


# Quick Meals for Kooris

AT HOME





Quick Meals for Kooris at Home is a food and nutrition resource developed to promote and support healthy family food preparation at home. This resource can be used as the participant handout for the Quick Meals for Kooris cooking program or it can be a stand-alone food preparation and nutrition resource to encourage the preparation of healthy family food.

### **Acknowledgements**

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The Aboriginal artwork on the cover and throughout this book is by Madeline Anderson. These are just some of nine artworks Madeline completed for the Quick Meals for Kooris manual produced in 1998. Madeline was born at Wooliana on the Daly River in the Northern Territory and named "Nikkidi". Madeline lived with her family at Pearl Beach on the Central Coast of New South Wales for 30 years prior to completing these artworks.

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For further information on this resource please contact Nutrition Services, Central Coast Local Health District phone: (02) 4320 3691.

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# Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the five food groups every day.



Drink plenty of water.



# Eat healthy, stay strong and live long

Drink Water  
Got thirsty...  
water first!

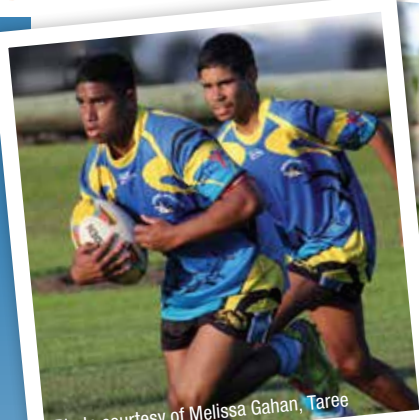


Photo courtesy of Melissa Gahan, Taree



Be active every day

## Eat Less Sugar

- Limit foods and drinks with added sugar
- Add less sugar to your tea or coffee



## Eat Less Saturated Fat

- Limit fried foods
- Trim fat off meat
- Take skin off chicken
- Choose reduced fat milk



## Eat Less Salt

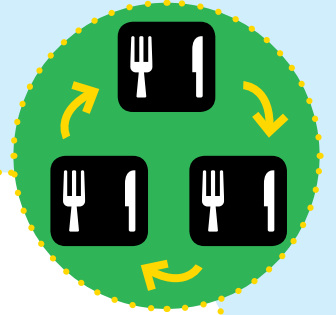
- Don't add salt as you cook or at the table
- Choose low salt foods



## Healthy Snack Ideas



# Healthy Tips



## Eat breakfast.

Not eating breakfast can lead to eating more than you need later in the day.

You'll perform better with breakfast.



Eat regular small meals through the day.

Avoid sugary drinks.



Include vegetables in snacks and meals.

Fresh, canned and frozen vegetables are all great. See page 5 - 7 for ideas.



Enjoy home cooked meals with family and friends, not the TV.

Try some of the recipes in this book.



Be active every day in as many ways as you can.



Involve the kids in cooking.

They are more likely to try new foods they have helped prepare.



# Healthy Snack Ideas



## Vegetable platter and corn relish dip

Include any or all of the following vegetables: carrot, celery, cucumber, snow peas, green beans, cherry tomatoes, broccoli, cauliflower.

Dip: mix equal amounts of ricotta cheese and corn relish.



## Fruit platter and reduced fat yoghurt for dipping

Choose as many fruits in season as you like e.g. watermelon, rockmelon, kiwi fruit, banana, apple and orange. Drained pieces of canned fruit may also be added.

## Dairy foods

Custard, yoghurt, cheese, creamed rice. Choose reduced fat varieties. Serve cheese with raw vegetable platter, salad vegetables or wholemeal crisp-breads.



## Dried Lebanese bread chips

Brush bread with a little oil, sprinkle with parmesan cheese then bake in moderately hot oven until crisp (about 10 minutes). Cool and break into chip or cracker size pieces.

## Left-over cooked vegetables.

Have cold or reheat. Include vegetables such as potato, green beans, carrot, pumpkin. Cook extra the night before.

## Soup (especially in those winter months)

Make your own or use canned 'ready to eat' vegetable soup. Add extra vegetables (frozen peas or corn, canned legumes such as butter beans, chick peas and lentils).

## Bread and cereal based snacks

Toast, sandwiches, raisin or fruit bread or buns, scones, pikelets. Choose wholemeal varieties where possible (or if homemade, use at least half wholemeal flour).



## Popcorn

Air popped popcorn is cheap and healthy. Place  $\frac{1}{4}$  cup of corn kernels in a paper lunch bag, fold the opening over 2 - 3 times, place in the microwave and cook on high for up to 2 minutes or until you can hear the popping noise stop.

Dried fruit such as sultanas and chopped up apricot could be added.



# QUICK AND EASY HEALTHY MEAL IDEAS



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**Baked beans** on wholemeal toast.

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**Soup.** Canned 'ready to eat' soup with extra vegetables added (frozen corn or peas, grated carrot and zucchini) served with wholemeal rolls, bread or toast.

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**Scrambled egg** on wholemeal toast with salad or vegetables.

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**Toasties** with cooked meat and vegetable fillings. See page 21.

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**Savoury mince** (containing vegetables) with salad or more vegetables. See page 18.

