

# Cheap Eats

Easy, tasty and economical family meals



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**Cheap Eats is a joint Heart Foundation and NZ Federation of Family Budgeting Services project.** For help to make your food budget stretch, talk to the New Zealand Federation of Family Budgeting Services. They offer free, confidential and non-judgemental advice from more than 160 locations across New Zealand.

**T** 0508 283 438

**W** [www.familybudgeting.org.nz](http://www.familybudgeting.org.nz)



*Cheap Eats* is a collection of recipes designed to feed your family **for less than \$2.50 per person per serve**, without sacrificing taste, quality or nutrition. We have provided you with some basic recipes to get you started.

## Pantry ideas

### Refrigerator/freezer foods

Lettuce, cabbage, broccoli, cauliflower, Brussels sprouts, beans, peas, mushrooms, capsicums, celery, leeks, silverbeet, mixed vegetables, margarine, eggs, reduced-fat milk, Edam cheese and reduced-fat yoghurt.

### Pantry foods

Vegetable oil, vinegar, canned fish, fresh fruit, vegetables (tomatoes, corn, onions, fresh garlic, pumpkin, root vegetables such as potatoes and kumara – keep in a dark place), tomato purée, tomato paste, dried beans or lentils, dried pasta, brown rice, canned fruit, beans and vegetables, dried fruit, spreads, natural muesli, rolled oats/porridge, tomato sauce and UHT milk.

### Best stored in airtight containers

Dried pasta (macaroni, spaghetti), brown rice, lentils, herbs, spices, iodised salt, pepper, sugar, baking soda, baking powder, wholemeal flour, peanut butter and chicken/beef stock (reduced-salt).

### Purchasing advice

- ▶ Write a shopping list and stick to it
- ▶ Look for the food with the cheapest price per 100g or kg
- ▶ Choose fruit and vegetables that are in season, they will be cheaper and fresher. If a recipe calls for a fruit or vegetable that is out of season, look for something similar that is in season that you could substitute for it
- ▶ At fruit and vegetable markets be aware some of the vendors sell produce that are seconds and may not last long. Look for slightly under-ripe fruit and be careful choosing
- ▶ If you can afford to buy in bulk you can often get items for lower prices. This can be useful for:
  - ▶ Dry goods and products with a long shelf life
  - ▶ Cleaning products

# Healthy Heart Visual Food Guide

# eat most

vegetables  
& fruit

a variety of colours

# eat some

bread, cereals, grains,  
starchy vegetables

wholegrain & high-fibre

fish, meat, chicken,  
legumes, eggs

lean & skinless

milk, yoghurt,  
cheese

reduced fat

use some oils, nuts

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

# simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:



## vegetables & fruit : a variety of colours



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

## my step

## bread, cereals, grains, starchy vegetables : wholegrain & high-fibre



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



Choose just one starchy or grainy food at a meal

## my step

## fish, meat, chicken, legumes, eggs : lean & skinless



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

## my step

## milk, yoghurt, cheese : reduced fat



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to reduced fat yoghurt

## junk food & takeaways : cut back



Try homemade instead of bought takeaways



Downsize from a big plate to a smaller size

## oils, nuts



Swap from butter or ghee to oils or margarine



Choose a handful of nuts for a snack instead of potato chips



Swap a can of fizzy to water or milk



Swap from two scoops of ice cream to one scoop

# Food labels

Taking a little bit of extra time to read food labels when you're buying food can have big pay-offs, but it can be hard to make sense of all those numbers. Here's a quick guide to what the numbers mean.

Choose foods with less energy (kilojoules) if you need to lose weight

Choose foods lower in saturated fat. Eating unsaturated instead of saturated fats reduces risk of heart disease

Sodium is the harmful part of salt. When too much is eaten it can raise blood pressure

Shows how much of the nutrient is in one serving. The serving size is determined by the manufacturer

Use the 'per 100g' column to compare foods

Sugar can be naturally in food or added. Added sugar adds energy (kilojoules) but not nutrients

| Nutritional Information |                      |                   |
|-------------------------|----------------------|-------------------|
| Servings per package: 3 |                      |                   |
| Serving Size: 150g      |                      |                   |
|                         | Quantity per serving | Quantity per 100g |
| Energy                  | 608kj                | 405kj             |
| Protein                 | 4.2g                 | 2.8g              |
| Fat, total              | 7.4g                 | 4.9g              |
| - Saturated             | 4.5g                 | 3.0g              |
| Carbohydrate            | 18.6g                | 12.4g             |
| - Sugar                 | 18.6g                | 12.4g             |
| Sodium                  | 90mg                 | 60mg              |

We recommend comparing the food labels on products and choosing foods that are:

- ▶ Higher in fibre
- ▶ Lower in saturated fat
- ▶ Lower in sodium
- ▶ Lower in sugar

If you are watching your weight, also look for foods that contain less energy (calories/kilojoules).

