



 JUST
COOK! 
Healthy ageing

RECIPE BOOK

Recipes for 1-2 people

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GLOSSARY OF **COOKING TERMS**

Abbreviations

C	Cup
t	Teaspoon
T	Tablespoon
g	Grams
kg	Kilogram
mg	Milligrams
ml	Millilitre
L	Litre
°C	Degree Celsius
Pkt	Packet

Kitchen Measures

1 teaspoon	=	5 ml	
2 teaspoons	=	10 ml	
3 teaspoons	=	1 T	
1 tablespoon	=	15 ml	
¼ Cup	=	4 T	= 65 ml
½ Cup	=	8 T	= 125 ml
1 Cup	=	16 T	= 250 ml
4 Cups	=	1000 ml	= 1 Litre

BAKE: To cook in an oven at 180°C.

BATTER: A mixture containing flour and liquid thin enough to pour.

BEAT: To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer.

BLANCH: To immerse in rapidly boiling water and cook slightly.

BLEND: To mix ingredients together gently with a spoon, fork, or until combined.

BOIL: To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface.

BROWN: To cook over medium or high heat until the surface of food browns or darkens.

CHOP: To cut into small pieces.

DICE: To cut into small cubes.

DRAIN: To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container.

GRATE OR SHRED: To scrape food against the holes of a grater making thin pieces.

GREASE: To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking.

GRILL: To cook on a grill over direct heat. This option on an oven radiates heat downwards only.

JULIENNE: To cut vegetables, fruits, or cheese into thin strips.

KNEAD: To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands.

MARINATE: To soak food in a liquid to tenderise or add flavour to it (the liquid is called a “marinade”).

MASH: To squash food with a fork, spoon, or masher.

MINCE: To cut into very small pieces, smaller than chopped or diced pieces.

MIX: To stir ingredients together with a spoon, fork, or electric mixer until well combined.

POACH: To cook very gently in hot liquid just below the boiling point.

PREHEAT: To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes).

PUREE: To mash foods until perfectly smooth by hand. Rubbing through a sieve, food mill, or by whirling in a blender/food processor will achieve this.

ROAST: To cook by dry heat in an oven at 180°C and above.

SAUTÉ: To cook quickly in a little oil, butter, or margarine.

SEASON: To add salt and pepper to the food to bring out the flavour.

SIMMER: To cook in liquid over low heat (low boil), so that bubbles just begin to break the surface.

SKEWER TEST: For baked goods. Insert a steel or bamboo skewer into the food. If it comes out clean the food is cooked. If batter or crumbs stick to it, it needs to be cooked longer.

STEAM: To cook food over steam without putting the food directly in water (usually done with a steamer).

STIR FRY: To quickly cook small pieces of food over high heat while constantly stirring the food until it is cooked through (usually done with a wok or deep fry pan).¹

Breakfast Foods

Porridge Serves 2

1 cup Rolled oats
2 T Ground linseed
2 cups Milk or water

Toppings

2T Yoghurt
1 large Banana (or fresh fruit of choice)
2 T Coconut
2 T Walnuts (chopped)

Method

Place oats, linseed and milk or water in a saucepan and bring gently to the boil. Stir occasionally. Reduce heat and cook for a further 1-2 minutes.

Pour into bowls. Add yoghurt and top with sliced banana, chopped walnuts and coconut.

Microwave Method

Place oats, linseed and milk or water in a deep microwave proof container. Cook uncovered on high power for 2 minutes. Stir well then cook for another 2 minutes on medium power. Pour into bowls. Add yoghurt and top with sliced banana, chopped walnuts and coconut.



Fruit Smoothie Serves 2

1½ cup Milk
1 cup Yoghurt
1 Banana
½ cup Frozen berries (or tinned apricots, peaches)
2 t Honey

Method

Place all the ingredients together in a blender or food processor. Serve immediately.



Tip: use frozen bananas or avocado to make a delicious change.

Mushroom, Tomato & Cheese Omelette

Serves 1

Ingredients

2 t Oil, margarine or butter
2 Mushrooms (sliced)
1 Tomato (diced)
½ Red Onion (peeled and finely sliced)
2 Eggs
1 T Milk
2 T Edam cheese (grated)
Salt and pepper to season



Optional: Use other fillings per your preference e.g. ham and spinach.

Method

Lightly cook tomato, onion and mushrooms in 1 teaspoon of oil. Remove from pan. Lightly beat eggs with milk. Add salt and pepper to season.

Heat the omelette pan over a medium heat. Add 1 teaspoon of oil and pour in the egg mixture. Cook over medium heat, lifting the mixture with a spatula so the uncooked egg runs underneath.

When the mixture is set spread the cooked vegetables on half of the omelette. Sprinkle with grated cheese. Loosen the omelette from the pan and fold in half. Turn onto a warm plate

Loosen the omelette from the pan and fold in half. Turn onto a warm plate. Garnish with finely chopped parsley.