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**Tacos** filled with mince and salad vegetables. For a non-meat version try baked beans and salad.

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**Sandwiches** made with sliced bread or pocket bread. Fillings could include salad vegetables, grated cheese, grated carrot with hard cooked egg, canned fish or lean cold meat.

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**Hamburgers** made using lean mince rissoles, lentil patties and salad.

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**Bread parcels** using flat bread or wraps. Place filling such as cooked meat, cooked vegetable, grated carrot, grated cheese, baked beans (drained) in

centre of bread and wrap up like a parcel. Grease or cover a baking tray with baking paper. Place 'parcel' on tray so that weight of filling stops the parcel from unwrapping. Bake 10 minutes in a moderate oven (about 180°C).

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**Filo pastry parcels.** Fillings same as bread parcels. Use 2 sheets of Filo pastry to wrap filling. There is no need to oil the sheets of pastry. Bake same as bread parcels.

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**Stir fry vegetables.** Add canned fish or cooked meat.

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**Pizza.** Bread base, scone dough base or commercial base. See page 25

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**Baked jacket potato** topped or served with any of the following: chopped boiled egg, baked beans, reduced fat

grated cheese, chopped tomato, grated carrot, ricotta cheese, canned fish. Serve with extra salad or vegetables.

*If you are planning food for large gatherings, why not use some of the snack, salad or easy meal ideas. They are suitable for 'sit down' or 'buffet style' eating.*

**Dessert.** If having dessert, best to choose fruit and reduced fat dairy foods e.g. yoghurt with stewed fruit, fresh banana and custard, baked apple with custard, creamed rice and canned fruit. These are all easy and nutritious desserts.



## What to drink?

Water is best for quenching thirst. Drink tap water.

Soft drinks, sports drinks, cordials and fruit juice contain a lot of sugar and this means extra kilojoules that can lead to weight gain and contribute to tooth decay. Note that low joule soft drinks can damage teeth.

Fruit juice contains significant amounts of sugar even if it is unsweetened. It is easy to drink a large amount of juice and this means lots of unnecessary, extra kilojoules.

**Eat fresh fruit instead of drinking juice. Try to have at least 2 medium sized pieces of fruit each day.**



# Need some help in getting healthy? It's FREE

## Help is available to:

- ✓ *Eat healthy*
- ✓ *Increase physical activity*
- ✓ *Reduce alcohol*
- ✓ *Achieve and maintain a healthy weight*

The NSW HEALTH Get Healthy Service (GHS) is a **free** telephone coaching program for anyone aged over 16 years.

Your own health coach will:

- give you one on one support to help you reach your goal.
- phone you at a time that's suits you Monday to Friday 8.00am- 8.00pm.
- call you up to 13 times over 6 months to keep you motivated and on track with reaching your goals.

The information pack specifically produced for Aboriginal or Torres Strait Islander people also assists in your journey.

What if I'm pregnant? The Get Health in Pregnancy program provides you with information to maintain a healthy weight during pregnancy.

## How to enrol

Simply call 1300 806 258, register online [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au) or ask your Aboriginal Medical Service, GP or Health Professional for a referral to get you started.

Aboriginal people who have used the Get Healthy Service have said great things about the program.

**“I would recommend it to anybody, the extra support really helped me, people struggle with losing weight, but this help from a stranger, doesn't make it a big deal, very supportive”.**

**“The phone service is awesome, you don't have to pay a personal trainer, but it's like you have one.”**

**get healthy**<sup>®</sup>

Information & Coaching Service

**1300 806 258**

Monday - Friday 8am - 8pm

[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

# Tips for Saving Money on Food



1. Before you go shopping, make a list of what you need and try to stick to it.
2. Compare the prices of different brands and amounts by looking for the cost per 100 grams. This is usually on the shelf over or under the item.
3. Check 'use by' or 'best by' date to avoid waste.
4. Powdered milk costs less than fresh milk.
5. Choose vegetables and fruit in season and store correctly to avoid waste (see page 10).
6. Use eggs instead of meat sometimes. Allow two eggs per person.
7. Cheaper, tougher cuts of meat such as chuck or blade steak, are as good for you as expensive meats but, make sure there is not lots of fat or bone.

## Examples of cheaper cuts of meat and ways to cook them

Meat Cut	Cooking Method or Suitable Dish
Round, skirt and blade steak	<ul style="list-style-type: none"> <li>• Cut into thin strips across the grain, stir fry</li> <li>• Cross cut blade steak can be barbequed</li> <li>• Casserole, stew or cook in slow cooker</li> </ul>
Chuck steak, gravy beef	<ul style="list-style-type: none"> <li>• Casserole</li> <li>• Stew</li> <li>• Cook in slow cooker</li> </ul>
Lean mince	<ul style="list-style-type: none"> <li>• Rissoles and meat loaf</li> <li>• Tacos</li> <li>• Potato pie</li> <li>• Curry</li> </ul>

8. Hamburger and regular mince are high in fat. Choose lean or 'premium' mince where possible so you're not just paying for fat.
9. Make meat serve more people by adding legumes or vegetables. Use about ¼ vegetables or legumes to ¾ mince.
10. Make your own lunch for school or work.
11. Don't buy bottled water. Fill up your own water bottle with tap water. Water is the best thirst quencher.
12. Don't spend money on biscuits, fruit juice, soft drink or snack foods such as potato crisps. They can be expensive and are not part of a healthy diet.
13. In between meals, fill hungry children with plain breakfast cereal (porridge, breakfast biscuits etc.), fruit, raw or cooked vegetables, low fat dairy foods and wholegrain bread.
14. When you go out, take your own food and water.