# Tick family

The Heart Foundation Tick programme introduces a new member to the Tick family – Two Ticks. Foods with the Two Ticks logo makes it even quicker and easier to choose core foods for a healthy diet for you and your family. Remember, core foods are the basic foods that should be making up the bulk of your diet, such as:

## **Fruit and vegetables**

Fresh, frozen and canned (natural juice) fruit  
Fresh, frozen and canned vegetables

## **Cereal products**

Wholegrain bread, pasta and noodles  
Breakfast cereals  
Whole grains, e.g. brown rice, oats

## **Meat and meat alternatives**

Plain meat, poultry and seafood

## **Legumes, nuts and seeds**

Dried and canned legumes  
Plain nuts and seeds

## **Milk, yoghurt and cheese**

Plain, low-fat milk and milk alternatives  
Low-fat/sugar yoghurt

Find out how the Tick can help you make healthier food choices by visiting:

**[www.heartfoundation.org.nz/TwoTicks](http://www.heartfoundation.org.nz/TwoTicks)**



# Tips on healthier eating

## **Cut down on animal fats**

- ▶ Cut the visible fat off meat and take the skin off chicken before cooking
- ▶ Skim the fat off the top of stews, casseroles, soups and gravies
- ▶ Choose reduced-fat varieties of milk, cheese and yoghurt

## **Save on sugar**

- ▶ Choose foods with the least amount of sugar
- ▶ Dilute pure fruit juice with water, even if it doesn't contain added sugar
- ▶ When using spreads, such as honey or jam, use small amounts and spread thinly

## **Keep salt (sodium) down**

- ▶ Buy foods with lower levels of sodium
- ▶ Limit or do not use added salt during cooking. If you do add salt, use iodised salt
- ▶ Flavourings, such as herbs, spices, lemon juice and vinegar, can be used to increase the flavour of food without adding extra salt
- ▶ If you do use salt, gradually reduce the amount of salt you add to food

## **Fibre up**

- ▶ Fill half your plate with vegetables and/or salad
- ▶ Eat 3 to 4 servings of fruit every day
- ▶ Choose dense wholemeal or wholegrain bread
- ▶ Eat larger servings of vegetables with smaller servings of meat

## **Alcohol**

- ▶ Where possible choose alcohol-free drinks or low-alcohol drinks and serve food when consuming alcohol. On any one occasion, males should consume no more than 3 standard drinks and females consume no more than 2 standard drinks (1 standard drink = 100ml wine or 1 small can of beer)



# Ingredients you'll need

*Cheap Eats* recipes are made using these ingredients. Remember if you don't have the exact ingredient for the recipe you are making, try substituting it with a similar ingredient. If an ingredient seems too expensive replace it with a more affordable ingredient or leave it out.

|               |                                      |  |
|---------------|--------------------------------------|--|
| Pumpkin       | Mixed frozen vegetables              | Beef stewing steak                           |
| Parsnip       | Whole kernel corn, canned            | Beef mince                                   |
| Swede         | Cream-style corn, canned             | Chicken drumsticks                           |
| Carrots       | Baked beans                          | Lamb   |
| Kumara        | Beetroot, canned                     | Smoked fish, canned                          |
| Potatoes      | Chilli beans, canned                 | Salmon, canned                               |
|               | Kidney beans, canned                 | Tuna, canned                                 |
|               | Tomatoes, canned                     |  |
| Broccoli      | Chickpeas, canned                    | Eggs   |
| Cauliflower   |                                      | Edam cheese                                  |
| Tomatoes      |                                      | Cottage cheese                               |
| Cucumber      | Tomato sauce, reduced-salt/<br>sugar | Milk, reduced-fat                            |
| Capsicums     | Tomato paste, reduced-salt           | Evaporated milk,<br>reduced-fat              |
| Green beans   | Oil                                  | Mayonnaise, reduced-fat<br>or salad dressing |
| Silverbeet    | Soy sauce, reduced-salt              |  |
| Spinach       | Stock powder, reduced-salt           |  |
| Watercress    |                                      |  |
| Onion         | Cornflour                            |  |
| Red onion     | Flour                                |  |
| Spring onions | Breadcrumbs, wholemeal               |  |
| Garlic        | Wholemeal pita bread                 |  |
| Parsley       | Wholegrain sliced bread              |  |
| Lemons        | Dried pasta, macaroni                |  |
|               | Brown rice                           |  |
|               | Couscous                             |  |
|               | Lentils                              |  |
|               | Chilli powder                        |  |
|               | Cumin, ground                        |  |
|               | Curry powder                         |  |
|               | Black pepper                         |  |
|               | Mixed herbs                          |  |



# Vegetables

Vegetables are great raw or cooked. To prepare vegetables, wash and cut them into even pieces so they cook quickly. Keep the skins on when possible. Choose vegetables when they are in season.

