



Six in Six Cooking Program



Recipe Booklet



This program is funded by the Australian Government and promotes positive behavioural change aimed at improving the health and wellbeing of communities.



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PER SERVE
\$0.34

Recipe - Serves 2

INGREDIENTS

- ▶ Rice
- ▶ Water

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Rice	1 cup	\$0.68
Water	1 ¾ cup	0
Total for 2 serves		\$0.68

METHOD

1. Rinse 1 cup of basmati rice in cold water and drain the rice well in a sieve.
2. In a medium, heavy-bottomed pot with a tight-fitting lid, combine 1¾ cups water and the rice.
3. Bring to a boil over high heat.
4. As soon as the water is boiling, lower the heat to a simmer and cover. (If you have an electric stove, use two burners: bring the rice to a boil on a hot burner and then immediately slide it to a burner set on low to continue cooking at a slow simmer).
5. Cook at a gentle simmer until the water is completely absorbed and the rice is tender, about 12 minutes (it's okay to lift the lid to make sure the rice is fully cooked and the water is absorbed - just replace the lid quickly).
6. Remove the pot from the heat and let it sit, undisturbed with the lid on, for at least 5 minutes and for as long as 30 minutes.
7. Remove the lid, fluff the rice gently with a fork or chopstick, and serve.

NOTE:

1 cup of rice = 1½ to 1¾ cups of water





PER SERVE
\$0.78

Recipe – Serves 2

INGREDIENTS

- ▶ 3 medium carrots, peeled, cut into 5cm long sticks
- ▶ 1 teaspoon ground cumin
- ▶ 1 tablespoon honey
- ▶ 2 tablespoons chopped fresh coriander
- ▶ Pepper to taste

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Pan
- ▶ Stirring spoon

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Carrots	3 medium	\$1.05
Coriander	1 bunch 1 sprig	\$2.48 \$0.50
Total for 2 serves		\$1.55
Pantry Items		
Ground Cumin	1 sachet	\$3.14
Honey	375ml	\$4.88
Pepper	Shaker	\$3.79
Pantry Total		\$11.81

METHOD

1. Peel and cut carrots.
2. Boil carrots in water for 2-3 minutes or until tender-crisp.
3. Drain well and return to saucepan.
4. Add cumin honey and coriander and mix to combine.
5. Season with pepper and serve immediately.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Bread	6 slices	\$0.77
Margarine or oil		\$0.20
Low fat milk	¼ cup	\$0.16
Low fat grated cheese	½ cup	\$2.90
White or wholemeal plain flour	¼ cup	\$0.36
Corn kernels	1 can	\$1.07
Chopped vegetables (zucchini etc)	½ cup	\$0.75
Potato	1 medium	\$0.30
Pepper	A pinch	\$0.05
Grated cheese	To cover top	\$0.40
Eggs	2	\$0.80
Plain flour	¼ cup	\$0.10
Mixed herbs	½ teaspoon	\$0.08
Total for 6 serves		\$7.94

PER SERVE
\$1.32

Recipe – Serves 6

INGREDIENTS

- ▶ 1 medium potato (boiled)
- ▶ Margarine or oil
- ▶ 6 slices of bread (crusts off)
- ▶ ¼ cup plain flour (white or wholemeal)
- ▶ 2 eggs
- ▶ ¼ cup milk (low fat)
- ▶ ½ cup grated cheese (low fat)
- ▶ 125g can of corn kernels (drained)
- ▶ ½ cup chopped vegetable (e.g. zucchini)
- ▶ Pepper to taste (pinch)
- ▶ ½ teaspoon mixed herbs
- ▶ A little extra grated cheese for the top

EQUIPMENT

- ▶ 1 muffin tray
- ▶ 1 mixing bowl
- ▶ 1 measuring spoon
- ▶ 1 sharp knife
- ▶ 1 peeler
- ▶ 1 measuring cup

METHOD

1. Boil the potato until cooked through but still firm. Allow to cool – peel when cooled. Slice potato in ½ and then each ½ into small slices. Keep to the side.
2. Grease the muffin tray, then spread each piece of bread with margarine or oil and push each slice buttered side down firmly into each muffin space on the tray. Put the tray into the oven & lightly brown the bases. Remove from the oven.
3. In the mixing bowl add: flour, eggs, milk, cheese, corn, chopped vegetables, pepper & mixed herbs. Mix together.
4. In the bread bases add the potato to the bottom.
5. Spoon some of the corn mix onto the potato and layer again.
6. Sprinkle each muffin with a small amount of cheese.
7. Place muffin tray into the oven on the bottom shelf and cook for approximately 15 minutes at 180C.
8. Remove from oven & cool or serve.
9. Muffins can be frozen and defrosted in the microwave for approx 4 minutes on high.



PER SERVE
\$2.13

Recipe – Serves 2

INGREDIENTS

- ▶ 1 ripe avocado, mashed
- ▶ ½ red onion, finely chopped
- ▶ 1 tablespoon lemon juice
- ▶ ¼ cup fresh coriander
- ▶ Pepper to taste

EQUIPMENT

- ▶ 1 chopping board
- ▶ 1 mixing bowl
- ▶ 1 measuring spoon
- ▶ 1 sharp knife
- ▶ 1 peeler
- ▶ 1 measuring cup

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Avocado	1	\$2.98
Red onion	½ onion	\$0.35
Lemon juice	1 tablespoon	\$0.17
Fresh coriander	¼ cup	\$2.98 bunch \$0.75 ¼ cup
Pepper	To taste	
Total for 2 serves		\$ 4.25

METHOD

1. Remove skin from avocado and mash.
2. Finely chop onion and mix with lemon juice, leave for 5 minutes.
3. Roughly chop coriander.
4. Add all ingredients together and add pepper to taste.

PER SERVE
\$0.79

Recipe – Serves 4

INGREDIENTS

- ▶ 500 g of broccoli, trimmed, cut into small florets
- ▶ ½ tablespoon olive oil
- ▶ 1 teaspoon minced garlic
- ▶ 1 tablespoon flaked almonds

EQUIPMENT

- ▶ Kitchen scales
- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Pan
- ▶ Stirring spoon



Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Broccoli	500g	\$2.99
Garlic - minced	1 teaspoon	\$0.15
Total for 4 serves		\$ 3.14
Pantry Items		
Flaked almonds	110g packet	\$4.22
Olive oil	1 tablespoon	\$6.39
Pantry Total		\$ 10.61

METHOD

1. Trim and cut broccoli into small florets.
2. Steam or microwave broccoli until just tender.
3. Heat oil in a frying pan over medium – high heat.
4. Add garlic and almonds and cook for 3 minutes.
5. Add broccoli and cook for 2-3 minutes.
6. Serve.

PER SERVE
\$0.71



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Reduced fat milk	1 cup	\$0.30
Egg	1	\$0.40
Polenta	½ cup	\$0.45
Cheese - reduced fat	60g	\$1.00
Baby spinach, leaves	50g	\$0.20
Capsicum	1	\$1.50
Onion	½	\$0.40
Total for 6 serves		\$ 4.25

Pantry Items		
Cooking oil	Spray can	\$3.24
Olive oil	500ml	\$6.39
Chives - dried	10g shaker	\$2.27
Plain flour	1kg	\$0.95
Baking powder	125g	\$2.27
Pepper	Grinder	\$3.79
Pantry Total		\$ 18.91

Recipe – Serves 6

INGREDIENTS

- ▶ ½ red onion
- ▶ 1 red capsicum, skin and membrane removed, sliced
- ▶ 1 cup reduced fat milk
- ▶ ¼ cup olive oil
- ▶ 1 egg
- ▶ 1 teaspoon chives
- ▶ 1 cup plain flour
- ▶ ½ cup polenta (cornmeal)
- ▶ 1 teaspoon baking powder
- ▶ 60g reduced fat cheddar cheese, grated
- ▶ 50g baby spinach leaves, washed and chopped
- ▶ Canola cooking oil spray
- ▶ Black pepper to taste

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ 2 mixing bowls
- ▶ Whisk
- ▶ Teaspoon
- ▶ Grater
- ▶ Muffin pan
- ▶ Spatula
- ▶ Spoon

METHOD

1. Preheat oven to 180°C.
2. Lightly spray muffin tins with canola cooking oil.
3. Chop onion and fry in pan with a small amount of spray oil until golden brown.
4. Cut capsicum into four piece and roast in oven for 10 minutes.
5. Whisk together the milk, oil, egg and chives.
6. Remove capsicum from oven and peel off skin and chop into small pieces.
7. Combine capsicum, chopped spinach, polenta, flour, baking powder and cheese in a large bowl.
8. Pour in milk mixture and stir until just combined.
9. Spoon into muffin pan.
10. Bake for 15 minutes or until golden.
11. Remove from pan and serve warm.

ALTERNATIVE

- ▶ Swap cheese for low fat fetta
- ▶ Add grated zucchini
- ▶ Swap capsicum for roasted pumpkin or sweet potato



PER SERVE
\$1.31

Recipe - Serves 2

INGREDIENTS

- ▶ 2 tomatoes, peeled and finely chopped
- ▶ ½ cup coriander, roughly chopped
- ▶ ¼ red onion very finely chopped
- ▶ ½ teaspoon garlic
- ▶ 1 teaspoon vinegar
- ▶ Squeeze of lime juice
- ▶ Pepper to taste

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Tablespoon
- ▶ Teaspoon
- ▶ Mixing bowl
- ▶ Saucepan

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Tomatoes	2	\$1.10
Red onion	¼	\$0.17
Garlic	½ teaspoon	\$0.30
Vinegar	1 teaspoon	\$0.10
Lime juice	Squeeze	\$0.20
Coriander	½ cup	\$2.98 bunch \$0.75
Pepper	To taste	
Total for 2 serves		\$ 2.62

METHOD

- 1 To peel tomatoes, make slits all over the skin of the tomatoes and place in a bowl of boiled water. Leave them in there for 2-3 minutes (then when you take them out they are extremely easy to peel).
2. Finely chop tomatoes, and roughly chop coriander.
3. Combine all ingredients in a medium bowl and stir. Then refrigerate until needed.



PER SERVE
\$1.37

Recipe – Serves 6

INGREDIENTS

- ▶ 2 Lebanese cucumbers, peeled, de-seeded and grated
- ▶ ½ cup mint leaves, finely chopped
- ▶ 1 ½ cups of low fat Greek or natural yoghurt
- ▶ 2 cloves garlic, crushed
- ▶ 1 tablespoon lemon juice
- ▶ Pepper to taste

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Pan
- ▶ Stirring spoon

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Cucumber	2	\$3.80
Mint	1 bunch	\$2.48
Natural yoghurt	1.5 cups	\$1.63
Garlic	2 cloves	\$0.20
Lemon juice	1 tablespoon	\$0.10
Total for 6 serves		\$ 8.21

METHOD

1. Peel, de-seed and grate cucumbers.
2. Drain excess water from cucumber by squeezing by hand.
3. Chop mint leaves.
4. Combine all ingredients in a bowl and refrigerate for 2 hours to develop flavour.



