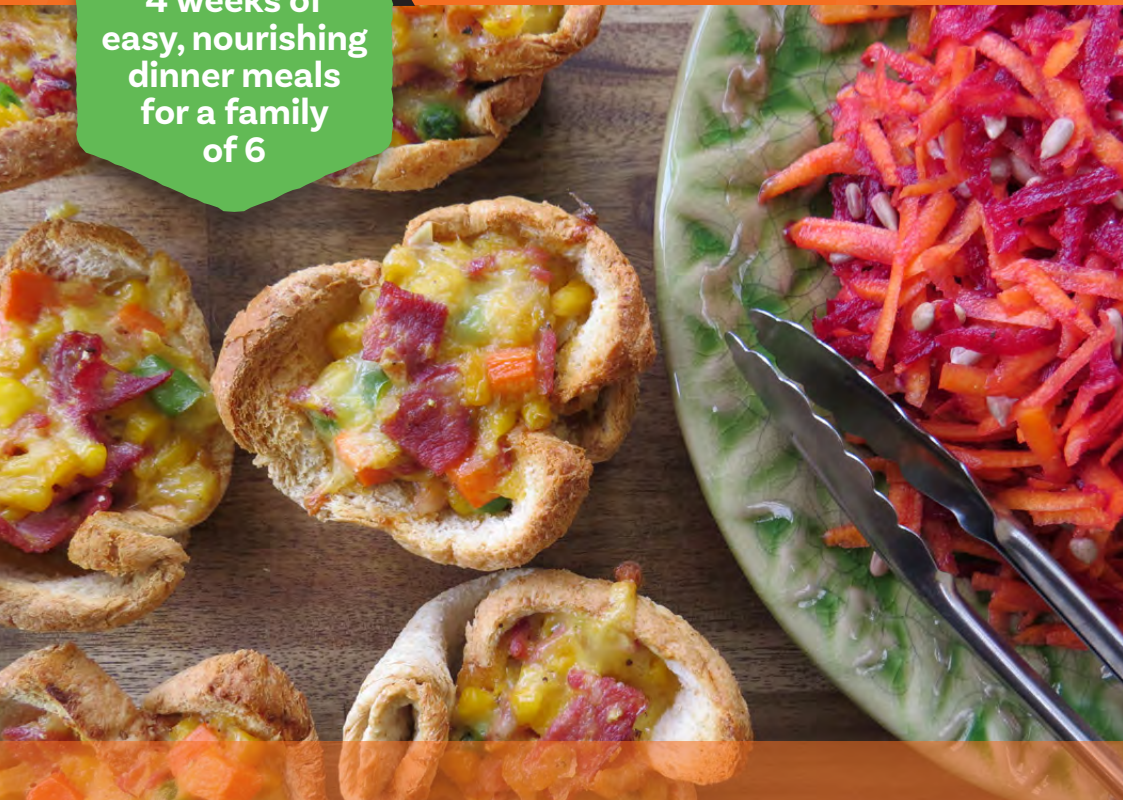


EASY CHOICE FAMILY KAI

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



AFFORDABLE | HEALTHY | ZERO WASTE

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contact info@lovefoodhatewaste.co.nz

On the cover: Bacon bread cases with raw
energy slaw, recipe p36

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REDUCE



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 autumn – as they use autumn produce and are perfect for cooler nights – but they can be made any time of 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. If something is leftover at the end of the week, we have given you bonus recipes for using it up. 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 TIPS

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 basic supermarket brand 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

There are lots of ingredients like rice, meat, cheese and eggs which are used across all four weeks of this meal planner. If you are going to follow the meal planner for four weeks, you can save yourself some money by buying in bulk at the beginning. Look through the four shopping lists in this booklet and identify any items you can buy in bulk.

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. Chicken breasts and drumsticks, beef mince and bacon are used many times throughout this meal planner. Chicken drumsticks can be purchased in bulk from the frozen section of your supermarket. Chicken breasts, thighs and tenderloins are interchangeable, so buy whichever is cheapest.

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.

STAPLES FOR THE MONTH

breadcrumbs
cayenne pepper (optional)
cheese
chilli powder or flakes (optional)
cinnamon, ground
cloves, whole or ground (optional)
cornflour
cumin, ground
curry powder
fish sauce
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
honey
margarine, vegetable spread or butter
marmite (optional)
mayonnaise
milk
mixed herbs, dried
mustard

nutmeg (optional)
oil – vegetable, olive or canola
oregano, dried
oyster sauce (optional)
paprika
parsley, fresh (optional)
pepper
raisins (optional)
salt, iodised
sesame oil (optional)
soy sauce, reduced salt
stock – beef, vegetable or
chicken (liquid or cubes)
sugar
sunflower seeds (optional)
tomato sauce
turmeric
vinegar – balsamic, white or lemon juice
yoghurt, plain (optional)

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



COOKING TIPS

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 want to cook them for slightly longer.

You don't need to peel your vegetables, 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.

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.

You can adjust flavourings to suit your family's preferences. You can also make substitutions e.g. dried rosemary can be used instead of oregano or mixed herbs.

STORAGE TIPS

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

Store bread in the freezer to keep it fresh and stop it growing mould.

Keep cheese tightly wrapped in its packaging or 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.

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.

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, providing it is cooled quickly and reheated until it is piping hot.

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
2 breakfast wheat biscuits;
1 whole-grain 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, kamokamo (squash), broccoli, cabbage, taro leaves); 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.

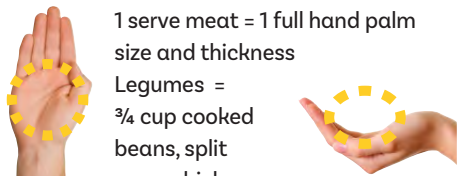


P PROTEIN 1+ A DAY

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 =

¾ 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); ¾ cup mince or casserole.



MILK AND MILK PRODUCTS 2+ A DAY

Milk, yoghurt and cheese provide protein and 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

Mexican meatballs

Easy udon noodles

Burmese chicken curry

German subs

Sri Lankan dha

BONUS RECIPE

Rice pudding

AUTUMN WEEK 1

THE HANDY GUIDE to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

ONE FIST

CARBOHYDRATES
LEGUMES

RICE
PASTA
POTATO



ONE HAND

FISH
VEGETABLES



ONE PALM

PROTEIN

BEEF
PORK
EGGS
CHICKEN



ONE CUPPED HAND

FRUIT
NUTS
SEEDS



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LOVE
FOOD
Hate Waste
NEW ZEALAND



The recipes can be made in any order.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, carrots, onions, eggs, spring onion, green peas, frozen spinach, chopped tomatoes, brown rice and red split lentils.

If you need a quick meal, the easy udon noodles and the German subs can be whipped up in half an hour.

You will have some uncooked rice leftover. You can use the rice in the following weeks or use it to make the bonus recipes.

You will also have some cheese leftover. If you are following the meal planner in order, use the leftover cheese in the week 2 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.

If you have leftover cooked rice, you can freeze it. Leftover cooked rice is safe to eat, providing it is cooled quickly and reheated until it is piping hot. Some ideas for using up leftover cooked rice:

- use it as the basis for a salad
- add it to soups and stews to thicken them
- fried rice
- rice pudding or porridge
- rice cakes

For more recipes to use up cooked rice visit lovefoodhatewaste.co.nz.



SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken drumsticks, skinless – 1kg or 10
drumsticks
pork sausages – 6

CHILLED

cheese – 250g block

PRODUCE

apple – 1
beetroot – 1 medium
carrots – 10
onions – 8
potatoes – 6
spring onions – 1 bunch

FROZEN

green peas – 1kg
spinach – 500g

GROCERY

bread rolls – 6 long
brown rice – 1kg (long grain)
coconut milk, light – 1 can (400ml)
eggs – 6
lentils – 1 can
red split lentils – 1 packet (375g)
tomatoes, chopped – 2 cans
udon noodles – 3 packets (200g per packet)

STAPLES FOR THE WEEK

breadcrumbs
cayenne pepper (optional)
chilli powder (optional)
cinnamon, ground
cumin
curry powder
garlic – cloves or crushed
ginger – fresh or crushed
mayonnaise
mustard
oil – vegetable, olive or canola
oregano, dried (optional)
oyster sauce (optional)
paprika
pepper
salt, iodised
sesame oil (optional)
soy sauce, low sodium
stock – chicken or vegetable (liquid or cubes)
sugar
tomato sauce
turmeric
vinegar – balsamic, white or lemon juice

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

SUPPORTED BY

MEXICAN MEATBALLS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1

P 1

V 2+



METHOD

Cook rice according to the instructions on the packet.

In a large bowl mix the beef mince with the lentils, salt, pepper, dried oregano, spring onions, egg, bread crumbs and one clove of garlic. Use your hands to roll the mince mixture into golf ball-sized balls.

In a large frying pan, heat 2 tablespoons of oil on a medium to high heat. Place the meatballs in the frying pan, and cook for about 5 minutes on each side, until they are lightly browned. Remove the meatballs from the frying pan and set aside.

In the same frying pan, heat 1 tablespoon of oil and then add the onion and cook for approximately 5 minutes or until soft and clear. Then add the remaining garlic, carrots, paprika, cayenne pepper and cumin. Mix well and cook for 2 minutes.

Add in the water, chopped tomatoes and frozen peas. Mix well and bring it to boil uncovered on a high heat.

Once the liquid is boiling add the meatballs to the sauce and then reduce the heat to low. Cover the frying pan with a lid (or use tin foil if you don't have a lid) and let the mixture simmer for approximately 15 minutes, until the meatballs are cooked.

To serve, divide the rice between bowls and top with the meatballs, sauce and cheese.

TIP: If you don't have breadcrumbs you can use quick cook oats instead.

LEFTOVERS: Freeze or eat for lunch the next day.

INGREDIENTS

- 2 cups **brown rice** ★
- 500g **beef mince**
- 1 can **lentils**, drained
- 1 teaspoon **salt**
- pepper**, to taste
- 2 teaspoons **dried oregano** (optional)
- ½ bunch **spring onions**, chopped ★
- 1 **egg**, beaten ★
- ½ cup **breadcrumbs**
- 3 **cloves garlic**, crushed or
1 ½ teaspoons crushed garlic
- 3 tablespoons **oil**
- 1 **onion**, finely chopped ★
- 3 **carrots**, grated ★
- 1-2 tablespoons **paprika**
- 1 teaspoon **cayenne pepper** or
chilli powder (optional)
- 2-3 teaspoons **cumin**
- 1 ½ cups **water**
- 1 can **chopped tomatoes** ★
- 2 cups **frozen peas** ★
- ½ cup **cheese** to serve ★

SHARED INGREDIENT ★

12

EASY UDON NOODLES

READY IN
APPROX. 30 MINS

EACH SERVE GIVES:

C 1

P 1

V 3+



METHOD

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

Heat 1 tablespoon of oil in a large frying pan over medium heat. Tip in the beaten egg and quickly scramble the eggs until they are just set. Put the eggs in a bowl and set aside.

In the same frying pan, add the remaining tablespoon of oil and cook the onion until soft and clear. Add the spinach, frozen peas and carrots, stir frying for approximately 5 minutes until the peas have thawed.

In a small bowl combine the sesame oil, oyster sauce, soy sauce, sugar, vinegar and water.

Add the sauce, eggs and noodles into the vegetables mix. Stir fry for another 5 minutes.

Serve the noodles in bowls.

TIP: If you don't have sesame oil or oyster sauce add 1 tablespoon of crushed garlic and 1 tablespoon of crushed ginger instead to add extra flavour.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 3 packets **udon noodles**
- 2 tablespoons **oil**, divided
- 5 **eggs**, lightly beaten ★
- 1 **onion**, chopped ★
- ½ packet **frozen spinach**, thawed
with the water squeezed out ★
- 2 cups **frozen green peas** ★
- 3 **carrots**, grated ★
- 2 teaspoons **sesame oil** (optional)
- 3 tablespoons **oyster sauce** (optional)
- ½ cup **soy sauce**
- 1 tablespoon **sugar**
- 1 tablespoon **vinegar**
- 2 tablespoons **water**

SHARED INGREDIENT ★

13

BURMESE CHICKEN CURRY

READY IN
APPROX. 60 MINS

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



METHOD

Heat a large frying pan or pot on medium heat. Add the oil and the onions, and fry for 2 minutes then add garlic, ginger, and spices (curry powder, cayenne pepper, paprika, cumin, cinnamon, salt and pepper) and cook for another minute.

Add the chicken drumsticks to the spice mixture and brown on each side for approximately 5 minutes.

Add the potatoes, water, chicken stock, tomato sauce, chopped tomatoes, sugar, frozen peas, carrots and red lentils. Add in three quarters of the spring onions leaving the green ends to use as garnish. Mix well and increase the heat to high until the mixture is boiling.

Once the mixture is boiling, reduce the heat to low and simmer for about 20 minutes or until the potatoes and carrots are tender and the chicken is cooked. If the liquid doesn't cover the chicken and potatoes make sure to turn regularly so they are cooked on all sides.

Serve in bowls and garnish with the leftover chopped spring onions

TIPS: Mix all the spices together in a cup or jar first then add to the onions.

Cut into the chicken to check that it is cooked before serving.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 3 tablespoons oil
- 2 onions, finely chopped ★
- 3-4 garlic cloves, finely chopped or 2 teaspoons crushed garlic
- 1 tablespoon fresh ginger, grated or 2 teaspoons crushed ginger
- 2 teaspoons curry powder
- 1 teaspoon cayenne or chilli powder (optional)
- 2 teaspoons paprika
- 2 teaspoons cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- pepper, to taste
- 1kg chicken drumsticks (10 to 12 pieces)
- 6 medium potatoes, chopped into 2cm cubes
- 3 cups water
- 1 cup chicken stock
- 2 tablespoons tomato sauce
- 1 can chopped tomatoes ★
- 1 teaspoon sugar
- 2 cups frozen green peas ★
- 2 carrots, grated ★
- 2/3 cup red lentils, washed and drained ★
- 1/2 bunch spring onions, chopped ★

SHARED INGREDIENT ★

14

GERMAN SUBS

READY IN
APPROX. 30 MINS

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



METHOD

Heat 1 tablespoon of oil in a large frying pan over medium heat then add the onions and sausages at the same time. Cook the sausages for approximately 10 minutes on each side until thoroughly cooked. Please note that individual types of sausages may have slightly different cooking times – check the packet for specific instructions. Onions will be ready in approximately 15 minutes or when golden brown.