## Preparing vegetables

Leafy vegetables – wash and remove any old, wilted or discoloured leaves. Cut into serving sized pieces.

Cabbage – cut into quarters, then slice.

Root vegetables (carrots, kumara, parsnips, swede, taro, turnips) – scrub or peel. Cut or slice into even pieces.

## Cooking vegetables

**Boiling** – bring water to the boil in a pot. Add the vegetables and bring back to the boil as quickly as possible. Boil until tender when tested with a fork. Drain water off and serve immediately.

**Steaming** – place the prepared vegetables in a steamer or colander above a pot of boiling water. Steam until just tender.

**Stir-fry** – cut vegetables into small pieces. Put 1 teaspoon of oil into a heated pan or wok and add vegetables with 1 teaspoon of water. Stir-fry until vegetables are cooked.

**Baking** – cut the vegetables into large pieces. Bake in preheated oven at 180°C for about 25-30 minutes or until soft.

**Microwaving** – put washed and cut vegetables into a microwave-safe dish with 1-2 tablespoons of water. Cover and cook on high. For crunchy vegetables, do not cook for more than a few minutes. Some vegetables take longer to cook than others, so start with those first; e.g. carrots take longer than cabbage.



## Potatoes

### Boiling potatoes or kumara

Wash and dice the potatoes. Place in a pot and cover with cold water. Bring to the boil and cook for about 10-15 minutes until soft. Drain and use as required. Boiled potatoes can be used for many recipes. To make mashed potatoes, simply add a little reduced-fat milk to the boiled potatoes and mash with a potato masher or fork.

### Oven-baked potatoes

Preheat oven to 180°C. Choose large or medium-sized potatoes. Scrub well, pierce with a sharp knife or fork. Bake potatoes for 45-60 minutes, or until cooked.

### Microwave-baked potatoes

Choose potatoes of a similar size if baking more than one at a time. Wash potatoes and prick well with a knife or fork. Cook on high for 3-4 minutes per potato.

### Stuffed potatoes

Cut an oval piece from the baked potatoes or cut potatoes in half. Scoop out the warm potato into a bowl and mix with fillings of your choice. Stuff potato shells with mixture and reheat in oven, preheated to 180°C.

Potato stuffing suggestions:

- Reduced-fat cheese and chopped onion
- Reduced-fat cheese and drained canned fish, e.g. salmon, tuna
- Baked beans or sweetcorn
- Reduced-fat cheese, chopped gherkins and herbs
- Reduced-fat sour cream and chopped chives
- Pickle or chutney
- Cottage cheese
- Tomato and chopped red onion
- Chopped, cooked, lean chicken
- Sautéed diced onion and lean bacon
- Chilli beans and mince

# Pasta

Pasta is quick and easy to cook, and it can be eaten with or without meats and fish, in soups, salads and many other ways. To cook pasta bring a pot of water to the boil, add approximately 75g of dried pasta per person to the boiling water, stir and boil for about 10 minutes or until just soft. Drain and use.

# Rice

Use brown rice or long grain rice for savoury dishes and salads or short grain for puddings and risotto. Use approximately 1/3 of a cup per person. To cook rice:

Absorption method

- Put the rice into a saucepan that has a tight fitting lid
- Add 1½ times the amount of cold water
- Cover with lid and bring to the boil
- Turn heat down to very low
- Continue to cook for 20 minutes or until water is all absorbed by the rice and the rice is soft

Boiling method

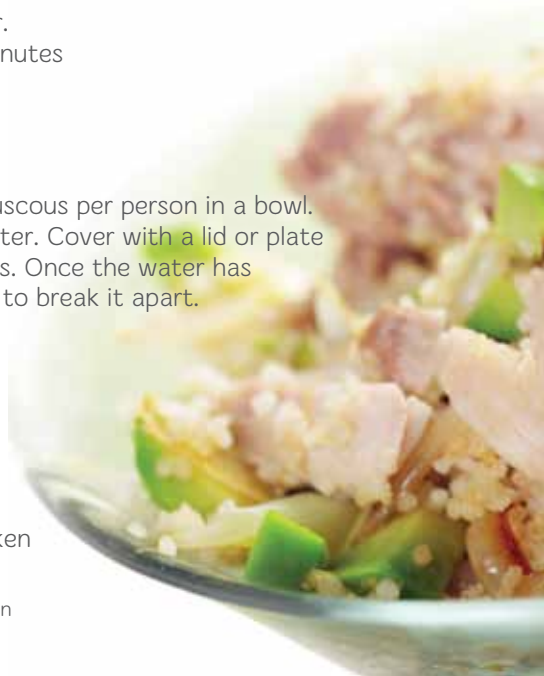
- Bring a pot of water to the boil
- Add rice and stir
- Boil until the rice is cooked
- Pour the rice straight into a colander. Cover and leave it to stand for 10 minutes

# Couscous

Place approximately 1/3 of a cup of couscous per person in a bowl. Just cover the couscous with boiling water. Cover with a lid or plate and leave to absorb for about 5 minutes. Once the water has absorbed mix the couscous with a fork to break it apart.

