



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 50 young people
who talked with us in
2010 and 2011 about
food and more.



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





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acknowledgements

This book was written by:

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Koori Job Ready is a unique training college based close to Redfern College. The College trains Aboriginal students in both Hospitality and Construction through an 8 week full time course and then mentors graduates into a range of employment opportunities.

The College is located at 225 Wilson Street, Darlington and can be contacted by phone on (02) 8399 3007.



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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 and 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 accompany the first Yhunger cookbook called *REHEAT*.

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)
- » *Be affordable*: when trying to live on the Youth Allowance, Newstart or Parenting payments:
 - » All meals have been costed in March-April 2012 to be under \$4 AUD per person
 - 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 (at the most!) .

- » For meals like the lasagne, soup and stews, it's cheaper to make bigger amounts.
- » *Be realistic*: to make it quick and easy, use versatile ingredients that you'll use often.
 - » 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*, the first Yhunger cookbook)
- » *Be healthy for you*: 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 and vegetable serves

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

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



1 serve per person

This key 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 key 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 key 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 or 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.

From the revised Australian Guide to Healthy Eating (2013, NHMRC)

seasonal fruit and vegetables

(Sydney, NSW, Australia)



SPRING

(Sept – Nov)

APPLES
AVOCADO
BANANA
MANDARIN
PEAR
PINEAPPLE
STRAWBERRIES
VALENCIA ORANGES
WATERMELON
ASPARAGUS
BEANS AND PEAS
BROCCOLI
CABBAGE
CARROTS
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 ORANGES
ASPARAGUS
BEANS
CAPSICUM
CELERY
CUCUMBER
EGGPLANT
OKRA
PEAS
SUGAR SNAP PEAS
SWEET CORN
TOMATO
ZUCCHINI



AUTUMN

(Mar – May)

APPLES
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)

APPLES
AVOCADO
CUSTARD APPLES
KIWIFRUIT
LEMON
MANDARIN
HONEYDEW MELON
NAVEL ORANGES
NASHI
PEAR
PERSIMMON
BEETROOT
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
LEEK
PEAS
RADISHES
SPINACH
SWEET POTATO

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

food safety tips

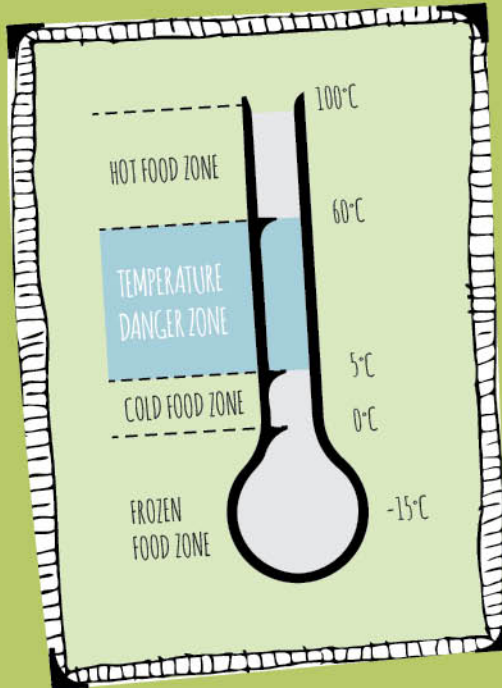
1. Wash your hands with soap and dry well:

- » 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 2-3 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

- Freeze cooked food as soon as possible. Let hot food cool in the fridge first, after the steam disappears.
- 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.
- Label and date frozen food with a thick texta/laundry marker.
- Use the chart to the right as a guide on maximum freezing times.
- 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.
- 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 stove top 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.
- Freeze meals in serving size portions like stews, rice and soups for quick freezing and thawing times.
- 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

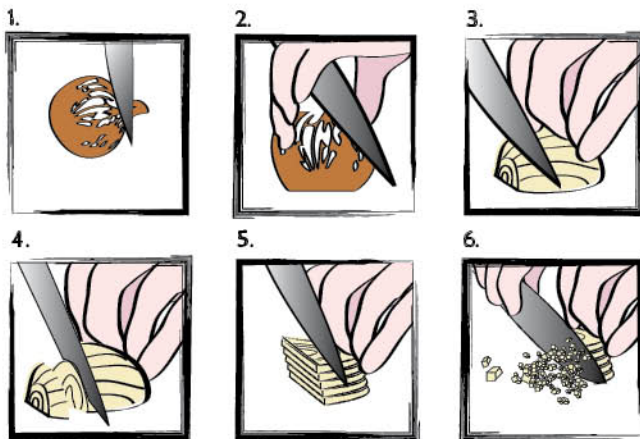
Pancakes and crepes	2 months
Breads and pastries	8 months
Muffins	12 months

