



ReHEAT!

A COOK BOOK

FOR YOUNG PEOPLE



presented by

yhunger



Sometimes if you're cooking for yourself all the time it's kind of like "I can't be bothered to think of something to make, I'm sick of eating the same thing, I don't have the creativity or skills to make something new".

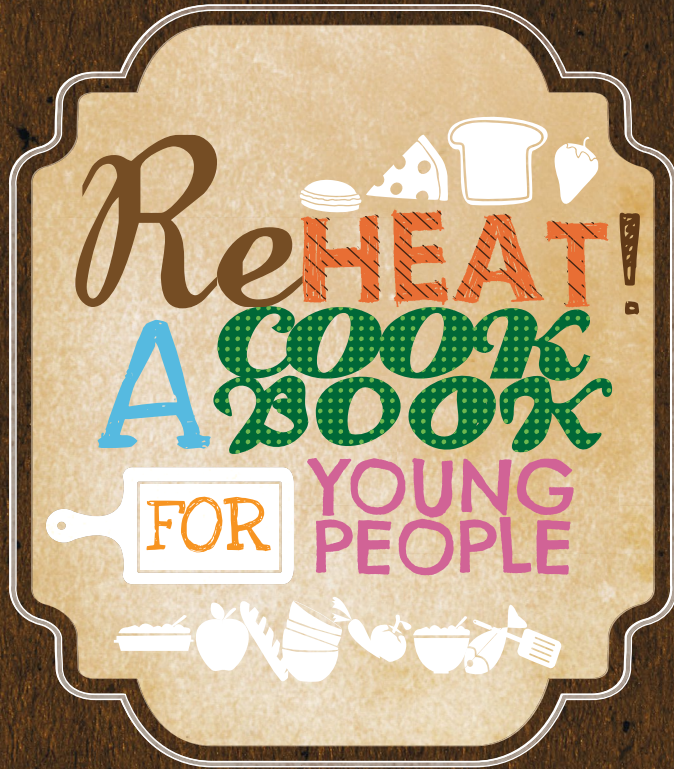
Then buy a cookbook... There's plenty there...



You don't need to buy one. You could have the Yhunger one for FREE! Just putting it out there. It's a good industry! We should support it...



A conversation between young people at a Yhunger focus group, December 2010



presented by

yhunger

**REHEAT! A COOKBOOK FOR YOUNG PEOPLE
(3rd edition)**

First published in 2002 as the *Yhunger (Younger Hunger)* cookbook by Community Health Services, Sydney Local Health District.

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THIS PAGE IS
 MAKING ME
 HUNGRY



Acknowledgements

Back by popular demand, this cookbook may be older than you!

It was originally written for the Yhunger program in 2002 by **Rachel Sutherland** (Community Nutritionist Sydney Local Health District) and **Rachel Wilkenfeld** (Youth Health Promotion Officer, Youthblock Youth Health Service). Youthblock was then known as “Cellblock” and it was the first specialist youth health service for marginalised young people, 12 to 25 years old, in New South Wales, Australia.

A second edition was produced in 2013 with ‘Reheat’ in the title and revisions by **Rowena Yamazaki** (Community Nutritionist for Young People, Sydney Local Health District) and **Elise Franke** (Youth Arts Worker, South Western Sydney Local Health District for the Yhunger program).

In 2014, *Reheat! A Cookbook for Young People* won the equivalent of a cookbook Oscar in the health and nutrition category of the Gourmand World Cookbook Awards. More importantly, twenty years on, this little ol’ cookbook and its companion, *Made Fresh – More Mad Feeds*, still gets passed around and treasured by people as they figure out what to eat and how. We know that from our program evaluation.

The new recipes in this third 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 YHS, Sydney Local Health District).

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

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For the cookbooks’ longevity, we sincerely thank:

- the first youth consultants, Jane, Anna, Karen and Bui for naming “Yhunger”.
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- our current Yhunger youth consultants (Tony, Sam and Billee) and YOUthfrontline legends (Hareem and Jessie).
- all the youth workers, peer leaders, educators and health workers who've attended the Yhunger training and provided such rich and constructive feedback over the years. Respect.

why learn to cook?

Learning to cook your own tasty food means you can:

- » choose what's on the menu at your place.
- » save lots of money by preparing your own meals rather than eating out all the time.
- » learn new skills and put them into practice.
- » cook for friends.
- » try new foods and experiment with different things.
- » pass on your knowledge to others.
- » do it all yourself!

The secret to successful cooking is planning:

- » check the recipe to make sure you have all the ingredients.
- » have all the ingredients ready before you start cooking.
- » chop vegies, preheat the oven and have the dishes on the bench waiting.

By learning a few basics you'll be able to whip up a quick meal when you feel like it, instead of relying on takeaway and other people.

how to use this book

Whether you are an up-and-coming chef or just over the whole 2-minute noodle thing, this book is for you...

- » *Reheat!* is a step by step guide with manageable recipes from the basics, like how to boil an egg, to more gourmet dishes, like a stir-fry. It includes some handy cooking tips to help you out along the way.
- » Once you get more comfortable with the recipes in this book, we hope you can start to experiment with others.

All recipes contain a "fruit and veggie per serve" guide. The Australian Guide to Healthy Eating (NHMRC, 2013) makes the following recommendations for daily intake of fruit and vegetables to aim for:

	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

Good luck and most importantly, enjoy what you make.

shopping tips...to help you save

- » Only shop once a week – save time and spend less on impulse items.
- » Plan a menu for a week, then make a list and stick to it.
- » Spend at least half your food money on basic items such as bread, rice, pasta, cereal, fruit and vegies.
- » Look for specials and check the use-by date.
- » Plain-labelled or no-name generic brands are just as good.
- » Fresh, frozen or canned fruit and vegies are ALL good. Look for “no added sugar” or “reduced salt” in canned varieties.
- » Don't shop when you are hungry.
- » Pay attention at the check out – mistakes can happen.
- » If shopping for one, buy frozen or tinned vegies, and freeze meat in single portions.

Abbreviations used in the recipes

“tsp” means teaspoon

“Tbs” means tablespoon

Key: What do the symbols mean?



Suitable for vegetarians



Serving of fruit and vegetables

All meals have been costed in July 2020 to June 2021 as cheap, cheaper and cheapest:

- » 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, or
- » \$3 = between \$3.00 and \$3.99 per person
- » \$4 = between \$4.00 and \$4.99 per person (at the most!).



what else can i use?

- » If you don't have all the right cooking bits and pieces, you can usually still create a great meal.
- » Here's a list of everyday things that you can use for cooking so you can always make do with what you've got in the cupboard.

Must haves

- » Frypan
- » Saucepan
- » Can opener
- » Plate and cup
- » Cutlery (knife, fork, spoons)
- » Chopping board
- » Sharp knife
- » Kitchen stove, sink/water, fridge, bench



Airtight container	Plastic bag with a tie/peg Clean glass jar Ice cream container
Aluminium foil	Use a plate as a lid In the oven use a baking tray or cake tin as a cover
Baking dish, casserole dish	Roasting pan Large cake tin Any dish that is oven-proof (e.g. Pyrex – often these are glass or white with a design) The food will take longer to cook in a deep dish than a wide, shallow dish. If you need a lid, use aluminium foil.
Bowl	Saucepan Ice cream container Cake tin Salad bowl or jug
Cake tin	Cheap to buy a new or second-hand one
Can opener	Very hard to get around this – buy one, buy ring pull tinned foods, or don't buy cans until you have bought a can opener

Chopping board	Large plate
Frypan	Large saucepan or wok
Grater	Use a sharp knife and chop things finely (<i>watch fingers</i>)
Greaseproof paper	Clean writing paper Butter wrapper
Griller	BBQ Frypan
Lifter	Egg flip, fork Wide, flat knife Spatula
Measuring cup	Any reasonably sized coffee mug will do Empty glass jar – as long as you are consistent in your recipe, it doesn't matter
Oven mitt	Dry folded tea towel Dry clean hand towel
Peeler	Peelers are very cheap but sharp knife will do (<i>watch fingers</i>) Wash food thoroughly instead of peeling
Pie plate	Try a cake tin, but you will probably have to cook things a bit longer because the tin will be deeper Disposable foil container
Plastic wrap	Plastic bag, sealed container Aluminium foil
Saucepan	Wide, deep frypan
Saucepan lid	Cover with foil or sit a dinner plate, cake tin, or roasting pan on top (<i>use an oven mitt to lift off and watch out for steam!</i>).
Steamer	Metal colander (strainer), steaming saucepan or just place a small amount of water in the bottom of a saucepan.
Strainer	Wire or plastic sifter Lid of a saucepan held against the pan (<i>watch out for steam!</i>).
Tongs	Forks or spoons
Tray	Any metal oven-proof pan with a flat base Foil, if you don't need a solid base Save the foil base from a frozen pizza
Wooden spoon	Fork Metal spoon with long handle Spatula Bread and butter knife

cool cooking tips

- » If you're trying to save time, keep a jar of crushed garlic and crushed ginger in the fridge so it's always on hand to add to a stir-fry or pasta dish.
- » Rinsing your hands with fresh lemon juice helps to get rid of the smell of garlic, onions and seafood.
- » Curry, the spice traditionally used in Indian cooking does not grow on trees! It is a blend of as little as 5 and as many as 20 spices. Buy a jar of curry paste from the supermarket and keep it in the fridge so you can whip up a quick curry whenever you feel like it. Try red and green Thai curry pastes or Indian curry pastes.
- » For good health we should have 2 serves of fruit and 5-6 serves of vegetables every day. A serve is equal to a small potato or ½ cup of frozen vegies or one banana or one medium sized apple.
- » For strong bones we need 3 serves of dairy products each day to get our daily calcium requirements. A serve is equal to a glass of milk, a piece of cheese or a tub of yoghurt.
- » There are certain fruits and vegetables that should not be stored together. Apples give off a gas called ethylene, which will turn carrots bitter. Potatoes will spoil faster when stored with onions.
- » To retain good colour in cooked vegetables, try steaming, stir-frying or microwaving them until just cooked (al dente!).
- » Did you know that you can buy frozen chopped onions in the freezer section of the supermarket? One cup of chopped onion is equivalent to one onion. No more tears.



food storage tips

How to store fresh fruit and vegetables:

- » Potatoes and onions should be taken out of the plastic bag and stored in a cool dark spot (separately).
- » Leafy and root vegetables, such as spinach, carrots and lettuce, should be left in a plastic bag in the fridge to prevent wilting and softening.
- » Pumpkin pieces should be kept in the crisper section of the fridge. There is no need to wrap them.
- » In hot weather, it is advisable to store fruit in the fridge.
- » Always cover cut fruit and salads before placing in the fridge.

How to store fresh herbs:

To store fresh herbs for longer in the fridge, you can:

- a) fill a glass or jar with water. Snip off the bottom of herb stems and place in water. Cover loosely with a plastic bag and place in fridge (except basil – leave at room temperature). Change the water when it starts to change colour after a few days.

or

- b) wrap the herbs in paper towel, then place in a plastic bag and store in the fridge's vegetable drawer.

Either way, wash the herbs well only when you are ready to use them, not for storage.

To freeze fresh herbs, you can:

- a) wash herbs and dry well with a clean tea towel (unless they are organic). Then place in a single layer inside plastic snap lock bags. Squeeze air out and label. Works well with basil leaves, thyme, lemongrass, etc.

or

- b) put herbs into ice cube tray, chopped/ready for use. Cover with water OR oil and freeze. When frozen, run warm water over back of ice cube tray to remove the cubes and move the frozen herb cubes to a snap lock bag or sealed container. Label and use while still frozen (don't defrost). Works well with mint, dill, coriander, parsley, etc.

How to store food in the fridge:

- » Do not store food in a can once you have opened it. Once the can is opened, the rusting process starts and this could make you sick. So transfer food to another storage container.
- » Keep raw meat covered on the bottom shelf of the fridge or in a meat drawer (if your fridge has one) so the juices don't drip onto other foods.
- » Use or freeze meat or leftovers within a day of preparation.
- » Check the use-by date.

How to store meat in the freezer:

HINT: freezing makes the use-by date further away.

1. Divide meat into meal-sized amounts.
2. Wrap tightly in plastic wrap, freezer bags or clean containers. Make the packages as flat as possible for quick freezing.
3. Write date and name of meat on each package so you can easily identify it later.

if i buy it how long will it last?

Buying large quantities may work out to be cheaper, but only if you can store it properly and use it before it goes bad. All items should have a use-by date. This tells you how long you can keep an unopened item. Once the food is open, use this guide to help you decide how long you can store it for.

Storage on the shelf or in the pantry

Food item	How long can it be stored?
Dry noodles	1 – 2 months
Dry pasta	1 year
Flour	6 – 8 months
Spices	2 – 4 years
Sauces	1 year
Sugar	2 years. Sugar does not spoil but eventually may change flavour.

NOTE: Store all opened packets in airtight containers.

Foods stored in the freezer

Food item	How long can it be stored?
Bacon	1 month
Meat casserole	1 – 3 months
Vegetable casserole	6 months
White fish fillets	6 months
Lamb chops	3 – 6 months
Mince	2 – 3 months
Roasts (beef, lamb, pork)	3 – 6 months
Sausages	3 months
Steak	6 months
Chicken pieces	6 months
Whole chicken	1 year

NOTE: When storing any food in the freezer, wrap food tightly in plastic wrap or in a freezer bag, label and date it with a thick texta/laundry marker.





food safety tips

Did you know?

