

KŌANGA | SPRING RECIPES

EASY CHOICE FAMILY KAI

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



AFFORDABLE | HEALTHY | ZERO WASTE

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On the cover: Mexican pancakes with
green beans, recipe p48

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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 spring as they use spring produce – 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, 6kgs of potatoes and 3kgs of onions at the start of the four weeks. While it will be more expensive upfront, it will work out cheaper overall.

Stock up on specials

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

Beef stir-fry can be quite expensive, so if it is not on special you can buy pork or chicken instead.

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. 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 49.

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

baking powder
breadcrumbs
butter, margarine or vegetable spread
cheese
chilli – powder or flakes (optional)
coriander, ground
cornflour
cumin, ground
fish, oyster or Worcestershire sauce
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
hoisin sauce (optional)
honey
mayonnaise
milk
mixed herbs, dried

mustard (optional)
oil – vegetable, olive or canola
paprika
pepper
raisins (optional)
rosemary – fresh or dried
salt, iodised
sesame seeds (optional)
skewers – bamboo or metal
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
sunflower seeds (optional)
sweet chilli sauce
tomato sauce
turmeric
vinegar (white or balsamic) or lemon juice

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 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 49 to learn how to turn vegetable scraps into stock.

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

In some meals, extra quantities of a certain ingredient are cooked to be used in another meal e.g. potatoes or rice. It is a good idea to set aside the amount of the potatoes or rice needed for the second meal before you serve the rest so your family can eat everything else that is left.

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 bread, hamburger buns and pita breads 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. 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 CARROTS LAST LONGER



Storing your carrots in an airtight container lined with a paper towel will result in them **lasting up to 10 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 = 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, 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

Shakshuka

Salmon potato bake

Asian chicken pasta salad

Moroccan mince pizzas

Creamy bacon pasta bake

BONUS RECIPE

Meringue Kisses

SPRING WEEK 1

THE HANDY GUIDE to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

ONE FIST

CARBOHYDRATES
RICE
PASTA
POTATO
LEGUMES



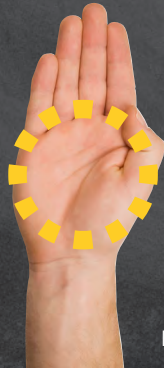
ONE HAND

FISH
VEGETABLES



ONE PALM

PROTEIN
BEEF
PORK
EGGS
CHICKEN



ONE CUPPED HAND

FRUIT
NUTS
SEEDS



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TIPS

Recipes can be cooked in any order, although we recommend cooking the shakshuka and the salmon potato bake first while the silverbeet is fresh.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, milk, carrots, cabbage, onions, potatoes, silverbeet, spring onions, frozen mixed vegetables, eggs, and spiral pasta.

Shopping tips: If you are going to follow all four weeks of the meal plan we recommend buying 1kg of cheese to last the four weeks. It will mean this week's shop is more expensive but it will save you money over the four weeks. Buying a 5kg bag of potatoes will also save you money by buying in bulk and will cover you for the four weeks.

Leftovers: You will have some cheese leftover. If you are following the meal planner in order, you can use the leftover cheese in the week 2 and 3 recipes. 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 quick meal? The Moroccan mince pizzas can be made in half an hour.

When you use the chickpeas in the Moroccan mince pizzas, save the brine from the chickpeas when you drain them. This is called aquafaba and can be used to the bonus recipe meringue kisses on page 19.

WEEK ONE | WIKI KOTAHI

SHOPPING LIST

BUTCHERY

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

CHILLED

bacon, middle – 200g
cheese, Edam – 500g
milk – 1 litre

PRODUCE

carrots – 4
cabbage – half
lemon – 1
onions – 6
potatoes – 10/1.5kg
silverbeet – 500g
spring onions – 1 bunch

FROZEN

frozen mixed vegetables – 1kg

GROCERY

cannellini beans – 1 can
chickpeas – 2 cans
eggs – 12
pita breads, wholemeal – 10
salmon – 1 can (450g)
spiral pasta – 500g
tomatoes, chopped – 2 cans

STAPLES FOR THE WEEK

butter, margarine or vegetable spread
chilli – powder or flakes (optional)
coriander, ground
cumin, ground
fish, oyster or Worcestershire sauce
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
mustard (optional)
oil – vegetable, olive or canola
paprika
pepper
salt, iodised
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
sweet chilli sauce
tomato sauce
turmeric
vinegar, white

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

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

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LOVE
FOOD
hate waste
NEW ZEALAND

SHAKSHUKA

READY IN
APPROX. 45 MINS

EACH SERVE GIVES: **C** ½ **P** 2 **V** 2½



INGREDIENTS

- 4 **potatoes**, skin on, chopped into 1cm cubes★
- 2 tablespoons **oil**
- 1 **onion**, finely chopped★
- 1 tablespoon **paprika** (optional)
- ½-1 teaspoon **chilli powder** (optional)
- 1 teaspoon **ground cumin**
- 3 cloves **garlic**, finely chopped or 1½ teaspoons crushed garlic
- 250g **silverbeet** (including stalks), finely chopped★
- 2 cans chopped **tomatoes**
- 1 cup **frozen mixed vegetables**★
- 1 cup **chicken** or **vegetable stock**
- 1 teaspoon **sugar**
- 2 **spring onions**, chopped★
- salt & pepper** to taste
- 10 **eggs**★
- 1 cup **grated cheese**★

METHOD

Place the potatoes in a pot, cover with water, place on the stove and bring to the boil. Once boiling, reduce the heat to a simmer and cook

until they are just tender. Drain. Alternatively you can microwave the potatoes.

Preheat oven to 200°C.

Heat oil in a large frying pan or pot over a medium heat. Use an oven-proof frying pan if you have one. Add the onion and cook until soft and clear - about 5 minutes.

Add the paprika, chilli powder and cumin to the frying pan and fry for 1 minute.

Add garlic and silverbeet and cook for 5 minutes.

Pour in the chopped tomatoes, frozen mixed vegetables, stock, sugar, spring onions and season with salt and pepper. Stir through the potatoes.

Leave to simmer for 10 minutes, or until the mixture has reduced slightly.

Transfer the tomato sauce mix to an oven-proof dish if your frying pan isn't oven-proof. Crack the eggs evenly across the top of the tomato sauce and bake for approximately 5 minutes until the yolks start to firm up.

Take the dish out of the oven and sprinkle over the cheese.

Return it to the oven and bake for another 5 minutes or until eggs have set and the cheese has melted.

TIP: Use the green part of the spring onion as well as the white stalk. The green part makes a nice garnish.

LEFTOVERS: Eat for breakfast or lunch the next day.

SALMON POTATO BAKE

READY IN
APPROX. 60 MINS

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



INGREDIENTS

- 1 tablespoon **oil**
- 2 **onions**, finely chopped★
- 250g **silverbeet**, finely chopped (separate leaves from stalks)★
- 3 cloves **garlic**, finely chopped or 1½ teaspoons crushed garlic
- 1 can **salmon**, drained and flaked
- salt & pepper** to taste
- 6 **potatoes**, thinly sliced★
- 2 cups **grated cheese**★
- 2 **eggs**★
- 2 cups **milk**★

COLESLAW

- ¼ **cabbage**, shredded★
- 2 **carrots**, grated★
- 1 tablespoon **oil**
- 1 tablespoon **vinegar**
- salt & pepper** to taste

METHOD

Preheat the oven to 180°C.