Frozen fruit and vegetables

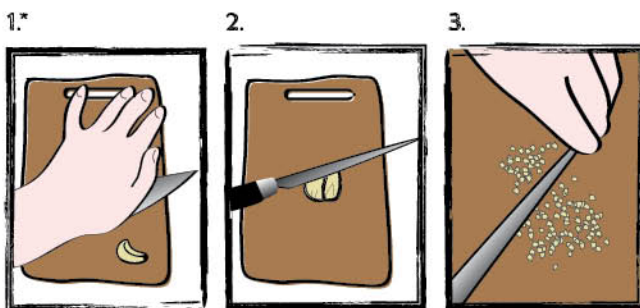
8 months

handy kitchen tips

HOW TO CHOP AN ONION:



HOW TO CRUSH A GARLIC CLOVE:



*Squash the garlic bulb underneath the side of the knife's blade lying flat on the board 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 aluminium foil in the fridge will keep fresh for 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



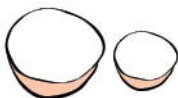
Large (non stick) frypan



Tongs



Large and small bowls



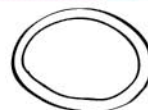
Eggflip
(plastic if using non stick pan)



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		Black marker for labelling 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 & floured flat tray
Lid for microwave dish	Use a plate upside down or cling wrap
Lid for oven casserole dish	Aluminium foil
Herbie Gerbie (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.**

From the Fire and Rescue NSW Fire Safety and Prevention in the Home (April 2011) http://www.fire.nsw.gov.au/gallery/files/pdf/brochures/NSWFB_at_home.pdf





CHAPTER 1
MORE EASY
MEALS

chicken chop suey

PREP 10 min

COOKING 40 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

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

Pepper (to taste)

Rice, uncooked

1 cup

2 cups

3 cups

equipment

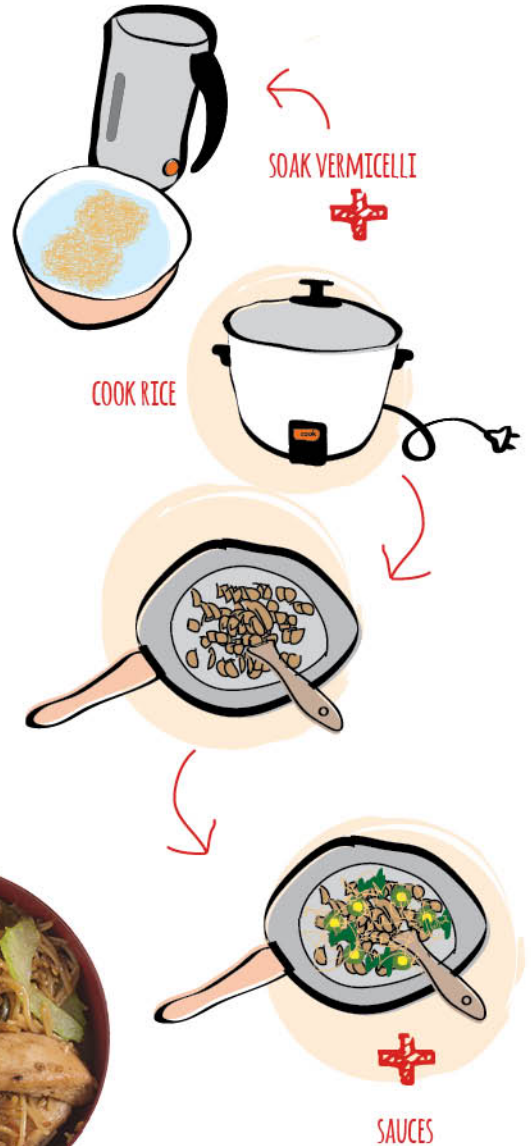
- » Large saucepan/frypan
- » Stirring spoon
- » Large bowl
- » Kettle
- » Clean scissors
- » Strainer
- » Chopping boards
- » Knife
- » Measuring cup and spoon
- » Rice cooker or saucepan to cook rice



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. 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

	for 2 people 1 LARGE PIZZA	for 4 people 2 LARGE PIZZAS	for 6 people 3 LARGE PIZZAS
pizza base			
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.

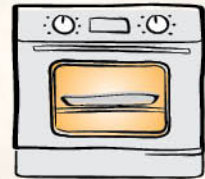


2 Dust some of the extra flour on the bench and scoop mixture on top. Dust mix with extra flour and knead till all together and not sticky. Dust pizza trays with some of the extra flour (be generous).

KNEAD



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!



BAKE FOR 10 MIN



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.

