl. Do not over mix as this will toughen the fritters.
- Heat a heavy bottomed or non-stick pan. Add a little oil or oil spray.
- Add spoonfuls of mixture and cook until bubbles appear on the surface. Flip and cook the other side until golden brown. Turn down the heat if they cook too quickly or start to burn.
- Serve with salad or tomato and avocado salsa (recipe below).

Tomato and avocado salsa

Ingredients

2 medium avocados, chopped into small cubes
4 medium tomatoes, diced
2 spring onions
Juice of one lemon
2 tablespoons sweet chilli sauce

Method

Mix all together and serve. Salsa looks great in a glass bowl.





Scones

Base recipe

Makes: 12 scones

Preparation time: 10 minutes

Cooking time: 10-15 minutes

Ingredients

2 cups self raising flour

$\frac{1}{4}$ cup margarine

$\frac{3}{4}$ cup low fat milk

2 tablespoons sugar (for sweet scones)

Method

- Preheat oven to 200°C.
- Rub margarine into the flour with your fingertips; alternatively use food processor or blender. Pour in the milk and stir to combine. Pat into shape on a floured board and cut into 12.
- Bake for 10-15 minutes until golden brown.

TIP

To measure $\frac{1}{4}$ cup margarine, $\frac{3}{4}$ fill a cup (250ml) with cold water. Add margarine until the water reaches the brim of the cup. Pour off water and you have $\frac{1}{4}$ cup margarine left.



Variations:

Fruit scones: Add $\frac{1}{4}$ - $\frac{1}{2}$ cup dried sultanas or chopped dates.

Cheese scones: Add $\frac{1}{4}$ - $\frac{1}{2}$ cup grated cheese to the flour.

Pinwheel scones: Roll the dough into a rectangle about $\frac{1}{2}$ cm thick. Sprinkle with brown sugar and cinnamon, roll up along the long edge into a roll. Cut into slices around 1 cm thick.

Savoury pinwheels: Use method as for pinwheels but sprinkle savoury ingredients on the dough. Try chopped ham, grated cheese, chopped chives or spring onion. A little curry powder adds a nice twist.

Quick Scones

Measure margarine into a 250ml cup. Add $\frac{1}{4}$ cup boiling water to melt margarine, and make up to 1 cup with low fat milk. Stir into flour and continue as above. This makes scones with a slightly different texture but is quicker.







ANZAC Biscuits

Makes: 24 small biscuits

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

¼ cup margarine

1 tablespoon golden syrup

1 cup wholemeal flour

1 cup rolled oats

1 egg, lightly beaten

1 teaspoon baking powder

¼ cup brown sugar

½ cup coconut

Method

- Melt margarine and golden syrup. Add to other ingredients in a bowl; mix well to combine.
- Roll spoonfuls of the mixture into balls the size of a walnut; place on a lightly greased oven tray. Flatten with a fork.
- Bake at 180°C for 15 minutes or until golden brown.

Variation:

For a healthier version, replace coconut with sultanas.





Hummus

Preparation time: 10 minutes

Cooking time: 0

Ingredients

1 x 410g can of chickpeas
2 teaspoons tahini
2 cloves garlic, crushed
1-2 medium lemons, juiced
1 tablespoon olive oil
Salt & pepper to taste
Paprika (optional)

Method

- Process the chickpeas to a puree in a food processor or blender; add the tahini and garlic. Alternatively mash with potato masher.
- Pulse to combine, and then add the juice from one lemon, olive oil, salt and pepper. Mix well and taste to adjust the seasoning. If the mixture is too stiff add more lemon juice or water to soften it.
- Place in a serving bowl and sprinkle with paprika.
- Serve with toasted pita bread, wholegrain crackers and/or vegetable sticks.

TIP

- For an even easier and cheaper hummus, leave out the tahini. Adjust lemon juice and seasonings to taste.
- Great as a dip or use on sandwiches as an alternative to margarine.





Pottle Muffins

Serves: 6

Preparation time: 4 minutes

Cooking time: 10–15 minutes

Ingredients

1 x 150g pottle of flavoured yoghurt

½ pottle sugar

½ pottle oil

2 eggs

1 pottle mashed banana

1 pottle wholemeal flour

1 pottle white flour

2 level teaspoons baking powder

Method

- Preheat oven to 180°C.
- In a bowl mix the yoghurt, sugar, oil, eggs and banana until well combined.
- Sift both flours and the baking powder into the yoghurt mixture and mix until just combined – take care not to stir too much or the muffins will be tough and dry. The mixture should still look quite lumpy when you put it into the tins.
- Lightly grease a 12 muffin tin and divide mixture evenly into it. Cook for 10-15 minutes, or until muffins spring back when cooked.

Note: The trick to this recipe is to use the yoghurt container (pottle) as the measure for the other ingredients.



