

HŌTOKE | WINTER RECIPES

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# EASY CHOICE FAMILY KAI

4 weeks of  
easy, nourishing  
dinner meals  
for a family  
of 6



AFFORDABLE | HEALTHY | ZERO WASTE

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For further information about Easy Choice, contact [info@lovefoodhatewaste.co.nz](mailto:info@lovefoodhatewaste.co.nz)

**On the cover:** Leek and potato soup, recipe p32

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## ABOUT EASY CHOICE

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

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

Each week's ingredients should cost approximately \$60\*, although this may vary based on produce prices, the supermarket you shop at and weekly specials. Check the shopping tips to find out how to save the most money.

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

The meals are designed to be **zero waste** – all of the ingredients you buy should be used by the end of the week so no food should go to waste. For some meals, you may have leftovers. The recipe will tell you whether those leftovers are suitable to be frozen or whether you need to eat them for lunch the next day.

The **shopping list** tells you the main ingredients you will need to buy for that week.

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

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

*\*\$60 is based on using low-cost ingredients including seasonal fresh vegetables and on supermarket prices at the time of publication. Prices may vary between stores and regions, and whether you buy in bulk or from markets.*



## SHOPPING

These meal plans are designed to cost approximately \$60 a week, using the lowest cost ingredients from the supermarket. However, seasonal weather and price variations may mean that some items are a little more expensive.

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

### **Buy the supermarket brand**

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

### **Buy in bulk**

Ingredients such as cheese, onions and potatoes are used across all four weeks of the meal plan. If you are planning on following all four weeks we recommend buying a 1kg block of cheese, 6kgs of potatoes and 3kgs of onions at the start of the four weeks. While it will be more expensive upfront, it will work out cheaper overall.

### **Stock up on specials**

Meat can be very expensive, so if you have room to freeze meat, stock up on it when it is on special and freeze it until you need it. If you buy large portions, make sure you separate it out into meal-sized amounts before you freeze it. The meat used in this meal planner is: a whole chicken, beef mince, pork sausages, chicken drumsticks, corned beef, diced pork and bacon. You can

purchase whole chickens cheaply from the frozen section in the supermarket.

### **Go for the cheaper alternative**

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

### **Make substitutions**

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

### **Frozen is cheaper than fresh**

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

### **Shop around to save money**

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

### **Make your own stock**

Chicken or vegetable stock is required in some of the recipes. You can purchase liquid chicken stock or stock cubes, however it is very cheap and easy to make your own. Check out the recipe on page 38.

### **Size does matter**

Potatoes can vary greatly in size but we consider a small potato to weigh about 100g, a medium potato to be 150g and a large potato to be approximately 200g. We have added the weights next to the quantities in the shopping list as a guide.

### **Check before you shop**

Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on that week's shopping list.



# NEVER STORE POTATOES & ONIONS TOGETHER



While they both need to be stored in cool, dark places, storing potatoes and onions together makes them sprout faster.

Keep your onions in the pantry and your potatoes in a different cupboard or part of the kitchen.



## STAPLES FOR THE MONTH

breadcrumbs  
butter or margarine  
cayenne pepper (optional)  
chilli flakes or powder (optional)  
cloves, whole (optional)  
cornflour  
curry powder  
fish sauce (optional)  
flour – plain and self-raising  
garlic – cloves or crushed  
ginger – fresh or crushed  
golden syrup (optional)  
honey (optional)  
mayonnaise  
milk  
mixed herbs, dried

mustard (optional)  
mustard, Dijon (optional)  
mustard powder (optional)  
oil – vegetable, olive or canola  
paprika  
peanut butter – crunchy or smooth  
pepper  
peppercorns, whole (optional)  
salt, iodised  
sesame oil (optional)  
soy sauce, low sodium  
stock – vegetable or chicken (liquid or cubes)  
sugar  
sweet chilli sauce  
tomato sauce  
vinegar, white

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



**USE BY**  
**FOOD SAFETY**  
**Do not eat after this date.**

In New Zealand you'll mainly find use by dates on meat, seafood, some ready-to-eat chilled foods and infant formula.



**BEST BEFORE**  
**QUALITY**

**You can eat food after this date, but it may not be at its best.**

Use your senses to check if the food is safe to eat. If it looks ok, smells ok and tastes ok then you can eat it.

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

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

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

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Using stock cubes is much cheaper than buying liquid stock. To use a stock cube, dissolve one stock cube in a cup of boiling water. Adjust the quantities as necessary to get the amount required for the recipe. Alternatively, it is easy to make your own stock at home. Check out the recipe on page 38 to learn how to turn vegetable scraps into stock.

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You can adjust flavourings and make substitutions to suit your family's preferences.

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Some of the recipes can be made using a slow cooker. Check the tips on each recipe to see if it can be made in a slow cooker.

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In some meals some of the ingredients may be used across two meals e.g. mashed potatoes or cooked rice. It is a good idea to set aside the amount of mashed potato or rice needed for the second meal before you serve the rest so your family can eat everything else that is left.

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On some of the recipe ingredients lists you may see the word 'divided' next to the oil. The amount of oil listed is the total amount that you will use in the recipe but it is split over different steps.

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

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

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

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

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

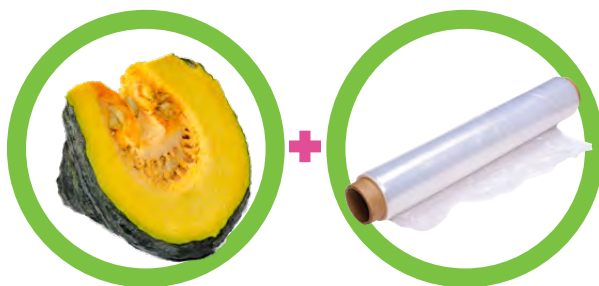
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The quantity of rice used in these recipes is generous. If it is too much for your family, you can cook less. If you have leftover cooked rice, you can freeze it. Leftover cooked rice is safe to eat, provided it is **cooled quickly** and reheated until it is piping hot. One way to cool rice quickly is to spread it over a large tray and then pop it into the fridge as soon as it is cool. Another way is to rinse the rice under cold water.

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## HOW TO MAKE YOUR PUMPKIN LAST LONGER

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Wrapping your cut pumpkin in cling wrap will result in it **lasting for up to 4.5 times longer!**



## WHAT IS ON YOUR DINNER PLATE?

### Understanding the food groups and serve sizes

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

#### **C** CARBOHYDRATES 6+ A DAY

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

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



**1 serve = 1 fist**

1 wholegrain bread roll; 1 sandwich-slice whole grain bread; ½ cup muesli; ½ cup cooked porridge; 1 cup cooked pasta; 1 cup cooked rice.

#### **V** FRUIT AND VEGETABLES 3+ VEGETABLES & 2+ FRUIT A DAY

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

**For dinner, half of your plate should be vegetables.**



**1 serve vegetables  
= 1 full hand**

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

**1 serve fruit = 1 cupped hand**

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



#### **P** PROTEIN 1+ A DAY

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

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

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

1 serve meat = 1 full hand palm size and thickness



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



slices cooked meat (approximately 100g);  
 $\frac{3}{4}$  cup mince or casserole.



## **MILK AND MILK PRODUCTS 2+ A DAY**

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

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

# THE **HANDY GUIDE** to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

### ONE FIST

CARBOHYDRATES  
RICE  
PASTA  
POTATO  
LEGUMES



### ONE HAND

FISH  
VEGETABLES



### ONE PALM

PROTEIN  
BEEF  
PORK  
EGGS  
CHICKEN



### ONE CUPPED HAND

FRUIT  
NUTS  
SEEDS



## THIS WEEK'S RECIPES

Roasted chicken and vegetables

Chicken noodle soup

Roasted vegetable frittata

Lentil bolognese

Salmon burgers with lemon slaw

# WINTER WEEK 1



## TIPS

We recommend that you cook the roasted chicken and vegetables first as the leftover chicken and carcass is used to make the chicken noodle soup and the leftover roasted vegetables are used in the frittata.