MOZZARELLA

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 clove or 2 tsp	3 clove or 3 tsp
Tinned tuna in spring water, drained (optional)	1 x 95g tin	1 x 185g tin	1 x 185g & 1 x 95 g
Pepper (to taste)			
Stove top			
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

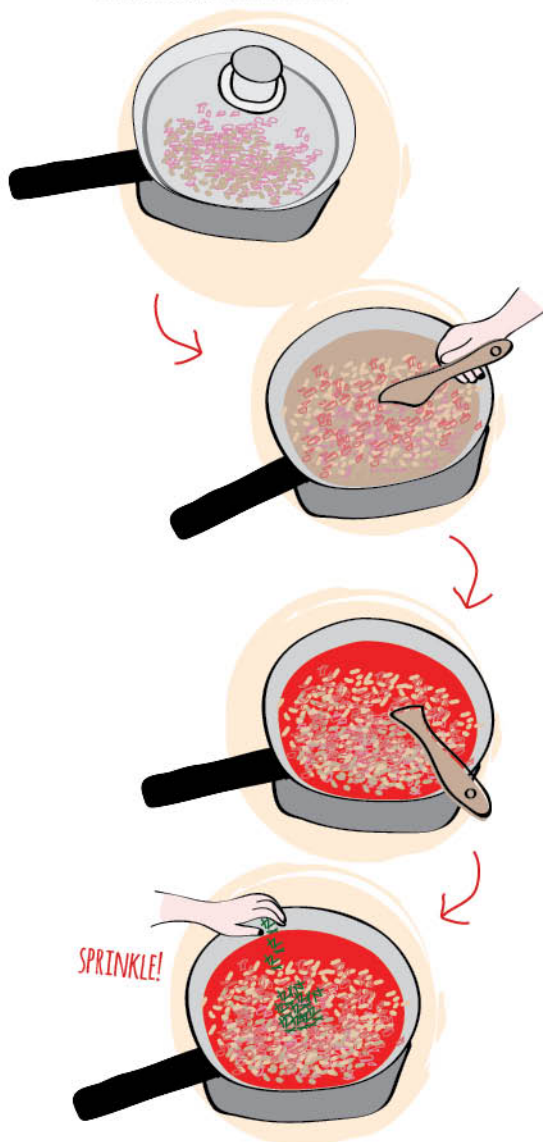
For both ways: » Chopping board, knife, can opener, measuring spoons and cup, stirring spoon. Plus for:

- » STOVE TOP: Medium/large saucepan.
- » MICROWAVE: Microwave dish with lid (2-3L capacity), oven mitt/tea towel.

steps - on the stove top

- 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 Australian Women's Weekly Basic Cookbook (1988), Australian Consolidated Press, Sydney, NSW, p.80.



steps - microwave

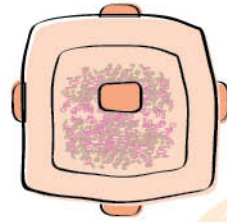
NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

- 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.

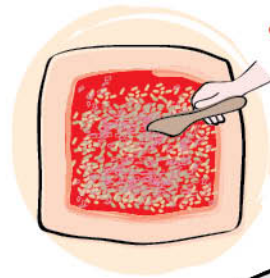
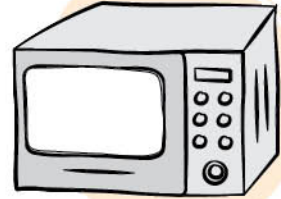
Adapted from 'Working Women's Risotto' recipe, Good Taste, November 2008, p.22 at <http://www.taste.com.au/recipes/19872/working+womans+risotto>

Tips

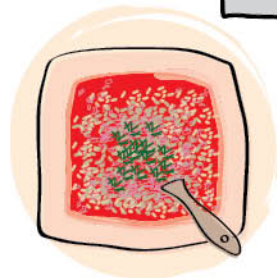
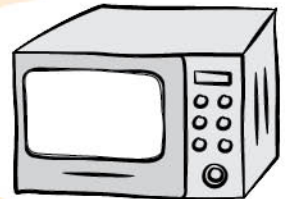
- This is a good recipe to make with kids.
- You can freeze leftovers (up to 3 months).
- It is best not to substitute other rice varieties for Arborio (the risotto won't thicken).
- A 2.5L rice cooker for about \$6 will do all microwave recipes in this book!



HIGH FOR
4 MIN
(4 PEOPLE)



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



SIT FOR 2 MIN

oven baked biryani

PREP 15 min

COOKING 45 min



1½ 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
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!?