Tip: If making for 2 people, double the ingredients and select a larger fry pan.

Salads & Dressing

Lemon Salad Dressing Makes ½ cup

Ingredients

3 T Sour cream
2 t Grainy mustard
½ cup Plain yoghurt (unsweetened)
1T Lemon juice
Pinch of salt and pepper

Method

Place all ingredients together in a jar and mix until smooth.
Store unused dressing in the refrigerator for up to 3 days.

Tip: Either mix dressing immediately before serving or serve the dressing separately.



Summer Salad

Choose lettuce and at least three of the following ingredients:

Tomato (diced)
Red, green, yellow
pepper (de-seeded and
sliced)
Cucumber (sliced)
Avocado (diced)
Carrot (grated)
Bean sprouts
Red onion (sliced)
Olives or gherkin
(sliced)



Method

Wash lettuce, shake off excess water and tear into pieces. Mix all ingredients in a bowl and chill slightly before serving. Serve with lemon salad dressing.

Tip: Add croutons to the salad for extra crunchiness (for recipe see Page 15).

Mexican Salsa Salad Serves 2

Tangy Salad Dressing

4 T	Lemon juice
4 T	Olive oil (or oil of choice)
1 t	Sugar
1 t	Minced garlic
2 t	Grainy mustard
1 t	Salt
Pinch of	Black pepper

Method

Put all ingredients together in a screw top jar and shake well.
Store unused dressing in the refrigerator.

Mexican Salad

1 can (425g)	4-Bean mix, drained
1 can (410g)	Whole kernel corn, drained
1 small	Red onion, finely sliced
3 T	Mint, chopped
3 T	Parsley, chopped
3	Spring onions, thinly sliced
¼	Medium cucumber, diced
2 large	Tomatoes, diced
1	Red pepper, diced
2 T	Sesame seeds, toasted (optional)
1	Avocado, diced (optional)

Method

Place all ingredients in a bowl. Toss lightly with tangy salad dressing and serve.

This makes a large salad. Place left overs in a sealed container in fridge. Delicious for lunch or dinner.

Tip: Mexican Salsa Salad goes well with Chilli Con Carne (for recipe see Page 29).



Beetroot, Feta & Balsamic Salad Serves 2

Balsamic Dressing

2 T Olive oil (or oil of choice)
2 T Balsamic vinegar
1 clove Garlic crushed
1 t Honey
1 t Grainy mustard
Salt and black pepper to season

Method

Whisk all the ingredients together until all ingredients combine and turn glossy.

Tip: Alternatively, you can use store bought Light Balsamic Salad dressing or make dressing using freshly squeezed lemon juice instead of balsamic vinegar

Salad

½ can (450g) Tinned beetroot, diced
50 g Feta cheese (diced small)
½ Capsicum (Thinly sliced)
1 handful Rocket or spinach leaves (washed)
2 T Sunflower seeds
Parsley to garnish

Method

Drain the beetroot in a colander. Place diced beetroot, feta, sliced capsicum, sunflower seeds and rocket leaves in a medium sized bowl. Pour balsamic dressing over the salad and toss lightly.

Garnish with finely chopped parsley and refrigerate until use.

Tip: You can use freshly cooked diced beetroot instead of tinned to produce a brighter looking salad.

To prepare beetroot for cooking, wash, remove ends and quarter beetroot. Place beetroot in a saucepan with sufficient water to cover. Cover and simmer until tender.



Roast Vegetables & Wholegrain Salad Serves 4

Ingredients

- 1 cup Cooked brown rice/couscous/
bulgur wheat
- 1 Red onion (thickly sliced)
- 1 cup Pumpkin (diced)
- 1 Courgette (thickly sliced)
- 1 Red and yellow capsicum (thickly diced)
- 1 T Olive oil (or oil of choice)
- Salt and pepper for seasoning
- Tangy lemon salad dressing (Page 11)



Method

Pre-heat oven to 200 °C. Cook the rice or couscous according to instructions on the packet.

Season the chopped vegetables in salt, pepper and olive oil. Place vegetables in a baking tray. Roast for 25 - 30minutes, turning occasionally, until vegetables are tender. Cool.

To serve, toss cooked rice, roasted vegetables and dressing together in a bowl. Garnish with fresh herbs.

Tip: You can use other root- vegetables e.g. Kumara, carrots, potatoes.

Winter Slaw

Ingredients

Red or White Cabbage and **at least 3 ingredients** from list below:

- Carrot, grated
- Apple, diced
- Celery, chopped
- Red or green pepper, thinly sliced
- Parsley, chopped
- Raisins
- Sesame and sunflower seeds (lightly toasted)



Method

Wash vegetables.

Finely slice the cabbage and place in bowl. Add remaining salad ingredients of choice.

Add dressing and mix well. Sprinkle with sesame and sunflower seeds. Garnish with fresh herbs or sliced spring onion.

