



presented by

yhunger







We dedicate this
cookbook to you!
Young people on their
journey to independent
living and learning
to cook...

We hope to honour the
young people who talked
with us about food and
more in our research and
everyone we've cooked
with since.



May these mad
feeds help "bring
you back to life" and
"put warmth in
your heart".





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yhunger

MADE FRESH – MORE MAD FEEDS (2nd edition)

First published in 2013 by Community Health Services, Sydney Local Health District, with support from Youth Health Services, South Western Sydney Local Health District.

Reprinted in 2017 with funds from NSW Office of Preventive Health, NSW Ministry of Health, and in 2019 by Health Promotion Service, South Eastern Sydney Local Health District.

This second edition was published in 2022 by Community Health Services, Sydney Local Health District, with support from the NSW Refugee Health Service and the Health Promotion Service, South Eastern Sydney Local Health District.

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ISBN: 978-0-9873830-0-6

Suggested citation:

Franke, E., Yamazaki, R., Le Compte, E., & Taranto, A. R. (2022). *Made Fresh: More Mad Feeds* (2nd edition). NSW Government, Sydney Local Health District

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Proudly supported by





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Acknowledgements

There are many people to thank for this second edition of *Made Fresh – More Mad Feeds*.

The first edition of this cookbook was written for the Yhunger program in 2013 by **Elise Franke** (Youth Arts Worker, South Western Sydney Local Health District) and **Rowena Yamazaki** (Community Nutritionist for Young People, Sydney Local Health District).

The new recipes in this second edition were developed by **Rowena Yamazaki** in collaboration with **Eloise Le Compte** (Dietitian, NSW Refugee Health Service) and **Anna 'Rosie' Taranto** (Youth Health Promotion Officer, Youthblock Youth Health Service, Sydney Local Health District).

Funding the new recipes was provided by NSW Refugee Health Service, the Health Promotion Service at South Eastern Sydney Local Health District and Community Health Services, Sydney Local Health District.

We appreciate Settlement Services International (SSI) and Promoting Health Outcomes for Refugees (PHOR) as auspices for the Yhunger Refugee Asylum Seeking Youth (RASY) project, which enabled more culturally inclusive recipes to be added.

We are also grateful to:

- Ester Bulea and the NSW Refugee Health Service's Bilingual Community Educators (BCEs), including Afsaneh Saboori and Maysoon Shammu, for sharing their recipes.
- Chloe, Verena, Melissa, Joanne, Angel and Serena who diligently re-costed, problem solved and pilot-tested recipes as student dietitians at Youthblock with Rowena.
- Tony, Sam, Billee and Rooan as talented and insightful youth consultants to Yhunger.
- Daniel Apat at Western Sydney Local Health District's Multicultural Health Services and Dor Achiek at SSI on Yhunger's RASY project team.
- SSI's Youth Collective, Australian Red Cross' Migrant Youth Orientation Program (MYOP), STARTTS, Navitas Fairfield's Youth Class, SydWest Multicultural Services, Blacktown Intensive English Centre (IEC), Mary MacKillop Catholic College Wakeley IEC and Fairfield IEC for their ideas, fun and time over the Yhunger RASY project years.

- Jonny, Rebecca, Pauline, Josh, Jodie, Jaime, Jioji, Benjamin, Elizabeth and Jeni, plus Brandon Bear for Yfoundations, as Yhunger Advisory Committee (YhAC) project advisors on the first edition.
- Nerida Murphy, Daniel Risk, Lusiana Njo, Mariette Duns, Tegan Picone, Jill Jenson, Belinda Crawford and Christine Kawamura for their creative direction on the first edition.
- Koori Job Ready who provided the location at Carriageworks for the first edition, and Rosie for her chooks and Richard for his studio space in Alexandria for the second edition. All on Gadigal lands of the Eora nation.
- Sue Amanatidis, Denise Fry and Sydney Local Health District's Community Health Service's executive for their ongoing leadership and commitment to Yhunger.
- Youthblock Youth Health Service and the NSW Yhunger Coordination group (especially Lara, Leticia, Stanya, Rachel, Crystal, Courtney, Mel and Lesley) for demonstrating collaboration, openness, respect and youth empowerment in our work together.
- All the brave recipe testers at Liverpool, Fairfield and Inner West Youth Services.
- All the youth workers, educators and health workers who've attended the

Yhunger training and provided such rich and constructive feedback over the years. Respect.

Finally we acknowledge the first edition was created with funding support from:

- Cabra-Vale Ex-Active Servicemen's Club Ltd (Fairfield CDSE 2011 Grant)
- Commonwealth Bank of Australia's Staff Community Fund (2011 Grant)
- Community Health Services, Sydney Local Health District
- Community Health Services, South Western Sydney Local Health District
- NSW Office of Preventive Health, NSW Ministry of Health
- Yfoundations.



how to use this book

Welcome to the kitchen, master chefs and absolute beginners...

- » The Yhunger cookbooks are your step-by-step guide books with tried-and-tested tasty recipes by and for young people learning to live on their own, without much money to spend or time to spare.
- » Use the recipes to get started, and once you feel comfortable, experiment with new flavours and different ingredients, like seasonal vegetables, legumes, herbs and spices.

Made Fresh – More Mad Feeds is the second Yhunger cookbook that came out of research we conducted in 2010-2011 throughout parts of Sydney, NSW, Australia with 50 young people and 16 youth services who supported them with accommodation, meals, living skills and more. We've drawn on your rich cultural diversity and changing tastes, to create this book to accompany the first Yhunger cookbook called *Reheat! A Cookbook for Young People*.

Made Fresh – More Mad Feeds is designed to be:

- » *flexible* depending on where you are living so you can feed yourself or a crowd.
 - » Most recipes give you the option of cooking in 2, 4 or 6 serves (or multiply for more).
- » *affordable* when trying to live on the Youth Allowance, Newstart or Parenting payments.
 - » Between July 2020 and June 2021 all the meals were costed as under \$5 AUD per person. Look out for the following symbols:
 - Less than \$1 = \$0.01 to 0.99 per person;

- \$1 = between \$1.00 and \$1.99 per person;
- \$2 = between \$2.00 and \$2.99 per person;
- \$3 = between \$3.00 and \$3.99 per person;
- \$4 = between \$4.00 and \$4.99 per person (at the most).

- » For meals like the lasagne, soup and stews, it's cheaper to make bigger amounts.
- » *realistic*: to make it quick and easy, and to use simple, versatile ingredients.
 - » Each recipe has a time guide for preparation and cooking to help you plan ahead.
 - » There's a shopping list at the back with all the ingredients so you can photocopy or adapt.
 - » There's an equipment guide plus ways to substitute if you don't have all the stuff (see tables in the intro section of this cookbook and *Reheat! A Cookbook for Young People*, the first Yhunger cookbook).
- » *healthy*: in particular, to help you have more fresh vegetables and fruit in your day.
 - » Check out how many veg/fruit serves for each person at the top of each recipe.

Abbreviations used in the recipes

"tsp" means teaspoon

"Tbs" means tablespoon



fruit & vegetable serves

“It’s healthy for you, blah, blah, blah...”

At the top of each recipe in this cookbook you will find a symbol that looks like...



1 serve per person

This symbol tells you how many **serve**s of **vegetables** are in a single serve of each recipe. Use this as a guide to help you reach the recommended serves of fruit and vegetables each day.



1 serve per person

This symbol tells you how many **serve**s of **fruit** are in a single serve of each recipe. Use this as a guide to help you reach the recommended serves of fruit and vegetables each day.



This symbol tells you that it’s a vegetarian meal.

Q&A #1: How many serves of vegetables and fruit should I eat each day for good health?

	Veg serves per day	Fruit serves per day
Men (19 years and up)	6	2
Women (19 years and up)	5	2
When you’re still growing in adolescence (12 – 18 year olds)	5 – 5½	2
If you’re pregnant...	5	2
If you’re breastfeeding...	5½ – 7½	2
For kids (4 – 11 year olds)	4½ – 5	1½ – 2
For bubs (2 – 3 year olds)	2½	1

Q&A #2. So what’s a serve of vegetables look like?

- » ½ cup cooked vegetables (green, orange, white, red or purple)
- » ½ cup cooked, dried or canned beans, chickpeas or lentils (no added salt)
- » 1 cup green leafy or raw salad vegetables
- » 1 small-medium tomato (75g)
- » ½ cup sweet corn

- » 75g starchy vegetables (sweet potato, taro, sweet corn, cassava or 1 small potato)

Q&A #3. What’s a serve of fruit look like?

- » 1 piece of medium-sized fruit, e.g. apple, banana, pear, orange
- » 2 small pieces of fruit, e.g. apricots, kiwifruit, plums
- » 1 cup diced, cooked or canned fruit in natural juice (no added sugar or syrup)
- » ½ cup (125ml) of 100% fruit juice (no added sugar)
- » 30g dried fruit, e.g. 4 dried apricot halves or 1½ tablespoons sultanas
- ❖ Only drink fruit juice and eat dried fruit occasionally, to be kind to your teeth and maintain a healthy weight.
- ❖ Look for fresh fruit and vegetables in season when they are cheap, fresh and the tastiest.
- ❖ Enjoy plenty of vegetables, including different types and colours and legumes/beans every day.

Adapted from: National Health and Medical Research Council (2013). Eat For Health Educator Guide. https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55b_educator_guide_140321_1.pdf

seasonal fruit and vegetables

(Sydney, NSW, Australia)



SPRING

(Sept – Nov)

APPLE
AVOCADO
BANANA
MANDARIN
PEAR
PINEAPPLE
STRAWBERRIES
VALENCIA ORANGE
WATERMELON
ASPARAGUS
BEANS AND PEAS
BROCCOLI
CABBAGE
CARROT
LEEK
ASIAN GREENS
(E. G. BOK CHOY, CHOY SUM)
TOMATO
ZUCCHINI



SUMMER

(Dec – Feb)

APRICOT
BANANA
BERRIES
CHERRIES
GRAPES
LYCHEES
MANGO
MELON (ALL TYPES)
NECTARINE
PEACH
PINEAPPLE
PLUMS
VALENCIA ORANGE
ASPARAGUS
BEANS
CAPSICUM
CELERY
CUCUMBER
EGGPLANT
OKRA
PEAS
SUGAR SNAP PEAS
SWEET CORN
TOMATO
ZUCCHINI



AUTUMN

(Mar – May)

APPLE
AVOCADO
BANANA
GRAPES
KIWIFRUIT
HONEYDEW MELON
PEAR
PERSIMMON
PLUMS
ROCKMELON
WATERMELON
BEETROOT
ASIAN GREENS
(E. G. BOK CHOY, CHOY SUM)
BROCCOLI
CABBAGE
CAPSICUM
CAULIFLOWER
CUCUMBER
EGGPLANT
SWEET CORN
SWEET POTATO
TOMATO



WINTER

(June – Aug)

APPLE
AVOCADO
CUSTARD APPLE
KIWIFRUIT
LEMON
MANDARIN
HONEYDEW MELON
NAVEL ORANGE
NASHI
PEAR
PERSIMMON
BEETROOT
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
LEEK
PEAS
RADISH
SPINACH
SWEET POTATO

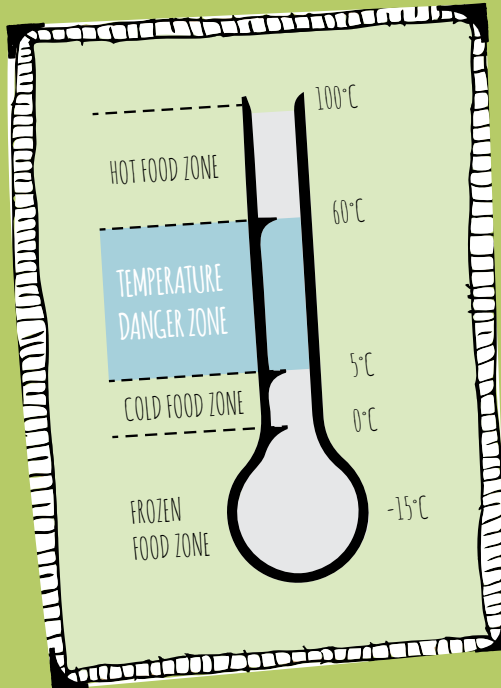
ALL YEAR ROUND: PAPAYA, PASSION FRUIT, GRAPEFRUIT,
CELERY, LETTUCE, MUSHROOMS, POTATO, PUMPKIN, SNOW PEAS

food safety tips

- 1. Wash your hands with soap and dry well**
 - » before touching or eating food.
 - » after touching raw meat or chicken.
 - » after you go to the toilet, smoke, sneeze or cough.
- 2. Temperature danger zone**

Bugs grow best when the temperature of food is between 5 and 60°C, so:

 - » keep **HOT FOODS** steaming hot.
 - » keep **COLD FOODS** refrigerated.
 - » if you travel a long way with food, use an insulated bag (cold pack) and ice-brick.



- 3. Keep kitchen and equipment clean**
 - » Wash equipment used for raw meat in warm soapy water.
 - » Wipe down the kitchen bench with warm soapy water/kitchen spray.
 - » Change tea towels and sponges regularly.
- 4. Separate cooked and raw foods**
 - » Cover raw meat, poultry and seafood and keep clear of cooked foods.
 - » Store foods in containers to avoid contact between raw and cooked.
 - » Use different chopping boards and knives for handling raw foods.
- 5. Wash all fresh fruit and vegetables before eating and cooking**
- 6. What to do with a mad feed that's leftover?**
 - » If less than 2 hours: refrigerate the cooked meal as soon as it's stopped steaming. Eat within 2 to 3 days or freeze (see Freezing Tips on page 8).
 - » Within 2 to 4 hours of cooking: reheat meal and eat immediately – you can't keep it.
 - » Over 4 hours: throw it out! There are enough bugs now for food poisoning.

freezing tips

1. Freeze cooked food as soon as possible. Let hot food cool in the fridge first, after the steam disappears.
2. Avoid freezer burn by packing food in airtight containers or sealable (snap lock) bags with air squeezed out. Freezer burn makes the food dry and grey in colour because of exposure to air.
3. Label and date frozen food with a thick texta/laundry marker.
4. Use the chart to the right as a guide on maximum freezing times.
5. When shopping, pick up frozen foods like vegetables and fish just before you go to the checkout. Use cooler bags or an esky to transport the food home, and then unpack to the freezer first.
6. How to thaw:
 - » Muffins and biscuits can be thawed at room temperature. Take off plastic wrap or packaging first so the surface doesn't become soggy from the melting ice crystals.
 - » Pasta, bread, frozen meals and vegetables can be reheated immediately in the microwave or on the stovetop after being taken out of the freezer. Check the food is hot in the centre before serving.
 - » Foods with high moisture content like meat, chicken, fish, fruit and cooked liquid-based dishes need to be thawed slowly in the fridge or quickly in microwave to prevent bacteria from growing rapidly in the temperature danger zone (5 – 60°C).
 - » Place meat on a plate or in a container to catch any juices as it thaws.
 - » Put frozen fruit in a single layer on a baking tray lined with paper towel to absorb liquid.
7. Freeze meals like stews, rice and soups in serving-size portions for quick freezing and thawing times.
8. A full freezer is cheaper to run and saves energy as less power is needed to circulate the cold air and keep the food frozen. Plus you'll save time and money by having meals ready!

Raw meat, Poultry and Seafood

Use before

Bacon, ham and lunch meats	1 month
Oily fish like salmon and shellfish	2 months
Pork mince	2 months
Beef, lamb and chicken mince	3 months
All meat sausages	3 months
Duck	3 months
Lamb and pork cutlets, chops and roasts	3 – 6 months
Beef steaks and roasts	6 months
White fish fillets	6 months
Chicken pieces	6 months
Whole chickens	12 months

Cooked/prepared foods

Cooked and shelled prawns	1 month
Pork casseroles/stews	1 month
Cooked leftover meats	2 months
Beef and lamb casseroles/stews	3 months
Fresh and cooked pasta	3 months
Soups	4 months
Vegetarian casseroles/stews	6 months
Cooked rice	6 months

Baked goods

Pancakes and crepes	2 months
Breads and pastries	8 months
Muffins	12 months

Frozen fruit and vegetables

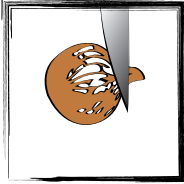
8 months

Source: How to freeze food. *Good Taste*, November 2007, p.127. <https://www.taste.com.au/quick-easy/articles/how-to-freeze-food-part-two/mvkpfrn0>

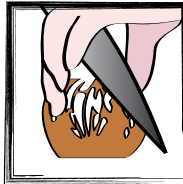
handy kitchen tips

HOW TO CHOP AN ONION:

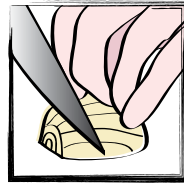
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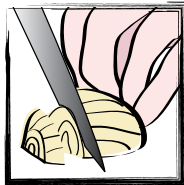
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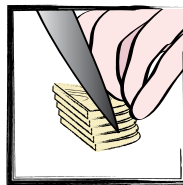
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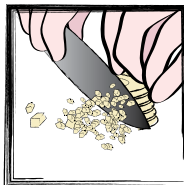
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5.