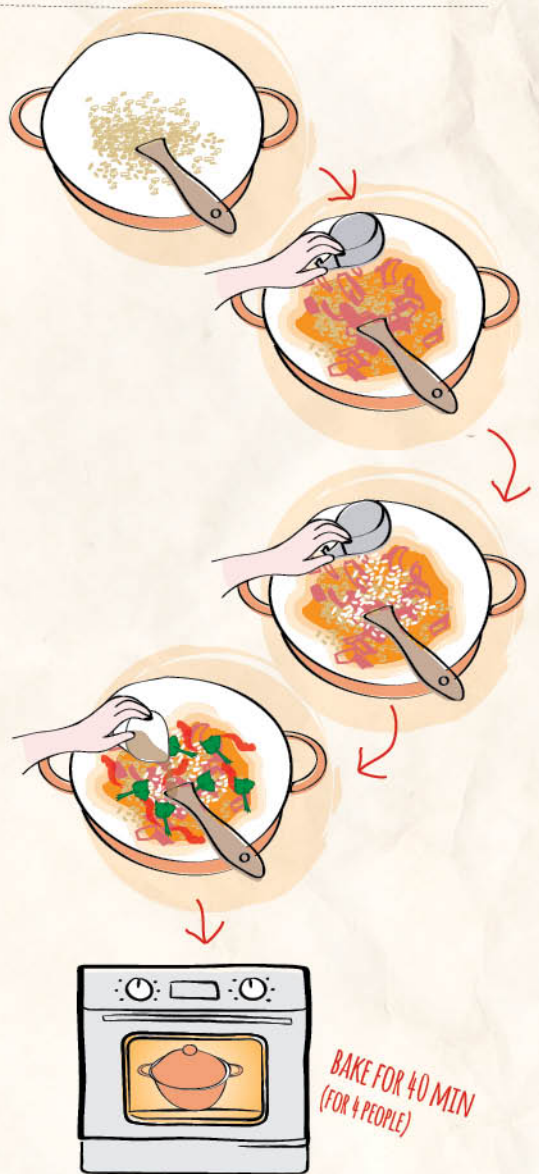
equipment

- » 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 4). In an oven-proof dish, heat oil and butter over medium-high heat on the stove top 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 Dixie Elliot's recipe from *Super Food Ideas* (March 2005), at <http://www.taste.com.au/recipes/1355/biryani> [accessed March 2012]







thai red curry with chicken
page 30

thai red curry with chicken

PREP 10 min

COOKING 10 min

 ½ 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
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
Coconut flavoured evaporated milk	½ x 375ml can	1 x 375g tin	1½ x 375g 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

\$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 pkt	1 pkt	1½ pkts
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

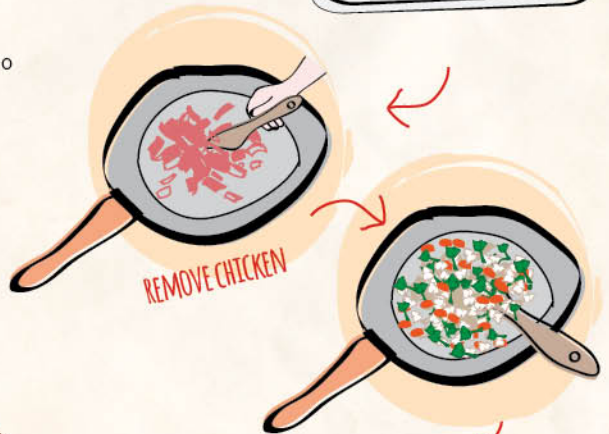
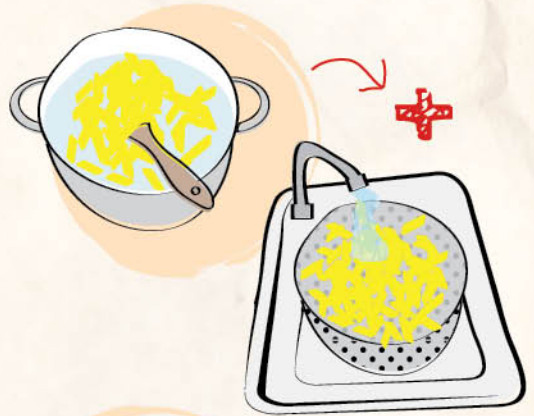
- » 2 medium-large saucepans (one for pasta, one for chicken curry sauce)
- Stirring spoons
- Chopping board
- Knives
- Measuring cups and spoons