- » Foods that are “off” or “bad” and will cause food poisoning may not look, smell or taste any different to food that is safe.
- » Bacteria multiply on most foods if given the chance – particularly if the temperature is between 5°C and 60°C. You need to keep foods either very cold (refrigerator cold) or very hot (steaming hot) and NOT at room temperature.
- » Bacteria can also grow in tea towels and dishcloths.
- » Wash tea towels regularly and hang to keep dry.
- » The microwave can be used to kill bacteria in:
 - » Dishcloths (dry – high for 30 seconds, wet – high for 3 minutes).
 - » Sponges and non-metal scourers (dry – high for 30 seconds, wet – high for 1 minute).



STAY WELL
PEOPLE

How to thaw something frozen:

- » Thaw meat and other frozen food in the fridge. Do not thaw food at room temperature (on a bench) or in water.
- » Only thaw meat in the microwave if you are planning to cook it straight away. Once thawed, cook immediately.
- » Thawed meat should not be re-frozen in an uncooked state. If thawed meat is cooked in a meal such as a casserole it is safe to freeze.

How to handle and prepare food properly:

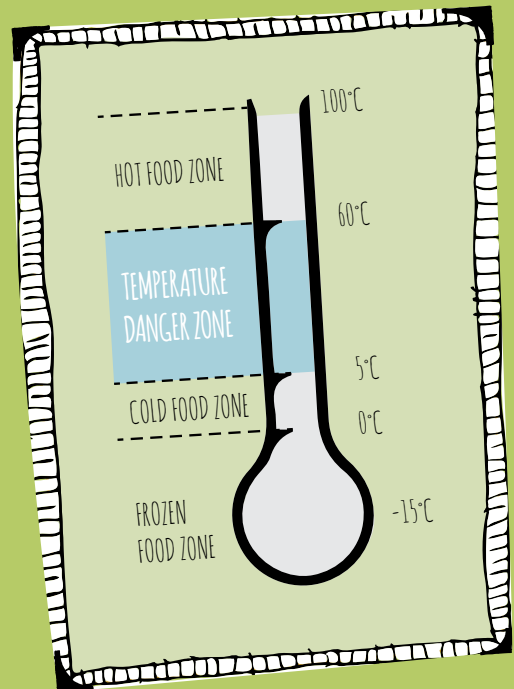
- » Wash hands in hot soapy water before preparing food and after touching raw meats.
- » Use a different chopping board and utensils when preparing foods which are “ready to eat”, like a salad, and those which are “to be cooked”, like meat. If you have only one chopping board, wash well with hot soapy water before re-using.
- » Use different utensils for cooked foods and never place cooked foods on plates that have contained raw products such as meat, poultry and fish.
- » When cooking mince, sausage, hamburger patties, rolled roasts and chicken, make sure they are cooked right through and there is no pink meat.

What to do with leftovers:

- » Put leftovers in the fridge to cool, after the steam stops. Do not leave to cool on the bench for longer.
- » Put leftovers in an airtight container and freeze for a quick easy meal.
- » When re-heating foods, heat to steaming hot (above 75°C) – this will kill any bacteria.
- » When re-heating in a microwave, check food is heated all the way through before eating.
- » After you have re-heated leftover food once, if there is any left, throw it away.
- » Use or freeze leftovers within a day of preparation.

**Cleaning tips:**

- » Wash dishes with very hot water and detergent.
- » Always wash glasses first so they don't get food bits on them.
- » Allow dishes to drip dry.
- » Always wash the very greasy stuff last.



how to cook...

RICE AND PASTA

How to cook rice:

Rice swells up when cooked. One cup of uncooked rice becomes 3 cups of cooked rice. Allow between $\frac{1}{4}$ and $\frac{1}{2}$ cup of uncooked rice per person.

Absorption method:

Serves: 4

1. Place $1\frac{1}{2}$ cups of water in a saucepan. Cover with lid and bring to the boil (big bubbles).
2. Add 1 cup of rice to boiling water. Bring to boil, stirring with the lid off.
3. Turn heat down to low. Put lid on and leave for 15 to 18 minutes until water has been absorbed.

Microwave method:

Serves: 4

1. Put 1 cup of rice and 2 cups of boiling water into a microwave proof bowl.
2. Cook uncovered on high for 14 minutes. Stir half way through cooking time.
3. Remove from microwave, cover and stand for 5 minutes.
4. Fluff up rice using a fork.

HINT: Any leftover rice can be frozen.

How to cook pasta:

Pasta includes macaroni, spaghetti and noodles (just to name a few). Pasta swells up when cooked. One cup of dry macaroni becomes 2 cups of cooked macaroni. Allow between $\frac{1}{2}$ and 1 cup of uncooked pasta per person.

1. Choose a saucepan large enough to hold 4 cups of water for every $1\frac{1}{2}$ cups of uncooked pasta. Bring water to the boil.
2. When water is boiling, add pasta. Stir a little until water comes back to the boil.
3. Boil with lid off until pasta becomes tender. Test by squashing or cutting a piece. Pasta should be tender but firm (al dente). Drain and use.

HINT: Leftover pasta can be frozen.

VEGETABLES

Boiling:

1. Put washed and cut vegies in a pot with a small amount of water.
2. Bring to the boil on the stove.
3. Boil until they are tender but not soggy.
4. Drain well using a strainer or by tilting the saucepan lid (watch out for steam) then eat.

Microwaving:

1. Place prepared vegies in a shallow microwave-proof dish and cover with plastic wrap.
2. Microwave for about 2 minutes, then carefully check if they are soft enough.
3. Cook for longer if you like your vegies softer.

Roasting:

1. Heat oven to about 180°C (350°F/ Gas mark 4).
2. Put a small amount of oil (about 3 tablespoons) in a shallow oven-proof dish.
3. Place vegies such as potato, pumpkin, sweet potato and/or onions in the dish. You may like to add garlic or sprinkle with herbs.
4. Bake in oven for about 45 minutes, turning the vegies once or twice during this time.

Steaming:

1. Use a steamer that fits into a saucepan. Fill saucepan until water almost touches the steamer.
2. Place vegies in the steamer and place the lid on the saucepan.
3. Bring the water to the boil.
4. Cook until vegetables are soft.



A top-down view of a wooden table set for a meal. In the center, a red speech bubble contains the text 'CHAPTER 1 EASY MEALS' with a yellow fork and knife icon below it. To the right, a whole roasted chicken sits in a wooden tray on a red and white striped cloth. Above it, a silver plate is filled with roasted potatoes, broccoli, and carrots. To the right of the plate is a red cup with a white rim containing a dark liquid. On the left, there are two salt and pepper shakers, one with a red cap and one with a white cap, and a butter knife and a dinner knife with white handles.

CHAPTER 1
EASY MEALS

nachos

PREP 10 min

COOKING 10 min



2 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
Corn chips	125g	250g	375g
Reduced-fat grated cheese	1 cup	2 cups	3 cups
Red kidney beans, canned	300g	400 – 420g	750g
Ready-made salsa, bottled	1 cup	2 cups	3 cups
Reduced-fat sour cream (or Greek-style yoghurt)	¼ cup	½ cup	¾ cup
Avocado, sliced	½	1	1½

hints, tips and variations

- » If you like it spicy, add sweet chilli sauce to the bean mixture or buy a “HOT” salsa.
- » For a meat version, brown 200g mince in the saucepan for about 10 minutes then add the beans and salsa.
- » Once cooked, top with as many vegies as you like. Chopped cucumber, lettuce and carrot add flavour and colour.
- » Have a glass of orange juice with your bean nachos to help absorb the iron.

equipment

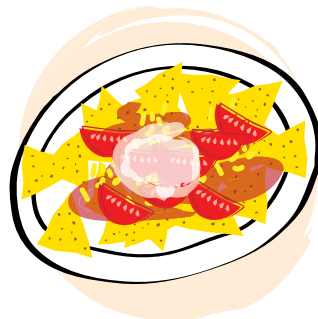
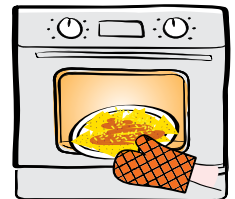
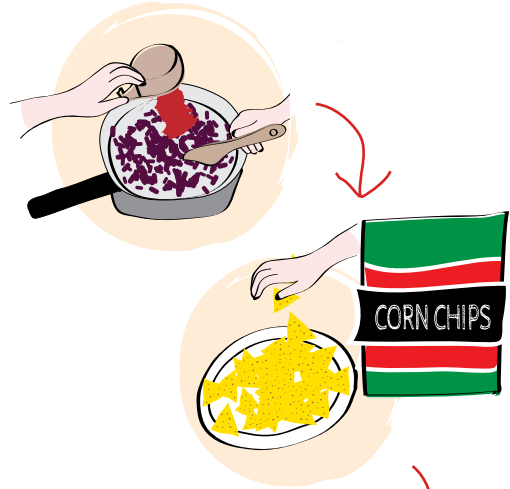
- » Can opener
- Strainer
- Small saucepan
- Wooden spoon (or any spoon)
- 4 oven-proof plates (or a large platter if you are going to be sharing)
- Knife
- Spoon
- Oven mitt or tea towel
- Measuring cup



SAY
CHEESE!

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4). Rinse and drain kidney beans in strainer. Put beans and 1 cup of salsa in a small saucepan on stove. Stir until heated (or heat in a bowl in the microwave).
- 2 Divide the corn chips evenly over 4 oven-proof plates.
- 3 Cover corn chips with ½ the grated cheese, then the bean mixture. Add the remaining grated cheese.
- 4 Put the plates in the oven for about 10 minutes until the cheese has melted. Remove plates from oven with an oven mitt or tea towel.
- 5 Top nachos with slices of avocado, a spoon of sour cream (or yoghurt) and a couple of spoons of salsa.





pizza

PREP 15 min

COOKING 30 min



1 serve per person

\$2 per person



ingredients

	for 2 people	for 4 people	for 6 people
Ready-made pizza base (or mini pizza base)	1 large (2 mini)	2 large (4 mini)	3 large (6 mini)
Tomato paste	2 Tbs	4 Tbs	6 Tbs
Red or green capsicum	¼	½	¾
Button mushrooms, sliced	2	5	7
Tomato	½	1	2
Brown onion, chopped	½	1	1 – 2
Pineapple pieces, drained	100g (½ small tin)	225g tin	425 – 440g tin
Ham (optional)	1 slice	2 slices	4 slices
Olives, sliced	1 Tbs	2 Tbs	3 Tbs
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Spray oil or vegetable oil			

hints, tips and variations

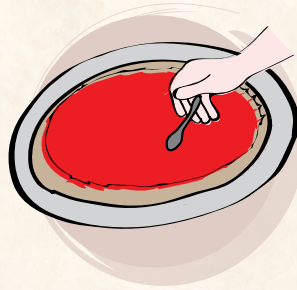
- » For a pizza base you can also use pita bread, bread rolls cut in half, slices of toast or English muffins.
- » If you use bread rolls, toast or English muffins as the base put them under the grill to brown rather than in the oven.
- » Use whatever ingredients you have. Try chunks of avocado and sliced cooked chicken.
- » Leftovers are great heated in the microwave the next day.
- » To make your own pizza base, check out the Damper Pizza recipe in *Made Fresh - More Mad Feeds*, Yhunger's second cookbook for young people.

equipment

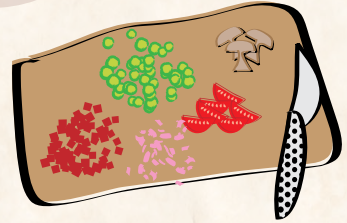
- » Flat tray
- Chopping board
- Knife
- Can opener
- Spoon

steps

1 Preheat oven to 200°C (400°F/Gas mark 6). Spray or brush the tray with oil. Place pizza base on tray and spread with tomato paste.

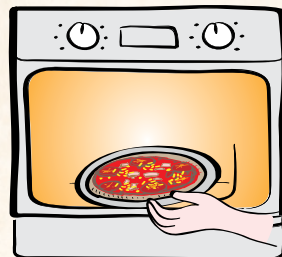


2 Rinse vegies. Cut up all the ingredients (capsicum, mushrooms, tomato, onion, pineapple, ham) into cubes or thin strips.



3 Sprinkle ½ the cheese over the base. Add the chopped ingredients. Then sprinkle the rest of the cheese.

4 Put the pizza in the oven. Cook for about half an hour until cheese is browned and the base is crispy. Remove pizza from oven with an oven mitt or tea towel. Cut into slices and serve.