# How To:

## Cook rice

1 cup of uncooked rice will make about 3 cups when cooked.

Allow about  $\frac{1}{4}$  cup of uncooked rice per person.

1. Choose a saucepan large enough to hold about 6 cups of water for every cup of uncooked rice. Bring water to the boil then add rice. Stir until water comes back to the boil.
2. Boil with the lid off until rice is soft.
3. Any leftover cooked rice can be frozen.

## Cook pasta

1 cup of uncooked macaroni makes about 2 cups when cooked.

Allow about  $\frac{1}{3}$  of a cup of uncooked pasta per person.

1. Choose a saucepan large enough to hold about 4 cups of water for every  $1\frac{1}{2}$  cups of uncooked pasta.
2. Bring to the boil and add the pasta. Stir until water comes back to the boil.
3. Boil, lid off until just soft.
4. Leftover cooked pasta can be frozen. Mix with a little oil or margarine or pasta sauce before freezing.

## Freeze raw meat

1. Freeze meat in meal size amounts. Wrap tightly (to squeeze air out) in plastic wrap or special freezer bags. Write date and name of meat on each package.
2. Can be kept in freezer for about 3 months.

## Store raw meat in the fridge

1. Cover lightly and place on bottom shelf to stop raw juices from dripping onto other foods.
2. Keep raw chicken, fish or minced meat for no longer than two days before cooking. Other raw meats can be kept for 3 or 4 days before cooking.

## Store fresh vegetables and fruit

1. In hot weather, fruit will keep better in the fridge. The skin of bananas will go brown but the inside is fine.
2. Carrots, pumpkin and leafy vegetables such as spinach and lettuce should be in a vented (small holes) plastic bag in the fridge.
3. Take potatoes and onions out of the plastic bags and store in a cool, dry, dark place.

# Keeping Food Safe



Store meat, dairy foods, cooked foods including rice, pasta, vegetables and egg based foods, in the fridge or freezer.



Thaw frozen meat and other frozen foods in the fridge.



Wash hands in warm soapy water before cooking and eating.



Chop vegies before meat, or away from meat to stop germs on the meat getting to the vegies.



Wash dishes, utensils and cutting boards with detergent and hot water.



Use clean dishcloths and tea towels.



Clean work areas before preparing food.



Always cook chicken well. Juices should be clear.



Keep food hot or keep food cold. If in doubt – throw it out!



# RECIPES

## About the Recipes

The following recipes have been chosen because they:

- are quick and easy to prepare
- are not expensive
- use ingredients that are usually easy to find
- use basic cooking equipment.

# SALADS



## GARDEN SALAD

### Ingredients

lettuce, tomato, cucumber.

### Method

Break up lettuce (if needed), chop tomatoes and cucumber and toss together in a bowl.

### Ideas & Hints



Use a garden salad as the 'base' to make the following

- » **Greek Salad:** Add Feta cheese and olives, chopped parsley and lemon juice to a garden salad
- » **Bean Salad:** Add canned 'bean mix' or a combination of drained canned legumes and fresh green beans
- » **Waldorf Salad:** Add Californian walnuts, apple chunks (skin on). Dip apple in orange juice to help prevent going brown (other juice could be used)



## COLESLAW

### Ingredients

cabbage, capsicum, apple, carrot, celery, shallot or onion.

### Method

Shred cabbage, dice or slice capsicum, celery, shallots and apple (skin on), grate carrot and mix all ingredients together. Add salad dressing (optional).

## SALAD DRESSING

(for Coleslaw)

### Ingredients

1 clove garlic, sliced then 'smashed' or, use ½ teaspoon of crushed garlic

¼ cup vinegar or lemon juice or lime juice or orange juice

½ cup olive oil

¼ teaspoon pepper (optional)

½ teaspoon mustard (optional)

### Method

Place all ingredients in a jar and shake well.



# CHICKEN CASSEROLE



## Recipe serves

10 

## Preparation and cooking time

1 – 1½ hours 



## Ingredients

1 kg chicken thigh fillets (remove fat)

1 onion, chopped

1 large potato

1 large zucchini

2 large carrots

500g frozen peas and corn mix

800g can diced or chopped tomatoes

1 tablespoon crushed garlic or  
1 clove fresh garlic, crushed

1 tablespoon of mixed herbs or  
2 tablespoons of chopped fresh parsley

2 tablespoons of oil



## Method

- 1 Cut chicken and vegetables into bite size chunks.
- 2 Heat oil in a large pot or saucepan, add onion and chicken and fry for 5 minutes. As this recipe is for 10, use one very large saucepan or two medium ones.
- 3 Add all other ingredients and bring to the boil. Turn heat down and simmer gently, lid on, for 15 – 20 minutes or until chicken is cooked, (no pink chicken meat or pink juices) and vegetables are tender.
- 4 Serve with rice, pasta or bread.