Heat the oil in a frying pan on a medium heat.

Add the onion and chopped silverbeet stalks and cook until soft and clear.

Add the garlic and chopped silverbeet leaves to the frying pan and cook until the leaves are soft.

Remove the frying pan from the heat and let the mixture cool for a little bit before mixing in the salmon. Season with salt and pepper.

Layer some of the sliced potato over the bottom of a greased baking or ovenproof dish. Spread over a thin layer of the fish and silverbeet mixture. Then sprinkle over ½ cup of grated cheese.

Repeat these layers two more times, finishing with a layer of potatoes.

Mix eggs and milk together and then pour it over the potatoes. Top with the last of the grated cheese.

Place in the oven and bake for approximately 50 minutes or until the potato is soft. If it begins to burn, cover it with tinfoil.

Once cooked, remove it from the oven and let it rest for 10 minutes before serving.

While the fish and potato bake is cooling, make the coleslaw by mixing all of the coleslaw ingredients together.

Serve the fish and potato bake with the coleslaw on the side.

TIPS: If you prefer you can use tuna or smoked fish fillets instead of salmon.

To decrease the cooking time, cook the sliced potatoes in the microwave for a couple of minutes before placing them in the baking dish.

LEFTOVERS: Eat for lunch the next day.

ASIAN CHICKEN PASTA SALAD

READY IN
APPROX. 45 MINS

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



INGREDIENTS

- 1/2 packet **spiral pasta** ★
- 1 tablespoon **oil**
- 1 **onion**, finely chopped ★
- 4 cloves **garlic**, finely chopped or
2 teaspoons crushed garlic, divided
- 500g **chicken breast**, sliced into small chunks
- 2 cups **frozen mixed vegetables** ★
- 2 tablespoons **fish, oyster** or
Worcestershire sauce
- 3 tablespoons **soy sauce**
- 1 **lemon**, zested and juiced
- 2 teaspoons grated **ginger** or
1 teaspoon crushed ginger
- 1/2 cup **sweet chilli sauce** (see tip if you
don't have any sweet chilli sauce)
- 1 can **chickpeas**, drained
- 1/4 **cabbage**, finely chopped ★
- 2 **spring onions**, chopped ★
- salt & pepper** to taste

METHOD

Cook half a packet of pasta according to the instructions on the packet. Once cooked, drain and keep warm.

Heat the oil in a frying pan on medium heat. Add the onion, half of the garlic and chicken and fry for 10 minutes, stirring occasionally.

Add the frozen mixed vegetables and cook for another 5-10 minutes, or until the chicken and vegetables are cooked through.

In a bowl, mix together fish sauce, soy sauce, lemon zest and juice, ginger, sweet chilli sauce and the other half of the garlic.

Add the sweet chilli sauce mixture to the chicken and vegetables and cook for 30 seconds. Remove the frying pan from the heat.

In a large bowl, toss together the pasta, chickpeas, cabbage, and most of the spring onions - leaving some to garnish.

Mix through the chicken and vegetable mixture. Season with salt and pepper.

Garnish with remaining spring onions.

TIP: If you don't have sweet chilli sauce, mix together 2 tablespoons honey, 1/2 cup water and 1 teaspoon chilli powder and use that instead.

LEFTOVERS: Eat for lunch the next day.

MOROCCAN MINCE PIZZAS

READY IN
APPROX. 30 MINS

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



INGREDIENTS

- 2 tablespoons **oil**
- 1 **onion**, finely chopped ★
- 500g **beef mince**
- 3 **garlic** cloves, finely chopped or
1 1/2 teaspoons crushed garlic
- 1 teaspoon **turmeric**
- 1 teaspoon **ground cumin**
- 1 teaspoon **ground coriander**
- chilli powder** or flakes, to taste (optional)
- 3 cups **frozen mixed vegetables** ★
- 2 **carrots**, grated ★
- 1 can **chickpeas**, drained (keep the liquid/
aquafaba for bonus recipe)
- salt & pepper** to taste
- 10 **pita pockets**
- 1/2 cup **tomato sauce**
- 1 cup grated **cheese** ★

METHOD

Preheat the oven to 180°C.

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

Add the chopped onion and cook until it is soft and clear.

Add the mince, garlic, turmeric, cumin, coriander and chilli (if using) to the frying pan. Cook for 10 minutes or until the mince is browned. Stir in the frozen mixed vegetables and grated carrot and fry until the vegetables are cooked.

Stir the chickpeas through the mince, season with salt and pepper and remove from the heat.

Spread the pita pockets on baking trays and then spread tomato sauce over each pita pocket. Spoon the mince and vegetable mixture over each of the pita pockets and then top with cheese.

Place the pizzas in the oven and cook until the cheese has melted and the bases are crispy, about 15 minutes.

LEFTOVERS: Eat for lunch the next day.

CREAMY BACON PASTA BAKE

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1

P 1

V 1¹/₃



INGREDIENTS

½ packet **spiral pasta** ★
2 tablespoons **butter**, margarine
or vegetable spread
1 tablespoon **mustard** (optional)
4 tablespoons **plain flour**
2 cups **milk** ★
1 tablespoon **oil**
200g **bacon**, chopped
1 **onion**, finely chopped ★
3 cloves **garlic**, finely chopped or
1 ½ teaspoons crushed garlic
3 cups **frozen mixed vegetables** ★
salt & pepper to taste
1 can **cannellini beans**, drained
1 cup grated **cheese** ★

METHOD

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

Cook the pasta according to the packet instructions. Once cooked, drain, return to the pot and mix with a drizzle 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.

Heat oil in a frying pan over medium heat and stir fry the bacon and onion until the onion is soft. Add the garlic and the frozen mixed vegetables and cook for approximately 5 minutes. Season with salt and pepper and cook for another 3 minutes. Stir through the cannellini beans.

Mix the vegetables and bacon with the 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.

TIP: You can cook the pasta the day before or in the morning to save time.

LEFTOVERS: Can be frozen.

MERINGUE KISSES

READY IN
APPROX. 1 HOUR 40 MINS



INGREDIENTS

½ cup **chickpea brine** (aquafaba)
½ teaspoon **white vinegar**
⅔ cup **caster sugar**

METHOD

Preheat oven to 100°C and line two baking trays with baking paper.

Put the chickpea brine and white vinegar into a large bowl. Use an electric beater or stand mixer to beat it until you get stiff peaks.

To know if you have stiff peaks, pull your beater up out the mixture. The mixture should stand up in stiff peaks that don't move.

Once you have stiff peaks, begin adding the sugar one teaspoon at a time to the mixture while you continue to beat it. Whip it for a while after the addition of each teaspoon of sugar. Continue this process until all of the sugar is used.

Gently place the mixture in a clean piping bag. If you don't have a piping bag, you can use a small, clean plastic bag and cut off one of the corners of the bag to make a small hole.

Pipe small dollops of the meringue mixture onto the baking tray (make sure there is a bit of space between them and they don't touch each other, as they will increase in size as it cooks). Try to keep it to the size of a \$2 coin if possible. Piping the meringue will take practice; so don't worry if your meringue kisses don't look perfect—they will still taste good!

Bake the meringues in the oven for 75 minutes (1 hour and 15 minutes).

Leave the meringues in the oven once baked, with the oven off and the oven door slightly open for an additional 45-60 minutes.

Serve with fresh fruit.