6.



HOW TO CRUSH A GARLIC CLOVE:

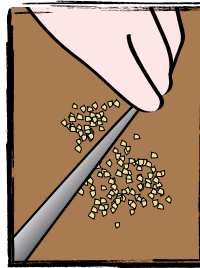
1.*



2.



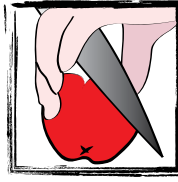
3.



* Hold the knife sideways so the blade is lying flat on the board. Place the garlic under the flat side of the knife's blade and push down hard.

handy kitchen tips *cont.*

HOW TO KEEP ALL YOUR FINGERS:



- Use a sharp knife (or get a knife sharpener)!
A blunt knife makes prep time harder and more time consuming. A sharp knife is easier to handle and will do less damage than a blunt, ragged knife if you do happen to have an accident.
- Make a claw and/or keep your fingertips clear on the food handling hand. Keep a firm grip on the hand holding the knife.

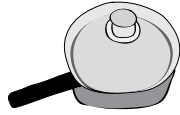
Some kitchen terms explained:

- CHOP: cut into small pieces.
- DICE: cut into small cubes.
- SIMMER: keep the liquid just below boiling point so only small bubbles appear.
- BROWN: cook meat until it turns brown, so it seals in moisture and flavour.
- Celery or cut avocado wrapped in reusable beeswax wrap or aluminium foil and kept in the fridge will stay fresh longer.
- Wash vegetables and fresh herbs just before you are ready to use them, not when you store them.
- Clean as you go if you can, and have all ingredients and equipment ready.
- Try to relax and have some fun as you cook. Play your favourite music and enjoy the aromas.



equipment guide

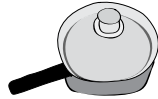
Large saucepan



Masher/fork



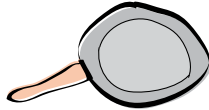
Medium saucepan



Vegetable peeler



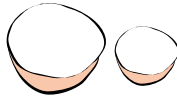
Large (non-stick) frypan



Tongs



Large and small bowls



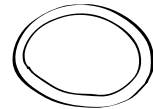
Eggflip
(plastic if using non-stick pan)



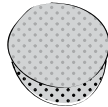
Kitchen scissors
(clean ones!)



Dinner plate



Colander/strainer



Can opener



Chopping boards
(one for vegies, one for meat –
wash thoroughly)



Rolling pin
(or strong plastic cup)



Knives
(one for vegies, one for meat or
wash thoroughly in between)



Stirring spoon



Grater

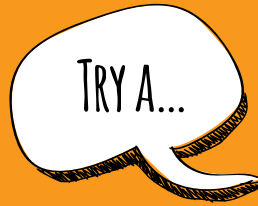


Measuring cups



Oven mitt/tea towel		Baking paper	
Oven-proof casserole dish with lid (2 – 3L)		Aluminium foil	
Oven-proof baking dish		Cling film	
Microwave bowl (2.5L rice cooker)		Zip lock bags	
Muffin tray		Paper towel	
Rice cooker		Takeaway/ storage containers	
Herbie Gerbie toasted sandwich maker		Sharpie texta/laundry marker to label food for the freezer	
Kettle		Measuring spoons	
Oil spray		Flat trays (pizza-style or whatever)	

what else can i use?



Rolling pin	Strong plastic cup or clean bottle/jar
Rice cooker	Microwave rice steamer or saucepan (see rice packet instructions)
Potato masher or stick blender	Use a fork or push through a colander/strainer
Muffin tray	Make blobs like biscuits on a greased and floured flat tray
Lid for microwave dish	Use an upside-down plate or cling film
Lid for oven casserole dish	Aluminium foil
Herbie Gerbie (toasted sandwich maker)	Toaster. Then grill or microwave if melting cheese or heating ingredients (i.e. make as an open sandwich). Or you can cook sandwich in a frypan or on the BBQ (esp. pharaoh eyes and toad in a hole)
Baking paper	Oil spray or aluminium foil
Fridge or microwave	Talk to your youth worker – there are schemes to assist you


fire safety tips

ALMOST HALF OF ALL HOUSE FIRES START IN THE KITCHEN!

- 1. Cooking should never be left unattended.**
 - » Always stay in the kitchen while cooking and turn off the stove before you leave.
- 2. Accidents can happen very quickly.**
 - » To limit the risk of scalds and burns to children, turn pot handles inwards.
- 3. Fabrics and loose clothing can catch fire easily.**
 - » Keep your clothing away from heat.
 - » Tie back long hair to prevent accidents.
- 4. Many substances in the kitchen are dangerous.**
 - » Flammable materials such as pressure packs, cleaning products and cooking oils should be stored away from heat. Keep all hazardous substances and medications out of the reach of children.
- 5. If a fire starts, turn off the stove or cover the flame if it is safe to do so.**
 - » Never use water to put out a fat or oil fire.
- 6. Utilise a fire extinguisher or fire blanket if available.**
- 7. Otherwise leave the kitchen, close the door and call the Fire Brigade.**

Source: Fire and Rescue NSW (October 2017). Fire Safety and Prevention in the Home. <https://www.fire.nsw.gov.au/page.php?id=9274>





CHAPTER 1
MORE EASY
MEALS

chicken chop suey

PREP 10 min

COOKING 40 min



1 serve per person

\$2 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Chicken thigh fillets, trimmed of fat, diced	2	4	6
Onion, diced	½	1	1½
Garlic cloves, crushed or minced garlic	4 cloves or 4 tsp	8 cloves or 8 tsp	10 cloves or 10 tsp
Rice vermicelli	75g (1 portion)	150g (2 portions)	225g (3 portions)
Mixed vegetables, fresh or frozen, e.g. capsicum, corn, carrot, zucchini, choy sum	1 cup	2 cups	3 cups
Salt-reduced soy sauce	50ml (2½ Tbs)	100ml (½ cup)	150ml
Vegetable or peanut oil	1 Tbs	2 Tbs	2 Tbs
Oyster sauce (optional)	2 Tbs	3 Tbs	5 Tbs
Rice, uncooked	1 cup	2 cups	3 cups
Pepper (to taste)			

equipment

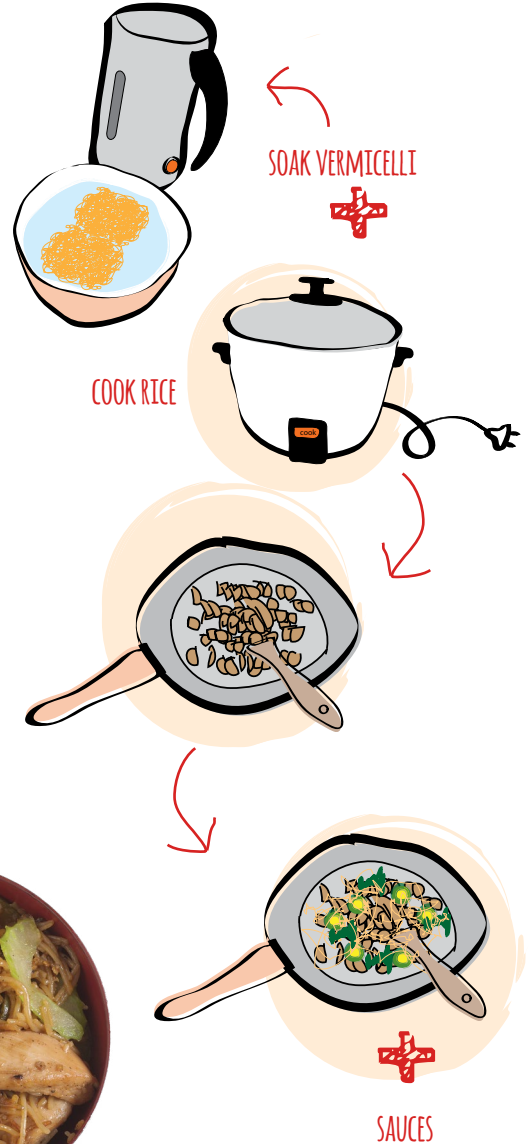
- » Large saucepan/frypan
- » Rice cooker or saucepan to cook rice
- Stirring spoon
- Large bowl
- Kettle
- Clean scissors
- Strainer
- Chopping boards
- Knife
- Measuring cup and spoon



GET STUFFED!

steps

- 1 Steam rice as per packet instructions. Soak vermicelli in a large bowl of hot water (about 1L) for 30 minutes. Cut up the vermicelli with clean scissors once soft. Strain.
- 2 In the meantime, heat oil in large frypan/ saucepan on high heat. When sizzling, add garlic and onions and stir-fry, until onion is soft and clear in colour. Add chicken strips and cook until browned.
- 3 Add half the soy sauce and cook for 2 minutes. Then add vermicelli and vegetables, stir well. Simmer (on low heat) for 5 minutes or until vermicelli is clear.
- 4 Add oyster sauce and other half of soy sauce. The chop suey will go brown.
- 5 Serve on top of rice. Imagine you are on a Pacific island...



A big thanks to Tanya from the LYR Pregnancy Project for this recipe...



damper pizza

PREP 15 min

COOKING 20 - 30 min



2 serves per person

\$3 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

pizza base

	for 2 people 1 LARGE PIZZA	for 4 people 2 LARGE PIZZAS	for 6 people 3 LARGE PIZZAS
Wholemeal self-raising flour	¾ cup	1½ cups	2¼ cups
White self-raising flour	¾ cup	1½ cups	2¼ cups
Milk	½ cup	1 cup	1½ cups
Water	¼ cup	½ cup	¾ cup
Oil or oil spray	1 tsp	2 tsp	3 tsp

pizza toppings

Jar of tomato pasta sauce	½ cup	1 cup	1½ cup
Grated mozzarella cheese	½ cup	1 cup	1½ cup
Toppings: e.g. capsicum, cherry tomatoes, pineapple, ham, pepperoni, broccoli, corn, onion, mushrooms, olives, garlic (be creative!)	1 – 1½ cups	2½ – 3 cups	3½ – 4½ cups
Seasoning/spices	½ tsp	1 tsp	1½ tsp

variations

- » If you are running low on bread, mix up the damper base, roll into bread rolls and bake in the oven.
- » You can make a thin crust pizza using Lebanese bread. Jump to Step 5!
- » Use the leftover pasta sauce for lunch/dinner within 3 days of opening. Or freeze.
- » Instead of pasta sauce, use a mixture of 2 Tbs tomato paste, 3 tsp minced garlic (or 3 cloves), 1 Tbs Tomato Sauce, 1 – 2 tsp mixed herbs. This will be enough for 3 pizzas.

equipment

- » 2 – 3 flat trays (pizza or lamington trays)
- Chopping board
- Knife, fork
- Measuring cups and spoons
- Large bowl
- Rolling pin/plastic cup or water bottle
- Oven mitt/tea towel

steps

1 Heat oven to 200°C (400°F/Gas mark 6) and grease pizza trays with oil spray/oil. In the large bowl, place wholemeal S.R. flour, white S.R. flour, milk and water. Mix with spoon until dough comes together.

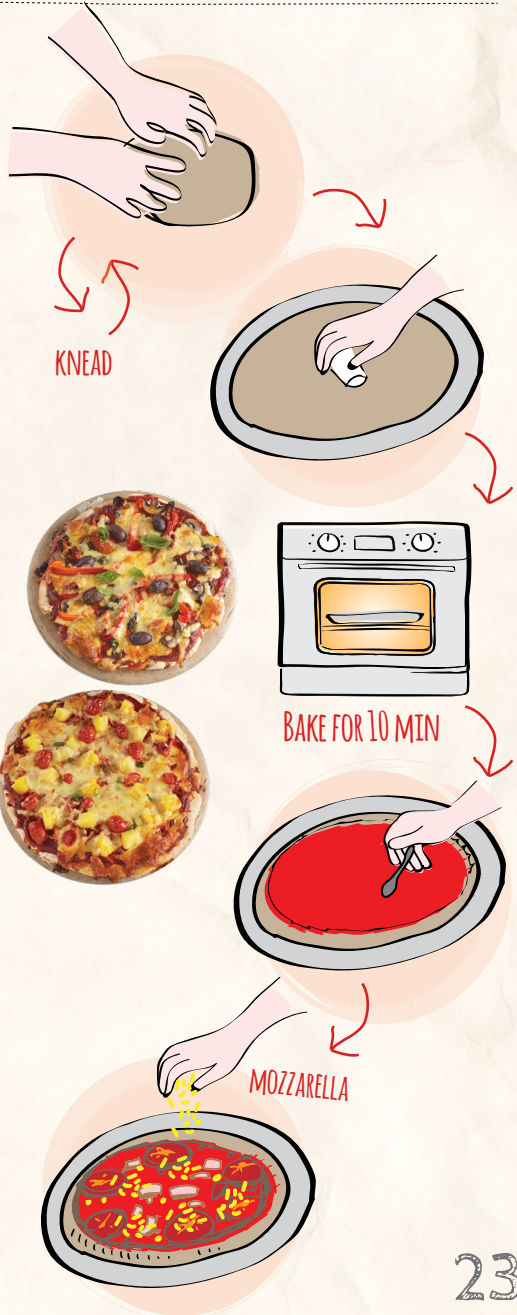
2 Dust some of the extra flour on the bench and scoop mixture on top. Dust mix with extra flour and knead till all together and not sticky. Dust pizza trays with some of the extra flour (be generous).

3 Break the dough into the number of pizzas you are making and put one ball of dough on each pizza tray. Using a rolling pin or the side of a cup, roll the dough out to the edges of the tray (should be approx. 1 cm thick). Prick surface with a fork.

4 Put tray into the oven for approx. 10 minutes to begin the cooking process. While the pizza base is initially cooking, prepare the topping ingredients, i.e. chop, drain, etc. Take pizza out of oven with an oven mitt or tea towel as it will be hot!

5 Spoon pasta sauce over top of base and spread over the whole pizza. Place ingredients on top of pizza. Best to start with garlic and meat as first layers, vegetables next and then cheese on top.

6 Bake in oven for a further 10 to 20 minutes until golden.





fuss-free tomato risotto, 2 ways

PREP 10 min

COOKING 20 - 25 min



4 serves per person

\$2 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients	for 2 people	for 4 people	for 6 people
Tinned tomatoes (chopped)	½ x 400g tin	1 x 400g tin	1½ x 400g tin
Onion	½	1	1½
Arborio rice	½ cup	1 cup	1½ cups
Vegetables, fresh or frozen, e.g. capsicum or zucchini or carrot, celery and mushrooms	1 cup	2 cups	3 cups
Parmesan cheese	1 Tbs	2 Tbs	3 Tbs
Basil	2 tsp fresh/ ½ tsp dried	1 Tbs fresh/ 1 tsp dried	1½ Tbs fresh/ 1½ tsp dried
Garlic cloves, crushed or minced garlic (optional)	1 clove or 1 tsp	2 cloves or 2 tsp	3 cloves or 3 tsp
Tinned tuna in spring water, drained (optional)	1 x 95g tin	1 x 185g tin	1 x 185g & 1 x 95g tin
Pepper (to taste)			
Stovetop			
Oil	1 Tbs	2 Tbs	2 Tbs
Salt reduced vegetable stock or dissolved stock cubes	1½ cups (or 1 stock cube in 1½ cups water)	3 cups (or 3 stock cubes in 3 cups water)	4½ cups (or 4 stock cubes in 4½ cups water)
Microwave			
Oil	2 tsp	1 Tbs	1½ Tbs
Vegetable stock/water	1 cup	2 cups	3 cups
Butter/margarine	½ tsp	1 tsp	1½ tsp

equipment

For both ways: » Chopping board, knife, can opener, measuring spoons and cup, stirring spoon. Plus for:

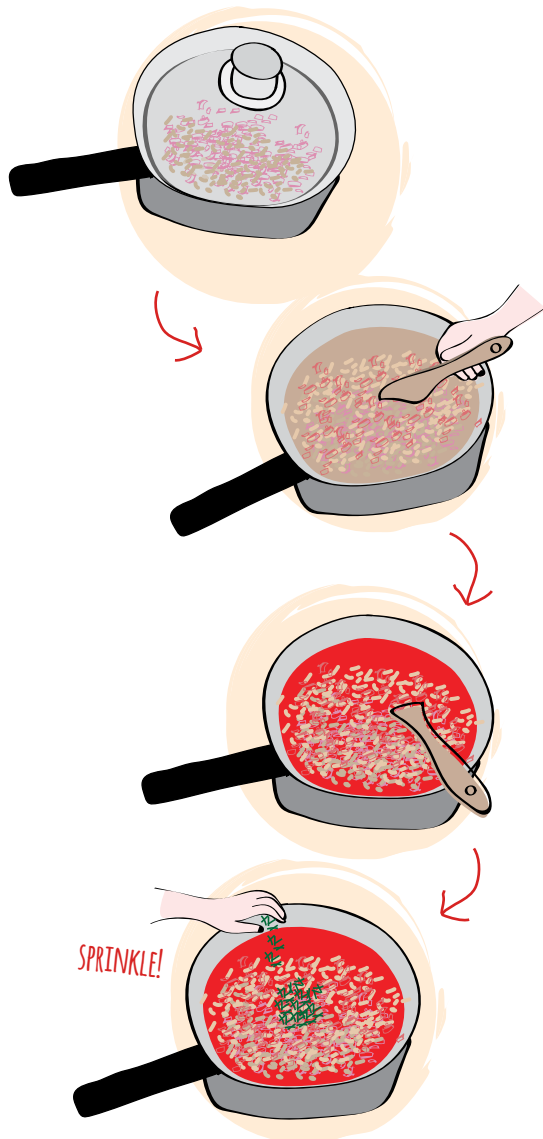
» STOVETOP: Medium/large saucepan.