COOK FOR 30 MIN
(UNTIL BROWN)

vegie burgers

PREP 10 min

COOKING 20 min



4.5 serves per person

\$1 per person



ingredients

	for 2 people	for 4 people	for 6 people
Hamburger buns or bread rolls	2	4	6
Lettuce leaves	2	4	6
Tomato	4 slices	8 slices	12 slices
Beetroot, tinned slices	4 slices	8 slices	12 slices
Tomato/BBQ/sweet chilli sauce			
Zucchini, grated	1	2	3
Chickpeas, canned, drained	125g tin	400 – 420g tin	500 – 600g tin
Brown onion	½	1	1½
Garlic, crushed or fresh	½ tsp	1 tsp	1½ tsp
Eggs	1	2	3
Shallots	1	2	3
Curry powder	½ tsp	1 tsp	1½ tsp
Plain flour	½ cup	1 cup	1½ cup

hints, tips and variations

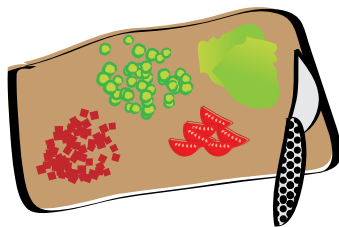
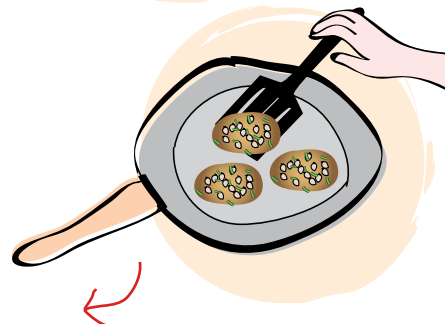
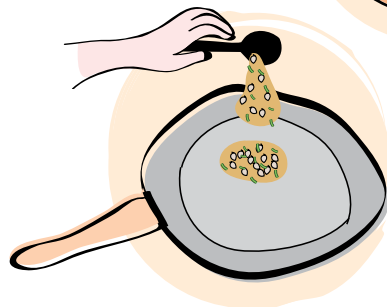
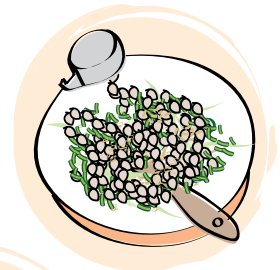
- » The smaller you cut your vegies the quicker they will cook.
- » To make 4 meat patties: mix 400g mince, 1 small chopped onion, ¼ cup breadcrumbs, 1 egg and a dash of BBQ sauce together in a bowl. Using your hands, shape into 4 patties and cook in a frypan.
- » To make 4 chicken patties: cook 4 small chicken breasts or use the meat patties recipe with chicken mince.
- » Try adding lots of different salad ingredients for a more filling burger.
- » You can also cook this on a BBQ.

equipment

- » Strainer
- Teaspoon
- Cup measures
- Frypan
- Spatula
- Grater
- Bowl
- Knife
- Chopping board
- Can opener

steps

- 1 Wash and grate the zucchini. Chop onion and shallots. Open can of chickpeas, rinse and drain.
- 2 Place the zucchini, chickpeas, onion, garlic, eggs, shallots, curry powder and flour in a bowl and mix.
- 3 Heat oil in a frypan on stove. Add 2 heaped tablespoons to make 1 patty.
- 4 Cook for 2 minutes then turn with a spatula and cook for 2 more minutes.
- 5 Open beetroot and chop the salad ingredients (lettuce, tomato). If you like you can toast the bun under the grill. Place a patty and salad on the bun.





roast dinner

PREP 30 min

COOKING at least 1.5 hours*



3 serves per person

\$2 per person

ingredients

for 4 people

for 6 people

Cooking times for
roast chicken & meat*

Chicken, whole (or any other piece of meat such as beef, lamb, pork or veal)

1 x 1½ kg
(size 15)

1 x 2 kg
(size 20)

weight cooking
time

500g 30 min

Pepper and herbs (garlic, rosemary) to season

1 kg 1 hour

Potatoes, medium and/or pumpkin pieces

4 or 800g

6 or 1.2kg

1.5 kg 1 hour
30 min

Sweet potato

400g

600g

2 kg 2 hours

Vegetable oil

1 Tbs

2 Tbs

Broccoli

1 head

1½ heads

Vegies about
an hour

hints, tips and variations

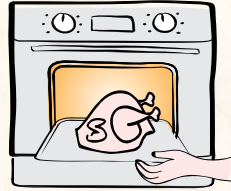
- » The smaller you cut your vegies the quicker they will cook.
- » If you like gravy you can buy a packet mix from the supermarket and just add boiling water.
- » Try roasting carrots and whole garlic cloves.
- » Any green vegies can be used instead of broccoli.
- » Use the leftovers for sandwiches the next day or make up a spare dinner, cover and put in the fridge and then heat in the microwave for an instant dinner the next night.

equipment

- » Roasting pan
 - » Vegetable peeler
 - » Chopping board
 - » Knife
 - » Oven mitt/tea towel
 - » Spoon
 - » Fork/tongs
 - » Saucepan and lid
- * Add 30 minutes for extra stuffing
- * Add 10 minutes per kg for well done lamb or pork

steps

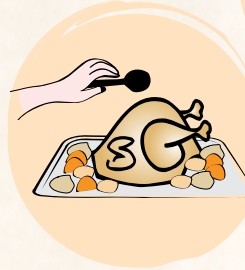
1 Preheat oven to 180°C (350°F/Gas mark 4). Place chicken in a large roasting pan and coat with a small amount of oil. Season with pepper. Put chicken in the oven.



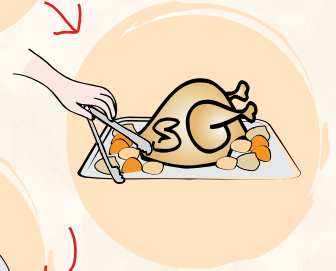
2 Wash, peel and cut potatoes, sweet potato and pumpkin into chunks.



3 After approx. 30 minutes, remove chicken from oven using a tea towel or oven mitt. Put vegies in the pan with the chicken. Spoon some of the pan juices over the chicken. Pour a tablespoon of vegetable oil over the vegies. Return pan to oven for 30 minutes.



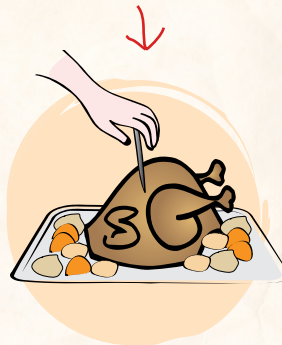
4 Remove pan from the oven using oven mitt. Turn vegies using tongs or a fork. Spoon some pan juices over the chicken and vegies. Return to the oven for 30 minutes.



5 Cut broccoli into chunks. Boil (rapid bubbles) a small amount of water in a saucepan. Add broccoli and boil for 2 to 3 minutes. Drain with a saucepan lid (keep warm by putting the lid back on the saucepan) OR cook in the microwave in a bowl covered with a plate for 1 to 2 minutes on HIGH (100%) with a little water in the bottom (about 1 tablespoon).



6 Remove the pan from the oven. To test if the chicken is cooked, stick a skewer or fork into the thigh section and make sure the juices run clear. Cut up chicken and serve with roasted vegies and broccoli.







chicken and corn noodle soup
page 86

stir-fry

PREP 10 min

COOKING 15 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

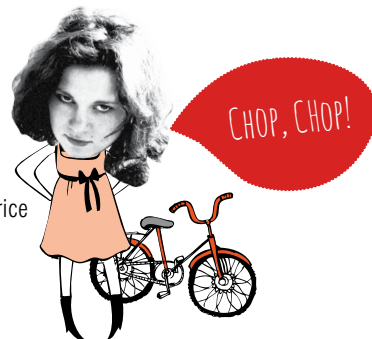
	for 2 people	for 4 people	for 6 people
Vegetable oil	2 tsp	1 Tbs	1½ Tbs
Chicken thigh fillets, trimmed of fat	250g	500g	750g
Onion	½	1	1½
Garlic, crushed or cloves	½ tsp	1 tsp	1½ tsp
Red capsicum	½	1	1½
Broccoli	½ head	1 head	1½ heads
Carrot	½	1	1½
Snow peas or beans	50g	100g	150g
Salt-reduced soy sauce	1½ Tbs	3 Tbs	4½ Tbs
Sweet chilli sauce	1½ Tbs	3 Tbs	4½ Tbs
Water	1 Tbs	2 Tbs	3 Tbs
Rice, uncooked	1 cup	2 cups	3 cups

hints, tips and variations

- » You can use whatever meat you like.
- » For a vegetarian version, replace meat with firm tofu or nuts.
- » Heat the leftovers in the microwave or freeze for an easy meal.
- » **HINT:** Vegies like carrots take longer to cook than mushrooms and snow peas so throw them in first!

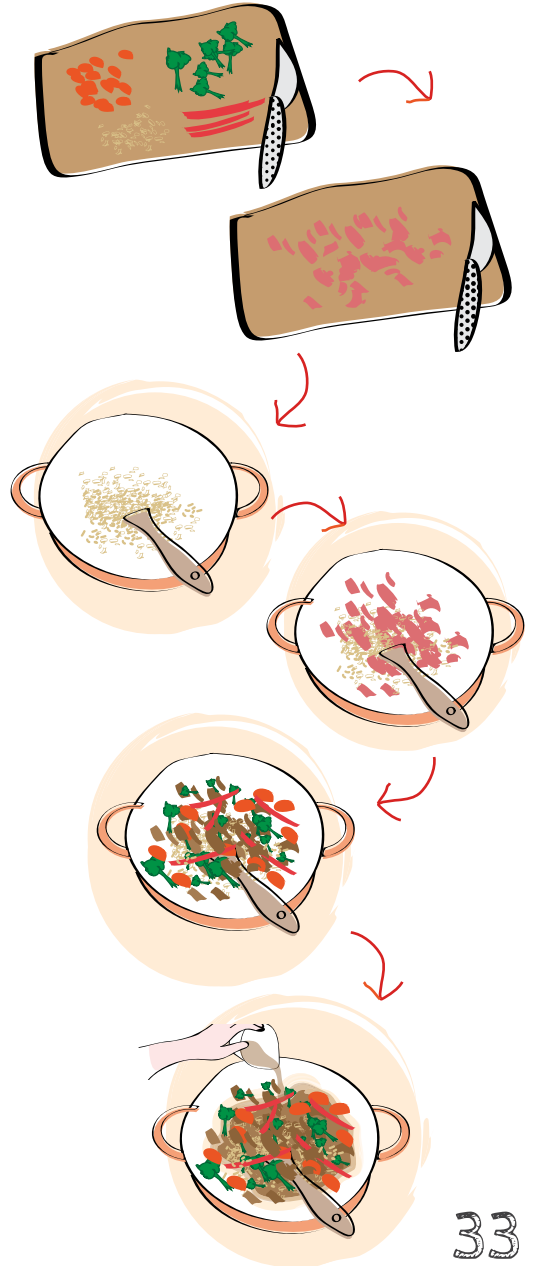
equipment

- » Chopping board
- » Knife
- » Bowl
- » Tablespoon
- » Frypan
- » Large spoon
- » Rice cooker or saucepan to cook rice



steps

- 1 Cook rice as per packet instructions. Wash then chop the vegetable (onion, broccoli, carrot, capsicum). Place them all in a bowl except onion.
- 2 Cut the meat into thin strips.
- 3 Heat oil in a frypan on the stove. Add onion and garlic and cook for 2 minutes.
- 4 Add the chicken and cook for 5 minutes.
- 5 Add the vegetables and water and cook for 5 minutes. Add the sauce and cook for 2 minutes.



pasta napolitana

PREP 5 min

COOKING 15 min



3 serves 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
Vegetable oil	2 tsp	1 Tbs	1½ Tbs
Onion, chopped	½	1	1½
Garlic, crushed or cloves	½ tsp	1 tsp	1½ tsp
Tinned tomatoes, crushed	425g tin	2 x 425g tins	3 x 425g tins
Tomato paste	1½ Tbs	3 Tbs	4 Tbs
Fresh basil or dried mixed herbs	½ Tbs	1 Tbs	1½ Tbs
Dried spaghetti	250g	500g	750g

equipment

- » Chopping board
- » Knife
- » Large spoon
- » Teaspoon
- » Frypan
- » Can opener
- » Saucepan for pasta
- » Strainer

hints, tips and variations

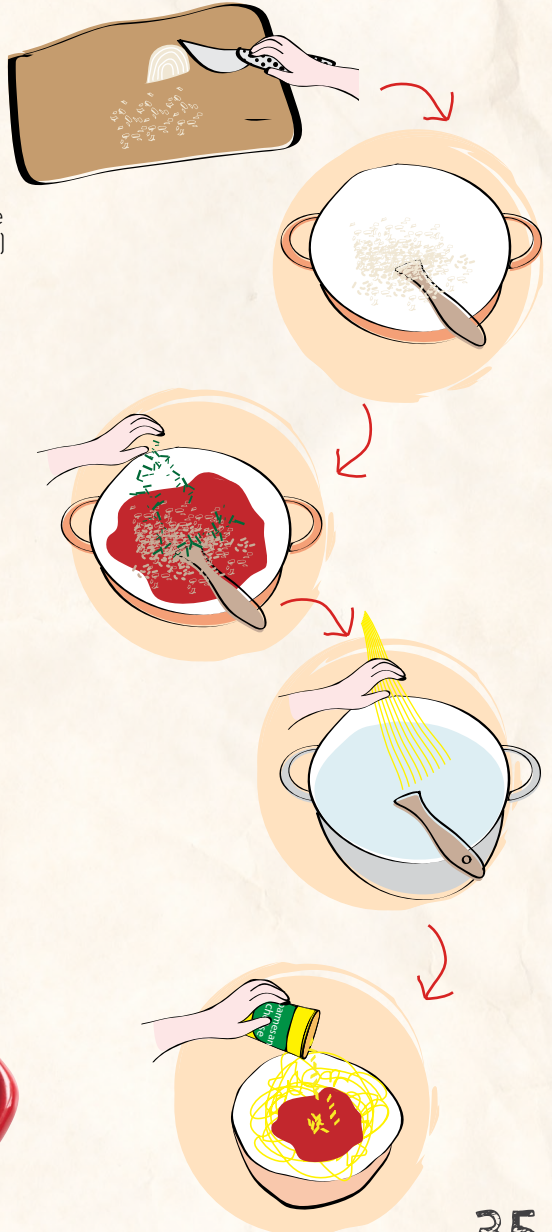
- » Try using different types of pasta such as ravioli or tortellini for a change.
- » To make spaghetti bolognaise: add 500g mince after cooking the onion and garlic. Cook for 10 minutes then add the crushed tomatoes, etc. as above.
- » To make vegetarian pasta: add 2 cups of your favourite vegetables (such as chopped eggplant, zucchini, broccoli or carrot) to the sauce and cook for 5 minutes. Try adding a small tin of legumes (e.g. kidney beans, broad beans, chickpeas) to make the pasta sauce more filling.