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 38

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

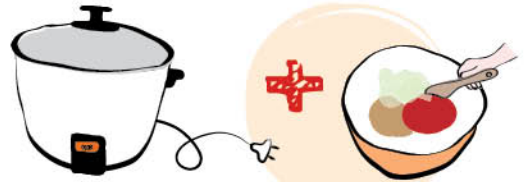
- » 2 small bowls
- » 2 chopping boards (one for meat and one for salad)
- » Measuring cups and spoons
- » Knives
- » Baking tray
- » Baking paper
- » Rice cooker or saucepan

variations

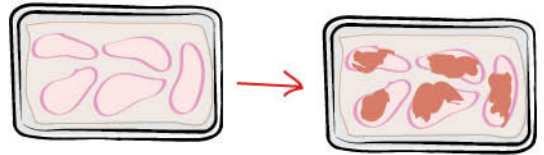
- » Swap kecap manis with a tablespoon of sweet chilli sauce for the peanut sauce.
- » Try some snow peas in the salad for some extra crunch.
- » White fish fillets like ling can be used instead of chicken.
- » If you don't have an oven, stir-fry the chicken (cut into pieces) with the peanut sauce in 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 4). Cook rice as per packet instructions. In a small bowl, mix peanut butter, red curry paste, kecap manis and lime juice until combined.

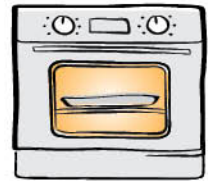


2 Place the whole chicken fillets flat on baking paper in a baking pan. Coat the top side of the chicken pieces with the peanut mixture.



3 Cook in the oven 25 to 30 minutes until chicken is cooked and peanut mixture 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



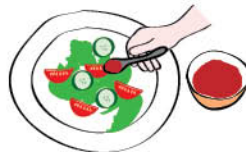
4 Wash knife in hot soapy water, change chopping boards and wipe bench to prepare salad.



5 Make your salad while 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 clove or 2 tsp
Cumin spice	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.







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.

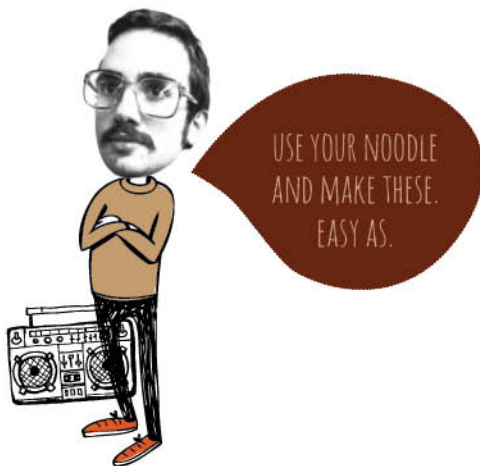
Get creative with the global student staple, 2 minute noodles!

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, 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 about 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

\$2 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 bunch
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

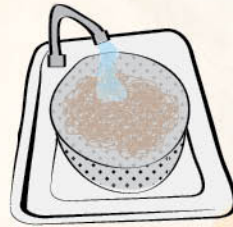
- » Hokkien noodles

steps

- 1 Cook noodles in boiling water for 2 minutes, then strain.
- 2 Heat oil in a large frying pan 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

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
Sweet chilli or tomato sauce (to serve)			
Tomato	½	1	1½
Pepper (to taste)			

variations

- » Cook like a traditional omelette by putting cheese on top and fold in half at Step 3.

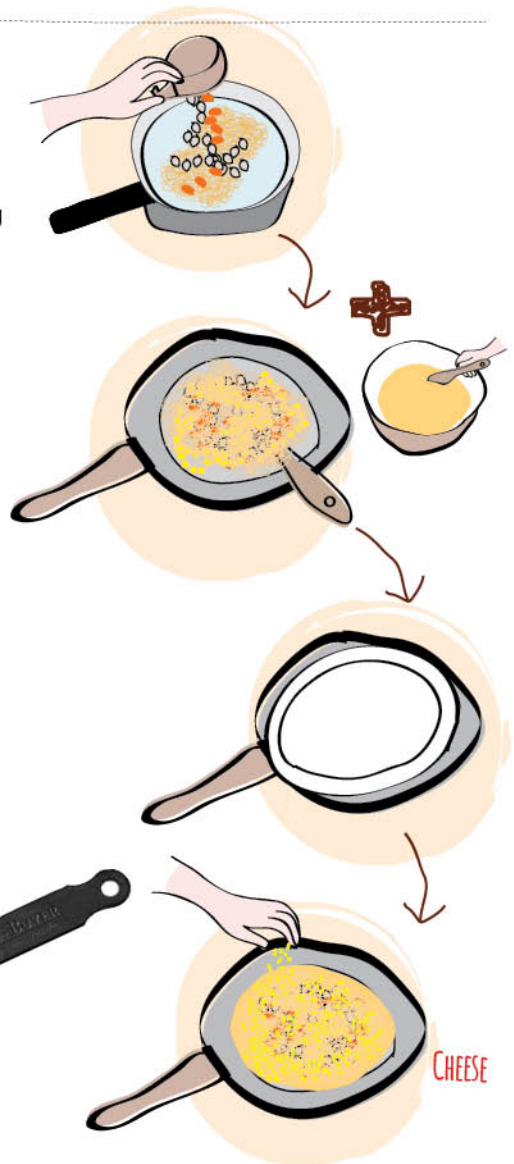
equipment

- » 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 frying pan 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 tomato sauce or sweet chilli sauce on top or keep in the fridge for the next day's lunch.