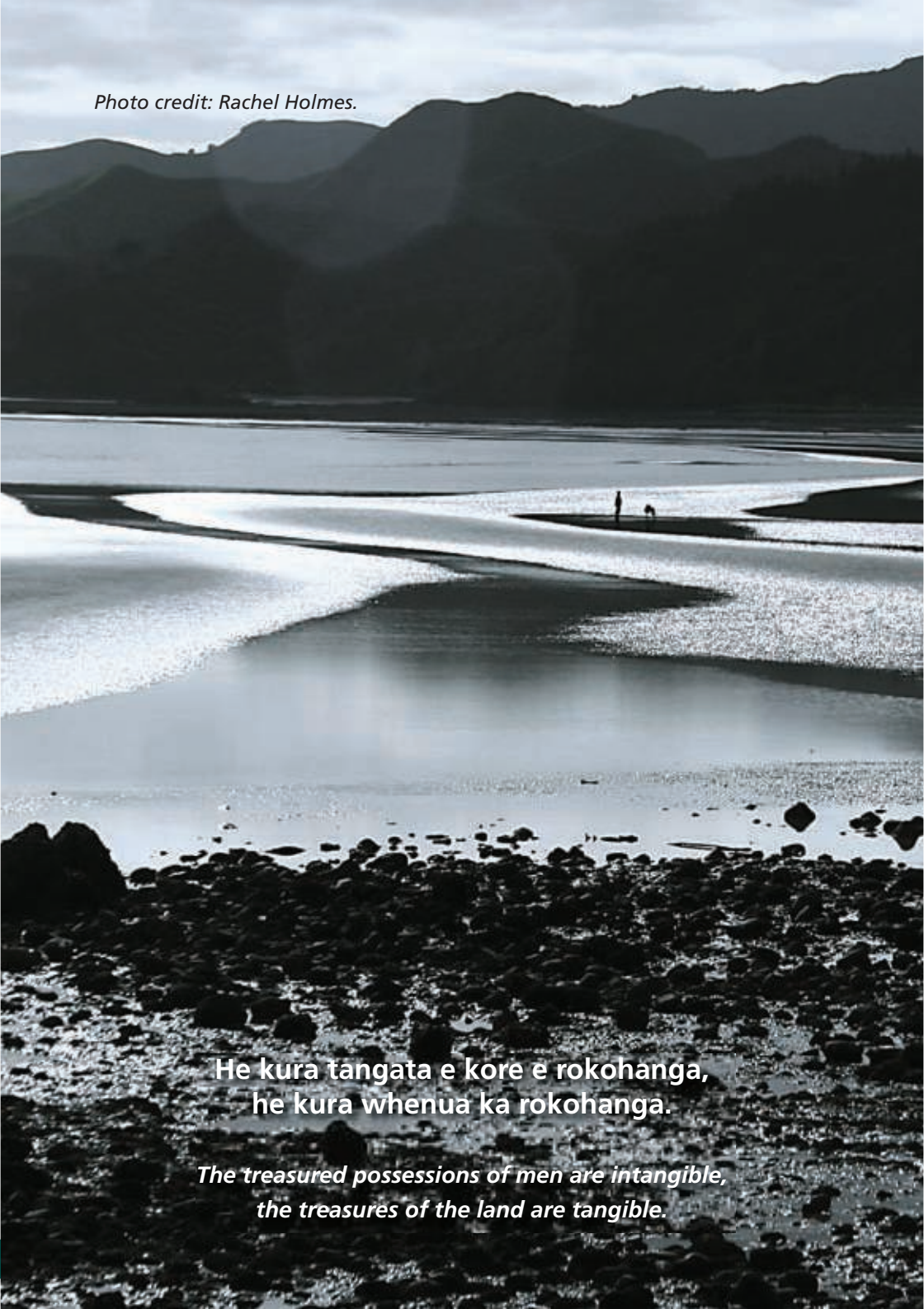


Photo credit: Rachel Holmes.

**He kura tāngata e kore e rokohanga,
he kura whenua ka rokohanga.**

*The treasured possessions of men are intangible,
the treasures of the land are tangible.*

Salads & Sides

- Cheap fillers to make meat go further.
- Ideas to load your plate with delicious vegetables.
- Adding colour, flavour and taste as well as goodness.





Sour Cream Potato Salad

Serves: 6

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

6 large potatoes, chopped into bite sized pieces

½ cup low fat sour cream

½ cup low fat mayonnaise

3 spring onions, finely sliced or 1 medium red onion, finely diced

1 tablespoon chopped mint (optional)

Salt and pepper to taste

Method

- Cook potatoes in boiling water until firm but not hard; drain and cool.
- Mix low fat sour cream and low fat mayonnaise together; add to potatoes along with most of the spring onions and mint.
- Season to taste and serve topped with remaining spring onions.

TIP

Jazz this salad up by adding one or more of the following:

- diced ham or crispy bacon pieces
- hard boiled egg
- cooked peas
- finely chopped gherkin
- capers
- finely sliced celery





Rice Salad

Serves: 6

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

3 cups cooked rice

2 spring onions (or ½ red onion), finely sliced

2 cups finely chopped mixed seasonal vegetables eg. frozen peas, carrots, tomatoes, beans, peppers, sweetcorn

2 tablespoons low fat mayonnaise

1 teaspoon curry powder

Juice of half a lemon

Pepper to taste

Method

- In a large bowl add the cooked rice, spring onions and seasonal vegetables.
- In a separate small bowl mix mayonnaise, curry powder and lemon juice. Add this to rice mixture and stir until well combined.
- Add salt and pepper to taste.

TIP

- When cooking rice for a meal cook extra so you have leftovers to make this salad. Makes a great lunch to take to work or school!
- For a tropical version, add half a cup of crushed pineapple to the salad. Mix 2 tablespoons of the syrup into the mayonnaise before adding to the salad.





Coleslaw

Serves: 6

Preparation time: 20 minutes

Ingredients

½ cabbage, washed and thinly sliced

2 carrots, grated

½ onion or red onion/spring onion, chopped

Dressing:

¼ cup low fat mayonnaise

¼ cup low fat milk/yoghurt

Method

- Mix all together
- Add dressing

Alternatives

- Orange
- Apple
- Sultanas/raisins
- Mint
- Celery
- Red pepper
- Parsley
- Bean sprouts

TIP

- Choose low fat salad dressings and mayonnaise.
- Creamy dressings are usually high in fat.
- Thin dressings down with low fat milk or unsweetened low fat yoghurt to make them go further.





Sweet & Sour Carrot Salad

Serves: 6-8 as a side salad

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients

6 large carrots, chopped into medium sized rings

1 red or white onion, cut into thin rings

1 capsicum, sliced

1 x 425g can condensed tomato soup

3 tablespoons oil

¼ cup vinegar

3 tablespoons sugar

Ground pepper

Method

- Place carrots in a large pot of boiling water and cook until almost soft. Drain and place in a large bowl.
- Add onion and capsicum and mix through.
- In a small saucepan, heat the tomato soup, oil, vinegar and sugar until just boiling; pour over carrots, stir to combine and add ground pepper to taste. Cover and chill.
- Serve in a salad bowl.