Alternatively

- Use reduced-salt stock instead of water
- Add chopped fresh or dried herbs
- Add grated zucchini or carrot
- Add diced avocado, sautéed onions, capsicum and cooked shredded chicken





## Tomato pasta sauce Serves 2

### Ingredients

*1 onion, diced*

*400g can chopped tomatoes*

*1 clove garlic, crushed*

*2 Tbsp reduced-salt tomato paste*

*½ tsp chilli*

### Method

1. Cook onion in a non-stick pan with a dash of water until soft
2. Add chopped tomatoes, garlic, tomato paste and chilli and cook until thickened
3. Serve over pasta or brown rice, see preparation instructions on page 12

Tomato pasta sauce is an ingredient in the following recipes:

- Kofta with spicy tomato, yoghurt and couscous, page 19
- Meatballs with tomato sauce on pasta, page 20
- Chicken drumsticks in tomato sauce, page 21



## Chicken stock Makes 1 Litre

### Ingredients

*1 chicken carcass*  
*1 onion, diced*  
*2 cloves garlic*  
*1 carrot, diced*  
*Half bunch parsley,*  
*optional*  
*Celery leaves*  
*6 cups water*

### Method

1. Cover the bones and vegetables in water and bring to a simmer
2. Continue to simmer for approximately 1 hour
3. Drain and keep in refrigerator for up to 3 days or in the freezer

### Tips

Add a packet of Kings Soup mix

Cooked chicken bones will give the most flavour; you can use the leftover bones from a roast chicken or from cooked chicken drumsticks

Or make a vegetable stock simply by not adding the chicken bones

# Bolognese meat sauce Serves 4

## Ingredients

2 Tbsp oil  
2 medium onions,  
chopped  
2 medium carrots,  
grated or chopped  
500g beef mince  
2 x 400g can  
chopped tomatoes  
½ cup water

## Method

1. Heat the oil in a large saucepan
2. Gently cook the onion until soft
3. Add the mince and brown, drain off any extra fat
4. Add the carrot to the mince and stir well
5. Add the chopped tomatoes and water
6. Cook gently until the sauce has thickened; about 1 hour

## Alternatively

Add a splash of vinegar, some crushed garlic, fresh or dried herbs to add more flavour

To make this recipe go further for a little extra cost you can add some dried lentils. To do this, add ½ cup lentils and ½ cup of water. The lentils will soak up the water

Per serve:

ENERGY

1384kJ

SAT FAT

4.3g

CARBS

13.5g

FIBRE

4.6g

SODIUM

228mg

MINCE



The **Bolognese meat sauce** can be used in the following dishes:

## Cottage pie

### Method

1. Place the Bolognese meat sauce in an oven proof dish
2. Cover with mashed pumpkin, kumara or potato
3. Bake at 180°C for 30-40 minutes until hot



## Chilli beef

### Method

1. To the Bolognese meat sauce add a can of chilli beans
2. Add a cup of whole kernel corn or any other diced vegetables and heat through
3. Serve with rice, see preparation instructions on page 12







## Baked potato

### Method

1. Oven-bake the potatoes using the preparation instructions on page 11
2. Cut an oval piece from the baked potatoes
3. Scoop out the warm potato into a bowl and mix with half a cup of grated reduced-fat cheese and one finely chopped spring onion
4. Stuff potato shells with potato mixture
5. Add the Bolognese meat sauce

MINCE

## Beef and salad wrap

### Method

1. Place the warm Bolognese meat sauce across the middle of a wholemeal wrap
2. Add sliced tomato, grated carrot and lettuce
3. Roll the wrap tightly and serve





## Meat loaf Serves 4

### Ingredients

500g mince

1 medium onion,  
finely diced

2 medium carrots,  
grated

2 eggs

½ cup breadcrumbs,  
wholemeal

2 Tbsp reduced-salt/  
sugar tomato sauce

### Method

1. Heat oven to 180°C
2. Mix all ingredients together
3. Form a loaf shape either in a loaf tin or on a roasting dish
4. Bake for approximately 1 hour or until cooked through
5. Serve with potatoes, steamed fresh or frozen vegetables or salad