TIP: If you don't have a piping or plastic bag, you can use a teaspoon to put small dollops of meringues on the tray.

The bigger the meringue kisses you make, the longer the baking time. Adjust baking time accordingly.

LEFTOVERS: Store in an airtight container.

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

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

THIS WEEK'S RECIPES

Beans in bread shells

Mongolian beef stir-fry

Honey soy chicken

Potato frittata

Sausage jambayala

BONUS RECIPE

Rice congee

SPRING WEEK 2



TIPS

We recommend making the recipes in the order they are listed. Make the beans in bread shells and the Mongolian beef stir-fry first, when your broccoli is fresh. The honey soy chicken with roasted vegetables needs to be made before the potato frittata because it uses the leftover roasted potatoes.

★ Shopping list ingredients you will be **sharing between meals** this week are: beetroot, broccoli, carrots, leek, onions, potatoes, frozen mixed vegetables, bread, cannellini beans, eggs, and brown rice.

If you are following the meal planner in order, you will have cheese leftover, which you can use this week. It is listed as a staple as you only need 1 ½ cups of grated cheese this week.

Need a quick meal? The beans in bread shells are the quickest recipe this week.

You will have 1 ⅔ cups of brown rice leftover this week. Use it to make the bonus recipe for rice congee.

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

You can use baked beans instead of the red kidney beans in the beans in bread shells if you prefer.

WEEK TWO | WIKI RUA

SHOPPING LIST

BUTCHERY

beef stir-fry – 500g
chicken drumsticks – approx. 1kg/10 drumsticks
pork sausages – 6

PRODUCE

beetroot – 4/600g
broccoli – 1
carrots – 8
leek – 1
onions – 8
potatoes – 10/1.5kg

FROZEN

frozen mixed vegetables – 1kg

GROCERY

bread, wholemeal sandwich – 1 loaf
brown rice – 1 kg (long grain)
cannellini beans – 2 cans
eggs – 12
red kidney beans – 2 cans
tomatoes, chopped – 2 cans

STAPLES FOR THE WEEK

butter or margarine
cheese
chilli powder (optional)
cornflour
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
hoisin sauce (optional)
honey
milk
mixed herbs, dried
oil – vegetable, olive or canola
paprika
pepper
rosemary – fresh or dried
salt, iodised
soy sauce
stock – chicken or vegetable (liquid or cubes)
sugar
vinegar, white

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

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

BEANS IN BREAD SHELLS

READY IN
APPROX. 40 MINS

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



INGREDIENTS

12 slices **wholemeal bread** ★
1 tablespoon **oil**
1 **onion**, finely chopped ★
3 cloves **garlic**, finely chopped or
1 1/2 teaspoons **crushed garlic**
2 cans **kidney beans**, drained
2 cans **chopped tomatoes**
2 **carrots**, grated ★
1 cup **frozen mixed vegetables** ★
1 tablespoon **paprika**
1 teaspoon **mixed herbs**
1 teaspoon **chilli powder** (optional)
1 teaspoon **sugar**
salt & pepper to taste
1 cup **grated cheese**
1/2 head **broccoli**, chopped ★

METHOD

Preheat oven to 180°C.

Roll the bread out gently with a rolling pin or a glass bottle, then ease it carefully into the openings of a pre-greased medium-size muffin tray to form cups. If you don't have muffin trays, check out the tip below for what to use instead.

Place the muffin tray into the oven and bake the bread for about 10-15 minutes, until the bread is golden.

Remove the bread shells from the oven, let them cool for a few minutes.

While the bread shells are cooking, heat oil in a large frying pan or saucepan on a medium heat. Add onion and garlic and cook until the onion is soft and clear.

Mix in the kidney beans, chopped tomatoes, carrots, frozen mixed vegetables, paprika, mixed herbs, chilli powder (if using), and sugar. Season with salt and pepper.

Bring the mixture to the boil and then reduce the heat and let it simmer for 10 minutes.

Spoon the bean mixture into the shells and sprinkle them with grated cheese.

Return to the oven until the cheese is melted.

While the bread shells are baking, place the broccoli in a pot of water and boil for 5 minutes or until tender.

Serve the bread shells with the broccoli on the side.

TIPS: If you don't have muffin tins, you can make these in ramekins or small oven-proof bowls. Or simply toast both sides of the bread and then carefully spread the sauce mixture on top of the flat bread.

You can make the bean mixture in advance. If you do, the filled bread shells will need longer in the oven in order to heat the bean mixture.

LEFTOVERS: Eat for lunch the next day.

MONGOLIAN BEEF STIR-FRY

READY IN
APPROX. 50 MINS

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



METHOD

Cook the brown rice according to the instructions on the packet. Keep warm.

Heat oil in a large frying pan or wok on a medium heat. Stir-fry the onion, garlic, and ginger for 1 minute.

Add the beef, then stir-fry for 5 minutes.

Add the broccoli, frozen vegetables, beetroot and carrots. Stir fry for an additional 5-7 minutes.

In a bowl, combine the hoisin sauce or honey, vinegar, soy sauce, water, cornflour and chilli powder, if using. Pour it over the beef mixture and simmer gently, stirring continuously until the sauce is thick.

Serve with rice.

TIP: The stir-fry is quick to cook but the cooking of the rice can take a while, so if you need to make this recipe in a hurry, cook the rice in advance and then reheat it when you need it.

Use the stalk of the broccoli as well as the florets. Cut the stalks into batons similar in size to the florets.

LEFTOVERS: Freeze any leftovers.

INGREDIENTS

2 cups **brown rice** ★
2 tablespoons **oil**
2 **onions**, finely chopped ★
3 cloves **garlic**, finely chopped or
1 1/2 teaspoons **crushed garlic**
1 tablespoon **ginger**, grated or
1 teaspoon **crushed ginger**
500g **beef stir-fry**
1/2 head **broccoli**, chopped ★
2 cups **frozen mixed vegetables** ★
2 **beetroot**, grated ★
3 **carrots**, cut into matchstick strips ★
2 tablespoons **hoisin sauce** or **honey**
2 tablespoons **white vinegar**
1/4 cup **soy sauce**
1 1/2 cups **water**
3 tablespoons **cornflour**
1 teaspoon **chilli powder** (optional)

HONEY SOY CHICKEN WITH ROASTED VEGETABLES

READY IN
APPROX. 60 MINS

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



INGREDIENTS

- 1/2 cup **soy sauce**
- 2 tablespoons **honey** (see tip)
- 1 tablespoon **ginger**, grated or
 - 2 teaspoons crushed ginger
- 2 cloves **garlic**, finely chopped or
 - 1 teaspoon crushed garlic
- 1 teaspoon **ground cumin**
- 10 chicken **drumsticks**
- 10 **potatoes**, chopped into chunks★
- 2 **carrots**, chopped into chunks★
- 2 **onions**, cut into wedges★
- 2 medium **beetroot**, chopped into chunks★
- 2 tablespoons **oil**, divided
- salt & pepper**, to taste
- 1 **onion**, finely chopped★
- 1 1/2 cups hot **water**
- 1 cup warm **chicken** or **vegetable stock**
- 3 tablespoons **cornflour**

METHOD

Preheat oven to 180°C.

In a large bowl mix together the soy sauce, honey, ginger, garlic and cumin. Add the chicken drumsticks and roll them around in the marinade

so they are well covered. Cover and set aside for 15 minutes to give the chicken time to marinate.