Potato Wedges

Serves: 6

Preparation time: 10 minutes

Cooking time: 20-30 minutes

Ingredients

6 large potatoes/kūmara, cut into wedges

Oil

Method

- Wash and cut potatoes or kūmara into wedge shapes.
- Brush with oil and cook on a baking tray at 200°C for about 20-30 minutes or until soft.

Spicy Wedges

2 tablespoons flour

1 teaspoon paprika

1 teaspoon curry powder

1 teaspoon garlic salt

1 tablespoon oil

Method

- Spoon flour, paprika, curry powder and garlic salt into a plastic bag. Add wedges as above and shake to coat.
- Add oil and shake further.
- Transfer to lightly oiled baking tray.





Scalloped Potatoes

Serves: 4-6

Preparation time: 10 minutes

Cooking time: 40-45 minutes

Ingredients

6 large potatoes, washed and sliced thinly

1 large onion, chopped

1 clove of garlic, crushed

$\frac{3}{4}$ cup low fat milk

1 tablespoon flour

Pepper, to taste

1 cup edam cheese, grated

$\frac{1}{4}$ teaspoon salt

Method

- Preheat oven to 180°C.
- Mix onion and garlic together and sprinkle on top of layers of potato slices in a medium sized greased baking dish.
- Mix milk, flour, salt and pepper together and pour over. Top with cheese.
- Bake 40-45 minutes until potatoes are tender and top is golden brown.





Smashed Potatoes

Serves: 6

Preparation time: 5 minutes

Cooking time: 30-40 minutes

Ingredients

Sufficient baking potatoes for 6 people (new potatoes work well)

Oil cooking spray

Freshly ground salt and pepper

Method

- Preheat oven to 200°C.
- Scrub potatoes and cook in a pot of boiling water until just tender; remove from heat, drain and allow to slightly cool.
- Transfer to a baking dish that is large enough to hold them in a single layer.
- Squash each potato with a fork, enough to break the skin, but do not mash. Spray with oil and sprinkle with seasonings.
- Bake for 20 minutes until potatoes are golden, roasted with crispy edges.





Photo credit: Milburn.

**Nō te whenua, he kura mā tātou. He koha nā
Papatūānuku. Kei ngā hua o te whenua tōna Mauri.**

*Within the land there is a treasure. It is a gift from Papatūānuku.
Her sustenance lies hidden in fruits
and vegetables.*

Easy Whānau Meals

- Celebrate the end of the day by sharing kai together - kids eat better when they eat with you.
- Plan ahead for healthy meals: it's hard to put healthy kai on the table without forward planning.
- Keep some ingredients in the cupboard for 5-minute meals.





Basic Mince

Serves: 6

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

1 tablespoon oil

2 onions, diced

2 cloves garlic, crushed

750g beef mince

1 x 510g jar pasta sauce (eg tomato and basil)

1½ teaspoons dried mixed herbs

Method

- Heat oil in a large heavy based pan; add onions and garlic and cook over medium heat until just beginning to colour.
- Add mince, stir and cook for a further few minutes until browned. Drain off excess liquid.
- Add pasta sauce and herbs and cook for around 10 minutes or until meat is thoroughly cooked.
- Serve on pasta and with salad. Alternatively use as a topping on baked potatoes or with rice.

TIP

- Add chopped fresh vegetables or frozen vegetables to add goodness. A great way to get vegetables into reluctant tamariki!
- Basic mince is very versatile. By changing what you add and the way you serve it, you can make a whole lot of different meals.





Beany Mince

Serves: 6

Preparation time: 10 minutes

Cooking time: 30-40 minutes

Ingredients

1 quantity basic mince recipe – *Page 63*

1 x 420g can mild chilli beans

1 x 420g can baked beans

Chilli flakes (optional)

Method

- To cooked basic mince recipe add chilli beans and baked beans. Heat and stir gently for 10 minutes until heated through. Taste and add chilli flakes if you prefer a spicier taste. Simmer for a further 5 minutes.
- Serve with rice, potato or spaghetti along with a side salad.

TIP

Adding Mexican or other canned beans gives mince a new twist. Save some to make Mexican-style wraps for lunch with lettuce, carrot, onion, grated cheese, low fat sour cream or yoghurt, tomato sauce, etc.





Shepherd's Pie

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 30-35 minutes

Ingredients

5 large potatoes, cooked and mashed

1 x basic mince recipe – *Page 63*

1 cup beef stock (or 1 cup of water mixed with 1 teaspoon beef stock powder)

4 cups finely chopped vegetables e.g. celery, mushrooms, carrot, zucchini, frozen mixed vegetables

½ cup cheese, grated (optional)

Method

- Pre-heat oven to 180°C. Prepare, cook and mash potatoes.
- In a pan, heat basic mince and beef stock together, stirring well to combine.
- Add vegetables and bring to the boil; turn heat down and simmer for 10 minutes.
- Transfer into a baking dish and top with mashed potato. Sprinkle with grated cheese and bake for 20-25 minutes until the potato/cheese is golden brown.
- Serve with additional vegetables or a side salad.



Adding extra vegetables or a handful of red lentils makes the meat go further in this old favourite.





Spaghetti Bolognaise

Serves: 6

Preparation time: 10 minutes

Cooking time: 30-40 minutes

Ingredients

1 x basic mince recipe cooked – Page 63

1 cup beef stock (or 1 cup of water mixed with 1 teaspoon beef stock powder)

2 tablespoons tomato paste

6-8 mushrooms, diced

2 carrots, diced

500g dried spaghetti

Method

- To cooked basic mince recipe add beef stock, tomato paste, mushrooms and carrots. Cover pan and simmer gently until vegetables are cooked – approximately 10-15 minutes. Stir occasionally to ensure mince does not stick to the bottom of the pan.
- While mince is simmering cook spaghetti following directions on packet.
- Serve mince on spaghetti with salad, and French bread stick if required.



Ring the changes with different pasta shapes and using whatever seasonal vegetables you have. Canned tomatoes are good in this dish as well.