PER SERVE
\$0.60

Recipe – Serves 4

INGREDIENTS

- ▶ 100 g sweet potato, peeled and cut into 2cm thick chips
- ▶ 100 g potato, scrubbed and cut into 2cm thick chips
- ▶ 100 g carrots, peeled and cut into 2cm thick chips
- ▶ 100 g parsnips, peeled and cut into 2cm thick chips
- ▶ 1 tablespoon sesame seeds
- ▶ ½ tablespoon sweet paprika

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Baking tray
- ▶ Saucepan

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Sweet potato	100g	\$0.33
Potato	100g	\$0.30
Carrots	100g	\$0.19
Parsnips	100g	\$1.26
Sesame seeds	1 tablespoon	\$0.20
Sweet paprika	½ tablespoon	\$0.10
Total for 4 serves		\$ 2.38

METHOD

- 1 Preheat oven to 200°C. Line one large baking tray with baking paper.
- 2 Peel and cut vegetables into thick wedges or chips.
- 3 Boil/microwave wedges for 5 minutes, until partially cooked/ slightly soft.
- 4 Arrange vegies on baking tray. Spray with oil and sprinkle with half the sesame seeds and paprika. Turn chips, spray again with oil and sprinkle with remaining sesame seeds and paprika.
- 5 Bake for 30 minutes, or until golden and crisp.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Vermicelli noodles	25g	\$0.37
Lean beef mince	150g	\$2.10
Red chilli	½	\$0.15
Carrot	½	\$0.20
Capsicum	½	\$0.75
Peanuts	½ tablespoon	\$0.50
Iceberg lettuce	½ lettuce	\$0.95
Total for 2 serves		\$ 5.02
Pantry Items		
Cooking oil	Spray can	\$3.24
Fish sauce	300ml	\$2.98
Maple syrup	375g	\$2.92
Five-spice powder	34g shaker	\$2.17
Pantry Total		\$ 11.31

PER SERVE
\$2.51

Recipe – Serves 2

INGREDIENTS

- ▶ 25g vermicelli/ mung bean/ glass noodles
- ▶ ½ capsicum, chopped finely
- ▶ ½ carrot, grated
- ▶ Canola oil spray
- ▶ 150g lean beef mince
- ▶ 2 tablespoons fish sauce
- ▶ 1 tablespoon pure maple syrup
- ▶ ¼ teaspoon five-spice powder
- ▶ ½ tablespoon unsalted peanuts or cashews
- ▶ ½ large red chilli, chopped
- ▶ ½ butter or iceberg lettuce, leaves separated

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Tablespoon
- ▶ Teaspoon
- ▶ Grater
- ▶ Frying pan
- ▶ Spatula

METHOD

1. Put the noodles into a bowl, cover with boiling water and set aside for 10 minutes or until soft. Drain well and cut into short lengths.
2. Finely chop capsicum and grate carrot.
3. Lightly coat the fry pan with oil, add the beef and cook over medium heat for 10 minutes or until browned.
4. Add the grated carrot and capsicum to the mince mixture and cook until soft.
5. Add the fish sauce, maple syrup and five – spice powder and cook for 2-3 minutes.
6. Remove from the pan and set aside to cool slightly.
7. Put the noodles, beef mixture, peanuts/cashews and chilli into a bowl and mix to combine.
8. Wrap the beef mixture in the lettuce leaves and serve immediately.



PER SERVE
\$2.28

Recipe – Serves 4

INGREDIENTS

- ▶ 150g lean minced beef
- ▶ 1 brown onion
- ▶ 1 400g can diced tomatoes
- ▶ 1 300g can red kidney beans
- ▶ ¼ cup of water
- ▶ 1 300g can chickpeas
- ▶ 1 chilli con carne mix
- ▶ ½ packet wholemeal pasta (or rice)

METHOD

Sauce

1. Heat 1 tablespoon of oil in a pan, add diced onion and cook for 2 minutes.
2. Add the mince and cook for approximately 3 minutes.
3. Combine the chilli con carne packet mix, ¼ cup of water and add to pan with the tomatoes, kidney beans and chickpeas.
4. Bring to the boil, stirring occasionally.
5. Turn down the heat and simmer for at least 10 minutes, stirring occasionally.

Pasta

1. Boil water in a large saucepan.
2. Add pasta to boiled water.
3. Stir pasta every few minutes. Cook as per directions on packet.
4. Drain pasta and serve with chilli con carne.

Optional

Hide other vegetables in chilli con carne, including:

- ▶ Mushrooms
- ▶ Corn
- ▶ Carrot, grated
- ▶ Zucchini, grated
- ▶ Parsley

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Lean minced beef	150g	\$2.10
Brown onion	1	\$0.40
Diced tomatoes	400g can	\$1.50
Red kidney beans	300g can	\$2.45
Water	¼ cup (190ml)	
Chickpeas	300g can	\$1.19
Chilli con carne mix	45g	\$0.99
Wholemeal pasta (or rice)	½ packet	\$0.50
Total for 4 serves		\$ 9.13



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Potato – unwashed	2 medium	\$0.60
Cauliflower	400g	\$0.94
Sour cream – light/low fat	1 tablespoon	\$0.58
Mince beef – lean	250g	\$3.50
Minced garlic	3 teaspoons	\$0.15
Onion - brown	½	\$0.36
Pasta sauce	500g jar	\$1.55
Celery	½ stick	\$0.10
Mushrooms	50g	\$0.55
Carrot	½	\$0.20
Zucchini	½	\$0.60
Cheese	¼ cup	\$1.40
Total for 4 serves		\$10.53

PER SERVE
\$2.64

Recipe - Serves 4

INGREDIENTS

Cauliflower and Mash Potato Ingredients

- ▶ 400g cauliflower, trimmed into florets
- ▶ 2 potatoes
- ▶ 1 teaspoon minced garlic
- ▶ 1 tablespoon low fat/light sour cream
- ▶ ¼ teaspoon paprika

Meat Filling Ingredients

- ▶ ½ stick celery, finely chopped
- ▶ 50g mushrooms, chopped
- ▶ ½ carrot, finely chopped or grated
- ▶ ½ zucchini, finely chopped or grated
- ▶ ½ onion, chopped
- ▶ 2 teaspoons minced garlic
- ▶ 250g lean mince beef
- ▶ ½ jar of pasta sauce
- ▶ Pepper to taste
- ▶ Cheese, low fat, grated

EQUIPMENT

- ▶ Peeler
- ▶ Chopping knives
- ▶ Large pot with lid
- ▶ Masher
- ▶ Frying pan with lid
- ▶ Stirring spoon
- ▶ Baking dish

METHOD

Cauliflower and Potato Mash

1. Chop cauliflower into florets and peel and chop potatoes.
2. Add cauliflower florets and potato to a saucepan of water and boil both vegetables together until soft (approximately 10-15 minutes).
3. Drain the water and mash potatoes and cauliflower in saucepan.
4. Stir in garlic, sour cream and paprika.
5. Add pepper to taste.

Meat filling

1. Pre-heat oven to 180°C.
2. Chop celery, mushrooms, carrot and zucchini.
3. Chop onion and brown in a fry pan.
4. Add garlic and mince to pan and cook until brown.
5. Stir in pasta sauce, celery, mushrooms, carrot and zucchini.
6. Cover and simmer gently for 20 minutes.
7. Add pepper (to taste preference).
8. Spoon meat filling into a baking dish and top with mashed potato.
9. Sprinkle with grated cheese and place in oven and bake for approximately 20 minutes or until top is golden.



PER SERVE
\$4.22

Recipe - Serves 2

INGREDIENTS

- ▶ 1 brown onion, finely diced
- ▶ 1 red onion, cut into 1cm thick rings
- ▶ 2 cos lettuce leaves
- ▶ 1 carrot, grated
- ▶ 200g no-added-salt red kidney beans, mashed
- ▶ 150g lean beef mince
- ▶ 2 tablespoons fresh wholegrain breadcrumbs
- ▶ 1 egg
- ▶ Cooking oil spray
- ▶ 2 multigrain bread rolls
- ▶ 4 beetroot slices
- ▶ 4 tablespoons tomato salsa, to serve
- ▶ 1 Tomato

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Masher
- ▶ Tablespoon
- ▶ Measuring cup
- ▶ Grater
- ▶ Can opener
- ▶ Frying pan

METHOD

1. Prepare vegetables; finely dice the brown onions, cut the red onion into 1cm thick rings, wash lettuce leaves and grate carrot.
2. In a large bowl, mash kidney beans, add the mince, diced onions, breadcrumbs and egg.
3. Using your hands, shape the mixture into 2 patties, approximately 1.5cm thick.
4. Refrigerate, covered, for 15 minutes to firm.
5. Meanwhile, spray a frying pan with oil. Over medium-high heat, cook patties for 4–5 minutes each side, or until just cooked through. Remove and keep warm.
6. Spray pan with more oil and cook red onion for 2 minutes each side.
7. Place baby Cos, grated carrot, sliced beetroot on the base of each bun. Serve topped with a patty, onion rings and 2 tablespoons of tomato salsa.

