

EASY CHOICE FAMILY KAI

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



AFFORDABLE | HEALTHY | ZERO WASTE

CONTENTS

- 3 About Easy Choice
- 4 Shopping tips
- 5 Storing potatoes and onions
- 6 Staples for the month
- 6 Use by and best before dates
- 7 How long can I keep my leftovers?
- 8 7 tips to make the most of your leftovers
- 9 Cooking tips
- 10 Storage tips
- 11 What is on your dinner plate?
- 12 The handy guide to perfect portions
- 13 **WEEK 1**
- 14 Tips
- 15 Shopping list
- 16 Recipes
- 21 **WEEK 2**
- 22 Tips
- 23 Shopping list
- 24 Recipes
- 26 Basic home kitchen measurements
- 30 Summer storage tips
- 31 **WEEK 3**
- 32 Tips
- 33 Shopping list

- 34 Recipes
- 36 How to make your own stock
- 40 10 things you didn't know could be frozen
- 41 **WEEK 4**
- 42 Tips
- 43 Shopping list
- 44 Recipes
- 46 How to make breadcrumbs at home
- 51 Is it safe to eat mouldy food?

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contact info@lovefoodhatewaste.co.nz

On the cover: Courgette burgers with garlic wedges, recipe p45

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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 summer as they use summer produce and are perfect for hot 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. If a shopping list ingredient is leftover at the end of the week, we have given you a bonus recipe to help you use it up.

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.*



TIPS

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, 5kgs of potatoes and 2kgs 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: beef mince, chicken breasts, chicken drumsticks, pork sausages, ham and bacon.

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. carrots can be used instead of capsicums. Tinned corn is used in weeks 1 and 2, but if fresh corn is cheap, you can use that instead.

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. Pork mince can be substituted for beef 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. It is much cheaper to purchase stock cubes than to buy liquid stock, however it is very cheap and easy to make your own. Check out the recipe on page 36.

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
BBQ sauce (optional)
cayenne pepper (optional)
chilli – powder, flakes or fresh (optional)
cinnamon, ground (optional)
coriander, fresh (optional)
cumin, ground
fish sauce
flour, plain and self-raising
garlic – cloves or crushed
ginger – fresh or crushed
honey
mayonnaise
milk
mint, fresh (optional)
mixed herbs, dried
mustard, Dijon is preferred but any type will be suitable (optional)
nutmeg (optional)

oil – vegetable, olive or canola
oregano, dried
paprika
parsley, fresh (optional)
pepper
salt, iodised
skewers – bamboo or metal
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
sultanas or raisins (optional)
sweet chilli sauce
tomato sauce
thyme, dried (optional)
turmeric (optional)
vinegar (white, rice, balsamic or apple cider) or lemon juice

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.

HOW LONG CAN I KEEP MY LEFTOVERS?

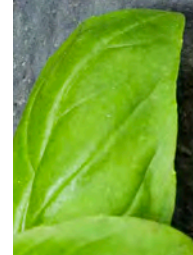
YOU HAVE **2** HOURS TO GET THEM INTO THE FRIDGE

LOVE FOOD hate waste NEW ZEALAND

2 DAYS TO EAT

THEY'LL LAST FOR **2** MONTHS IN THE FREEZER

LOVE YOUR LEFTOVERS



7 TIPS

TO MAKE THE MOST OF YOUR LEFTOVERS

- 1 Leftovers should be cooled before being put in the fridge, but make sure they go in the fridge within two hours of cooking.
- 2 Eat leftovers within two days – either eat straight from the fridge or heat until they are piping hot.
- 3 If you freeze leftovers they will last for at least two months. Label the container so you don't end up with a freezer full of UFOs (unidentified frozen objects).
- 4 Ensure they are covered or sealed in a container.
- 5 Don't reheat leftovers more than once.
- 6 If you have defrosted raw meat and cooked it, you can refreeze it.
- 7 If you can't eat your leftovers, share them with someone else!

**EAT
FREEZE
SHARE**



For recipe ideas visit lovefoodhatewaste.co.nz

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

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

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.

To use a stock cube, dissolve one cube in one 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 36 to learn how to turn vegetable scraps into stock.

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

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.

We assume 1 cup of grated cheese is approximately 60g.



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

Store the baguettes, pita breads and hamburger buns in the freezer to keep them fresh and stop them growing mould.

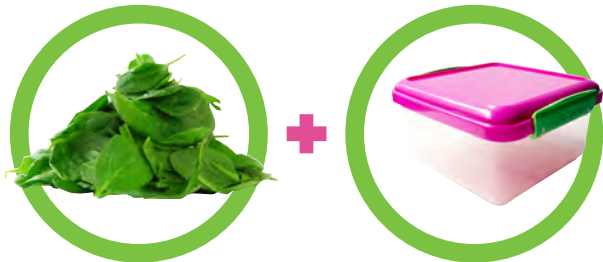
Keep cheese tightly wrapped in its packaging or a plastic bag to stop it drying out. If cheese grows mould, it is safe to cut the mould off and still eat the cheese.

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.

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. In week 3, all of the rice is cooked in one go at the beginning of the week as cold rice is needed to make two of the other recipes. 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.

HOW TO MAKE YOUR SALAD GREENS LAST LONGER



Storing your salad greens in an airtight container will result in them **lasting up to two times longer!**

For more storage tips visit
lovefoodhatewaste.co.nz

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 = 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;



slices cooked meat (approximately 100g);
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.

THIS WEEK'S RECIPES

- Chicken banh mi
- Mexican stuffed potatoes
- Tuna corn croquettes
- Hawaiian pizzas
- Falafel pita pockets

SUMMER WEEK 1



THE HANDY GUIDE to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

ONE FIST

- CARBOHYDRATES
- RICE
- PASTA
- POTATO



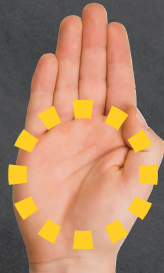
ONE HAND

- FISH
- VEGETABLES



ONE PALM

- PROTEIN
- BEEF
- PORK
- EGGS
- CHICKEN



ONE CUPPED HAND

- FRUIT
- NUTS
- SEEDS



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TIPS

We recommend making the chicken banh mi first while the baguettes are fresh. If you aren't going to eat the baguettes within a day, freeze them to keep them fresh.

You will need to make the Mexican stuffed potatoes before you make the tuna and sweetcorn croquettes because you cook the potatoes for the croquettes when you make the stuffed potatoes.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, yoghurt, carrots, cucumber, iceberg lettuce, mung bean sprouts, onions, potatoes, spring onions, fresh tomatoes, frozen green peas, and canned chopped tomatoes.

If you are planning on following all four weeks of the meal plan, we strongly recommend that you buy 1kg of cheese in week 1 to cover all four weeks. It will make your food bill more expensive this week but it will save you a lot of money over the four weeks.

Keep cheese tightly wrapped in its packaging or a plastic bag or beeswax wrap to stop it drying out. You can also grate and freeze leftover cheese.

Need a super speedy meal? The chicken banh mi can be made in less than half an hour.

To keep your iceberg lettuce fresh, store it in a lettuce crisper, if you have one. If not, wrap the lettuce in paper towels and store it in a resealable plastic bag.

Canned corn is used in the tuna corn croquettes and in the salad that goes with the Hawaiian pizzas. You can use fresh corn instead.