THE PASTABILITIES ARE ENDLESS

steps

- 1 Chop (dice) the onion into small cubes.
- 2 Heat oil in frypan on the stove. Add onion and garlic. Cook for 2 minutes.
- 3 Add the crushed tomatoes, tomato paste and herbs. Let it simmer (small bubbles) for 15 minutes.
- 4 Cook pasta in a large saucepan of boiling water until soft (see page 16, How to cook rice and pasta). Drain.
- 5 Divide pasta between 4 bowls. Spoon over sauce. Top with parmesan cheese (optional).







macaroni cheese

PREP 15 min

COOKING 35 min



0 serves per person so eat with side of vegies and salad

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

Dried macaroni

1 cup

2 cups

3 cups

Margarine

2 Tbs

4 Tbs

6 Tbs

Plain flour

2 Tbs

4 Tbs

6 Tbs

Milk

1½ cups

3 cups

4½ cups

Reduced-fat cheese, grated

½ cup

1 cup

1½ cups

Cheese, grated (extra to sprinkle on top)

¼ cup

½ cup

¾ cup

equipment

» Saucepan, wooden spoon, tablespoon, jug, measuring cups, bowl, oven mitt, baking/casserole dish

hints, tips and variations

The sauce above is a basic cheese sauce and is the basis for lots of dishes. See below for some ideas to make it more interesting...

» Vegetable mornay

Cook 2 cups of chopped vegetables (such as broccoli, carrot, zucchini, mushrooms, tinned corn, peas) in the microwave for 2 minutes or in a saucepan until soft.

Stir vegies through the cheese sauce and serve over cooked pasta or rice or bake in the oven, like macaroni cheese.

» Chicken and vegetable mornay

Thinly slice 2 chicken breasts.

Cook in a frypan until browned.

Add chicken to the vegetable mornay.

Serve over cooked pasta or rice, or bake in the oven like macaroni cheese.

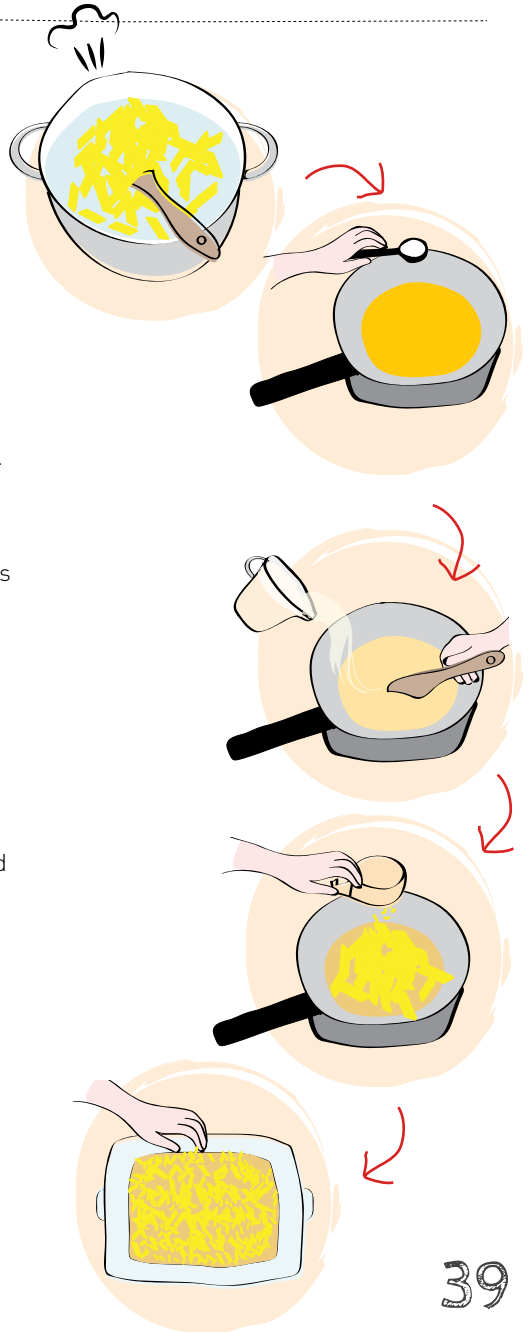
» Salmon bake

Add a can of drained salmon (or tuna) to the vegetable mornay sauce.

Serve over cooked pasta or rice, or bake in the oven, like macaroni cheese.

steps

- 1 Cook pasta in a large saucepan of boiling water (rapid bubbles). (See page 16, How to cook rice and pasta).
- 2 Preheat oven to 180°C (350°F/Gas mark 4). Melt margarine in a saucepan on the stove. Add flour and stir constantly for 1 to 2 minutes until golden and bubbling.
- 3 Remove saucepan from heat. Add milk to saucepan a little at a time. Make sure the sauce is smooth before you add more milk.
- 4 Put saucepan back on the heat. Stir continuously over medium heat until it boils and thickens. Add cheese (*this is now a basic cheese sauce*) and macaroni. You could also add any other ingredients you wanted at this stage.
- 5 Pour macaroni mixture into a casserole dish. Sprinkle with cheese. Cook in the oven for 20 minutes or until golden brown. Remove with an oven mitt. Serve with salad and a bread roll.



chicken schnitzel

PREP 20 min

COOKING 25 min



1 to 3 serves if served with a side of vegetables and wedges, or coleslaw

\$2 to \$3 per person, depending on vegetables used

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 breast fillets	1, approx. 350g	2, approx. 700g	3, approx. 1kg
Plain flour	1 Tbs	2 Tbs	3 Tbs
Eggs	1	2	3
Lemon, washed and finely grated or zested	1 tsp	2 tsp	3 tsp
Dried mixed herbs or thyme	½ tsp	1 tsp	1½ tsp
Breadcrumbs (regular or panko, or a mix of both)	½ cup	1 cup	1½ cup
Parmesan cheese, grated/shredded (optional)	1 – 2 Tbs	3 – 4 Tbs	5 – 6 Tbs
Vegetables, fresh or frozen e.g. peas, corn, carrots, beans, broccoli	1 cup	2 cups	3 cups
Ground black pepper (to taste)			
Olive oil cooking spray			

equipment

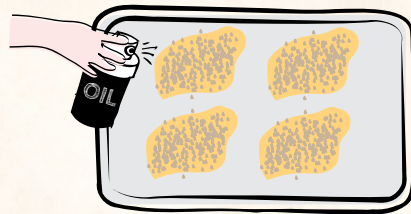
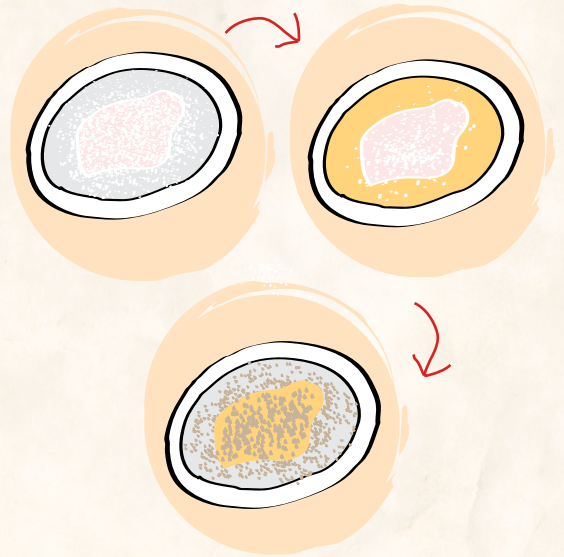
- » 1 to 2 baking trays or dishes, baking paper, rolling pin or meat mallet, chopping boards, knife, grater or lemon zester, 2 diner plates and bowl (or 3 large shallow bowls) to crumb the chicken, fork to lightly beat the eggs, a microwave-safe bowl or saucepan and steamer to cook the vegetables, oven mitts, tongs, measuring spoons and cups

variations

- » Try using panko breadcrumbs for half the breadcrumbs to make the coating crunchier. You can also make into a chicken burger or wrap, replacing the vegetables with coleslaw (see page 100).

steps

- 1 Reheat oven at 220°C (425°F/Gas mark 7). Prepare and start cooking the oven-baked wedges if you want these as a side (see page 56).
- 2 Cut chicken breasts in half horizontally. Place the chicken pieces flat on a chopping board and cover with a layer of baking paper or plastic wrap. Use the meat mallet or rolling pin to flatten each piece into an even thickness.
- 3 Place the flour on a dinner plate or in a large shallow bowl and season with pepper. Crack the eggs in a bowl, beat lightly with a fork and move alongside the plate of flour. Mix the breadcrumbs, lemon rind, herbs and parmesan cheese on a dinner plate or in another bowl and put next to the eggs. Line the baking trays/dishes with baking paper and put these near the breadcrumbs.
- 4 One at a time, dust a piece of chicken in flour, dip in the egg, then evenly coat with the breadcrumb mixture, using your hands to pat into the chicken meat. Place each coated schnitzel side by side on the trays with baking paper. Lightly spray with oil spray.





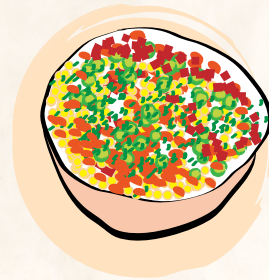
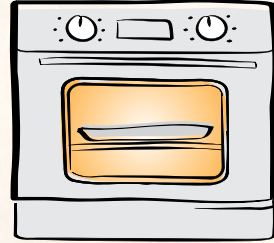
steps

5 Bake in a hot oven for 20 to 25 minutes, carefully turning over and spraying with the oil spray after about 10 minutes (half way). The schnitzels will be ready when lightly golden on both sides and cooked through (white inside, not pink – cut one with a clean knife and check).

6 Meanwhile, boil some water in a saucepan and steam the vegetables, or cook in a microwave-proof bowl with a little water, covered, on HIGH for 90 seconds to 3 minutes until tender. Serve alongside the chicken schnitzel, wedges, a little BBQ sauce or a slice of lemon (optional).

The schnitzels are suitable for freezing.

Adapted from: Heart Foundation (n.d.). Oven Baked Chicken Schnitzel. <https://www.heartfoundation.org.au/recipes/oven-baked-chicken-schnitzel>



cupboard curry

PREP 5 to 10 min

COOKING 25 min



2 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
Vegetable oil	1 tsp	2 tsp	3 tsp
Ground coriander	1 tsp	2 tsp	3 tsp
Ground cumin	1 tsp	2 tsp	3 tsp
Red onion, finely diced	½	1	1½
Garlic, minced, fresh or from a jar	1 clove or 1 tsp	2 cloves or 2 tsp	4 cloves or 4 tsp
Crushed tomatoes, canned (400 – 410g)	½ tin	1 tin	1½ tins
Vegetable stock, preferably salt-reduced (follow packet instructions to make stock)	To make ½ cup	To make 1 cup	To make 1½ cups
Cooked or canned red kidney beans (400 – 420g), drained and rinsed	1 cups of cooked beans or 1 tin	2 cups of cooked beans or 2 tins	3 cups of cooked beans, or 3 tins
Black pepper, ground	Pinch	½ tsp	1 tsp
Fresh parsley or mint, finely chopped (optional)	2 tsp	1 Tbs	1½ Tbs
Chilli flakes (optional, to taste)			

equipment

- » Large saucepan with lid, can opener, measuring cup, measuring spoons, colander/strainer, wooden spoon, chopping board and knife.

variations

- » You can serve with basmati rice instead of flatbread and a side of roasted cauliflower or seasonal vegetables (see the plant-based taqueria recipes starting on page 94).

steps

- 1 Heat oil in a large pot over medium to low heat. Add the coriander, cumin, onion and garlic and stir for 5 minutes, until onion is soft and clear in colour.
- 2 Add crushed tomatoes, vegetable stock, drained and rinsed kidney beans and pepper. Simmer uncovered on low to medium heat for 15 to 25 minutes, stirring occasionally. Make the coconut flatbread (page 46) while cooking.
- 3 Garnish with fresh herbs (if you want to) and serve. Freezes well to have as a quick meal for later.

Adapted from: Agha, A. (n.d.). Afghan Kidney Bean Curry (Lubya). <https://www.thecuriouschickpea.com/afghan-kidney-bean-curry/>




A FULL MEAL
STRAIGHT
FROM THE CUPBOARD



coconut flatbread

PREP 15 min

COOKING 10 min

 1 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

Light coconut milk

Self-raising flour

Butter/margarine

Oil spray

for 2 people

½ cup

1 cup
Plus extra for
dusting

1 – 2 tsp

for 4 people

1 x 270ml tin

2 cups
Plus extra for
dusting

½ – 1 Tbs

for 6 people

1 x 400ml tin

3 cups
Plus extra for
dusting

1 – 1½ Tbs

equipment

- » Large non-stick frypan, mixing bowl, baking tray, clean tea towel, can opener, measuring cup, chopping board, knife, tongs, dinner plate.

variations

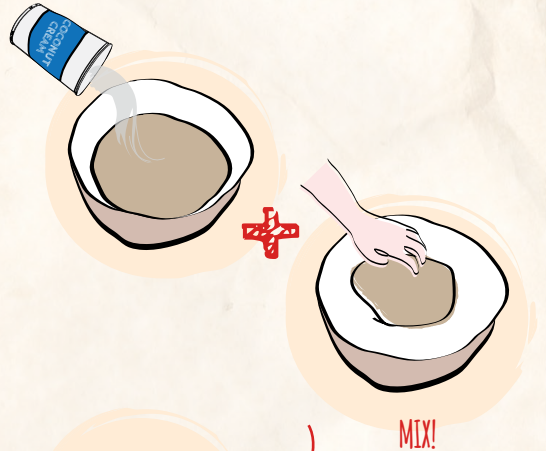
- » Swap the coconut milk for Greek yoghurt (½ cup for 2 people, 1 cup for 4 people, 1½ cups for 6 people). Use a rolling pin to flatten and olive oil for cooking. Sprinkle with chopped herbs.