Place the chopped potato, carrots, onion and beetroot into a large roasting dish and toss with 1 tablespoon of oil. Season with salt and pepper and place into the hot oven. **Note:** It may look like a lot of potatoes but some of these are for the potato frittata.

Bake for approximately 30 minutes or until veggies are soft (turn veggies over after 15 minutes).

Meanwhile, heat 1 tablespoon of oil in a large frying pan on a medium heat. Add the finely chopped onion and cook until it is soft. Add the chicken drumsticks and fry for approximately 10 minutes on each side.

Add the hot water to the marinade bowl, rinse the sides with the water and then pour this liquid into the pan with the chicken. Cover and let it simmer for 10 minutes.

Combine the warm stock with the cornflour. Pour it over the chicken, bring to simmer, then reduce the heat and stir it continuously until the sauce is thick.

Remove it from the heat and let it sit for a couple of minutes.

Serve chicken with the roast veggies on the side.

TIPS: If you don't have honey, mix two tablespoons of sugar with 1 teaspoon of boiling water to make a thick paste. You can marinate the chicken up to a day in advance.

SAVE: Save 3 cups of the roasted potatoes to make the potato frittata.

LEFTOVERS: Eat for lunch the next day.

POTATO FRITTATA WITH GARLIC BREAD

READY IN
APPROX. 45 MINS

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



METHOD

Preheat oven to 180°C.

Heat the oil in a large oven-proof frying pan on medium heat. Add the onion, leek and garlic and cook until they are soft.

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

Reduce the heat, and stir in the potatoes and cannellini beans.

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

Pour the egg mixture over the vegetables. Sprinkle the grated cheese over the top.

Place the pan in the oven for 30 minutes, or until the eggs are set.

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

TIPS: If you haven't made the honey soy chicken recipe and therefore don't have leftover cooked potatoes for this one, slice 4 medium potatoes into cubes and boil until just tender.

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

LEFTOVERS: Can be frozen.

INGREDIENTS

- 1 tablespoon **oil**
- 1 **onion**, finely chopped★
- 1/2 **leek**, finely sliced★
- 2 cloves **garlic**, finely chopped or
 - 1 teaspoons crushed garlic
- 3 cups **frozen mixed vegetables**★
- 3 cups **cooked potatoes**★
- 1 can **cannellini beans**, drained★
- 9 **eggs**★
- 1/2 cup **milk**
- 1 teaspoon **rosemary**
- 1 teaspoon **mixed herbs**
- salt & pepper**, to taste
- 1/2 cup **grated cheese**

GARLIC BREAD

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

SAUSAGE JAMBALAYA

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1

P 2

V 2 1/3



INGREDIENTS

3 tablespoons **oil**, divided
 1 **onion**, finely chopped ★
 ½ **leek**, thinly sliced ★
 3 cloves **garlic**, finely chopped or
 1 ½ teaspoons crushed garlic
 1 tablespoon **paprika**
 2 cups **brown rice** ★
 1 **carrot**, grated ★
 3 cups **frozen mixed vegetables** ★
 2 cups **chicken** or **vegetable stock**
 2 ½ cups boiling **water**
 3 **eggs** ★
 6 **sausages**
 1 can **cannellini beans**, drained ★
salt & pepper, to taste

METHOD

Heat 2 tablespoons of oil in a large frying pan over a medium heat. Add the onion, leek and garlic to the pan and cook until the onion and leek are soft.

Stir in the paprika, rice, grated carrot and frozen mixed vegetables.

Pour in the stock and boiling water.

Bring to the boil, then immediately reduce to a simmer.

Put the lid on the saucepan and leave to simmer on a low heat for 30 minutes, or until the rice is cooked. If your frying pan doesn't have a lid, cover it with tinfoil.

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

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

While the eggs are cooking, heat 1 tablespoon of oil in a large frying pan or saucepan on a medium heat.

Add the sausages to the frying pan and fry until cooked, turning often. Remove from heat. Once they are cool, slice into bite-sized pieces.

Once the rice is cooked, stir through the cannellini beans and the sausages, and cook for a few minutes on a low heat until they are warmed through. Season with salt and pepper.

Serve the jambalaya with the chopped eggs sprinkled over the top.

TIP: Use the green part of the leek as well – just chop it more finely than the white part as it will take slightly longer to cook.

LEFTOVERS: Freeze any leftovers.

RICE CONGEE

READY IN
APPROX. 1 HOUR 30 MINS



INGREDIENTS

1 2/3 cups **brown rice**
 15 cups **water** or **stock**

METHOD

Place the rice and the water or stock in a large pot. Bring to the boil and then reduce it to a simmer. Leave to simmer for 90 minutes, or until it has reached a porridge-like consistency. Stir often while it simmers, to stop the rice sticking to the bottom of the pot.

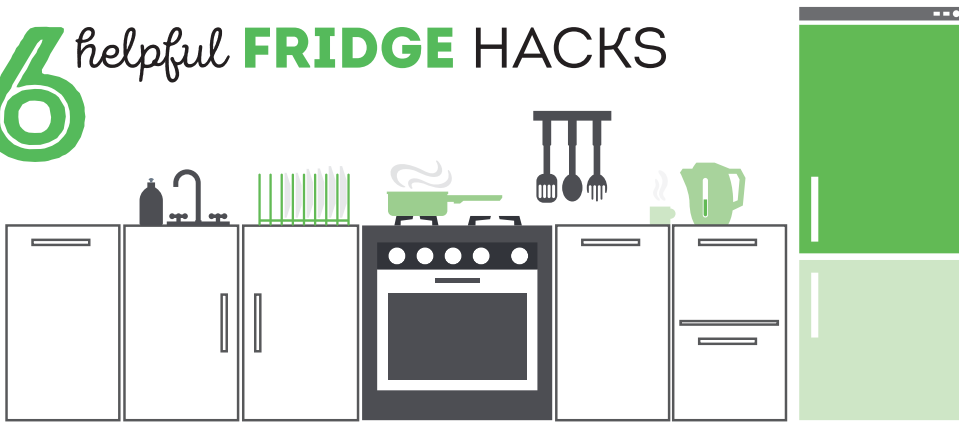
TIP: Congee is an Asian rice porridge which can be eaten for any meal, not just breakfast.

The recipe above is to make a plain congee, but you can flavour it in many different ways:

- Sauté garlic and ginger in the pot before adding the rice and water/stock.
- Add different spices or seasonings (like soy sauce)
- Garnish with things like: boiled eggs, fresh herbs, chopped spring onions, nuts or seeds, leftover chicken or other meat, finely chopped fresh vegetables, cooked Asian greens
- Add honey, maple syrup or sugar to make a sweet version. Serve it with fruit and yoghurt.

This can also be made using a slow cooker.

6 helpful FRIDGE HACKS



1 **Keep it cool:** make sure your fridge is between 1°C and 4°C.

2 **The door is the warmest part of your fridge,** so use it to store things like drinks and sauces, not your milk or cheese.

3 **Have an 'Eat Me First' shelf** where you put food that other people can help themselves to, like leftovers, food that has a short shelf and snacks for the kids.

4 **Don't overfill your fridge** as air needs to circulate in order to keep your food cold. If your fridge is too full, put some things into the freezer.

5 **Not all food belongs in the fridge** – tomatoes, onions, potatoes and bananas definitely shouldn't be kept in the fridge. Other items that don't need to be kept cold include eggs and condiments like tomato or sweet chilli sauce.