WEEK ONE | WIKI KOTAHI

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast, boneless and skinless – 500g

CHILLED

cheese, Edam – 250g
ham – 400g
yoghurt, unflavoured – 750g

PRODUCE

capsicum – 1
carrots – 5
cucumber – 1
iceberg lettuce – 1
mung bean sprouts – 200g
onions – 3
potatoes – 12
spring onions – 1 bunch
tomatoes – 6

FROZEN

green peas – 1kg

GROCERY

baguettes – 2
chickpeas – 2 cans
corn kernels – 1 can
creamed corn – 1 can
kidney beans – 1 can
pineapple chunks in juice – 1 can (225g)
pita breads, wholemeal – 8-10
tomatoes, chopped – 2 cans
tuna in springwater – 1 can (425g)

STAPLES FOR THE WEEK

breadcrumbs
chilli powder (optional)
coriander, fresh (optional)
cumin, ground
fish sauce
flour, plain and self-raising
garlic – cloves or crushed
ginger – fresh or crushed
honey
mayonnaise
milk
mint, fresh (optional)
mixed herbs, dried
oil – vegetable, olive or canola
oregano, dried
paprika
pepper
salt, iodised
soy sauce
sugar
sweet chilli sauce
thyme, dried (optional)
vinegar – white, rice or balsamic

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

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CHICKEN BANH MI

READY IN
APPROX. 25 MINS

EACH SERVE GIVES:

C 1

P 3/4

V 2 3/4



METHOD

Mix the chicken with the soy sauce, fish sauce, garlic, ginger and honey. Leave to marinate while you prepare the other ingredients.

Mix the vinegar, sugar and salt in a bowl until the sugar has dissolved. Place the carrot in the bowl and mix it around so that it is covered in the vinegar. Leave to pickle.

Mix the mayonnaise and sweet chilli sauce together in a bowl.

Heat the oil in a large frying pan over a high heat. Add the chicken and stir-fry it until it is cooked through.

To assemble the banh mi, slice the baguettes lengthways. Spread the sweet chilli mayo over the bottom, then top with the chicken, lettuce, cucumber, mung bean sprouts and the drained pickled carrots. Add in coriander or mint, if using.

TIP: You can marinate the chicken in advance.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

500g **chicken breast**, sliced into very thin strips
2 tablespoons **soy sauce**
2 teaspoons **fish sauce** (optional)
2 cloves **garlic**, finely chopped or
1 teaspoon crushed garlic
2 tablespoons grated **ginger** or
1 teaspoon crushed ginger
1 teaspoon **honey** (optional)
1/4 cup **white** or **rice wine vinegar**
2 tablespoons **sugar**
1/2 teaspoon **salt**
2 **carrots**, thinly sliced into ribbons
(use a vegetable peeler)★
1/2 cup **mayonnaise**
2 tablespoons **sweet chilli sauce**
1 tablespoon **oil**
2 **baguettes**, sliced into thirds
1/2 head **lettuce**, thinly sliced★
1/2 **cucumber**, sliced into matchsticks★
2 cups **mung bean sprouts**★
fresh **coriander** or **mint** (optional)

SHARED INGREDIENT★

16

MEXICAN STUFFED POTATOES

READY IN
APPROX. 90 MINS

EACH SERVE GIVES:

C 1

P 1 1/3

V 1 3/4



INGREDIENTS

12 medium **potatoes**, scrubbed★
2 tablespoons **oil**
1 **onion**, finely chopped★
500g **beef mince**
1 **carrot**, grated★
3 cloves **garlic**, crushed or
1 1/2 teaspoons minced garlic
1 teaspoon **dried oregano** or **thyme** (optional)
1 teaspoon **ground cumin**
1 can **chopped tomatoes**★
1 can **kidney beans**, drained
2 cups **frozen peas**★
1 tablespoon **paprika**
1 teaspoon **sugar**
1 teaspoon **chilli powder** (optional)
salt & pepper to taste
1 cup grated **cheese**★
2 **spring onions**, chopped★

METHOD

Preheat oven to 180°C.

Pierce the potatoes 2-3 times with a fork, place them on an oven tray and bake for 50 minutes or until they are soft. Alternatively,

you can cook the pierced potatoes in the microwave. Once the potatoes are cooked, cut them in half lengthways and set them aside to cool. **Note:** This is a lot of potatoes but half of them will be used for the tuna corn croquettes.

While potatoes are baking, heat oil in a large frying pan over medium heat. Add the onion and cook until it is soft and clear.

Add in the beef mince, carrot, garlic, oregano or thyme, and cumin. Stir-fry for 10 minutes or until the mince is nearly cooked.

Reduce the heat to low and stir in the chopped tomatoes, kidney beans, peas, paprika, sugar and chilli powder and simmer for approximately 10 minutes.

Carefully scoop out the flesh of the cut potatoes and place it into a bowl. Leave about 1cm of flesh on the skin. Be careful not to break the skin. **Note:** You are only doing this with six potatoes or 12 halves.

Mash the potato flesh then mix it into the mince and beans sauce. Season with salt and pepper.

Stuff the mixture into the potato skins and sprinkle the stuffed potatoes with cheese and spring onions.

Bake for approximately 10 minutes or until the cheese is melted.

SAVE: 6 cooked potatoes to use for the tuna corn croquettes.

TIPS: You can cook the potatoes in advance to speed up the cooking process.

LEFTOVERS: Eat for lunch the next day.

SHARED INGREDIENT★

17

TUNA CORN CROQUETTES

WITH SALSA

READY IN
APPROX. 60 MINS

EACH SERVE GIVES:

C 1¼ **P** ¾ **V** 2⅓



METHOD

Preheat the oven to 200°C.

Cook the peas either in a pot on the stove or in the microwave until they are tender. Drain.

Place the cooked potatoes in a bowl and mash well with a fork. Stir in the milk. Add the creamed corn, peas, tuna, sweet chilli sauce, cheese and flour. Season with salt and pepper and mix well.

Place the breadcrumbs on a plate.

Use clean hands to shape large spoonfuls of the mixture into sausage shapes. Roll each croquette in the breadcrumbs, making sure it is completely covered and place on an oven tray. Repeat until all of the mixture is used up.

Brush the croquettes with oil and then place in the oven. Cook for 20 minutes or until golden, turning once during the cooking.

To make the salsa, cut all of the vegetables into small, equal sized pieces about 1cm in size. Mix the oil and vinegar together, stir through the vegetables and season with salt and pepper.

Serve the croquettes with the salsa on the side.

TIP: You can use fresh sweetcorn instead of the can of creamed corn. Use the cooked kernels from one large cob.

LEFTOVERS: Leftover croquettes can be frozen.

INGREDIENTS

2 cups frozen peas★
6 cooked potatoes★
¼ cup milk
1 can creamed corn
1 can tuna in springwater, drained and flaked
2 tablespoons sweet chilli sauce (optional)
1 cup grated cheese★
½ cup plain flour
salt & pepper to taste
1 cup breadcrumbs
2 tablespoons oil

SALSA

1 capsicum
2 tomatoes★
½ cucumber★
2 spring onions★
1 tablespoon oil
1 tablespoon white or balsamic vinegar
salt & pepper to taste

SHARED INGREDIENT★

18

HAWAIIAN PIZZAS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1 **P** 1 **V** 3



INGREDIENTS

PIZZA BASE

3 cups plain yoghurt★
3 cups self-raising flour + extra for rolling
1 teaspoon salt

PIZZA TOPPING

1 can chopped tomatoes★
salt & pepper to taste
1 teaspoon dried oregano (optional)
1 onion, finely sliced★
400g ham, roughly chopped
1 can pineapple chunks in juice (225g), drained
2 tomatoes, sliced★
1 cup cheese, grated★

SALAD

½ iceberg lettuce, chopped into fine pieces★
1 can corn kernels, drained
1 spring onion, finely sliced★
3 tablespoons mayonnaise
salt & pepper to taste

METHOD

Preheat the oven to 200°C and line two baking trays with baking paper.