## Ideas & Hints

- » Use any vegetables, canned, fresh or frozen. Allow at least 1 cup per person.
- » There is no need to fry the chicken and onion first.
- » Recipe can be cooked in casserole dish in a moderate oven (about 180°C). This will take approximately 1 hour.
- » If cooking for 5 people, halve the ingredient amounts. If cooking for 20 people, double the ingredient amounts.



# CHICKEN, NOODLE AND SWEET CORN SOUP



Recipe serves

10

Preparation and cooking time

40 minutes



## Ingredients

1 kg chicken thigh fillets or breast fillets (remove fat)

1 large carrot, diced

1 capsicum, diced or 1 cup peas

1 onion or 2 shallots, chopped

420g can creamed corn

420g can corn kernels

½ a 250g packet of quick cooking noodles (any type)

1 litre water



## Method

- 1 Cut chicken into small bite size pieces. Place into a large saucepan with water, carrot, capsicum and onion.
- 2 Bring to the boil, turn heat down and simmer gently for 15 minutes.
- 3 Add creamed corn, corn kernels and noodles. Simmer gently until noodles are soft then serve.

## Ideas & Hints

- » Use any vegetables, frozen or fresh. Add canned butter beans or baked beans. Allow at least 1 cup vegetables per person.
- » 1 cup of chopped celery or an extra cup of peas could replace capsicum.
- » If cooking for 5 people, halve the ingredient amounts. If cooking for 20 people, double the ingredient amounts.



# CURRIED CHICKEN WITH VEGETABLES



Recipe serves

4-6

Preparation and cooking time

45 minutes



## Ingredients

500g chicken thigh *or* breast fillets (remove fat)

1 tablespoon oil

1 onion, sliced *or* chopped

2 cloves garlic, crushed

1 teaspoon curry powder

2 carrots, sliced

1 medium red capsicum, sliced *or* 1 cup corn kernels

2 cups frozen peas

375ml can 'light' evaporated milk

2 teaspoons chicken stock powder

4 teaspoons cornflour

$\frac{1}{3}$  cup water



## Method

- 1 Cut chicken into small pieces.
- 2 Heat oil in a pan or large saucepan, add chicken and fry for 5 - 10 minutes.
- 3 Add onion, garlic, curry powder, carrot and capsicum. Cook gently for 10 minutes. Stir from time to time.
- 4 Stir in evaporated milk, frozen peas and chicken stock powder. Bring to boil, turn heat down and simmer for about 1 minute.
- 5 Mix cornflour and water together until smooth. Stir into chicken and vegetables and simmer for a further minute.
- 6 Serve with rice or pasta or on toast.

## Ideas & Hints

- » Use any vegetables. Allow at least 1 cup of vegetables per person.
- » You do not have to fry chicken first although this does add flavour. If you leave out this step, cook chicken gently with vegetables for at least 15 minutes before adding the evaporated milk and other ingredients.
- » The amount of curry powder could be increased by 1 extra teaspoon.

# EASY FISH CHOWDER (thick soup)



## Recipe serves

4-6 

## Preparation and cooking time

40 minutes 



## Ingredients

2 teaspoons olive or canola oil

1 leek, washed and finely sliced

2 large or 4 medium potatoes

1 litre (4 cups) fish stock or chicken stock

420g can corn kernels or creamed corn

2 cups frozen peas

375g can low fat evaporated milk

500g fish e.g. fresh trout, salmon, white skinless fish, canned salmon or canned tuna.



## Method

- 1 Chop fish into chunks (small enough to be picked up in a spoon).
- 2 Wash, peel and grate potato. No need to peel smooth skinned potato.
- 3 Heat oil in a large saucepan, add leek and potato, gently cook, lid on, until soft. Stir from time to time.
- 4 Add stock, fish, corn and peas. Simmer gently until fish is cooked (about 5 minutes). If using canned fish, add now and heat for about 2 minutes.
- 5 Add the evaporated milk, heat through and serve.

## Ideas & Hints

- » Use 1 large onion or 2 shallots instead of the leek.
- » Any fresh fish can be used, just remove skin and bones.
- » Make stock from cubes or powder or buy 'ready to use' stock.
- » Frozen mixed vegetables can replace frozen peas.
- » Chowder can be frozen.



# FAMILY MINCE



## Recipe serves

4-6 

## Preparation and cooking time

30 minutes 



## Ingredients

500g minced meat (beef, lamb or kangaroo)

¼ cabbage, chopped or shredded

½ cup celery *or* green beans, cut into small pieces

1 onion *or* 1 shallot, chopped

2 medium *or* 1 large carrot, sliced or grated

1 tablespoon soy *or* Worcestershire *or* barbeque sauce

2 beef stock cubes (crushed) *or* 2 dessert spoons beef stock powder

2 teaspoons curry powder (if you like)

1 tablespoon oil



## Method

- 1 Heat oil in a frying pan or an electric fry pan or a large saucepan. Add meat and chopped onion. Use moderate heat, cook until meat is brown.
- 2 Add all other ingredients, except cabbage. Simmer gently for 15 minutes.
- 3 Add cabbage, reduce heat to low and cook for 5 more minutes.
- 4 Serve with rice, pasta (wholemeal if possible), quick cooking noodles or toast.