OPTIONAL

Hide other vegetables in the beef patty, including:

- ▶ Mushrooms
- ▶ Corn
- ▶ Carrot, grated
- ▶ Zucchini, grated
- ▶ Parsley

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Red kidney beans	1.5 cups/200g	\$ 1.19
Lean beef mince	150g	\$ 2.10
Egg	1	\$ 0.40
Carrot	1	\$ 0.40
Tomato	1	\$ 0.55
Red onion	1	\$ 0.70
Brown onion	1	\$ 0.40
Beetroot slices	100g (4 slices)	\$ 0.40
Cos lettuce leaves	2 large	\$ 0.30
Multigrain bread rolls	2	\$ 1.40
Tomato salsa	4 tablespoons	\$ 0.60
Total for 2 serves		\$ 8.44

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Wholemeal breadcrumbs	250g - premade ½ loaf	\$ 2.14
	wholemeal bread	\$ 0.75
Pantry Total		\$ 5.38



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Large potatoes	2	\$0.70
Onion	½	\$0.40
Garlic – minced	1 teaspoon	\$0.15
Mushrooms	6	\$0.55
Carrot	1/2	\$0.20
Lean minced beef	150g	\$2.10
Zucchini	½	\$0.60
Tomato paste	1 tablespoon	\$0.35
Diced tomatoes	½ can	\$0.75
Red kidney beans	½ can	\$2.45
Baby spinach		\$1.25
Total for 2 serves		\$ 9.50
Coriander	bunch	\$2.98
Light sour cream	1 tub	\$1.73
Total for 2 serves		\$ 4.71

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Stock cubes	1 box – 12 pack	\$2.12
Chilli powder	1 sachet	\$2.66
Ground cumin	1 sachet	\$3.14
Ground coriander	1 shaker	\$2.12
Dried oregano	1 shaker	\$1.94
Pantry Total		\$ 15.22

PER SERVE
\$4.75

Recipe – Serves 2

INGREDIENTS

- ▶ 2 large potatoes
- ▶ 1 onion – diced
- ▶ 6 small mushrooms
- ▶ ½ zucchini, grated
- ▶ ½ carrot grated
- ▶ Cooking oil spray
- ▶ 1 teaspoon minced garlic
- ▶ 150g lean mince beef
- ▶ 1 beef stock cube
- ▶ 1 teaspoon chilli powder
- ▶ ¼ teaspoon ground cumin
- ▶ ¼ teaspoon ground coriander
- ▶ ¼ teaspoon dried oregano
- ▶ ½ can diced tomatoes
- ▶ 1 tablespoon tomato paste
- ▶ ½ can of red kidney beans, drained
- ▶ 75g/ ½ packet baby spinach leaves

OPTIONAL INGREDIENTS

- ▶ 2 tablespoons light sour cream or natural low fat yoghurt
- ▶ Fresh coriander

EQUIPMENT

- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Timer
- ▶ Foil
- ▶ Chopping board
- ▶ Grater
- ▶ Can opener
- ▶ Large fry pan
- ▶ Fork
- ▶ Wooden spoon

METHOD – JACKET POTATOES

1. Preheat oven to 220°C.
2. Pierce potatoes a few times with a fork.
3. Wrap potatoes in foil.
4. Bake for 30 minutes.
5. Carefully remove foil and bake for a further 30 minutes.

METHOD - CHILLI BEEF SAUCE

1. Chop onion, mushrooms and grate zucchini and carrots.
2. Spray oil into a large frying pan.
3. Cook onion and garlic for 5 minutes over medium heat, until soft.
4. Add mince and cook for 5 minutes, breaking up with a wooden spoon, until browned. Crumble in the stock cube.
5. Add spices and cook for 1 minute. Then add vegetables.
6. Add canned tomatoes and tomato paste. Bring to the boil, then reduce heat to low and simmer for 30 minutes.
7. Stir in kidney beans and heat through for a few minutes.
6. Slice potatoes in half and spoon over chilli beef serve with spinach leaves. Optional: Top with sour cream, sprinkle with coriander.



PER SERVE
\$1.93

Recipe – Serves 4

INGREDIENTS

- ▶ 1 teaspoon olive oil
- ▶ 150g lean mince beef
- ▶ ½ onion – chopped
- ▶ 1 teaspoon minced garlic
- ▶ ½ carrot – grated
- ▶ ½ zucchini, grated
- ▶ 1 stalk celery, finely chopped
- ▶ 100g yellow squash, grated or beans or broccoli
- ▶ 1 can diced tomatoes
- ▶ ½ can brown lentils, drained and rinsed
- ▶ ½ packet of spaghetti

EQUIPMENT

- ▶ Teaspoon
- ▶ Kitchen scale
- ▶ Chopping knives
- ▶ Chopping board
- ▶ Grater
- ▶ Large fry pan
- ▶ Large pot
- ▶ Stirring spoon
- ▶ Strainer

METHOD

Sauce

1. Heat oil in a large saucepan over medium-high heat.
2. Add mince, onion and garlic. Cook, stirring with a wooden spoon to break up mince, for 5–6 minutes, until browned.
3. Add grated vegetables - carrot, zucchini, celery and squash to meat sauce.
4. Cook, stirring, for 5 minutes, until vegetables are tender.
5. Add can of tomatoes. Reduce heat to medium-low. Simmer for 15 minutes, until sauce has thickened.
6. Add lentils and cook sauce for another 5 minutes.

Pasta

1. Boil water in a large saucepan.
2. Add spaghetti to boiled water.
3. Stir pasta every few minutes. Cook for 15 minutes or until done.
4. Drain pasta and serve with meat sauce.

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Olive oil	1 teaspoon	\$0.10
Lean mince beef	150g	\$2.10
Onion	½	\$0.40
Garlic – minced	1 teaspoon	\$0.15
Carrot	½	\$0.20
Zucchini	½	\$0.60
Celery	1	\$0.20
Squash	2	\$1.00
Diced tomatoes	1 can	\$1.50
Brown lentils	½ can	\$0.97
Spaghetti	½ packet	\$0.50
Total for 4 serves		\$ 7.72



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Sweet Potato	100g	\$0.40
Potato	100g	\$0.75
Carrot	100g	\$0.30
Parsnip	100g	\$1.20
Egg	1	\$0.40
Fish Fillets (Basa)	300g	\$2.40
Lemon	1	\$0.80
Greek/Natural - low fat yoghurt	100 ml	\$0.65
Lettuce	2 cups	\$1.00
Total for 2 serves		\$ 7.90

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Sesame seeds	200g packet	\$2.17
Paprika	Container/shaker	\$2.98
Wholemeal breadcrumbs	250g - premade	\$2.14
	½ loaf wholemeal bread	\$0.75
Pantry Total		\$ 10.53

PER SERVE
\$3.95

Recipe – Serves 2

INGREDIENTS

- ▶ 100g sweet potato, peeled and cut into 2cm thick chips
- ▶ 100g potato, scrubbed and cut into 2cm thick chips
- ▶ 100g carrots, peeled and cut into 2cm thick chips
- ▶ 100g parsnips, peeled and cut into 2cm thick chips
- ▶ 1 tablespoon sesame seeds
- ▶ ½ tablespoon sweet paprika
- ▶ 1 egg white, lightly beaten
- ▶ 1 cup fresh wholemeal breadcrumbs
- ▶ 300g firm white fish fillets, cut into 2 cm thick strips
- ▶ 1 teaspoon finely grated lemon rind
- ▶ ½ tablespoon lemon juice
- ▶ 100ml of low fat Greek/Natural yoghurt
- ▶ 1 lemon
- ▶ Lettuce leaves

EQUIPMENT

- ▶ 1 baking tray
- ▶ Baking paper
- ▶ Saucepan
- ▶ Steamer
- ▶ Chopping board
- ▶ Chopping knives
- ▶ Tablespoon
- ▶ Measuring cup
- ▶ Grater
- ▶ Plate
- ▶ Stirring spoon
- ▶ Beater
- ▶ Bowl

METHOD

1. Preheat oven to 200°C. Line one large baking tray with baking paper. Peel and cut vegetables into thick wedges or chips.
2. Boil/microwave wedges for 5 minutes, until partially cooked / slightly soft.
3. Arrange vegies on baking tray. Spray with oil and sprinkle with half the sesame seeds and paprika. Turn chips, spray again with oil and sprinkle with remaining sesame seeds and paprika.
4. Bake for 30 minutes, or until golden and crisp.
5. Meanwhile, lightly beat egg white in a shallow bowl with a tablespoon of water.
6. Place breadcrumbs onto a plate.
7. Dip each piece of fish into egg mixture then into breadcrumbs and place onto a lined tray.
8. Spray with oil and bake for 10 minutes or until fish is golden and cooked through.
9. Meanwhile, add lemon rind, lemon juice and yoghurt in a small bowl and mix.
10. Serve fish with veggie chips, yoghurt, lemon wedges and salad/lettuce.

PER SERVE
\$3.18



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Basmati rice	½ cup	\$0.34
Red salmon	420g can	\$8.45
Sweet potato	500g	\$1.80
Spring onions	6	\$1.00
Lemon juice	2 tablespoons	\$0.80
Lemon rind	1 teaspoon	From above
Breadcrumbs (wholemeal)	For coating	\$0.20
Olive oil spray	For tray	\$0.10
Total for 4 serves		\$ 12.67

Minted Yoghurt

Reduced fat sour cream	1 cup	\$0.58
Garlic	1 clove	\$0.15
Shredded mint	2 tablespoons	\$0.40
Sugar	1 tablespoon	\$0.05
Total for 4 serves		\$ 1.18

Recipe - Serves 4

INGREDIENTS

- ▶ 1/2 cup basmati rice
- ▶ 420g can red salmon, drained
- ▶ 500g sweet potato, cooked and mashed
- ▶ 6 spring onions, chopped
- ▶ 2 tablespoons lemon juice
- ▶ 1 teaspoon grated lemon rind
- ▶ 1 cup breadcrumbs (preferably wholemeal), set aside some for coating
- ▶ Olive oil spray

Minted Yoghurt:

- ▶ 1 cup reduced fat sour cream
- ▶ 1 clove garlic, crushed
- ▶ 2 tablespoons finely shredded mint
- ▶ 1 tablespoon sugar

EQUIPMENT

- ▶ 1 chopping board
- ▶ 1 mixing bowl
- ▶ 1 measuring spoon
- ▶ 1 sharp knife
- ▶ 1 peeler
- ▶ 1 measuring cup
- ▶ 1 pot with lid
- ▶ 1 baking tray

METHOD

1. Preheat oven to 200°C.
2. Cook rice in water until soft, drain well.
3. Transfer rice to a large bowl, add the salmon, sweet potato, spring onions, lemon juice, rind, breadcrumbs and mix to combine.
4. Divide the mixture into eight even sized flat patties and coat each patty in the breadcrumbs.
5. Refrigerate for 30 minutes.
6. Lightly spray both sides of the patties with olive oil.
7. Bake the patties for 25-30 minutes or until all the breadcrumbs are crisp and golden.
8. To make the minted yoghurt, place all ingredients in a bowl and mix to combine.