» MICROWAVE: Microwave dish with lid (2 – 3L capacity), oven mitt/tea towel.

steps - on the stovetop

- 1 Heat oil in saucepan on medium heat, add onion and garlic and stir until onion is soft. *(Tip: cooking with the saucepan lid on helps the onions stay moist.)*
- 2 Uncover the saucepan for the remainder of the cooking. Add rice to pan, mix well to coat each grain with oil. Add fresh vegetables. Mix well.
- 3 Stir in tomatoes and stock. Stir occasionally over medium-high heat for about 15 minutes and then constantly for another 5 to 10 minutes or until almost all the water has been absorbed. Rice should still be quite moist at this stage.
- 4 Add drained basil, parmesan cheese and tuna if desired. Mix well. Serve up!

Adapted from: AWW (1988). Australian Women's Weekly Basic Cookbook, p.80. Australian Consolidated Press.



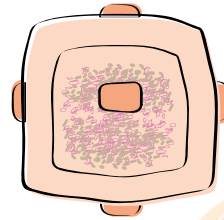
steps - microwave

- 1 Place chopped onion and oil into bowl, cover with lid and microwave on HIGH (100%) for 4 minutes.
- 2 Put rice, tomatoes, stock, garlic, herbs and vegetables into bowl, stir together, cover and microwave on HIGH (100%) for 10 minutes.
- 3 Take out of microwave and stir mixture, re-cover and microwave on HIGH (100%) for 10 minutes.
- 4 Take out of microwave, add butter, pepper and tuna, if desired, and stir through. Let risotto sit for 2 minutes before serving. Serve and sprinkle with parmesan cheese.

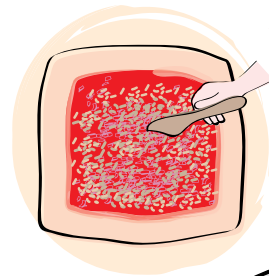
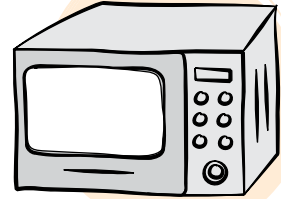
Adapted from: McDonald, M. (n.d.). Working women's risotto. <https://www.taste.com.au/recipes/working-womans-risotto/0e19d7ab-6ab8-4592-9892-f6708bff489f>

Tips

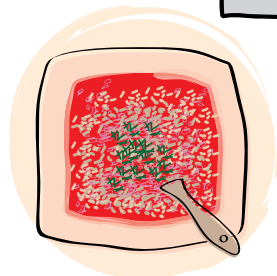
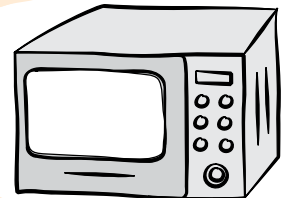
- » This is a good recipe to make with kids.
- » You can freeze leftovers (up to 3 months).
- » It is best not to substitute other rice varieties for Arborio (the risotto won't thicken).
- » A 2.5L rice cooker for about \$6 will do all microwave recipes in this book!



HIGH FOR
4 MIN
(4 PEOPLE)



HIGH FOR 10 MIN,
STIR, ANOTHER 10 MIN
(4 PEOPLE)



STIR FOR 2 MIN

oven-baked biryani

PREP 15 min

COOKING 45 min



1½ serves per person

\$2 to \$3 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Oil	2 tsp	1 Tbs	1½ Tbs
Butter/margarine	2 tsp	1 Tbs	1½ Tbs
Brown onion	1	2	3
Curry paste (Madras or tikka masala)	¼ cup (70g)	½ cup (140g)	¾ cup (210g)
Basmati rice	½ cup	1 cup	1½ cups
Salt-reduced chicken stock or dissolved stock cubes	1 cup (or 1 stock cube in 1 cup water)	2 cups (or 2 stock cubes in 2 cups water)	3 cups (or 3 stock cubes in 3 cups water)
Chicken thigh fillets, trimmed of fat, cubed	250g	500g	750g
Mixed vegetables, fresh or frozen, e.g. beans, broccoli, capsicum or carrot	1 cup	2 cups	3 cups
Pepper (to taste)			

optional

- » Serve with a dollop of thick natural yoghurt, mint leaves and pappadums.



ARE YOU CALLING ME CHICKEN!?

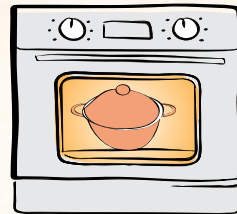
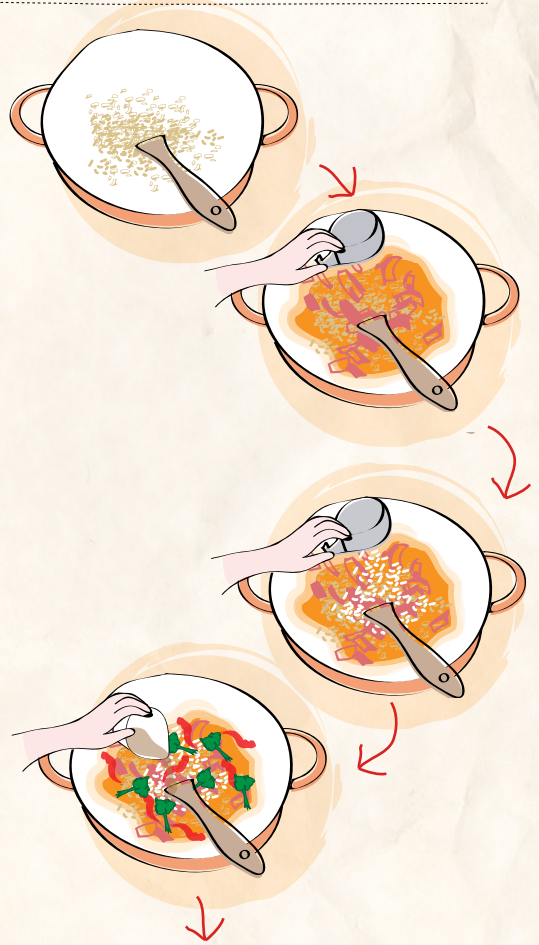
equipment

- » Large oven-proof casserole dish (2 – 3L capacity) with lid/aluminium foil
- Wooden spoon
- Chopping board
- Knife
- Oven mitt/tea towel
- Measuring cups and spoons
- Can opener

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4). In an oven-proof dish, heat oil and butter over medium-high heat on the stovetop until sizzling. Add onions and cook until caramelised (approx. 10 minutes).
- 2 Add chicken and curry paste, cook for a further 2 minutes until all mixture is coated with paste and caramelised onions. Then take off heat.
- 3 Sprinkle the rice over the chicken and onion. Add the stock and vegetables, stir to combine.
- 4 Cover with lid. Bake in oven for 40 minutes (stir after 20 minutes) until rice is tender and chicken is cooked. Bake less time for 2 people, more for 6 people.
- 5 Season with pepper and serve with mint and yoghurt if desired.

Adapted from: Elliot, D. (n.d.). Biryani. <https://www.taste.com.au/recipes/biryani/78f23527-0ac3-45e6-83b1-d197b5972cc5>



BAKE FOR 40 MIN
(FOR 4 PEOPLE)





Thai red curry with chicken
page 32

Thai red curry with chicken

PREP 10 min

COOKING 10 min



½ serve per person

\$1 to \$2 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

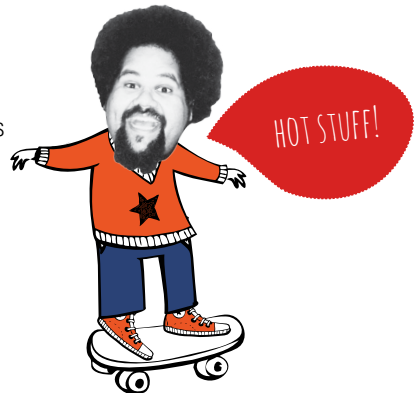
	for 2 people	for 4 people	for 6 people
Oil	2 tsp	1 Tbs	1½ Tbs
Chicken thigh fillets, trimmed of fat, diced	150g	300g	500g
Thai red curry paste	1 Tbs	1 – 2 Tbs	2 – 3 Tbs
Mixed vegetables, fresh or frozen, e.g. carrot, broccoli, mushrooms, capsicum	1 cup	2 cups	3 cups
Cornflour	2 tsp	1 Tbs	1½ Tbs
Light coconut milk	1 x 200ml tin	1 x 400ml tin	1 x 200ml tin and 400ml tin
Coriander (optional)	1 Tbs	2 Tbs	3 Tbs
Peanut butter (optional)	½ Tbs	1 Tbs	1½ Tbs
Lime juice (optional)	½ tsp	1 tsp	1½ tsp
Brown sugar (optional)	½ tsp	1 tsp	1½ tsp
Rice, uncooked	1 cup	2 cups	3 cups

tip

- » For a more flavoursome sauce add the optional ingredients.
- » Different store-bought curry pastes will vary in colour and taste, so test out different varieties to find one that suits your heat and flavour likings!

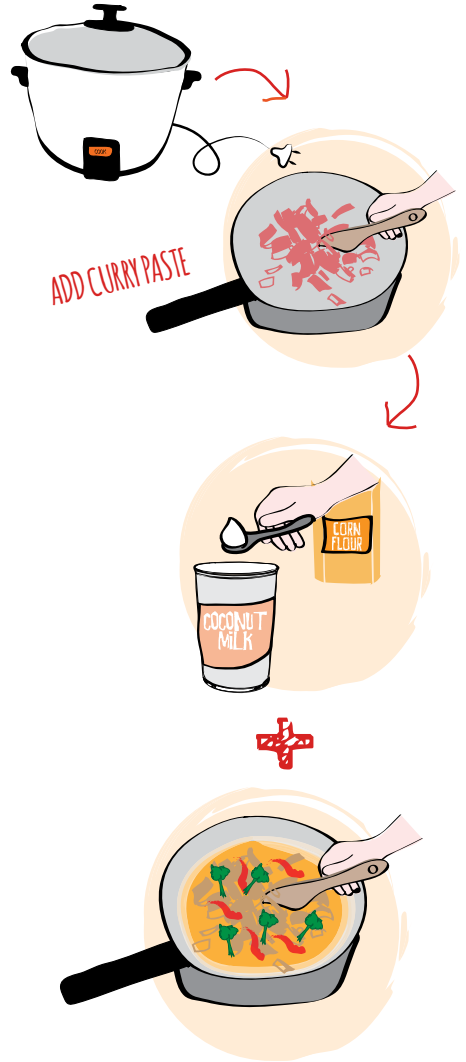
equipment

- » Saucepan
- » Chopping board
- » Knife
- » Stirring spoon
- » Measuring cups and spoons
- » Rice cooker or saucepan to cook rice



steps

- 1 Cook rice as per packet instructions. Heat oil in saucepan, add chicken and cook for about 2 minutes until starting to brown. Add curry paste and stir until combined and fragrant.
- 2 Put the cornflour into the tin of milk and mix together.
- 3 Add the vegetables and the milk mixture to the saucepan. Bring sauce to the boil and simmer for 1 to 2 minutes, stirring continuously. Sauce will thicken slightly.
- 4 Add additional optional flavouring if desired and stir through. Serve with cooked rice.



creamy chicken pasta

PREP 5 - 10 min

COOKING 10 - 15 min



1 serve per person

\$2 to \$3 per person

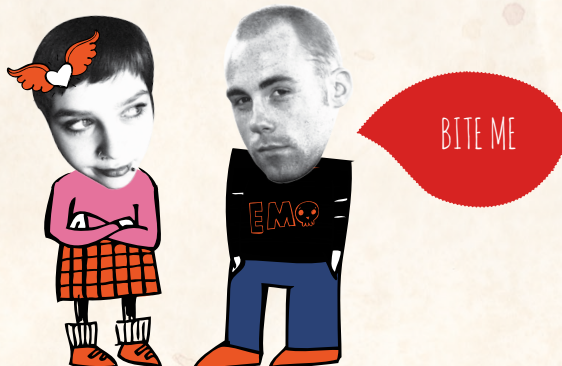
NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Chicken fillets, trimmed of fat and sliced	250g	500g	750g
Pasta	250g (½ packet)	500g	750g
Mixed vegetables, fresh or frozen, chopped	2 cups	4 cups	6 cups
Continental Creamy Chicken Curry	½ packet	1 packet	1½ packets
Milk	2 cups	4 cups	6 cups
Cumin	1 tsp	2 tsp	3 tsp
Garlic cloves, crushed or minced garlic	1 clove or 1 tsp	2 cloves or 2 tsp	3 cloves or 3 tsp
Pepper (to taste)			

equipment

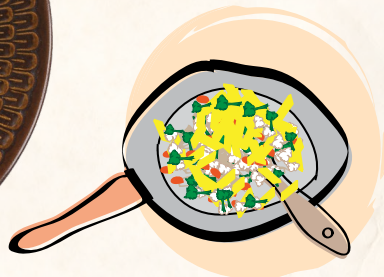
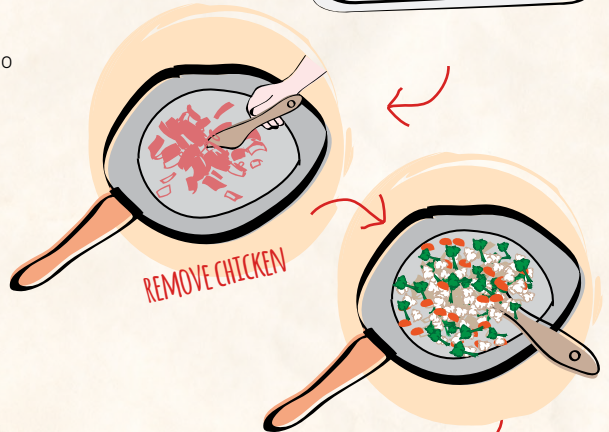
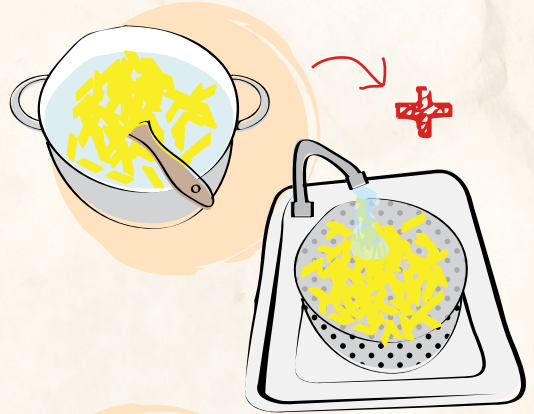
- » 2 medium-large saucepans (one for pasta, one for chicken curry sauce)
- Stirring spoons
- Chopping board
- Knives
- Measuring cups and spoons



steps

- 1 Cook pasta as per packet instructions, in boiling water for 10 to 15 minutes ("al dente", which means it should be just cooked and still slightly firm to bite) and strain.
- 2 Heat oil in pan over high heat, brown chicken with garlic and pepper. Remove chicken from pan.
- 3 Add mixed vegetables and cumin to pan and stir-fry over medium heat until tender.
- 4 Mix the packet with milk then add to pan. Stir well. Return chicken and simmer gently for 5 minutes. Stir through cooked pasta then serve.