### Alternatively

Add to the mince mixture some grated zucchini, crushed garlic, fresh or dried herbs, finely diced celery, pre-cooked or drained canned lentils or kidney beans

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1392kJ | 4.3g    | 17.7g | 2g    | 325mg  |

The **meat loaf recipe** can be used in the following dishes:



## Burgers

### Method

1. Divide the mixture into burger patties and grill until golden brown
2. Serve them in a wholegrain burger bun with lettuce, tomato, grated carrot, sliced red onion, avocado and boiled or canned beetroot
3. Serve with coleslaw

MINCE

## Kofta with spicy tomato, yoghurt and couscous

### Method

1. Add 1 tsp ground cumin and or 1 tsp coriander to meat mixture
2. Shape into egg-shaped balls and grill or fry in a little oil
3. Prepare the tomato sauce on page 13
4. Add 1 tsp ground cumin and ½ tsp chilli to the sauce
5. Place the Kofta and spicy tomato sauce over couscous, see preparation instructions on page 12. Serve with a side salad and garnish with unsweetened reduced-fat yoghurt



The **meat loaf recipe** can be used in the following dishes:

## Meatballs with tomato sauce on pasta

### Method

1. Shape the meat loaf mixture into small balls
2. Prepare the tomato sauce on page 13
3. Simmer the meat balls in the tomato sauce for about 10 minutes until cooked
4. Serve over pasta with steamed fresh or frozen vegetables



MINCE



## Meatball soup

### Method

1. Prepare the soup by lightly cooking a finely chopped onion in a saucepan with a little oil
2. Add a can of chopped tomatoes, a drained can of chickpeas or beans and 1 cup water
3. Add a large diced carrot and any other vegetables you have available
4. Season with black pepper and grated lemon rind
5. Place the meatballs into the soup and simmer gently until cooked through

# Chicken drumsticks in tomato sauce

Serves 4

## Ingredients

8 chicken drumsticks,  
skin removed

2 cups tomato sauce  
recipe, see page 13

500g seasonal  
vegetables, fresh or  
frozen, chopped

## Method

1. In a large pan brown the drumsticks over a medium heat
2. Add the tomato sauce and vegetables
3. Cover with a lid or tin foil
4. Cook gently for about 30 minutes or until the chicken is thoroughly cooked
5. Serve over potatoes, couscous, brown rice or pasta, see preparation instructions on page 12

## Tip

To check if the chicken is cooked, insert a skewer into the thickest part of the drumstick and when the skewer is removed the juices should run clear

Per serve:

ENERGY

1062kJ

SAT FAT

1.3g

CARBS

7.3g

FIBRE

1.7g

SODIUM

192mg

CHICKEN  
DRUMSTICK





## Roast chicken drumsticks with vegetables

Serves 4

### Ingredients

1 kg mixed seasonal vegetables, e.g. carrots, potatoes, kumara, onion, pumpkin, beetroot, parsnips, turnips

2 Tbsp oil

2 Tbsp curry powder

8 chicken drumsticks, skin removed

### Method

1. Cut the seasonal vegetables into large (3cm) pieces
2. Heat oven to 200°C
3. Mix all ingredients together in a large bowl
4. Spread out on a roasting dish so there is one layer of ingredients. If all the ingredients don't fit into the roasting dish you may need to separate the chicken out
5. Bake for approximately 45 minutes or until the chicken is thoroughly cooked and the vegetables are soft. Turn them over in the roasting pan a couple of times while they are cooking
6. Serve with a salad or steamed frozen or fresh seasonal vegetables

### Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1661kJ | 2.5g    | 29g   | 5.9g  | 157mg  |

# Chicken drumstick pilaf Serves 4

## Ingredients

2 Tbsp oil  
8 chicken drumsticks,  
skin removed  
1 medium onion,  
chopped  
1½ cups brown rice  
2 cups water or chicken  
stock recipe, see page 14  
½ cup reduced-salt/  
sugar tomato sauce  
3 cups mixed frozen  
vegetables

## Method

1. In a large pot heat the oil and brown the drumsticks on all sides
2. Remove the drumsticks and add the onion, gently cook until soft
3. Add the rice to the pot
4. Add the water or stock, tomato sauce and the mixed vegetables, bring to the boil
5. Place the drumsticks on top of the rice and cover with a lid or tinfoil
6. Turn the heat down to low and cook for approximately 30 minutes or until the rice has absorbed all of the liquid and the chicken is thoroughly cooked