Adapted from <http://allrecipes.com.au/recipe/8832/instant-noodle-omelette.aspx>







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)	1½ cup (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

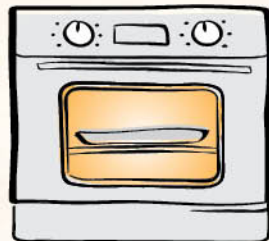
- » Baking dish/shallow (laminaton) tray
- Grater, knife
- Chopping board
- Fork
- Bowl, stirring spoon
- Measuring cups
- Oven mitt/tea towel
- Baking paper (optional)

variations

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

- 1 Preheat oven 200°C (400°F/Gas 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.

Sourced from www.BestRecipes.com.au
(recipe #1733)



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
Pepper (to taste)			
Rice (uncooked)	½ – 1 cup	1 – 2 cups	1½ – 3 cups

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.

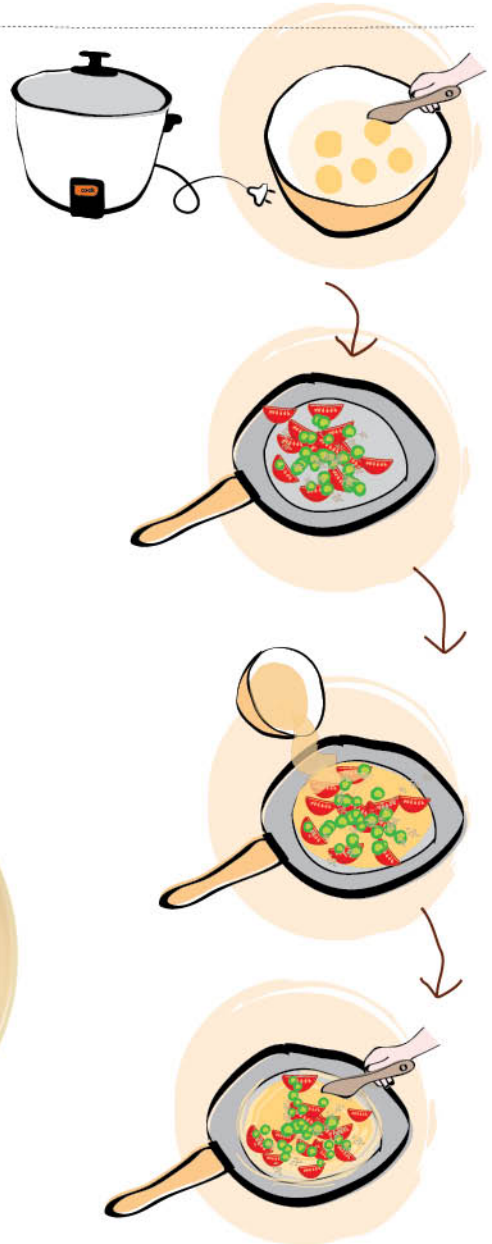


IT TASTES
EGGCELLENT!

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



1/2 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	1/3 cup	2/3 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.

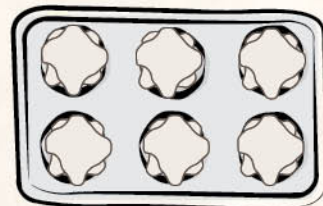


YOU KNOW WHAT
BEANZ MEANS

steps

- 1 Preheat oven to 200°C (400°F/Gas 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





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 stick
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!