6 **Use your crisper drawers smartly** – keep your vegetables in one and your fruit in the other. This will ensure everything stays as fresh as possible.

THIS WEEK'S RECIPES

Fish cakes
Beef burgers with wedges
Donburi chicken bowl
Corn and bacon fritters
Egg fried rice

BONUS RECIPE

Sushi

SPRING WEEK 3



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



TIPS

Recipes can be cooked in any order, although we recommend cooking the fish cakes first while your fish is fresh.

You need to make the donburi chicken bowl before the egg fried rice because the egg fried rice uses cold rice, which has already been cooked in the donburi recipe.

The fish can either be bought fresh or frozen.

★ Shopping list ingredients you will be **sharing between meals** this week are: carrots, iceberg lettuce, lemon, onions, potatoes, spring onions, frozen mixed vegetables, canned corn kernels, brown rice and eggs.

If you are following the meal planner in order, you will have cheese leftover from week 1 which you can use this week. It is listed as a staple as you only need $\frac{3}{4}$ cup of grated cheese this week.

You will have some brown rice leftover. You can use it to make sushi. See the bonus recipe on page 40.

Need a super speedy meal? The egg fried rice and the corn and bacon fritters can be made in under 30 minutes.

To keep your iceberg lettuce fresh, store it in a lettuce crisper, if you have one. If you don't have one, wrap the head of lettuce in paper towels and store it in a zip lock bag.

WEEK THREE | WIKI TORU

SHOPPING LIST

BUTCHERY

beef mince – 500g
chicken breast, boneless – 500g
fish fillets, uncrumbed – 500g

CHILLED

bacon, middle – 200g

PRODUCE

beetroot – 1
carrots – 9
iceberg lettuce – 1
lemon – 1
onions, brown – 5
onion, red – 1 small
potatoes – 10/1.5kg
spring onions – 2 bunches

FROZEN

mixed vegetables – 1kg

GROCERY

black beans – 1 can
brown rice, long grain – 1kg
chickpeas – 1 can
corn kernels – 2 cans
creamed corn – 1 can
eggs – 12
hamburger buns – 6
lentils – 1 can

STAPLES FOR THE WEEK

baking powder
breadcrumbs
cheese
chilli – powder or flakes (optional)
fish sauce (optional)
flour, plain
garlic, fresh or crushed
ginger, fresh or crushed
honey
mayonnaise
mixed herbs, dried
oil – vegetable, olive or canola
paprika
pepper
raisins (optional)
rosemary – dried or fresh
salt, iodised
sesame seeds (optional)
soy sauce
sunflower seeds (optional)
tomato sauce

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

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

SUPPORTED BY



FISH CAKES WITH SALAD

READY IN
APPROX. 50 MINS

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



INGREDIENTS

- 4 medium **potatoes**, cubed★
- 2 **carrots**, sliced into rounds★
- 3 tablespoons **oil**, divided
- 1 **onion**, finely chopped★
- 1 clove **garlic**, finely chopped or 1/2 teaspoon crushed garlic
- 500g **fish fillet**, defrosted, cubed
- 2 cups **frozen mixed vegetables**★
- 1 teaspoon **mixed herbs**
- salt & pepper**, to taste
- 1 cup **plain flour**
- 2 **eggs**, beaten★
- 2 cups **breadcrumbs**
- 1/2 **iceberg lettuce**, finely sliced★
- 2 **spring onions**, chopped★
- 1 **carrot**, grated★
- 1 can **corn kernels**, drained★
- 2 tablespoons **lemon juice**★
- 3 tablespoons **mayonnaise**

METHOD

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

Place the potatoes and carrots in a large pot and cover with water. Bring the water to the boil and then reduce it to a simmer. Cook the potatoes until they are soft (approximately 15 minutes). Once soft, drain the water from the potatoes and roughly mash the potatoes and carrots together – some lumps are fine. Allow the mash to cool.

In the meantime, heat 1 tablespoon of oil in a frying pan on medium heat. Add the onion and garlic and cook until the onion is soft.

Add the fish to the frying pan and cook for 5 minutes.

Stir in the frozen vegetables and dried herbs and cook for approximately 5 minutes, or until the vegetables and fish are cooked through.

Take the fish mixture off the heat and place into a large bowl. Allow it to cool a little.

Add the mashed potatoes and carrots to the fish and season with salt and pepper.

Use your hands to form round fish patties, about the size of your palm.

Prepare a bowl with plain flour, a second bowl with the beaten eggs and a third bowl with breadcrumbs. Coat each fish cake with plain flour, then egg and transfer the egged fish cakes to the bowl of breadcrumbs. Roll the fish cake in the breadcrumbs – make sure to coat the fish cake evenly in breadcrumbs, creating a layer surrounding the whole cake. Repeat for each of the fish cakes.

FISH CAKES WITH SALAD

Place the crumbed fish cakes on the lined baking tray and brush them with 2 tablespoons of oil.

Bake the fish cakes for approximately 20 minutes in the oven, or until the breadcrumbs are golden.

While the fish cakes are cooking, make the salad by mixing the iceberg, spring onion, carrot and corn kernels in a bowl. Mix the lemon juice and mayonnaise together in a small bowl, then toss it through the salad.

Serve fish cakes with the salad.

TIP: The fish cakes can be made in advanced and then just cooked when you are ready to eat them.

LEFTOVERS: Eat for lunch the next day.



BASIC HOME KITCHEN MEASUREMENTS

3

TEASPOONS

=

1

TABLESPOON

4

TABLESPOONS

=

1/4

CUP

16

TABLESPOONS

=

1

CUP

BEEF BURGERS WITH WEDGES

READY IN
APPROX. 60 MINS

EACH SERVE GIVES: **C** 3 **P** 1½ **V** 2⅓



INGREDIENTS

6 potatoes, cut into wedges ★
5 tablespoons oil, divided
2 teaspoons rosemary
salt & pepper, to taste
1 tablespoon oil
1 onion, finely chopped ★
2 cloves garlic, finely chopped or
1 teaspoon crushed garlic
500g beef mince
1 can lentils, drained
1 teaspoon paprika (optional)
1 egg ★
2 tablespoons plain flour
6 pack burger buns, toasted
½ cup cheese, grated
2 carrots, grated ★
tomato sauce, for serving
mayonnaise, for serving
½ head iceberg lettuce, shredded ★

METHOD

Preheat oven to 190°C and line 2-3 baking trays with baking paper.

Toss the potato wedges with 2 tablespoons of oil, rosemary, salt and pepper. Evenly spread the wedges across the baking trays.

Bake the potato wedges in the oven for 15-20 minutes, then turn the wedges and bake for another 20 minutes or until golden brown.

Meanwhile, heat 1 tablespoon of oil in a small frying pan over medium heat.

Add the onion and garlic and cook until the onion is soft and clear.

Transfer the onion and garlic to a large bowl and allow it to cool completely. Add the mince, lentils, paprika and egg. Season with salt and pepper. Use your hands to mix everything thoroughly.

Use your hands to shape the mixture into patties the same size as your hamburger buns.

Lightly coat each patty in flour.

Heat 2 tablespoons of oil in a large pan on medium heat, and then place the patties in the pan.

Cook the patties for 10-12 minutes, then flip them and allow them to cook for an additional 8 minutes, or until they are cooked through.

Place a patty into each bun and then assemble your burger by adding grated cheese, grated carrot, tomato sauce, mayonnaise and shredded iceberg lettuce.