Adapted from: Oliver, J. (n.d.) Fluffy Coconut Bread.
<https://www.jamieoliver.com/recipes/bread-recipes/fluffy-coconut-breads/>

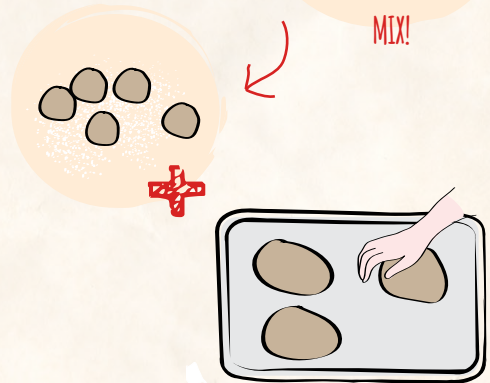


steps

1 Pour coconut milk into a bowl and add enough flour to create a dough (you might not need it all or just a bit more). Mix the dough with your hands. Move the dough onto a clean surface, like a chopping board, coated lightly with extra flour.



2 Divide the dough with a knife into golf ball-sized pieces. Flatten each ball into a 10cm round shape with your fingers. Push your fingers on top to make a ripple effect. Move each one gently over to a tray that's been lightly coated with the oil spray. Cover with a damp, clean tea towel until you're ready to cook.




3 Heat the frypan on a medium heat and melt a tsp of butter in the pan. Cook the flatbread 2 to 3 minutes each side, spraying with the oil spray when ready to flip over, until both sides are golden brown and the bread has puffed up. Repeat this step until all the dough has been cooked.



COOK 2 TO 3 MIN EACH SIDE

4 Serve alongside the cupboard curry (see page 44). Reheat in the oven, grill, toasted sandwich maker or microwave. This recipe is also suitable for freezing.





CHAPTER 2
THINGS TO MAKE WITH
POTATOES



stuffed potatoes

PREP 5 min

COOKING 1 hour (oven)
10 min (micro)



3.5 – 4.5 serves per person \$1 per person



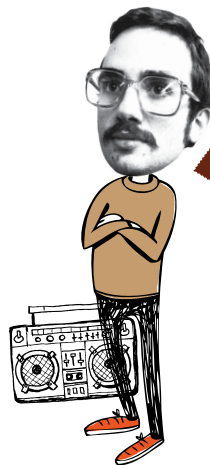
NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Potatoes, large	2	4	6
Filling 1			
Ham, sliced (optional)	1	2	3
Reduced-fat cheese, grated	¼ cup	½ cup	¾ cup
Spring onions/shallots	1	2	3
Tomato, chopped	½	1	1½
Filling 2			
Reduced-fat cheese, grated	¼ cup	½ cup	¾ cup
Creamed corn, canned	50 – 60g (½ small tin)	125g tin	250 – 310g tin
Spring onions/shallots	1	2	3
Broccoli	¼ cup	½ cup	¾ cup

equipment

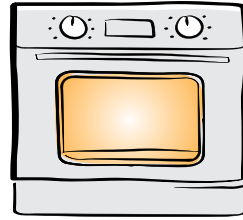
- » Baking tray (oven) or dinner plate (microwave), chopping board, knife, fork, spoon, bowls, measuring cups, oven mitts. Possibly a can opener for creamed corn, grater for cheese.



I'M NO
POTATO HEAD

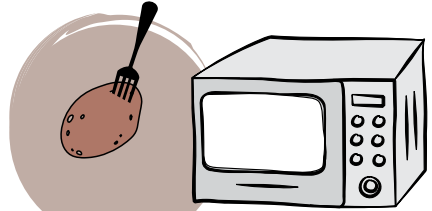
steps

- 1 Cook the potatoes in the oven 200°C (400°F/Gas mark 6) for 1 hour or prick the potatoes with a fork and cook in the microwave for 10 minutes.
- 2 When potatoes are cooked, cut the top off and scoop the potato flesh into a small bowl. Mash with a fork.
- 3 Add the rest of the ingredients and mix.
- 4 Scoop the filling into the potato, sprinkle with grated cheese and put back in the oven or microwave until the cheese has melted.



BAKE FOR 1 HR

OR



HIGH FOR 10 MIN



potato bake

PREP 10 min

COOKING 45 min



2.5 serves 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
Potatoes, medium, sliced thinly	2	4	6
Onion, sliced finely	½	1	1 – 2
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Milk	¼ cup	½ cup	¾ cup
Pepper (to taste)			

equipment

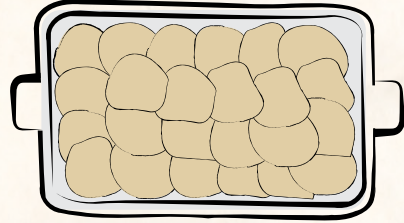
- » Baking dish, knife, chopping board, liquid measuring cup, aluminum foil, oven mitts.



steps

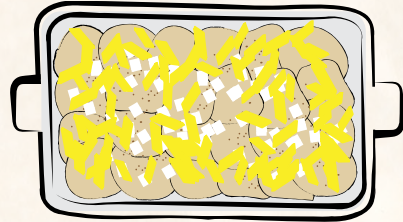
1 Heat oven to 180°C (350°F/Gas mark 4).

2 Use a casserole dish that can go in the oven. Place a layer of potato in the dish.

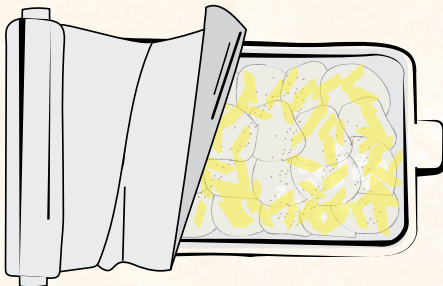


3 Sprinkle with a little cheese, onion and pepper.

4 Repeat the layers until all the ingredients have been used. Finish with a cheese layer. Pour the milk over the potato mixture.



5 Cover with foil and place in the oven for 25 minutes, remove the foil and bake for another 20 minutes.







oven-baked wedges

PREP 5 min

COOKING 35 - 40 minutes



2 serves 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

Potatoes or sweet potatoes,
washed

Olive oil

Smokey paprika

for 2 people

2 large potatoes
or 1 medium
sweet potato

1 Tbs

1 tsp

for 4 people

4 large potatoes
or 2 medium
sweet potatoes

1½ Tbs

2 tsp

for 6 people

6 large potatoes
or 3 medium
sweet potatoes

2 Tbs

3 tsp

equipment

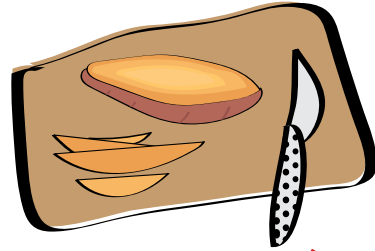
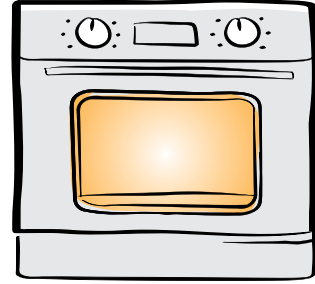
- » Baking tray or dish, baking paper or aluminium foil, chopping board, knife, mixing bowl, oven mitts, tongs or serving spoon.



steps

- 1 Preheat oven at 220°C (425°F/Gas mark 7).
- 2 Cut potatoes and/or sweet potatoes into half lengthwise, and then into wedges that are roughly the same size. Place in a mixing bowl.
- 3 Add the paprika and olive oil to the mixing bowl. Toss around with clean hands to coat the wedges well. Spread out in a single layer on a baking tray or dish lined with baking paper or foil.
- 4 Bake 40 minutes for potatoes or 35 minutes for sweet potatoes, until crispy on the outside, turning halfway.

Adapted from: Whiteford, A. (n.d.). Sweet Potato Wedges. <https://www.healthylittlefoodies.com/sweet-potato-wedges/>











CHAPTER 3
THINGS TO MAKE
WITH RICE



fried rice

PREP 15 min

COOKING 10 min



0.5 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

Vegetable oil	1 Tbs	2 Tbs	3 Tbs
Eggs	1	2	3
Onion, finely sliced	½	1	1½
Cooked rice	2 cups	4 cups	6 cups
Pea and corn mix, frozen	¼ cup	½ cup	¾ cup
Shallots/spring onion	2	4	6
Salt-reduced soy sauce	2 Tbs	4 Tbs	6 Tbs
Ham* (optional)	1 slice	2 slices	3 slices

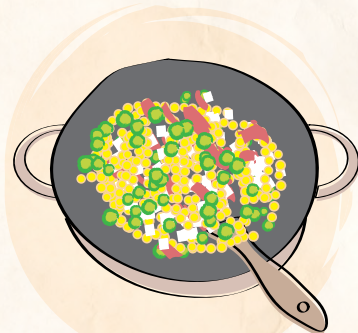
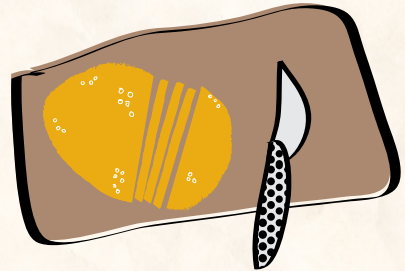
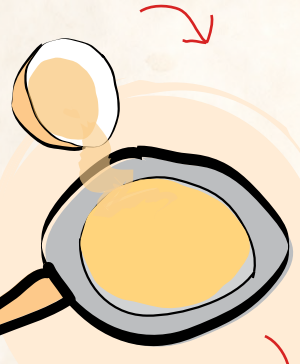
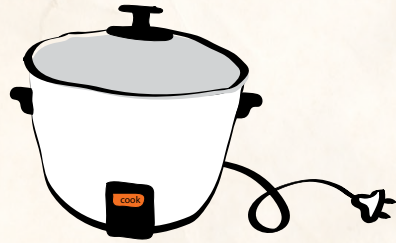
Note: allow an extra 20 minutes to cook the rice before you start

*Replace the ham with mushrooms for a vegetarian version



steps

- 1 Cook rice (see page 16) and leave to cool.
- 2 Chop all the ingredients finely (onion, ham, shallots).
- 3 Crack eggs in a bowl and stir with a fork (whisk). Heat $\frac{1}{2}$ the oil (1 tablespoon) in a frypan. Pour the eggs to make a flat omelette. Cook for a minute then turn and cook the other side. Remove the omelette and chop into small pieces.
- 4 Heat the rest of the oil in the frypan. Add onion and stir for a minute until it is soft. Then add the ham and peas and corn mix. Stir for a minute.
- 5 Add the rice and stir-fry for a minute. Mix in the spring onions and soy sauce.



microwave risotto (4 easy steps)

PREP 5 min

COOKING 20 min +
5 min standing time

 5 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

Arborio rice

½ cup

1 cup

1½ cups

Salt-reduced vegetable stock, or dissolved stock cubes

1¼ cups
(or 1 stock cube dissolved in 1¼ cups water)

2½ cups
(or 2½ stock cubes dissolved in 2½ cups water)

5 cups
(or 5 stock cubes dissolved in 5 cups water)

Chopped vegetables, e.g. sweet potato, broccoli, pumpkin, tomato, sweet corn, zucchini

1½ cups

3 cups

4½ cups

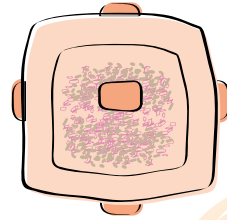
Parmesan cheese (optional)



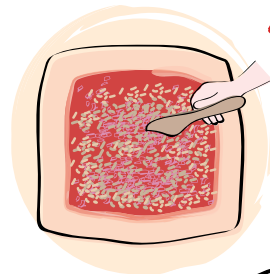
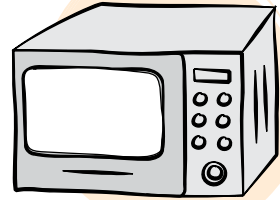
THIS RICE IS NICE

steps

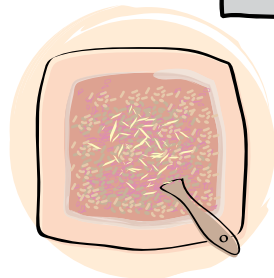
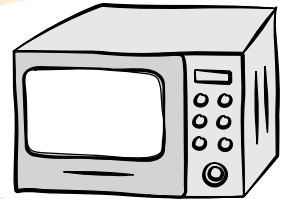
- 1 Place everything in a large microwave safe container.
- 2 Cover and microwave on HIGH (100%) for 10 minutes.
- 3 Stir and return covered to the microwave for a further 10 minutes on HIGH (100%) or until cooked.
- 4 Leave to stand for 5 minutes before eating and sprinkle with parmesan cheese.