SHARED INGREDIENT★

In a large bowl, mix the yoghurt, self-raising flour and salt until all of the flour is incorporated and it forms a large ball of dough.

Sprinkle a little flour onto a clean bench or large tray to help stop the dough sticking. Put the dough onto the floured surface. Using your hands, knead the dough for approximately 5 minutes, until the dough feels elastic and stretchy.

Divide the dough into six balls (or as many mouths as you have to feed). Make bigger balls for adults, and smaller ones for children.

Sprinkle a little more flour onto the bench or tray. Using a rolling pin, glass bottle or your hands, roll out each ball of dough to half a centimetre thickness. Place on the baking trays.

In a bowl mix the canned chopped tomatoes with salt, pepper and oregano. Evenly distribute all of the tomato sauce onto each of the pizza bases and spread, forming a thin layer.

Add the sliced onion, ham, pineapple and sliced tomato on top of the pizza bases evenly. Sprinkle with the grated cheese.

Bake in the oven for approximately 20–30 minutes, or until the cheese is melted and the pizza bases are slightly golden and cooked through.

While pizzas are cooking, toss all the ingredients for the side salad together in a bowl.

Serve pizza with the side salad.

TIPS: Don't throw away the pineapple juice when you drain the can – it makes a delicious drink

LEFTOVERS: Eat for lunch the next day

19

FALAFEL PITA POCKETS

READY IN
APPROX. 40 MINS

EACH SERVE GIVES:



1½



1



2½



METHOD

Preheat oven to 200°C and line a tray with baking paper.

Place the chickpeas, garlic, mixed herbs, cumin, salt, and pepper in a large bowl. Using a strong potato masher, mash the chickpeas with the spices until it is almost smooth. You can also do this step and the following step in a food processor if you have one.

Add in the onion and peas and mix using a spoon until it is evenly combined. Then add in the flour and mix through.

Use a tablespoon to scoop the falafel mixture. Then use your hands to roll each scoop into a ball and place on the lined baking tray. The mixture will be slightly sticky.

Bake for 20–25 minutes, or until golden. Remove the falafels from the oven and leave them to sit on the tray for about 5 minutes.

While the falafels are cooking, prepare the filling ingredients by combining the grated carrots and mung bean sprouts in a large bowl. Slice the tomatoes and set aside.

To make the sauce, combine the yogurt or mayonnaise with the garlic and season with salt and pepper.

Heat the pita pockets using the oven or a toaster.

To assemble, slice the pita pocket open and spread some of sauce inside the pita. Fill with the filling ingredients and falafels.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

FALAFEL

- 2 cans chickpeas, drained
- 4 cloves garlic, minced or grated or 2 teaspoons crushed garlic
- 2 teaspoons dried mixed herbs
- 2 teaspoons ground cumin
- salt & pepper to taste
- 1 onion, grated or finely chopped★
- 2 cups frozen peas, defrosted★
- ⅓ cup plain flour
- 8 or 10 pack wholemeal pita pockets

FILLING

- 2 carrots, grated★
- 2 cups mung bean sprouts★
- 2 tomatoes, sliced★

SAUCE

- ½ cup mayonnaise or plain yoghurt★
- 1 clove garlic, minced or grated or ½ teaspoon crushed garlic
- salt & pepper to taste

THIS WEEK'S RECIPES

- Sausage pasta
- Okonomiyaki
- Chicken drumsticks with potato salad
- Beef burger with coleslaw & wedges
- Tuna pasta salad

SUMMER WEEK 2



TIPS

Recipes can be cooked in any order, although we recommend cooking the sausage pasta and okonomiyaki first while the spinach is fresh.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, baby spinach, cabbage, carrots, onions, potatoes, spring onions, fresh tomatoes, frozen mixed vegetables, eggs, mayonnaise and pasta.

If you are following all four weeks of the meal plan, you won't need to buy cheese, as you will have some left over from the previous week.

Note: The okonomiyaki recipe uses 3 cups of plain flour so make sure you check that you have enough before you do your shopping

Need a super speedy meal? The beef burgers and tuna pasta salad can both be made in half an hour.

Some of the recipes have items that can be cooked in advance to make the meal faster to cook – check the tips section of each recipe.

You will have some leftover cheese. This will be used in the following weeks. Keep cheese tightly wrapped in its packaging or a plastic bag to stop it drying out. You can also grate and freeze leftover cheese.

WEEK TWO | WIKI RUA

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken drumsticks – 10 drumsticks (approx. 1kg)
pork sausages – 6

CHILLED

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

PRODUCE

baby spinach – 120g bag
cabbage – ½
carrots – 4
onions – 3
potatoes – 10 medium (approx 1.5 kg)
spring onions – 1 bunch
tomatoes – 5

FROZEN

mixed vegetables – 1kg

GROCERY

corn kernels – 1 can
eggs – 12
hamburger buns – 6
lentils – 1 can
mayonnaise, light – 400g jar
penne pasta – 500g
tomatoes, chopped – 2 cans
tuna in spring water – 425g can

STAPLES FOR THE WEEK

BBQ sauce (optional)
cayenne pepper (optional)
chilli – powder or fresh (optional)
flour, plain
garlic, cloves or crushed
lemon juice
mustard, Dijon is preferred but any type will be suitable (optional)
oil – vegetable, olive or canola
oregano, dried
paprika
parsley, fresh (optional)
pepper
salt, iodised
sugar
sweet chilli sauce (optional)
tomato sauce
vinegar, white

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

SUPPORTED BY



SAUSAGE PASTA

READY IN
APPROX. 35 MINS

EACH SERVE GIVES: **C** 1 **P** 1 **V** 3



INGREDIENTS

6 pork sausages
250g penne pasta★
1 tablespoon oil
1 onion, chopped★
1 carrot, grated*
2 cups frozen mixed vegetables★
1 teaspoon dried oregano
3 cloves garlic, chopped or
1 ½ teaspoons crushed garlic
2 tablespoons balsamic vinegar (optional)
2 cans chopped tomatoes
1 teaspoon sugar
salt & pepper to taste
half bag baby spinach★

METHOD

Cook the sausages in a frying pan over a medium heat until they are cooked. Once cooked, set aside.

In the meantime, cook the pasta according to the packet instructions. When draining the pasta, keep 1 cup of the boiled pasta water. Set aside.

Heat oil in a large, deep frying pan on a medium heat and cook the onion until clear and soft. Stir in the carrot, mixed vegetables and oregano. Let this mixture cook for 4–5 minutes, stirring regularly.

Mix in the garlic, balsamic vinegar, chopped tomatoes, sugar, salt and pepper.

Slice the sausages in half lengthways and then into semicircles. Add the sliced sausages to the sauce. Allow this mixture to simmer for 6–7 minutes.

Add the spinach and leave to wilt (about two minutes).

Stir in the 1 cup of reserved pasta water into the sausage mixture, then pour the cooked pasta in and mix thoroughly before serving.

TIPS: The sausages can be cooked in advance to make this meal quicker to prepare.

Place the rest of the baby spinach in an airtight container to keep it fresh.

LEFTOVERS: Can be frozen or eaten for lunch the next day.