Thanks to Renee from LYR Pregnancy Project for this recipe.







simple veg stew with a Moroccan twist
page 40

peanut-crusted chicken salad

PREP 10 - 15 min

COOKING 25 - 30 min



1 serve per person

\$2 per person

ingredients

	for 2 people	for 4 people	for 6 people
Chicken thigh fillet, trimmed of fat	2	4	6
Peanut butter	1 Tbs	2 Tbs	3 Tbs
Red curry paste	1 - 2 tsp	2 - 4 tsp	3 - 6 tsp
Kecap manis (Indonesian sweet soy sauce)	1 tsp	2 tsp	3 tsp
Lime juice	1 tsp	2 tsp	3 tsp
Mixed leafy greens, e.g. baby spinach, iceberg lettuce	1 cup	2 cups	3 cups
Red onion	¼	½	¾
Cucumber	½	1	1½
Tomato	½	1	1½
Salad dressing:			
Lime juice	½ tsp	1 tsp	1½ tsp
Sweet chilli sauce	1 Tbs	2 Tbs	3 Tbs
Water	2 tsp	1 Tbs	1½ Tbs
Rice, uncooked	1 cup	2 cups	3 cups

equipment

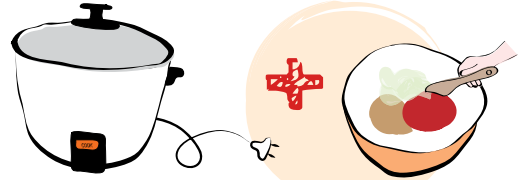
- » 2 small bowls
- 2 chopping boards (one for meat and one for salad)
- Measuring cups and spoons
- Knives
- Baking tray
- Baking paper
- Rice cooker or saucepan

variations

- » Swap kecap manis with a tablespoon of sweet chilli sauce for the peanut sauce.
- » Try some snow peas in the salad for some extra crunch.
- » White fish fillets like ling can be used instead of chicken.
- » If you don't have an oven, stir-fry the chicken (cut into pieces) with the peanut sauce in a frypan until chicken is cooked (approx. 10 to 15 minutes), stirring continuously so that the sauce does not stick to the pan.

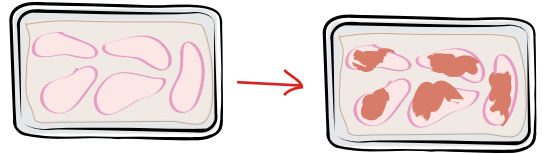
steps

1 Preheat oven to 180°C (350°F/Gas mark 4). Cook rice as per packet instructions. In a small bowl, mix peanut butter, red curry paste, kecap manis and lime juice until combined.



MIX!

2 Place the whole chicken fillets flat on baking paper in a baking pan. Coat the top side of the chicken pieces with the peanut sauce.



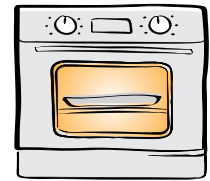
3 Cook in the oven 25 to 30 minutes until chicken is cooked and peanut sauce has developed a crust (you can check if the chicken is cooked by chopping it through at one of the thickest parts and seeing if the meat has turned white. If it is still pink, return to the oven for longer).

BAKE 20 TO 30 MIN

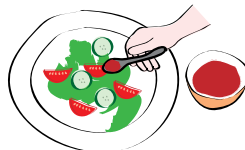
4 Wash knife in hot soapy water, change chopping boards and wipe bench to prepare salad.



5 Make your salad while the chicken is cooking to save time. Mix all chopped vegetables in a bowl.



6 In the small bowl, mix together the sweet chilli sauce, lime juice and water until well combined, pour over salad mix. Serve with chicken fillet on top of cooked rice, with salad on the side.



CHOP
CHOP!

simple veg stew with a Moroccan twist

PREP 10 min

COOKING 1 hour



5½ serves per person

\$2 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Chickpeas, drained and rinsed	1 x 125g tin	½ – 1 x 400g tin	1 x 400g tin
Oil	1 tsp	1½ tsp	2 tsp
Leek, sliced	½	1	1½
Tinned tomatoes	1 x 400g tin	1½ x 400g tin	2 x 400g tin
Salt reduced vegetable stock, or dissolved stock cubes	½ cup (or ½ stock cube in ½ cup water)	¾ cup (or 1 stock cube in ¾ cup water)	1 cup (or 1 stock cube in 1 cup water)
Carrots, sliced	1	1½	2
Celery, sliced	1 stick	1 – 2 sticks	2 sticks
Zucchini, sliced	1	1 – 2	2
Broccoli head, cut into small florets	½	½ – 1	1
Parsley, fresh, chopped or dried	1 Tbs fresh or 2 tsp dried	1½ Tbs fresh or 3 tsp dried	2 Tbs fresh or 1 Tbs dried
Garlic cloves, crushed or minced garlic	1 clove or ½ tsp	1 clove or 1 tsp	2 cloves or 2 tsp
Cumin	1 tsp	2 tsp	3 tsp
Chilli flakes (optional)	pinch	pinch	pinch
Couscous			
Dry couscous	⅓ cup	⅔ cup	1⅓ cups
Hot water/vegetable stock	⅓ cup	⅔ cup	1⅓ cups
Oil (optional)	1 Tbs	1½ Tbs	2 Tbs
Margarine/butter (optional)	1 tsp	2 tsp	3 tsp
Pepper (to taste)			

steps

- 1 Heat saucepan on medium-high heat and cook leek and garlic, stirring until soft and starting to brown.
- 2 Add tinned tomatoes, vegetables, stock and parsley. Stir and bring to the boil. Reduce heat to medium and simmer for 30 minutes until vegetables are cooked.
- 3 Add the rinsed chickpeas to the pot and heat for a further 15 minutes. Season with pepper.
- 4 Serve with couscous. To make couscous, add couscous to hot water/stock and oil. Cover and stand for 2 to 5 minutes. Add margarine/butter and "fluff" with a fork to separate grains.

What is couscous?

- Grain-like pasta made from semolina (wheat), cooks in 5 minutes and is easy to make.
- Couscous (pronounced "koos-koos") is a staple food in North Africa, France and Italy.
- Yum for soaking up stews, to make a quick lunch salad and in desserts, with dried fruit, cinnamon, milk and honey.

equipment

- » Large saucepan, tongs/fork, paper towel, plate, chopping board, knife, stirring spoon, tin opener, measuring cup and spoons.
- Couscous: saucepan/large bowl and lid/plate, fork.

variations

- » Cook sausages in the pan (prior to cooking the stew) or on the BBQ. Chop the sausages into smaller pieces and add back into the stew for the last 15 minutes of cooking.
- » You can also serve the stew with smashed sweet potato, mashed potato, rice or bread instead of couscous.





dolma with meat (Iranian stuffed capsicums)

PREP 40 min

COOKING 1hr 5mins



2 serves per person

\$4 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people. This can be baked in the oven or cooked on a stovetop, and makes a little mince into a filling meal.

ingredients	for 2 people	for 4 people	for 6 people
Capsicums	2 – 3	4 – 5	6 – 7
Fresh flat-leaf parsley	½ bunch	1 bunch	1½ bunch
Fresh dill	½ bunch	1 bunch	1½ bunch
Fresh or dried chives, mint and/or tarragon	2 – 3 Tbs fresh or 2 – 3 tsp dried herbs	4 – 5 Tbs fresh or 4 – 5 tsps dried herbs	6 – 7 Tbs fresh or 6 – 7 tsps dried herbs
Olive or vegetable oil	1 Tbs	2 Tbs	3 Tbs
Large brown onions, finely chopped	½	1	1½
Minced meat (lamb or lean beef)	50 g	100 g	150g
Ground black pepper	pinch	¼ tsp	½ tsp
Tomato paste	1 Tbs	1½ Tbs	2 Tbs
Crushed walnuts (optional)	2 tsp	1 Tbs	1½ Tbs
Yellow split peas, rinsed	2 Tbs	¼ cup	½ cup
Basmati rice, uncooked	½ cup	1 cup	1½ cups
Crushed tomatoes or grated fresh tomatoes	200g tin or 1 fresh	400g tin or 2 fresh	600g tin or 3 fresh
Water	1 cup	2 cups	3 cups
Fresh lemons or limes, juiced, or dried black limes (see note on page 49)	½ – 1	1 – 2	2 – 3

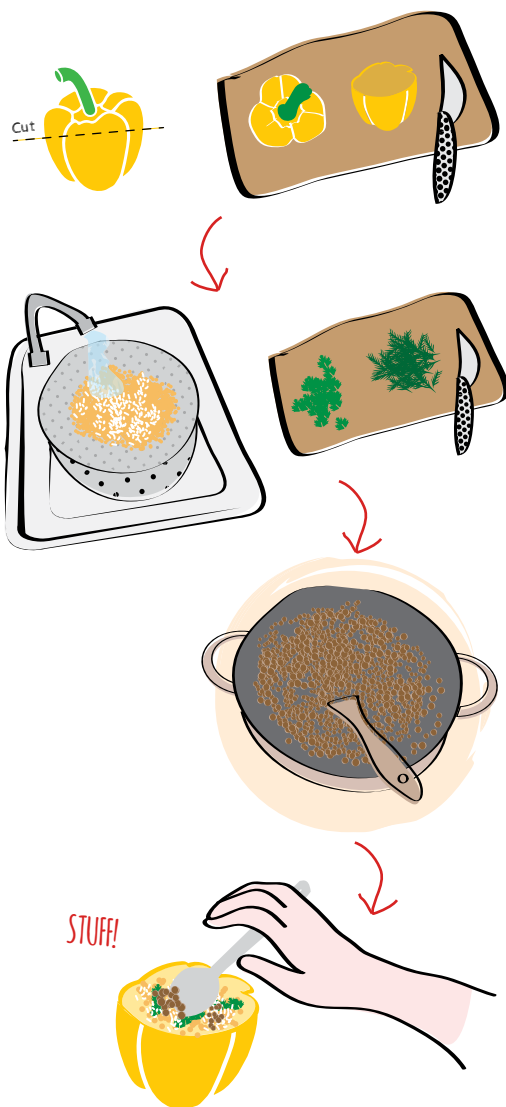
equipment

For both ways:

- » mixing bowl, colander/strainer, measuring spoons, measuring cups, grater or can opener for tomatoes, wooden spoon, chopping board and knife, slotted serving spoon and tongs. Plus for
- » STOVETOP: 1 to 2 large saucepans or a frypan with a lid/aluminium foil.
- » OVEN: a baking tray and oven mitts.

steps - dolma with meat

- 1 Preheat the oven to 180°C (350°F/ Gas mark 4) if you are baking your capsicums instead of using the stovetop method.
- 2 Cut the tops off the capsicums in a circle to make a lid. Scrape out the seeds and pith very carefully. Avoid making any cuts or holes in the body of the capsicum. Put the lids back on each capsicum and leave aside.
- 3 Rinse the yellow split peas and rice until the water runs clear. Set aside. Rinse fresh herbs (if using) well in water. Wrap in a clean tea towel or paper towel to dry and chop finely.
- 4 Heat oil in a saucepan or frypan over medium to high heat. Brown the onions and mince. Add the tomato paste, herbs and pepper, cook for further 1 to 3 minutes and set aside.
- 5 In a mixing bowl, combine cooked onion, herb and mince mix, split peas, rice and walnuts (if using). Season to your taste. Then fill the capsicums one by one, and put their own lids back on.
- 6 Combine the tomatoes and lemon juice in the baking tray or saucepan(s). Now put the capsicums tightly next to each other in the tomato mix. Pour the water over the capsicums and into the tomato mix.



steps cont.

7 Baking in the oven: Add an extra 4cm of water to the baking tray.

Bake for 40 to 45 minutes in the preheated oven until the capsicums' skins are soft.

OR

Cooking on the stovetop: For 4 to 6 people, you will need to split the capsicums and tomato mix between 2 large saucepans.

Bring the saucepan(s) to the boil on high heat, then reduce heat to medium and simmer for 45 to 55 minutes, depending on the size of the capsicums.

8 Carefully lift the capsicums with a slotted serving spoon and tongs and serve. They will be hot!



STUFFED VEGETABLES
AND VINE LEAVES ARE
FAMILY FAVOURITES





vegetarian dolma (Iranian stuffed capsicums)

PREP 40 min

COOKING 1hr



2 ½ serves per person

\$4 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people. This can be baked in the oven or cooked on a stovetop. Suitable for vegans.

ingredients

	for 2 people	for 4 people	for 6 people
Capsicums	2 – 3	4 – 5	6 – 7
Yellow split peas, rinsed	¼ cup	½ cup	¾ cup
Basmati rice, uncooked	⅓ cup	¾ cup	1¼ cups
A mix of ground spices like cumin, black pepper, coriander, cinnamon, nutmeg cardamom or ginger, or a curry powder, Baharat (Lebanese 7 spices) or the Aleppo spice mix	2 tsp	4 tsp	6 tsp
Fresh flat leaf parsley	½ bunch	1 bunch	1½ bunches
Fresh dill	½ bunch	1 bunch	1½ bunches
Brown onions, finely diced	½	1	2
Garlic cloves, crushed	1	2	3
Olive or vegetable oil	1 Tbs	2 Tbs	3 Tbs
Sultanas, raisins, barberries, or sliced celery (optional)	2 Tbs	3 Tbs	4 Tbs
Crushed tomatoes or passata	1 x 400g tin or ½ x 700g jar	1 x 800g tin or 1 x 700g jar	1 x 400g and 1 x 800g tin or 1½ x 700g jars
Fresh small lemons or limes, juiced, or dried black limes (see note on page 49)	½ – 1	1 – 2	2 – 3

equipment

- » 1 to 2 large saucepans (depending on the number of capsicums to cook on the stovetop) or a frypan with lid or aluminium foil or a baking tray & oven mitts (if using the oven), mixing bowl, colander/strainer, measuring spoons, measuring cups, grater or can opener for tomatoes, wooden spoon, chopping board and knife, slotted serving spoon and tongs.

steps

1 Preheat the oven to 180°C (350°F/Gas mark 4) if you are baking your capsicums instead of using the stovetop method.

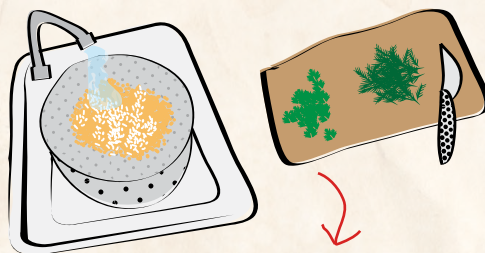
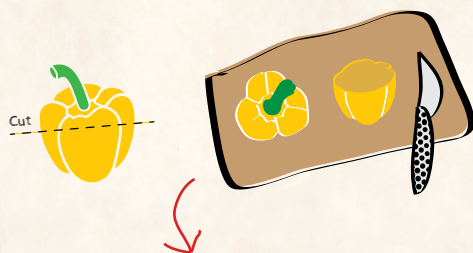
2 Cut the tops off the capsicums in a circle to make a lid. Scrape out the seeds and pith very carefully. Avoid making any cuts or holes in the body of the capsicum. Put the lids back on each capsicum and leave aside.

3 Rinse the yellow split peas and rice until the water runs clear. Set aside. Rinse fresh herbs (if using) well in water. Wrap in a clean tea towel or paper towel to dry and chop finely.

4 Heat oil in a saucepan that will be big enough to fit the capsicums over medium heat. Add the diced onion and garlic. Stir well until the onion and garlic are golden for 10 to 15 minutes and remove from heat.

5 In the mixing bowl, combine cooked onion and garlic, herbs, pepper and spices, split peas and rice and sultanas or celery (if using). Season to your taste. Then fill the capsicums one by one, and put their own lids back on.

6 Combine the tomatoes and lemon juice in the baking tray or saucepan(s). Now put the capsicums tightly next to each other in the tomato mix. Pour about 1 tablespoon of water inside each capsicum and add the rest of the water to the tomato mix.



steps cont.

7 Baking in the oven: Add an extra 4cm of water to the baking tray.

Bake for 60 minutes in the preheated oven until the capsicums' skins are soft.

OR

Cooking on the stovetop: For 4 to 6 people, you will need to split the capsicums and tomato mix between 2 large saucepans.

Bring the saucepan(s) to the boil on high heat, then reduce heat to medium and simmer for 45 to 55 minutes, depending on the size of the capsicums.

8 Carefully lift the capsicums with a slotted serving spoon and tongs and serve. They will be hot!



Time & cost saving tips

- » Capsicums are in season in summer and autumn. Green capsicums are usually cheaper than the sweeter red and yellow capsicums. You can stuff capsicums horizontally and cook laying the halves down – this is more Greek-style but can be easier to handle if you are new to cooking.
- » If you like the recipe, you can break up the stuffing into small amounts and freeze to save time next time you want to make. Defrost in the microwave or a day before in the fridge.
- » The meat option shows how a small amount of meat can go a long way. Check first with your local butcher if you need the meat to be halal.
- » Choose your fresh herb selection with what's abundant in home gardens and cheap and easy to find at the shops. Herbs, spices and legumes are usually cheaper in Asian and Indian grocers.

A note on the special ingredient

- » Dried limes are also called **black limes**, **limoo amani**, **noomi basra** or **loomi**. They are actually light-tan to dark brown in colour. You can find them in shops that stock Persian or Indian foods or online from speciality herb and spice providers.

Acknowledgements:

We are very grateful to Afsaneh Saboori from the NSW Refugee Health Service for sharing these dolma recipes with us. Thanks also to our recipe road testers' suggestions.