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★ Shopping list ingredients you will be **sharing between meals** this week are: chicken, cheese, cabbage, carrots, leek, onion, potatoes, pumpkin, frozen mixed vegetables, eggs, spaghetti and cannellini beans.

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**Shopping tips:** It is often cheaper to buy a whole chicken from the freezer section of the supermarket rather than a fresh one from the meat department. You will need to ensure that the chicken is defrosted before cooking. To do this, place the chicken in a bowl in the fridge for 1-2 days.

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If you are going to follow all four weeks of the meal plan, we recommend buying 1kg of cheese, 6kgs of potatoes and 2-3kg of

onions this week to last you all four weeks. While this will be more expensive upfront, it will save you money in the long run.

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Need a super speedy meal? The lentil bolognese and the salmon burgers with lemon slaw only take half an hour to make.

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If you're not going to make the salmon burgers until later in the week, store the hamburger buns in the freezer to keep them fresh.

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

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## SHOPPING LIST

### BUTCHERY

chicken, whole – 1.5-1.7kg (size 16)

### CHILLED

cheese, Edam – 250g (or 1kg if you are going to follow all 4 weeks)

### PRODUCE

cabbage – ½

carrots – 5

leek – 1

lemon – 1

onions – 5

potatoes – 8 large / 1.6kg

pumpkin – ½

### FROZEN

mixed vegetables – 1kg

### GROCERY

cannellini beans – 2 cans

eggs – 12

hamburger buns – 6

lentils – 2 cans

salmon – 1 can (415g)

spaghetti, dried – 1 packet (500g)

tomatoes, chopped – 2 cans

## STAPLES FOR THE WEEK

breadcrumbs

flour, plain

garlic – cloves or crushed

mayonnaise

milk

mixed herbs, dried

oil – vegetable, olive or canola

paprika

pepper

salt, iodised

stock – chicken or vegetable (liquid or cubes)

sugar

sweet chilli sauce

Note: On the recipes the ★ indicates shopping list ingredients which are used in multiple recipes

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# ROASTED CHICKEN AND VEGETABLES

READY IN  
APPROX. 120 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 3+



## INGREDIENTS

- 1.5–1.7kg **whole chicken**, defrosted ★
- 2 tablespoons **oil**, divided
- 1 tablespoon **paprika**
- salt**, to taste
- pepper**, to taste
- 8 large **potatoes**, chopped into 3cm chunks ★
- ½ **pumpkin**, chopped into 3cm chunks ★
- 2 **onions**, quartered ★
- 3 cups **frozen mixed vegetables** ★
- 1 tablespoon **plain flour**
- 1 cup **chicken stock**

## METHOD

Preheat the oven to 180°C.

To prepare the chicken for roasting, pat it dry with a paper towel and then place it in a baking dish breast-side up. **Note:** If you need to speed up the cooking process, see the tip on the next page for how to butterfly the chicken so it cooks faster.

In a small bowl mix 1 tablespoon of oil with the paprika. Rub the oil over the chicken and season with salt and pepper. Place in the oven and cook for approximately 1 hour 55 minutes, or 60 minutes if you have butterflied it. To check if the chicken is cooked, cut into the thickest part with a knife. If the juices are clear (i.e. no blood) it is cooked.

While the chicken is roasting, place the chopped potatoes, pumpkin and onions onto a baking tray. Drizzle with the remaining tablespoon of oil and season with salt and pepper. Place in the oven and cook for 30–40 minutes.

When the chicken is nearly ready, place the frozen mixed vegetables in a microwave safe container with a small amount of water and cook for 4–5 minutes or until they are hot. If you don't have a microwave you can boil the vegetables in a pot for approximately 4–5 minutes or until they are cooked to your liking. Drain water from the vegetables once they are cooked.

Once the chicken is cooked, remove the chicken from the baking tray (keep the juices) and place it on a large plate to rest for 10 minutes.

## ROASTED CHICKEN & VEGETABLES

While the chicken is resting, make some gravy. Place one tablespoon of chicken juices from the baking tray into a small pot. Place the pot on a low heat. Add in the flour and stir until it forms a paste. Allow it to cook for about 30 seconds. Gradually add in the chicken stock, stirring constantly so that the gravy thickens and doesn't burn. Allow the gravy to boil until it has thickened to your preferred consistency. Season with salt and pepper. **Note:** You can add a small amount of soy or tomato sauce to amp up the flavour.

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To serve, carve the chicken into portions and serve with the vegetables and gravy.

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**TIP:** You don't need to peel the potato or pumpkin, just make sure to wash them well.

**SAVE:** You need to save some of the chicken meat and the chicken carcass and bones to make the chicken soup recipe so at the end of the meal strip off as much of the flesh from the chicken carcass as possible and place in the fridge. Aim to save approximately 3 cups of chicken for the soup. You also need to save 3 cups of the roasted vegetables to make the roasted vegetable frittata later in the week. Any leftover gravy can be added to the chicken soup.

**LEFTOVERS:** will be used for the chicken noodle soup and the roasted vegetable frittata.

## HOW TO BUTTERFLY A CHICKEN

Cooking a whole chicken takes a long time. To reduce the cooking time you can butterfly the chicken to flatten it before cooking. To do so, you will need a pair of sharp scissors. Place the chicken breast-side down on a chopping board with the drumsticks pointing towards you. Use your scissors to cut along both sides of the backbone until you can remove it. Once you have removed the backbone, turn the chicken over, then using the palms of your hands, apply pressure to the breasts to flatten the chicken. Follow the rest of the recipe instructions, but halve the cooking time.



# CHICKEN NOODLE SOUP

READY IN  
APPROX. 60 MINS

EACH SERVE GIVES:



1



1



2+



## INGREDIENTS

**chicken bones** / carcass (from roasted chicken)  
1 teaspoon **salt**  
**pepper**, to taste  
2 cloves **garlic**, chopped  
    or 1 teaspoon crushed garlic  
8 cups **water** (2 litres)  
2 **carrots**, chopped ★  
½ **leek**, thinly sliced including the green top ★  
¼ **cabbage**, thinly sliced ★  
½ packet **spaghetti** ★  
3 cups cooked **chicken**, shredded ★  
1 cup **frozen mixed vegetables** ★  
1 can **cannellini beans**, drained ★  
leftover **gravy** (optional)  
2 **chicken stock cubes**  
2 teaspoons **mixed herbs**

## METHOD

Make the chicken broth for the soup by placing the chicken carcass, salt, pepper, garlic and water into a large pot. Bring to the boil and then reduce the heat and allow it to simmer for at least 30 minutes.

Once the broth is ready, sieve the broth, making sure to catch the liquid in a bowl. Discard the chicken bones.

Return the chicken broth to the pot and add the carrots, leek, cabbage, spaghetti, chicken, frozen mixed vegetables and cannellini beans. Stir in leftover gravy (if using), chicken stock cubes and mixed herbs. Simmer the soup for 10-15 minutes, until the spaghetti is cooked. If you find the soup is too thick, you can add more water.

Season the soup with salt and pepper before serving.

**TIPS:** You can use a slow cooker to make this recipe. If you do, allow at least 2 hours each for step 1 and step 3 and set your slow cooker on high.

To add more flavour, add your favourite herbs or seasonings.