HIGH FOR
10 MIN
(4 PEOPLE)



HIGH FOR 10 MIN+,
(UNTIL COOKED)



STAND 5 MIN

ta pa kaw (Karen rice porridge)

PREP 30 min

COOKING 35 min



2 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
Broken jasmine rice, uncooked (substitute with jasmine rice)	½ cup	1 cup	1½ cups
Brown onion, diced	½	1 medium	1½
Garlic cloves, crushed, peeled and finely diced	½	1	1½
Ginger, minced	½ tsp	1 tsp	1½ tsp
Fresh red chilli, deseed if you prefer mild, finely chopped (optional)	1	1 – 2, depending on size and type	2 – 3, depending on size and type
Olive or vegetable oil	1 tsp	2 tsp	3 tsp
Chicken breast fillet, trimmed of fat, cut into small pieces	½	1	1½
OR			
Fried tofu puff pieces, cut in half or quarters	1 cup	2 cups	3 cups
Lemongrass, finely dice the white part of the stalk into very small pieces (or use lemongrass in a jar, fresh lemon or lime)	½ stalk or 1 tsp (or juice of ½ lemon or lime)	1 stalk or 2 tsp (or juice of 1 lemon or lime)	1½ stalks or 3 tsp (or juice of 1½ lemons or limes)
Chicken stock, e.g. Massal, Maggi or Knorr stock cubes or powder dissolved in hot water, as per packet instructions)	To make 1 cup	To make 2 cups	To make 3 cups
Bamboo shoots, fresh or canned, sliced	45g tin (about ⅓ of drained 225g tin)	90 – 100g (about ⅔ of a drained 225g tin)	145g (a drained 225g tin)

ingredients *cont.*

	for 2 people	for 4 people	for 6 people
Champignon mushrooms, sliced	75g or ½ cup (of a 400g drained tin)	150g or 1 cup (of a 400g drained tin)	225g or 1½ cups (or all of a 400g drained tin)
Water	½ – 1 cup	1 – 1½ cups	1½ – 2 cups
Fish sauce (optional, to taste)			

Recommended toppings to serve with the rice porridge (4 serves):

- 1 bunch choy sum or other Asian green leafy vegetable like bok choy
- 1 bunch of fresh coriander leaves (washed in water, patted dry with a clean tea towel or kitchen towel and chopped coarsely), combined with 2 tps sesame oil & 2 tps of soy sauce (optional)
- Sliced spring onion, fried shallots or onions (optional)

equipment

- » Large saucepan, chopping board and knife, bowls, grinder/blender/food processor/mortar and pestle/rice cooker, measuring spoons, measuring cups, wooden spoon.

variations

- » Swap the chicken for pork mince. You can use more or less meat and different types of cuts, to suit your taste and budget. You can also make your own stock using the chicken bones.

hints and tips**» A word of caution when cutting chillis:**

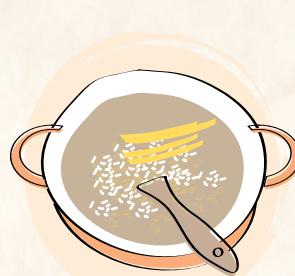
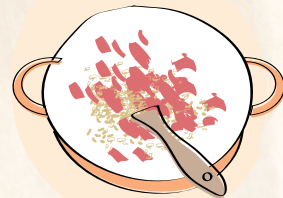
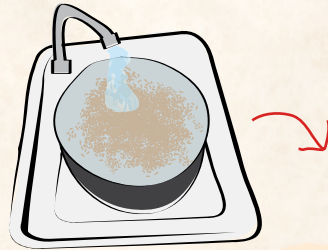
Avoid touching your face, especially your eyes, after cutting chilli. It stings like capsicum spray. Coat your fingers with cooking oil before handling the chilli and wash your hands straight away afterwards with soap and water, or wear a pair of disposable gloves. If you do touch your face accidentally, apply first aid by rinsing your eyes liberally with water.

» If you need to make your own broken rice:

Soaking the uncooked rice for a longer time will make the rice easier to grind or pound. When ready to grind, drain most of the water off, then use a powerful machine (like a Nutribullet or blender) or break the rice grains with a mortar and pestle. Add a little water or chicken stock as needed.

steps

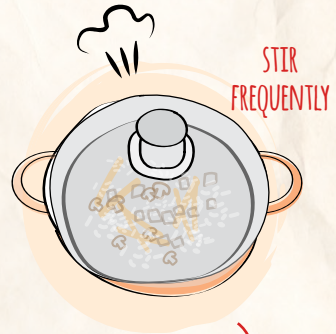
- 1 Wash and soak the rice in cold water for at least 10 minutes.
- 2 Prepare the other ingredients and toppings while the rice is soaking:
To blanch the choy sum or bok choy, bring a medium saucepan half filled with water to the boil. Then add the chopped choy sum and cook on medium heat for 3 to 4 minutes. Drain and rinse briefly in cold water.
- 3 **If using chicken:** heat the oil over medium to high heat and brown the chicken with the garlic, brown onion, ginger and chilli for 5 minutes. Set aside.
- 4 Add the ground rice and chicken stock to the pot with the lemongrass or lemon/lime juice (and garlic, ginger, onion and chilli if not using chicken). Stir constantly until boiling and thickening.
- 5 Add the chopped bamboo shoots, sliced mushrooms, tofu or chicken and water to the pot. Cover with the lid and simmer on low heat for 10 to 15 minutes, stirring frequently until the rice grains are soft. Add more water or stock if the rice porridge is becoming too thick for your liking.



steps cont.

6 Season with the fish sauce (if using). Stir and heat for 3 to 5 minutes, adding a little hot water if it is getting too thick for you. The porridge is now ready for serving. Add toppings of your choice.

- Rice porridges are easy to digest and used as healing food or an everyday meal for people of all ages across Asian countries.
- This version is from the Karen people of Myanmar.



Acknowledgements:

Thanks to Mee from the STARTTS for sharing this comforting and delicious dish. Thanks also to our exceptional recipe road testers, especially Joanne Zheng, Angel Tsoi and Serena Louie as student dietitians.



70

BEHEAT

toad in a hole or pharaoh eyes
from *Made Fresh - More Mad Feeds*



CHAPTER 4
THINGS TO MAKE
WITH EGGS

baked bean and egg bread cups
from *Made Fresh - More Mad Feeds*

omelette

PREP 5 min

COOKING 1 - 3 min



0.5 serves per person

\$1 per person



ingredients

	for 2 people	for 4 people	for 6 people
Eggs	4	8	12
Water	2 Tbs	4 Tbs	6 Tbs
Margarine	2 tsp	1 Tbs	1½ Tbs
Tomato, chopped	1	2	3
Mushrooms, sliced	2	4	6
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Ham, chopped (optional)	2 slices	4 slices	6 slices
Chives, chopped (optional)	2 Tbs	3 Tbs	4 Tbs
Pepper (to taste)			

steps

- 1 Break the eggs into a bowl, add the water and lightly whisk with a fork.
- 2 Chop the tomato, mushroom, ham and chives.
- 3 Melt the margarine in a frypan on the stove.
- 4 Add the egg mixture. Use an egg flip to loosen the sides of the omelette so it doesn't stick.
- 5 When the omelette isn't runny on the top, sprinkle the tomato, mushrooms, ham, cheese and chives over half the omelette.
- 6 Using an egg flip, fold the omelette in half and slide it onto a plate.



boiled eggs

PREP 0 min

COOKING 3 - 8 min



0 serves per person

Less than \$1 per person



ingredients

for 2 people

for 4 people

for 6 people

Eggs

2

4

6

Water (to cover eggs in a saucepan)

steps

- 1 Fill a saucepan $\frac{3}{4}$ with water.
- 2 Add the egg(s) gently, lowering them in with a spoon.
- 3 Turn the heat to medium and as soon as the water starts to boil (big bubbles), and begin timing: 3 minutes for soft-boiled (runny), 8 minutes for hard-boiled.
- 4 When cooked, run cold water over the eggs and lift from the pan with a spoon.



EGGCELLENT!

scrambled eggs

PREP 2 min

COOKING 5 min



0 serves per person

Less than \$1 per person



ingredients

for 2 people

for 4 people

for 6 people

Eggs

4

8

12

Milk

¼ cup

½ cup

1 cup

Margarine

1 tsp

2 tsp

3 tsp

steps

- 1 Combine the eggs and milk in a bowl and beat together lightly with a fork.
- 2 Melt the margarine in a saucepan on the stove on low heat.
- 3 Pour in the egg mixture.
- 4 Stir slowly with a stirring (wooden) spoon, lifting the mixture from the bottom of the pan to cook evenly.
- 5 Note – the heat must be low otherwise the eggs may stick and burn on the bottom.
- 6 The eggs are ready when they are wobbly like jelly.
- 7 Serve with lightly buttered toast.

variations

- » Add grated cheese, cherry tomatoes, feta cheese and/or basil pesto in step 1.



LISTEN UP,
EGGHEADS







poached eggs

PREP 2 min

COOKING 10 min



0.5 serve if served with tomatoes (0 without)

less than \$1 per person



ingredients

	for 2 people	for 4 people	for 6 people
Fresh eggs (see tips below)	2	4	6
White- or light-coloured vinegar (optional)	1 Tbs	1 Tbs	2 Tbs
Bread slices, toasted	2	4	6
Ripe tomatoes, washed and sliced (optional)	1	2	3
Butter or margarine (to serve)			
Ground black pepper (to serve)			

equipment

- » Medium or large saucepan and lid, small bowl(s) or tea cup(s), slotted spoon, tablespoon and small fine mesh sieve (optional), butter knife, toaster and plates.

variations

- » Try a smear of Vegemite or smashed avocado on your toast, under the eggs.

tips

- » Use the freshest eggs you can find for poached egg success!
- » Choose from a store that keeps their eggs in the refrigerated section and check the “best before” date, unless you have access to freshly laid eggs.
- » Store eggs at home in the fridge and use soon if poaching.
- » You can also check an egg’s freshness by putting the egg in a glass of water and watching how it floats. Egg shells are porous so an older egg will have more air inside. A fresh egg stays submerged under the water while an older egg will rise and float to the top.
- » Use older eggs for boiled or scrambled eggs, or make into an omelette.

steps

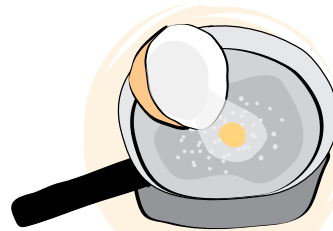
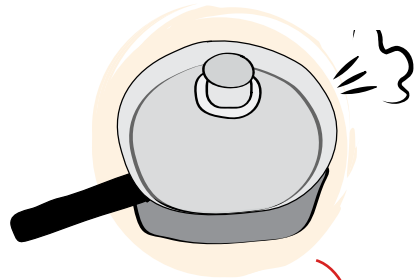
1 Fill the saucepan over halfway with water. Heat the water on a high heat, covered, until boiling and then turn down to a low heat. You can add vinegar here to help the eggs to set neatly but you can skip this with some practice.

2 Crack an egg into a small bowl or teacup. Use a spoon or butter knife and swirl the water in a circle to make a whirlpool. Hold the bowl or teacup close to the water surface to let the egg gently slide into the water in the middle of the whirlpool.

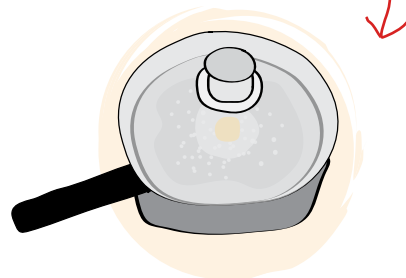
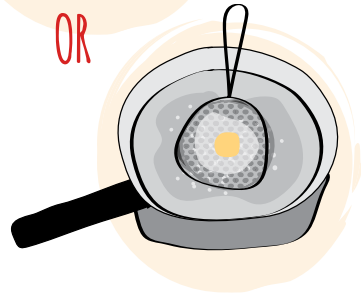
Alternatively, crack the egg first into a small fine mesh sieve sitting over another small bowl or cup and let the liquid go through to the bowl (these are the very thin egg whites that cook wispy). Then gently add the egg in the sieve to the saucepan, one at a time. This is a good option if you are cooking more than 2 eggs and/or the eggs are a week or more old (e.g. store-bought).

3 Repeat until all the eggs are in the water, cracking one at a time first into the bowl, teacup or sieve. Allow some distance around each egg as you place them in the water.

4 Turn off the heat, cover the saucepan and let the eggs cook for 3 to 5 minutes, depending on the size of the eggs and how many you are cooking. If you like your egg yolk firm, leave in the hot water for longer.



OR



TURN HEAT OFF AND LEAVE
FOR 3 TO 5 MIN

steps cont.

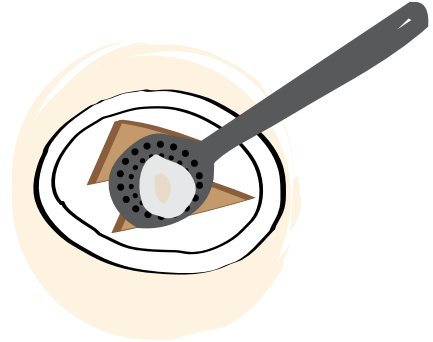
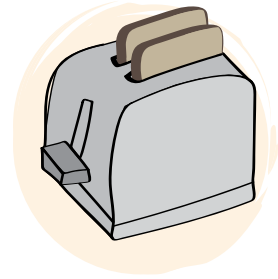
- 5 While the eggs are cooking, prepare the toast and thinly spread with butter or margarine.
- 6 Carefully lift the poached eggs with a slotted spoon and slide onto the toast. Serve with ground black pepper and a side of fresh tomatoes if you like.