OKONOMIYAKI (JAPANESE SAVOURY PANCAKE)

READY IN
APPROX. 40 MINS

EACH SERVE GIVES: **C** 1 **P** 1 **V** 3



METHOD

Use a fork or whisk to mix together the flour, water, eggs and salt in a large bowl.

Mix in the cabbage, mixed vegetables and the white part of the spring onion (leaving the green part for the topping).

Heat 2 teaspoons of oil in a large frying pan, on medium-high heat.

Add approximately 1 ½ cups of the cabbage pancake batter and spread it evenly into a round shape (about 2cm thick).

Turn the heat down to medium and let it fry for about 3 minutes. Remember to check the bottom of the pancake regularly, to make sure it is not browning too quickly. If it is, lower the heat.

Once the top looks set, flip the pancake. Then turn down the heat to low and cook for another 3–5 minutes until it is golden on the bottom.

Remove the pancake from the pan and place on a plate. Cover with tinfoil.

Repeat steps 3–7, until you have made at least 6 pancakes (or as many mouths as you need to feed) or used up all of the pancake batter.

For your toppings, heat a small frying pan and add the oil, onion, garlic and stir-fry until soft and clear. Add the chopped bacon and cook until crispy. Remove from heat and stir through the chopped tomatoes and baby spinach.

Drizzle your favourite sauce over your pancake. Add the bacon topping mixture and sprinkle with cheese. Serve.

TIPS: see page 26

INGREDIENTS

3 cups plain flour
3 cups water
5 eggs★
salt, to taste
¼ cabbage, finely sliced★
2 cups frozen mixed vegetables, defrosted★
2 spring onions, finely sliced★
2 tablespoons oil

TOPPINGS

1 tablespoon oil
1 onion, chopped★
2 cloves garlic, finely chopped or
1 teaspoon crushed garlic
200g bacon, roughly sliced
3 tomatoes, chopped into cubes★
half bag baby spinach★
sauce of your choice: tomato, BBQ,
sweet chilli, mayonnaise (optional)
1 cup grated cheese★



BASIC HOME KITCHEN MEASUREMENTS

3

TEASPOONS

=

1

TABLESPOON

4

TABLESPOONS

=

1/4

CUP

16

TABLESPOONS

=

1

CUP

OKONOMIYAKI (JAPANESE SAVOURY PANCAKE)

TIPS: You can cook these pancakes in two frying pans at the same time to speed up the process.

These pancakes can be frozen and then defrosted in an oven at 180°C for 10-15 minutes depending on the size of your frozen pancakes.

You can personalise your pancake by removing or adding any toppings you want.

LEFTOVERS: Eat for lunch the next day. You can reheat the pancakes (without the toppings) in a toaster, toasted sandwich maker or frying pan.

CHICKEN DRUMSTICKS WITH POTATO SALAD

READY IN
APPROX. 65 MINS

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



Mix paprika, cayenne pepper, flour, salt and pepper together and spread it over a plate. Roll the chicken drumsticks one at a time through the spice mixture until they are well covered. Place on the baking tray.

Cook the drumsticks in the oven for approximately 35 minutes, until they are completely cooked. If the drumsticks are large, they will take longer to cook. Turn the drumsticks once, halfway through cooking.

Once the potatoes and mixed vegetables are cold, mix them with the spring onions and mayonnaise in a large bowl. Season with salt and pepper.

Serve the chicken drumsticks with a side of potato salad.

TIPS: The potatoes and mixed vegetables can be cooked in advance.

You can cook the drumsticks in a frying pan or on a barbecue – just make sure to cook them until the juices run clear when they are pierced with a knife and the coating is golden.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 6 medium potatoes (approx 900g), cut into small cubes★
- 3 cups frozen mixed vegetables★
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper (optional)
- 2 tablespoons flour
- salt & pepper to taste
- 10 chicken drumsticks
- 2 spring onions, finely chopped★
- 1/3 cup mayonnaise★

METHOD

Put the potatoes in a pot and cover them with water. Place the pot on the stove and bring to a boil. Once the water is boiling, lower the heat and cook the potatoes for 15-20 minutes, until the potatoes are tender.

When the potatoes are nearly cooked, add the mixed vegetables to the pot and allow to cook for a minute or two, before draining the potatoes. Set aside to cool completely.

In the meantime, preheat the oven to 180°C, and line a baking tray with baking paper.

BEEF BURGERS WITH COLESLAW & WEDGES

READY IN
APPROX. 30 MINS

EACH SERVE GIVES: **C** 2½ **P** 1½ **V** 2



METHOD

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

Toss the potato wedges with the oil and season with salt and pepper. Place on the tray and bake for 40 minutes, or until golden brown. Turn the wedges once during the cooking time.

In a large bowl, mix together the beef mince, lentils, garlic, egg, salt and pepper until everything is well combined.

Using your hands, form six circular beef patties. Dust the patties with the flour.

Heat the barbecue or a frying pan on a medium heat. Add the oil.

Place the floured beef patties on the barbecue or frying pan. Let the patties cook for 6–8 minutes, or until the bottom is brown. Then flip the patties and let them cook for a further 5–7 minutes, or until the patties are completely cooked through.

Note: The thicker your beef patties are, the longer they will need to cook.

In a large bowl, mix together the mayonnaise, mustard, vinegar or lemon juice, salt and pepper.

Stir in the cabbage and carrot.

To assemble your burger, place a beef patty onto a toasted hamburger bun and top with a slice of cheese, tomato sauce and coleslaw. Serve with a side of wedges.

TIPS: The burger patties can be pre-prepared, cooked ahead of time and kept in the freezer. They can be reheated in a frying pan or oven.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

WEDGES

4 potatoes, cut into wedges ★
1 tablespoon oil
salt & pepper, to taste

BURGER

500g beef mince
1 can lentils, drained
1 clove garlic, finely chopped or
½ teaspoon crushed garlic
1 egg, beaten ★
salt & pepper, to taste
2 tablespoons plain flour
2 tablespoons oil

COLESLAW

½ cup mayonnaise ★
1 tablespoon Dijon mustard (optional)
1 tablespoon vinegar or lemon juice
salt & pepper, to taste
¼ cabbage, thinly sliced ★
3 carrots, grated ★

BURGER TOPPINGS

6 hamburger buns, lightly toasted
6 slices cheese ★
tomato sauce, to taste

SHARED INGREDIENT ★

28

TUNA PASTA SALAD

READY IN
APPROX. 30 MINS

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



METHOD

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, drain the water from the pot, and then allow the eggs to cool in a bowl of cold water.

While the eggs cool, cook the pasta according to the packet instructions. Once cooked, drain and set aside to cool.

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

Add the mixed vegetables and cook for another 5 minutes or until the vegetables are cooked. Set aside to cool.

Meanwhile, remove the shells from the cooled eggs and chop into quarters.

In a small bowl, combine the mayonnaise with the chilli, paprika and lemon juice.

In a large bowl, toss together the pasta, vegetables, tuna, tomatoes, corn and the mayonnaise dressing. Season with salt and pepper.

Serve the pasta salad cold with the chopped egg and parsley sprinkled over the top.