In a large bowl, mix the grated beetroot, carrots and apple. Season with the vinegar and add salt and pepper to taste.

To serve, cut bread rolls open and spread with mayonnaise. Add 2-3 tablespoons of the beetroot slaw, top with a sausage, some onions, a sprinkle of cheese and a squeeze of mustard. Serve any leftover slaw on the side.

TIP: You don't need to peel the beetroot, carrot or apple, just make sure to wash them well.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 1 tablespoon oil
- 2 onions, sliced into rings ★
- 6 pork sausages
- 1 beetroot, grated
- 2 carrots, grated ★
- 1 apple, grated
- 1 teaspoon balsamic vinegar or 1/2 teaspoon white vinegar (optional)
- salt, to taste
- pepper, to taste
- 6 long bread rolls
- mayonnaise, to serve (optional)
- 1/2 cup cheese, grated ★
- mustard, to serve (optional)

SHARED INGREDIENT ★

15

SRI LANKAN DHAL

READY IN
APPROX. 40 MINS

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



INGREDIENTS

2 cups **brown rice**★
 1 tablespoon **oil**
 2 **onions**, finely chopped★
 3 **garlic cloves**, finely chopped or
 1½ teaspoons crushed garlic
 2 tablespoons **fresh ginger**, grated or
 2 teaspoons crushed ginger
 1 teaspoon **turmeric**
 1 teaspoon **curry powder**
 ½ teaspoon **chilli powder** (optional)
 1½ cup **red lentils**, washed and drained
 2 cups **chicken** or **vegetable stock**
 1 can light **coconut milk**
 ½ cup **water**
 2 cups **frozen peas**★
 ½ packet **frozen spinach**, thawed
 with the water squeezed out★
salt, to taste
pepper, to taste

METHOD

Cook rice according instructions on the packet.

While the rice is cooking, heat oil in a large frying pan over a medium heat. Add onion and cook until soft and clear.

Add garlic, ginger, turmeric, curry powder and chilli powder to the onion and stir fry for two minutes.

Add the rinsed lentils to the frying pan and mix well. Pour over the chicken stock, coconut milk and water. Add the frozen peas and stir well.

Bring the mixture to the boil and then reduce the heat to a simmer. Allow the lentils to cook until they are tender and the mixture has thickened – this should take about 20 minutes. Stir regularly.

Once the lentils are cooked and the dhal has thickened, stir through the spinach and season well with salt and pepper.

Serve on top of the rice.

TIP: Like curry, dhal is a recipe that tastes better the next day, so you can make this in advance and keep it in the fridge until you need it.

LEFTOVERS: Freeze or eat for lunch the next day.

RICE PUDDING

READY IN
APPROX. 45 MINS

EACH SERVE GIVES: **C** 1 **P** 0 **F** ½



METHOD

Put the rice into a large pot with the water, milk and sugar. Stir well.

Place the pot on the stove over a high heat, with the lid on. Once it is boiling, turn the heat down to low.

Let the rice simmer gently for another 30-35 minutes, or until rice is tender, continuing to stir regularly. If the liquid is absorbed too quickly, you can add in more water or milk ½ cup at a time.

Serve the pudding warm in bowls topped with your choice of fruit. You can also add a dollop of yoghurt or a sprinkle of cinnamon, if desired.

INGREDIENTS

1 ⅔ cups **brown rice**
 2 cups **water**
 4 cups **low-fat milk**
 4 tablespoons **sugar**
 2 cups **fruit** (e.g. frozen berries, grated or finely chopped apple, tinned fruit or mashed bananas)
yoghurt (optional)
 1 teaspoon **ground cinnamon** (optional)

TIP: This rice porridge can be eaten for breakfast, a snack or a dessert.

LEFTOVERS: Store any leftovers in the fridge.

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

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

Chicken and vegetable pie
Thai vegetable curry
Bacon and corn baked potatoes
Green bean, beef and egg stir-fry
Mexican bean empanadas

AUTUMN WEEK 2



TIPS

The recipes can be made in any order.

★ Shopping list ingredients you will be **sharing between meals** this week are: carrots, onions, potatoes, cabbage, frozen green beans, frozen mixed vegetables, puff pastry, chopped tomatoes, brown rice and eggs.

Cook in advance: Brown rice is served with the Thai vegetable curry and the green bean, beef and egg stir-fry. Save time by cooking all of the rice in one go, and then save half in the fridge for the other meal. It is safe to eat leftover rice, just make sure you cool it quickly and reheat it well. It is easiest to reheat rice in the microwave – make sure to stir it frequently so it heats evenly and heat it until it is piping hot.

You can also bake the potatoes for the bacon and corn baked potatoes in advance – keep them wrapped in the fridge until you need them.

The filling for the chicken and vegetable pie can be made in advance and kept in the fridge.

Need a super speedy meal? The green bean, beef and egg stir-fry and the Thai vegetable curry are both quick meals to make if you have already cooked the rice.

You will have a some uncooked brown rice leftover. Save it for the coming week's recipes that use rice or use it to make the one of the bonus recipes.

If you are following this meal plan in order, you should have some cheese leftover from week 1 which you can use this week.

WEEK TWO | WIKI RUA

SHOPPING LIST

BUTCHERY

beef stir-fry – 500g
chicken breast, skinless & boneless – 500g

CHILLED

middle bacon – 200g

PRODUCE

cabbage – half head
carrots – 10
leeks – 1
onions – 9
potatoes – 9 medium

FROZEN

green beans – 1kg
mixed vegetables – 1kg
puff pastry – 1kg (6 sheets)

GROCERY

brown rice – 1kg (long grain)
chickpeas – 1 can
chopped tomatoes – 2 cans
coconut milk – 1 can (400ml)
creamed corn – 1 can
eggs – 6
red kidney beans – 2 cans
Thai red curry paste – 1 sachet or jar (at least 50g)

STAPLES FOR THE WEEK

cayenne pepper (optional)
cheese
chicken stock (liquid or cubes)
chilli powder (optional)
cornflour
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
honey
mayonnaise
milk
mixed herbs, dried
oil – vegetable, olive or canola
oregano, dried
oyster sauce (optional)
paprika
parsley, fresh (optional)
pepper
salt, iodised
soy sauce, reduced salt

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

SUPPORTED BY



REDUCE



CHICKEN AND VEGETABLE PIE

READY IN
APPROX. 70 MINS

EACH SERVE GIVES:

C 1

P 1

V 1+



METHOD

Thaw pastry according to instructions on the packet.

Preheat oven to 180°C.

Heat one tablespoon of oil in a frying pan and fry the chicken until it is cooked. Transfer the chicken into a bowl and set aside.

Add one tablespoon of oil to the same frying pan and cook the onion and garlic until soft and clear.