## Ideas & Hints

- » Any vegetables can be used. Fresh, frozen, canned or cooked leftovers.
- » 1 teaspoon of Vegemite™, Marmite™ or Promite™ can be used instead of the beef cubes.
- » Use outside leaves of lettuce instead of cabbage. Wash well, shred and add just before serving.

# FISH CAKES



## Recipe serves

4-6

## Preparation and cooking time

40 minutes



## Ingredients

5 medium potatoes, cooked and mashed

425g can tuna or salmon, drained and mashed

2 eggs, beaten

1 onion, chopped

1 cup dry breadcrumbs *or*  
2 crushed breakfast biscuits

A little oil for frying



## Method

- 1 Mix together the potato, fish, onion and egg.
- 2 For each fish cake, roll about 2 tablespoons of the mix in breadcrumbs or crushed breakfast biscuits. Flatten slightly.
- 3 Pour a small amount of oil into the frying pan. Using moderate heat, cook the fish cakes for about 5 minutes on each side.
- 4 Serve with vegetables or salad.

## Ideas & Hints

- » For a flavour change, add about 2 teaspoons of curry powder.
- » Cold fish cakes make a tasty sandwich filling.



# HAWAIIAN CHICKEN AND PASTA



Recipe serves

4-6

Preparation and cooking time

20 minutes



## Ingredients

3 cups macaroni *or* other pasta

420g can of condensed tomato soup (not 'ready to heat and eat' soup)

450g can pineapple pieces

1 cup frozen peas *or* canned peas

1 cup frozen corn *or* canned corn kernels

1 cooked chicken



## Method

- 1 Cook macaroni in a large pot of boiling water.
- 2 While macaroni is cooking, remove fat and skin from chicken and cut into chunks.
- 3 When macaroni is cooked, drain and place back into saucepan along with the soup, vegetables, pineapple pieces (plus juice) and chicken.
- 4 Bring to the boil, turn heat down and simmer gently for 5 minutes.

## Ideas & Hints

- » Add extra vegetables if you like e.g. left-over cooked vegetables, capsicum, canned legumes such as butter beans, kidney beans or chick peas.
- » Canned tuna or salmon can be used instead of chicken.
- » Use wholemeal pasta for extra iron.

# JAFFLES (TOASTIES): A great snack or meal



Recipe serves

1 

Preparation and  
cooking time

5-10  minutes



## Ingredients

2 slices bread

1 slice cheese or 2 tablespoons of  
grated cheese

1 slice of lean ham (or other cold  
cooked meat)

2 - 3 slices of tomato

Margarine for spreading on bread



## Method

*Make with a jaffle iron or electric sandwich maker*

- 1 If using an electric sandwich maker, turn on to heat.
- 2 Thinly spread margarine on one side of each slice of bread.
- 3 Place slice of the bread into sandwich maker or jaffle iron, buttered side down. Put on filling.
- 4 Place second slice of bread on top of filling, buttered side up, close sandwich maker or jaffle iron.
- 5 Cook in electric sandwich maker for about 3-5 minutes.
- 6 If cooking in a jaffle iron over a gas ring or camp fire cook for about 4 minutes on each side.

## Ideas & Hints

- » Other filling ideas include: left-over cooked meat, left-over cooked vegetables, grated zucchini with cheese, tomato with cheese, sardines with finely chopped onion, baked beans, canned spaghetti, canned sweet corn or canned mushrooms.
- » Note that 'wet' fillings such as tomato, will make a softer toastie.

# LAMB AND NOODLE HOT POT



## Recipe serves

4-6 

## Preparation and cooking time

1 ¼ - 1 ½ hours 



## Ingredients

500g diced lamb

1 onion, chopped

1 green apple, diced, skin on

2 large carrots, sliced, chopped *or* grated

2 sticks celery, chopped

1 large tomato, chopped

1 cup orange sweet potato, diced *or* sliced

420g can meat and vegetable condensed soup

250g small shell pasta (any small pasta shapes will do)



## Method

- 1 Place meat, vegetables and soup into a large saucepan. Bring to the boil, turn heat down and simmer gently for 45 minutes.
- 2 While meat and vegetables are cooking, cook pasta in plenty of boiling water until tender (about 20 minutes). Drain.
- 3 When meat and vegetables are cooked, stir in pasta. Reheat and serve.

## Ideas & Hints

- » Lamb chops could be used but the fat will need to be trimmed off. Leg chops usually have less fat than forequarter (barbeque) chops.
- » Blade, pork or veal steak could be used instead of lamb.
- » Any condensed soup will be OK.
- » Add about 1½ cups of frozen peas when adding pasta. This will add colour (and more vegetables).