If you are short on time, you can use bought chicken stock. If doing so, start the recipe at step 3 and freeze the carcass to use another time.

**LEFTOVERS:** Can be frozen.



# ROASTED VEGETABLE FRITTATA

READY IN  
APPROX. 45 MINS

EACH SERVE GIVES: **C** ½ **P** 2 **V** 2



## INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**, finely chopped ★
- 2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic
- 2 cups **frozen mixed vegetables** ★
- 3 cups **roasted vegetables**, chopped ★
- 1 can **cannellini beans**, drained ★
- 10 **eggs** ★
- ½ cup **milk**
- 1 teaspoon **mixed herbs**
- salt**, to taste
- pepper**, to taste
- 1 cup **grated cheese** ★

## METHOD

Preheat oven to 180°C.

Heat oil in a large oven-proof frying pan on medium heat. If you don't have an oven-proof frying pan, see the tip below about what to use instead.

Add the onions and garlic and cook for 3 minutes, or until beginning to soften.

Add the frozen vegetables and stir-fry for 5 minutes, or until the vegetables are warmed through.

Stir through the roasted vegetables and the cannellini beans.

In a separate bowl, whisk together the eggs, milk, mixed herbs, salt and pepper.

Pour the egg mixture over the vegetables.

Sprinkle the grated cheese over the top of the eggs and vegetables.

Place the frying pan in the oven to cook for 25-30 minutes, or until the eggs are set.

To serve, cut into wedges.

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

**LEFTOVERS:** Eat for breakfast or lunch the next day.

# LENTIL BOLOGNESE

READY IN  
APPROX. 30 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 3



## INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**, finely chopped★
- ½ **leek**, thinly sliced★
- 2 **carrots**, grated★
- 3 cloves **garlic**, finely chopped  
or 1 ½ teaspoons crushed garlic
- 2 cans **chopped tomatoes**
- 1 teaspoon **sugar**
- 2 cans **lentils**, drained
- 1 teaspoon **dried mixed herbs**
- 1 teaspoon **salt**
- pepper**, to taste
- 2 cups **frozen mixed vegetables**★
- ½ packet **spaghetti** (250g)★
- 1 cup grated **cheese**★

## METHOD

Bring a large pot of water to the boil to cook the spaghetti in.

Heat oil in a large frying pan on a medium heat. Add onion and leek and cook until soft.

Add carrots, garlic, chopped tomatoes, sugar, lentils and herbs to the frying pan. Mix well and season with salt and pepper.

Bring the mixture to a gentle simmer. Stir through the frozen mixed vegetables and then simmer for 15 minutes or until the sauce has thickened slightly.

While the sauce is simmering, cook the spaghetti according to the instructions on the packet. Once cooked, drain and keep warm.

To serve, portion the pasta into bowls and top with the bolognese. Sprinkle with grated cheese.

**TIP:** The Bolognese sauce can be adapted to use whatever vegetables you have, just make sure to finely chop or grate them so they cook quickly.

**LEFTOVERS:** Can be frozen.

# SALMON BURGERS WITH LEMON SLAW

READY IN  
APPROX. 35 MINS

EACH SERVE GIVES:

**C** 2

**P** 1

**V** 1½



## INGREDIENTS

1 can **salmon** (415g), drained and flaked  
1 **onion**, grated ★  
1 cup **frozen mixed vegetables**, defrosted ★  
2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic  
2 tablespoons **sweet chilli sauce** (optional)  
2 **eggs** ★  
½ cup **breadcrumbs**  
1 **lemon**  
½ teaspoon **salt**  
**pepper**, to taste  
6 **hamburger buns**

### LEMON SLAW

¼ head **cabbage**, thinly sliced ★  
1 **carrot**, grated ★  
2 tablespoons **mayonnaise**  
**salt**, to taste  
**pepper**, to taste

## METHOD

Preheat oven to 180°C and line an oven tray with baking paper.

Place the salmon, grated onion, mixed vegetables, garlic, sweet chilli sauce, eggs, breadcrumbs and zest of half the lemon into a large bowl. Season with salt and pepper and mix until it is well combined.

Roll the mixture into 6 balls, and place on the oven tray. Using your hands or the back of a spoon flatten each patty until it is about the same size as the burger bun. **Note:** If you feel like the mixture isn't staying together easily you can add more breadcrumbs.

Place the tray in the oven and bake for 20 minutes, turning the patties after 10 minutes.

To make the slaw, place the cabbage and carrots in a large bowl. Zest the other half of the lemon and sprinkle it over the slaw. In a small bowl mix together the mayonnaise and the juice from the lemon. Pour the lemon mayonnaise over the slaw and mix well. Season with salt and pepper.

Slice the hamburger buns in half and place them on a baking tray. Place them in the oven for a few minutes to lightly toast.

Serve the salmon patties in the bun with the cabbage slaw.

**TIP:** If you don't have sweet chilli sauce, you can add your favourite herb or spice to the burger patties instead.

**LEFTOVERS:** Eat for lunch the next day. The cooked salmon patties can be frozen.

# 10 things you didn't know could be FROZEN



Freezers act as a 'pause button', preserving your food until you need it. In addition to items like bread, meat and leftovers, here are 10 items you can also freeze:

- 1 Cheese** – hard cheese freezes well (grated or in blocks)
- 2 Raw eggs** – make sure you separate the whites and the yolks first
- 3 Milk** – tip a little bit into your tea before freezing so it has room to expand in the bottle
- 4 Sauces and stocks** – use ziplock bags to freeze leftover sauces
- 5 Dairy** – cream, sour cream etc can be frozen but they will need to be used for cooking or baking once defrosted
- 6 Liquids** – leftover wine, coffee and coconut milk can all be frozen in ice cube trays
- 7 Baked goods** – such as cakes and biscuits last much longer in the freezer
- 8 Vegetables** – either blanch or cook fully before freezing so they retain their texture
- 9 Bananas** – peel and slice them before freezing
- 10 Cooked rice and pasta** – perfect for when you accidentally cook too much

Almost anything can be frozen with the exception of fruit and vegetables with high water content like lettuce, cucumber, watermelon and oranges.

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To learn more ways you can save food and money  
visit [lovefoodhatewaste.co.nz](https://lovefoodhatewaste.co.nz)

## THIS WEEK'S RECIPES

Meatloaf with cheesy mashed potatoes

Smoked fish pie

Pumpkin and chickpea curry

Bean burritos

Nasi Goreng

# WINTER WEEK 2



## TIPS

We recommend that you cook the recipes in the order that they are listed. You will use half of the mashed potato from the meatloaf in the fish pie.

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Cold, cooked rice is needed to make the Nasi Goreng and to be added to the burritos. We recommend cooking all of the rice in one go and then cooling and refrigerating or freezing it until you need it for the other meals. We have included this in a step in the pumpkin and chickpea curry (see recipe for quantities) but as it will take a while to cook such a large quantity of rice you may want to do this at an earlier time.

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**Shopping tips:** It may work out cheaper to buy a larger pack of tortillas. Tortillas can be frozen which will keep them fresh until you need them again.

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If you prefer, or if it is on special, you can substitute tinned tuna or salmon for the smoked fish used in the fish pie.

---

The bean burritos use a mix of black and chilli beans but you can substitute these with two cans of baked beans if you prefer.

---

★ Shopping list ingredients you will be **sharing between meals** this week are: carrots, onions, potatoes, frozen green beans, frozen spinach, brown rice, cheese, and chopped tomatoes.

---

Need a super speedy meal? The bean burritos and Nasi Goreng can both be made in half an hour.