Add carrots, mixed vegetables, green beans and mixed herbs and cook for approximately 5 minutes or until the vegetables are beginning to soften.

Add the chicken and the chicken stock to the frying pan and mix well.

Mix the cornflour with the milk and then add to the frying pan. Season with salt and pepper.

Once the mixture is boiling, turn down the heat and allow it to simmer until the sauce has thickened. Stir often. This may take 5 or 10 minutes. Once thickened remove from heat and allow to cool slightly.

Grease a pie plate or oven proof dish with oil and place a layer of pastry in the bottom. You may need to cut your pastry in some places and add it to other places to make it fit. Note: Don't use more than two sheets of pastry as you need the rest to make the Mexican empanadas.

Pour the chicken and vegetable mixture on top of the pastry and top with the second sheet of pastry.

CHICKEN & VEGETABLE PIE

Press the edges of the pastry together and trim off excess pastry. Seal the edges by pressing them together with a fork. Poke a few holes on the top to let steam escape. Brush the top of the pie with the beaten egg.

Cook for 30-40 minutes or until the pie is puffed and golden.

Let the pie cool for 5 to 10 minutes before serving.

TIP: Brush any pastry offcuts with beaten egg and bake in the oven for 10-15 minutes at the same time as you're cooking the pie for a tasty snack.

LEFTOVERS: Eat for lunch the next day.



BASIC HOME KITCHEN MEASUREMENTS

3

TEASPOONS

=

1

TABLESPOON

4

TABLESPOONS

=

1/4

CUP

16

TABLESPOONS

=

1

CUP

THAI VEGETABLE CURRY

READY IN
APPROX. 35 MINS

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



INGREDIENTS

- 2 cups **brown rice**★
- 1 tablespoon oil
- 2 **onions**, finely chopped★
- 3 **cloves** garlic finely chopped or 1 1/2 teaspoons crushed garlic
- 2 teaspoons grated **fresh ginger** or 1 teaspoon crushed ginger
- 2 tablespoons **Thai red curry paste** (50g)
- 3 medium **potatoes**, washed and chopped into small cubes★
- 3 **carrots**, washed & chopped into small cubes★
- 1/4 **cabbage**, roughly chopped★
- 1 can **chopped tomatoes**★
- salt**, to taste
- pepper**, to taste
- 1 teaspoon **chilli powder** (optional)
- 1 can **coconut milk**
- 1 cup **chicken stock**
- 1 can **chickpeas**, drained
- 1 cup **frozen mixed vegetables**★
- 1 cup **green beans**, defrosted and chopped★

METHOD

Cook rice according to the instructions on the packet.

Heat oil in a large pan, add onions and cook until soft and clear.

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

Add potato, carrots, cabbage, chopped tomatoes, salt, pepper and chilli powder and stir until everything is well coated and carrots start softening (approximately 8 minutes).

Tip in the coconut milk and stock and simmer on low heat for 10 minutes. Then add chickpeas, frozen mixed vegetables and beans and cook for a further 5 minutes (or until all vegetables are cooked).

Taste. Add more salt, pepper and chilli powder, if necessary.

Serve the curry on top of the rice.

TIPS: You can adjust the amount of chilli powder used depending on your family's preference.

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

LEFTOVERS: Can be frozen

BACON AND CORN BAKED POTATOES

READY IN
APPROX. 90 MINS

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



INGREDIENTS

- 6 medium **potatoes**, cleaned★
- 1 tablespoon oil
- 1 **onion**, finely chopped★
- 2 **garlic** cloves, finely chopped or 1 teaspoon crushed garlic
- 200g **bacon**, chopped into small pieces
- 1 **leek**, finely chopped
- 2 cups **frozen mixed vegetables**★
- 1 can **creamed corn**★
- 1 teaspoon **salt**
- pepper**, to taste
- 1/2 cup **cheese**, grated
- COLESLAW**
- 1/4 **cabbage**, finely shredded★
- 2 **carrots**, grated★
- 2 tablespoons fresh **parsley** (optional)
- 3 tablespoons **mayonnaise**
- 1 tablespoon **lemon juice**, balsamic or white vinegar

METHOD

Preheat oven to 180°C. Pierce the potatoes 2-3 times with a fork, place them on a tray

and bake for 50 minutes or until they are soft. Alternatively, you can cook the potatoes in the microwave. Once the potatoes are cooked, set them aside to cool.

While potatoes are baking, heat a large frying pan over medium heat. Add oil and swirl it to coat the pan. Add onion and cook for 5 minutes or until soft and clear.

Add garlic, bacon and leek and cook for another 5 minutes or until leek has softened.

Add the frozen mixed vegetables and stir fry until they are just cooked.

Cut cooled potatoes in half lengthwise and carefully scoop out the flesh of the potato into a bowl. Leave about 1cm of flesh on the skin. Be careful not to break the skin.

Mash the potato flesh then mix in the bacon and vegetables and the creamed corn. Season with salt and pepper.

Stuff the mixture into the potato skins (you can fill them higher than the sides of the potato skin) and sprinkle the stuffed potatoes with cheese on top. Bake for approximately 10 minutes or until the cheese is melted.

To make the coleslaw, toss the cabbage, grated carrots and parsley in a bowl. Mix through the mayonnaise and lemon juice.

Serve loaded potatoes with a side of salad.

TIP: You can use the dark green part of the leek as well as the white, just make sure to slice it thinly as it will take longer to cook.

LEFTOVERS: Eat for lunch the next day.

GREEN BEAN, BEEF AND EGG STIR-FRY

READY IN
APPROX. 45 MINS

EACH SERVE GIVES:

C 1

P 1

V 3



METHOD

Cook rice according to the package instructions.

While the rice is cooking, heat the oil in a large frying pan over a medium heat and cook the onions until they are soft and clear, approximately 5 minutes.

Add beef, garlic, ginger, soy sauce and pepper and fry for approximately 5 minutes, stirring occasionally.

Add carrots, mixed vegetables and green beans to the pan.

Mix honey and cornflour with warm water and oyster sauce then add to the stir-fry. Fry for another 5 minutes or until the liquid has thickened.

Tip the cooked stir-fry beef and vegetables into a bowl.

Wipe the frying pan clean and return to the heat. Pour in the whisked eggs into the pan and swirl it around so the egg covers the bottom of the pan. Cook for a couple of minutes, until set.

Use a fish slice or wooden spoon to break up the eggs, then add the beef and vegetables back into the pan and mix well.

Serve the stir-fry on the cooked rice.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 2 cups **brown rice**★
- 1 tablespoon **oil**
- 2 **onions**, finely chopped★
- 500g **stir-fry beef**
- 3 cloves **garlic** finely chopped or 1 ½ teaspoons crushed garlic
- 2 teaspoons grated **fresh ginger** or 1 teaspoon crushed ginger
- 5 tablespoons **reduced salt soy sauce**
- 2 teaspoons **pepper**
- 3 **carrots**, chopped into small rectangles★
- 2 cups **frozen mixed vegetables**★
- 2 cups **frozen green beans**★
- 2 tablespoons **honey**
- 1 tablespoon **cornflour**
- 1 cup **warm water**
- 1 tablespoon **oyster sauce** (optional)
- 4 **eggs**, whisked★

SHARED INGREDIENT★

26

MEXICAN BEAN EMPANADAS

READY IN
APPROX. 60 MINS

EACH SERVE GIVES:

C 2

P 1

V 3+



GARLIC GREEN BEANS

- 1 tablespoon **oil**
- 3 **garlic** cloves, finely chopped or 1 ½ teaspoons crushed garlic
- 5 cups **green beans**★
- ½ cup **soy sauce**
- pepper**, to taste

METHOD

Thaw pastry according to instructions on the packet.