# MEXICAN MINCE



## Recipe serves

4-6 

## Preparation and cooking time

30-45 minutes 



## Ingredients

500g lean mince  
(beef, kangaroo or chicken)

1 tablespoon oil

2 cloves garlic, crushed or finely chopped

1 onion, diced

2 carrots, grated

1 small capsicum, diced

200g can chopped tomatoes (or about 1 cup)

1 cup corn kernels (frozen or canned)

400g can red kidney beans, well drained

1 packet taco spice mix



## Method

- 1 Heat oil in fry pan, large saucepan or electric frypan. Brown garlic and onion.
- 2 Add mince and brown.
- 3 Add carrots, capsicum, tomatoes and taco spice mix.
- 4 Bring to the boil, turn heat down and simmer gently for 10 minutes.
- 5 Add the kidney beans and heat through.

## Ideas & Hints

- » Any vegetables can be used. Try to have 3 - 4 cups of vegetables in addition to the tomato and kidney beans.
- » 1 large tomato plus 3 tablespoons of tomato paste could replace the canned tomatoes.
- » Buy reduced salt taco spice if available.
- » Mexican mince can be used for nachos, tacos, wraps or served on toast. If using for wraps or tacos, you may have to drain off a little of the liquid.



# MINCE RISsoles

Recipe serves

4-6 

Preparation and  
cooking time

40 minutes 



## Ingredients

500g minced meat (beef, lamb, kangaroo)

1 medium onion, chopped

2 eggs, beaten

2 tablespoons of tomato sauce *or* barbeque sauce

1 cup rolled oats *or* crushed breakfast biscuit



## Method

- 1 Mix all the ingredients together.
- 2 Make rissoles. Use about 2 tablespoons of meat mix per rissole. Flatten each rissole a little. Makes about 15.
- 3 Grease a frying pan or an electric frypan with a small amount of oil.
- 4 Place rissoles in pan and cook using moderate heat for about 8 - 10 minutes on each side. Cooking time depends on rissole thickness.

## Ideas & Hints

- » Try to buy lean minced meat.
- » Rissoles can be baked in a moderate oven (about 180°C) or cooked on a barbeque.
- » If serving on a bread roll, make rissoles fairly flat before cooking.
- » Make into a meat loaf by placing the mix in an oven proof dish. Bake in a moderate oven (about 180°C) for about 1 hour.
- » Minced meat should be well cooked. Cook for at least 20 minutes.

# PIZZA



## Recipe serves

1 

## Preparation and cooking time

10-15 minutes 



## Ingredients

1 Lebanese bread

2 tablespoons passata or pizza sauce

¼ cup grated mozzarella cheese

## Topping ingredients

*Choose a combination of any of the following*

Well drained pieces or slices of pineapple; chopped capsicum; sliced mushrooms; thin slices of cooked sweet potato; thinly sliced onion or shallot; thin slices of tomato or cherry tomatoes cut in half; fresh herbs such as basil; fresh or minced garlic; cooked minced meat or cooked chicken; chopped lean ham; baked beans (drained).

Make sure the toppings you choose are not too sloppy.



## Method

- 1 Before topping, bake bread in the oven at 200°C for 2 - 3 minutes.
- 2 Spread sauce over the Lebanese bread, place on the toppings then sprinkle with cheese.
- 3 Place into the oven and cook for about 10 minutes.

## Ideas & Hints

- » English muffins could be used as a pizza base.
- » Commercial pizza bases are available.
- » Scone dough makes a good pizza base.



# STIR~FRY KANGAROO AND VEGETABLES IN OYSTER SAUCE



## Recipe serves

4-6 

## Preparation and cooking time

45 minutes 



## Ingredients

500g kangaroo fillet, thinly sliced

5 cups of a variety of vegetables (fresh, frozen or canned)

2 teaspoons minced garlic

2 teaspoons minced ginger

2 teaspoons of mixed herbs or bush spice

¼ cup oyster sauce

¼ cup soy sauce

2 tablespoons oil



## Method

- 1 Cut vegetables into thin slices or strips.
- 2 Mix together the garlic, ginger, oyster sauce and soy sauce.
- 3 Heat the oil in a large frypan, add meat. Cook, using moderate to high heat, for 5-10 minutes (depending on the size of meat pieces). Stir all the time.
- 4 Add vegetables and sauce mix to the meat and cook for another 5 minutes or until vegetables are just tender. Stir all the time.
- 5 Serve with rice or pasta.

## Ideas & Hints

- » Cook in a frying pan, electric frypan, wok or a large saucepan.
- » Fresh garlic and ginger can be used.
- » If serving 10 people, double the ingredient amounts and cook the meat in batches.

# SWEET POTATO AND BUTTER BEAN SOUP



Recipe serves

4 

Preparation and cooking time

20 minutes 



## Ingredients

2 cups of cooked and mashed sweet potato *or* pumpkin

1 onion *or* shallot, chopped finely

400g can chopped *or* diced *or* crushed tomatoes

400g can butter beans (no need to drain)

1 teaspoon turmeric (optional)

2 cups chicken stock



## Method

- 1 Combine all the ingredients in a saucepan.
- 2 Bring to the boil, turn the heat down and simmer gently for 10 minutes.