TIP: You can cook the eggs and pasta in advance and store them covered in the fridge until you need them.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

6 eggs ★
250g penne pasta ★
1 tablespoon oil
1 onion, finely diced ★
3 cloves garlic, finely chopped or
1 ½ teaspoons crushed garlic
2 cups frozen mixed vegetables ★
½ cup mayonnaise ★
½ teaspoon chilli powder or ½ fresh
chilli, chopped (optional)
1 teaspoon paprika
2 tablespoons lemon juice
425g tuna in springwater, drained
2 tomatoes, chopped into small cubes ★
1 can corn kernels, drained
salt & pepper, to taste
2 tablespoons fresh parsley, chopped (optional)

SHARED INGREDIENT ★

29

SUMMER STORAGE TIPS

WHEN THE WEATHER IS WARMER IT IS MORE IMPORTANT THAN EVER THAT WE ARE STORING OUR FOOD IN THE RIGHT PLACES.

BREAD

The humid climate during summer means now is the most important time to keep your bread in the fridge or freezer so that it doesn't grow mould.

TOMATOES

Store tomatoes at room temperature – refrigerating them affects their texture and flavour. If they have gone soft, use them for cooking.

ICEBERG LETTUCE

Store in a lettuce crisper, if you have one, otherwise wrap the lettuce in paper towels and place in a resealable plastic bag.

CUCUMBERS

Cucumbers can be stored either in the fridge or at room temperature.

Keep the plastic wrapping on telegraph cucumbers as it protects the soft skin and prevents dehydration.

SWEETCORN

Refrigerate sweetcorn in its husk to keep it fresher for longer.

TIP

To save on dishes, cook your corn in the microwave. Put the sweetcorn (in its husk) in the microwave and cook for 3 minutes per cob. Cooking times may vary though, depending on the strength of your microwave. Allow to cool slightly before peeling.

STONE FRUIT

If your stone fruit is ripe, store it in the fridge to make it last longer. If it needs to ripen, keep it at room temperature.

Storing it in a paper bag with a banana will speed up the process.

SALAD GREENS

Make slimy salad a thing of the past by keeping your salad greens in an airtight container in the fridge.

MELONS

Once melons are ripe, store them in the fridge. Always refrigerate cut melon.



For more storage tips visit
lovefoodhatewaste.co.nz

THIS WEEK'S RECIPES

Bean burritos

Moussaka with salad

Hawaiian fried rice

Rice crusted quiche

Vietnamese chicken noodle salad

SUMMER WEEK 3



TIPS

You will need to make the bean burritos before the Hawaiian fried rice and the rice crusted quiche because cold, cooked rice is needed to make the fried rice and the quiche. As rice is also used in the bean burritos, we recommend cooking all the rice during this recipe, and then cooling and refrigerating or freezing the remaining rice until you need it for the other meals. Although we have included the cooking of all the rice in the bean burrito recipe, you may want to do this at an earlier time, because it will take a while to cook such a large quantity of rice.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, carrots, capsicum, courgettes, onions, iceberg lettuce, spring onions, cucumber, fresh tomatoes, frozen mixed vegetables, canned chopped tomatoes, eggs, sweet chilli sauce and brown rice.

If you are following all four weeks of the meal plan, you won't need to

buy cheese, as you will have some left over from the previous week.

Eggplants are a seasonal ingredient, so if they are expensive when you want to make the moussaka recipe, you can use finely sliced potatoes, courgette, kumara or fresh lasagne pasta instead.

Need a super speedy meal? The Hawaiian fried rice can be made in 20 minutes.

You will have some leftover cheese. This will be used in the following weeks. Keep cheese tightly wrapped in its packaging or a plastic bag to stop it drying out. You can also grate and freeze leftover cheese.

You will also have some leftover sweet chilli sauce - this will last for months in the fridge or pantry.

WEEK THREE | WIKI TORU

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast, boneless – 500g

CHILLED

cheese – 250g
ham – 400g

PRODUCE

capsicum – 1
carrots – 6
courgettes – 3
cucumber – 1
eggplants (aubergines) – 2 large
iceberg lettuce – 1
lemon – 1
onions – 4
spring onions – 1 bunch
tomatoes – 5

FROZEN

mixed vegetables – 1 kg

GROCERY

black beans – 1 can
brown rice – 1kg (long grain)
chilli beans – 1 can
eggs – 12
pineapple pieces in juice – 1 can (425g)
sweet chilli sauce – 1 bottle
tomatoes, chopped – 3 cans
tortillas – 12
vermicelli noodles – 200g

STAPLES FOR THE WEEK

chilli powder or flakes (optional)
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
milk
mint, fresh (optional)
mixed herbs, dried
nutmeg (optional)
oil – vegetable, olive or canola
oregano, dried
paprika
pepper
salt
soy sauce
sugar
vinegar (balsamic or apple cider) or lemon juice

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

SUPPORTED BY



BEAN BURRITOS

READY IN
APPROX. 60 MINS

EACH SERVE GIVES:

C 3 **P** 1 **V** 3



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 Hawaiian fried rice and to make the rice crusted quiche.

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, carrot, frozen mixed vegetables, and chilli flakes or powder (if using). Let it simmer for 10–15 minutes, stirring occasionally, until it has thickened. Season with salt and pepper.

To make the burritos, heat the tortillas according to the package instructions. Spoon the bean mixture along the centre of the tortilla and top with some rice. Sprinkle with grated cheese and then add some shredded lettuce on top. Fold the edges and roll up to make the burrito.

SAVE: 10 cups of brown rice for the Hawaiian fried rice and the rice crusted quiche.

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 it in a pan until the tortilla is golden brown.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 5 $\frac{2}{3}$ cups (1kg) **brown rice**★
- 1 tablespoon **oil**
- 1 **onion**, finely chopped★
- 2 cloves **garlic**, finely chopped or 1 teaspoon crushed garlic
- 2 teaspoons **paprika**
- 1 can **chilli beans**
- 1 can **black beans**, drained
- 1 can **chopped tomatoes**★
- 1 **carrot**, grated★
- 2 cups **frozen mixed vegetables**★
- $\frac{1}{2}$ teaspoon **chilli flakes** or powder (optional)
- 12 **tortillas**
- 1 cup grated **cheese**★
- $\frac{1}{3}$ **iceberg lettuce**, shredded★

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 this week's meal plan but want to cook this recipe, cook only 1 $\frac{2}{3}$ cups of brown rice.

SHARED INGREDIENT★

34

MOUSSAKA WITH SALAD

READY IN
APPROX. 80 MINS

EACH SERVE GIVES:

C $\frac{1}{2}$ **P** 1 **V** 4



METHOD

Preheat oven to 180°C. Lightly grease a large baking dish.

Spread the sliced eggplant over a couple of baking trays lined with baking paper. Brush each side of the eggplant with oil. Bake in the oven for 20 minutes or until the eggplant is tender.

While the eggplant is baking, make the mince sauce. Heat 1 tablespoon of oil in a large frying pan over a medium heat. Add the onion and cook until soft.

Add the beef mince, garlic, cumin, paprika, oregano to the pan. Use a spoon to break up the mince and let it brown. Add the chopped tomatoes, sugar and frozen mixed vegetables to the frying pan. Season with salt and pepper. Cover and let it simmer for 20 minutes.

Meanwhile, combine the milk and egg in a bowl, and beat lightly with a fork. Add the cheese and nutmeg, mix well and set aside.

To assemble the moussaka, cover the base of the greased baking dish with one third of the eggplant slices.

Spread one third of the mince sauce over the eggplant. Repeat another two layers, finishing with a layer of eggplant slices. Pour the cheese sauce evenly over the top.

Bake the moussaka in the pre-heated oven for approximately 30 minutes or until golden brown and bubbling hot. Remove from the oven and let it sit for 10 minutes before serving.

To make the salad, mix the lettuce with the cucumber, tomatoes and spring onion. Mix the oil and the lemon juice or balsamic vinegar together in a small bowl, then mix that through the salad.