Never Fail Meat Loaf

Serves: 8-10

Preparation time: 10 minutes

Cooking time: 1 1/4 hours

Ingredients

2 eggs

¾ teaspoon curry powder

½ cup milk

1 cup rolled oats

2 tablespoons parsley, chopped

1 large carrot, grated

1 large or 2 medium onions, finely chopped

500g mince

500g sausage meat

2 teaspoons oil, for roasting dish

Sauce

½ cup water

¼ cup worcestershire sauce

2 tablespoons lemon juice

1 dessertspoon instant coffee

½ cup tomato sauce

2 tablespoons brown vinegar

2 tablespoons brown sugar

Method

- Preheat oven to 160°C.
- Place all ingredients into a bowl and mix to combine; shape into a loaf and place in an oiled roasting dish. Bake for 30 minutes. Drain off fat that is released during cooking.
- Mix sauce ingredients together and simmer for 10 minutes.
- Pour over loaf and baste twice while cooking for a further 45 minutes.

TIP

The recipe makes heaps. Either make 1 large loaf, or split the mixture and make 2 smaller loaves.





Vegetable Soup

Serves: 4-6

Preparation time: 25 minutes

Cooking time: 40 minutes

Ingredients

1 tablespoon oil

1 onion, chopped

2 carrots, chopped

2 cups kūmara, chopped

2 medium potatoes, chopped

3 sticks celery, chopped

1½ cups pumpkin, chopped

6 cups vegetable stock or one packet of vegetable soup mix with 6 cups of water.

Method

- In a large saucepan, heat the oil and soften the onion and carrot for around four minutes.
- Add the stock and remaining vegetables and cook until the vegetables are tender. Puree with blender, or mash with potato masher.
- Serve with wholegrain bread. Freeze any leftover soup.





Creamy Black-Eyed Beans

Serves: 6

Preparation time: 10 minutes

**Cooking time: 50-60 minutes to cook beans,
10 minutes to complete dish**

Ingredients

1½ cups dry black-eyed beans

2 medium onions, chopped

Spray of oil

1 green capsicum, chopped

100g mushrooms (optional)

1 small punnet (135g) tomato paste

2 teaspoons paprika

½ teaspoon chilli powder (more or less to taste)

½ teaspoon cumin

1-2 teaspoons sugar

1 x 410g can low fat coconut cream

Salt and pepper to taste

¼ cup water

Method

- Cook beans in plenty of water until tender, approximately 50 minutes (no soaking required). Drain.
- Spray a medium sized pan with oil spray. Cook onions, capsicum and mushrooms over medium heat until soft. Add paprika, chilli, cumin and sugar; stir to combine.
- Add tomato paste, coconut cream and water and stir until they form a smooth and creamy sauce. Stir in cooked beans and serve with salad and rice for a complete meal.
- This dish is even better the next day. Store leftovers in the fridge.

TIP

For a lower fat version use low fat coconut milk.





TIP

Add lentils and extra vegetables to meat dishes to make them go further.

Easy Beef Casserole

Serves: 10-12

Preparation time: 15 minutes

Cooking time: 2-2 ½ hours

Ingredients

- 1 kilo chuck, blade or stewing steak, trimmed of fat and cut in cubes
- 2 tablespoons flour
- 2 teaspoons mustard powder
- 1 x 440g can chopped tomatoes
- 2 onions, sliced
- 1 teaspoon minced garlic or 2 cloves garlic finely chopped
- 2 sticks celery, sliced
- 2 large carrots, thickly sliced
- 3 medium potatoes, cut into large chunks
- 1 piece kūmara, peeled and cut into large chunks
- 2 cups beef stock (2 cups water with 2 stock cubes/2 teaspoons stock powder)
- 2 tablespoons brown vinegar
- 2 tablespoons brown sugar
- ¾ cup red lentils

Method

- Preheat oven to 180°C.
- Toss meat, flour and mustard powder together in a plastic bag. Tip into casserole dish, add remaining ingredients and stir to combine.
- Cover dish and cook for two hours without lifting the lid.
- Check for seasoning and tenderness and return to the oven if more cooking time is required.





Quiche

Serves: 6

Preparation time: 30 minutes

Cooking time: 30-35 minutes

Ingredients

3-4 cups vegetables, chopped,
sliced or grated eg

*Onion, capsicum, carrot, courgette,
mushrooms, beans, asparagus, cooked spinach/silverbeet etc*

1 cup cheese, grated

4 eggs

$\frac{3}{4}$ cup low-fat milk

$\frac{1}{2}$ cup self-raising flour

2 rashers bacon, ham or salami, finely chopped (optional)

1 large or 2 medium tomatoes, sliced

Freshly ground black pepper

Method

- Preheat oven to 180°C.
- Pre cook vegetables like potato, onion, pumpkin and kūmara or any vegetables cut in large pieces.
- Mix vegetables and cheese together in a large bowl.
- Lightly beat the eggs and milk together in a bowl. Add sifted self-raising flour and mix well, ensuring there are no lumps. Add to vegetables in bowl and mix to combine. Pour into lightly oiled medium sized quiche or baking dish.
- Top with bacon, tomato slices and ground black pepper.
- Bake for 30-35 minutes or until set and golden brown on top.
- Serve hot or cold.



Leftovers are great for the lunch box next day.





Pumpkin Soup

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

1 teaspoon oil

2 onions, chopped

3 cloves of garlic, crushed

2 large potatoes, chopped

1/3 large pumpkin, peeled and chopped

1 cube or 1 teaspoon vegetable or chicken stock

Water

Pepper to taste

Pinch cinnamon (optional)

Method

- Heat the oil in a big pot and add chopped onions and garlic
- Add potatoes, pumpkin and stock cube; cover with water.
- Cook until potatoes and pumpkin are soft and then blend till smooth.
- Add more water, salt and pepper to get the taste and consistency you like.



If pumpkin is hard to peel, soften the skin by microwaving or steaming for a few minutes.





Pizza

Preparation time: 10 minutes

Cooking time: 15-20 minutes

Ingredients

Base – choose from the following options:

- Ready-made pizza base
- Pita bread
- Scone dough - *Page 35*

Spread – choose from the following options:

- Tomato paste
- Tomato sauce
- Can of spaghetti

Topping – choose from the following.