PER SERVE
\$2.84

Recipe - Serves 2

INGREDIENTS

- ▶ 200g desiree potatoes, peeled, chopped
 - ▶ ¼ cup frozen peas thawed
 - ▶ 200g can pink salmon, drained flaked
 - ▶ 1 tablespoon flat-leaf parsley, finely chopped
 - ▶ Lemon rind of 1 lemon
 - ▶ 2 tablespoons lemon juice
 - ▶ 1 teaspoon dried chives
 - ▶ ¼ cup breadcrumbs
 - ▶ Cooking oil spray
- Optional: lemon wedges and salad

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Saucepan
- ▶ Masher
- ▶ Tablespoon
- ▶ Teaspoon
- ▶ Grater
- ▶ Frying pan
- ▶ Spatula
- ▶ Paper towel

METHOD

1. Peel potatoes and chop.
2. Place potatoes in saucepan of water and boil for 10–12 minutes or until tender. Drain. Transfer to a bowl and lightly mash – leaving some lumps of potato.
3. Whilst potatoes are cooking, microwave peas for 2 minutes.
4. Drain salmon and flake with a fork.
5. Finely chop parsley.
6. Add peas, salmon, lemon rind, lemon juice, chives, chopped parsley and half the breadcrumbs to the potato. Shape into 4 patties.
7. Coat patties in remaining breadcrumbs.
8. Spray a large frying pan with oil. Heat over medium heat. Cook patties for 4–5 minutes each side or until golden and heated through.
9. Transfer to a plate lined with a paper towel. Serve with lemon wedges and salad.

ALTERNATIVES

- ▶ Swap potato for sweet potato
- ▶ Swap salmon for tuna
- ▶ Add grated carrot and/or zucchini

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Desiree potatoes	200g	\$0.80
Peas - frozen	¼ cup	\$0.10
Pink salmon	200g can	\$3.22
Lemon	1	\$0.80
Flat- leaf parsley	1 bunch - fresh 1 tablespoon	\$2.98 \$0.75
TOTAL for 2 serves		\$ 5.67

Pantry Items		
Cooking oil	Spray can	\$3.24
Breadcrumbs	250g – premade Home – made	\$2.14 \$0.75
Chives - dried	10g shaker	\$2.27
Pantry Total		\$7.65



PER SERVE
\$1.84

Recipe - Serves 4

INGREDIENTS

- ▶ 400g can of tuna in spring water, drained
- ▶ 2 spring onions, sliced finely
- ▶ 1 cup breadcrumbs
- ▶ 1 tablespoon canola or olive oil
- ▶ 2 eggs beaten
- ▶ 1 stick celery, chopped finely
- ▶ 1-2 teaspoons sweet chilli sauce

EQUIPMENT

- ▶ 1 mixing bowl
- ▶ 1 measuring spoon
- ▶ 1 sharp knife
- ▶ 1 cutting board
- ▶ 1 whisk
- ▶ 1 peeler
- ▶ 1 measuring cup
- ▶ 1 frying pan

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Tuna in spring water	400g can	\$5.74
Spring onions	2	\$0.25
Breadcrumbs	1 cup	\$0.21
Canola or olive oil	1 tablespoon	\$0.05
Eggs	2	\$0.80
Celery	1 stick	\$0.20
Sweet chilli sauce	1-2 teaspoons	\$0.10
Total for 4 serves		\$ 7.35

METHOD

1. Using a fork, break the tuna into flakes. Combine with egg, spring onions, sweet chilli sauce, celery and breadcrumbs.
2. Make into patties about the size of an egg.
3. Heat a little of the oil in a frying pan and cook in batches until golden brown, about two minutes each side.

These are great served hot straight from the pan. For a snack, pop in a wholegrain dinner roll with lettuce, tomato and low fat cheese.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chicken	500g	\$5.50
Red onion	1 small	\$0.80
Capsicum	1	\$1.50
Wholemeal tortillas	X 6	\$3.80
Lettuce	2 cups	\$1.50
Tomatoes	2	\$1.86
Cheese- low fat	½ cup	\$1.35
Burrito mix packet	40g	\$2.03
TOTAL for 6 serves		\$ 18.34

PER SERVE
\$3.06

Recipe – Serves 6

INGREDIENTS

- ▶ 500g chicken breast fillet, cubed
- ▶ 1 red onion, thinly sliced
- ▶ 1 red capsicum, diced
- ▶ 2 cups shredded lettuce
- ▶ 2 tomatoes, diced
- ▶ ¾ cups low fat cheese, grated
- ▶ Cooking oil spray
- ▶ 1 burrito mix packet
- ▶ 1 cup water
- ▶ 6 wholemeal tortillas

EQUIPMENT

- ▶ Peeler
- ▶ Chopping knives
- ▶ Chopping board
- ▶ Large pot with lid
- ▶ Masher
- ▶ Frying pan with lid
- ▶ Stirring spoon
- ▶ Baking dish

METHOD

1. Remove skin from chicken and cut into cube size pieces.
2. Thinly slice onion, dice capsicum, shred lettuce, dice tomatoes and grate cheese.
3. Spray a frying pan with oil. Add chicken pieces and cook over medium heat, stirring, for 5 minutes, until browned.
4. Add capsicum and cook until soft.
5. Add burrito mix and 1 cup of water and cook for another 3-5 minutes.
6. Meanwhile, microwave tortillas on HIGH for 10 seconds, to warm.
7. Spread chicken mixture along middle of each tortilla.
8. Top with lettuce, cheese and tomatoes.
9. Wrap opposite ends of tortilla over mixture, fold in remaining ends and carefully turn over, so seam is facing down.

OPTIONAL

Serve with guacamole and light sour cream/natural yoghurt.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chicken	400g	\$4.40
Chilli	1 large	\$0.15
Carrot	2	\$0.80
Capsicum	1	\$1.75
Egg	2	\$0.80
Bean Sprouts	1 cup	\$1.90
Peanuts	20g	\$0.50
Spring onions	6	\$1.00
Flat rice noodles	350g	\$1.60
Total for 4 serves		\$ 12.90

Pantry Items

Cooking oil	Spray can	\$3.24
Soy sauce – reduced salt	600ml	\$8.24
Rice - Basmati	2kg	\$6.82
Honey	375ml	\$4.88
Fish sauce	210ml	\$3.24
Garlic - minced	250g	\$1.51
Lemon juice	500	\$1.79
Pantry Total		\$ 29.72

PER SERVE
\$3.23

Recipe - Serves 4

INGREDIENTS

- ▶ 2 tablespoons reduced salt soy sauce
- ▶ 3 teaspoons honey
- ▶ 1 ½ teaspoon fish sauce
- ▶ 1 tablespoons lemon juice
- ▶ 2 small carrots, chopped
- ▶ 1 red capsicum, chopped
- ▶ 6 spring onions, thickly sliced
- ▶ 400g skinless chicken breast
- ▶ 1 large red chilli, seeded, chopped
- ▶ 2 teaspoons minced garlic
- ▶ 350g flat rice noodles
- ▶ 2 eggs, lightly beaten
- ▶ 1 cup bean sprouts
- ▶ To serve: Coriander 20g of chopped peanuts or cashews
- ▶ Canola cooking oil spray

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Mixing bowls
- ▶ Teaspoon
- ▶ Measuring cups
- ▶ Frying pan or Wok
- ▶ Spatula

METHOD

1. In a small bowl, whisk together soy sauce, honey, lemon juice, fish sauce and 2 tablespoons water.
2. Prepare all vegetables, chop carrots, capsicum and spring onions.
3. Chop chicken into strips.
4. Spray a wok or large frying pan with oil.
5. Add garlic and chilli and stir-fry over high heat for 20 seconds.
6. Add chicken and stir fry until golden – approx 5 minutes and remove from pan.
7. Add all the vegies to the pan and a splash of water and stir-fry for 2 minutes. Remove from pan and lower heat to medium.
8. Prepare flat rice noodles as recommended on the packet.
9. Spray pan with a little more oil, add eggs and heat gently for 30 seconds. Gently 'scramble' eggs with a spoon for a further 30 seconds.
10. Add chicken and vegetables to scrambled egg mixture. Stir until combined.
11. Add the fish sauce mixture to the pan and cook for a further 1 minute, until heated through.
12. Top with bean sprouts, coriander leaves and peanuts/cashews.

Optional: Replace chicken with fish, beef or prawns
 Replace spring onion with red onion to reduce cost
 Serve with rice instead of flat rice noodles



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chicken – breast fillets	600g	\$6.60
Spinach leaves	60g	\$1.50
Italian tomato sauce	400g	\$1.73
Mozzarella cheese – low fat	½ cup	\$0.70
Green salad	4 cups	\$3.00
Egg	2	\$0.80
Onion	1	\$0.40
Total for 4 serves		\$ 14.73

Pantry Items

Cooking oil	Spray can	\$3.24
Pepper	Grinder	\$3.79
Breadcrumbs	250g - premade ½ loaf wholemeal bread	\$2.14
		\$0.75
Olive oil	500ml	\$6.39
Basil	1 bunch	\$2.48
Garlic	250g	\$1.51
Plain flour	1kg	\$0.95
Pantry Total		\$19.11

PER SERVE
\$3.69

Recipe – Serves 4

INGREDIENTS

- ▶ 1 onion, finely chopped
- ▶ 1 handful fresh basil, chopped
- ▶ 3 tablespoons olive oil
- ▶ 2 teaspoons garlic
- ▶ 1 400g jar tomato sauce
- ▶ Black pepper
- ▶ 4 100g skinless chicken breast fillets (skin off)
- ▶ 2 eggs
- ▶ 1 cup breadcrumbs
- ▶ ¼ cup plain flour
- ▶ 60g baby spinach leaves
- ▶ ½ cup grated light mozzarella cheese
- ▶ Cooking oil spray
- ▶ Green salad, to serve

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Measuring cups
- ▶ Frying pan
- ▶ Baking tray
- ▶ Baking paper

METHOD

1. Heat oven to 180°C fan forced. Line a baking tray with baking paper and set aside.
2. Chop onion and basil.
3. Heat a saucepan over medium heat and add 1 tablespoon olive oil. Add onion and cook gently until softened.
4. Add garlic and stir for 1 minute.
5. Add jar tomato sauce and basil. Simmer for 10 minutes.
6. Season with pepper. Set aside.
7. Gently pound chicken breasts between two sheets of cling film until they are of even thickness. Coat lightly in plain flour and shake off excess. Beat eggs and dip breasts into egg wash, then coat in breadcrumbs.
8. Heat frying pan over medium heat. Add 2 tablespoons olive oil and heat.
9. Add chicken breasts and cook for 3 minutes on each side.
10. You may need to cook in batches. Remove chicken when cooked and drain on paper towels.
11. Place on baking tray and top with spinach, tomato sauce and cheese and bake for 15 minutes or until cheese is completely melted.
12. Serve with a simple salad.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chicken breast fillet	400g	\$4.40
Tomato	1	\$0.88
Red onion	½	\$0.35
Kalamata olives- pitted	¼ cup	\$0.45
Fetta- reduced fat	50g	\$1.50
Parsley leaves	1 bunch	\$2.98
	¼ cup	\$0.75
Pita bread	4	\$1.50
Lettuce leaves	1 cup	\$0.48
Tzatziki dip – reduced fat	2 tablespoons	\$0.30
Total for 4 serves		\$ 10.61