## Alternatively

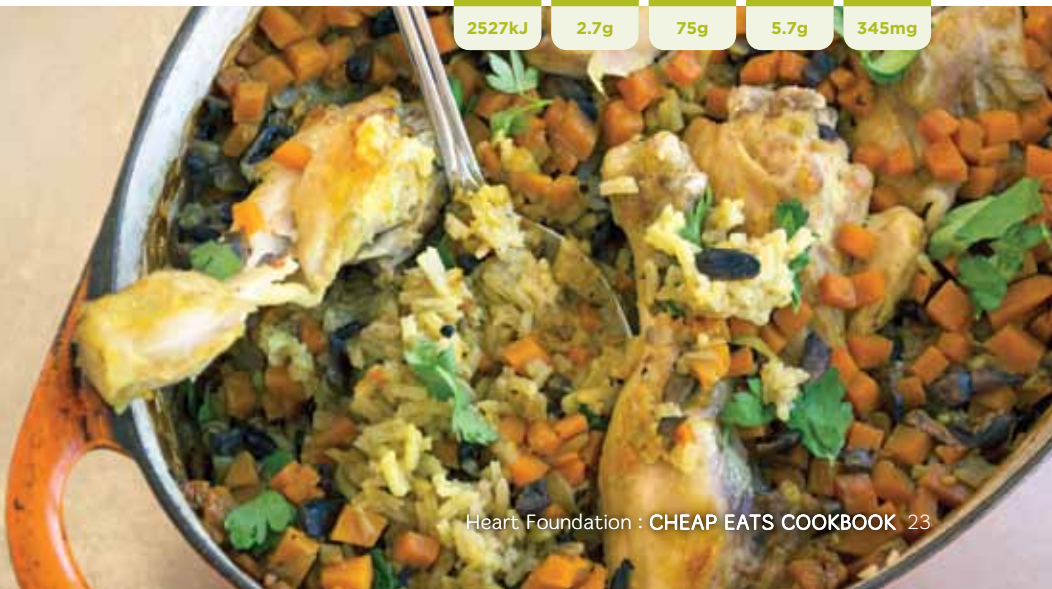
Use pumpkin, canned tomatoes, silverbeet or spinach

Season with fresh or dried herbs, spices such as cumin, turmeric and curry powder

## Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 2527kJ | 2.7g    | 75g   | 5.7g  | 345mg  |

CHICKEN  
DRUMSTICK





# Spiced baked chicken drumsticks

Serves 4

## Ingredients

*½ cup wholemeal flour*

*2 Tbsp curry powder*

*1 egg*

*¼ cup reduced-fat milk*

*8 chicken drumsticks,  
skin removed*

## Method

1. Heat oven to 200°C
2. Mix together the flour and curry powder
3. Beat together the egg and milk
4. Coat the chicken in the flour mixture
5. Dip the chicken in the egg mixture
6. Coat the chicken again in the flour mixture
7. Place the chicken on a plate or tray and cover, refrigerate for about 30 minutes. The flour coating on the chicken should look mostly wet rather than dry and floury similar to how it looked after the first coating
8. Place drumsticks on a baking tray and bake for approximately 45 minutes or until the chicken is thoroughly cooked
9. Serve with coleslaw and mashed potatoes or kumara, or oven-baked potato/kumara wedges, see preparation instructions on page 11

Per serve:

ENERGY

1113kJ

SAT FAT

1.9g

CARBS

7.2g

FIBRE

0.8g

SODIUM

158mg



# Smoked fish and potato cakes

Serves 4

## Ingredients

4 large potatoes

½ cup dried bread-crumbs, wholemeal

2 eggs

450g can smoked fish, drained

2 Tbsp oil

## Method

1. Peel the potatoes and boil them until a fork can be inserted easily
2. Drain and mash the potatoes
3. Mix the mashed potato with the breadcrumbs, eggs and drained smoked fish
4. Form eight round patties from the mixture
5. Heat oil in a large frying pan and brown the patties on each side ensuring they are hot through to the middle
6. Serve with shredded lettuce and grated carrot or steamed frozen or fresh vegetables

## Alternatively

Use mashed kumara or pumpkin instead of all or some of the potatoes

Add fresh or dried herbs, canned or fresh corn kernels, grated zucchini and chopped cooked spinach

Use cooked chicken instead of smoked fish

Garnish with reduced-fat yoghurt, unsweetened

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1659kJ | 3.6g    | 43g   | 2.9g  | 333mg  |

# Salmon mac n' cheese Serves 8

## Ingredients

*½ packet (250g)  
macaroni*

*3 cups reduced-fat  
milk*

*3 Tbsp cornflour*

*1 cup Edam cheese,  
grated*

*400g can salmon,  
drained*

*1 kg mixed frozen  
vegetables*

## Method

1. Heat oven to 200°C
2. Boil the macaroni until just soft, then drain and set aside
3. Heat the milk in a saucepan
4. Wet the cornflour with a little water and gradually add to the simmering milk, stirring constantly
5. Add the cheese to the sauce and stir through to melt
6. Add the salmon and vegetables, mix well
7. Place in a large roasting dish and bake for approximately 30 minutes or until hot through and golden on top