## Ideas & Hints

- » Add extra vegetables e.g. corn kernels, peas, grated zucchini, chick peas, red kidney beans.
- » Chicken stock could be made from stock powder or cubes (follow the directions on the package), or buy 'ready to use' liquid stock.



# TOMATO AND BEAN SOUP



Recipe serves

4 

Preparation and  
cooking time

15 minutes 



## Ingredients

420g can condensed tomato soup  
(not 'ready to heat and eat' type)

400g can chopped or diced or  
crushed tomatoes

420g can baked beans

1 small onion or  
shallot, chopped finely

¼ cup chopped parsley  
(if you have it)

1½ cups water



## Method

- 1 Combine all ingredients in a saucepan, bring to the boil, turn the heat down and simmer gently for 5 minutes.
- 2 Serve with toast or bread roll.

## Ideas & Hints

- » Cooked macaroni, cooked rice or cooked barley could be added.
- » Try adding extra legumes e.g. butter beans, red kidney beans or chick peas.
- » ½ teaspoon of dry mixed herbs could be added for extra flavour.
- » In summer this soup could be served cold.

# TUNA MORNAVY



## Recipe serves

4-6

## Preparation and cooking time

40 minutes



## Ingredients

425g can tuna, drained

420g can of condensed asparagus *or* condensed chicken soup (not 'ready to heat and eat' soup)

1 large tomato, chopped

1 onion, chopped finely

1 cup grated cheese

Oil or margarine for greasing oven dish



## Method

- 1 Mix the tuna, soup, tomato, half of the cheese and onion together.
- 2 Pour into a greased oven dish, sprinkle with remainder of the cheese and place into a moderate oven (about 180°C) to heat through. This will take about 20 minutes.
- 3 Serve with rice and salad or extra vegetables.

## Ideas & Hints

- » If no oven available, heat in a saucepan, serve, and then sprinkle with cheese.
- » For a flavour change add about 1 teaspoon of mustard or curry powder.
- » Canned salmon can be used instead of tuna.
- » Can sizes of the different foods may vary slightly.



# VEGETABLE PANCAKES



## Recipe serves

4-6 

## Preparation and cooking time

40 minutes 



## Ingredients

2 eggs

2 cups milk

1½ cups self-raising flour

½ cup corn kernels (frozen or canned)

1 carrot, grated

1 stick celery *or*  
green beans, chopped

1 small onion, chopped finely

1 tablespoon chopped fresh parsley  
(if you have it)

Oil for greasing



## Method

- 1 Beat eggs and milk together then add to the flour and mix to a smooth batter.
- 2 Add vegetables and parsley.
- 3 For each pancake, drop about 2 tablespoons (¼ cup) of mix onto a lightly greased, moderately hot frypan. Cook more than one at a time but allow plenty of room for each pancake.
- 4 Turn pancakes over when small bubbles come to the surface.

## Ideas & Hints

- » Use any vegetables that cook quickly e.g. grated zucchini, frozen peas or beans, canned butter beans and kidney beans and left-over cooked vegetables.
- » Cooked meat, chopped up finely, could be added.



# VEGETABLE SLICE



Recipe serves

4-6

Preparation and  
cooking time

40 minutes



## Ingredients

1 onion *or*  
1 shallot, finely chopped

2 carrots, grated

2 medium *or*  
1 large zucchini, grated

1 capsicum, chopped finely

1 cup corn kernels, frozen *or* canned

½ cup chopped green beans *or* peas  
*or* chopped celery

1 cup grated cheese

2 cups self-raising flour

6 eggs

½ cup milk



## Method

- 1 Beat eggs and milk together then mix with all other ingredients.
- 2 Pour mixture into a greased baking dish or muffin tins.
- 3 Bake in a moderate oven (about 180°C) for about 30 minutes or until firm. Muffins will take about 15 minutes depending on the size.

## Ideas & Hints

- » Use half wholemeal flour for extra fibre.
- » Use any vegetables, including canned butter beans and red kidney beans.
- » Great for packing in the lunch box but it will need to be kept cold.



# VEGIE BURGERS



## Recipe serves

4-6

## Preparation and cooking time

40 minutes



## Ingredients

6 medium potatoes,  
cooked and mashed

1 red capsicum chopped finely

400g can of butter beans,  
drained and mashed

1 clove garlic, crushed

2 large eggs, beaten

½ cup rolled oats *or*  
½ cup fresh breadcrumbs



## Method

- 1 Mix all ingredients together.
- 2 Make each burger using about 2 tablespoons of mixture.
- 3 Place onto a greased oven tray or use baking paper.
- 4 Bake in a moderate oven (about 180°C) for about 30 minutes. Cooking time will depend on the size of the burgers.

## Ideas & Hints

- » Red capsicum could be replaced by 1 cup of cooked, mashed sweet potato.
- » Burgers can be cooked in a frying pan or electric frypan, or on a barbeque. Turn over half way through cooking time.
- » Serve on hamburger buns along with extra vegetables or salad.