Pantry Items

Red wine vinegar	500ml	\$3.68
Lemon juice	500ml	\$1.79
Oregano	10g shaker	\$1.94
Thyme	18g shaker	\$2.38
Olive oil	500ml	\$6.39
Pantry Total		\$16.18

PER SERVE
\$2.66

Recipe – Serves 4

INGREDIENTS

- ▶ 1½ teaspoons red wine vinegar
- ▶ ½ tablespoon lemon juice
- ▶ ½ tablespoon oregano
- ▶ ½ tablespoon thyme
- ▶ 2 tablespoons (30ml) extra virgin olive oil
- ▶ 2 small (200g) chicken breast fillets
- ▶ 1 tomato, cut into thin wedges
- ▶ ½ red onion, cut into thin wedges
- ▶ ¼ cup (10) pitted Kalamata olives
- ▶ 50g reduced fat feta, crumbled
- ▶ ¼ cup flat-leaf parsley leaves
- ▶ 1 cup lettuce leaves
- ▶ 4 pita bread wraps, warmed
- ▶ 2 tablespoons low fat/ skinny Tzatziki dip

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Tablespoon
- ▶ Teaspoon
- ▶ Frying pan
- ▶ Foil

METHOD

1. Mix the vinegar, lemon juice, oregano, and thyme in a bowl.
2. Slowly whisk in the oil (2 tablespoons into another dish for the salad for later).
3. If chicken breast has skin on, remove before cooking.
4. Place chicken in the bowl (with most of the dressing). If you have time let chicken marinate in dressing for 1 hour.
5. Heat a frypan over medium-high heat and cook the chicken for 3-4 minutes each side or until golden and cooked through.
6. Place on a plate and rest, loosely covered with foil.
7. Meanwhile, cut the tomato and onion into wedges.
8. Toss the tomato, onion, olives, feta, parsley and remaining dressing in a bowl.
9. Place pita bread into microwave for one minute or warm in oven for 5 minutes.
10. Slice the chicken thickly and add to salad mix, then toss gently to combine.
11. Spread pita bread with tzatziki dip, then serve with chicken, salad mix and lettuce.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chicken	400g	\$4.40
Onion	1	\$0.80
Carrot	1	\$0.40
Tomato puree – no added salt	410g can	\$1.57
Peas	½ cup	\$0.80
Diced tomato	400g	\$1.50
Sweet potato	1	\$1.00
Cauliflower	½	\$0.94
Total for 4 serves		\$ 11.41

Pantry Items

Olive Oil	500ml	\$6.39
Ginger – minced	250g	\$2.70
Rice – Basmati	2kg	\$6.82
Curry powder	50g sachet	\$1.94
Sugar	1kg	\$1.19
Garlic – minced	250g	\$1.51
Coriander	1 bunch	\$2.98 bunch
Chilli powder	30g	\$2.66
Evaporated skim milk	375ml	\$2.80
Pantry Total		\$ 28.99

PER SERVE
\$2.85

Recipe – Serves 4

INGREDIENTS

- ▶ 1 small sweet potato
- ▶ ½ cup coriander, roughly chopped
- ▶ 1 onion, chopped
- ▶ 1 carrot, thinly sliced
- ▶ ½ cauliflower, cut into small florets
- ▶ 1 chicken breast, chopped
- ▶ 2 teaspoons minced garlic
- ▶ 2 teaspoons minced ginger
- ▶ 2 teaspoons curry powder
- ▶ ½ teaspoon chilli powder
- ▶ 410g tomato puree (no added salt)
- ▶ 400g diced tomatoes
- ▶ 1 cup peas
- ▶ 1 cup water
- ▶ ½ cup light evaporated skim milk
- ▶ 2 tablespoons olive oil

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Measuring cups
- ▶ Pot
- ▶ Frying pan or wok
- ▶ Spatula

METHOD

1. Peel and chop sweet potato and add to a pot of boiling water. Cook until just tender.
2. Meanwhile, roughly chop coriander, onion, cut carrots into thin slices and cauliflower into small florets.
3. Remove skin and chop chicken into small pieces.
4. Heat oil in a frypan and add garlic, onion, ginger and coriander. Stir fry until onion is brown.
5. Add chicken and cook until chicken is golden (approximately 5-8 minutes).
6. Add curry powder, chilli, tomato puree, tinned tomatoes, 1 cup water.
7. OPTIONAL: add ½ cup light evaporated milk.
8. Then add cooked sweet potato, carrots, cauliflower, and peas and simmer for 5-10 minutes.
9. Serve with 3 cups cooked rice.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chickpeas	1½ cups/200g	\$1.19
Turkey mince	150g	\$1.80
Egg	1	\$0.40
Carrot	1	\$0.40
Red onion	1	\$0.70
Brown onion	½	\$0.20
Beetroot slices	100g (4 slices)	\$0.40
Cos lettuce leaves	2 large	\$0.30
Multigrain bread rolls	2	\$1.40
Tomato salsa	4 tablespoons	\$0.60
Zucchini	1	\$1.15
Total for 2 serves		\$ 8.54

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Wholemeal breadcrumbs	250g – premade ½ loaf wholemeal bread	\$2.14 \$0.75
Pantry Total		\$ 5.38

PER SERVE
\$4.27

Recipe – Serves 2

INGREDIENTS

- ▶ ½ brown onion, finely chopped
- ▶ 1 red onion, cut into 1cm thick rings
- ▶ Cos lettuce leaves
- ▶ 1 carrot, grated
- ▶ 1 zucchini, grated
- ▶ 200g no-added-salt chickpeas, rinsed and mashed
- ▶ 150g turkey mince
- ▶ 3 tablespoons breadcrumbs
- ▶ 1 egg
- ▶ Cooking oil spray
- ▶ 4 beetroot slices
- ▶ 2 multigrain bread rolls
- ▶ 4 tablespoons tomato salsa, to serve

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Masher
- ▶ Tablespoon
- ▶ Measuring cup
- ▶ Grater
- ▶ Can opener
- ▶ Frying pan

METHOD

1. Prepare vegetables; finely chop the brown onion, cut the red onion into 1 cm thick rings, wash lettuce leaves and grate carrot and zucchini.
2. In a large bowl, mash chickpeas, and add the mince, grated zucchini, onions, breadcrumbs and egg.
3. Using your hands, shape the mixture into 2 patties, approximately 1.5cm thick.
4. Refrigerate, covered, for 15 minutes to firm.
5. Meanwhile, spray a frying pan with oil. Over medium-high heat, cook patties for 4–5 minutes each side, or until cooked through (75°C). Remove and keep warm.
6. Spray pan with more oil and cook red onion for 2 minutes each side.
7. Place cos lettuce, grated carrot, sliced beetroot on the base of each bun. Serve topped with a patty, onion rings and 2 tablespoons of tomato salsa.

OPTIONAL

Hide other vegetables in the turkey patty, including;

- ▶ Mushrooms
- ▶ Corn
- ▶ Carrot, grated
- ▶ Parsley



PER SERVE
\$1.38

Recipe – Serves 4

INGREDIENTS

- ▶ 350g grated zucchini
- ▶ 1 cup grated tasty cheese
- ▶ 1 large onion, chopped
- ▶ 3 rashers turkey bacon, chopped
- ▶ 1/2 cup parsley, chopped
- ▶ 1/2 cup oil
- ▶ 1 cup self raising flour
- ▶ 5 eggs, lightly beaten
- ▶ Pepper

Optional: can use capsicum and carrot

EQUIPMENT

- ▶ 1 grater
- ▶ 1 mixing bowl
- ▶ 1 measuring spoon
- ▶ 1 sharp knife
- ▶ 1 peeler
- ▶ 1 measuring cup
- ▶ 1 slice tin

Ingredient Costs

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Zucchini	350g	\$1.20
Tasty cheese	1 cup	\$2.60
Turkey bacon	3 rashers	\$0.90
Parsley	½ cup	\$0.74
Oil	½ cup	\$0.50
Self raising flour	1 cup	\$0.36
Eggs	5 eggs	\$2.00
Pepper	To taste	
Total for 6 serves		\$ 8.30

METHOD

1. Mix all ingredients together and place into slice tin and bake at 180C for 45 mins. If fan forced oven, check that it does not overcook.
2. Can be served cold.

Note - Can use normal bacon if preferred



PER SERVE
\$2.72

Recipe – Serves 4

INGREDIENTS

- ▶ 400g can red kidney beans, rinsed, drained
- ▶ 1 zucchini, trimmed, finely diced
- ▶ 1 cup low fat grated cheddar cheese
- ▶ 1 cup corn kernels, drained
- ▶ 8 flour tortillas
- ▶ Pepper to taste
- ▶ Cooking oil spray
- ▶ 2 large tomatoes, diced

- ▶ Optional: Large green salad to serve

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Grater
- ▶ Measuring cups
- ▶ Saucepan
- ▶ Baking tray
- ▶ Oven proof dishes/plates x 4
- ▶ Stirring spoon

METHOD

1. Drain and rinse red kidney beans.
2. Trim and finely dice zucchini.
3. Grate cheese.
4. Sprinkle a tortilla with one quarter of beans, corn, zucchini and cheese. Season with pepper and place another tortilla on top (creating a sandwich).
5. Repeat the above steps with the remaining tortillas.
6. Heat a large frying pan over medium-high heat and spray with oil. Add 1 quesadilla and cook for 2 minutes, until golden.
7. Carefully turn quesadilla out onto a large plate. Slide back into pan and cook other side for a further 2 minutes, until golden. Repeat with remaining quesadillas.
8. Cut quesadillas into quarters and top with diced tomato.