This recipe makes 8 generous portions. Leftovers can be refrigerated to make a great lunch the next day

## Alternatively

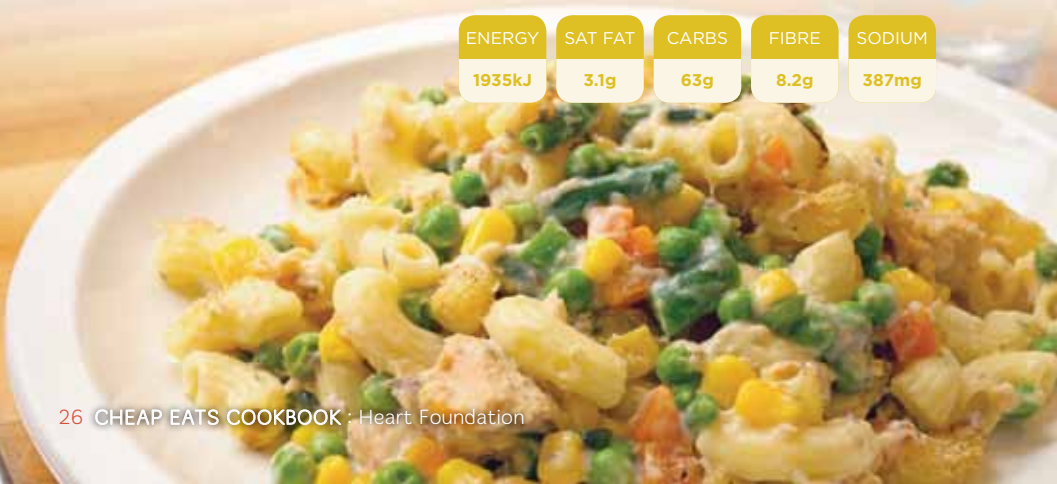
Add chopped hard boiled eggs, a squeeze of lemon juice over the top, fresh or dried herbs

Add any other pre-cooked or frozen vegetables

Use canned tuna or smoked fish instead of salmon

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1935kJ | 3.1g    | 63g   | 8.2g  | 387mg  |



# Tuna, corn and mayo mix Serves 4

## Ingredients

185g can tuna, drained

$\frac{2}{3}$  cup corn kernels  
(frozen)

3 Tbsp mayonnaise  
or salad dressing

Optional:

$\frac{1}{2}$  small red onion,  
chopped

1-2 spring onions,  
chopped

2 Tbsp parsley, chopped

## Method

1. Mix together all of the ingredients and keep refrigerated until ready to use

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 644kJ  | 2.2g    | 5.9g  | 2.1g  | 283mg  |

**Tuna, corn and mayo mix**  
can be used in the following  
ways:



CANNED FISH

## Filled roll

## Grilled on toast



# Tuna pasta salad

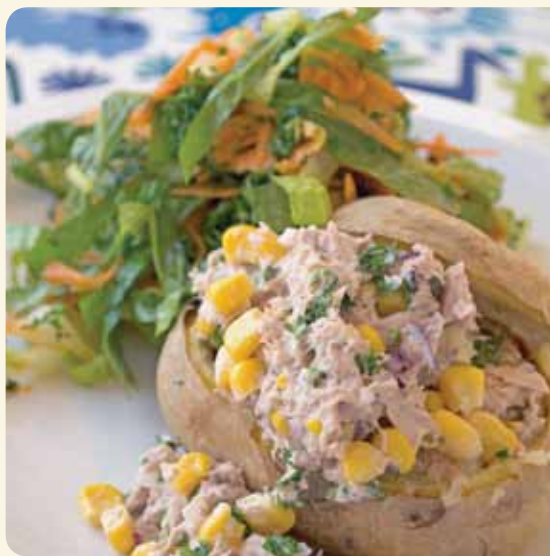
## Method

1. Prepare the pasta using the instructions on page 12
2. Mix the pasta with the tuna, corn and mayo mix
3. Add precooked seasonal vegetables
4. Mix well

# Tuna and corn baked potato

## Method

1. Oven-bake the potatoes using the instructions on page 11
2. Cut an oval piece from the baked potatoes
3. Scoop out the warm potato into a bowl and add the tuna, corn and mayo mix
4. Stuff the potato shells with tuna potato mixture



## Alternatives

Use the mix for sandwich filling

In a toasted sandwich with cheese

On wholemeal pita bread as a melt with cheese and tomato

Mixed with chilli beans in a wholemeal wrap

# Scrambled eggs

## Method

1. Break eggs into a bowl and beat with a fork
2. Add 2 Tbsp of reduced-fat milk for each egg used
3. Add a little oil to a frying pan or use a non-stick pan
4. Heat pan and add beaten eggs to the pan
5. Stir until cooked