Serve the burgers with a side of potato wedges

TIP: You don't need to peel the potatoes, just scrub them well before using.

LEFTOVERS: Eat for lunch the next day.

DONBURI CHICKEN BOWL

READY IN
APPROX. 40 MINS

EACH SERVE GIVES: **C** 1 **P** ¾ **V** 2⅓



METHOD

Cook brown rice according to packet instructions. **Note:** This is a lot of rice but half of the rice will be used to make the fried rice.

While the rice is cooking, heat oil in a frying pan over a medium heat.

Add the onion and garlic and cook for 5 minutes. Then add the chicken and cook for 10-12 minutes, stirring occasionally.

Add the carrot sticks and frozen vegetables and cook for two minutes.

In a small bowl, mix together the honey, soy sauce and boiling water.

Pour the sauce into the frying pan and mix well. Put a lid on the frying pan and let it simmer for 5-10 minutes and then remove from heat.

Assemble each bowl with some rice in the bottom, topped with the chicken and vegetable mixture. Garnish each bowl with spring onion and sesame seeds (optional).

SAVE: 4 cups of cooked brown rice to make the fried rice. Cool rice quickly by spreading it over a large tray or rinsing it under cold water. Place it in the fridge as soon as possible.

TIP: If you have any salad greens or finely sliced cabbage, add them as a topping to the donburi.

LEFTOVERS: Can be frozen.

CORN & BACON FRITTERS WITH RAW ENERGY SLAW

READY IN
APPROX. 30 MINS

EACH SERVE GIVES: **C** ½ **P** 1 **V** 2



INGREDIENTS

200g middle bacon
½ cup plain flour
1 teaspoon baking powder
salt, to taste
2 eggs, beaten ★
1 can corn kernels, drained ★
1 can creamed corn
1 can black beans, drained
¼ cup grated cheese
2 spring onions, sliced ★
pepper, to taste
2 tablespoons oil

RAW ENERGY SLAW

2 carrots, grated ★
1 beetroot, grated
1 small red onion, finely chopped
½ cup raisins (optional)
4 tablespoons sunflower seeds (optional)
salt & pepper, to taste
1 tablespoon oil
2 tablespoons lemon juice ★

METHOD

Heat a non-stick frying pan over a high heat. Add the bacon and cook to your liking. Once cooked, chop into small pieces.

To make the fritters, sift the flour, baking powder and salt into a bowl and mix to combine.

Next stir in the eggs, the two cans of corn, black beans, cheese, spring onions and bacon. Season with pepper.

Heat oil in a large frying pan on medium heat.

Place spoonfuls of the fritter mix into the pan. Let the mixture fry for 2-3 minutes, or until golden on the bottom. Flip the fritters and fry for an additional 2-3 minutes or until the fritters are cooked. Continue until all of the fritters are cooked.

To make the raw energy slaw, combine the grated carrots, beetroot, chopped red onion, raisins, sunflower seeds, salt, pepper, oil and vinegar or lemon juice in a bowl. Mix well to combine.

Serve the corn and bacon fritters with a side of raw energy slaw.

TIP: Make a sauce to serve with your fritters by mixing 1 tablespoon of sweet chilli sauce with 2 tablespoons of natural yoghurt or mayonnaise.

LEFTOVERS: Eat the leftovers for lunch the next day. Any leftover fritters can be frozen.

EGG FRIED RICE

READY IN
APPROX. 20 MINS

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



INGREDIENTS

2 tablespoons oil, divided
7 eggs, beaten ★
2 onions, finely chopped ★
3 cloves garlic, finely chopped or
1½ teaspoons crushed garlic
1 tablespoon fresh ginger, finely chopped
or 2 teaspoons crushed ginger
1-2 teaspoons chilli flakes, to taste (optional)
3½ cups frozen mixed vegetables ★
1 can chickpeas, drained
4 cups cooked brown rice
4 tablespoons soy sauce
1 tablespoon fish sauce (optional)
2 spring onions, chopped ★

METHOD

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

Add the beaten eggs to the frying pan. Once they start to cook, stir them with a spoon so that they scramble. Once cooked, remove from the pan and set aside.

Return the pan to the heat and add 1 tablespoon of oil. Sauté the onion for 3 minutes, or until the onion is soft.

Stir in the garlic, ginger and chilli flakes (optional), and cook for 1 minute.

Add in the frozen mixed vegetables and the chickpeas and cook for 5 minutes. Then mix in the cooked rice, stirring regularly for 2 minutes or until any lumps are broken up.

Pour in the soy sauce and fish sauce (optional), cooking for another 2 minutes.

Stir through the scrambled eggs and cook until the rice is piping hot.

Garnish fried rice with spring onion and serve.

TIP: This recipe uses leftover rice from the donburi chicken bowl recipe as cold rice is best for making fried rice. If you don't have leftover rice, cook two cups of rice to use.

LEFTOVERS: Can be frozen.

SUSHI

READY IN
APPROX. 60 MINS



INGREDIENTS

- 1 2/3 cups brown rice
- 1/4 cup vinegar, apple cider vinegar, or rice wine vinegar
- 2 1/2 tablespoons sugar
- 1/4 teaspoon salt
- 6–10 sheets roasted sushi seaweed

FILLING SUGGESTIONS:

tinned tuna or salmon; carrot and cucumber, sliced into thin batons; omelette; avocado; leftover cooked chicken or leftover stir-fry

TO SERVE (OPTIONAL)

soy sauce, pickled ginger, wasabi, mayonnaise

METHOD

Cook the rice according to package instructions.

Mix together the vinegar, sugar, and salt in a bowl or measuring cup.

Transfer the cooked rice into a large bowl and pour the seasoned vinegar over the rice and mix thoroughly. Let the rice cool slightly before assembling.

Prepare the filling ingredients of your choice while the rice is cooling.

To assemble a 'Maki' sushi roll: place a piece of seaweed, shiny side down, on top of a sushi rolling mat, then spread an even layer of rice over the seaweed. Arrange the filling about 3/4 of the way down along the edge closest to you, in a line. Holding onto the edge, roll the seaweed and rice over the filling, add some pressure to encase the filling. Let go of the edge then continue to roll and add pressure to form a sushi roll. See tip for a method on other ways to roll sushi without a mat.

Slice the sushi roll using a very sharp knife, in a gentle back and forth sliding motion to make sure the sushi stays round.

TIP: Rolling techniques without using a mat

'Maki' sushi roll: use a thick tea towel, and plastic wrap to roll the sushi if you don't have a mat. To do this, lay the tea towel on the counter and place a piece of plastic wrap on top. Make sure that the plastic wrap is slightly larger than the size of the seaweed. Place the seaweed on the plastic wrap and follow the assembly method on step 5.

Hand rolled 'Temaki' sushi: cut the seaweed in half using clean scissors, lay the seaweed shiny side down, then spread rice on the right side of the seaweed. Place the filling on the rice diagonally pointing towards the bottom corner of the seaweed. Fold the top right corner of the seaweed over the rice and filling, pick up the sushi and continue to roll bringing the left side over to form a cone. Moisten the edge with water and seal. This method does not require cutting after rolling.

LEFTOVERS: Keep cool and eat the next day.