OPTIONAL

Serve with a green salad

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Red kidney beans	400g can	\$1.19
Corn kernels	1 cup canned	\$1.07
Tortilla	8	\$2.88
Cheese -reduced fat	1 cup	\$2.70
Tomatoes	2	\$1.86
Zucchini	1	\$1.20
Total for 4 serves		\$ 10.90

Pantry Items		
Pepper	Grinder	\$3.79
Cooking Oil	Spray can	\$3.24
Pantry Total		\$ 7.03



PER SERVE
\$2.66

Recipe – Serves 2

INGREDIENTS

- ▶ 1 sweet potato
- ▶ ¼ cup coriander leaves
- ▶ ½ medium onion, finely chopped
- ▶ 1 teaspoon olive oil
- ▶ 1 teaspoon cumin/ground cumin
- ▶ 1 teaspoon mustard seeds
- ▶ 1 teaspoon turmeric powder
- ▶ 1 teaspoon minced garlic
- ▶ 1 red chilli – deseeded and finely chopped
- ▶ ½ can of chickpeas, drained and rinsed
- ▶ ½ cup of light evaporated milk
- ▶ ¼ teaspoon coconut essence

EQUIPMENT

- ▶ Peeler
- ▶ Chopping knives
- ▶ Chopping board
- ▶ Teaspoon
- ▶ Measuring cups
- ▶ Frying pan with lid
- ▶ Stirring spoon

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chickpeas	½ can	\$0.60
Sweet potato	1	\$2.00
Onion	½	\$0.36
Evaporated milk	½ cup	\$1.30
Red chilli	1	\$0.30
Coriander	Bunch ¼ cup	\$2.98 \$0.50
Olive oil	1 teaspoon	\$0.10
Minced garlic	1 teaspoon	\$0.15
Total for 2 serves		\$ 5.31

Pantry Items

Ground cumin	1 sachet	\$3.14
Mustard seeds	1 sachet	\$1.23
Turmeric	1 sachet	\$1.24
Coconut essence	1 bottle	\$1.22
Pantry Total		\$6.83

METHOD

1. Peel sweet potato and cut into cubes, then microwave/boil until soft.
2. Finely chop coriander leaves and onion.
3. Heat a small amount of oil in a pan and fry cumin and mustard seeds until fragrant.
4. Add turmeric, onion, garlic, chilli and finely chopped coriander.
5. When onion is cooked, add sweet potato, chickpeas, evaporated milk and coconut essence.
6. Cook for about 10 minutes or until mixture has reduced to a creamy consistency.
7. Serve with rice.

NUTRITION NOTE:

Excellent low Glycaemic Index vegetarian recipe. A great introduction to legumes.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Onion	½	\$0.36
Red lentils	1 cup	\$1.20
Total for 4 serves		\$1.56
Pantry Items		
Olive Oil	500ml	\$6.39
Black mustard seeds	25g	\$1.23
Curry powder	50g sachet	\$1.94
Turmeric	25g	\$1.24
Garlic – minced	250g	\$1.51
Pantry Total		\$ 12.31

PER SERVE
\$0.39

Recipe – Serves 4

INGREDIENTS

- ▶ ½ medium sized onion, sliced
- ▶ 2 tablespoons of olive oil
- ▶ 1 teaspoon black mustard seeds
- ▶ 5 teaspoons minced garlic
- ▶ 1 cup of red lentils
- ▶ 2 ½ cups of water
- ▶ ¼ teaspoon turmeric
- ▶ 2 teaspoons curry powder

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Measuring Cups
- ▶ Pot
- ▶ Stirring spoon

METHOD

1. Slice onion.
2. Heat olive oil in pan.
3. Add onions and cook for 1 minute.
4. Add mustard seeds and garlic.
5. When onions are transparent and spices are fragrant add lentils and stir for 30 seconds.
6. Add water, turmeric, curry powder to taste.
7. Cook on a slow heat for 5-10 mins until the lentils are soft. Extra water can be added but keep checking for consistency.

OPTIONAL

Tastes great served with basmati rice, pappadums and riata (natural yoghurt mixed with diced cucumber and mint)



PER SERVE
\$2.18

Recipe – Serves 6

INGREDIENTS

- ▶ 1 packet of wholemeal pasta (500g)
- ▶ 1 large onion, finely diced
- ▶ 2 cloves crushed garlic
- ▶ 1 large zucchini, finely diced
- ▶ 1 carrot, finely diced
- ▶ 1 tablespoon of olive oil
- ▶ 1 can of cannellini beans, drained
- ▶ 1 small tub (approx 120g) tomato paste
- ▶ 1 can chopped tomatoes
- ▶ 1 teaspoon of mixed herbs
- ▶ 200g grated low fat mozzarella cheese
- ▶ Ground black pepper

EQUIPMENT

- ▶ Peeler
- ▶ Chopping knives
- ▶ Large pot with lid
- ▶ Frying pan with lid
- ▶ Stirring spoon
- ▶ Baking dish

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Packet wholemeal pasta	500g	\$1.50
Zucchini	1 large	\$1.20
Onion	1 large	\$0.72
Carrot	1	\$0.40
Cannellini beans	1 can	\$1.10
Crushed garlic	2 cloves	\$0.30
Olive oil	2 tablespoons	\$0.20
Tomato paste	120g	\$0.86
Chopped tomatoes	1 can	\$1.50
Mixed herbs	1 teaspoon	\$0.10
Low fat mozzarella cheese	200g	\$5.20
Ground black pepper	Pinch	\$0.05
Total for 6 serves		\$ 13.13

METHOD

1. Cook pasta according to directions on packet, drain and set aside.
2. Sauté the onion, garlic, zucchini and carrot together in a pan together with the olive oil.
3. Add the cannelloni beans, tomato paste, chopped tomatoes and mixed herbs and cook until heated through. Season to taste.
4. Add the sauce to the drained pasta and mix together.
5. Stir in about three quarters of the grated cheese.
6. Transfer into a baking dish and sprinkle the remaining cheese on top.
7. Bake in a 180C oven for 30 minutes or until the cheese is nicely browned.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Passata	1 ½ cups (370ml)	\$1.19
Diced tomatoes	1 can	\$1.50
Four bean mix	750g can	\$3.03
Avocado	1	\$1.99
Pumpkin	300g	\$1.91
Wholemeal tortilla	X4	\$1.92
Cheese- reduced fat	½ cup	\$1.35
Natural Yoghurt	⅓ cup	\$0.55
Total for 4 serves		\$ 13.44
Pantry Items		
Mexican spice mix	30g	\$2.94
Cooking oil	Spray can	\$3.24
Pantry Total		\$ 6.18

PER SERVE
\$3.36

Recipe - Serves 4

INGREDIENTS

- ▶ 300g pumpkin, grated
- ▶ 750g can four-bean mix, rinsed
- ▶ 1 ½ cups (370ml) passata
- ▶ 400g can diced tomatoes – no added salt
- ▶ 3 teaspoon Mexican spice mix
- ▶ 4 wholegrain tortillas
- ▶ ½ cup grated reduced fat cheddar
- ▶ ⅓ cup low fat natural yoghurt
- ▶ Cooking oil spray
- ▶ 1 avocado

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Grater
- ▶ Measuring cups
- ▶ Saucepan
- ▶ Baking tray
- ▶ Oven proof dishes/plates x 4
- ▶ Stirring spoon

METHOD

1. Grate pumpkin and rinse four bean mix.
2. Place a medium saucepan over high heat.
3. Add passata, tinned tomatoes, beans, spice and pumpkin to saucepan.
4. Stir, and bring to boil.
5. Reduce heat and simmer covered for 10-15minutes or until vegies are very tender (add water if sauce reduces).
6. Meanwhile, preheat oven to 200C.
7. Cut tortillas into triangles to make 'chips' and lightly spray with oil.
8. Place onto two baking trays.
9. Bake for 10-12 minutes or until crisp and golden.
10. Remove chips from oven and layer with bean mixture and cheese then place back in oven for 3-5 minutes, until cheese is melted.
11. Meanwhile, chop tomato and prepare avocado.
12. Remove chips from oven and top with avocado, and yoghurt/light sour cream.

Optional: Add fresh chilli for a bit of spice



PER SERVE
\$1.97

Recipe – Serves 4

INGREDIENTS

- ▶ 500g pumpkin, peeled and diced
- ▶ 2L water
- ▶ 2 reduced salt stock cubes
- ▶ 1 onion, finely chopped
- ▶ 2 teaspoon minced garlic
- ▶ 1 bunch asparagus, trimmed and chopped
- ▶ 1 ½ cups Arborio rice
- ▶ ¼ cup parmesan cheese
- ▶ 1 tablespoon olive oil

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Tablespoon
- ▶ Measuring cups
- ▶ Pot
- ▶ Spatula
- ▶ Baking tray
- ▶ Baking paper

METHOD

1. Preheat oven to 180°C.
2. Peel and dice pumpkin.
3. Place peeled and diced pumpkin onto a baking tray lined with baking paper. Bake for 20 minutes, until tender.
4. Place water and 2 stock cubes in a medium saucepan. Bring to the boil over high heat and ensure stock cubes break up.
5. Reduce heat to low and keep simmering until needed.
6. Meanwhile finely chop onion and asparagus.
7. Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook stirring, for 5 minutes, until softened.
8. Add rice and cook, stirring, for 1 minute.
9. Add 1 cup stock to rice mixture. Cook, stirring, until stock has been absorbed.
10. Repeat with remaining stock, adding 1 cup at a time, until all liquid is absorbed and rice is tender and creamy.
11. Add the chopped asparagus with the last 1 cup of stock.
12. Fold pumpkin and parmesan into risotto before serving. Garnish with extra parmesan, if desired.

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Onion	1	\$0.80
Pumpkin	500g	\$2.79
Asparagus	1 bunch	\$2.98
Arborio rice	1 ½ cups	\$0.60
Parmesan cheese	¼ cup	\$0.69
Total for 4 serves		\$ 7.86

Pantry Items

Olive oil	500ml	\$6.39
Ginger – minced	250g	\$2.70
Stock cubes	150g	\$2.81
Pantry Total		\$ 11.90



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Onion, white	½	\$0.25
Pumpkin	500g	\$2.79
Sweet potato	½	\$0.90
Carrot	1	\$0.30
Cannellini beans	½ 400g can	\$0.55
Minced garlic	1 teaspoon	\$0.15
Vegetable stock cube	1	\$0.25
Total for 2 serves		\$ 5.19

Pantry Items

Coriander	Bunch sprig	\$2.48
		\$0.50
Natural yoghurt - light	2 tablespoons	\$0.25
Walnuts	¼ cup	\$0.24
Multigrain roll	2 rolls	\$0.70
Pantry Total		\$ 3.67

PER SERVE
\$2.60

Recipe – Serves 2

INGREDIENTS

- ▶ ½ onion, roughly chopped
- ▶ 500g pumpkin, chopped into large pieces
- ▶ ½ sweet potato
- ▶ 1 carrot
- ▶ 1 teaspoon minced garlic
- ▶ ½ can cannellini beans, drained, rinsed
- ▶ 1 salt reduced vegetable stock cube
- ▶ Water – enough to cover vegetables in pot

Optional Ingredients

- ▶ Pepper (to taste)
- ▶ 1 teaspoon Nutmeg or 1 teaspoon Sumac or 1 teaspoon honey
- ▶ 1 tablespoon coriander leaves (garnish)
- ▶ 2 tablespoons natural yoghurt (low fat)
- ▶ Walnuts, roughly copped
- ▶ Multigrain bread or roll

EQUIPMENT

- ▶ Chopping knives
- ▶ Chopping board
- ▶ Large pot with lid
- ▶ Stirring spoon
- ▶ Strainer
- ▶ Blender
- ▶ Soup ladle
- ▶ Tablespoon
- ▶ Teaspoon

METHOD

1. Roughly chop onion.
2. Add onion to a pan and dry fry in a large pot until golden brown; ensure you keep stirring to prevent onion burning.
3. Meanwhile, chop pumpkin, carrot and sweet potato into large pieces (if time permits roast these vegetables until soft).
4. Add garlic to onion and stir.
5. Add pumpkin, sweet potato, carrot and ½ can cannellini beans (drained and rinsed) to the pot.
6. Add enough water to cover all the vegetables in the pot.
7. Crumble stock cube into the water.
8. Bring the water to boil and cook vegetables until they are soft (approximately 20-30 minutes).
9. Take pan off heat and blend all ingredients together.