Dressing: Use a pre made mayonnaise, supermarket mayonnaise or tangy lemon salad dressing (page 11)

Soups

Thai Kumara, Pumpkin & Lentil Soup

Serves 2

Ingredients

1 small	Kumara
¼ small	Butternut
pumpkin	
1 Small	Onion
1 T	Vegetable oil
¼ cup	Dried red lentils
½ can (125g)	Crushed or
chopped tomatoes	
1 t	Garlic (minced)
1 t	Red curry paste
½ can (125g)	Lite coconut milk
350 ml	Boiling water
Salt and pepper to taste	
Small handful of chopped herbs to garnish	



Method

Peel and cut kumara, pumpkin and onion into small chunks.

In a large saucepan sauté onion, garlic, lentils and curry paste in the oil.

Add tomato, kumara, pumpkin and water. Simmer gently for approximately 30 minutes or until the lentils and vegetables are soft.

Remove from heat and puree using a stick blender (or mash with potato masher). Check seasoning and add salt to taste.

Stir through coconut milk. Garnish with herbs and serve warm.

Serve with croutons or toasted pita bread.

Use the leftover coconut milk in the chia seed puddings (refer sweet treats section) and tomatoes in a meat stew or pasta sauce.

Croutons Serves 2

Ingredients

2 slices	Wholemeal Bread
1 T	Olive Oil



Method

Preheat oven to 160 °C. Cut bread into small cubes. Place the cut bread into a baking tray.

Drizzle with oil and bake for 10 - 15 minutes or until golden. Let cool.

Store croutons in a covered container or plastic bag. ***Serve in soups or salads***

Carrot & Coriander Soup Serves 2

Ingredients

1T Oil
1 t Ground coriander
1 t Minced garlic
3 large Carrots (peeled and diced)
1 small Onion (chopped)
500 ml Vegetable stock
¼ cup Milk
Salt and pepper to taste

Optional: Fresh coriander leaves (to garnish)

Method

Heat the oil in a large pot. Add onion, garlic, carrot and ground coriander and sauté for 3-4 minutes.

Add vegetable stock and simmer for 10- 15 minutes or until the carrots are soft.

Puree the mixture and add milk. Heat without bringing to boil.

Adjust the seasoning to taste.

Serve warm with sprinkled coriander on top.

Tip: You could easily double this recipe and freeze some for another meal.

Vegetable stock can be purchased in vacuum packed containers or made using 1 t of vegetable stock powder per cup of hot water.



Quick & Easy Minestrone Soup Serves 2-3

Ingredients

1 T Oil
2 t Minced garlic
1 small Onion (diced)
1x 425g can Tomatoes (chopped /diced)
1 ½ t Vegetable stock powder
1 ½ cups Water
1 t Dried mixed herbs
1/3 cup Dried pasta
½ cup Mixed frozen vegetables
1x 400g can Mixed beans or red kidney beans (drained)
Salt and pepper to taste.
Juice of ½ lemon
2 T Parmesan or tasty cheese

Small handful of fresh herbs to garnish.

Method

Heat oil in a large saucepan. Add onion and garlic and cook for 2-3 minutes or until soft.

Add tinned tomatoes, vegetable stock powder, water and dried herbs. Bring to boil.

Stir in pasta and cook for 10-15 minutes or until pasta is cooked.

Add frozen vegetables and tinned beans. Cook for another 3 minutes or until they are heated through. Add lemon juice.

Adjust seasonings to taste.

Sprinkle with grated cheese and finely chopped fresh herbs.

Serve warm crusty bread

Tip: Substitute fresh vegetables such as tomatoes, beans, courgettes and red peppers for tinned and frozen foods when plentiful and cheap. Add 100g diced tofu to create a protein rich meal.



Rice & Pasta

Rice Serves 2

Ingredients

1 cup	Uncooked rice
2 cups	Water
½ t	Salt

Rinse your rice: its good practice to rinse rice in a strainer before cooking. This will rinse off any dusty starch on the surface of the rice.

Absorption method

In a saucepan with a good fitting lid bring water and salt to the boil. Add rice and stir for 1 minute. Cover and reduce heat to medium low and cook for 15- 18 minutes. When done, the rice will be firm but tender. Remove from heat and fluff with a fork.

Microwave method

Place the rice and water in a microwavable bowl and microwave high for 13-15 minutes. Rice is done when it's no longer crunchy and the liquid is absorbed.



Pasta Serves 2

Ingredients

½ cup	Dried pasta
4 cups	Water
½ t	Salt

Hint: ½ cup of dried pasta makes 1 – 1 ½ cups of cooked pasta. Follow the cooking time suggested on the packet as cooking times differ.



Method

Fill a medium saucepan with water, add salt and bring to boil. Add pasta and boil uncovered stirring occasionally to avoid pasta sticking. Pasta is done when tender but still firm to the bite. Tip the pasta into a colander to drain off water.