THIS WEEK'S RECIPES

- Chicken kebabs with pasta salad
- Potato crusted quiche
- Penne and meatballs
- Beef stir-fry wraps
- Mexican pancakes

SPRING WEEK 4



TIPS

Recipes can be cooked in any order, although we recommend cooking the chicken kebabs with pasta salad and the potato crusted quiche while the cucumber is fresh.

★ Shopping list ingredients you will be **sharing between meals** this week are: cheese, milk, cabbage, carrots, cucumber, lemon, onions, frozen green beans, frozen mixed vegetables, eggs, chopped tomatoes and penne pasta.

If you bought 1kg of cheese in week 1 you will have some left for this week. If not, you will need to purchase a small block.

Shopping tip: Beef stir-fry meat is used this week but it can be quite expensive. If it isn't on sale you can substitute it for chicken or pork instead.

Need a super speedy meal? The beef stir-fry wraps can be made in 25 minutes.

You will have half a cup of milk leftover. If you won't drink it, you can freeze it for the next time you need it. You may also have some cheese leftover. You can grate and freeze cheese.

WEEK FOUR | WIKI WHA

SHOPPING LIST

BUTCHERY

beef mince – 500g
beef stir-fry – 500g
chicken breast, boneless – 500g

CHILLED

cheese – 250g
milk, low fat – 1 litre

PRODUCE

apple – 1
cabbage – ½
carrots – 4
cucumber – 1
lemon – 1
onions – 7
potatoes – 4/600g

FROZEN

green beans – 1kg
mixed vegetables – 1kg

GROCERY

apricots, dried – 200g
corn kernels – 1 can
eggs – 12
kidney beans – 2 cans
lentils – 1 can
penne pasta – 500g
tomatoes, chopped – 4 cans
tortillas or wraps – 12

STAPLES FOR THE WEEK

breadcrumbs
chilli – powder or flakes (optional)
flour, plain
garlic – cloves or crushed
mayonnaise
oil – vegetable, olive, or canola
oyster sauce (optional)
paprika
pepper
salt, iodised
skewers – bamboo or metal
soy sauce
sugar
sweet chilli sauce (optional)

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

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

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CHICKEN KEBABS WITH PASTA SALAD

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1

P 3/4

V 3 1/3



Place the chicken pieces in a bowl and season with salt and pepper. Add the garlic and 1 tablespoon of oil. Mix well.

To make the kebabs, thread an onion wedge, a piece of chicken and then a dried apricot onto the skewer. Continue until the skewer is nearly full. Repeat this method until all of the chicken has been used up.

Place the kebabs on the baking tray and bake for approximately 25 minutes, turning them over halfway through the cooking time. **Note:** the larger the pieces of chicken, the more time the kebabs will need in the oven to cook. To check if the chicken is cooked, poke a piece with a knife. If the juices are clear, then it is cooked. If there are still signs of blood, it will need to be cooked for longer.

While the kebabs are cooking, heat 1 tablespoon of oil in a pan on medium heat. Add the finely chopped onion and cook until translucent.

Add the frozen vegetables and beans and sauté for 5 minutes or until they are cooked.

In a large bowl toss together the vegetable mix, cucumber and cooked pasta. Season with salt and pepper, add the lemon zest and squeeze over the lemon juice.

Serve the kebabs with the pasta on the side.

TIP: If you don't have skewers, toss the chicken, apricots and onion wedges together on a baking dish and bake for approximately 25 minutes (turning the ingredients halfway through), or until the juices run clear.

LEFTOVERS: Eat the leftovers for lunch the next day.

INGREDIENTS

- 1/2 packet penne pasta ★
- 500g chicken breast, chopped into bite-size pieces
- salt & pepper, to taste
- 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
- 2 tablespoons oil, divided
- 2 onions, cut into wedges ★
- 200g dried apricots
- 1 onion, finely chopped ★
- 2 cups frozen mixed vegetables ★
- 1 cup frozen beans ★
- 1/2 cucumber, sliced ★
- juice and zest of half lemon ★
- 12 skewers (metal or bamboo)

METHOD

Cook half of the packet of pasta according to instructions on the packet. Once cooked, drain and set aside.

While the pasta is cooking, preheat oven to 180°C and line a baking tray with baking paper.

SHARED INGREDIENT ★

44

POTATO CRUSTED QUICHE WITH SALAD

READY IN
APPROX. 60 MINS

EACH SERVE GIVES:

C 1/2

P 1 1/2

V 3 1/3



over 1 tablespoon of oil. Use clean hands to toss the potatoes so that all of the potatoes are covered in oil. Place the sliced potato in a single layer on two baking trays. Bake until the potatoes are tender but not crispy, about 10 to 15 minutes.

Meanwhile, heat 1 tablespoon of oil in a frying pan over a medium heat. Add the onion and cook until it's soft. Add the garlic, green beans, corn kernels and cook for 5 minutes. Mix through sweet chilli sauce, if using.

Grease a pie plate or baking tray with a little butter, margarine or oil. Use the sliced potato to line the sides and bottom, making sure that the potato pieces are overlapping. Try to leave some of the potato poking out over the top of the dish.

Pour the vegetables into the potato-lined dish and then spread them around evenly.

Whisk the eggs, milk, salt and pepper in a bowl and stir in half of the cheese. Pour the eggs over the vegetables. Sprinkle the remaining cheese on top.

Place the quiche in the oven and bake it until it is just set in the centre, approximately 30 minutes.

Once cooked, remove from the oven and allow to cool slightly.

While the quiche is cooling, make the salad by mixing the shredded cabbage, sliced cucumber and grated apple together. Mix the lemon juice and mayonnaise together and toss through the salad. Serve the quiche with a side of salad.

TIP: You can precook the potatoes in the microwave.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 4 potatoes, finely sliced
- 2 tablespoons oil, divided
- 1 onion, finely chopped ★
- 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
- 3 cups frozen green beans, defrosted and chopped ★
- 1 can corn kernels, drained
- 2 tablespoons sweet chilli sauce (optional)
- 8 eggs ★
- 1 1/2 cups milk ★
- salt & pepper, to taste
- 1 1/2 cups grated cheese ★
- SALAD**
- 1/4 cabbage, shredded ★
- 1/2 cucumber, finely sliced ★
- 1 apple, grated
- 1 teaspoon lemon juice ★
- 1/4 cup mayonnaise

METHOD

Preheat the oven to 180°C.

Place the sliced potatoes in a bowl and drizzle

SHARED INGREDIENT ★

45

PENNE AND MEATBALLS

READY IN
APPROX. 50 MINS

EACH SERVE GIVES:

C 1

P 1½

V 1½



METHOD

Cook pasta according to instructions on the packet. Once cooked, drain and keep warm.

In a bowl, combine the mince and lentils with half of the onion and garlic. Add the breadcrumbs, egg and season with salt and pepper. Use clean hands to mix it well, then roll the mixture into small balls, slightly larger than a \$2 coin.

Heat oil in a large frying pan over a medium heat. Add the meatballs and cook them for 3-5 minutes or until brown on each side.

Add the remaining garlic and onion to the pan and cook until the onion is soft.

Stir in the chopped tomatoes, sugar and frozen mixed vegetables. Allow the mixture to simmer for approximately 10 minutes, stirring occasionally. Season to taste.

Distribute the pasta between the bowls, top with the meatball sauce and sprinkle over the grated cheese.

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

LEFTOVERS: Can be frozen.