Preheat oven to 180°C.

Heat oil in a large pan over medium heat and cook onions and garlic until soft and golden, about 5 minutes. Add cumin, paprika and cayenne pepper. Mix well and allow to fry for approximately 2 minutes.

Add in the kidney beans, chopped tomatoes, salt, pepper and oregano and cook for about 5 minutes.

Add the mixed vegetables to the pan and allow to cook for another 5 minutes. Remove pan from heat and let mixture cool a little.

Sprinkle the flour over a clean surface and lay a sheet of pastry on top of the flour (the flour stops the pastry from sticking to the surface). Cut the sheet of pastry into four squares.

Fold each pastry square in half diagonally, like two triangles. Place 2 tablespoons of filling in the top half. Dip a finger into a cup with warm water and moisten the edges of the top half of each square.

INGREDIENTS

- 4 sheets **puff pastry**★
- 1 tablespoon **oil**
- 2 **onions**, finely chopped★
- 3 cloves **garlic**, finely chopped or 1 ½ teaspoons crushed garlic
- 1 teaspoon **ground cumin**
- 1 tablespoon **paprika**
- 1 teaspoon **cayenne pepper** or **chilli powder** (optional)
- 2 cans **kidney beans**, drained
- 1 can **chopped tomatoes**★
- 1 teaspoon **salt**
- 1 teaspoon **pepper**
- 1 ½ teaspoons **dried oregano**
- 2 cups **frozen mixed vegetables**★
- 2 tablespoons **flour**
- warm water**
- 1 **egg**, beaten★

SHARED INGREDIENT★

27

MEXICAN BEAN EMPANADAS

Fold the bottom half of the pastry over to meet the edges of the top half, to form a triangle. Use a fork to pinch and seal the edges and to poke a few holes on top to let steam escape.

Place on a lined baking tray. Repeat until you have made 12 empanadas.

Lightly brush the tops of the empanadas with the beaten egg.

Bake for 10-15 minutes until the pastry is golden and puffed.

For the garlic green beans, heat a frying pan on medium heat and stir fry the garlic with oil. Add the beans, soy sauce and pepper. Stir fry for 3-5 minutes.

Serve the empanadas with a side of garlic green beans.

LEFTOVERS: Can be frozen.



THIS WEEK'S RECIPES

Bobotie (South African curried mince)

Warm lentil salad

Bean quesadillas

Fried rice

Bacon bread cases with raw energy slaw

BONUS RECIPE

Curried rice salad

AUTUMN WEEK 3



TIPS

Recipes can be cooked in any order but we recommend making the Bobotie before the fried rice (see note below).

★ Shopping list ingredients you will be **sharing across meals** this week are: cheese, beetroot, carrots, onions, spinach, bread, brown rice, raisins, frozen mixed vegetables, and eggs.

Cook in advance: It is best to use cooled cooked rice for the fried rice, so cook double the amount of rice when you make the Bobotie and then save half in the fridge to make the fried rice another night. Alternatively you can cook the rice for the fried rice on the day you need it and leave it to cool in the fridge. It is safe to eat leftover rice, just make sure you cool it quickly and reheat it well. It is easiest to reheat rice in the microwave – make sure to stir it frequently so it heats evenly and heat it until it is piping hot.

Items you are likely to have leftover: rice, a few slices of bread, some cheese and raisins. You can use the leftover rice to make the bonus recipe for curried rice salad.

If following the meal plan in order, use the leftover raisins in week 4. Raisins stored in an airtight container or package will last for a year.

Keep your cheese tightly wrapped in its packaging or a plastic bag to stop it drying out. If your cheese grows mould, you can cut the mould off and the cheese will still be okay to eat.

Store your bread in the freezer to keep it fresh and stop it growing mould.

The frozen mixed vegetables can be swapped for frozen peas or beans if your family prefers those.

WEEK THREE | WIKI TORU

SHOPPING LIST

BUTCHERY

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

CHILLED

cheese – 250g block
middle bacon – 200g

PRODUCE

beetroot – 3 medium
carrots – 4
onions – 8
pumpkin – ¼

FROZEN

mixed vegetables – 1kg
spinach – 500g

GROCERY

bread, wholemeal thin sliced – 1 loaf
brown rice – 1kg (long grain)
chickpeas – 1 can
creamed corn – 1 can
eggs – 12
kidney beans – 2 cans
lentils – 1 can
raisins – 400g
tomatoes, chopped – 2 cans
tortillas – 12

STAPLES FOR THE WEEK

cayenne pepper (optional)
chilli powder or flakes (optional)
cloves – whole or ground (optional)
curry powder
fish sauce
garlic – cloves or crushed
ginger – fresh or crushed
milk
mixed herbs, dried
oil – vegetable, olive or canola
paprika
pepper
salt, iodised
soy sauce
sugar
sunflower seeds (optional)
turmeric
vinegar – balsamic, white or lemon juice

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

SUPPORTED BY



REDUCE



BOBOTIE

(SOUTH AFRICAN CURRIED MINCE)

READY IN
APPROX. 30 MINS

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



METHOD

Cook rice according to the instructions on the packet.

Preheat the oven to 180°C.

Tear the bread into pieces and put them into a bowl to soak with half a cup of milk.

Heat oil in a large frying pan over a medium heat. Add the onions and cook for a few minutes or until they are soft and clear. Add the garlic, ginger and beef mince to the pan. Use a spoon to break up the mince. Cook it for approximately 10 minutes or until the mince is brown.

Stir the frozen mixed vegetables through the mince and allow to cook for a couple of minutes.

Add the curry powder, turmeric, cloves and raisins to the frying pan and mix well.

Use a fork to mash the bread and milk and then tip that into the pan. Add the thawed spinach, season with salt and pepper and make sure everything is well combined.

Grease an ovenproof dish and tip the mince mixture into it. Place it in the oven for 15 minutes.

Whisk the eggs with the remaining cup of milk. Remove the dish from the oven, pour the egg mixture over the mince and then return it to the oven for another 15 minutes or until the egg is set.

Serve the Bobotie on top of rice.

TIP: Cook double the amount of rice so that you can have cold rice to make the fried rice.

LEFTOVERS: Any leftovers can be frozen or eaten for lunch the next day.