Remember to include vegetables!

- Drained pineapple
- Chopped onion
- Sliced mushroom
- Sliced capsicums
- Sliced zucchini
- Finely diced bacon, ham or salami
- Tinned tuna or salmon
- Chopped cooked chicken
- Sliced tomato
- Grated cheese

TIP

- Home-made pizza is quick and easy.
- Tamariki love choosing their own toppings.

Method

- Preheat oven to 200°C.
- Choose 1 base, 1 spread and a variety of toppings.
- Spread tomato spread on the dough.
- Sprinkle with some toppings.
- Finish with some cheese.
- Bake for around 15 minutes or until base is cooked and toppings golden brown.





Fish Cakes

Makes 10 medium fish cakes

Preparation time: 30 minutes

Cooking time: 10 minutes

Ingredients

3 large potatoes

2 fillets of fresh fish (300g) or 1 medium can of tuna/salmon

½ lemon, juiced

Handful parsley, chopped

½ teaspoon salt

¼ teaspoon pepper

½ cup flour

1 tablespoon oil for frying

Method

- If using fresh fish, cook fillets in hot water till flaky (about 5 min). Flake when cool enough.
- Cook potatoes till soft and mash. Add parsley, lemon juice, salt and pepper; mix to combine.
- Add fish to potato mixture. Taste and add more lemon, salt or pepper as required. Allow mixture to cool.
- Mould cooled mixture into round patties and roll in flour.
- Cook fishcakes in a frying pan with a little oil. Serve with fresh salad, steamed vegetables, roasted vegetables or baked beans.





Fish Pie

Serves: 6

Preparation time: 10 minutes

Cooking time: 35-45 minutes

Ingredients

3 tablespoons margarine

3 tablespoons flour

2 cups low fat milk

1 x 400g can smoked fish

1 medium onion, chopped

1 medium tomato, diced

1 cup mixed vegetables, chopped eg carrot, celery, zucchini, peppers

2 hard boiled eggs, sliced

Handful chopped parsley

¼ cup dry breadcrumbs

Pepper to taste

Method

- Preheat oven to 180°C.
- Melt margarine in a saucepan, add flour, stir and cook for a minute on medium heat. Gradually add milk, stirring constantly until mixture thickens.
- Briefly cook vegetables and onion in boiling water until soft; drain.
- Add vegetables, eggs, tomato, drained fish and parsley into sauce, mix together then transfer to a casserole or baking dish.
- Sprinkle over breadcrumbs and bake for 20-30 minutes until ingredients are heated and crumbs are golden and crisp.
- Serve with mashed potato and fresh salad.



**Choose fish canned in water or brine, rather than oil.
Drain the brine off before use.**





Sausage and Baked Bean Casserole

Serves: 6

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

8 sausages, boiled and sliced

2 apples, cubed

2 onions, sliced

1 teaspoon mixed herbs

1 x 400g can tomatoes

1 x 400g can baked beans

Chilli sauce to taste (optional)

Method

- Brown the sliced sausages in a little oil in a frying pan for 5 minutes. Set aside.
- Fry the apples, onions and mixed herbs in a little oil for 5 minutes.
- Return the sausages to the pan.
- Stir in the tomatoes and baked beans.
- Simmer on a low heat for 5 minutes. Add chilli sauce to taste (optional)
- Serve with rice or mashed potatoes.

Alternatives

- Place the sausage mixture in a casserole dish and cover with thinly sliced kūmara or potato. Brush with a little oil and brown in an oven at 200°C for 15 minutes.
- Use chilli beans instead of baked beans for a spicier version.





Mussel Fritters

Serves: 6

Preparation time: 30 minutes

Cooking time: 10 minutes

Ingredients

18 medium mussels

½ cup carrot, grated

¼ cup kūmara, grated

½ cup potato, grated

1 large onion, chopped

Handful parsley, chopped

1 teaspoon curry powder

¾ cup flour

1 teaspoon baking powder

3-4 eggs, beaten

Method

- Cook mussels in boiling water until they open up. Remove from shells, remove dirt bag and dice.
- Put carrot, kūmara, potato and onion in a bowl; add chopped mussels, parsley and curry powder.
- Sprinkle over flour and baking powder; stir to combine.
- Add beaten eggs and mix.
- Lightly oil a heavy bottomed frying pan. Add spoonfuls of mix and cook until golden brown on both sides.



Use just enough oil to grease the pan and stop fritters from sticking.





Kai Meing Seing

Serves: 8

Preparation time: 10 minutes

Cooking time: 45-55 minutes

Ingredients

1 tablespoon oil

500g mince

1 onion, chopped

¼ cup of uncooked rice

1 teaspoon mixed herbs

1 dessertspoon curry powder

1 packet chicken noodle soup

½ cabbage, finely shredded

1 carrot, chopped

Up to 500g chopped beans (fresh or frozen)

4 cups water

Method

- In a large heavy bottomed pan, fry onion and mince in oil until slightly brown. Add the rest of the ingredients, except the beans.
- Cook over low heat for 30-40 minutes until mince and vegetables are cooked and some of the liquid is absorbed.
- Add beans and continue cooking until beans are cooked.
- Season to taste.





One Pan Mince

Serves: 6

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

750g beef mince

2 onions, diced

3 teaspoons marmite/vegemite

2 tablespoons flour, heaped

$\frac{3}{4}$ cup tomato sauce

2 cups water

1 large potato or kūmara, peeled and diced

3 cups frozen mixed vegetables (corn, carrots, peas etc)

Method

- Heat a pan, add mince and onions and cook until browned.
- In a jug mix marmite, flour, tomato sauce and water; add to the mince mixture, along with the diced potato/kūmara.
- Cover and simmer for 10-15 minutes until the potato/kūmara is nearly cooked. Add frozen mixed vegetables and stir. Cover and simmer for a further 10 minutes or until all vegetables are cooked.
- Season to taste and serve with pasta or rice.