Congolese stew

PREP 30 min

COOKING 30 min



5 to 6 serves per person

\$4 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

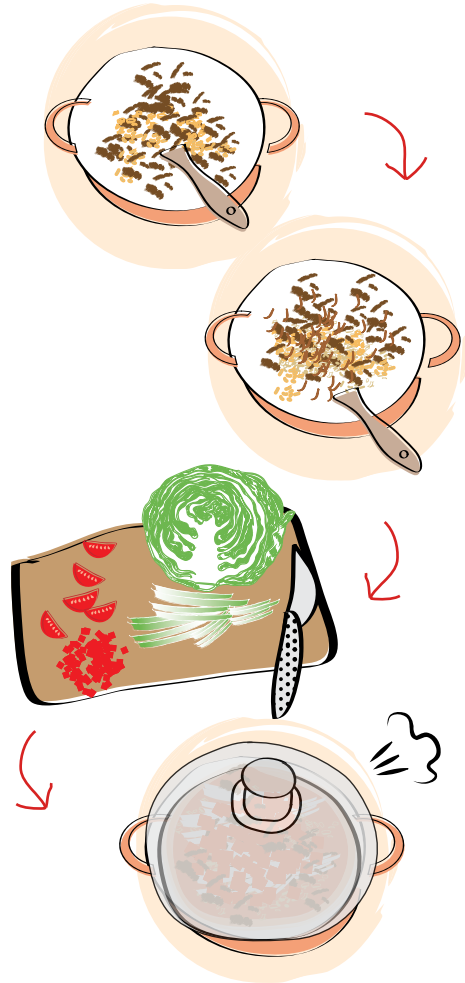
	for 2 people	for 4 people	for 6 people
Vegetable oil	½ Tbs	1 Tbs	1½ Tbs
Brown onion, finely diced	½ medium	1 medium	1½ medium
Garlic cloves, minced	1	2	3
Crushed or grated ginger	1 – 2 tsp	2 – 3 tsp	1 Tbs
Vegetable stock cubes or powder e.g. Vegeta	½ – 1 stock cube or tsp	1 – 2 stock cubes or tsp	2 – 3 stock cubes or tsp
Chicken stock cubes or powder (try salt reduced)	½ – 1 stock cube or tsp	1 – 2 stock cubes or tsp	2 – 3 stock cubes or tsp
Tomato paste (salt reduced)	1 Tbs	1½ Tbs	2 Tbs
Stir-fry beef strips or canned/ cooked chickpeas, drained	200g	400g	500g-600g
Green cabbage, thinly sliced or shredded	2 cups cabbage	4 cups (⅛ cabbage)	6 cups (¼ cabbage)
Tomatoes, diced (fresh or 400g canned)	3 fresh or ½ can	4 fresh or 1 can	5 fresh or 1½ cans
Water	½ to 1 cup	1 to 1½ cups	1 to 2 cups
Crushed peanuts	¼ cup	½ cup	¾ cup
Unsweetened peanut butter (e.g. Mayvers)(optional)	1 heaped Tbs	1½ heaped Tbs	2 heaped Tbs
Basmati rice, uncooked (optional to serve instead of Smashed sweet potato, page 91)	½ cup	1 cup	1½ cups
Ground pepper (to taste)			

equipment

- » Large saucepan, chopping board and knife, bowls, measuring spoons, measuring cups, wooden spoon, soup ladle, rice cooker or saucepan.

steps

- 1** Cook rice as per packet instructions, or make Smashed Sweet Potato in step 6 while stew is cooking.
- 2** Rub the crumbled vegetable and chicken stock cubes or powder, crushed or grated ginger, garlic, pepper and tomato paste into the beef strips or chickpeas and oil in a large saucepan. Leave to sit for 10 to 15 minutes. Chop the onions and add to the beef strips with the oil. Stir to combine.
- 3** Brown the onions and beef strips or chickpeas over high heat for 3 to 5 minutes. Set aside in a clean bowl or on a plate.
- 4** Wash cabbage in cold water, core and slice into strips. Rinse and dice the tomatoes.
- 5** Cook the cabbage in the saucepan over medium to high heat with a little bit of water, covered, stirring often, for 3 to 5 minutes until the cabbage has lightened in colour and softened.
Add the tomatoes, season and stir to combine.



Acknowledgements:

A big thanks to Ester Bulea for sharing this tasty and nutritious dish. Usually the meat is boiled then fried until crispy but we have stir-fried the meat for a healthier way to cook. Chickpeas were suggested in online recipe testing with young people in the SLHD EIP program – thank you!

We would also like to sincerely thank the NSW African community leaders and cooks who provided advice and feedback on our earlier attempts, Daniel Apat at WSLHD for facilitating these consultations in COVID challenging times, and Joanne Zheng and Angel Tsoi for recipe testing as student dietitians on their community placement at Youthblock.

steps cont.

6 Add the water and peanut butter, if using. Bring to simmer on medium heat for 5 to 10 minutes, (depending on servings). Stir in the meat or chickpeas, then crushed peanuts and cook for another 5 to 10 minutes on low heat, uncovered so the liquid can reduce slightly.


7 Serve with cooked rice or smashed sweet potato (see page 91). Traditionally this would be served with ugali or fufu, an African soft dough ball made from maize, corn or semolina flour, boiled and pounded starchy root vegetables like cassava or yams, or mashed plantains (green cooking bananas). You can learn how to make ugali or fufu on Youtube.

African rice (*Oryza glaberrima*) is different to Asian rice (*Oryza sativa*) and has a rich and interesting history. It is hard to find this type of rice in Australia. Rice growing areas in Africa increasingly grow Asian varieties and a cross between the two. Asian rice has a higher yield but African rice is resilient.

Learn more about African rice in: Linares, O.F. (2002). African rice (*Oryza glaberrima*): History and future potential. Proceedings of the National Academy of Sciences Dec 2002, 99(25), 16360-16365. <https://doi.org/10.1073/pnas.252604599>







CHAPTER 2

THINGS TO MAKE WITH
INSTANT NOODLES

"made fresh" noodle bar: 5 ways

welcome to the "made fresh" noodle bar...

Pick one of the options on the next page.

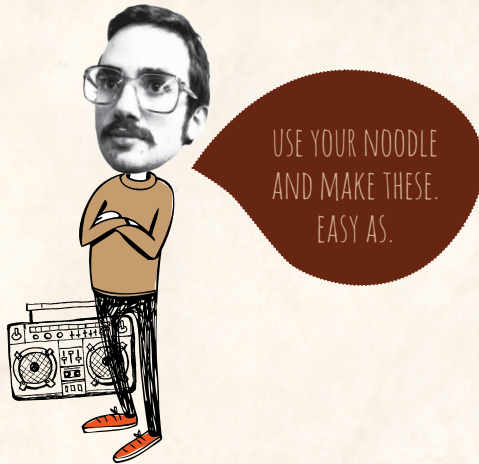
Get creative with the global student staple, 2 minute noodles!

tips

- » Throw away the flavour sachet! A cheaper and healthier way is to buy the plain instant noodles in packs of 8-10 cakes. Seal pack with a clothes peg or snap lock bag to keep air out and fresh.
- » Try out another noodle/pasta in "Variations". Allow an extra 5 to 10 minutes to cook pasta.

equipment

- » Saucepan or microwave dish, stirring spoon, chopping board, knife, measuring cup and spoon



ham, cheese and mushroom noodles

PREP 5 min

COOKING 5 min



1 serves per person

\$2 per person

ingredients

Instant noodle cake
Tomato sauce
Lean ham, shaved or sliced
Button mushrooms, chopped
Reduced-fat grated cheese

for 2 people

1
1 Tbs
30 – 50g
5
1 – 2 Tbs

- 1 Cook noodles in boiling water for 2 minutes, then drain.
- 2 Keep on low heat and add tomato sauce, mushrooms and ham. Stir until combined
- 3 Add grated Tasty or parmesan cheese over top. Serve.

Variation: Spaghetti, great crepe filling (without the tomato sauce).

garlic, tomato and basil noodles

PREP 5 min

COOKING 5 min



½ serve per person

\$2 per person



ingredients

Instant noodle cake
Crushed garlic
(from jar or a fresh clove)
Tomato, chopped
Zucchini, grated (optional)
Basil, fresh (chopped) or dried
Parmesan cheese, grated

for 2 people

1
½ tsp
1
½
1 Tbs or 1 tsp

- 1 Cook noodles in boiling water for 2 minutes, then drain.
- 2 Keep on low heat and add garlic, chopped tomatoes, zucchini and basil, stir and cook for 1 to 2 minutes. Serve with parmesan cheese on top.

Variation: Spaghetti

honey soy stir-fry

PREP 5 min

COOKING 5 min



1 serve per person

\$1 per person



ingredients

Instant noodle cake
Salt-reduced soy sauce
Honey
Vegetables, chopped

for 2 people

1
1 Tbs
1 tsp
1 cup

- 1 Cook noodles and vegetables in boiling water for 2 minutes, then drain.
- 2 Keep on low heat, add soy sauce and honey, stir for approx. 30 seconds. Serve.

Variation: Hokkien or Singapore noodles

noodle soup with Asian greens

PREP 5 min

COOKING 5 min



2 serves per person

\$2 per person



ingredients

for 2 people

Instant noodle cake	1
Salt-reduced vegetable or chicken stock (or 2 stock cubes dissolved in 2 cups water)	2 cups
Salt-reduced soy sauce or kecap manis	1 – 2 tsp
Choy sum or bok choy, washed and chopped into thirds	4 stems
Shallot, finely sliced	1
Frozen corn kernels	½ cup
Silken tofu, drained and cut into 2 cm cubes (optional)	1 pack

- 1 Cook noodles in 2 cups chicken stock, add soy sauce/kecap manis and frozen corn. Add choy sum and simmer till wilted, then add tofu.
- 2 Serve soup with sliced shallots on top.

Variation: Udon or soba noodles

fresh cucumber and tomato noodles

PREP 5 min

COOKING 2 min



2 serves per person

\$3 per person



ingredients

for 2 people

Lebanese cucumber, finely sliced	1
Semi-dried tomatoes, sliced	5
Cottage cheese	2 heaped Tbs
Pepper to taste	
Grated parmesan (optional)	1 – 2 Tbs

- 1 Cook noodles in boiling water for 2 minutes, then drain.
- 2 Mix through cucumber, semi-dried tomatoes, and cottage cheese.
- 3 Season with pepper and serve with parmesan on top.

Variation: Penne pasta or fettuccini



garlic, tomato and basil noodles
page 43



fresh cucumber and tomato noodles
page 44



noodle soup with Asian greens
page 44



ham, cheese and mushroom noodles
page 43

homemade mi goreng

PREP 5 - 10 min

COOKING 10 - 15 min



3 serves per person

\$2 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Plain instant noodles	2 cakes	4 cakes	6 cakes
Oil, e.g. canola	2 tsp	1 Tbs	1½ Tbs
Chicken thigh fillet, trimmed of fat, cubed	1	1	2
Kecap manis (Indonesian sweet soy sauce)	1 Tbs	2 Tbs	3 Tbs
Salt-reduced soy sauce	2 tsp	1 Tbs	1½ Tbs
Sweet chilli sauce	2 tsp	1 Tbs	1½ Tbs
White pepper	pinch	pinch	pinch
Choy sum/bok choy/broccoli, washed and roughly chopped	½ bunch	1 bunch	1½ bunches
Carrot, cut into thin carrot sticks or sliced on an angle	½	1	1½
Egg, lightly beaten	1	2	3
Green shallot, thinly sliced	1	2	3

equipment

- » Saucepan
- » Bowl
- » Strainer
- » Large frying pan
- » Stirring spoon
- » Chopping boards and knives
- » Measuring spoons
- » Small bowl and fork (for egg)

variations

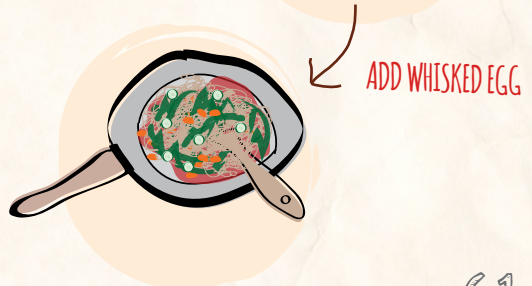
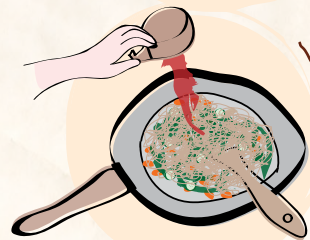
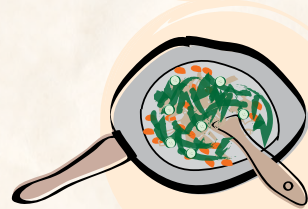
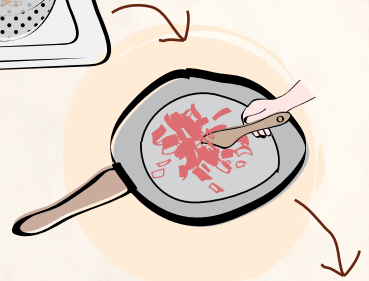
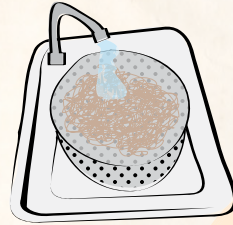
- » Hokkien noodles

steps

- 1 Cook noodles in boiling water for 2 minutes, then strain.
- 2 Heat oil in a large frypan over a high heat. Add chicken and stir-fry until brown. Remove from frypan and set aside.
- 3 Add the green vegetables, carrot and shallots. Cook and stir constantly for 3 to 5 minutes on medium heat.
- 4 Add the noodles, chicken, kecap manis, soy sauce, chilli sauce and pepper. Stir well to mix.
- 5 Add the eggs. Stir constantly to scramble and mix through the noodles. Serve immediately.



Thanks Lusiana Njo for sharing this recipe during her Yhunger time.







noodle omelette (the ramlette)

PREP 5 min

COOKING 5 - 10 min



½ serve per person

less than \$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

for 2 people

for 4 people

for 6 people

Plain instant noodles

1 cake

2 cakes

3 cakes

Oil

2 tsp

1 Tbs

1½ Tbs

Eggs

2

4

6

Diced vegetables (fresh or frozen)
e.g. peas, corn, carrot, capsicum
– anything in small dice/pieces

½ cup

1 cup

1½ cups

Reduced-fat cheddar cheese,
grated

20g

50g

75g

Spring onion, thinly sliced

1

1 – 2

2 – 3

Mixed dried herbs

½ tsp

1 tsp

1½ tsp

Tomato

½

1

1½

Sweet chilli, sriracha or tomato
sauce (to serve)

Pepper (to taste)

variations

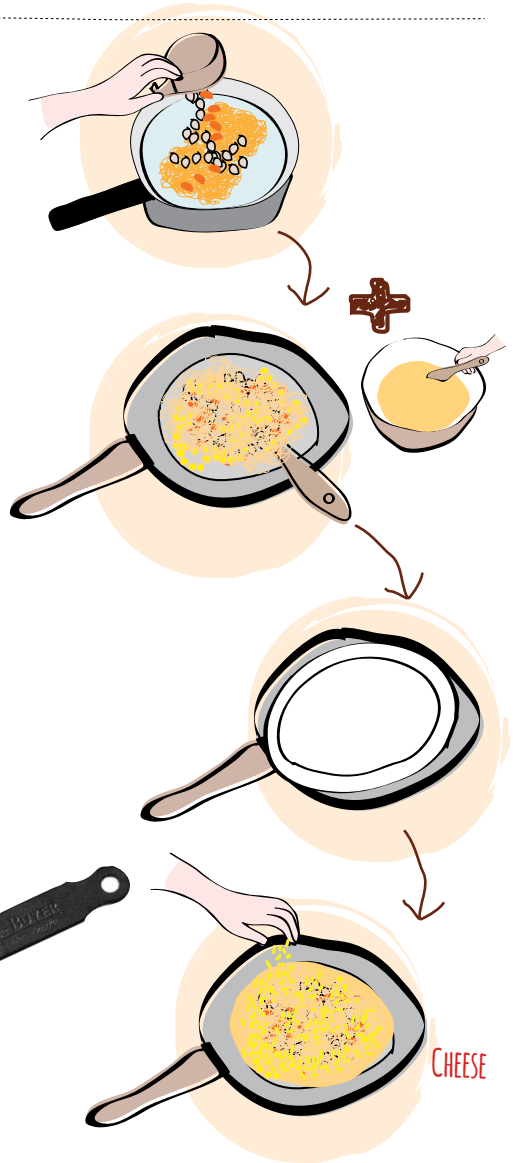
- » Cook like a traditional omelette by putting cheese on top and folding in half at Step 3.
- » Substitute with ramen noodles and sautéed mushrooms (instead of the diced veg) before folding over. See how Pro Home Cooks do it here: <https://www.youtube.com/watch?v=4p3VOZt1lyk>

equipment

- » Medium saucepan
- » Large frypan
- » Colander/strainer/saucepan lid
- » Bowl
- » Fork
- » Dinner plate

steps

- 1 Cook noodles and vegetables in boiling water for 2 minutes, then drain.
- 2 Heat oil in a frypan over medium heat. Add the cooked noodles, vegetables, spring onion, pepper and herbs. Spread out evenly. Whisk the eggs and pour evenly on top of the noodles. Cook for 1 to 2 minutes (don't stir).
- 3 Flip the noodle and egg mixture over by placing a dinner plate on top and turning the frypan upside down, then gently sliding the omelette back into the pan. Sprinkle the cheese evenly around the mixture. Cook until the egg is completely set.
- 4 Serve with sweet chilli, sriracha or tomato sauce on top or keep in the fridge for the next day's lunch.