---

**Leftovers:** If you bought a jar of red curry paste (as opposed to a sachet) you will have some leftover. You can use some of this in the Nasi Goreng recipe. Curry paste will keep for a month in the fridge or you can freeze it in ice cube trays to use at a later time.

---

## SHOPPING LIST

### BUTCHERY

beef mince – 500g  
pork sausages – 6

### CHILLED

cheese, Edam – 250g

### PRODUCE

cabbage – ¼  
carrots – 6  
onions – 4  
potatoes – 8 large / 1.6kg  
pumpkin – ½  
spring onion – 1 bunch

### FROZEN

green beans – 1kg  
spinach – 500g

### GROCERY

black beans – 1 can  
brown rice – 1kg (long grain)  
chickpeas – 2 cans  
chilli beans – 1 can  
coconut milk – 1 can (400ml)  
creamed corn – 1 can  
eggs – 6  
smoked fish – 1 can (450g)  
Thai red curry paste – 1 sachet or jar (at least 50g)  
tomatoes, chopped – 2 cans  
tortillas – 10-12

## STAPLES FOR THE WEEK

breadcrumbs  
butter or margarine  
chilli flakes or powder (optional)  
fish sauce (optional)  
flour, plain  
garlic – cloves or crushed  
ginger – fresh or crushed  
milk  
mixed herbs, dried  
mustard, Dijon (optional)  
oil – vegetable, olive or canola  
paprika  
pepper  
salt, iodised  
sesame oil (optional)  
soy sauce, low sodium  
tomato sauce

Note: On the recipes the ★ indicates shopping list ingredients which are used in multiple recipes

If you are following all four weeks and have bought cheese, potatoes and onions in bulk, you won't need to buy more this week.

---

SUPPORTED BY



# MEATLOAF WITH CHEESY MASHED POTATOES

READY IN  
APPROX. 60 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 2



## INGREDIENTS

500g **beef mince**  
1 **onion**, finely chopped ★  
2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic  
2 teaspoons **paprika**  
2 **carrots**, grated ★  
½ cup **breadcrumbs**  
2 tablespoons **tomato sauce**  
**salt**, to taste  
**pepper**, to taste  
8 large **potatoes**, chopped into small cubes ★  
1 tablespoon **butter** or **margarine**  
1 cup grated **cheese** ★  
2 cups **frozen green beans** ★

## METHOD

Preheat the oven to 180°C.

Combine the mince, onion, garlic, paprika, carrots, breadcrumbs and tomato sauce in a large bowl. Season with salt and pepper and mix well.

Place the mixture into a greased loaf tin and press down so that the top is flat. If you don't

have a loaf tin, shape the meat into a loaf-shape and place it in a lined baking dish.

Bake the meatloaf in the oven for 40 minutes or until it is cooked through. Once cooked, remove from oven and allow it to stand in the loaf tin for 10 minutes.

While the meat loaf is baking, place the chopped potatoes in a large pot of water and bring to the boil. **Note:** You will make a large amount of mashed potatoes but half will be used in the fish pie recipe. Once the water is boiling, reduce the heat and cook for 20 minutes or until the potatoes are soft.

Drain the water from the potatoes. Add in the butter or margarine and mash well. Once the potatoes are smooth, sprinkle over the cheese and stir through. Season with salt and pepper. Put the lid back on the pot to keep the potatoes warm until you are ready to serve them.

Place the frozen beans in a microwave-proof dish with a tablespoon of water. Cook in the microwave for approximately 3 to 5 minutes, until they are just cooked. If you don't have a microwave, boil the beans in a pot until they are hot.

To serve, slice the meatloaf thickly and serve with the mashed potatoes and beans on the side.

**SAVE:** At least 3 cups of the mashed potatoes for the fish pie.

**TIP:** You can add any extra herbs or spices that you have to the meatloaf to give it more flavour.

**LEFTOVERS:** Can be frozen. Leftover mashed potatoes will be used for the fish pie.



# SMOKED FISH PIE

READY IN  
APPROX. 50 MINS

EACH SERVE GIVES: **C** 1 **P** 1½ **V** 2



## INGREDIENTS

- 6 eggs
- 1 tablespoon butter or margarine
- 1 tablespoon plain flour
- 1 cup milk
- 1 teaspoon Dijon mustard (optional)
- 1 can smoked fish fillets, drained & flaked (450g)
- 1 can creamed corn
- ½ packet frozen spinach, defrosted with the water squeezed out★
- salt, to taste
- pepper, to taste
- 3 cups leftover mashed potatoes (from meatloaf recipe)
- 3 cups frozen green beans★

## METHOD

Preheat the oven to 180°C.

Place the eggs in a pot and cover with water. Bring the pot to a rolling boil, then remove the pot from the heat, cover it with a lid and leave it for 10 minutes.

After 10 minutes, remove the eggs from the pot and leave the eggs to cool in a bowl of cold water. Once cool, peel and chop into quarters.

While the eggs are cooking, melt the butter in a small pot on a low heat. Once the butter is melted, add in the flour and stir until it forms a paste. Allow it to cook for about 30 seconds. Gradually add in the milk, stirring constantly so that the sauce thickens and doesn't burn. Allow the sauce to simmer until it has thickened.

Remove the sauce from the heat and stir through the mustard. Add the eggs, fish, creamed corn and spinach to the sauce and mix gently. Season with salt and pepper. Tip the fish mixture into a greased oven-proof dish.

Spread the mashed potatoes evenly over the fish to make the pie topping. If the mashed potato is really cold (straight out of the fridge) you may want to heat it in the microwave to make it easier to spread.

Place the pie in the oven and cook for 30 minutes or until it is bubbling hot.

When the pie is nearly ready, place the frozen beans in a microwave-proof dish with a tablespoon of water. Cook in the microwave for 3 to 5 minutes, until they are just cooked. If you don't have a microwave, boil the beans in a pot until they are hot.

Serve the pie with the beans on the side.

**TIP:** If you haven't yet made the meatloaf recipe and so don't have any leftover mashed potatoes, follow steps 5 and 6 in the meatloaf recipe to make the mashed potatoes.

**LEFTOVERS:** Eat for lunch the next day.

# PUMPKIN AND CHICKPEA CURRY

READY IN  
APPROX. 60 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 3+



## INGREDIENTS

- 5  $\frac{2}{3}$  cups (1kg) **brown rice** ★
- 1 tablespoon oil
- 1 **onion**, finely chopped ★
- 3 cloves **garlic** finely chopped  
or 1  $\frac{1}{2}$  teaspoons crushed garlic
- 2 teaspoons grated **fresh ginger**  
or 1 teaspoon crushed ginger
- 2 tablespoons **Thai red curry paste** (50g)
- 2 **carrots**, chopped into small cubes ★
- $\frac{1}{2}$  **pumpkin**, chopped into small cubes
- 1 can **chopped tomatoes** ★
- salt**, to taste
- pepper**, to taste
- 1 teaspoon **chilli powder** (optional)
- 1 can **coconut milk**
- 2 cans **chickpeas**, drained
- 2 cups **frozen green beans** ★

This recipe cooks a large amount of rice which will take a while to cook. If you are going to be short on time when you are making this meal you may want to cook the rice in advance.

If you aren't following the week's meal plan but want to cook this recipe, cook only 2 cups of brown rice.

## METHOD

Cook rice according to the instructions on the packet. **Note:** You will need to use a very large pot as this will make a huge quantity of rice. The leftover rice will be used in the bean burritos and to make the Nasi Goreng.

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

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

Add carrots, pumpkin, chopped tomatoes, salt, pepper and chilli powder and stir until everything is well coated.

Tip in the coconut milk and simmer on low heat for at least 10 minutes until the pumpkin begins to soften. Then add the chickpeas and beans and cook for a further 5 minutes (or until all vegetables are cooked).