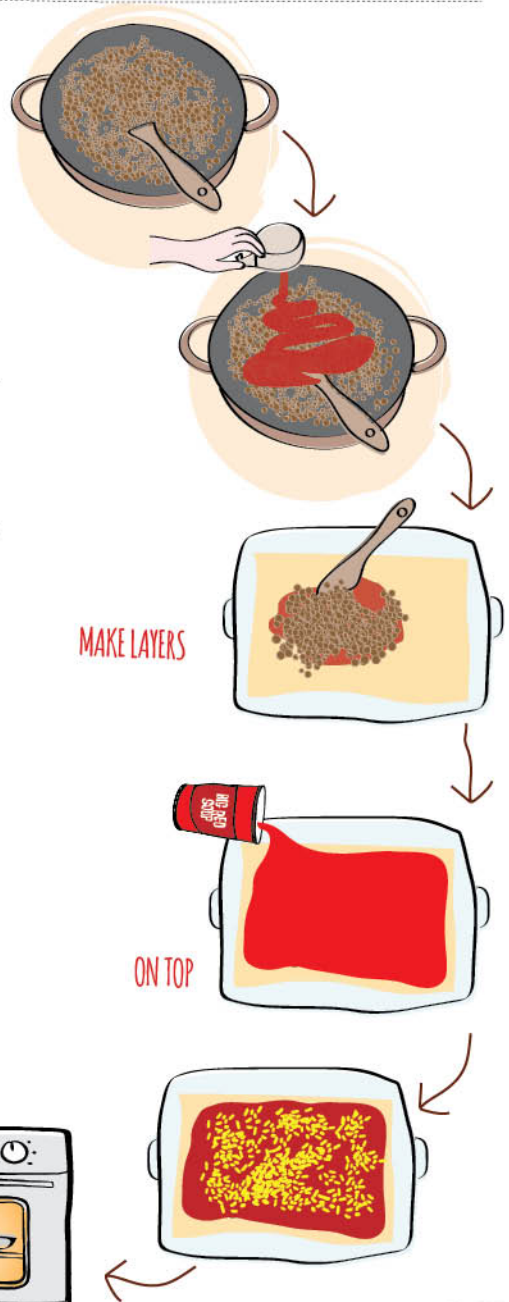
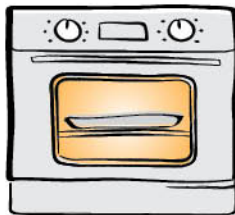
variations

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 "Louise's Secret Lasagne", Australian Institute of Sport, Australian Sports Commission http://www.ausport.gov.au/ais/nutrition/recipes/survival_/pasta2/louises_secret_lasagne

steps

- 1 Preheat oven to 170°C (325°F/Gas 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 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 stick
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 2]*.
- 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, leave out 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 'Unbelievably easy savoury mince'
<http://www.themainmeal.com.au>

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, 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).

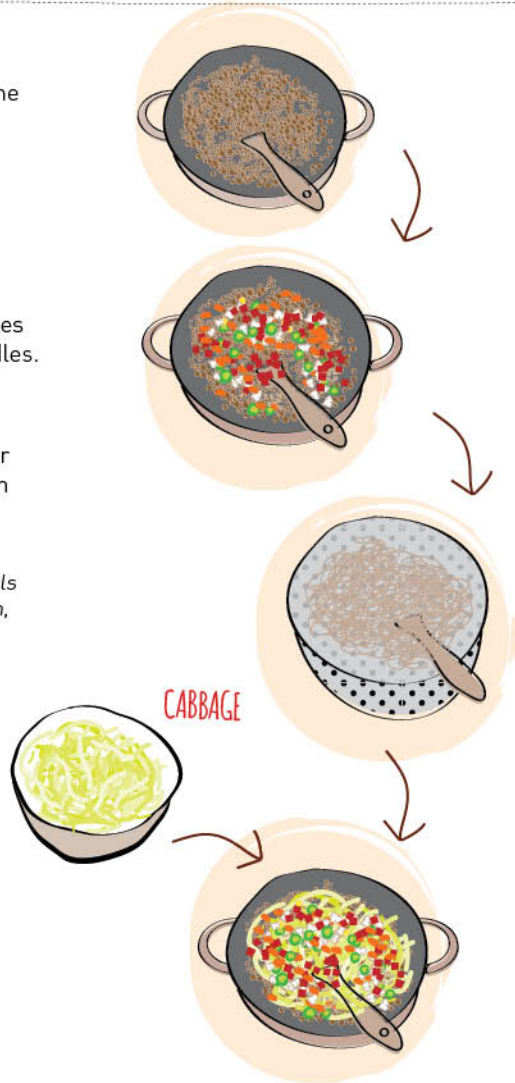


YOU'LL BE HOPPING
MAD FOR IT!

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: *Family Mince* recipe from *Quick Meals for Kooris* (2nd edition), Central Coast Health, 2002 p. 35.



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 and cracked pepper sausages	250g	500g	750g
Brown onions, halved, 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 ¼ cups water)	2½ cups (or 2 stock cubes dissolved in 2½ cups water)	3¾ cups (or 3 stock cubes dissolved in ¾ 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 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 'Sausage hotpot' in Best Ever Winter Warmers (2008), News Magazines, Sydney, p. 24





A close-up photograph of a blue plate filled with grilled corn on the cob and other vegetables. The corn cobs are charred with dark grill marks. In the background, there's a bowl of more food and a small glass dish with a yellow sauce. The overall scene is brightly lit, highlighting the textures of the food.