Pasta with Fresh Vegetable & Tomato Sauce

Serves 2 – 3

Ingredients

- 1 Courgette (grated)
- ½ Carrot (grated)
- 1 Red pepper (diced)
- 1 Onion (diced)
- 2 Garlic cloves (finely chopped) or 1 t minced garlic
- 3 Tomatoes or 1 can of tomatoes
- 1 T Oil
- 2 slices Bacon (diced)
- 1 t Oregano (dried)
- 1 t Vegetable stock powder or salt and pepper to season
- 150 g Dried pasta

To serve:

- Fresh basil leaves
- 80 g Tasty cheese

Method:

Wash and trim ends off carrots and courgettes. Grate. Cut red peppers in half, remove seeds and slice thinly. Peel and finely chop onion and garlic. Blanch raw tomatoes in boiling water for 1 minute. Plunge into chilled water and peel away skins. Chop tomatoes roughly. Finely slice the bacon.

Heat oil in a fry pan (moderate heat) and sauté onion for 2 minutes. Add diced bacon and garlic cook for a further 3-4 minutes.

Add diced tomatoes, red peppers, dried oregano, grated vegetables and simmer until sauce has thickened. Add torn basil leaves.

Cook dried pasta as per recipe above.

To serve: Place drained pasta in bowl, pour over vegetable sauce, top with grated cheese and torn basil leaves.

Variations: Add seasonal vegetables such, mushrooms, pumpkin and eggplant to add variety



Healthy Bites

Savoury Muffin Quiches Serves 8

Ingredients

Filling:

2 Eggs
½ cup Creamed corn (can)
½ Capsicum (finely diced)
½ cup Edam cheese (Grated)
2 T Parsley, chives or spring onions (chopped)
Salt and pepper to taste

Base:

8 Slices wholemeal bread (crust removed)
Marmite or vegemite (to spread)

Method

Preheat oven at 190°C.
Mix all the filling ingredients together in a bowl and set aside.
Flatten the bread using a rolling pin. Spread Marmite or Vegemite on one side of the bread.
Lightly grease muffin tins with a pastry brush and oil or spray.
Place the bread into the oiled muffin pan with the spread side facing up. Spoon the filling into the base.
Bake in oven for 15 - 25 minutes.

Tip: Add left over creamed corn to soup, frittata, quiche, savoury muffin or serve with an omelette.
Crusts can be placed in the oven and baked to make breadcrumbs while the quiches are cooking



Vegetable & Tuna Fritters Serves 2

Ingredients

1 Lemon
2 Eggs
6 T* Flour
2 T Vegetable Oil
1 small can (95g) Tuna (Liquid drained)
1 ½ Cups Freshly grated carrots and courgettes (squeeze and remove excess juice from veg) **

Salt, pepper and lemon zest for flavour

Method

Finely grate the skin of one lemon. Mix the eggs into flour until just combined. Stir in the tuna, vegetables, lemon zest and season with salt and pepper.

Heat the vegetable oil in a frying pan over medium heat.

Place a spoonful of the mixture into the preheated pan. Cook until golden brown. Flip gently and cook on the other side until golden brown.

Serve warm with your choice of salad.

*Measurements are level

** This recipe also works well with creamed corn



Pea Pesto

Ingredients

1 cup	Frozen peas (regular, baby, minted or plain)
3 T	Grated parmesan cheese
2 cloves	Garlic
1 T	Lemon juice
½ cup	Mint (or basil, parsley)
2 T	Olive oil
Salt and pepper to taste	
¼ cup	Cashew nuts (or roasted almond, walnuts)



Method

Cook the peas in a small saucepan of water until soft (don't overcook). Drain and set aside.

Place parmesan cheese, garlic, lemon juice, mint, salt and pepper in blender and mix until combined. With the blender going add cooked peas and stream in the olive oil. Blend until the desired consistency is achieved.

Serve warm stirred through pasta or cooled with crackers, pita crisps, fresh bread, or vegetable sticks as part of a platter.

Tip: To make food platter, include cherry tomatoes, avocado slices, olives, smoked fish or cured meats and crackers / pita crisps.

Spinach, Tomato, Cheese & Onion Toasties Serves 1

Ingredients

2 slices	Wholegrain bread
1 t	Margarine
¼ cup	Spinach
½	Tomato (sliced)
¼ small	Red onion
2 T	Edam cheese (grated)



Method

Pre-heat oven grill to 190°C.

Spread the margarine on the bread slices. Place the fillings on one slice of bread then top with another slice. Toast in oven turning over half-way through, for 3-5 minutes, or until golden.

Other toasties options:

- Canned Tuna with tomato, red onion and cheese
- Baked beans with cheese and spring onions
- Mushrooms, tomato, cheese and red onion
- Capsicum, cheese and tomato

Serve toasties with a small fresh salad on the side.