Serve the curry on top of the rice.

**SAVE:** You need 3 cups of rice leftover to use in the burritos, and 4 cups in the Nasi Goreng. It is really important that you cool the rice quickly and get it into the fridge as soon as possible. One way to cool rice quickly is to spread it over a large tray and then pop it into the fridge as soon as it is cool. Another way is to rinse the rice under cold water.

**LEFTOVERS:** Can be frozen.

If you bought a jar of curry paste you will have some leftover. This will last in the fridge for months so you can use it to make this recipe again or use it in the Nasi Goreng.

# BEAN BURRITOS

READY IN  
APPROX. 30 MINS

EACH SERVE GIVES: **C** 2+ **P** 1 **V** 2



## INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped★
- 4 cloves garlic, finely chopped  
or 2 teaspoons crushed garlic
- 2 teaspoons paprika
- 1 can chilli beans
- 1 can black beans, drained
- 1 can chopped tomatoes★
- 1 carrot, grated★
- ½ packet frozen spinach, defrosted with the  
water squeezed out★
- 1 teaspoon mixed herbs, dried
- ½ teaspoon chilli flakes or powder (optional)
- 3 cups cooked rice★
- salt, to taste
- pepper, to taste
- 10-12 tortillas
- 1 cup grated cheese★

## METHOD

Heat oil in a large frying pan or pot over medium heat and cook the onion until it is soft, approximately 5 minutes.

Add the garlic and paprika and fry for a further two minutes. Mix in the chilli beans and black beans, chopped tomatoes, carrots, spinach, mixed herbs, chilli flakes or powder (if using) and rice. Let it simmer for 10-15 minutes, stirring occasionally, until it has thickened. Season with salt and pepper.

To assemble the burritos, heat the tortillas according to the package instructions. Spoon the bean and rice mixture in the centre of the tortilla. Sprinkle with grated cheese. Fold the edges and roll up to make the burrito.

**TIPS:** If you prefer, you can replace the chilli and black beans with baked beans.

If you want the outside of the burrito to be crispy you can toast the filled burrito in a sandwich press or fry in a pan until the tortilla is golden brown.

**LEFTOVERS:** Can be frozen.

# NASI GORENG

READY IN  
APPROX. 30 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 2



## INGREDIENTS

- 2 tablespoons **oil**, divided
- 6 **pork sausages**
- 1 **onion**, diced ★
- 4 cloves **garlic**, finely chopped  
or 2 teaspoons crushed garlic
- 2 cups **frozen green beans** ★
- 1 **carrot**, sliced into thin sticks ★
- ¼ **cabbage**, sliced thinly
- ¼ cup **soy sauce**
- ¼ cup **tomato sauce**
- 1 tablespoon **fish sauce** (see tip)
- 1 bunch **spring onion**, sliced thinly
- 4 cups cooked **rice**, cooled ★
- 1 teaspoon **sesame oil** (optional)
- chilli flakes** or powder, to taste (optional)

## METHOD

Heat one tablespoon of oil in a large frying pan or wok over medium-high heat. Place the sausages in the pan and fry until they are cooked. Once they are cooked, remove them from the pan and chop into small pieces.

Place another tablespoon of oil into the hot pan and add the onion. Cook until soft.

Increase the heat to high and add the garlic, fry for one minute then add the frozen beans, carrot and cabbage and fry until the beans are heated through and carrots begin to soften.

Add in soy sauce, tomato sauce and fish sauce. Stir well.

Add the spring onion, chopped sausages, and rice. Stir constantly to break up any lumps of rice and make sure the rice is evenly coated in the sauces. Cook until the rice is hot. Drizzle over the sesame oil.

Spoon into bowls and sprinkle over the chilli flakes, if using.

**TIP:** Fish sauce can be substituted with 2 tablespoons of soy sauce or oyster sauce, or 1 tablespoon of red curry paste.

**LEFTOVERS:** Can be frozen.

**THIS WEEK'S RECIPES**

- Leek and potato soup
- Teriyaki chicken drumsticks
- Salmon quiche
- Nachos
- Sweet and sour pork

**WINTER  
WEEK 3**



# TIPS

You may want to make the leek and potato soup as your first meal when the baguette is fresh.

---

We recommend you make the teriyaki chicken drumsticks before the salmon quiche as you use the leftover rice from the chicken recipe in the quiche.

---

★ Shopping list ingredients you will be **sharing across meals** this week are: cheese, carrot, celery, onions, frozen mixed vegetables and brown rice.

---

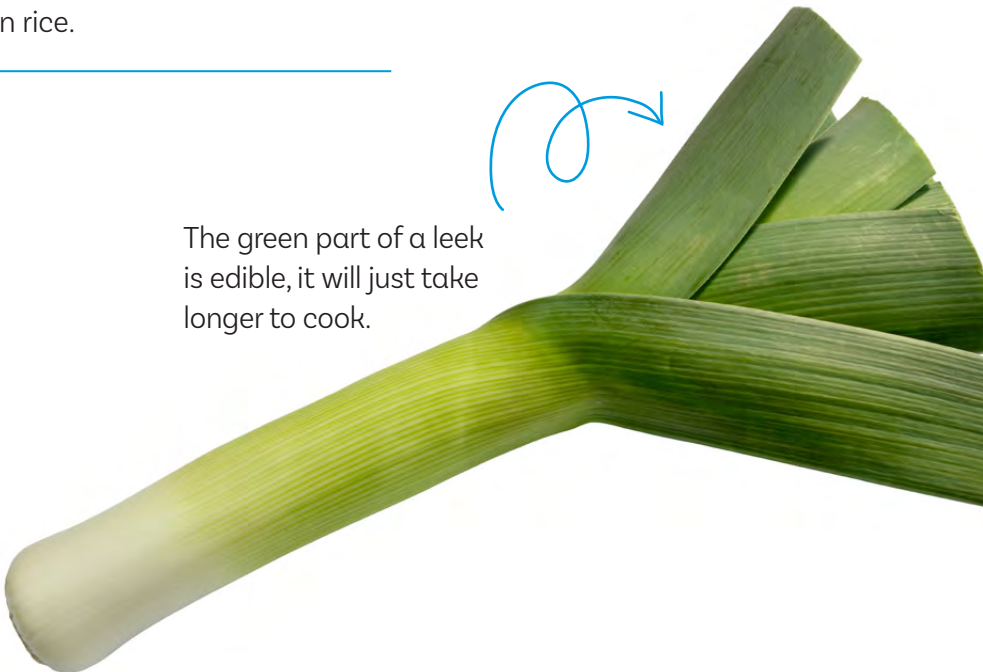
Need a super speedy meal? The nachos can be made in half an hour.

---

You may have some cheese leftover. You can use this cheese in week 4.

---

The green part of a leek is edible, it will just take longer to cook.