INGREDIENTS

MOUSSAKA

- 2 large **eggplants**, sliced into 5mm rounds
- 4 tablespoons **oil**, divided
- 1 **onion**, finely chopped★
- 500g **beef mince**
- 3 cloves **garlic**, finely chopped or $\frac{1}{2}$ teaspoon crushed garlic
- 1 teaspoon **cumin**
- 1 teaspoon **paprika**
- 1 teaspoon **oregano**
- 2 cans **chopped tomatoes**★
- 1 teaspoon **sugar**
- 3 cups frozen mixed vegetables★
- salt & pepper**, to taste
- 1 cup **milk**
- 1 **egg**★
- 1 cup grated **cheese**★
- $\frac{1}{2}$ teaspoon **nutmeg** (optional)

SALAD

- $\frac{1}{3}$ **iceberg lettuce**, shredded★
- $\frac{1}{2}$ **cucumber**, chopped into small cubes★
- 2 **tomatoes**, cubed★
- 2 **spring onions**, chopped★
- 1 tablespoon **oil**
- 2 tablespoons **lemon juice** or **balsamic vinegar**

SHARED INGREDIENT★

35



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.

MOUSSAKA WITH SALAD

Serve the moussaka with the salad on the side.

TIPS: Eggplants are a seasonal ingredient, so if they are expensive when you want to make this recipe you can use finely sliced potatoes, courgette, kumara or fresh lasagne pasta instead. If using lasagne, skip step 2.

If you are pushed for time, you can make the mince sauce in advance.

LEFTOVERS: Leftover moussaka can be frozen.

HAWAIIAN FRIED RICE

READY IN
APPROX. 20 MINS

EACH SERVE GIVES: **C** 1 **P** 1 **V** 2 1/3



METHOD

Heat one tablespoon of oil in a wok or large frying pan over a medium heat.

Add beaten eggs to the pan. Swirl them around to cover the bottom of the pan. Leave them to cook for a couple of minutes until they are set, like an omelette.

Once set, remove from the pan, cut into small strips and set aside.

Return the pan to the heat and add the remaining tablespoon of oil. Add the onion and cook until it is soft.

Add the garlic, ginger, frozen mixed vegetables, carrot and courgette to the pan and cook for five minutes.

Stir through the pineapple, then add the rice. Use a spoon to break up any lumps. Add the ham and mix it well.

Add the soy sauce and sweet chilli sauce to the pan and stir well until the rice is hot.

Serve the fried rice in bowls and sprinkle the egg over the top.

TIP: The rice for this recipe is left over from the burrito recipe. If you don't have leftover cooked rice, cook 2 cups of brown rice. It is best to make fried rice with cold rice.

Save the pineapple juice for a delicious drink.

If you think the pineapple chunks are too large, you can cut them smaller before you add them to the fried rice.

LEFTOVERS: Can be frozen.

INGREDIENTS

2 tablespoons **oil**, divided
2 **eggs**, lightly beaten ★
1 **onion**, finely chopped ★
2 cloves **garlic**, finely chopped or
1 teaspoon crushed garlic
3 teaspoons fresh **ginger**, grated or
1 1/2 teaspoons crushed ginger
3 cups **frozen mixed vegetables** ★
1 **carrot**, grated ★
1 **courgette**, grated ★
1 can **pineapple pieces in juice**, drained
5 cups cold cooked **brown rice** ★
400g **ham**, sliced
1/4 cup **soy sauce**
1/4 cup **sweet chilli sauce** ★

RICE CRUSTED QUICHE

READY IN
APPROX. 60 MINS

EACH SERVE GIVES: **C** 1 **P** 1 1/3 **V** 3



INGREDIENTS

3 tablespoons oil, divided
5 cups cooked brown rice★
9 eggs★
1 cup grated cheese★
2 teaspoons dried mixed herbs
1 onion, finely chopped★
2 cloves garlic, finely chopped or
1 teaspoon crushed garlic
1 cup frozen mixed vegetables★
2 courgettes, sliced★
2 carrots, grated★
1/2 capsicum, thinly sliced★
3 tomatoes, chopped★
salt & pepper, to taste

METHOD

Preheat oven to 200°C. Lightly grease a springform cake tin, pie dish or baking dish with 2 tablespoons of oil.

Place the cooked rice in a large bowl and add 2 lightly beaten eggs, 1/2 cup cheese and dried herbs. Mix well. Spoon the rice mixture into the prepared tin and, using your fingertips, press

the rice into the base and halfway up the side of the tin to form a crust. Bake in the oven for 10–15 minutes to set the crust. **Tip:** to help get a better crust, put a sheet of baking paper over the rice and then fill the crust with either dry rice, beans or baking weights before baking in the oven. This will help to keep the shape of the crust. Remove the baking paper and filling before moving on to the next step.

While the crust is baking, heat 1 tablespoon of oil in a frying pan over a high heat. Add the onion and cook it until it is soft.

Add the garlic, frozen mixed vegetables, courgette, carrot and capsicum. Cook for 5 minutes.

Once the crust is set, remove from the oven. Spread the vegetables over the crust, sprinkle with the tomato and top with remaining 1/2 cup of cheese.

Break the remaining 7 eggs into a bowl or jug and beat lightly with a fork or whisk. Season with salt and pepper and then pour the eggs over the vegetables.

Put the quiche back in the oven and bake for another 30 minutes or until firm and golden.

Cut quiche into wedges and serve warm.

TIPS: Add 2 tablespoons of sweet chilli sauce to the vegetables in step 4 to add more flavour to the vegetables

The rice for this recipe is left over from the burrito recipe. If you don't have leftover cooked rice, cook 2 cups of brown rice. However, you will need to let the rice cool before you can make the crust.

LEFTOVERS: Eat for lunch the next day.

VIETNAMESE CHICKEN NOODLE SALAD

READY IN
APPROX. 50 MINS

EACH SERVE GIVES: **C** 1 **P** 3/4 **V** 2



METHOD

Place the chicken breasts in a single layer in the bottom of a pot or frying pan. Season them with salt and pepper and garlic. Pour over enough water to cover the chicken by about 3 centimetres.

Bring the pot of water to the boil, and then reduce it to a simmer. Place a lid on the pot or frying pan and let it simmer until the chicken is cooked. It should take about 10–15 minutes, depending on the thickness of the chicken.

Once the chicken is cooked, remove the pot from the heat and leave the chicken in the liquid for another 5 minutes, before removing it from the liquid to cool.

Meanwhile, cook the vermicelli according to the instructions on the package.

In a small jar with a lid, add the sweet chilli sauce, ginger, lemon juice and soy sauce. Put the lid on the jar and shake well. If you don't have a jar, you can mix all of the ingredients in a bowl.

Shred the cold chicken.

Drain the vermicelli and mix together with the cucumber, iceberg lettuce, capsicum, carrots, spring onions, shredded chicken and dressing.

Serve with fresh mint, if desired.

TIP: To add more flavour, you can also top the noodle salad with onion flakes, chilli flakes, or fried shallots, if you have them.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

500g boneless chicken breasts
salt & pepper, to taste
3 cloves garlic, minced or
1 1/2 teaspoons crushed garlic
200g vermicelli noodles
1/4 cup sweet chilli sauce★
2 teaspoons fresh ginger, grated or
1 teaspoon crushed ginger
2 tablespoons lemon juice
1/4 cup soy sauce
1/2 cucumber, cut into small cubes★
1/3 iceberg lettuce, shredded★
1/2 capsicum, finely chopped★
2 carrots, grated★
2 spring onions, chopped★
1 handful fresh mint leaves, chopped (optional)

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.