Tip: Alternatively use an electric toasty pie maker for a quick and easy option.

Main Meals

Chicken Stir-Fry Serves 2

Marinade

½ t	Minced fresh Garlic
½ t	Minced fresh Ginger
½ t	Corn Flour
1 T	Water
1 T	Light Honey Soy Sauce (light soy sauce with ½ tsp honey)
1 T	Oil

Marinade option: instead of making a marinade, use 1 packet of Maggi Stir-fry Creations.

Ingredients

200g	Chicken breast, sliced evenly into thin strips
3 cups	Seasonal vegetables cut into even sized pieces: (courgette, capsicum, green beans, celery, carrots, spring onions, bok choy, cauliflower or broccoli). Alternatively use frozen stir fry vegetables
1 T	Oil
2 T	Coriander leaves, sliced spring onions or mung beans
1 T	Sesame seeds

Method

Place all of the marinade ingredients (except oil) in a bowl, add chicken and leave for 10 minutes. If using a pre-prepared marinade follow packet instructions.

Prepare vegetables.

Heat fry pan or wok over a medium heat, add oil and vegetables and cook for 5-6 minutes until tender. Start with longer cooking vegetables e.g. carrots, celery, green beans, capsicum, courgettes, broccoli and finish with quick cooking vegetables e.g. courgettes, bok choy, capsicum and mushrooms). Remove vegetables from pan.

In the same pan cook chicken with marinade for approximately 5-6 minutes or until juices run clear. When chicken is cooked return vegetables to pan serve.

Garnish with fresh coriander leaves, garden herbs, spring onions or mung beans.

Serve over rice, pasta or noodles.



Honey Mustard Baked Salmon Serves 2

Ingredients

4 T	Wholegrain Mustard
2 T	Honey
2 T	Lemon Juice
1 t	Lemon zest
2	Salmon Fillets
2 T	Capers, diced

Method

Pre-heat oven to 220°C.

In a small bowl mix, together wholegrain mustard, honey, lemon juice, capers and rind.

Rub the honey mustard mixture over the flesh of the salmon fillets and place flesh side up on an oven tray lined with baking paper.

Bake for 8 - 12 minutes (depending on thickness) until opaque in appearance or until covered with small “white beads” on top.

Transfer salmon to serving plate. Serve with mashed potato and side salad.

Microwave option

Prepare salmon as above and place in a microwave-safe dish.

Cover and cook on medium-high power for 4-6 minutes. Allow to stand for 2 minutes before serving.

Serve with mashed herb potatoes, steamed vegetables or a fresh salad with lemon salad dressing.



Chilli Con Carne Serves 2

Ingredients

4 t	Oil
1 small	Onion (peeled and diced)
½ t	Garlic (minced)
250 g	Lean beef mince
2 T	Sweet chilli sauce or a pinch of chilli
1 can (420g)	Baked beans
2 T	Tomato paste
½ cup	Water, red wine or beef stock
2 cup	Vegetables (finely chopped carrots, capsicums, mushrooms, courgettes)
Salt and pepper to taste	

Method

Heat oil in a saucepan. Add onion and garlic. Cook for 2 – 3 minutes or until onion is golden.

Add mince and continue cooking until mince is browned and no longer in clumps.

Add chilli powder or chilli sauce, baked beans, tomato paste and water (or wine or beef stock). Cook over a gentle heat for 10 minutes.

Add vegetables and extra water if necessary and cook for further 10 – 20 minutes.

Check seasoning and adjust to taste.

Garnish with topping of choice (tomato salsa, sour cream, grated cheese, chopped herbs, and pita crisps).

Serve with cooked rice or mashed potatoes.

Tip: Carrots and courgettes can be grated to make it easier to cook and eat. Leave skin on to maximise nutritional content. Leftovers can be use in potato topped pie, tortilla wrap or toastie pie filling.



Potato Topped Tuna Mini Pies with Steamed Beans

Serves 2

Potato topping:

Ingredients

2 Large	Potatoes (peeled and cut into chunks)
3 T	Milk
2 t	Margarine
Pinch	Salt

Method

Boil potato for 20 mins or until soft. Drain.

Mash potato and add milk, margarine and salt. Mix well.

Tuna Filling:

Ingredients

1 Packet	Cheese Sauce Mix
1 can	Tuna (185g)
½ cup	Frozen Peas
2	Hard-Boiled Eggs, sliced
4 T	Cheese, grated

Method

Pre-heat oven to 180°C.

Make the cheese sauce according to the instructions on the packet. Set aside in a large bowl. Mix tuna, eggs, and frozen peas with the cheese sauce. Place the mixture into an ovenproof dish.

Top with mashed potatoes and sprinkle with grated cheese.
Bake for 30 minutes.

Serve with steamed frozen beans.