A close-up photograph of a baked egg dish, possibly a frittata or omelette, in a metal tray. The dish is topped with melted cheese and shredded red meat. A wooden-handled spatula is lifting a slice from the tray. The tray is placed on a piece of burlap fabric. In the bottom left corner, there are some green leafy vegetables. An orange speech bubble with white text is overlaid on the center of the image.

CHAPTER 3
MORE THINGS TO MAKE
WITH EGGS

grab 'n' go veg slice

PREP 10 min

COOKING 30 - 35 min



1½ serves per person

\$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Vegetables, fresh or frozen, chopped or grated, e.g. carrot, zucchini, corn, capsicum	1½ cups	3 cups	4½ cups
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Eggs	2	4	6
Milk	½ cup (125ml)	¾ cup (200ml)	1⅓ cups (350ml)
Self-raising flour	¼ cup	½ cup	¾ cup
Lean ham or bacon, trimmed of fat and diced (optional)	1 slice or rasher	2 slices or rashers	3 slices or rashers
Pepper (to taste)			

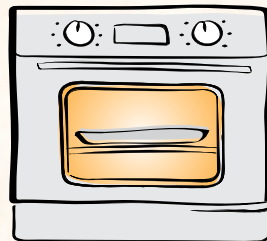
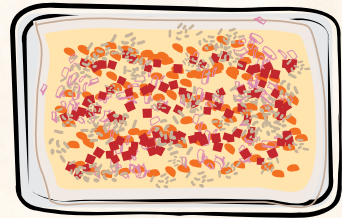
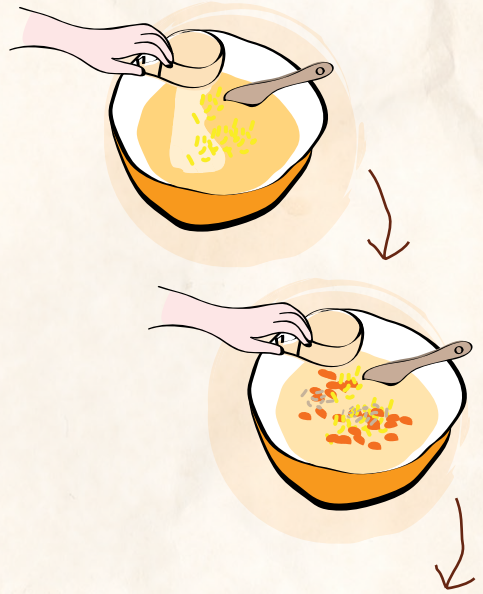
equipment

- » Baking dish/shallow (lamington) tray
- Grater, knife
- Chopping board
- Fork
- Bowl, stirring spoon
- Measuring cups
- Oven mitt/tea towel
- Baking paper (optional)

variations

- » Handy for school or picnic lunches. Pack with an ice brick/cold pack to keep food cool and safe.

- 1 Preheat oven to 200°C (400°F/Gas mark 6). Grease baking dish/tray or line with baking paper.
- 2 Beat eggs and milk together. Add vegetables, cheese and flour, mix well.
- 3 Pour into baking dish/tray. Sprinkle bacon and pepper over top.
- 4 Bake for 30 to 35 minutes or until set and golden brown. Serve hot or cold with tomato or sweet chilli sauce.



BAKE
30 TO 35 MIN
(4 PEOPLE)



dragon eggs (Chinese scrambled eggs)

PREP 5 min

COOKING 10 min (plus rice)



1 serve per person \$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Eggs	3	6	9
Oil	2 tsp	1 Tbs	1½ Tbs
Garlic clove, crushed or minced garlic	1 small clove or ½ tsp	1 clove or 1 tsp	2 cloves or 1½ tsp
Fresh tomatoes, medium-size, diced	3	6	9
Spring onion, finely chopped	1	2	3
Rice (uncooked)	½ – 1 cup	1 – 2 cups	1½ – 3 cups
Pepper (to taste)			

equipment

- » Frypan/saucepan
Chopping board, knife
Small bowl, fork, stirring spoon
- » Rice cooker or saucepan to cook rice.

tip

- » Freeze leftover rice and then you don't need to cook every night. Defrost HIGH (100%) for 90 seconds to 3 minutes, depending on the amount of rice, in a microwave-safe container.

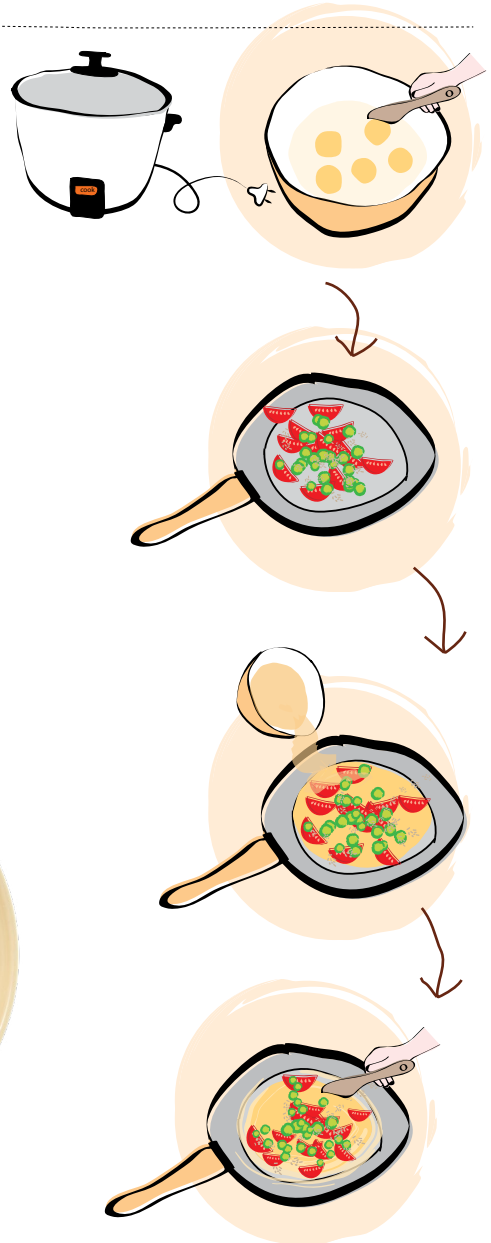


IT TASTES
EGGCELLENT!

steps

- 1 Cook rice. Break eggs into a bowl, add pepper. Lightly whisk together with a fork.
- 2 Heat oil in frypan over medium heat. Add garlic, spring onions and tomatoes. Stir-fry for about 5 minutes until tomatoes are soft.
- 3 Add egg mixture to the frypan. Stir gently to mix with tomatoes, until the egg is cooked.
- 4 Serve warm with cooked rice, toast or a bread roll.

Thanks to Lusiana Njo for providing this recipe during her Yhunger time.



baked bean and egg bread cups

PREP 5 min

COOKING 30 min



½ serve per person

\$1 per person



ingredients

	for 2 people	for 4 people	for 6 people
Butter/margarine (to spread)			
Bread slices, sandwich size, crust removed	8 slices	16 slices	24 slices
Salt-reduced baked beans in tomato sauce	⅓ cup	⅔ cup	1 cup
Eggs (smaller size, 50g best)	4	8	12
Pepper (to taste)			

equipment

- » Muffin tray, chopping board, knife, spoon, can opener, oven mitt/tea towel, aluminium foil.

tips

- » Your body will be able to absorb more iron from plant foods when you eat them with foods rich in Vitamin C. So have with a glass of orange juice to get more iron out of the baked beans and bread.
- » These bread cups are a good substitute for a bacon and egg roll, or to use up old bread.

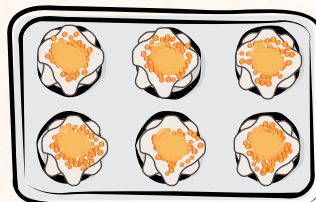
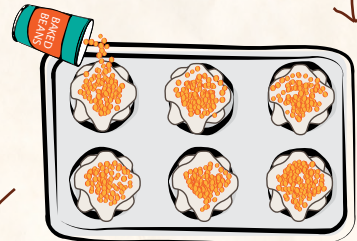
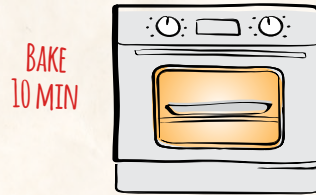
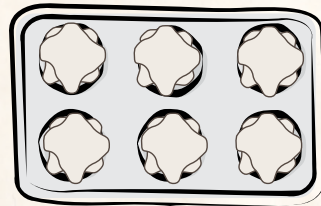
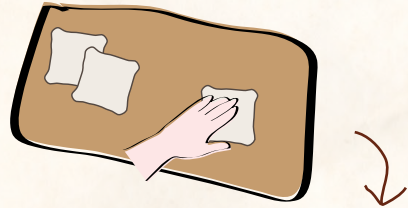


YOU KNOW WHAT
BEANZ MEANS

steps

- 1 Preheat oven to 200°C (400°F/Gas mark 6). Grease muffin tray with oil spray or butter/margarine.
- 2 Flatten the bread one slice at a time, and spread with a little butter/margarine. Overlap 2 pieces of bread to create a star shape and place them in the muffin tray. Bake bread cups for 10 minutes until lightly golden.
- 3 Divide the baked beans between the bread cups, make a well in the centre and break an egg into the centre of each cup.
- 4 Cover with aluminium foil and bake for further 20 minutes until the egg is cooked to your liking.

Source: Donna Hay Kids Magazine, Annual 8, 2011, p. 39



COVER WITH FOIL AND BAKE FOR FURTHER 20 MIN

Aleppo omelettes (Syrian spicy fritters)

PREP 10 min

COOKING 10 min



1 serve per person

\$3 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

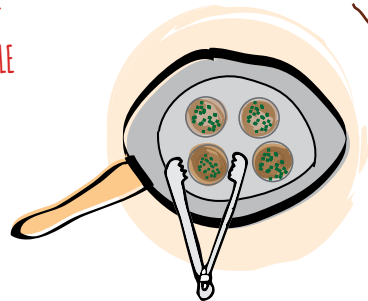
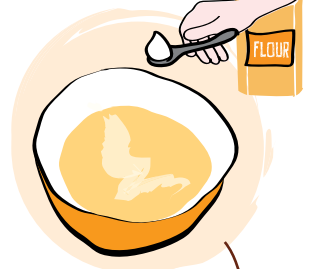
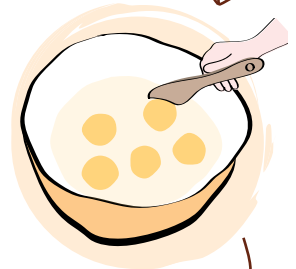
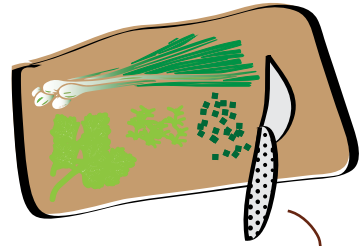
	for 2 people	for 4 people	for 6 people
Eggs	3	6	9
Onion, finely diced	½	1	1½
Fresh flat-leaf parsley, stalks removed, finely chopped	½ bunch	1 bunch	1½ bunches
Green shallots, finely chopped	1	2	3
Garlic cloves, crushed and finely minced	1	2	3
Ground Aleppo or black pepper	½ tsp	1 tsp	1½ tsp
Aleppo spices or Lebanese 7 spice (Baharat) (see note on page 77)	1 tsp	2 tsp	3 tsp
Zucchini, grated and squeezed of liquid (optional)	½	1	1 to 2
Ground cumin (optional)	1 tsp	2 tsp	3 tsp
Ground coriander (optional)	1 tsp	2 tsp	3 tsp
Plain flour	2 Tbs	4 Tbs	6 Tbs
Water	2 Tbs	4 Tbs	6 Tbs
Olive or vegetable oil	1 Tbs	2 Tbs	3 Tbs
Serve with lemon wedges and natural Greek yoghurt or Ayran yoghurt drink (see note on page 77)			

equipment

- » Frypan, egg flip, egg rings, measuring spoons, wooden spoon, mixing bowl or jug, fork, chopping board and knife, paper towel or clean tea towel.

steps

- 1 Rinse the parsley, green shallots and zucchini (if using) in cold water and pat dry in a clean tea towel or paper towel. Remove stalks from parsley, chop the parsley leaves and green shallots finely. Grate the zucchini and squeeze to remove the liquid before using in the omelette mix (please note it is not traditional in Syria to add zucchini).
- 2 Whisk the eggs in a mixing bowl and add all the ingredients, except the flour. Stir to combine.
- 3 Stir in the flour, 2 tablespoons at a time, to make a thick batter. Add in a little water if too thick.
- 4 Heat oil in a frypan over medium heat. Pour the batter to make a 7cm-wide circle for each omelette, or use an egg ring. Flip omelettes over when the edges become darker in colour.
- 5 When the omelettes are cooked on both sides, lift onto a serving plate. Repeat until all batter is used.
- 6 Serve with a yoghurt drink like Ayran or a dollop of Greek-style yoghurt, and a side of salad or soup or a squeeze of lemon on top.



SERVE WITH YOGHURT
DRINK OR GREEK-STYLE
YOGHURT





Notes on the special ingredients

- » **Ayran** is a refreshing yoghurt drink with water and salt. You can make it with the help of your favourite internet search engine or buy it in Middle Eastern shops.
- » **Aleppo pepper** is named after the northern Syrian city of Aleppo and comes from a burgundy chilli also known as the Halaby pepper. Once ripened, the peppers are semi-dried, de-seeded, and coarsely ground. Aleppo pepper is traditionally used to season meat, beans, salads, and muhammara dip.
- » **Ground pepper** is now largely used as an alternative, sourced from places like Turkey, due to the challenges of growing and exporting Aleppo pepper from the war-torn Syrian region. Syrian communities who've resettled in Australia often use **ground black pepper** as a substitute.
- » **Aleppo spices** are a mix of dried and ground spices that you can use to season lots of Middle Eastern dishes. **Baharat** is a Lebanese 7 spice mix that is similar. Try making this delicious spice mix yourself by mixing together ground cinnamon (4 tsp), cardamom (1 tsp), turmeric (2 tsp), cloves (½ tsp), ground ginger (4 tsp), nutmeg (⅛ tsp) and black pepper (⅓ cup). Store in an airtight container.



Acknowledgements:

Thank you to one of the Syrian Bilingual Community Educators from the NSW Refugee Health Service for providing this warm and delicious recipe and introducing us to the spices of Syrian cuisine. Thanks also to our recipe road testers' suggestions.






CHAPTER 4
THINGS TO MAKE WITH
MINCE & SAUSAGES

lazy lasagne

PREP 15 min

COOKING 40 min

 2 serves per person

\$3 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients	for 2 people	for 4 people	for 6 people
Lean beef mince	250g	500g	750g
Oil (or oil spray)	2 tsp	1 Tbs	1½ Tbs
Tomato-based pasta sauce (500 – 600g jar)	½ jar	1 jar	1½ jar
Carrot, grated/diced	½	1	1½
Zucchini or capsicum, grated/diced	½	1	1½
Celery, finely chopped	½ stick	1 stick	1½ sticks
Basil, fresh, chopped or dried	1 Tbs fresh or 1 tsp dried	2 Tbs fresh or 1 – 2 tsp dried	3 Tbs fresh or 2 – 3 tsp dried
Lasagne sheets	6	12	16
Salt-reduced tomato soup (450g tin)	½ tin	1 tin	1½ tin
Reduced-fat Tasty cheese, grated	¼ cup	½ cup	¾ cup

equipment

- » Lasagne or baking dish
- Saucepan, stirring spoon
- Chopping board, knife, grater
- Measuring spoons and cup
- Oven mitt/tea towel

tips

- » Tired and lethargic? Your blood's iron levels could be low. Red meat, including mince, is a great source of iron.
- » Buy the leanest mince you can afford. If using regular mince, carefully drain the liquid fat off the mince once browned into a jar. Throw the jar in the bin later (lid on), not down the sink drain. Oil and water don't mix!