To learn more ways you can save food and money visit lovefoodhatewaste.co.nz



THIS WEEK'S RECIPES

Turkish koftas with couscous

Courgette burgers with garlic wedges

Moroccan chicken couscous

Summer vegetable slice with garlic beans

Niçoise salad

BONUS RECIPE

Aquafaba chocolate mousse

SUMMER WEEK 4



Recipes can be cooked in any order, although we recommend cooking the Moroccan chicken couscous before the Niçoise salad, as you need the zest from a lemon for the Moroccan chicken couscous and the juice from that same lemon, for the Niçoise salad.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, carrots, courgettes, iceberg lettuce, onions, potatoes, tomatoes, frozen beans, couscous, eggs and lemon.

If you are following all four weeks of the meal plan, you won't need to buy cheese, as you will have some left over from the previous week.

When you use the chickpeas in the Moroccan chicken couscous, save the brine when you drain the chickpeas. This is called aquafaba and can be used to make the bonus recipe – aquafaba chocolate mousse.

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast, boneless – 500g

CHILLED

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

PRODUCE

capsicum – 1
carrots – 7
courgettes – 6
iceberg lettuce – 1
lemons – 1
onions – 5
potatoes – 12/1.8kg
tomatoes – 5

FROZEN

green beans – 1kg

GROCERY

chickpeas – 1 can
couscous, instant – 1kg
eggs – 12 pack
hamburger buns – 6 pack
lentils – 1 can
tuna in springwater – 425g can

STAPLES FOR THE WEEK

chilli powder (optional)
cinnamon, ground (optional)
coriander, fresh (optional)
cumin, ground
flour, plain
flour, self-raising
garlic – cloves or crushed
ginger – fresh or crushed
mayonnaise
mustard, Dijon is preferred but any type will be suitable (optional)
oil – vegetable, olive or canola
paprika
parsley, fresh (optional)
pepper
salt (iodised)
skewers – bamboo or metal
soy sauce
stock – chicken or vegetable (liquid or cubes)
sultanas or raisins (optional)
turmeric (optional)

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

Note: The ingredients for the bonus recipe are not included on the shopping list.

TURKISH KOFTAS WITH COUSCOUS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES: **C** 1 **P** 1 1/3 **V** 2 1/3



INGREDIENTS

- 500g beef mince
- 1 can lentils, drained
- 2 onions, finely chopped ★
- 2 cloves garlic, minced or 1 teaspoon crushed garlic
- 1 tablespoon paprika
- 1 teaspoon salt
- pepper, to taste
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon (optional)
- 4 tablespoons oil, divided
- 1 3/4 cups water
- 1 cup chicken stock
- 2 3/4 cups couscous ★
- 2 cups frozen beans, chopped ★
- 2 carrots, grated ★
- 2 tablespoons fresh parsley, chopped (optional)
- 6-12 skewers (metal or bamboo)

METHOD

Preheat oven to 200°C. Line an oven tray with baking paper.

Place the mince and the lentils in a medium bowl. Add half of the chopped onions, and the garlic, paprika, salt, pepper, cumin and cinnamon. Using clean hands, mix the mixture so everything is well combined.

To make the koftas, divide the mince mixture into 6 portions. Shape each portion into sausage shapes, about 20 cm long (depending on the length of your skewers). Thread each of the koftas onto the skewers. If you don't have skewers, shape the meat and place directly onto the baking tray.

Drizzle the koftas with 2 tablespoons of oil and place into the hot oven for 25-35 minutes or until cooked through, turning half way through.

Meanwhile, put the water and stock into a pot and bring to boil. Remove from heat and add 1 tablespoon oil and the couscous. Stir gently, then cover with a lid and leave it to absorb for approximately 10 minutes. Use a fork to fluff the couscous once it's cooked.

In a hot frying pan, add 1 tablespoon oil, the remaining chopped onion and fry until clear and soft. Add the beans and cook for another 2 minutes. Remove from the heat and stir in carrots, parsley and couscous.

Serve the koftas with the couscous.

TIP: Use a fork to fluff the couscous once it's cooked.

LEFTOVERS: Eat for lunch the next day.

COURGETTE BURGERS WITH GARLIC WEDGES

READY IN
APPROX. 50 MINS

EACH SERVE GIVES: **C** 3 **P** 1/3 **V** 3



INGREDIENTS

GARLIC WEDGES

- 6 medium potatoes, cut into wedge ★
- 1/4 cup oil
- 3 cloves garlic, finely chopped or 1 1/2 teaspoons crushed garlic
- 1 teaspoon paprika
- salt & pepper, to taste

BURGERS

- 3 courgettes (approx 400g), grated ★
- 1 carrot, grated ★
- 1 onion, finely chopped ★
- 1 clove garlic, minced or 1 teaspoon crushed garlic
- 1 egg, lightly beaten ★
- 3/4 cup plain flour
- 1 cup grated cheese, divided ★
- salt & pepper, to taste
- 6 hamburger buns
- 1/2 cup mayonnaise
- 1/2 iceberg lettuce, shredded ★
- 2 tomatoes, sliced ★

METHOD

Preheat the oven to 220°C and line 2 baking trays with baking paper (one for the burgers and the other for the wedges).

In a bowl, coat the potato wedges by tossing them with the oil, garlic, paprika, salt and pepper. Place the wedges onto the lined baking tray and bake for approximately 30 minutes or until cooked through and golden brown. Turn the wedges half way through the cooking time.

Place the grated courgette inside a clean tea towel and squeeze it to remove as much of the liquid as possible. Alternatively, place the grated courgette in a sieve and push down using the back of a spoon to remove the liquid.

Mix the courgettes, carrot, onion and garlic in a large bowl. Add in the egg, flour and half a cup of grated cheese. Season with salt and pepper and gently mix until just combined.

Use a 1/2 cup measuring scoop, scoop the mixture into six patties. Gently press the mixture down into the measuring scoop and level it off with a spoon. Then flip it over onto the baking tray. Using the spoon, gently push down the mixture until it is about the width of the burger bun.

Repeat the process to make all six patties, leaving a gap between each patty.

Bake in the oven for 15 minutes at 220°C. Then turn the oven down to 180°C, flip the patties and cook for a further 15-20 minutes, until golden.

Slice the buns in half and heat for a couple of minutes in the hot oven.

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HOW TO MAKE BREADCRUMBS AT HOME

The easiest way to make breadcrumbs is to use a food processor or blender, but if you don't have one, you can:

Grate the bread.

This works best with frozen bread.

OR

Toast the bread

and then use a knife, grater or your fingers to tear it into smaller crumbs.

Either use straight away or freeze for later use.

TIP

Keep the bread ends and uneaten crusts to make breadcrumbs.

Store them in the freezer until you need them.



COURGETTE BURGERS WITH GARLIC WEDGES

To assemble the burger, spread mayonnaise on the bottom half of the bun, then add lettuce, a courgette patty, a sprinkle of cheese, a slice of tomato and the top half of the bun. Serve with the garlic wedges.

TIP: You can use your favourite sauces along with or instead of the mayonnaise, such as sweet chilli sauce, tomato sauce, BBQ sauce, vegetable jams, chutneys and mustard.

LEFTOVERS: Eat for lunch the next day.