### SHOPPING LIST

#### BUTCHERY

chicken drumsticks – approx. 1kg  
or 10 drumsticks  
pork, diced – 600g

#### CHILLED

bacon, middle – 200g  
cheese, Edam – 250g

#### PRODUCE

broccoli – 1  
carrots – 6  
celery – ½ bunch  
leek – 1 large or 2 small  
onions – 3  
potatoes – 3 large / 600g

#### FROZEN

mixed vegetables – 1kg

#### GROCERY

baguette – 1  
brown rice – 1kg (long grain)  
corn chips – 300g  
eggs – 6  
kidney beans – 2 cans  
pineapple, pieces in juice – 1 can (425g)  
salmon – 1 can (415g)  
tomatoes, chopped – 2 cans

### STAPLES FOR THE WEEK

butter or margarine  
cayenne pepper (optional)  
chilli powder (optional)  
cornflour  
flour – self raising  
garlic – cloves or crushed  
ginger – fresh or crushed  
honey (optional)  
milk  
oil – vegetable, olive or canola  
paprika (optional)  
pepper  
salt, iodised  
soy sauce, low sodium  
stock – vegetable or chicken (liquid or cubes)  
sugar  
vinegar, white

Note: On the recipes the ★ indicates shopping list ingredients which are used in multiple recipes

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# LEEK AND POTATO SOUP

READY IN  
APPROX. 60 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 2



## INGREDIENTS

50g **butter** or 3 tablespoons **margarine**  
3 large **potatoes**, washed and cut into 1cm cubes  
1 large or 2 small **leeks**  
**salt**, to taste  
**pepper**, to taste  
4 cups **vegetable stock**  
1 cup **milk**  
200g **bacon**  
1 **baguette**

## METHOD

Melt butter in a large saucepan over a medium heat and add the potatoes.

Cut white part of leek into small rounds and add to pan. Remove green leaves, separate and wash thoroughly in water to remove any dirt residue. Cut into thin ribbons and add to pan, along with whites.

Stir well so all vegetables are evenly coated in butter. Add salt and pepper. Turn heat down to low, cover with a lid and allow to gently cook for 10 minutes. Stir occasionally so the vegetables do not brown.

Add the vegetable stock to the pan. Bring to the boil then reduce the heat and simmer for 30 minutes or until the potatoes are soft.

Use a potato masher to roughly break up the potatoes to thicken the soup.

Add the milk and bring to a simmer.

Meanwhile, heat a frying pan on a medium heat.

Thinly slice bacon and place it into the frying pan. Fry until crispy or cooked to your liking.

Ladle soup into bowls and sprinkle with the bacon. Serve with slices of the baguette.

**TIP:** If your baguette is stale, slice it into pieces, brush it with a little oil and toast it in the oven until it is golden and crispy.

**LEFTOVERS:** Can be frozen.



# TERIYAKI CHICKEN DRUMSTICKS

READY IN  
APPROX. 45 MINS

EACH SERVE GIVES:

**C** 1

**P** 1

**V** 3+



## INGREDIENTS

½ cup **soy sauce**  
3 tablespoons **white vinegar**  
¼ cup **sugar** or 2 tablespoons **honey**  
1 tablespoon **ginger**, grated  
or 1 ½ teaspoons crushed ginger  
10 **chicken drumsticks**  
3 ⅔ cups **brown rice** ★  
1 tablespoon **oil**  
2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic  
2 cups **frozen mixed vegetables** ★  
1 head **broccoli**, chopped into florets, with the  
stalk sliced into batons  
¼ bunch **celery**, thinly sliced ★  
**salt**, to taste  
**pepper**, to taste

## METHOD

Preheat the oven to 180°C.

Mix the soy sauce, vinegar, sugar or honey, and ginger together in a large bowl. Place the chicken in the bowl, cover it in the marinade

and let it marinate for 15 minutes or while the oven heats.

Transfer the chicken into a roasting dish and bake for 30 minutes until cooked through. To check if the chicken is cooked, use a knife to cut into the thickest part – the juices should be clear and the meat shouldn't be pink.

While the chicken is cooking, cook the rice according to package instructions. **Note:** This may seem like a lot of rice but some of this rice will be used in the salmon quiche.

When the chicken is nearly cooked, heat the oil in a frying pan over medium heat. Add in the garlic, frozen mixed vegetables, broccoli and celery and fry until the vegetables are cooked. Season with salt and pepper.

Serve the chicken drumsticks on the rice with the vegetables on the side.

**TIPS:** Pour any of the leftover juices from the baking dish over the chicken as a sauce.

If you aren't following the week's meal plan but want to cook this recipe, cook only 2 cups of brown rice.

**LEFTOVERS:** Can be frozen.

**SAVE:** 3 cups of cooked brown rice to be used in the salmon quiche.

**Note:** It is really important that you cool the leftover rice quickly and get it into the fridge as soon as possible. One way to cool rice quickly is to spread it over a large tray and then pop it into the fridge as soon as it is cool. Another way is to rinse the rice under cold water.

# SALMON QUICHE

READY IN  
APPROX. 60 MINS

EACH SERVE GIVES:



½



2



1½



## INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**, finely chopped ★
- 2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic
- 2 **carrots**, grated ★
- 1 cup grated **cheese** ★
- 1 cup **self-raising flour**
- 415g can **salmon**, drained and flaked
- 2 cups **frozen mixed vegetables**, defrosted ★
- 3 cups cooked **rice** ★
- ⅓ cup **oil**
- 6 **eggs**, lightly beaten
- salt**, to taste
- pepper**, to taste

## METHOD

Preheat oven to 180°C and grease a medium baking dish.

Heat one tablespoon of oil in a medium frying pan. Add the onion and garlic and cook until soft.

Tip the onion into a very large bowl. Add the carrots, cheese and flour and mix to combine. Stir through the salmon, mixed vegetables and rice.

Pour the oil and beaten eggs into the bowl with the rest of the ingredients. Season with salt and pepper and mix well.

Tip the mixture into the baking dish and place in the pre-heated oven.

Cook for 30–40 minutes, until the top is golden and the quiche is cooked (the middle should bounce back when lightly touched).

Let the quiche sit for 5 minutes before serving.

**TIP:** Use the leftover cooked rice from the teriyaki drumsticks recipe.

**LEFTOVERS:** Eat for lunch the next day.

# NACHOS

READY IN  
APPROX. 30 MINS

EACH SERVE GIVES: **C** 1½ **P** 1 **V** 2+



## INGREDIENTS

1 tablespoon oil  
1 **onion**, finely chopped ★  
2 **carrots**, grated ★  
3 cloves **garlic**, finely chopped  
or 1½ teaspoons crushed garlic  
1 teaspoon **paprika** (optional)  
**cayenne pepper** or **chilli powder**, to taste  
(optional)  
2 cans **kidney beans**, drained  
2 cans **chopped tomatoes**  
1 teaspoon **sugar**  
2 cups **frozen mixed vegetables** ★  
**salt**, to taste  
**pepper**, to taste  
300g **corn chips**  
1 cup grated **cheese** ★

## METHOD

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

Add the carrots, garlic, paprika and cayenne pepper or chilli powder (if using) and allow to fry for one minute.

Stir in the kidney beans, chopped tomatoes and sugar. Bring the mixture to a boil then reduce to a simmer for 5 minutes.

Add the frozen vegetables and leave to cook for 10 minutes, or until the vegetables are cooked and the mixture has thickened. Season with salt and pepper.

Spread the corn chips on a large baking tray, place the bean sauce on top of the chips and then sprinkle over the cheese. Grill in the oven until the cheese is melted.

**TIP:** If this meal isn't going to be eaten all at once, only heat in the oven as much as you need, otherwise the corn chips will go soggy.

**LEFTOVERS:** The bean sauce can be frozen.

# SWEET AND SOUR PORK

READY IN  
APPROX. 40 MINS

EACH SERVE GIVES:

**C** 1   **P** 1   **V** 3



## INGREDIENTS

2 cups **brown rice**★  
1 tablespoon **oil**  
1 **onion**, finely chopped★  
600g **pork**, diced  
2 **carrots**, diced★  
¼ bunch **celery**, thinly sliced★  
3 tablespoons **soy sauce**  
1 can **pineapple** pieces in juice, drained but save the juice  
3 cups **frozen mixed vegetables**★  
1 tablespoon **cornflour**  
2 tablespoons **water**  
**salt**, to taste  
**pepper**, to taste

## METHOD

Cook brown rice according to packet instructions.