Vegetable Frittata Serves 2

Ingredients

1 medium Kumara / potato
(peel & diced)
1 medium Onion, diced
½ Capsicum, chopped
2 large Mushrooms
1 t Paprika
1 t Oil
4 Eggs, whisked
1-2 T Milk
½ cup Grated tasty cheese
2 T Parsley, finely chopped
Salt and pepper to season



Method

Cook Kumara/ potato in boiling water until tender. Drain well.

In a fry pan gently sauté in oil capsicum, mushrooms and paprika. Add cooked Kumara/ potato.

Whisk eggs and milk together in a bowl. Pour over vegetables in fry pan and return to element. Cook until the egg is set around the edges. Sprinkle over grated cheese.

Place under the grill oven until lightly browned and egg is cooked. **Tip:** Serve with a fresh salad.

Healthy Boil Up Serves 6

Ingredients

3 L Water
300g Lean beef, chicken or
pork, cut into bite sized pieces
1 Onion finely chopped
2 cloves Garlic, crushed
3 medium Potatoes or kumara cut into small pieces
¼ medium Pumpkin cut into cubes
3 cups Fresh vegetables (carrots, peas, corn, celery, green
beans, red capsicum), thinly sliced
6 cups Leafy greens: Silverbeet, spinach, puha or cabbage
thinly sliced
1 can (400g) Legumes drained (kidney beans, lentils, chick peas)



Method

In a large pot add meat, onion, garlic and stock powder. Gently bring to the boil.

Add prepared root vegetables and simmer for approximately 20 mins until soft.

Add green leafy vegetables and tinned beans. Cook for a further 10 minutes until soft

Skim off any fat and season to taste.

Serve with homemade bread or crunchy wholegrain bread.

Vegetarian Chilli Serves 2

Ingredients

1/3 cup	Bulgur wheat
½ cup	Crushed tomatoes
1 t	Garlic, crushed
½ cup	Onion, diced
1 cup	Fresh vegetables, chopped (carrots, celery, courgette, capsicum)
½ t	Cumin powder
½ t	Basil, dried
¼ t	Chilli powder or sweet chilli sauce to taste
1 can (400g)	Kidney beans, drained
1 T	Tomato paste
1 T	Red wine
1 T	Olive oil
1 T	Lemon juice

Method

Bring crushed tomatoes to the boil in a saucepan. Add bulgur wheat and allow to cook for 15 minutes. Add a little water if bulgur wheat starts to stick.

In a fry pan, sauté onions and garlic in olive oil until soft. Add the cumin, basil and chilli powder and cook for 1 minute, then add vegetables. Add the tomato bulgur wheat mix and the remaining ingredients. Simmer covered until vegetables are until tender.

Serve hot with grated cheese, and chopped parsley.

Or with sour cream

Or plain yoghurt

Or with chopped avocado

Tip: can be served with toasted wraps or homemade pita crisps on the side.



Kiwi Burger Serves 4

Ingredients

400 g	Lean beef mince
1	Onion finely diced
1	Egg lightly beaten
1 (medium)	Grated carrot
1 (medium)	Courgette grated (optional)
2/3 cup	Dry breadcrumbs
1 t	Mixed herbs
4 T	Flour
Salt and pepper to season	
2 T	Oil
½ cup	Grated cheese or 4 cheese slices
4 wholemeal bread rolls	
Lettuce, tomato, sliced red onion, avocado, cucumber and beetroot	

Method

Combine all the ingredients together in a bowl. Mix well.

Divide the mixture into 4 patties, flatten and roll in flour.

Cook patties in a preheated pan until the juices run clear and patties are golden brown on both sides (approximately 6 minutes per side). Turn over halfway through cooking.

Serve

Place cooked patties in wholemeal bun with mayonnaise, washed lettuce, sliced tomatoes, sliced red onion or caramelised onion, grated beetroot, avocado and grated cheese. Optional extra – lightly fried egg.

Tip: Mould patties using dry hands then make a slight dip in the centre. Run a thin knife under patties to lift to pan for cooking.



Pan-Fried Steak with Rosemary Potato & Tomato Relish Serves 2

Steak

250 g Beef steaks (Tenderloin Filet)
4 t Olive Oil
Salt & Pepper to taste

Place the steaks on a plate and season with salt and pepper. Brush with olive oil. Let stand while preparing the relish.

Rosemary Smashed Potatoes

2 Potatoes (washed, peeled and diced)
1 T Fresh rosemary (minced)

Cook potatoes on High in the microwave for 4 minutes. Crush cooked potatoes with a fork and stir through the rosemary.

Cooked Tomato Relish

8 Cherry tomatoes (halved)
1-2 T Fresh rosemary (minced)
1 T Olive oil
1 T Balsamic vinegar
¼ Red onion (minced)
Salt and pepper to taste

In a small bowl combine all the ingredients for the tomato relish together.

Method

Warm a large frying pan over high heat. Add the steaks and cook as desired, 3–4 minutes on each side for medium-rare. Transfer the steaks to a cutting board.