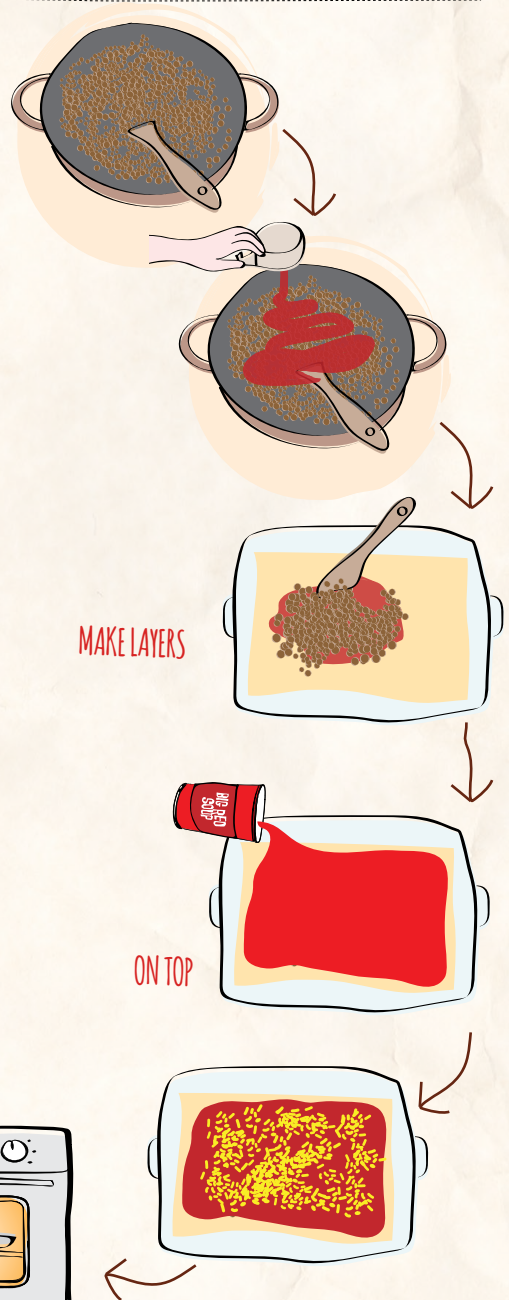
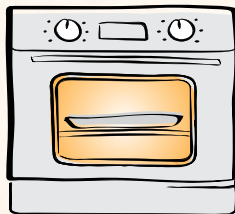
variations

Make the sauce following Steps 1 – 2 in the lasagne recipe. Cook spaghetti in a large pot of water as per packet instructions and strain. Serve spaghetti in bowls with a good spoonful of sauce on top, then sprinkle with parmesan cheese.

Adapted from: Australian Sports Commission (n.d.) Louise's Secret Lasagne. https://www.ais.gov.au/nutrition/recipes/louises_secret_lasagne

steps

- 1 Preheat oven to 170°C (325°F/Gas mark 3). Heat oil in saucepan on high heat, add mince and cook until browned. Spray the base of the baking dish with oil.
- 2 Add vegetables and pasta sauce and simmer on medium-high heat for 5 to 10 minutes. Season sauce with basil and pepper then take off the heat.
- 3 Make the lasagne by beginning with a layer of pasta sheet (you may need to make smaller pieces to create a full layer). Add 1 to 2 big spoonfuls of sauce, and then place another pasta layer on top of this. Continue to layer pasta and sauce until you have no sauce left, making sure you finish with a layer of pasta as the last layer.
- 4 Pour the tomato soup over the top pasta sheet ensuring it is fully covered, and sprinkle grated cheese over the soup. Bake in the oven for 25 to 30 minutes.
- 5 Serve with salad or vegies on the side.



easy burrito mince

PREP 15 min

COOKING 10 min



3½ serves per person

\$3 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Lean beef mince	250g	500g	750g
Oil	1 tsp	2 tsp	1 Tbs
Onion, finely chopped	½	1	1½
Carrot, diced	½	1	1½
Celery, finely chopped	½ stick	1 stick	1½ sticks
Corn kernels, frozen/fresh/tinned	¼ cup	½ cup	¾ cup
Red capsicum, diced	¼	½	¾
Salt-reduced soy sauce	2 tsp	1 Tbs	1½ Tbs
Oyster sauce	1 Tbs	2 Tbs	3 Tbs
Water or beef stock	½ cup (or ½ stock cube in ½ cup water)	¾ cup (or ½ stock cube in ¾ cup water)	1 cup (or 1 stock cube in 1 cup water)
Cornflour	1 tsp	2 tsp	3 tsp
Red kidney beans, drained and rinsed	1 x 200g tin	1 x 300g tin	1 x 400g tin
Chilli, finely chopped or chilli sauce (optional)	¼ – ½ tsp	½ – 1 tsp	1½ tsp
Tortillas	4	8	12
Reduced-fat cheese, grated	1 cup	2 cups	3 cups
Tomatoes, sliced	2	4	6
Lettuce leaves, roughly chopped	1 cup	2 cups	3 cups

steps

- 1 Heat oil in frypan on high heat. Cook onion and mince until onion is clear and soft and mince is brown. Stir constantly to break up mince. Drain fat off mince if cheaper (regular) mince used [see Tip from lazy lasagne on page 80].
- 2 Add carrot, corn, celery and capsicum and cook, stir-frying, for 2 to 3 minutes. Add the kidney beans and chilli.
- 3 In a small bowl or measuring cup, mix stock, soy sauce, oyster sauce and cornflour and stir well to combine. Make a well in the middle of the mince mixture. Pour the sauce mix into the well and stir as it comes to the boil. Then stir the sauce with the mince mixture.
- 4 Spoon the mince into a serving bowl and serve with cheese, tomato and lettuce on the table. Add a little of each along the middle of a warmed tortilla and roll up your burrito to eat.



equipment

- » Frypan
- Chopping board, knife, stirring spoon, strainer
- Measuring spoons and cup
- Small bowl

variations

- » For shepherd's pie, swap capsicum for $\frac{1}{2}$ cup frozen peas, and leave out the chilli and red kidney beans. Top mince with smashed sweet potato or mashed potato and serve.
- » Burrito mince is good on rice, in tacos or as nachos (put cheese, avocado and tomato on top of corn chips and mince).

Adapted from: Beef + Lamb New Zealand (n.d.) Unbelievably Easy Savoury Mince. <https://www.recipes.co.nz/recipes/unbelievably-easy-savoury-mince>

kangaroodles

PREP 5 - 10 min

COOKING 30 min



3 serves per person

\$3 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Kangaroo mince	250g	500g	750g
Cabbage, finely sliced	1 small wedge	1 wedge	¼ cabbage
Celery, chopped	1 stick	2 sticks	3 sticks
Onion, diced	½	1	1½
Capsicum, sliced or broccoli/cauliflower, cut into mini trees (florets) or mixed frozen vegetables	½ cup	1 cup	1½ cups
Carrot, diced	1	2	3
Salt-reduced soy sauce	2 tsp	1 Tbs	1½ Tbs
Oil	2 tsp	1 Tbs	1½ Tbs
Water	less than ½ cup	¾ cup	1¼ cups
Beef stock cubes or teaspoon of stock powder	1	2	3
Curry powder	1 tsp	2 tsp	3 tsp
Plain instant noodles	1 cake	2 cakes	3 cakes

equipment

- » Large frypan, stirring spoon, chopping board, knife, measuring cup and spoons.
- » Saucepan and lid/strainer for instant noodles.

variations

- » You can use lean beef or chicken mince, if you prefer.
- ❖ Kangaroo meat is cheap, very lean and a good environmental choice. It has a strong smell when cooking (like lamb).

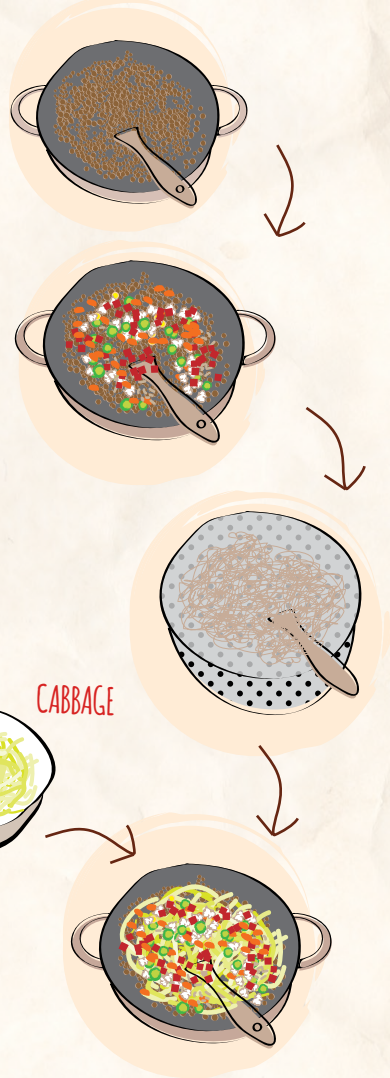


YOU'LL BE HOPPING MAD FOR IT!

steps

- 1 Heat oil in frypan on medium-high heat and brown the mince. Stir to break up the lumps.
- 2 Add all other ingredients (except cabbage). Simmer for 15 to 20 minutes on medium heat.
- 3 Meanwhile, cook the plain instant noodles (don't add a flavour sachet). Strain noodles.
- 4 Add cabbage to the mince mixture. Reduce heat and cook gently for another 5 minutes. Add the noodles, mix through to heat. Serve.

Source: Central Coast Local Health District (2017). Family mince. In Quick Meals for Kooris at Home (p.18). <https://x2x8z3r3.stackpathcdn.com/wp-content/uploads/QuickMealsForKoorisAtHome.pdf>



sausage pilaf

PREP 5 min

COOKING 40 min



3 serves per person \$2 - \$3 per person*

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Oil	1 Tbs	2 Tbs	3 Tbs
Beef sausages	250g	500g	750g
Brown onions, halved and sliced	1	2	3
Red capsicum, cut into thick strips	½	1	1½
Doongara "Clever Rice" or basmati rice	1 cup	2 cups	3 cups
Diced tomatoes	½ x 400g tin	1 x 400g tin	1½ x 400g tin
Salt-reduced chicken stock or dissolved stock cubes	1¼ cups (or 1 stock cube in 1¼ cups water)	2½ cups (or 2 stock cubes in 2½ cups water)	3¾ cups (or 3 stock cubes in 3¾ cups water)

equipment

- » Large saucepan with lid or plate to cover, stirring spoon, chopping board, knife, tongs.

tips

- » Other types or flavours of sausages are fine too. Try kanga bangas, koftas, chicken, vegetarian!

* cost will vary depending on the type of sausage used

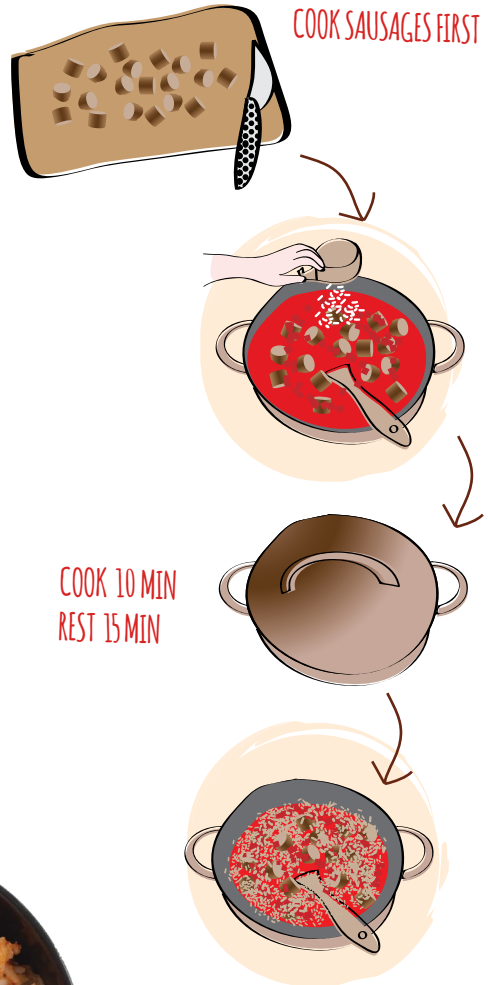


SICK OF SAUSAGES?
TRY THIS INSTEAD


steps

- 1 Heat oil in a large, heavy-based saucepan over medium-high heat. Add sausages. Cook, turning, for 5 minutes or until browned. Remove to a board. Thickly slice (you might want to peel off the sausage skin, depending on sausage used).
- 2 Reduce heat to medium. Add remaining oil, onion and capsicum to pan. Cook, stirring occasionally, for 3 to 4 minutes or until soft. Add rice, tomato, stock and sausage. Stir to combine. Bring to boil.
- 3 Cover pan. Reduce heat to medium-low. Simmer for 10 minutes (4 people), less for 2, more for 6 people. Remove pan from heat.
- 4 Set aside, covered, for 15 minutes or until rice is tender. Season with pepper. Spoon into bowls and serve.

Adapted from: Super Food Ideas (2008). Sausage casserole. In Best ever winter warmers: 97 family favourites (p.30). News Magazines.





A close-up photograph of a blue plate filled with grilled corn on the cob and other vegetables. The corn has charred kernels and husks. In the background, there's a bowl of more corn and a small glass dish with a yellow sauce. The text is overlaid on a dark brown, scalloped-edged shape in the center.

CHAPTER 5
VEGETABLES
(SOUPS, SALADS & SIDES)



tomato, chilli and lentil soup

PREP 10 min

COOKING 45 min



3 serves per person

\$2 per person



ingredients

for 4 - 6 people

Oil	1 Tbs
Onion	1
Garlic cloves, crushed or minced garlic	2 cloves or 2 tsp
Tomatoes, tinned (or bag of fresh tomatoes)	800g
Salt-reduced vegetable stock	4 cups (or 4 stock cubes in 4 cups water)
Dry red lentils	1 cup
Curry powder	2 tsp
Coconut milk or natural yoghurt	200g
Fresh coriander or parsley, chopped	1 - 2 Tbs
Chilli flakes (optional)	

steps

- 1 Heat oil on medium-high and cook onion and garlic until the onion is clear (you can skip this step if short of time).
- 2 Add curry powder and chilli flakes, stir for 1 minute. Add tomatoes, stock and lentils. Bring to the boil, then reduce heat to medium and simmer for 40 minutes.
- 3 Add coconut milk and coriander at the end, to taste, or serve with a dollop of yoghurt and some chopped parsley on top of each bowl.

equipment

- » Large saucepan, stirring spoon, chopping board, knife, measuring cup and spoons, can opener.

variations

- » Serving idea: This soup is delicious with fresh rice paper rolls or bread for a filling meal.
- » Freezes well for up to 6 months (don't add yoghurt if freezing).

Thanks for the tasty recipe from Nicola Addison at Rendu Youth Service.

smashed sweet potato

PREP 5 min

COOKING 10 - 15 min



2 serves per person

\$2 per person



ingredients

for 4 people

Large sweet potato, no need to peel!	1
Medium potato	1
Lemon, sliced	¼ - ½
Optional:	
Feta cheese	50g
Fresh chilli	1
Coriander, chopped	1 Tbs
Carrots, sliced	1 - 2

equipment

- » Microwave-safe bowl or container
- » Cling film or lid
- » Chopping board, knife, fork
- » Oven mitt/tea towel

variations

- » Add milk and margarine and mash (traditional mashed potato).
- » Put whole cooked pieces of potato and sweet potato (after microwaving) onto a hot BBQ and crisp.

Adapted from: *Oliver, J. (2011). Sweet potato mash. In Jamie's 30-Minute Meals (p.180). Penguin.*

steps

- 1 Wash the potato and sweet potato and cut out the dark bits (e.g. damaged skin).
- 2 Chop the potato and sweet potato in quarters, lengthways. Depending on size, you may need to chop in half the other way as well.
- 3 Put potato and sweet potato into a microwave-safe container. Add lemon (plus a little water if using carrot). Cover with cling film/lid.
- 4 Microwave on HIGH (100%) for 10 to 15 minutes, until soft. Be careful when lifting the cling film off the bowl as lots of steam will come out of the container.
- 5 Remove lemon and throw away. Loosely smash with the fork and add the additional flavours if desired.

bbq vegies

PREP 7 min

COOKING 10 min



3 serves per person

\$2 per person



ingredients

for 6 people

Olive oil	1 Tbs
Juice of 1 lemon	1
Garlic cloves, crushed or minced garlic	2 (or 2 tsp)
Corn cobs (cooked in microwave)	2
Sweet potato (cut into halves or quarters and cooked in microwave for 5 minutes or more)	1
Fresh asparagus spears (when in season)	1 bunch
Zucchini, sliced lengthways	1
Red capsicum, seeded cut into sections	1
Carrots, cut into sticks or baby carrots	2 or 1 bunch (baby carrots)
Red onion, cut into wedges	1

steps

- 1 Combine oil and garlic and juice in a small bowl. Brush or rub oil mixture through the vegetables.
- 2 Heat BBQ and lightly spray with oil. Barbeque vegetables until tender (about 10 minutes depending on thickness) turning after 5 minutes.

Adapted from: Department of Health, Government of Western Australia. BBQ Vegies. HealthyWA. https://www.healthywa.wa.gov.au/Recipes/A_E/BBQ-vegies

equipment

- » BBQ plate/grill
- » Microwave (depending on vegetables used)
- » Small bowl, large bowl, tongs and brush
- » Juicer/fork

tips

- » If no BBQ, place vegetables under a grill on a foil covered tray, turning after 5 minutes.



bbq vegies and corn on the cob
page 92 and 95

salsa

PREP 5 min

COOKING None



1½ - 2 serves per person

\$2 per person



ingredients

for 4 people

Ripe tomatoes, diced	2
Lebanese cucumber, diced	1
Red onion, finely diced	½
Lemon juice	1 tsp
Oil	1 – 2 tsp
Chopped fresh parsley (optional)	1 Tbs

steps

- 1 Combine all ingredients in a bowl and mix.
- 2 Ready to serve or keep covered in fridge for later (up to 3 – 4 days).