INGREDIENTS

- 2 cups **brown rice** ★
- 2 slices **wholemeal bread** ★
- 1 ½ cups **milk**
- 1 tablespoon **oil**
- 2 **onions**, finely chopped ★
- 2 **garlic cloves**, crushed or 1 teaspoon crushed garlic
- 1 tablespoon of **fresh ginger**, grated or 2 teaspoons crushed ginger
- 500g **beef mince**
- 2 cups **frozen mixed vegetables** ★
- 1 tablespoon **curry powder**
- 1 teaspoon **turmeric**
- 3 whole **cloves** or 1 teaspoon ground cloves (optional)
- ¼ cup **raisins** ★
- ½ packet **spinach** (250g), thawed with water squeezed out ★
- 1 teaspoon **salt**
- pepper**, to taste
- 3 **eggs**, beaten ★

SHARED INGREDIENT ★

32

WARM LENTIL SALAD

READY IN
APPROX. 45 MINS

EACH SERVE GIVES: **C** 0 **P** 1 **V** 3+



METHOD

Heat oven to 180°C. Toss the pumpkin, onion and beetroot with 1 tablespoon of oil, ½ teaspoon salt and pepper to taste. Roast the pumpkin for 30 minutes or until tender. Remove from the oven and set aside.

While the vegetables are roasting, rub the chicken with 1 tablespoon of oil and garlic, ½ teaspoon salt, paprika and dried mixed herbs. Place the chicken pieces on a lined baking tray and bake in the oven for 20–30 minutes until they are cooked and the juices are running clear. Note: Thighs will take less time to cook than breasts.

In a large bowl, mix together the roasted pumpkin, onion, beetroot, lentils, mixed vegetables, balsamic vinegar and raisins.

To serve, thinly slice the chicken and serve it on top of the warm lentil salad.

TIP: You don't need to peel the pumpkin or beetroot, just make sure to give them a good wash before using.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- ¼ **pumpkin**, cut into small cubes
- 1 **onion**, cut into wedges ★
- 2 **beetroot**, cut into small cubes ★
- 2 tablespoons **oil**, divided
- 1 teaspoon **salt**
- pepper**, to taste
- 500g **chicken thighs or breast**, boneless and skinless
- 2 **garlic cloves**, finely chopped or 1 teaspoon crushed garlic
- 2 tablespoons **paprika**
- 1 tablespoon dried **mixed herbs**
- 1 can **lentils**, drained
- 2 cups **frozen mixed vegetables**, defrosted in hot water and drained ★
- 1 tablespoon **balsamic vinegar** or **lemon juice**
- ½ cup **raisins** ★

SHARED INGREDIENT ★

33

BEAN QUESADILLAS

READY IN
APPROX. 40 MINS

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



METHOD

Heat oil in a large frying pan over a medium heat.

Add the onions and cook until they are soft and clear.

Add the garlic and carrots and cook for approximately 5 minutes.

Add the frozen mixed vegetables, kidney beans, chopped tomatoes, spinach, salt, pepper, sugar, paprika and chilli powder. Mix well, bring to the boil and then reduce the heat and simmer for 15 minutes or until it has thickened. Remove from heat and allow to cool slightly.

To make the quesadillas, heat another large frying pan over a medium heat. Place a tortilla in the frying pan and spread spoonfuls of the bean mixture over one half of the tortilla. Sprinkle over some of the cheese. Fold the other half of the tortilla over the top. Once the bottom of the tortilla is crispy, flip it over so that the top half can cook. Remove it from the heat when the tortilla is crisp and the cheese has melted. Repeat with the remaining tortillas.

Cut the quesadillas into wedges before serving.

TIPS: You can use a sandwich press to make the quesadilla instead of a frying pan.

You can freeze any leftover bean mixture to use another time.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 1 tablespoon oil
- 2 onions, finely chopped ★
- 3 garlic cloves, finely chopped or 1 ½ teaspoons crushed garlic
- 2 carrots, grated ★
- 2 cups frozen mixed vegetables ★
- 2 cans kidney beans, drained
- 2 cans chopped tomatoes
- ½ packet spinach (250g), thawed with water squeezed out ★
- 1 teaspoon salt
- pepper, to taste
- 1 teaspoon sugar
- 1 tablespoon paprika
- 1 teaspoon chilli powder or cayenne pepper (optional)
- 12 tortillas
- 2 cups cheese, grated ★

FRIED RICE

READY IN
APPROX. 50 MINS

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



METHOD

Cook brown rice according to packet instructions. Once cooked, allow to cool completely.

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

Fry the onion and garlic for 3 minutes, or until the onion is soft and clear.

Stir in the ginger and chilli flakes, and cook for another minute.

Add the frozen mixed vegetables and chickpeas, and cook for 5 minutes. Then mix in the cooked rice, stirring regularly for 2 minutes.

Pour in the soy sauce and fish sauce, if using, and cook for another 2 minutes.

Transfer the rice to a bowl.

Return the frying pan to the heat and drizzle with 1 tablespoon oil. Pour the beaten eggs into this pan. Once they start to cook, stir them with a spoon so they scramble. Season with salt and pepper.

Once the eggs are scrambled, tip the rice back into the pan and mix everything together.

Serve in bowls.

TIP: Fried rice works best with cold rice, so if you can, cook the rice in advance and allow it to cool in the fridge before using.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 2 cups brown rice ★
- 2 tablespoons oil, divided
- 2 onions, finely chopped ★
- 3 cloves garlic, finely chopped or 1 ½ teaspoons crushed garlic
- 3 teaspoons fresh ginger, grated or 1 ½ teaspoons crushed ginger
- 1-2 teaspoons chilli flakes or powder (optional)
- 2 cups frozen mixed vegetables ★
- 1 can chickpeas, drained
- 4 tablespoons soy sauce
- 1 tablespoon fish sauce (optional)
- 6 eggs, beaten ★
- salt, to taste
- pepper, to taste

BACON BREAD CASES WITH RAW ENERGY SLAW

READY IN
APPROX. 45 MINS

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



INGREDIENTS

12 slices wholemeal bread ★
1 tablespoon oil
1 onion, finely chopped ★
2 garlic cloves, finely chopped or
1 teaspoon crushed garlic
200g middle bacon, chopped
1 cup frozen mixed vegetables ★
1 can creamed corn
3 eggs, lightly beaten ★
salt and pepper
½ cup cheese, grated ★

RAW ENERGY SLAW

2 carrots, grated ★
1 beetroot, grated ★
½ cup raisins ★
4 tablespoons sunflower seeds (optional)
½ teaspoon salt
pepper to taste
1 tablespoon oil
2 tablespoons lemon juice,
balsamic or white vinegar

METHOD

Preheat the oven to 180°C. Grease 12 medium-size muffin cups. If you don't have muffin trays, read the tip at the bottom for how else you can make this.

Roll the bread out gently with a rolling pin (or glass bottle), then press the slices carefully into the muffin tray to form cups.

Bake the bread cases for about 10 to 15 minutes in the oven until they are starting to go crispy.

While the bread is baking, heat the oil in a frying pan over a medium heat.

Add the onion and cook for five minutes or until the onion is soft and clear.

Turn up the heat on the frying pan and then add the garlic and bacon and fry until the bacon is cooked.

Add the frozen mixed vegetables to the pan and cook for five minutes until the frozen vegetables have thawed. Make sure to stir well.

Tip the bacon mixture into a bowl. Add the creamed corn and beaten eggs. Season with salt and pepper and mix well.

Spoon the mixture into the bread cases, filling them with as much mixture as possible. Sprinkle over the grated cheese.