Add the tomato relish mixture to the frying pan and cook until just heated through, stirring up any browned bits, cook about 1 minute.

Serve with Rosemary Potatoes on the side with Tomato Relish on the top of the Steak.

Tip: Use leftover beef for sandwiches or toasties the next day.



Cottage Pie Serves 2

Ingredients

1 T	Oil
½	Onion, finely diced
250g	Beef or lamb mince
1 T	Flour
2 t	Tomato Sauce
2 t	Chutney or Relish (optional)
1/3 cup	Liquid stock
1½ cups	Frozen or fresh vegetables
2	Potatoes, boiled and mashed
2 t	Butter
¼ cup	Cheese, grated
Salt and Pepper to taste	

Method

Preheat oven to 180°C.

Heat oil in a large fry pan. Add onion and cook until tender. Add mince and cook until browned. Stir in flour and cook for 1 minute.

Add tomato sauce, chutney, and stock. Bring to the boil, reduce the heat and simmer for 5 minutes. Add the vegetables simmering until cooked.

In a separate bowl, combine mashed potatoes, butter, and cheese. Mix until smooth.

To assemble place mince on the bottom of oven proof dish and top with potato mixture. Bake for 20 minutes at 180°C.

Tip: to make this a complete meal add 1½ cups of frozen or fresh vegetables (grate carrots, courgettes, diced celery, peas) to the mince mixture before simmering for 5 minutes.



Something Special

Custard Makes 1 cup

Ingredients

1½ T	Custard
powder	
1 T	Sugar
1 cup	Milk
½ t	Vanilla
essence	



Method

In a saucepan, off the heat, stir ¼ cup of the milk slowly into the custard powder and sugar mixture so that there are no lumps.

Add remaining milk and stir well.

Heat until boiling and then simmer for 2-3 minutes or until thickened. **Stir constantly.**

Add vanilla essence stir well.

Microwave option:

In a large microwave-safe jug or bowl mix ¼ cup of the milk with custard powder and sugar.

Stir remaining milk into custard mixture. Cook on high power for 1 ½ minutes. Stir well and cook for another 30 seconds or until thickened. Stir in vanilla essence.

Serve immediately or cool quickly by standing the saucepan/jug in cold water.

Tip: Press plastic food wrap or waxed paper on the custard when cooling to prevent skin forming on the surface. If a thicker custard is wanted add 2 T of custard powder: 1 c milk.

Variations:

Banana Custard:

Increase custard powder to 1 ½ T. Cool custard slightly, and then pour over 1 large or 2 small sliced bananas.

Almond Custard:

Add ½ to 1 t almond essence to cooked custard.

Chocolate Custard:

Mix 1 T cocoa with custard powder and increase the sugar to 1 T.

Trifle:

Cut a 20 cm square sponge cake into cubes. Spread each piece with raspberry jam. Break up the sponge cubes into small pieces and place at the bottom of glass bowl. Sprinkle with 1½ cups of fresh berries or 1½ cups of tinned chopped peaches. Pour over the cooled custard. Spread with 1 cup of whipped thickened cream. Sprinkle with grated chocolate and fresh berries.

Fruit Crumble Serves 2

Ingredients

½ cup Rolled oats
4 T Flour
3 T Brown sugar
½ t Cinnamon or mixed spice
3 T Margarine or butter, melted
1 cup Fruit (canned or stewed, drained) or
Fresh fruits sliced thinly (feijoa, peach,
apricot and plum)

Method

Pre-heat oven to 170°C.

Combine rolled oats, flour, brown sugar and spice in a bowl. Add margarine or butter and mix until evenly combined.

Place fruit in a small ovenproof dish. Sprinkle crumble topping over fruit and cook for 20 – 30 minutes or until topping is golden brown and crisp.

Serve with yoghurt or custard.



Fruit Cake

Ingredients

1 kg Mixed fruit
2 cups Black Coffee
(Substitute with ginger ale if preferred)
2 cups Self-raising flour (or gluten free + 2 tsp Baking Powder)
2 t Mixed spice
A few drops of Almond or Vanilla Essence

Method

Soak the fruit overnight in the coffee. You can replace a small amount of the liquid with Rum, Brandy or Port/Sherry.

The next day sift in the flour and spices and stir until just combined.

Double-line a 250mm square or round cake tin with baking paper.

Bake at 150°C for 1 ½ to 2 hours until a skewer tests clean. Cool in the tin.

Tip: This cake freezes well or alternatively you can spoon the mixture into muffin trays and cook for ½ hour.