Adapted from:


Bauer, E. (2022). Easy Poached Eggs. https://www.simplyrecipes.com/recipes/easy_poached_eggs/

Bryan, L. (2018). Poached Eggs: How to Poach an Egg Perfectly. <https://downshiftology.com/recipes/poached-eggs/>

Maehashi, N. (2020). Poached Eggs. <https://www.recipetineats.com/poached-eggs/>







CHAPTER 5
MAKING SOUP
A MEAL



minestrone soup

PREP 10 min

COOKING 40 min



3 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
Oil	½ Tbs	1 Tbs	1½ Tbs
Onion	½	1	1½
Salt-reduced vegetable stock, or dissolved stock cubes	4 cups (4 stock cubes dissolved in 1 litre of water)	6 cups (6 stock cubes dissolved in 1½ litres of water)	8 cups (8 stock cubes dissolved in 2 litres of water)
Tomatoes	1	2	3
Carrot	½	1	1½
Potato	½	1	1½
Celery stick	½	1	1½
Zucchini	½	1	1½
Tomato paste	1 Tbs	2 Tbs	3 Tbs
Spiral pasta (dried)	¼ cup	½ cup	¾ cup
Red kidney beans	125g	300g	400 – 420g
Parmesan cheese, grated (to sprinkle on top)	¼ cup	½ cup	¾ cup
Pepper (to taste)			

hints, tips and variations

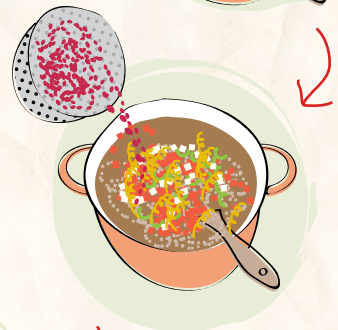
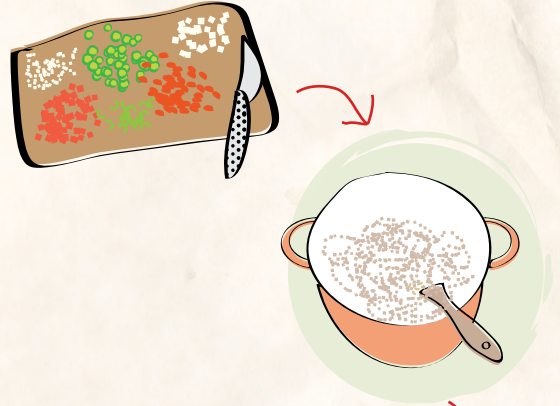
- » If you're eating alone, divide the soup into single serves and freeze in airtight containers.
- » This soup will keep in the fridge for 2 – 3 days.
- » For a meat version, chop up 2 rashers of bacon and cook in the pan with the onion in Step 2.
- » Toast some bread under the grill with some margarine and a little bit of crushed garlic spread on it. Easy garlic bread.

equipment

- » Large saucepan
- Chopping board
- Knife
- Can opener
- Tablespoon
- Potato peeler
- Cup
- Big spoon

steps


- 1 Wash and chop all the vegies into small cubes (onion, tomatoes, carrot, potato, celery and zucchini) so they are ready to add to the soup later.
- 2 Heat oil in a large saucepan. Cook the onion for 2 minutes.
- 3 Add stock, tomatoes, carrots, celery and tomato paste. Stir and bring to the boil. Turn heat down to low and simmer (small bubbles) for 20 minutes.
- 4 Rinse kidney beans. Add them to the pan with the zucchini and spiral pasta. Simmer for another 15 minutes.
- 5 Spoon soup in to 4 serving bowls and sprinkle with parmesan cheese.



chicken and corn noodle soup

PREP 5 min

COOKING 10 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
Corn kernels (tinned or frozen)	65g tin (or ½ cup frozen)	125g tin (or ¾ cup frozen)	250g tin (or 1 cup frozen)
Creamed corn	125g tin	250 – 310g tin	310 – 420g tin
Chicken breast fillets	1	2	3
Salt-reduced chicken stock, or dissolved stock cubes	2 cups (or 2 stock cubes dissolved in 2 cups water)	4 cups (or 4 stock cubes dissolved in 4 cups water)	6 cups (or 6 stock cubes dissolved in 6 cups water)
Salt-reduced soy sauce	½ tsp	1 tsp	1½ tsp
Instant noodles	1 cake	2 cakes	3 cakes
Spring onions/shallots	1	2	3

equipment

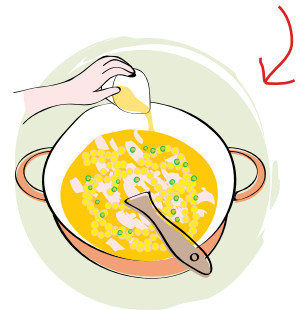
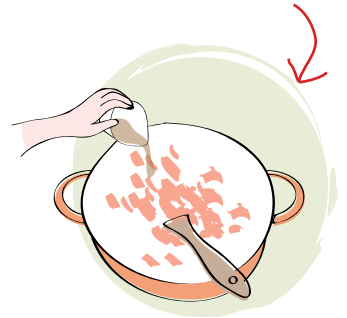
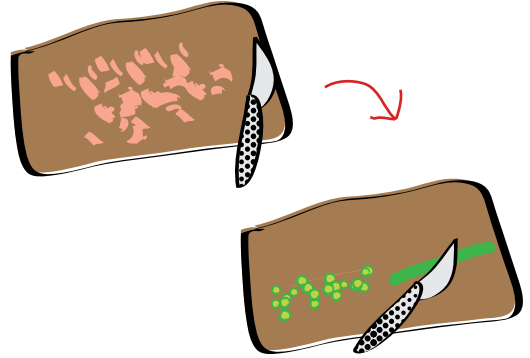
- » Chopping board
- Knife
- Frypan
- Can opener
- Large saucepan
- Scissors
- Cup
- Soup ladle or big spoon
- Strainer



THE CHICKEN
OR THE EGG?

steps

- 1 Cut chicken into small pieces. Heat oil in a saucepan. Cook chicken for 5 minutes until browned.
- 2 Chop shallots.
- 3 Put prepared chicken stock in the saucepan. Place on the stove and bring to the boil.
- 4 Drain the corn kernels in a strainer. Add the corn kernels, creamed corn, instant noodles, soy sauce and shallots. Boil for 2 minutes and heat until all ingredients are cooked through and hot. Spoon into bowls.







CHAPTER 6

THE PLANT-BASED
TAQUERIA & SALADS



tabouli

PREP 25 min

COOKING None



1.5 serves per person

\$3 per person



ingredients

	for 2 people	for 4 people	for 6 people
Burghul (cracked wheat)	¼ cup	½ cup	¾ cup
Tomatoes	1	2	3
Spring onions/shallots	3	5	8
Onion	½	1	1½
Fresh mint	½ bunch (½ cup)	1 bunch (1 cup)	1½ bunches (1½ cups)
Flat-leaf parsley (continental)	1 bunch	2 bunches	3 bunches
Vegetable oil	1 Tbs	1½ Tbs	2 Tbs
Lemon juice	1 Tbs	1½ Tbs	2 Tbs

equipment

- » Measuring cups
- Small bowl
- Chopping board
- Knife
- Fine strainer
- Paper towel
- Big bowl
- Spoon

hints, tips and variations

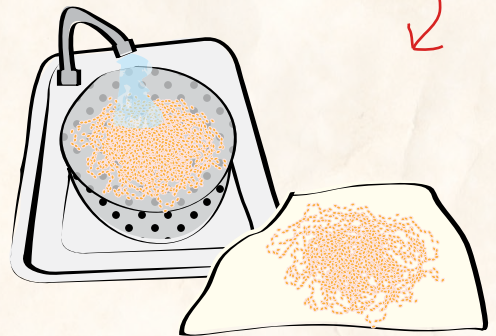
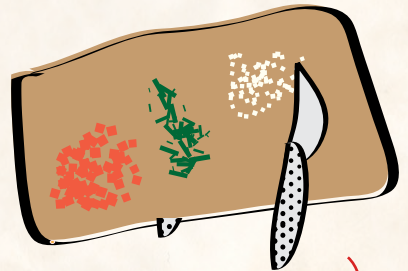
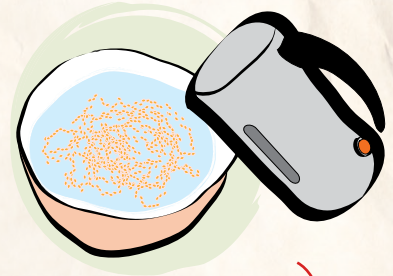
- » You can buy burghul at most supermarkets or health food shops. If you can't see it just ask!



COME
TABOULI
WITH ME

steps

- 1 Put the burghul in a small bowl. Cover it with boiling water. Stand for 15 minutes.
- 2 Chop the tomatoes and onion into small cubes. Chop the parsley and mint finely.
- 3 Drain burghul in a fine strainer. Rinse it under cold water then blot it with paper towel to remove moisture.
- 4 Combine all the ingredients in a serving bowl and mix gently. Serve as a side salad with any meat or on sandwiches or pita bread.



Greek salad

PREP 25 min

COOKING None

 2 serves per person

\$2 per person



ingredients

for 2 people

for 4 people

for 6 people

Tomatoes	1	2	3
Green capsicum	½	1	1½
Cucumber, Lebanese	½	1	1½
Feta cheese	125g	250g	375g
Red onion	½	1	1 – 2
Black olives	¼ cup	⅓ cup	½ cup
Lemon juice	1½ Tbs	3 Tbs	4½ Tbs
Olive oil	1½ Tbs	3 Tbs	4½ Tbs
Pepper (to taste)			

equipment

- » Chopping board
- Knife
- Large bowl
- Spoon

hints, tips and variations

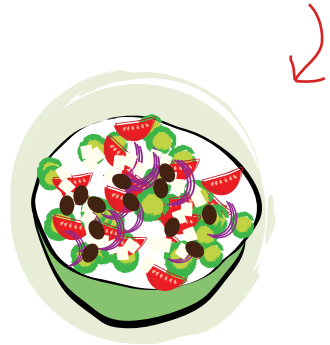
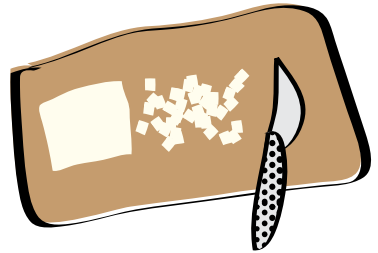
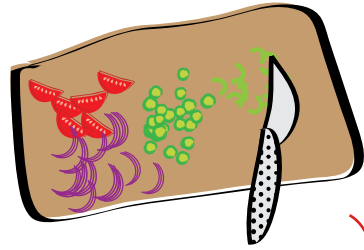
- » Salads can be made with anything. Try throwing in some lettuce, cheeses, fruits, cold meats, croutons, or whatever you want.



GET
YOUR GREEK
ON

steps

- 1 Wash and then chop all the vegies. Cut the tomato into wedges and onion into small cubes. Remove the core and seeds from the capsicum, then cut into chunky cubes. Cut the cucumber in half lengthways and then slice.
- 2 Cut feta into cubes.
- 3 Combine tomato, onion, capsicum, cucumber and olives in a bowl. Add olive oil, lemon juice and pepper. Gently mix and eat.



plant-based taqueria

Taqueria (noun): a Mexican restaurant specializing in tacos and burritos.

what is plant-based eating?

Plant-based eating means foods mostly from plant sources, such as fruits, vegetables, whole grains, seeds, nuts, legumes, beans and oils. There are benefits for your health, the planet and your budget. Plant-based eating can include vegan dishes but also smaller amounts of animal foods, like meat, eggs, fish and dairy if you want to be a flexitarian.

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.



VEG IN
NOT
OUT



cumin-roasted carrot and lentil
tacos page 96



mushroom, avocado and black bean tacos
page 98



roasted cauliflower and seasonal veg
tacos page 99



coleslaw with chilli
page 100

cumin-roasted carrot and lentil tacos

PREP 15 min

COOKING 40 min



2 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
Carrots, peeled and trimmed	2 large or 4 regular	4 large or 8 regular	6 large or 12 regular
Olive oil	1 Tbs	2 Tbs	3 Tbs
Ground cumin	1 tsp	2 tsp	3 tsp
Ground coriander	½ tsp	1 tsp	1½ tsp
Cinnamon	Pinch	¼ tsp	½ tsp
Smoked paprika	Pinch	¼ tsp	½ tsp
Red onion, sliced	½	1	1½
Brown, black or green lentils, cooked or canned, rinsed and drained. A can is 400 – 420g.	¾ cup cooked lentils or ½ tin	1½ cups cooked lentils or 1 tin	2 ¼ cups cooked lentils or 1½ tin
Chilli powder (optional)	¼ tsp	½ tsp	¾ tsp
Lime, cut in half, juiced	½	1	1½
Ground black pepper	½ tsp	½ tsp	¾ tsp
Soft tacos or tortillas, corn or wheat-based	4	8	12
Large avocado, sliced	1	2	3
Fresh flat-leaf parsley, washed, patted dry, finely chopped (optional)	1 Tbs	2 Tbs	3 Tbs
Lime, cut in wedges (optional, to serve)			