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

Add pork and cook until browned (about 10 minutes).

Add the carrots, celery, soy sauce, pineapple pieces (save the juice) and frozen mixed vegetables to the frying pan. Cook for another 5 minutes.

In a separate bowl, mix together the cornflour, water and pineapple juice. Add the sauce to the saucepan and cook until thick. Season with salt and pepper.

Serve the sweet and sour pork on the cooked rice.

**LEFTOVERS:** Can be frozen.

# BE A BROCCOLI STALKER

## **Broccoli stalks are nutritious and delicious.**

But Kiwis throw away over 2,500 tonnes of broccoli stalks every year.

When you throw away the stalk you are wasting food and money. Think of broccoli as a two-for-one vegetable because you get the florets and the stalk – at no extra cost!

---

## **How to eat broccoli stalks**

Cut a small amount off the bottom of the stalk and peel with a vegetable peeler.

- Slice thinly to use in salads or roast them
- Grate to use in a slaw or turn into fritters
- Finely chop them to use in stews, soups and pasta



# HOW TO MAKE YOUR OWN STOCK

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

## WHAT YOU NEED

at least 4 cups **vegetable scraps and peelings**  
or 4 cups **chopped vegetables** (more if your pot is large)  
2 cloves **garlic**, crushed  
5-10 whole **peppercorns** (optional)  
1 **bay leaf** (optional)  
a few sprigs of **fresh herbs** (optional)  
**water**

## HOW TO MAKE IT

Place all of the ingredients in a large pot and cover them with water.

Bring the water to the boil then reduce the heat to low and leave the stock to simmer for up to 2 hours.

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

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

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

To make chicken stock, follow steps 1 and 2 of the chicken noodle soup recipe on page 16.



## THIS WEEK'S RECIPES

Corned beef with mashed potatoes

Corned beef hash cakes

Thai pumpkin soup

Cheese and bacon bread pudding

Satay tofu noodles

# WINTER WEEK 4



## TIPS

You will need to make the corned beef with mashed potatoes before you can make the corned beef hash cakes as they use the leftover corned beef and mashed potatoes. You can make the rest of the recipes in any order.

---

★ Shopping list ingredients you will be **sharing between meals** this week are: corned beef, milk, frozen broccoli and cauliflower, cabbage, carrots, onions, potatoes, bread and eggs.

---

**Shopping tip:** Firm tofu can be found in the refrigerator section of most supermarkets. If your family doesn't like tofu you can use chicken instead, however this will increase the overall cost and cooking time.

---

Need a super speedy meal? The satay tofu noodles can be made in half an hour.

---

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

---

You will have a little bit of milk leftover. If your family won't drink it, you can freeze it for next time you need some. You may also have some cheese leftover. Keep cheese tightly wrapped in its packaging or a plastic bag to stop it drying out. You can also grate and freeze leftover cheese.

---



## SHOPPING LIST

### BUTCHERY

corned beef / silverside – 1.2kg

### CHILLED

bacon, middle – 200g

cheese, Edam – 250g

milk – 1 litre

tofu, firm – 2 blocks (300g)

### FROZEN

broccoli and cauliflower mix – 750g

### PRODUCE

cabbage – 1

carrots – 4

onions – 3

parsnips – 3

potatoes – 8 large / 1.6kg

pumpkin – ½

### GROCERY

bread, wholemeal sandwich – 1 loaf

cannellini beans – 2 cans

coconut milk, lite – 1 can (400ml)

corn kernels – 1 can

eggs – 12

udon noodles – 3 packets

## STAPLES FOR THE WEEK

butter or margarine

chilli powder (optional)

cloves, whole (optional)

curry powder

flour, plain

garlic – cloves or crushed

ginger – fresh or crushed

golden syrup (optional)

mustard or mustard powder (optional)

oil – vegetable, olive or canola

peanut butter – crunchy or smooth

pepper

peppercorns, whole (optional)

salt, iodised

soy sauce, low sodium

stock – vegetable or chicken (liquid or cubes)

sweet chilli sauce

sugar

vinegar, white

Note: On the recipes the ★ indicates shopping list ingredients which are used in multiple recipes

SUPPORTED BY



# CORNER BEEF <sup>WITH</sup> MASHED POTATOES & MUSTARD SAUCE

READY IN  
APPROX. 75 MINS

EACH SERVE GIVES:



½



1



1½



## INGREDIENTS

- 1.2kg corned beef★
- 1 onion, chopped into chunks★
- 1 teaspoon whole cloves (optional)
- 1 teaspoon whole peppercorns  
or ½ teaspoon ground pepper
- 1 tablespoon white vinegar
- 1 tablespoon sugar or golden syrup
- 8 large potatoes, cleaned and chopped into small chunks★
- 4 cups frozen broccoli and cauliflower mix★
- ½ cup milk★
- salt, to taste
- pepper, to taste
- 1 tablespoon butter or margarine
- 1 tablespoon plain flour
- 1 teaspoon mustard or mustard powder
- 1 cup corned beef cooking water

## METHOD

Remove the corned beef from its packaging and rinse it in cold water. Place the meat in a large pot with the onion, cloves, peppercorns, vinegar and sugar or golden syrup. Fill the pot with enough water to cover the meat.

Put the pot on the stove on a medium heat. Once it starts to simmer, turn the temperature down to low. **Note:** boiling the meat will make it dry, so adjust the heat so it remains at a simmer.

Allow the meat to simmer for 1-1 ½ hours or until tender (use a fork to test this). Leave the meat to cool in the liquid until ready to serve.

While the meat is simmering, prepare the mashed potatoes and vegetables. Place the potatoes into a large pot and cover completely with water. **Note:** this may seem like a large amount of potatoes but the leftovers are used to make the corned beef hash cakes.

Boil the potatoes for 15 minutes then add in the frozen broccoli and cauliflower. Cook for another 5-10 minutes until the potatoes are tender and the broccoli and cauliflower are cooked.

Drain the water from the vegetables (tip them into a colander if you have one). Use a fork or tongs to remove the broccoli and cauliflower and place on a serving plate. Tip the potatoes back into the pot and mash well. Once almost smooth add in the milk and season with salt and pepper. Mix well.

To make the mustard sauce, melt the butter or margarine in a pot on a low heat. Once the butter has melted, add in the flour and mustard and stir until it forms a paste. Allow

## CORNEB BEEF

it to cook for about 30 seconds. Gradually add in the corned beef cooking water, stirring constantly so that the sauce thickens and doesn't burn. Allow the sauce to simmer until it has thickened.

To serve, remove the corned beef piece and slice two thirds of the meat. Serve the meat with mashed potatoes, broccoli and cauliflower and mustard sauce.

**TIPS:** If you are in a hurry, cutting the corned beef in half before placing it in the pot will decrease the cooking time. If you are doing this, the corned beef should take about 30 minutes to cook.

You can also cook the corned beef in a slow cooker. If using a slow cooker, cook it on low for 8 hours.

**SAVE:** Save half of the mashed potatoes and a third of the corned beef for the corned beef hash cakes.

**LEFTOVERS:** Any leftover mustard sauce can be used in the corned beef hash cakes.

Can be frozen.