Macaroni Mince

Serves: 6-8

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

2 cups macaroni (or similar) pasta

1 tablespoon oil

2 onions, diced

3 cloves garlic, crushed

800g mince

2 x 400g cans chopped tomatoes

1 packet French onion soup

1 cup water

4 tablespoons (100g) tomato paste

1 teaspoon dried basil or 2 teaspoons fresh, chopped

1 teaspoon dried oregano or 2 teaspoons fresh, chopped

4 tablespoons parsley, chopped (optional)

Method

- Using a large pot, bring 6 cups of water to the boil. Add macaroni and cook for 10 minutes until tender. Once cooked drain and put aside.
- While the macaroni is cooking, in a large frying pan heat oil on a high heat. Add onion and garlic and cook till soft.
- Add mince and cook until it is well browned, stirring occasionally. Stir in tomatoes, soup mix, water, tomato paste and herbs and bring to boil.
- Add cooked pasta and heat through. Add parsley at the end if using.
- Serve with salad or vegetables.





Smoked Fish in White Sauce

Serves: 10 (depending on size of fish)

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

1 whole smoked fish - kahawai is perfect for this dish

8 cups of low fat milk

1 tablespoon margarine

1 cup of low fat milk, extra

½ cup flour

Method

- Strip the fish of the flesh – removing all bones and breaking into bite size pieces.
- In a large pot place the first measure of milk and the margarine. Bring this to the point of boiling being careful not to boil over.
- Put all of the fish into the pot and again heat the milk and fish to the point of boiling.
- In the meantime, in a shaker mix the second measure of milk and the flour. Shake up and down to mix and remove lumps.
- When mixture has reached boiling point, slowly stir in milk and flour mixture. Simmer gently for 1-2 minutes, stirring so it doesn't burn.
- Serve with mashed potatoes and vegetables.





TIP

- This is delicious served with the couscous salad - Page 119
- Moroccan flavours are warm and spicy without being hot like chilli.

Moroccan Beef with Chickpeas

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 1 hour and 25 minutes

Ingredients

1 tablespoon oil

2 cloves garlic, crushed

2 onions, sliced

1½ teaspoons ground cinnamon

1½ teaspoons ground cumin

750g lean beef (not stewing steak), cut into thin strips

1½ cups beef stock (or 1½ cups of water and 2 teaspoons beef stock powder)

4 teaspoons cornflour

2 x 410g can chickpeas, drained

2 x 410g can chopped tomatoes

250g frozen beans (or peas)

Method

- Heat oil in a large heavy based pan; add garlic, onion, cinnamon and cumin and cook over medium heat until the onion is brown and the spices have released their fragrance (3-5 minutes).
- Increase heat to high, add the beef and cook until browned (approximately 10 minutes).
- Mix stock and cornflour together in a jug or bowl; add to the beef along with chickpeas and tomatoes. Bring to boil and then simmer until meat is tender (approximately 1 hour). Stir occasionally to prevent sticking.
- Add the beans (or peas) and simmer for a further 10 minutes until they are cooked. Serve with potatoes, rice or couscous.





Healthy Boilup

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 1½-2 hours

Ingredients

Lean meat

Vegetables: potatoes, kūmara, pumpkin, watercress, pūhā

Method

- Cut away the fat or get better value for money and buy lean meat.
- Halfway through boiling the meat, pour out the fatty water, re-fill the pot, boil and continue to simmer the meat.
- Add onions, garlic, low salt stock and herbs for extra flavour.
- Give vegetables a quick wash but leave skin on.
- Go for a variety of colours try: pumpkin, potatoes, and kūmara.
- Boil then simmer until vegetables are half cooked.
- Add the greens, try: watercress, pūhā, spinach, silverbeet, cabbage or bok choy. Then simmer away until greens are cooked.
- Cool leftovers quickly. Place in smaller containers, cover and refrigerate as soon as possible.
- Reheat in meal amounts until piping hot.

TIP

To cook boil up in a crockpot use pre-trimmed meat. Put the potatoes and kūmara on the bottom, place the meat on the top. Add some low salt stock, in enough water for amount of meat. Cook the boil up slowly throughout the day; when just about ready add the greens (watercress etc).





Fruit Crumble

Serves: 4-6

Preparation time: 5 minutes

Cooking time: 30-40 minutes

Ingredients

3 cups of fruit - see *tip* below

$\frac{1}{3}$ cup of margarine

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ cup plain flour

$\frac{1}{3}$ cup sugar

$\frac{1}{2}$ teaspoon of ground cinnamon

Method

- Preheat oven to 180°C.
- Place oats, flour, sugar and cinnamon in a bowl. Using clean fingertips, rub the margarine into the flour - continue until the mixture resembles fine breadcrumbs.
- Place fruit in ovenproof dish, sprinkle topping over top and bake for 30-40 minutes or until topping is crisp and golden brown.
- Serve with custard (made from low fat milk) or yoghurt.

TIP

- This is a very popular and easy dessert to make.
- Any fruit can be used - raw, canned or stewed.
- This mixture can also be doubled if more fruit is used.





Rice Pudding

Serves: 6

Preparation time: 2 minutes

Cooking time: 2 hours

Ingredients

4 cups low fat milk

1 cup short grain rice, uncooked

½ cup sugar

Method

- Preheat oven to 150°C.
- Put all ingredients into a pie dish or medium sized baking dish.
- Cook uncovered for 2 hours, stirring occasionally - add more milk if mixture gets too thick.
- Serve hot or cold.

Variations

- Add ¼ cup sultanas to the mixture before cooking.
- Add extra flavour by adding a teaspoon of vanilla or ½ teaspoon of cinnamon before cooking.
- For a lemony treat, add the grated rind of one lemon to the mixture before cooking.