Optional

10. Add herbs and spices to taste.
11. Add a dollop of natural yoghurt and/or sprinkle with walnuts and/or coriander.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Onion, red	1	\$0.70
Pumpkin	500g	\$2.79
Broccoli	1 small head	\$2.70
Green beans	200g	\$2.00
Water chestnuts	225g can	\$1.40
Evaporated milk – light	½ cup	\$1.87
Coriander	Bunch	\$2.98
Total for 4 serves		\$ 14.44

Pantry Items

Cooking oil	Spray can	\$3.24
Rice	2kg	\$6.82
Coconut essence	50ml	\$1.22
Curry paste	1 jar	\$4.05
Pantry Total		\$ 15.33

PER SERVE
\$3.61

Recipe – Serves 4

INGREDIENTS

- ▶ 1 red onion, thinly sliced
- ▶ 500g pumpkin, peeled, cut into 2cm pieces
- ▶ 200g green beans, trimmed and halved
- ▶ 1 small head broccoli
- ▶ Canola cooking oil spray
- ▶ 3 tablespoons red curry paste
- ▶ 225g water chestnuts, drained, sliced
- ▶ ½ cup light evaporated milk
- ▶ ½ teaspoon coconut essence
- ▶ ¼ cup chopped coriander leaves
- ▶ 4 cups cooked rice, to serve

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Frying pan
- ▶ Saucepan
- ▶ Teaspoon
- ▶ Measuring cups
- ▶ Spatula

METHOD

1. Thinly slice onion.
2. Peel and chop pumpkin into 2cm pieces.
3. Trim and halve green beans.
4. Chop broccoli into smaller florets.
5. Add pumpkin to a saucepan of water. Bring to the boil, reduce heat, cover and simmer over medium-low heat for 10–15 minutes or until pumpkin is tender.
6. Spray a large frying pan with oil and place over medium heat.
7. Add onion and cook for 5 minutes, until soft.
8. Add curry paste and stir for 1 minute.
9. Add green beans, pumpkin and broccoli cook over medium heat for 5 minutes, until just tender.
10. Add water chestnuts, evaporated milk and coconut essence and cook for a further 3 minutes, or until hot.
11. Scatter with coriander and serve with rice.

OPTIONAL

Use yellow curry paste instead of red for a less spicy dish.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Rice	2 cups	\$0.60
Onion	1 small	\$0.80
Capsicum	1	\$1.50
Kidney beans	400g can	\$1.19
Tortillas	X 8	\$3.80
Salsa	½ cup	\$1.19
Cheese- low fat	½ cup	\$1.35
Total for 4 serves		\$ 10.43

PER SERVE
\$2.61

Recipe – Serves 4

INGREDIENTS

- ▶ 2 cups cooked rice
- ▶ 1 small chopped onion
- ▶ 1 green/red capsicum
- ▶ 400g can kidney beans
- ▶ 8 (10 inch) flour tortillas
- ▶ 1/2 cup salsa
- ▶ 1/2 cup grated low fat cheese

EQUIPMENT

- ▶ Peeler
- ▶ Chopping knives
- ▶ Chopping board
- ▶ Large pot with lid
- ▶ Masher
- ▶ Frying pan with lid
- ▶ Stirring spoon
- ▶ Baking dish

METHOD

1. Cook rice – as per instructions.
2. Meanwhile, preheat the oven to 150C.
3. Peel the onion, and chop it into small pieces.
4. Chop the capsicum into small pieces.
5. Drain the liquid from the kidney beans.
6. Mix the rice, chopped onion, capsicum and beans in a bowl.
7. Put each tortilla on a flat surface.
8. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
9. Fold the sides of the tortilla to hold the rice and beans.
10. Put each filled tortilla (burrito) in the baking pan.
11. Bake for 15 minutes.
12. While the burritos are baking, grate 1/2 cup cheese.
13. Pour the salsa over the baked burritos. Add cheese.
14. Serve the burritos warm.

OPTIONAL

Tasty tip: for added fun, make up your own salsa by pan frying half a green capsicum (diced into 1cm pieces) and half a diced onion then mixing in a can of diced tomatoes.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Corn kernels	200g can	\$1.07
Capsicum	½	\$1.15
Onion	1	\$0.80
Chickpeas -canned	150g	\$1.27
Eggs	2	\$0.80
Diced tomatoes	400g can	\$1.51
Minced garlic	1 teaspoon	\$0.15
Total for 2 serves		\$ 6.75

Pantry Items

Cooking oil	Spray can	\$3.24
Pepper	grinder	\$3.79
Ginger	1	\$1.20
Brown sugar	500g	\$1.83
Cumin	1 sachet	\$3.14
Self raising flour	1kg	\$0.95
Chilli	1 sachet	\$2.66
Pantry Total		\$ 16.81

PER SERVE
\$3.38

Recipe – Serves 2

INGREDIENTS

- ▶ Fritters
- ▶ 1 onion, finely chopped
- ▶ ½ red capsicum, finely diced
- ▶ 150g canned chickpeas, rinsed, drained, mashed
- ▶ 2 eggs, lightly beaten
- ▶ ½ cup self raising flour
- ▶ 200g can corn kernels, drained
- ▶ Cooking oil spray

Tomato Chutney

- ▶ 400g tinned tomatoes
- ▶ 1 teaspoon minced garlic
- ▶ 1 ½ tablespoons brown sugar
- ▶ 1 tablespoon grated ginger
- ▶ 1 teaspoon cumin
- ▶ Small pinch of ground chilli

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Measuring cup
- ▶ Frying pan
- ▶ Spatula
- ▶ Food processor

METHOD

Fritters

1. Chop onion and fry with a light spray of oil until golden brown.
2. Meanwhile, chop capsicum.
3. Drain, rinse and mash chickpeas.
4. Lightly beat eggs in a bowl. Add flour and mix.
5. Combine chopped capsicum, cooked onions, mashed chickpeas, drained corn with egg mixture.
6. Heat a large non-stick frying pan over medium heat. Spray with oil.
7. Scoop 1/3 cup of mixture into pan. Repeat with remaining mixture for a total of 4 fritters. Cook for 3–4 minutes each side or until golden. Cook in batches if needed.
8. Serve with tomato chutney (optional cottage cheese, rice and salad).

Tomato Chutney

1. Combine 400g tinned tomatoes, 1 chopped garlic clove, 1 1/2 tablespoons brown sugar, 1 tablespoon grated ginger and 1 teaspoon cumin and pinch of ground chilli.
2. Blend with a food processor.



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Zucchini	1 medium	\$1.15
Red onion	½	\$0.36
Red capsicum	½	\$1.15
Mushrooms	50g	\$0.55
Ricotta – reduced fat	150g	\$1.70
Artichoke hearts	¼ cup	\$1.00
Basil	¼ cup leaves	\$0.48
Garlic - minced	1 teaspoon	\$0.15
Filo pastry	4 sheets	\$0.86
Milk – reduced fat	1 tablespoon	\$0.15
Total for 2 serves		\$ 7.55

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Pepper	Grinder	\$3.79
Baking paper	15m roll	\$3.68
Pantry Total		\$ 10.71

PER SERVE
\$3.88

Recipe – Serves 2

INGREDIENTS

- ▶ 1 zucchini, thickly sliced
- ▶ ½ red onion, sliced
- ▶ ½ red capsicum, sliced
- ▶ 50g mushrooms, chopped
- ▶ Cooking oil spray
- ▶ 150g reduced fat ricotta
- ▶ ¼ cup artichoke hearts, drained
- ▶ ¼ cup basil leaves, chopped
- ▶ 1 teaspoon garlic, minced
- ▶ 4 sheets filo pastry
- ▶ 1 tablespoons reduced fat milk

EQUIPMENT

- ▶ 2 large oven trays
- ▶ Baking paper
- ▶ Cake pan
- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Grater
- ▶ Stirring spoon
- ▶ Beater
- ▶ Bowl

METHOD

Vegetable Filling

1. Preheat oven to 200°C. Line 2 large oven trays with non-stick baking paper.
2. Slice zucchini, onion, capsicum and mushrooms, place onto 1 oven tray and spray lightly with cooking oil.
3. Place in oven and bake for 10 - 15minutes.
4. Allow vegetable to cool slightly and place in a large bowl.
5. Add ricotta, artichokes, basil and garlic to bowl of cooked vegetables.

Pastry

1. Lay one sheet of pastry onto the other prepared oven tray.
2. Brush one sheet of pastry with milk. Layer pastry sheets on top of each other and repeat brushing with milk on every second sheet.
3. Cut pastry stack in half and stack again (so you have 8 layers of pastry).

Assembly

1. Spoon mixture over two thirds of pastry.
2. Roll up like a Swiss Roll.
3. Brush each roll with milk, sprinkle with pepper and place into the oven.
4. Bake at 200°C for 15-18 mins or until crisp and golden.
5. Slice in half and serve with salad greens.