Bake the bread cases in the oven for 20-30 minutes until the mixture is set and the cheese has melted.

BACON BREAD CASES

While the cases are baking, make the raw energy slaw by combining the grated carrots, beetroot, raisins, sunflower seeds, salt, pepper, oil and vinegar or lemon juice in a bowl. Mix well to combine.

Serve the bread cases with a side of raw energy slaw.

TIP: If you don't have muffin trays, you can make this as a bread quiche. Spread the slices of bread along the bottom of a greased ovenproof dish. Spread the corn mixture over the top and sprinkle over the cheese. Bake in the oven until the mixture has set and the cheese is melted.

LEFTOVERS: Eat for lunch the next day.



CURRIED RICE SALAD

READY IN
APPROX. 10 MINS

EACH SERVE GIVES: **C** 1 **P** 0 **V** 1



METHOD

Mix together the first six ingredients in a large bowl.

Whisk the oil, white wine vinegar and curry powder together to make the dressing.

Mix the dressing through the salad

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

INGREDIENTS

- 2 cups cooked rice, chilled
- 1 apple, finely chopped
- 1 red onion, finely chopped
- 1 capsicum, finely chopped
- 2 tablespoons raisins
- 3 tablespoons fresh herbs, finely chopped
- ¼ cup oil
- ⅓ cup white wine vinegar
- 2 teaspoons curry powder

THIS WEEK'S RECIPES

- Tuna pasta bake
- Golden shepherd's pie
- Hearty vegetable bolognese
- Moroccan chicken stew
- Egg & black bean pita pockets

BONUS RECIPES

- Aquafaba aioli

AUTUMN WEEK 4



TIPS

Recipes can be cooked in any order.

★ Shopping list ingredients you will be **sharing between meals** this week are: carrots, celery, chopped tomatoes, leek, onions, potatoes, pumpkin, cheese, milk, frozen mixed vegetables and penne pasta.

Need a quick meal? The egg and black bean pita pockets can be made in under half an hour.

If possible, buy dried apricots from the bulk bin section of the supermarket. That way you can ensure you only buy the ½ cup that you need for the Moroccan chicken stew, as most pre-packaged apricots come in 200g packets.

Save the liquid from the can of chickpeas used in the Moroccan chicken stew to make the bonus recipe for Aquafaba aioli.

It can be more economical to buy a whole pumpkin. You can roast pumpkin or boil pumpkin and then freeze it to use later.

You will have some milk leftover at the end of the week. If your family doesn't usually drink milk you can pop it into the freezer to save for next time.

If you are following this meal plan in order, you will have raisins leftover from week 3 which you can use this week.

WEEK FOUR | WIKI WHA

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast – skinless & boneless – 500g

PRODUCE

apple – 1
carrots – 5
celery – ½ bunch
leek – 1
onions – 7
potatoes – 8
pumpkin – half

CHILLED

cheese – 250g block
milk (low-fat) – 1 litre

FROZEN

mixed vegetables – 1kg

GROCERY

black beans – 1 can
chickpeas – 1 can
dried apricots – 100g
eggs – 12
lentils – 2 cans
penne pasta – 500g
pita pockets – 8
tomatoes, chopped – 3 cans
tuna chunks in spring water – 425g can

STAPLES FOR THE WEEK

chilli powder (optional)
cinnamon, ground
cumin, ground
flour, plain
garlic – fresh or crushed
margarine – vegetable spread or butter
marmite (optional)
mayonnaise
mixed herbs, dried
mustard
nutmeg (optional)
oil – vegetable, olive or canola
oregano, dried (optional)
paprika
pepper
raisins
salt, iodised
stock – beef, vegetable or chicken (liquid or cubes)
tomato sauce
yoghurt, plain (optional)

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

SUPPORTED BY



TUNA PASTA BAKE

READY IN
APPROX. 50 MINS

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



INGREDIENTS

½ packet **penne pasta** ★
1 teaspoon **oil**
2 tablespoons **margarine**,
vegetable spread or **butter**
2 tablespoons **mustard**
4 tablespoons **plain flour**
2 cups **milk** ★
1 teaspoon **nutmeg** (optional)
1 tablespoon **oil**
3 cloves **garlic**, finely chopped or
1 ½ teaspoons **crushed garlic**
½ **leek** (cut lengthwise), sliced ★
2 cups **frozen mixed vegetables** ★
salt, to taste
pepper, to taste
425g **tuna chunks in spring water**, drained
1 cup **cheese**, grated ★

METHOD

Preheat oven to 180°C and grease a medium to large-sized ovenproof dish.

Cook the pasta according to the packet instructions - but you want the pasta to be a little firmer than usual (as it will cook more in the oven) so cook it for two minutes less than the cooking time on the packet. Once cooked, drain, return to the pot and mix with one teaspoon of oil to keep the pasta from sticking together.

While the pasta is cooking, melt the margarine, vegetable spread or butter in a saucepan on a low heat. Once melted, whisk in the mustard and flour until it forms a paste. Cook for one minute. Remove the pot from the heat. Slowly add the milk, constantly whisking as the milk is being added to ensure that there are no lumps. Then return the saucepan to the stovetop on a low heat and whisk gently for a few minutes to allow the sauce to thicken. Stir in the nutmeg, if using and then set aside.

Heat oil in a frying pan over medium heat and stir fry the garlic and leek for approximately 5 minutes or until the leek is tender. Add in the frozen mixed vegetables, season with salt and pepper and cook for another 3 minutes.

Remove the pan from the heat and stir in the tuna, pasta and white sauce. It may be easier to mix it all together in the pot you cooked the pasta in if it is bigger than your frying pan.

Pour the pasta into the greased ovenproof dish. Sprinkle the cheese on top, then place it in the oven to bake for approximately 25 minutes, or until the cheese is golden and the pasta bake is piping hot.

LEFTOVERS: Can be frozen.

GOLDEN SHEPHERD'S PIE

READY IN
APPROX. 60 MINS

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



INGREDIENTS

4 **potatoes**, chopped ★
¼ **pumpkin**, seeds and skin removed,
chopped into large chunks ★
3 **carrots**, chopped ★
1 tablespoon **oil**
2 **onions**, roughly chopped ★
3 **garlic** cloves, chopped or
1 ½ teaspoons **crushed garlic**
500g **beef mince**
2 teaspoons **salt**, divided
pepper, to taste
3 teaspoons **paprika**
2 tablespoons **tomato sauce**
1 teaspoon **mixed herbs**
1 teaspoon **marmite** (optional)
1 can **chopped tomatoes** ★
2 cups **frozen mixed vegetables** ★
1 cup **beef** or **vegetable stock**
1 tablespoon **plain flour**
½ cup **milk**, warmed ★
⅓ cup **cheese**, grated ★

METHOD

Preheat the oven to 180°C.

Place the potatoes and pumpkin in a pot of water and cook for 20-25 minutes or until soft. Add the chopped carrots for the last 10 minutes of cooking. Once cooked, drain.

Meanwhile heat the oil in a large frying pan over medium heat and cook the onion until it is soft and clear.