## BASIC HOME KITCHEN MEASUREMENTS

3

TEASPOONS

=

1

TABLESPOON

4

TABLESPOONS

=

$\frac{1}{4}$

CUP

16

TABLESPOONS

=

1

CUP

# CORNERED BEEF HASH CAKES

## WITH ROASTED PARSNIPS & SAUTÉED CABBAGE

READY IN  
APPROX. 45 MINS

EACH SERVE GIVES:

**C** ½ **P** ½ **V** 2½



### INGREDIENTS

approx. 300g **leftover cooked corned beef** ★  
3-4 cups **leftover mashed potatoes** ★  
1 tablespoon **mustard**  
or **leftover mustard sauce** (optional)  
4 cloves **garlic**, finely chopped  
or 2 teaspoons **crushed garlic**, divided  
**pepper**, to taste  
3 tablespoons **oil**, divided  
3 **parsnips**, sliced into batons  
**salt**, to taste  
½ **cabbage**, thinly sliced ★

### METHOD

Preheat the oven to 190°C and line a baking tray with baking paper.

Chop the corned beef into small pieces and place in a large bowl with the leftover mashed potatoes, mustard and two cloves of garlic (chopped) or 1 teaspoon of crushed garlic. Season with pepper. Mix well until all of the ingredients are combined.

Use your hands to make 12 even-sized patties using the corned beef and potato mixture.

Place the cakes onto the baking tray and brush with 1 tablespoon of oil.

Bake in the oven for 25-30 minutes, or until golden. Flip the hash cakes after 15 minutes.

While the hash cakes are cooking, spread the parsnips over a lined baking tray. Drizzle over 1 tablespoon of oil and season with salt and pepper. Place in the oven to cook at the same time as the hash cakes.

To make sautéed cabbage, heat 1 tablespoon of oil in a frying pan over a medium heat. Add the remaining garlic (2 cloves finely chopped or 1 teaspoon crushed garlic) and the cabbage and cook for 10 to 15 minutes until the cabbage is tender. Season well with salt and pepper.

Serve the corned beef hash cakes with the roasted parsnips and sautéed cabbage.

**TIP:** If you have one, use a pastry brush to brush the oil onto the corned beef hash cakes.

**LEFTOVERS:** Eat for lunch the next day.

# THAI PUMPKIN SOUP WITH GARLIC BREAD

READY IN  
APPROX. 50 MINS

EACH SERVE GIVES:

**C** 1 **P** ¾ **V** 3



## INGREDIENTS

½ **pumpkin**, chopped into 1cm cubes  
1 **onion**, finely chopped ★  
2 **carrots**, chopped into 1cm cubes ★  
2 teaspoons **ginger**, grated  
or 1 teaspoon crushed ginger  
2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic  
2 teaspoons **curry powder**  
1 tablespoon **sweet chilli sauce** (optional)  
1 teaspoon **chilli powder** (optional)  
6 cups **chicken** or **vegetable stock**  
2 cans **cannellini beans**, drained  
1 can **coconut milk**  
**salt**, to taste  
**pepper**, to taste

### GARLIC BREAD

1 tablespoon **butter** or **margarine**, softened  
2 cloves **garlic**, finely chopped  
or 1 teaspoon crushed garlic  
6 slices **bread** ★

## METHOD

Place the pumpkin, onion, carrots, ginger, garlic and curry powder in a large pot. Add in the sweet chilli sauce and chilli powder, if using. Pour in the stock.

Place the pot on a medium heat and bring to the boil. Once boiling, reduce the heat to a simmer. Allow it to simmer for 20 minutes or until the pumpkin is soft.

Remove from the heat and stir through the cannellini beans.

Use a masher, hand blender or food processor to blend the soup until it is smooth.

Mix in the coconut milk and then return the pot to the stove over a medium heat to reheat the soup to your desired temperature. Season with salt and pepper.

While the soup is heating, make the garlic bread. Mix the butter or margarine with the garlic in a small bowl. Use a toaster to toast the bread and then spread it with the garlic butter. If you don't have a toaster, lay the bread on a baking tray, toast one side of it under a pre-heated grill, then turn it over and spread it with the garlic butter. Place it back under the grill until it is crispy.

**TIP:** Unless your pumpkin has a really thick skin, you shouldn't need to peel it. If you do peel it, compost your pumpkin skin.

**LEFTOVERS:** Can be frozen.

# CHEESE & BACON BREAD PUDDING

READY IN  
APPROX. 55 MINS

EACH SERVE GIVES:

**C** 2

**P** 1+

**V** 1½



## INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped ★
- 200g bacon, chopped
- 2 cloves garlic, finely chopped  
or 1 teaspoon crushed garlic
- 1 carrot, grated ★
- 1 can corn kernels, drained
- 2 cups frozen broccoli and cauliflower mix,  
defrosted and chopped into smaller pieces ★
- 6 eggs ★
- 2 cups milk ★
- salt, to taste
- pepper, to taste
- 3 tablespoons butter or margarine
- 12 slices bread ★
- 2 cups grated cheese

## METHOD

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

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

Add the garlic, carrot, corn, broccoli and cauliflower to the pan and fry for five minutes. Remove from the heat.

In a bowl whisk the eggs and milk and season with salt and pepper.

Butter one side of the bread slices.

Place a layer of bread in the bottom of your baking dish (butter side down). Top it with some of the bacon and vegetable mix and a sprinkling of cheese. Repeat the layers until all of the bread and bacon vegetable mix has been used. Finish with a layer of grated cheese on the top.

Pour the egg mixture over the bread and let it soak for 5 minutes. You may need to press down the bread and vegetable mix to make sure the egg mixture has reached the bottom.

Bake the pudding in the oven for 30-40 minutes, or until the egg is set.

Allow it to cool in the baking dish for a few minutes before serving.

**TIP:** This can be made in advance and kept uncooked in the fridge for a couple of hours until you are ready to bake it.

**LEFTOVERS:** Eat for breakfast or lunch the next day.

# SATAY TOFU NOODLES

READY IN  
APPROX. 30 MINS

EACH SERVE GIVES:

**C** 1   **P** 1   **V** 3



## INGREDIENTS

### SATAY SAUCE

- ½ cup **peanut butter**, crunchy or smooth
- 1 tablespoon **white vinegar**
- 1 tablespoon **grated ginger**  
or 1 ½ teaspoons crushed ginger
- 1 tablespoon **sweet chilli sauce**
- 1 ½ teaspoons **soy sauce**

### NOODLES

- 3 packets **udon noodles**
- 3 tablespoons **oil**, divided
- 2 packets **firm tofu**, chopped into 1cm cubes
- 1 cup **frozen broccoli and cauliflower mix**★
- 1 **carrot**, sliced into thin sticks★
- ½ head **cabbage**, thinly sliced★
- 6 **eggs**★

## METHOD

Combine all of the ingredients for the satay sauce in a bowl and mix until well combined.

Soak the udon noodles in a bowl of boiling water. Check the package instructions to find out how long it needs to be soaked for. Once they are soft, drain and set aside.

Heat two tablespoons of oil in a large frying pan over medium-high heat, add in tofu and cook until all sides are golden brown. Place the tofu onto a plate and set aside. You may need to cook the tofu in batches.

In the same pan add the frozen broccoli and cauliflower and stir fry it for 5 minutes.

Add the carrots and cabbage and fry for another 5 minutes.

Heat one tablespoon of oil in another large pan on a medium heat. Break the eggs into the pan and fry them until the white is set but the yolk is still runny (or until they are cooked to your liking.)

Add the satay sauce to the frying pan with the vegetables. Once it begins to boil gently stir through the udon noodles and tofu until all the ingredients have been coated with the sauce and are heated through.

Serve the noodles in bowls topped with a fried egg.

**TIPS:** If you don't have peanut butter you can use any other sort of nut or seed butter.

If you think your family won't like tofu you can replace the tofu with chicken but you will need to cook the chicken for longer in step 3 to make sure it is fully cooked.

**LEFTOVERS:** Eat for lunch the next day.

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