PER SERVE
\$4.37

Recipe – Serves 6

INGREDIENTS

Napoli sauce

- ▶ 1 onion, diced
- ▶ Cooking oil spray
- ▶ 2 teaspoon minced garlic
- ▶ 3x 400g tins no-added-salt crushed tomatoes
- ▶ 1 tablespoon no-added-salt tomato paste
- ▶ 2 teaspoons ground black pepper

Ricotta sauce

- ▶ 500g fresh reduced-fat ricotta or cottage cheese
- ▶ 1 cup low-fat milk

Lasagne layers

- ▶ 240g pumpkin, thinly sliced
- ▶ 3 zucchini, thinly sliced
- ▶ 1 cup mushrooms, sliced
- ▶ 1 packet lasagne sheets
- ▶ 1 cup fresh basil, roughly chopped
- ▶ 1/2 cup cheese, grated
- ▶ 1 ½ cups baby spinach

METHOD

1. Preheat oven to 180°C.
2. Dice the onion.
3. Thinly slice pumpkin, zucchinis & mushrooms.
4. Roughly chop basil.

Napoli sauce

1. Spray a saucepan with oil and place over medium-high heat.
2. Add onion and garlic, and then cook for 1–2 minutes, until soft.
3. Add crushed tomatoes, tomato paste and pepper and simmer for 15–30 minutes.

Lasagne Layers

1. Meanwhile, place pumpkin, zucchini, mushrooms and garlic on a lined baking tray. Spray with oil and season with pepper.
2. Bake in oven for 20–30 minutes, until tender.

Ricotta Sauce

1. Combine ricotta and milk in a large bowl and mix together.
2. Add a little water if it's too thick. Set aside.

Lasagne Assembly

1. Spread a little Napoli sauce on the bottom of a baking dish.
2. Assemble lasagne layers in the following order: A thin layer of Napoli sauce. A layer of lasagne sheets, all of the baby spinach, sprinkle with some basil, all of the pumpkin, a third of the ricotta sauce and a layer of lasagne sheets, a thin layer of Napoli sauce, all of the mushrooms, sprinkle with some basil, a third of the ricotta sauce and a layer of lasagne sheets, a thin layer of Napoli sauce, all of the zucchini, the remainder of the Napoli sauce, a layer of lasagne sheets and the remainder of ricotta sauce, finish off with grated cheese.
3. Bake for 30 - 40 minutes, or until lasagne sheets are soft. Garnish with any extra chopped basil before serving.

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Onion	1	\$0.80
Garlic - minced	2 teaspoons	\$0.24
Crushed tomatoes- canned	3x 400g cans	\$3.00
Tomato paste	1 tablespoon	\$0.35
Ricotta – light	500g	\$5.74
Low fat milk	1 cup	\$0.32
Spinach	1 ½ cups	\$2.00
Pumpkin	240g	\$2.00
Zucchini	3	\$3.45
Lasagne	1 packet	\$2.22
Fresh basil	1 cup	\$1.30
Cheese	½ cup	\$4.00
Mushrooms	1 cup	\$0.80
Total for 6 serves		\$ 26.22

Pantry Items

Cooking oil	1 spray can	\$3.24
Pepper	55g	\$3.79
Pantry Total		\$ 7.03



INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Chickpeas	1.5 cups/200g	\$1.19
Egg	1	\$0.40
Carrot	1	\$0.40
Red onion	1	\$0.70
Brown onion	1	\$0.40
Beetroot slices	100g (4 slices)	\$0.40
Cos lettuce leaves	2 large	\$0.30
Multigrain bread rolls	2	\$1.40
Tomato salsa	4 tablespoons	\$0.60
Sweet potato	½	\$0.50
Total for 2 serves		\$ 6.29

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Wholemeal breadcrumbs	250g – premade ½ loaf wholemeal bread	\$2.14 \$0.75
Pantry Total		\$ 5.38

PER SERVE
\$3.15

Recipe – Serves 2

INGREDIENTS

- ▶ ½ sweet potato (250g), peeled, boiled, mashed
- ▶ 1 brown onion, thinly sliced
- ▶ 1 red onion, cut into 1cm thick rings
- ▶ Cos lettuce leaves
- ▶ 1 carrot, grated
- ▶ 200g no-added-salt chickpeas, mashed
- ▶ 2 tablespoons fresh wholegrain breadcrumbs
- ▶ 1 egg
- ▶ Cooking oil spray
- ▶ 4 beetroot slices
- ▶ 2 multigrain bread rolls
- ▶ 4 tablespoons tomato salsa, to serve

EQUIPMENT

- ▶ Chopping board
- ▶ Chopping knives
- ▶ Masher
- ▶ Tablespoon
- ▶ Measuring cup
- ▶ Grater
- ▶ Can opener
- ▶ Frying pan
- ▶ Saucepan

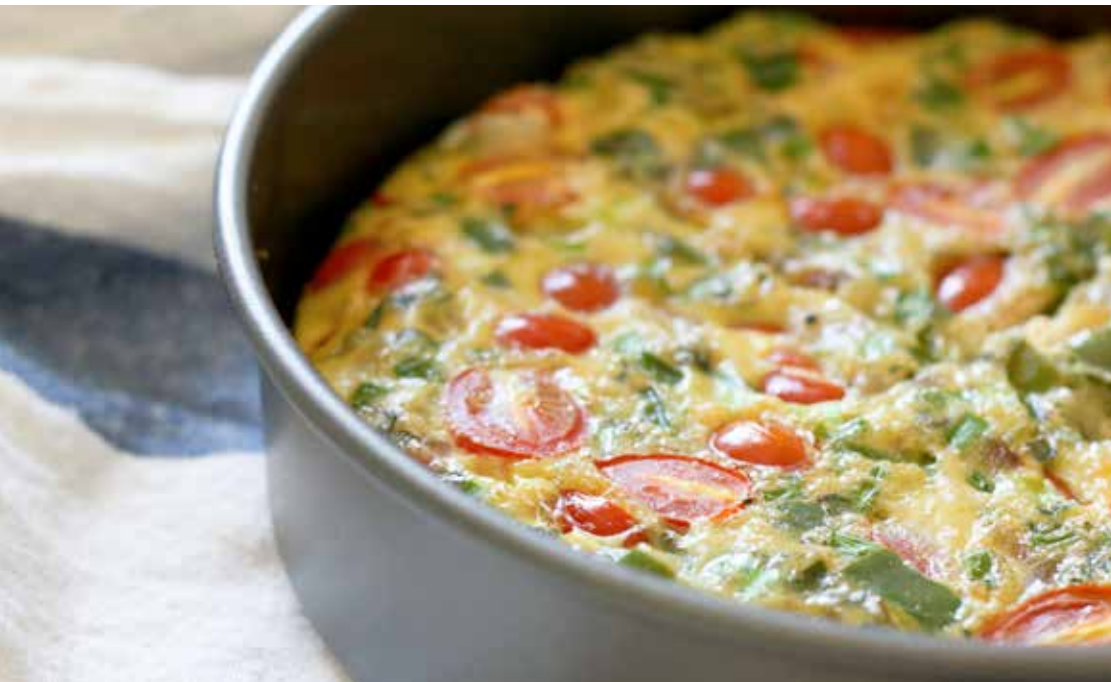
METHOD

1. Prepare vegetables; peel sweet potato, cut into cubes and boil in water. When potato is soft drain water and mash.
2. Meanwhile, thinly slice the brown onions and cook until golden.
3. Cut the red onion into 1cm thick rings, wash lettuce leaves and grate carrot.
4. In a large bowl, mash chickpeas and add mashed sweet potato, cooked brown onions, breadcrumbs and egg.
5. Using your hands, shape the mixture into 2 patties, approximately 1.5cm thick.
6. Refrigerate, covered, for 15 minutes to firm.
7. Meanwhile, spray a frying pan with oil. Over medium-high heat, cook patties for 4–5 minutes each side, or until just cooked through. Remove and keep warm.
8. Spray pan with more oil and cook red onion for 2 minutes each side.
9. Place baby cos lettuce, grated carrot, sliced beetroot on the base of each bun. Serve topped with a patty, onion rings and 2 tablespoons of tomato salsa.

OPTIONAL

Hide other vegetables in the beef patty, including;

- ▶ Mushrooms
- ▶ Corn
- ▶ Carrot, grated
- ▶ Zucchini, grated
- ▶ Parsley



PER SERVE
\$1.92

Recipe - Serves 4

INGREDIENTS

- ▶ 300g (or 1/2) sweet potato, peeled and cut into 2-3cm cubes
- ▶ Cooking oil spray
- ▶ 3 teaspoons olive oil
- ▶ 2 tomatoes, quartered lengthways
- ▶ 1 tablespoon balsamic vinegar
- ▶ ½ onion
- ▶ 1 medium zucchini, ends trimmed and coarsely grated
- ▶ ¼ cup basil leaves, shredded
- ▶ 50g reduced fat feta, crumbled
- ▶ 4 eggs, lightly beaten
- ▶ **Optional:** lettuce/salad

EQUIPMENT

- ▶ 2 large oven trays
- ▶ Pyrex glass baking dish/ cake pan
- ▶ Frying pan
- ▶ Chopping board
- ▶ Chopping knives
- ▶ Teaspoon
- ▶ Tablespoon
- ▶ Grater
- ▶ Stirring Spoon
- ▶ Beater
- ▶ Bowl
- ▶ Baking paper

METHOD

1. Preheat oven to 200°C or 180°C fan. Line 2 large oven tray with non-stick baking paper.
2. Peel and cut sweet potato into 2-3cm cubes.
3. Place sweet potatoes onto one tray, drizzle with 1 teaspoon of oil and toss to coat and spread out to a single layer. Place tomatoes on another tray, drizzle with 1 teaspoon of oil and 1 tablespoon balsamic vinegar. Season with pepper to taste. Roast for 30 mins until tender and lightly browned.
4. Meanwhile, spray a cake pan with cooking oil. Line base and side with non-stick baking paper.
5. Heat the remaining teaspoon of olive oil in non-stick frying pan. Cook the onion over medium heat for about 5 mins until soft and lightly golden.
6. Grate zucchini and add feta, basil, cooked onion and sweet potato to bowl. Season with pepper to taste. Gently mix together and spread mixture into the prepared cake pan.
7. Lightly beat eggs in a bowl.
8. Pour egg mixture into cake pan and gently move the filling around to evenly distribute the egg. Bake for 45 minutes until the frittata is just set. Remove from oven and set aside in pan for 10 minutes. Carefully turn out frittata onto chopping board. Cut into wedges and serve with tomatoes and optional salad.

INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Jan 2014)
Sweet potato	300g or ½ medium sweet potato	\$1.00
Zucchini	1 medium	\$1.15
Basil	1 bunch ¼ cup	\$2.48 \$0.40
Feta – reduced fat	50g	\$1.50
Onion	½	\$0.36
Tomatoes	2 medium	\$1.65
Eggs	4 large	\$1.60
Total for 4 serves		\$ 7.66

Pantry Items

Cooking oil spray	1 spray can	\$3.24
Olive oil	500ml	\$6.39
Balsamic vinegar	500ml	\$4.55
Pepper	Grinder	\$3.79
Pantry Total		\$ 17.97



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