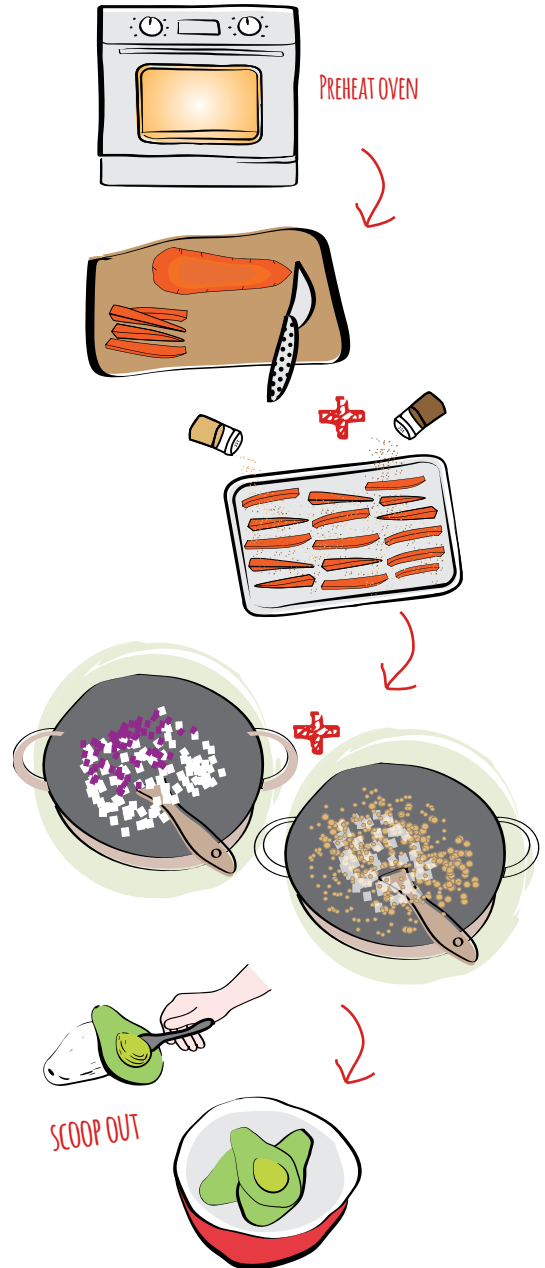
equipment

- » Baking tray or dish, baking paper, chopping board and knife, can opener, colander/strainer, wooden spoon, frypan, juicer or fork, spoon, bowl, potato masher or fork, oven mitts.



steps

- 1 Preheat the oven to 200°C (400°F/Gas mark 6).
- 2 Half or quarter the carrots, then cut them into 25mm (1 inch) pieces. Move the carrots to a baking tray or dish lined with baking paper. Add half the olive oil and cumin, then the ground coriander, cinnamon and smoked paprika. Toss with clean hands to combine and coat the carrots well. Roast for 25 to 40 minutes or until the carrots are very tender and a little crispy.
- 3 Heat the remaining olive oil in a frypan on medium heat. Add the red onion and cook for 5 minutes, stirring often until the onion is soft and clear. Add the lentils, the remaining cumin, half the lime juice, pepper and chilli powder (if using). Stir to combine and heat the lentils for 1 to 3 minutes.
- 4 Cut the avocado in half, discard the seed and scoop out the flesh with a spoon into a bowl. Add the other half of the lime juice, season with pepper and smash together with the back of a fork or a potato masher. Heat the tortillas or soft tacos up, as per packet instructions.
- 5 To assemble the tacos, spread the smashed avocado thickly on one half of the taco along with a spoon or two of lentils and a handful of roasted carrots. Add a sprinkle of parsley or some coleslaw if you like, fold in half and serve with a wedge of lime.



mushroom, avocado and black bean tacos

PREP 5 min

COOKING 5 - 10 min



2 serves per person

\$2 per person



ingredients

Mushrooms, field or button, sliced

Black beans, cooked or canned, rinsed and drained

Small to medium-sized avocado, sliced

Olive oil

Lime, cut into wedges (optional)

Soft tacos or tortillas, corn or wheat-based

Ground black pepper (to taste)

Chipotle sauce (optional, to taste)

for 2 people

2 large or 4 - 6 smaller-sized

$\frac{3}{4}$ cup cooked beans or $\frac{1}{2}$ of a 400g tin

$\frac{1}{2}$ - 1

1 Tbs

1

4

- 1 Heat olive oil in a frypan over medium heat, then add mushrooms and pepper. Stir and cook until the mushrooms become soft and change colour from white to grey. Add the black beans and heat together for a couple of minutes.
- 2 Heat the tortillas or soft tacos up, as per packet instructions.
- 3 To assemble, put the black bean and mushrooms on one half of the taco or tortilla, and top with sliced avocado. Add a spoonful of coleslaw if you like, fold in half and serve with a wedge of lime.



roasted cauliflower and seasonal veg tacos

PREP 5 min

COOKING 25 - 30 min



2 serves per person

\$2 per person



ingredients

for 2 people

Cauliflower, cut into small florets, washed and strained

1 - 2 cups

A couple of vegetables that roast well with cauliflower, e.g. red capsicum, broccoli or Brussels sprouts (optional)

1 cup

Olive oil

1 - 2 Tbs

Cumin

½ tsp - 1 tsp

Smoked paprika

½ tsp - 1 tsp

Lime, cut into wedges (optional)

1

Soft tacos or tortillas, corn or wheat-based

4

Spicy mayonnaise (optional, to taste)

- 1 Preheat the oven to 200°C (400°F/Gas mark 6).
- 2 Make sure the cauliflower is cut into small pieces (small pieces roast quicker). Move the cauliflower and seasonal vegetables onto a baking tray or dish lined with baking paper, add olive oil and spices and mix around with clean hands or a spoon until the vegetables are well coated. Spread out and roast in the oven for 25 to 30 minutes. Turn over halfway, and cook until the cauliflower is slightly charred.
- 3 Heat the tortillas or soft tacos up, as per packet instructions.
- 4 To assemble, put the cauliflower and roasted vegetables on one half of the taco or tortilla. Add a spoonful of coleslaw or spicy mayonnaise if you like, fold in half and serve with a wedge of lime.



Adapted from: Bloom, L. [2019]. Roasted Cauliflower Tacos with Avocado Crema. <https://thecrookedcarrot.com/roasted-cauliflower-tacos-with-avocado-crema/>

coleslaw with chilli

PREP 20 min

COOKING None



3.5 serves per person

\$1 per person



ingredients

	for 2 people	for 4 people	for 6 people
Carrots, washed, grated	1	2	3
Cabbage, washed, thinly sliced	$\frac{1}{8}$ of a whole cabbage (about 4 cups sliced)	$\frac{1}{4}$ of a whole cabbage	$\frac{1}{3}$ of a cabbage
Red capsicum, washed, deseeded, finely diced	$\frac{1}{2}$	1	$1\frac{1}{2}$
Green shallots, washed and finely sliced	2	4	6
Greek-style natural yoghurt	$3\frac{1}{2}$ Tbs (or $\frac{1}{4}$ cup)	7 Tbs (or $\frac{1}{2}$ cup)	$10\frac{1}{2}$ Tbs (or $\frac{3}{4}$ cup)
Mayonnaise	$1\frac{1}{2}$ Tbs	3 Tbs	$4\frac{1}{2}$ Tbs
Ground black pepper	Pinch	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp
Dried chilli flakes (optional)	Pinch	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp
Fresh flat-leaf parsley or coriander (optional)	1 Tbs	2 Tbs	3 Tbs

equipment

- » Salad or large mixing bowl, chopping board, knife, grater, kitchen paper towels or clean tea towel, serving spoon or tongs.

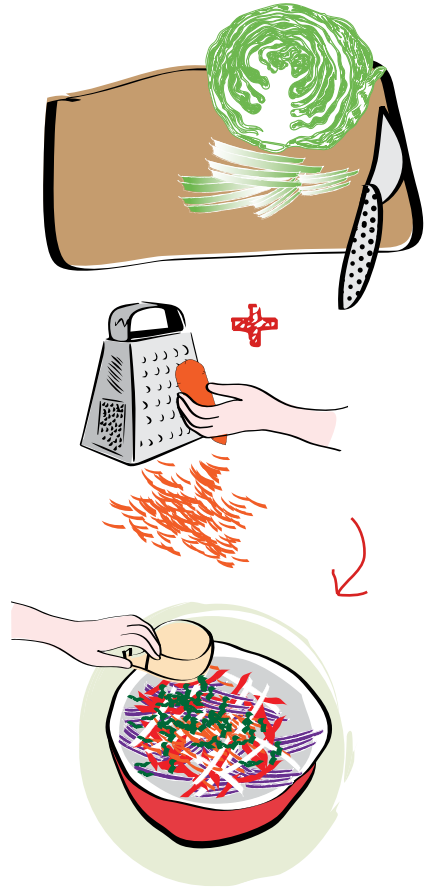
variations

- » Colour swabs: use a mix of red and green cabbage (or buy a premade mix from the supermarket's salad section), try diced red onion instead of shallots and a yellow capsicum for the red capsicum.
- » Make this coleslaw suitable for vegans by using a vegan mayonnaise or a blend of the vegan mayonnaise with a coconut or soy yoghurt.

steps

- 1 Prepare the ingredients. If using fresh herbs, rinse well first in cold water. Wrap in a clean tea towel or paper towel to dry and chop finely.
- 2 Place all the ingredients in a large salad or mixing bowl. Toss to combine well with clean hands or a spoon. Season to your taste preferences with pepper, chilli and fresh herbs and serve.

Adapted from: Odonkors, J. F. (2018). Coleslaw. In Together. Our Community Kitchen (p. 95). Ebury Press.







CHAPTER 7

SWEET TREATS

basic muffins

PREP 10 min

COOKING 25 min



1 serve per person

less than \$1 per person



ingredients

makes 12

Self-raising flour	2 cups
Sugar	2 Tbs
Sultanas	1 cup
Milk	1 cup
Vegetable oil	¼ cup
Egg	1
Margarine or oil spray for greasing the tray	

equipment

- » Measuring cups
- » 2 mixing bowls
- » Paper towel
- » Wooden spoon
- » Tablespoon
- » Muffin tray

hints, tips and variations

- » Use any fruit or nuts depending on what you like. Try apricots, apple, mashed banana, blueberries, walnuts, pecans, choc chips or a combination.
- » Wrap them in plastic and freeze.
- » Heat them in the microwave and serve with custard for a winter dessert.

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4). Grease muffin tray using paper towel and margarine or oil spray or line with baking paper.
- 2 Mix flour, sugar and sultanas together in a bowl.
- 3 Mix milk, egg and oil together in a smaller bowl.
- 4 Mix the milk mixture with the flour. Stir until combined.
- 5 Spoon 2 tablespoons of mixture into each muffin hole.
- 6 Put in the oven and cook for 25 minutes or until brown. Remove muffin tray using oven mitt or tea towel.

peanut butter cookies

PREP 25 min

COOKING 10 min



0 serves per person

less than \$1 per person



ingredients

makes approx. 30

Margarine	125g
Peanut butter	3 Tbs
Self raising flour	$\frac{3}{4}$ cup
Plain flour	$\frac{3}{4}$ cup
Rolled oats	$\frac{1}{2}$ cup
Egg	1
Brown sugar	1 cup
Nuts, choc-chips or dried fruit (optional)	1 cup
Margarine or oil spray to grease tray or use baking paper	

equipment

- » Flat tray
- » Large mixing bowl
- » Tablespoon
- » Wooden spoon to mix
- » Measuring cups
- » Saucepan
- » Paper to grease the tray

hints, tips and variations

- » If you like nuts you can add $\frac{1}{2}$ cup of your favourite nuts to the mixture.
- » Store cookies in an airtight container.

steps

- 1 Preheat oven to 180°C (350°F/ Gas mark 4). Grease a flat oven-proof tray with margarine or oil spray or line with baking paper.
- 2 Place the plain flour, self-raising flour, rolled oats, egg and brown sugar in mixing bowl.
- 3 Place butter and peanut butter in saucepan over low heat until melted or heat in a microwave in a microwave safe bowl on MEDIUM (50%) for 1 to 2 minutes until melted.
- 4 Pour melted margarine and peanut butter and sultanas into flour mixture. Mix with a spoon.
- 5 To form the cookies, take a spoonful of cookie mixture and roll it into a round shape with your hands. Flatten the mixture to create the shape of a cookie. Place on the baking tray. Leave a space between each cookie so it can expand in the oven.
- 6 Cook in oven for about 10 minutes. Cookies are ready when they are golden in colour. Remove cookies with an oven mitt or tea towel.





CHAPTER 8

SNACKS

snack attack!

Snack food makes up a large amount of what we eat.

For this reason, the snacks we choose need to provide plenty of good things like vitamins, minerals, fibre and energy as well as taste good.

Check out these ideas if you're stuck for a snack that actually tastes good!

snacks you can make at home

- » Pancakes or pikelets (add mashed bananas to mixture for a change)
- » Pita bread (spread with peanut butter, grated carrot, sprouts and rolled-up)
- » Toasted sandwiches also known as "herbie gerbies" – try baked beans with a slice of cheese (for more ideas, see *Made Fresh - More Mad Feeds*, Yhunger's second cookbook for young people)
- » Low-fat ice cream or custard with tinned fruit
- » Banana smoothie (use low-fat milk or low-fat soy drink, blend with ½ banana)
- » Fruit yoghurt smoothie (blend ½ cup fruit yoghurt with ½ cup skim milk or low-fat milk plus some fresh or tinned fruit)
- » Crackers with cheese, tomato or avocado
- » Rice cakes with tuna
- » Breakfast cereal (go for wholegrain or oat varieties)

snacks you can buy from a supermarket or shop

- » Slice of fruit loaf/bun
- » Fruit/date/pumpkin or plain scone
- » Rice crackers or pretzels
- » Cup of popcorn (pop in the microwave)
- » Muesli bars
- » Small can of baked beans or spaghetti
- » Slice of cheese with a bundle of carrot and celery sticks
- » Tub of fruit yoghurt or custard
- » Carton of reduced-fat flavoured milk
- » Fruit – fresh, canned or dried (it's all good)
- » A container of salad (e.g. tabouli, pasta, rice)
- » Corn on the cob
- » Sushi

WHEN SNACKS
ATTACK!



extras

Vegetarian recipe guide

V = vegetarian recipe. See page 94 for more on the different types of vegetarianism and how to cater inclusively.

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