Source: Department of Health, Government of Western Australia. Salsa. HealthyWA. https://www.healthywa.wa.gov.au/Recipes/S_T/Salsa

equipment

- » Bowl, chopping board, knife, juicer/fork, spoon to stir and serve, measuring spoon.

variations

- » Add 1 ripe avocado, diced, 1 small red chilli, de-seeded and chopped (or a pinch of dried chilli flakes) and 1 tablespoon fresh coriander, chopped.
- » Spoon on top of grilled or BBQ meats like chicken or fish. Delicious on sandwiches or wraps.




JUST GIVE A TOSS, PEOPLE

corn on the cob

PREP 1 min

COOKING 7 min

 3 serves per person

less than \$1 per person



ingredients

Corn cobs

for 1 - 4 people

1 - 2

equipment

- » Just a microwave

variations

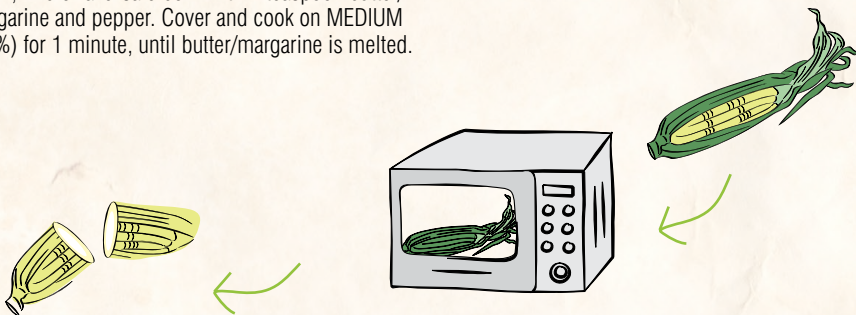
- » To boil corn, pull off the silk and leaves. Fill a saucepan with water and bring to the boil. Simmer corn in water for about 10 minutes until tender and drain when corn is cooked. Return to the saucepan and cook for 2 to 3 minutes with melted butter, pepper and ¼ teaspoon of salt-reduced soy sauce.
- » Barbeque cooked corn cobs for a few minutes to warm up as part of BBQ vegies.
- » A tin of corn kernels in the cupboard makes an easy side dish of vegetables. Drain and place corn in a small, microwave-safe bowl with 1 teaspoon butter/margarine and pepper. Cover and cook on MEDIUM (50%) for 1 minute, until butter/margarine is melted.

steps

- 1 Carefully pull open a few leaves and remove the silk strings at the end of the corn. Close up the leaves.
- 2 Microwave corn on HIGH (100%) for 5 to 7 minutes until tender (or 3 minutes 30 seconds for one cob). Remove leaves and serve immediately. Cut up into smaller pieces if sharing!

Adapted from: Department of Health, Government of Western Australia. (n.d.). Corn or sweet corn. https://www.healthywa.wa.gov.au/Recipes/A_E/Corn

With help from Laura at LYAAC - thanks!



cheesy corn muffins

PREP 5 min

COOKING 15 min

 ½ serve for 2-3 muffins

less than \$1 per muffin



ingredients

makes 12 muffins

Tin of creamed corn

420g

Eggs

2

Reduced-fat Tasty cheese, grated

2 cups
(approx. 200g)

White self-raising flour

1 cup

Wholemeal self-raising flour

1 cup

Dijon mustard

1 Tbs

Reduced-fat milk

½ cup

Shaved ham, chopped (optional)

100g

Oil spray

equipment

- » Muffin/baking tray
- Large bowl
- Stirring spoon
- Measuring cups and spoon
- Can opener
- Chopping board and knife (for ham)
- Oven mitt/tea towel

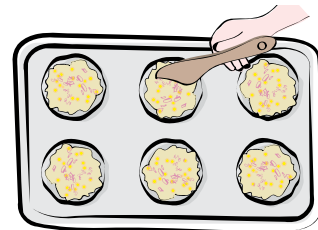
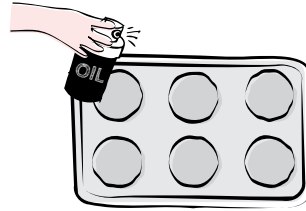


NO
MUFFIN TOPS
HERE!

steps

- 1 Pre-heat oven to 180°C (35°F/Gas mark 4). Spray muffin tray with oil spray.
- 2 Put all ingredients into a bowl and mix well.
- 3 Spoon mixture into muffin tray. Bake for approx. 15 mins until golden brown.

Source: State of Western Australia. (2009). Healthy Food Fast. Ways to get more fruit and vegies into your day. (page 23). Australian Government.



*NOTE: Do not line muffin tray with paper as muffins will stick to the paper. (Picture here for styling purposes only)

fattoush (iraqi-style)

PREP 15 min

COOKING 5 min



2 serves per person

\$3 per person



ingredients

	for 2 people	for 4 people	for 6 people
Lebanese bread, cut with clean food scissors into small triangles	½ – 1 piece	1 – 2 pieces	1½ – 3 pieces
Lebanese cucumber, cut lengthways into quarters and sliced thinly	1	1 – 2	2 – 3
Tomato, chopped into small pieces	2	3	4
Iceberg lettuce, coarsely chopped	¼ lettuce	½ lettuce	1 lettuce
Red or green capsicum, deseeded and cut into thin strips	¼	½	¾ to 1
Green shallots, finely chopped	1	2	3
Fresh mint leaves	¼ bunch	½ bunch	1 bunch
Lemon juice	½ – 1 Tbs	1 – 2 Tbs	2 – 3 Tbs
Olive oil	1 – 2 Tbs	2 – 3 Tbs	4 Tbs
White vinegar and/or pomegranate molasses (depending on your tastes)	1 tsp or less	2 tsp or less	3 tsp or less
Ground sumac	½ tsp	1 tsp	1½ tsp
Dried mint (optional)	½ tsp	1 tsp	1½ tsp
White or red onion, cut in half and thinly sliced (optional)	½	1	1½
Radishes, thinly sliced (optional)	1 – 2	2 – 4	3 – 6
Flat-leaf parsley, chopped (optional)	¼ bunch	½ bunch	1 bunch

equipment

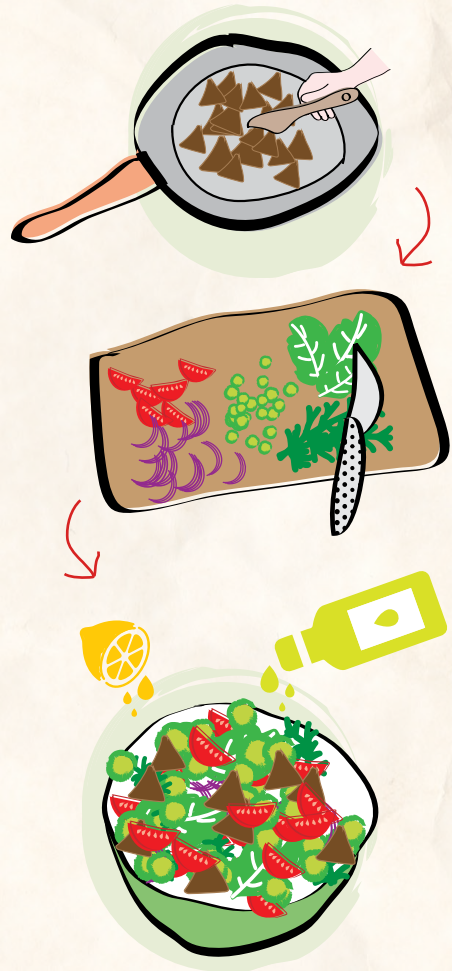
» Small frypan, big bowl, 2 large spoons or salad servers, measuring spoons, chopping board and knife.

steps

- 1 Pan-fry, grill, bake, toast or microwave the flatbread to dry it out. Set aside.
- 2 Rinse the fresh herbs and vegetables in water and dry in a clean tea towel or colander. Chop and combine all the vegetables in a bowl. Add sumac, mint and parsley (if using).
- 3 Pour the lemon juice, vinegar/ pomegranate molasses and olive oil over the salad when you are ready to serve. Add flatbread pieces and mix together gently.

tip

- » Baking, grilling or drying out stale bread into croutons is a great way to reduce food waste. The fattoush bread is typically deep fried & oily. Try these healthier ways to cook instead – the taste and texture of the salad is still good.



Acknowledgements: Thanks to Maysoon Shammu from the NSW Refugee Health Service for this delicious salad. Thanks also to our recipe road testers and the Youth Class at Navitas Fairfield College for their great advice.





CHAPTER 6

HERBIE GERBIES
(TOASTIES/JAFFLES)



a week's worth of herbie gerbies!

what's a herbie gerbie?

The herbie gerbie originated from country NSW in Elise's family. Also known commonly as the "toasted sandwich" or "jaffle."

why the herbie gerbie?

The Franke family has no idea how the name was born, but why not!









Elise was shocked to discover at age eighteen that no one else in the big wide world knew of the humble herbie gerbie. It's quirky but we love 'em.

Create your own story and see what your tastebuds, leftovers and sandwich maker can do for you!

Try out different types of bread like mountain bread, tortillas, Lebanese bread, wholegrain, hamburger bun, fruit loaf or rye bread...

No need to use margarine on the outside of the bread – it'll be fine without it.

a week's worth of fun combos to try

-  Leftover mince herbie gerbie after making a lazy lasagne (page 80) or easy burrito mince (page 82)
-  Brandon's baked bean and cheese delight herbie gerbie (baked beans and cheese)
-  Jill's vego herbie gerbie (peanut butter, coriander, sweet chilli sauce and salad)
-  The loyal royal H.G. (cheese and beetroot)
-  Hawaiian herbie gerbie (ham, cheese, pineapple and sliced onion)
-  Toad in a hole or pharaoh eyes (add an egg to a bread slice with a circle or square cut out of the middle and cook on a flat sandwich press or on the BBQ or in a frypan). Serve with sauce.
-  Sweet and spice and all things nice herbie gerbie (tinned or grated apple, sultana and cinnamon)
-  Done again herbie gerbie (roast chicken, salad, vegies from the fridge)



jill's vego herbie gerbie



brandon's baked beans and cheese delight herbie gerbie



the loyal royal H.G.



done again herbie gerbie





CHAPTER 7

SWEET TREATS

whatevs (biscuits)

PREP 5 min

COOKING 10 min



½ serve in 2 biscuits, if you use all dried fruit

less than \$1 per person



ingredients

makes 20

Softened butter/margarine
(at room temp is easiest)

2½ Tbs

Sugar

¼ cup

Egg

1

Self-raising flour

1 cup

WHATEVER you've got in your cupboard (i.e. chopped dried fruit, choc bits, cereal, oats, nuts, ½ tsp spice like cinnamon, lollies, etc.)

1 cup

equipment

- » Large bowl, stirring spoon
- Measuring cups and spoon
- Flat biscuit trays, baking paper

variations

- » Use wholemeal self-raising flour instead of white wholemeal flour (or a mix of half and half) and mix it up with your whatevs.
- » Test out new combinations and dazzle your friends!

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4) and line tray with baking paper.
- 2 Mix butter/margarine with sugar in a bowl until well combined. Add egg and mix well again.
- 3 Add flour to the mix and stir in. Then add your "whatever" ingredient(s) and stir to combine.
- 4 Spoon mix out onto tray (approx. 1 tablespoon of mixture per biscuit). Bake for approx. 10 minutes until just golden. Let biscuits cool and go hard on tray before moving.

Adapted from: Frankcombe, K (2009). Whatever biscuits. In The Country Women's Association Biscuits and Slices (p.14). Penguin.

sunset crumble

PREP 5 min

COOKING 25 - 30 min



1 serve per person

\$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients	for 2 people	for 4 people	for 6 people
Crumble			
Flour	½ cup	1 cup	1½ cups
Brown sugar	1 Tbs	¼ cup	⅓ cup
Oats	¼ cup	½ cup	¾ cup
Margarine/butter	1½ Tbs (30g)	3 Tbs (60g)	4½ Tbs (90g)
Cinnamon	½ tsp	1 tsp	1½ tsp
Fruit			
Pie apple or tinned fruit in natural juice, drained	1 x 220g tin	1 x 440g tin	1½ x 440g tins
Fresh, washed or frozen berries	½ cup	1 cup	1½ cups

equipment

- » Baking dish, bowl, measuring cups and spoons, can opener

tips


- » Choose fresh fruit in season, such as:
 - › Spring & Summer: strawberries, berries, apricots, peaches and plums.
 - › Autumn & Winter: pear, apple and rhubarb (stew rhubarb first in a saucepan with a little water and sugar).
- » If you are feeding a crowd, just use a bigger tray and more fruit – the crumble will go a long way!

steps






- 1 Preheat oven to 180°C (350°F/Gas mark 4).
- 2 Place flour, sugar, oats, margarine and cinnamon in a bowl. Using your hands, mix together until mixture comes together as a crumble.
- 3 Put fruit into base of a baking tray. Sprinkle crumble mixture over top of fruit.
- 4 Bake 25 to 30 minutes until golden. Serve with a dollop of ice cream, custard or thick low-fat vanilla yoghurt.

extras

vegetarian recipe guide

 = vegetarian

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get to know your vegetarians:

There are several types and lots of different reasons why people are vegetarian. Check what type of foods a vegetarian in the house may/may not eat when looking at a recipe.

Vegans	No animal foods, including no eggs, butter, dairy, meat or seafood
Lacto-ovo vegetarians	Eats eggs and dairy foods (cheese, yoghurt, milk)
Lacto vegetarians	Eats dairy foods but not eggs
Pesco vegetarians	Eats seafood and fish
Semi-vegetarians	Might eat some white meats and animal foods, but not red meat
Flexitarians	Eats mostly vegetarian meals; occasionally includes fish, poultry and red meat.

shopping list

You'll use these lots:

- Oil spray (olive, canola)
- Oil (olive, canola, vegetable, peanut)
- Flours (self-raising, plain, wholemeal self-raising, cornflour)
- Rice (Arborio, basmati, Doongara, other: _____)
- Plain instant noodles
- Packet of pasta (lasagne sheets, spaghetti, penne)
- Tomato-based pasta sauce
- Chicken thigh fillets
- Tinned tomatoes
- Vegetables (fresh or frozen) (e.g. baby spinach, broccoli, cabbage, capsicum, carrot, cauliflower, celery, chilli, choy sum, corn, cucumber, garlic, ginger, leek, lettuce, mushrooms, peas, potatoes, pumpkin, radishes, red and brown onions, shallots, sweet potato, tomatoes, zucchini)
- Fruit (fresh, frozen or tinned) (e.g. lemons, apple, peaches, pears, apricots, other: _____)
- Milk (or long-life UHT milk)
- Eggs
- Cheese (reduced-fat Tasty, mozzarella, parmesan, cottage cheese)
- Bread
- Wholegrain breakfast cereal (e.g. Weetbix, fibre-rich flakes, oats/muesli, other: _____)
- Salt-reduced soy sauce
- Salt-reduced stock (cubes, or ready-made) (beef, vegetable, chicken)

- Minced garlic, ginger
- Pepper (white, black)
- Margarine or butter
- Tomato sauce
- Sweet chilli sauce

What you need to cook this recipe tonight:

- Tinned chickpeas
- Tinned red kidney beans
- Salt-reduced condensed tomato soup
- Tinned tuna
- Creamed corn
- Light coconut milk
- Yellow split peas
- Baked beans, salt-reduced in tomato sauce
- Beetroot (fresh or tinned)
- Couscous
- Rice vermicelli
- Dry red lentils
- Tortillas/tacos
- Rolled oats
- Mince (beef, kangaroo & lamb)
- Sausages
- Ham and/or bacon
- Silken tofu
- Thai red curry paste
- Indian curry paste (Madras or tikka masala)
- Kecap manis (Indonesian sweet soy sauce)
- Continental Creamy Chicken Curry recipe base
- Curry powder
- Herbs (fresh or dried): basil, chives, coriander, dill, mixed, mint, parsley, tarragon
- Spices (Baharat, cumin, cinnamon, coriander, sumac)

- Chilli (fresh, in a jar, dried flakes)
- Lime juice and/or lemon juice
- Sugar
- Honey
- Peanut butter (unsweetened)
- Oyster sauce
- Semi-dried tomatoes
- Dijon mustard
- Tomato paste (salt-reduced)
- Stir-fry beef strips
- White vinegar or pomegranate molasses

You've got money left over and would like:

- Berries (fresh or frozen)
- Avocado
- Feta cheese
- Flavoured low-fat yoghurt
- Natural yoghurt
- Juice
- Sultanas, raisins, choc chips, dried fruit
- Olives
- Tinned salmon
- Crushed nuts, walnuts

Kitchen basics

- Baking paper
- Aluminium foil
- Cling film
- Zip lock bags
- Paper towel
- Takeaway/storage containers
- Dishwashing liquid
- Kitchen bench spray
- Kitchen sponges
- Other: _____







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