Add the garlic, mince, 1 teaspoon salt, pepper and paprika to the pan and cook for 5 minutes. Then, add the tomato sauce, herbs, marmite and cook for 2 minutes. Stir in the chopped tomatoes and frozen mixed vegetables. Mix the stock and flour together in a cup and add to the mince. Mix well, cover and leave the mixture to simmer gently for 25 minutes over medium to low heat, stirring occasionally.

In a large bowl, use a vegetable masher to mash the potatoes, carrots and pumpkin. Add the warm milk, remaining salt, pepper and mix until fluffy and smooth.

Place the meat mixture into a greased ovenproof dish and spread it evenly.

Spread the vegetable mash over the top of the meat and sprinkle with cheese.

Put the pie into the oven and cook for 20 minutes or until the pie is golden on top and bubbling.

When the pie is ready, remove it from the oven and let it set for 5 minutes before serving.

LEFTOVERS: Can be frozen.

HEARTY VEGETABLE BOLOGNESE

READY IN
APPROX. 40 MINS

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



METHOD

Heat oil in a large frying pan on medium heat, and gently cook onions, leek, garlic and celery for 5 minutes or until onions are soft, stirring regularly.

Add the dried oregano, salt, pepper, chopped tomatoes and water. Mix well.

Bring the mixture to a gentle simmer for 2 minutes. Add the frozen mixed vegetables and lentils to the sauce. Mix well and leave to simmer for 15 minutes, stirring occasionally.

While the vegetable sauce is cooking, cook the pasta according to the packet instructions. Drain the pasta and stir it into the sauce.

Serve the pasta in individual bowls with a sprinkle of cheese on top.

TIP: You can eat celery leaves – they taste similar to parsley. Finely chop the leaves and use them as a garnish.

LEFTOVERS: Can be frozen.

INGREDIENTS

- 1 tablespoon oil
- 2 onions, finely sliced ★
- ½ leek (cut lengthwise), sliced ★
- 2-4 garlic cloves, finely chopped or 2 teaspoons crushed garlic
- ¼ bunch celery, finely chopped ★
- 2 teaspoons dried oregano or mixed herbs
- 1 teaspoon salt
- pepper, to taste
- 1 can chopped tomatoes ★
- 1 cup water
- 2 cups frozen mixed vegetables ★
- 2 cans lentils, drained
- ½ packet penne pasta ★
- ½ cup cheese, grated ★

MORROCCAN CHICKEN STEW

READY IN
APPROX. 50 MINS

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



METHOD

In a bowl, mix the chicken with 1 teaspoon salt, paprika, garlic, pepper to taste, and chilli powder. Cover and set aside.

Heat oil in a large frying pan or pot on a medium heat. Add the onion and cook for 5 minutes until the onion is soft and clear.

Add the chicken and fry for 8 minutes, stirring regularly.

Stir in the potatoes, pumpkin, water and chicken stock. Cover and let it cook for 10 minutes, stirring regularly.

INGREDIENTS

- 500g chicken breast (boneless & skinless), cubed
- 1 teaspoon salt, to taste
- 3 teaspoons paprika
- 3 garlic cloves, finely chopped or 1 ½ teaspoons crushed garlic
- pepper, to taste
- 1 teaspoon chilli powder (optional)
- 1 tablespoon oil
- 2 onions, sliced ★
- 4 large potatoes, chopped into small cubes ★
- ¼ pumpkin, seeds and skin removed, chopped into bite-sized pieces ★
- 2 cups water
- 1 cup chicken stock
- ½ cup dried apricots, halved
- 1 can chopped tomatoes ★
- 1 teaspoon cumin
- 1 teaspoon ground cinnamon
- 1 cup frozen mixed vegetables ★
- 1 can chickpeas, drained
- plain yoghurt, to serve (optional)

Mix in the dried apricots, chopped tomatoes, cumin, cinnamon, frozen mixed vegetables and chickpeas. Bring to a gentle boil, turn the heat down low and leave to simmer gently for 20 to 30 minutes, stirring occasionally. Test taste and add a little more salt and spices if needed.

Serve the Moroccan chicken in a bowl with a dollop of plain yoghurt (optional).

TIP: Save the brine from the chickpeas to make the aquafaba aioli.

LEFTOVERS: Eat for lunch the next day.

EGG & BLACK BEAN PITA POCKETS WITH APPLE & CELERY SALAD

READY IN
APPROX. 20 MINS

EACH SERVE GIVES:

C 1+ **P** 2+ **V** 2+



INGREDIENTS

2 tablespoons **oil**, divided
1 **onion**, finely chopped ★
2 **garlic cloves**, finely chopped or
1 teaspoon crushed garlic
2 cups **frozen mixed vegetables** ★
1 can **black beans**, drained
12 **eggs**
½ cup **milk** ★
1 teaspoon **paprika**
salt, to taste
pepper, to taste
8 **pita pockets**
1 cup **cheese**, grated ★
2 **carrots**, grated ★
1 **apple**, finely chopped
¼ bunch **celery**, finely chopped ★
2 tablespoons **mayonnaise**
⅓ cup **raisins**

METHOD

If you don't have a toaster, heat your oven to 180°C. Once it is heated, place the pita pockets in the oven to heat for five minutes. If you have a toaster or sandwich press, you can heat the pita pockets in there (see step 7).

Heat one tablespoon of oil in a large frying pan over a medium heat. Add the onion and cook for 5 minutes or until soft and clear.

Add the garlic, frozen mixed vegetables and black beans and stir fry until the vegetables are hot and tender. Tip the vegetable mixture into a bowl and set aside.

Return the same frying pan to the heat and heat another tablespoon of oil in the frying pan.

Whisk the eggs, milk, paprika, salt and pepper together and then tip into the pan. Allow the eggs to start to set and then stir with a spoon to scramble them. Remove the pan from the heat once the eggs are just cooked.

Add the vegetables to the eggs and mix to combine.

Heat your pita pockets in the toaster or an oven.

To make the salad, mix the grated carrot, chopped apple, celery and raisins. Stir through the mayonnaise and season with salt and pepper.

To serve, slice each pita pocket in half and fill with the egg and bean mixture. Sprinkle with grated cheese. Serve the salad on the side.

TIP: You can add your favourite sauce to the pita pockets to give it more flavour.

LEFTOVERS: Eat for lunch the next day.

AQUAFABA AIOLI

BONUS
RECIPE



METHOD

Place the aquafaba, vinegar or lemon juice, garlic, salt and pepper in a blender or food processor and blend for approximately 10 seconds.

While the food processor is running on a slow speed, slowly tip in the oil. The aioli is ready when all oil has been absorbed and the mixture has changed to a thicker consistency. If it's too thick, blend in a little water. If it's too thin, blend in a little more oil.

Finally, add the wholegrain mustard and give it a little pulse to mix it through the aioli.

Store in an airtight container in the fridge for up to two weeks.

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

INGREDIENTS

3 tablespoons **aquafaba** (brine from a can of chickpeas)
2 tablespoons **vinegar** or **lemon juice**
1 **garlic clove**, peeled
½ teaspoon **salt**
pepper, to taste
1 cup **oil**
2 teaspoons **wholegrain mustard** (optional)



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REDUCE