Custard Rice Pudding

Serves: 6-8

Preparation time: 5 minutes

Cooking time: 1 hour & 20 minutes

Ingredients

1 cup short grain rice

2½ cups water

3 eggs, beaten

2 cups low fat milk

⅓ cup sugar

1 teaspoon vanilla essence

Cinnamon, pinch (optional)

Method

- Preheat oven to 150°C.
- Place water in pot and bring to boil. Once water is boiling, add rice and reduce heat to simmer. Simmer rice for 15-20 minutes until all water is absorbed and rice is cooked. Stir regularly to ensure there are no lumps and the rice does not stick to the bottom of the pot. If water is absorbed before rice is cooked, add a further ¼ cup of water and continue to check until done.
- In a separate bowl mix beaten eggs, milk, sugar, vanilla essence and cinnamon (if including).
- Once rice is cooked, stir egg mixture in and pour all into an oven dish.
- Cook in oven for 1 hour. Do not stir so as to allow custard to form on top.
- Serve with tinned fruit.



This is quicker and cheaper than the usual rice pudding recipe. It has a lovely custard type consistency.





Nana's Fruit Cobbler

Serves: 6

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

10 medium apples, peeled and chopped

½ lemon, juiced

¼ cup water

Topping

1½ cups self raising flour

¼ cup caster sugar

50g margarine

1 egg

½ cup low fat milk

Optional to sprinkle on top:

1 tablespoon sugar

2 teaspoon cinnamon

Method

- Preheat oven to 180°C.
- Put apples, water, and lemon juice in pot with lid on, boil gently for 15 minutes until they have formed a thick paste.
- Place flour and sugar into a bowl and mix well; add margarine and rub between fingertips until mixture resembles fine breadcrumbs.
- Beat the egg and milk together and mix gently into the flour mix. Stir until just mixed but don't keep stirring or the topping will be tough and dry.
- Spoon onto the fruit, sprinkle with optional topping if using, and bake for 20 minutes.
- Serve with custard.





Fruit Surprise

Serves: 6

Preparation time: 15 minutes

Cooking time:

Ingredients

1 x 425g can pineapple pieces, drained (or 2 cups fresh pineapple)

2 oranges, cut into segments

2 medium bananas, sliced

2 nectarines, chopped

1 punnet strawberries, chopped (or 1 cup frozen berries)

½ cup nuts, chopped (walnuts, almonds, hazelnuts etc)

1 cup marshmallows, chopped

500g berry yoghurt (any variety)

Method

- Mix all ingredients together in a bowl and transfer to a serving dish.

TIP

Any combination of yoghurt, seasonal fruit, marshmallows and nuts works well.





Chocolate Fudge Pudding

Serves: 6

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

1½ cups self-raising flour

2 tablespoons cocoa

¼ cup sugar

¼ cup oil

1 cup low fat milk

1 egg

Sauce

2 tablespoons cocoa

½ cup sugar

1¼ cups boiling water

Method

- Preheat oven to 180°C.
- Mix together flour, 2 tablespoons cocoa and ¼ cup sugar in an ovenproof dish.
- In another bowl whisk together oil, milk and egg and fold into the flour mixture; take care not to over mix as this will toughen the pudding.
- For sauce, mix cocoa and sugar together and sprinkle over cake mixture.
- Carefully pour over the boiling water.
- Bake for 25-30 minutes until centre feels firm.
Stand for 5 minutes before serving.





Nā tō rourou, nā taku rourou, ka ora ai te iwi.

*With your food basket and my food basket,
the people will be well.*

Photo credit: Rachel Holmes.

Cheap Eats

Try something different

- Try these for a change, they're filling, economical and good for the waistline.
- New ideas.
- Using leftovers - saves time, money and the planet.





Couscous Salad

Serves: 6

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

- 2 cups dried couscous
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 vegetable stock cubes
- 2½ cups boiling water
- 2 teaspoons vegetable oil
- 2 carrots, chopped thinly
- 1 onion, chopped
- 1 clove of garlic, crushed
- ½ capsicum, chopped small
- 1 medium zucchini, thinly sliced
- ⅓ block of feta, cut into small pieces

Method

- Place the couscous in a medium sized bowl and add nutmeg, cinnamon and stock cubes.
- Add boiling water, cover and leave it to absorb the water for 10-15 minutes; stir with a fork to separate grains.
- Heat oil in a pan, add carrots and onion and lightly cook; add to the couscous with feta, capsicum and zucchini. Stir well.
- Serve as a side dish at barbecues or other dishes in the book such as moroccan beef - *Page 101*.



Any vegetables can be used in this recipe; - peas, beans, corn or celery work well. Use 2-3 cups. Meat lovers can add sliced salami, ham or chicken.





TIP

Lentils and dried beans cook more quickly if soaked overnight in cold water.

Lentil Pie

Serves: 6

Preparation time: 10 minutes

Cooking time: 50-60 minutes to cook lentils, 30-40 minutes to bake in the oven.

Ingredients

1½ cups dried brown lentils (2 cans of cooked lentils)

1 tablespoon oil

1 large onion, finely chopped

2 cloves garlic, crushed

2 large carrots, finely chopped

½ teaspoon cumin seeds*

¼ teaspoon tumeric*

1 teaspoon dried oregano

1 teaspoon dried basil

Chilli powder or flakes to taste

1½ cups frozen peas (or 1½ cups of seasonal vegetables)

1 x 400g can/jar pasta sauce

¼ cup tomato sauce

6 large potatoes, cooked and mashed

**If you don't have cumin seeds or turmeric powder use 2 teaspoons of curry powder.*

Method

- Preheat oven to 180°C.
- Cook lentils in water till soft, drain off the water.
- Heat oil in a heavy bottomed pan. Add onion, garlic and carrot and cook for a few minutes until mostly softened. Add cumin, tumeric, basil, oregano and chilli powder/flakes and cook for a further few minutes.
- Add the cooked lentils, peas and pasta sauce; stir to combine.
- Transfer to a medium sized baking dish and top with tomato sauce - this is the magic ingredient.
- Spread mashed potato over the pie mix. If you like, top with a little grated cheese.
- Bake in the oven for about 30-40 minutes, till the top is golden brown.





TIP

Get the younger members of the whānau cooking with this recipe. It is easy, delicious and a good way to get them involved in meal preparation.