Overnight Bran Muffins

Ingredients

1 ½ cups Flour
1 t Baking soda
1 t Mixed spice
1 ¾ cups Bran Flakes
¾ cups Brown sugar
2 cups Plain yoghurt (Unsweetened) or
1 cup yoghurt and ¾ cup low fat milk)
½ cup Vegetable oil
1 Egg
½ cup Dried fruit of choice, chopped if
necessary (e.g. apricots)
1 cup fresh fruit of choice, chopped or mashed (apple, pear,
feijoa, rhubarb, frozen berries)

Method

Sift flour, baking soda and mixed spice into a large mixing bowl.
Stir in bran and brown sugar.

In a separate bowl, whisk together yoghurt, oil and egg and stir
into dry ingredients to combine. Cover and refrigerate
overnight.

Heat oven to 180°C.

Spoon mixture into greased muffin pans to almost full. Bake for
20-25 minutes.

Flavour suggestions:

Banana and date

Feijoa and ginger

Apple raisin and walnut

Rhubarb and coconut



Scones Makes 12

Ingredients

3 cups	Flour
6 t	Baking powder
1/4 t	Salt
75 g	Butter
1- 1 ½ c	Milk

Method

Preheat oven to 220°C and line a baking tray with baking paper.

Sift flour, baking powder and salt into a bowl. Rub in the butter with your fingertips until the mixture resembles fine bread crumbs. Make a well in the centre of the dry ingredients. Add the milk and quickly mix with a table knife to form a soft dough.

Turn the dough out onto a lightly-floured bench. Pat dough out to 2cm thickness Cut into approximately 12 pieces and lift each onto the baking tray.

Brush the tops with milk.

Bake in a preheated oven for 10minutes or until golden brown. Remove and cool inside a clean tea towel to help keep their freshness.

Tip: To make cheese scones, add 1 ½ cup grated cheese and a pinch of cayenne pepper.

To make sultana or date scones, add 1½ cups of sultanas or chopped dates and finely grated lemon rind from 1 lemon

Wholemeal flour can be substituted for white flour if desired.



SUMMER TREATS

Chia Seed Pudding with Summer Fruits Serves 2

Ingredients

4 T Chia seeds
4 T Water
6 T Lite coconut milk
6 T Berries (frozen or fresh)
1 t Honey

Method

Soak the chia seeds in water for 5 - 10 minutes or until the seeds start to swell.

Stir in coconut milk let and leave it in the fridge for 5-10 minutes until it turns into a gel texture.

Serve with berries on top with a drizzle of honey.

Variation: Use sliced apricots, feijoas, persimmons, bananas served with Greek yogurt.



Tropical Sago Pudding Serves 5 – 6

Ingredients

½ cup Sago
2 ½ cups Water
Pinch salt
¾ cup Lite coconut milk
3 T Palm sugar (or white sugar)
Fresh seasonal fruit to serve

Method

Rinse sago in cold water to remove excess starch and drain. Bring sago, salt and water to the boil, stirring constantly. Simmer 7 – 8 minutes until thick and the sago pearls have turned translucent. Remove from heat and stir in the sugar and coconut milk. Pour into bowls and serve warm, or chill. It is delicious either warm or cold. Top with extra coconut cream if desired, and fresh fruit.



Traffic Light Smoothie Serves 2

Ingredients

Red

¼ cup	Frozen strawberries
3 T	Low fat yoghurt

Orange

½ can (410g) mango	Peaches or pureed mango
3 T	Low Fat Yoghurt

Green

1 small	Kiwi fruit
1 small	Banana
3 T	Low fat yoghurt

Method

Blitz all ingredients for each different colour smoothie separately in a blender and pour into a large glass. Serve immediately.

Variation: Use a frozen banana to make a delicious change.



Pikelets

Ingredients

2 cups	Flour
2 t	Baking powder
½ t	Salt
2	Eggs
⅓ cup	Sugar
1½ cups	Milk, approximately

Method

Sift the flour, baking powder and salt into a bowl.

In another bowl beat the eggs and sugar with a whisk/ beater until pale and thick.

Add the egg mixture and the milk to the dry ingredients and mix until just combined.

Gently heat a non-stick frying pan and drop large spoonful's of the mixture from the point of the spoon onto the surface.

When bubbles start to burst on the top of the pikelets, turn them over and cook the second side until golden. Place in a clean tea towel to keep warm until they are all ready to serve.

Serve with fresh fruit and yogurt or whipped cream and jam.

Variation: Substitute ½ wholemeal flour or ½ rolled oats instead of flour and add ½ teaspoon cinnamon and 1 mashed banana to mixture.

Or

Serve with maple syrup/ runny honey, sliced bananas or other seasonal fruit and coconut

Oat pancakes: use ½ c flour, 1 t baking powder, 2 T sugar. ¼ t salt. ¾ c rolled oats. 1 egg (beaten lightly with fork), 2 T melted margarine and ¾ c milk. Place dry ingredients in a bowl, add liquid ingredients and mix to gently to combine. Place ¼ c of mixture in a moderately hot non- stick pan. Cook until bubbles form, then turn and cook for a further 1-2 minutes.