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
Chilli flakes, optional	
Coconut milk or natural yoghurt	200g
Fresh coriander or parsley, chopped	1 - 2 Tbs

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.

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

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).

smashed sweet potato

PREP 5 min

COOKING 10 - 15 min



2 serves per person

\$3 per person



ingredients

for 4 people

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

equipment

- » Microwave safe bowl (i.e. 2.5L rice cooker)
- » 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 *Jamie Olivers' 30 Minute Meals* (2011), Penguin Books UK, *Sweet potato mash*, p. 180.

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
Orange, purple (halved) 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
www.gofor2and5.com.au*

equipment

- » BBQ plate/grill
Microwave (depending on vegetables used)
Small bowl, one 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 74 and 77

salsa

PREP 5 min

COOKING None



1½ - 2 serves per person

less than \$1 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

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.

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: State of Western Australia, 'Healthy Food Fast' (2009) page 23, available on the Go for 2n5 website <http://www.gofor2and5.com.au/recipes>



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

for 1 - 4 people

Corn cobs

1 to 2

equipment

- » Just a microwave

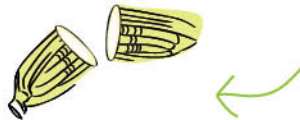
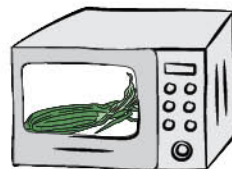
variations

- » 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.
- » BBQ 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!

Sourced from
www.gofor2and5.com.au and
 Laura at LYAAC with 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
Low 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

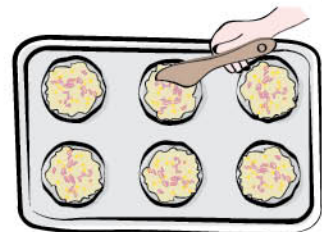


NO
MUFFIN TOPS
HERE!

steps

- 1 Pre-heat oven to 180°C (35°F/Gas 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, 'Healthy Food Fast' (2009) page 23, available on the Go for 2n5 website
<http://www.gofor2and5.com.au/recipes>



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





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 (Lazy Lasagne or Easy Burrito Mince)
-  Brandon's baked bean and cheese delight herbie gerbie (baked beans + cheese)
-  Jill's vego herbie gerbie (peanut butter, coriander, sweet chilli sauce + salad)
-  The loyal royal H.G. (cheese + beetroot)
-  Hawaiian herbie gerbie (ham, cheese, pineapple + 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 + cinnamon)
-  Done again herbie gerbie (roast chicken, salad, vegies in the fridge)



jill's vege herbie gerbie



brandon's baked beans delight herbie gerbie



the loyal royal H.G. herbie gerbie



Leftovers





CHAPTER 7

SWEET TREATS

whatevs (biscuits)

PREP 5 min

COOKING 10 min



¼ serve in 2 biscuits, if you use all dried fruit



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

steps

- 1 Preheat oven to 180°C (350°F/Gas 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). Bake for approx. 10 minutes until just golden. Let biscuits cool and go hard on tray before moving.

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!

Adapted from the 'Whatever Biscuit' recipe by Mrs Kathy Frankcombe in the Country Women's Association Biscuits and Slices (2009) Penguin Books, Australia, p.14.

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 tin
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 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

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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.

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
Vegans	No animal foods, including no eggs, butter, dairy, meat or seafood

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. corn, peas, carrot, broccoli, capsicum, leek, cauliflower, choy sum, tomatoes, mushrooms, cucumber, pumpkin, sweet potato, potato, Spanish onion, leeks, celery, cabbage, onion, peas, baby spinach, tomato, spring onion, lettuce, other)
- 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/museli, other: _____)
- Salt-reduced soy sauce
- Salt-reduced stock (cubes, or ready-made) (beef, vegetable, chicken)

- Garlic (minced in jar, or cloves)
- Pepper
- 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
- Can of coconut flavoured evaporated milk
- Baked beans, salt-reduced in tomato sauce
- Beetroot (fresh or tinned)
- Couscous
- Rice vermicelli
- Dry red lentils
- Tortillas/Tacos
- Rolled oats
- Mince (beef, kangaroo)
- 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, parsley, mixed, coriander
- Spices: cumin, cinnamon

- Chilli (fresh, in a jar, dried flakes)
- Lime juice and/or lemon juice
- Sugar
- Honey
- Peanut butter
- Oyster sauce
- Semi-dried tomatoes
- Dijon mustard

You've got money left over and would like:

- Berries (fresh or frozen) (type: _____)
- Avocado
- Feta cheese
- Flavoured low fat yoghurt
- Natural yoghurt
- Juice
- Sultanas, choc chips, dried fruit
- Olives
- Tinned salmon
- Light coconut milk
- Other: _____

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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