MOROCCAN CHICKEN COUSCOUS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES: **C** 1 **P** 1 1/3 **V** 2



METHOD

Mix together the ginger, garlic, paprika, cumin, chilli powder, turmeric, 1 tablespoon of oil, salt, pepper and lemon zest to make a paste. Make a few cuts in the chicken flesh. Rub the paste over the surface of the chicken, cover and let stand for 10 minutes.

While the chicken is marinating, preheat the oven to 200°C.

Transfer the chicken to a lined baking tray and bake the chicken for about 20–30 minutes or until the chicken is cooked (when the juices are clear.)

While the chicken is cooking, heat 1 tablespoon of oil in a pot over a medium heat. Add the onion and fry until clear and soft. Stir in the stock, water and carrots and bring to a boil. Remove from heat and add 1 tablespoon of oil and the couscous. Stir gently, cover with a lid and leave it to absorb for approximately 10 minutes.

Once the couscous is cooked, fluff it with a fork and then pour it into a large bowl. Mix in the chickpeas, sultanas or raisins and capsicum. Garnish with fresh coriander or parsley, if using.

To serve, slice the chicken into thin slices and serve on top of the couscous.

TIP: Save the lemon juice to use in the Niçoise salad recipe.

Save the brine from the can of chickpeas to make the aquafaba chocolate mousse (bonus recipe).

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

2cm piece fresh **ginger** finely grated
or 2 teaspoons crushed ginger
3 cloves **garlic**, finely chopped or
1 1/2 teaspoons crushed garlic
1 tablespoon **paprika**
1 teaspoon **cumin**
1 teaspoon **chilli powder** (optional)
1 teaspoon **turmeric** (optional)
3 tablespoons **oil**, divided
salt & pepper, to taste
1 **lemon**, zest only ★
500g **skinless chicken breast**
1 **onion**, finely chopped ★
1 cup **chicken stock**
1 3/4 cups **water**
2 **carrots**, grated ★
2 3/4 cups **couscous** ★
1 can **chickpeas**, drained
1 cup **sultanas** or **raisins** (optional)
1 **capsicum**, seeded and chopped
into small cubes
1/2 cup **fresh coriander** or **parsley leaves**,
coarsely chopped (optional)

SUMMER VEGETABLE SLICE WITH GARLIC BEANS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES: **C** ½ **P** 1⅓ **V** 3½



METHOD

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

Heat one tablespoon of oil in a medium fry pan. Add the onion and bacon and cook until the onion is soft.

Tip the onion and bacon into a very large bowl. Add the courgettes, carrots, cheese and flour and mix to combine.

Pour in the oil and eggs, 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 slice is cooked.

When the slice is nearly cooked, place a frying pan on high heat. Add the oil, garlic, frozen beans, soy sauce and stir-fry for five minutes.

Serve the slice with the garlic beans on the side.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped★
- 200g bacon middle, chopped
- 3 courgettes, grated★
- 2 carrots, grated★
- 1 cup grated cheese★
- 1 cup self-raising flour
- ½ cup oil
- 5 eggs, lightly beaten★
- salt & pepper, to taste

GARLIC BEANS

- 1 tablespoon oil
- 2 garlic cloves, finely chopped or 1 teaspoon crushed garlic
- 4 cups frozen beans★
- 3 tablespoons soy sauce

NIÇOISE SALAD

READY IN
APPROX. 35 MINS

EACH SERVE GIVES: **C** 1 **P** 1½ **V** 2½



METHOD

Put the potatoes in a large pot and cover with water. Bring to the boil and then reduce the heat to a simmer. Leave the potatoes to cook until tender, about 15–20 minutes. When the potatoes are nearly cooked, add in the frozen beans. Cook until the beans are just tender, about 3 minutes. Once cooked, drain and set aside.

While the potatoes are cooking, 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 place in a bowl of cold water. Once cool, peel and chop into quarters.

To make the dressing whisk the lemon juice, mustard, oil, garlic, soy sauce and pepper.

Place the potatoes, beans, eggs, lettuce, tomatoes and flaked tuna in a large bowl. Pour over the dressing and gently mix to combine.

TIPS: Use the same lemon that was zested for the Moroccan chicken couscous recipe.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 6 medium potatoes, cleaned and cut into quarters★
- 3 cups frozen beans★
- 6 eggs★
- juice of one lemon★
- 1 tablespoon Dijon mustard
- ½ cup oil
- 1 clove garlic, minced or ½ teaspoon crushed garlic
- 3 tablespoons soy sauce
- pepper, to taste
- ½ iceberg lettuce, shredded★
- 3 tomatoes, cut into wedges★
- 425g can tuna in springwater, drained

AQUAFABA CHOCOLATE MOUSSE

BONUS RECIPE

READY IN
APPROX. 30 MINS + chilling time



METHOD

Break the chocolate into pieces and add to a heatproof glass bowl with vanilla essence and 1 tablespoon of the aquafaba. Place the bowl over a pot with a little bit of water simmering in the bottom. Stir with a metal spoon or plastic spatula. As soon as the chocolate is fully melted, remove from heat and allow to cool while you whip the aquafaba. You can also melt the chocolate in the microwave.

Use an electric egg beater to whisk the ½ cup of aquafaba for 5 minutes until it forms stiff peaks and looks like whipped egg white.

Add one quarter of the whipped aquafaba to the melted chocolate and mix through evenly.

Now tip the melted chocolate on to the remaining whipped aquafaba and very gently fold through until it becomes an even colour. The less folding you do, the lighter the mousse will be.

Pour into serving glasses or ramekins and chill in the fridge for a couple of hours before serving.

Note: The ingredients for the bonus recipe aren't included on the shopping list.

INGREDIENTS

- 100g dark chocolate (at least 50% cocoa)
- 3 teaspoons vanilla essence
- ½ cup + 1 tablespoon aquafaba/chickpea brine (approximately the equivalent from one can of chickpeas)

IS IT SAFE TO EAT MOULDY FOOD?

The humid climate in New Zealand means that our food is prone to growing mould.

If there is mould on my food, do I have to throw it away?

You should never eat mould, however there are some foods where it is safe to cut the mould off the food and eat the rest of it.

This applies to hard foods that have a low water content including: firm fruit and vegetables like pumpkin, carrots and cabbage; hard cheeses like cheddar; and hard salami. Make sure you cut off a least one centimetre around where the mould is.

If foods have a high water content, such as tomatoes or stone fruit, it is not safe to eat this food, even if you have removed the mould. This is because the toxins could have diffused into the food, although you may not be able to see this.

There is mould on one slice of bread. Is it safe to eat the rest of the loaf?

Unfortunately not.

Visible mould on a slice or two of bread is a good indicator that there is likely to be invisible mould spores throughout the rest of the loaf, so you should put the entire loaf into your compost bin.

Storing bread in the fridge or in the freezer is the best way to keep it from growing mould in New Zealand's humid climate.

How do I stop mould from growing on my food?

Mould thrives in warm, moist climates with lots of oxygen. So in order to slow or prevent mould growth you need to keep food cold, dry and in airtight containers.

SOME WAYS TO REDUCE MOULD GROWTH

Keep perishable items (like vegetables, meat and dairy products) in the refrigerator or freezer

Keep dry goods like cereal, rice, biscuits etc in airtight containers or make sure you seal the package tightly

Keep foods dry by wiping away condensation from containers and packages

Store vegetables correctly so they don't sweat

Keep your kitchen and fridge clean so that you're not accidentally spreading mould spores

Eat leftovers within two days so that mould doesn't have a chance to grow

For more great recipes visit
lovefoodhatewaste.co.nz

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