INGREDIENTS

- ½ packet penne pasta ★
- 500g beef mince
- 1 can lentils, drained
- 1 onion, finely chopped ★
- 3 cloves garlic, crushed or
1½ teaspoons crushed garlic
- ½ cup breadcrumbs
- 1 egg, lightly beaten ★
- salt & pepper, to taste
- 1 tablespoon oil
- 2 cans chopped tomatoes ★
- 1 teaspoon sugar
- 2 cups frozen mixed vegetables ★
- 1 cup grated cheese ★

BEEF STIR-FRY WRAPS

READY IN
APPROX. 25 MINS

EACH SERVE GIVES:

C 2

P ¾

V 3



METHOD

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

Add the beef and garlic and stir-fry for approximately 5 minutes or until the beef is browned.

Add the carrots, beans and mixed vegetables to the pan and stir fry for 5 minutes.

Mix the soy, oyster and sweet chilli sauces together and pour over the beef. Mix well and allow it to cook for a couple of minutes.

To make the wraps, place the shredded cabbage in the middle of the wrap or tortilla, top with the beef stir-fry, then roll up.

LEFTOVERS: Eat for lunch the next day.

INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped ★
- 500g beef stir-fry
- 3 cloves garlic, finely chopped or
1½ teaspoons crushed garlic
- 2 carrots, cut into sticks ★
- 2 cups frozen green beans ★
- 2 cups frozen mixed vegetables ★
- ¼ cup soy sauce
- ⅓ cup oyster sauce (optional)
- 1 tablespoon sweet chilli sauce (optional)
- ¼ cabbage, shredded ★
- 12 tortillas or wraps

MEXICAN PANCAKES WITH GREEN BEANS

READY IN
APPROX. 60 MINS

EACH SERVE GIVES: **C** 1 **P** 2 **V** 3½



GARLIC GREEN BEANS

1 tablespoon oil
3 cups frozen green beans★
3 cloves garlic, finely chopped or
1½ teaspoons crushed garlic
salt & pepper, to taste

METHOD

PANCAKES

To make the pancake batter sift the flour and salt into a large bowl. Whisk the eggs in a separate bowl. Then add milk, water and 4 tablespoons of oil to the eggs and mix well. Tip the liquids into the bowl with the flour and whisk until smooth.

Heat a splash of oil in a large frying pan over a medium heat. Pour half a cup of the pancake batter into the pan. Either pick up the pan and tilt it so that the mixture spreads or use a spoon to help spread the mixture to form a thin and round pancake.

When large bubbles form on the surface of the pancake, flip it over and cook until lightly golden on the other side. Repeat the same process until all of the batter is used. Set aside.

PANCAKE FILLING

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

Add the garlic, kidney beans, chopped tomatoes, sugar, salt, pepper, paprika and chilli flakes (optional). Mix well and let it simmer for approximately 5 minutes.

Add the carrots and frozen vegetables and allow it to simmer for another 5 minutes.

INGREDIENTS

PANCAKES

2 cups plain flour
salt, to taste
3 eggs★
2 cups milk★
½ cup warm water
4 tablespoons oil, for the batter
2 tablespoons oil, for cooking

PANCAKE FILLING

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

MEXICAN PANCAKES WITH GREEN BEANS

ASSEMBLING THE PANCAKES

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

Add 3-4 tablespoons of fillings on to one half of each pancake and roll them into a tight cylinder.

Put the pancakes into the baking dish. Spread the remaining filling on top of the pancakes, sprinkle with cheese and bake for 15-20 minutes.

GREEN BEANS

While the pancakes are in the oven, cook the green beans. Heat the oil in a medium frying pan over a medium heat.

Add the beans and garlic and cook for 5 minutes or until the beans are cooked. Season with salt and pepper.

Serve the pancakes with the green beans on the side.

TIPS: You can make the pancake batter quickly by adding all the pancake ingredients (but only the first measure of oil) in a blender and processing it until smooth.

You can make the pancakes and filling in advance.

LEFTOVERS: Can be frozen.



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.

USE YOUR LOAF

20 million loaves of bread are thrown away in New Zealand every year!

That's more than enough bread to make sandwiches for every school student in New Zealand for over a year.

WE WASTE BREAD BECAUSE IT GOES STALE OR MOULDY, OR BECAUSE WE (OR OUR KIDS) DON'T EAT THE BREAD ENDS AND CRUSTS. FOR MANY FAMILIES, THEY CAN BE WASTING A LOAF OF BREAD A MONTH.

HERE'S HOW YOU CAN USE YOUR LOAF:

- Store bread in your freezer to keep it fresh and stop it growing mould. Bang the loaf gently on the bench before you pop it in the freezer – this will make it easier to separate the slices once it is frozen.
- Make sandwiches using frozen bread – it will be thawed by lunch time.
- Encourage your kids to eat their crusts.
- Don't throw away your crusts and bread ends. Turn them into breadcrumbs. Keep them in the freezer until needed.
- Use bread to make a meal – use it to make a pie, French toast, cheese rolls, mini quiches. See our 'meal in a mug' recipes on the next page.

If you've got hungry mouths to feed, this recipe is for you. Make a meal in a mug in only a few minutes using bread and a few pantry staples. These can be sweet or savoury, and can be eaten for breakfast, lunch, dinner or a snack – whatever you need! It's **quick** and **easy** to make, and you can easily adjust the flavourings to use up what you have.



CHEESY AS

2 tablespoons **tomato sauce** (or **relish, chutney, mustard** or **sweet chilli sauce**)
2 slices **bread**
1 **egg**
¼ cup **milk**
Pinch of **salt** and **pepper**
2 tablespoons **grated cheese**
2 slices of **ham**, roughly chopped
Optional toppings: **sour cream, pesto, nuts, herbs**

- Spread the tomato sauce on both slices of bread, then cut each slice into nine squares.
- Break the egg into a mug, then add milk, salt and pepper and beat well with a fork.
- Add the remaining ingredients in alternating stages to the mug, starting with the cheese, then ham and a few squares of bread creating layers; set aside some cheese to go on the top.
- Press the bread pieces in the mug until it is covered with the egg and milk mixture.
- Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
- Eat it as is, or top with your choice of topping.

TIPS

- Any deli meat can be used for this recipe or leftover roast chicken.
- For a vegetarian version, try adding sweetcorn or other finely chopped vegetables.

HOW TO MAKE A MEAL IN A MUG



SWEET AS

2 tablespoons spread of your choice (**jam, peanut butter, Nutella, honey** etc.)
2 slices **bread**
1 **egg**
¼ cup **milk**
½ teaspoon **sugar** (or **honey, maple syrup** or **golden syrup**)
½ teaspoon **vanilla essence** (optional)
1 tablespoon optional add ins: **chocolate chips, sliced banana, berries** etc.

- Spread the jam (or other spread) on both slices of bread, then cut each slice into nine squares.
- Break the egg into a mug, then add the milk, sugar and vanilla. Beat well with a fork.
- Place the bread pieces in the mug and push it down until it is covered with the sweet egg and milk mixture. If using optional extras, sprinkle them in between the layers of bread.
- Microwave for one and a half minutes. If it looks too soft or is too runny at the bottom, microwave for another 30 seconds.
- Eat it as is, or top with ice cream, yoghurt, or your favourite sweet sauce.

TIPS

- Spices, such as cinnamon or nutmeg, can be added instead of the vanilla.
- For a different version, spread butter on the bread and then sprinkle with sugar and cinnamon.

For more great recipes visit
lovefoodhatewaste.co.nz

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