Quick Beany Pasta

Serves: 6

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

1 teaspoon oil

1 large onion, chopped

1 large carrot, grated

1 x 440g can of cooked beans eg red kidney beans, 4 bean mix

1 x 440-500g jar of pasta sauce

1 x 500g packet of pasta eg spaghetti, spirals, penne

Note: Can sizes are a guide and don't have to be exact.

Method

- Drain the beans.
- Heat oil in a pan, add onion and cook over medium heat for a few minutes until soft. Add all other ingredients except the pasta and heat gently until vegetables are cooked.
- Meanwhile cook the pasta according to directions on the packet. Drain and serve with sauce and a salad.

Variations

- Meatlovers - add a little chopped sausage, ham or cooked bacon.
- Lentil version - cook ½ cup lentils in 1½ cups of water. When almost cooked add pasta sauce and vegetables. The lentils replace the beans.
- Veged up - add other vegetables of your choice. Zucchini, mushrooms, celery and peppers work well.
- Top with fresh herbs like parsley, basil or thyme.





2nd Time Round Pie

(using leftovers to make a completely new meal)

Serves: 6

Preparation time: 15 minutes

Cooking time: 30-40 minutes

Ingredients

Main course leftovers – eg casseroles, vegetable mixes, leftover meat etc. *The more leftovers you have the less you need to add of the ingredients below. You need enough to fill your pie dish.*

- 1 large onion, chopped
- 2 cloves garlic, crushed
- 1 cup of frozen peas
- 2 large carrots, grated
- 1 teaspoon oil
- ½ teaspoon oregano
- ½ teaspoon basil
- 1 can of spaghetti/baked beans
- 1 quantity of white sauce
- ½ cup grated edam cheese



Method

- Preheat oven to 180°C.
- Cook onion, garlic, peas and carrots in oil until vegetables are soft; add herbs and cook for a minute longer.
- Mix in spaghetti/baked beans plus your leftovers to create your new pie filling.
- Transfer to a suitably sized pie dish and top with white sauce.
- Sprinkle with grated cheese. A little extra oregano over the top adds even more flavour.
- Bake for around 30 minutes until heated through and topping is golden brown.

White sauce

1 tablespoon margarine

2 tablespoons flour

¼ teaspoon salt & pepper

1½ cups low fat milk

Pinch of nutmeg or cinnamon (optional)

Method

- Melt margarine and add flour.
- Cook slowly until mixture is a little crumbly.
- Add low fat milk but stirring all the time to stop it getting lumpy.
- As the temperature of the mixture increases it will thicken so will need to be stirred on a regular basis.
- Add salt, pepper and nutmeg/cinnamon.

Alternatives

- Add bread base – use bread cases recipe (*page 31*) and make a big pie base.
- Use a mashed potato topping instead of white sauce.

TIP

For a lower fat white sauce, eliminate the margarine. Instead, whisk flour and milk together, bring slowly to the boil and simmer until thick. Add flavour with salt and pepper, nutmeg and a little mustard.





Te Korowai Hauora O Hauraki

Established over 16 years ago, Te Korowai Hauora O Hauraki is an iwi health provider serving all people within the Hauraki rohe under a Kaupapa Māori philosophy. Te Korowai has six offices throughout Hauraki – Thames, Coromandel, Whitianga, Waihi, Te Aroha and Paeroa, and currently has over 170 employees in various capacities.

Te Korowai provides a range of services which include clinical, mental health, home based support services and public health. As a holistic health provider other services include Mirimiri, Kaiwhakaora, Tattoo removal, Dental, Hearing specialist, Podiatry etc.

The public health roopu (Whakamana Te Tangata) delivers a wide range of services/programmes including Project Energize (with Sport Waikato), Iwi Health Promotion (Nutrition/Physical Activity, Sexual Health and Auahi Kore), Community Health Coach, Like Minds Like Mine (Hauraki and Waikato Regional) and Aukati Kaipaipa. The team has been promoting healthy lifestyles in Hauraki for some time and we are lucky enough to have in our team a registered dietitian who critiques all nutritional mahi that is carried out. Hauraki is a rural area with pockets of isolated communities and because of this many whānau within this rohe live in low socio economic environments.

After talking with whānau during promotional work, running cooking classes etc it showed there was a clear need for a cookbook that they could access easily, with healthy recipes that could feed a whānau on a budget and using ingredients they already have in their cupboard.

The vision for Kia Kaha Te Kai was born.





Te Korowai Hauora O Hauraki designed this logo (with the assistance of Kaaterina Kerekere – Kedesign) which was signed off by our Board and is now regularly used on all mahi in regards to healthy kai.

The vision of the tohu is to represent 'Healthy pathways with healthy kai' – throughout the Hauraki region.

The foundation of this tohu branches from the 'Pātaka'. This is a stylised and simplified version.

Within the Pātaka is a set of niho taniwha (triangle designs) which highlights the 4 major food groups. The niho taniwha designs symbolize strength and leadership.

The Amo of the Pātaka are the tohu of Te Korowai Hauora O Hauraki and represent the support Te Korowai Hauora O Hauraki offers.

The Koru motif illustrated within the 'a's of the word 'Hauraki' is to emphasise new beginnings, support, growth, nurturing by Te Korowai Hauora O Hauraki within the healthy eating programmes.

This logo was originally used in the Hauraki Healthy Kai project. This project works with food retailers in Paeroa to identify, promote and offer healthy choices for their customers, in particular those buying takeaways. This project was established with funding from the Waikato District Health Board's HEHA Programme.



The Team



From left to right Gwendol Welburn, Shana Allan & Sue Milburn.



The Whakamana Te Tangata team from left to right: Karen, Pip, Marie, Gwendol, Mark, Hinu, Amber, Tania, Shana, Sue, Saila & Estar. Absent Aaron.



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Gwendoline Welburn

General Manager & Public Health Services Manager

Te Korowai Hauora O Hauraki

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Copies of Kia Kaha Te Kai can be downloaded from the following websites:

- www.korowai.co.nz
- www.waikatodhb.govt.nz/HEHA





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