# BREAD AND BUTTER PUDDING



Recipe serves

4

Preparation and cooking time

45 minutes



## Ingredients

4 slices bread  
(white, wholemeal or raisin bread)

2 eggs

2 cups milk

2 tablespoons sugar

Margarine to thinly spread on bread



## Method

- 1 Thinly spread margarine on bread.
- 2 Cut slices of bread in half or into triangles and place in a baking dish.
- 3 Beat the eggs, milk and sugar together then pour over the bread.
- 4 Bake in a moderate oven (about 180°C) for about 30 minutes or until set (a knife inserted in centre should come out clean).
- 5 Remove from oven as soon as cooked.

## Ideas & Hints

- » If using raisin bread, the sugar can be reduced or left out completely.
- » A thin spread of jam could be used instead of margarine.
- » Nutmeg can be sprinkled on top before placing into oven.
- » If cooking in a fan forced oven, have oven temperature about 160°C.



# CREAMED RICE



## Recipe serves

4-6 

## Preparation and cooking time

45 minutes 



## Ingredients

½ cup rice (medium grain or arborio)

3 cups reduced fat milk

¼ cup sugar



## Method

- 1 Place rice, sugar and milk in a saucepan, stir over moderate heat until boiling.
- 2 Turn heat down and simmer gently, lid off. Stir from time to time.
- 3 Cook slowly until rice is soft (about 30 minutes).
- 4 Serve hot or cold.

## Ideas & Hints

- » Medium grain or arborio rice is better than long grain rice. Long grain rice does not make such a creamy result.
- » All types of milk are suitable, fresh, long life, powdered, evaporated milk.
- » Creamed rice makes a great snack.
- » Once cooked, place on lid to help prevent a 'skin' from forming.
- » Creamed rice will thicken as it cools. If it becomes too thick, stir in extra milk.

# FRUIT CRUMBLE



## Recipe serves

4-6

## Preparation and cooking time

30 minutes



## Ingredients

800g can solid pack apples  
(sometimes called 'pie pack')

½ cup flour (plain or self-raising)

¼ cup sugar (white or brown)

¼ cup coconut

¼ cup rolled oats (traditional or quick cooking)

3 tablespoons margarine



## Method

- 1 Place apple into an oven proof dish.
- 2 Place all dry ingredients into a bowl and rub in the margarine.
- 3 Sprinkle crumble mix over apple and place in a moderate oven (about 180°C).
- 4 Bake for about 20 minutes or until the crumble is lightly browned.
- 5 Serve with reduced fat yoghurt or custard.

## Ideas & Hints

- » Use any fruit. If fruit is canned in juice, drain off about half of the juice.
- » Stewed fruit can be used.
- » Coconut can be replaced with extra rolled oats.
- » Make twice as much crumble and freeze half for next time.



# SCONE DOUGH



Recipe serves

10-12 small scones

Preparation and  
cooking time

20 minutes 



## Ingredients

2 cups self-raising flour

1 cup reduced fat milk

1 tablespoon sugar

2 tablespoons margarine



## Method

- 1 Preheat a hot oven (about 200°C).
- 2 Rub margarine into flour and sugar then stir in enough milk to make a soft dough.
- 3 Gently knead dough on a lightly floured board, pat out to about 2 centimetres thick.
- 4 Cut out scones and place (just touching each other) on a greased oven tray. Baking paper can be used instead of greasing.
- 5 Bake for 8 - 10 minutes.

## Ideas & Hints



» If the scone dough is too soft to knead, place all the dough in a greased baking dish and bake at 180°C for 20 – 30 minutes. Test with a skewer. Cool before cutting into slices.

### Other uses for scone dough:

- 1. Sweet dumplings** – flour hands and roll dumpling balls using about 1 tablespoon of dough per dumpling. Carefully drop dumplings into slowly boiling canned fruit or other fruit you are stewing. Turn heat down so that fruit simmers. Place lid on and cook for about 15 minutes.
- 2. Savoury dumplings** – leave out sugar. Make dumplings with 1 tablespoon of dough. Add to stews or casseroles for the last 15 minutes of cooking time, lid on.
- 3. Cheese scones** – leave out sugar, add ½ cup grated tasty cheese after the margarine has been rubbed in.
- 4. Fruit Scones** – add ½ cup sultanas or chopped dates after margarine has been rubbed in.
- 5. Cinnamon Swirls** – pat out dough thinly (about ½ centimetre thick) sprinkle with a little sugar and cinnamon. Jam can be used instead of sugar and cinnamon. Roll up into a ‘log’ then cut into slices about 2 centimetres thick. Place swirls into a baking dish that has been greased and lined. Bake 10 – 15 minutes in a hot oven (200°C). The rolled up dough could be cooked as a ‘log’ and cut when cooked.
- 6. Fried Scones** – leave out sugar. Knead then pat dough out to 1 centimetre thick. Cut into scones. Heat 2 – 3 tablespoons of oil in a frying pan. Place scones into pan and cook by moderate heat. Turn over when the underside is brown. Cook until brown on second side. Serve instead of potato.
- 7. Fried Potato Scones (Johnny Cakes)** – make as for fried scones but remove ½ cup of milk from the recipe and add ½ cup of mashed potato. These go well with soups and stews.