**Scrambled eggs** can be used in the following ways:

## Chilli bean and scrambled egg pizza Serves 6

### Ingredients

400g can chilli beans  
6 small wholemeal pita bread  
6 eggs  
 $\frac{1}{3}$  cup Edam cheese, grated

### Method

1. Spread canned chilli beans over wholemeal pita breads
2. Top with scrambled eggs and grated cheese
3. Bake at 180°C until hot through and cheese is melted

### Alternatively

Add vegetables such as sliced capsicum, zucchini, tomatoes

Per serve:

ENERGY

777kJ

SAT FAT

2.8g

CARBS

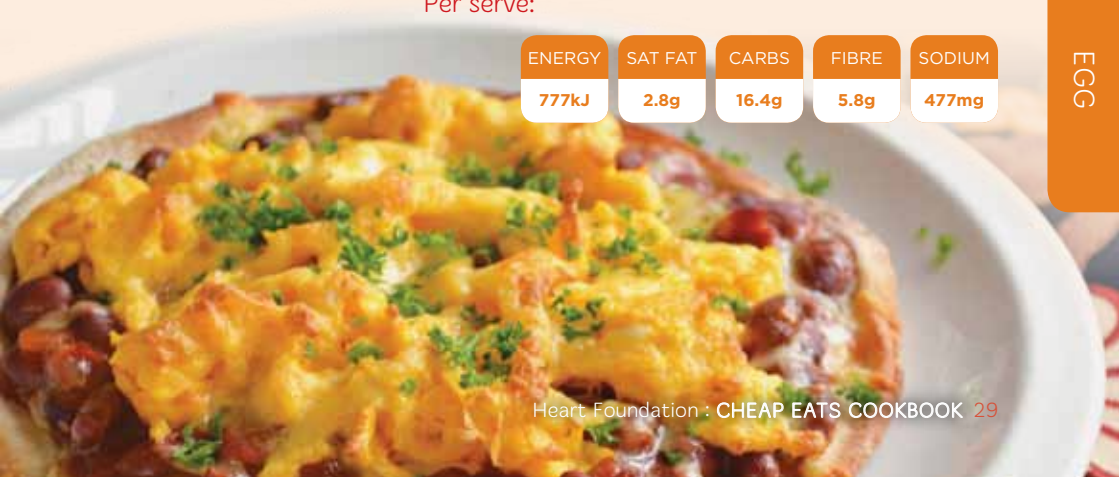
16.4g

FIBRE

5.8g

SODIUM

477mg



EGG

# Egg fried rice Serves 4

## Ingredients

1 Tbsp oil

4 eggs

3 cups cooked brown rice

6 cups mixed vegetables or seasonal fresh vegetables

2 Tbsp reduced-salt soy sauce

## Method

1. Heat the oil in a large frying pan or wok
2. Beat the eggs and add to the pan
3. Mix until cooked and scrambled
4. Remove the eggs to a bowl
5. Add the rice and vegetables to the pan
6. Cook until hot through
7. Add the soy sauce and eggs back to the pan
8. Heat through and serve

## Tip

It's best to use cold cooked rice from the previous day. However it is important to cool cooked rice as quickly as possible after cooking. Store the rice in shallow containers or cool in a colander under cold running water and store in the refrigerator

## Alternatively

Add cooked sliced meats such as chicken, beef, pork or seafood

Use other fresh or frozen vegetables that you have available

## Per serve:

ENERGY

1823kJ

SAT FAT

2.8g

CARBS

65g

FIBRE

8.7g

SODIUM

236mg



# Boiled eggs

## Method

**Hard-boiled eggs:** gently place eggs into boiling water and boil for 7 minutes. Remove and place in cold water to stop them cooking and cool them down enough to peel

**Soft-boiled eggs:** gently place eggs into boiling water, boil for 4 ½ minutes. Remove from water, take top off egg and serve

**Hard-boiled eggs** can be used in the following ways:

## Mashed egg sandwiches

### Ingredients

*1 hard-boiled egg*  
*2 tsp mayonnaise or salad dressing*  
*2 slices wholegrain bread*  
*1 tomato, sliced*  
*Lettuce leaves*

### Method

1. Mash together the egg and mayonnaise with a fork
2. On one slice of bread spread the egg mixture evenly
3. Add the tomato and lettuce leaves
4. Place second slice of bread on top

### Alternatively

Add chopped fresh or dried herbs, spring onions or diced capsicum to the egg mix for more flavour

Use any other fresh or cooked vegetables that you have available as sandwich filling

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1284kJ | 3.8g    | 30g   | 2.2g  | 436mg  |



**Hard-boiled eggs** can be used in the following ways:



## Egg salad

### Method

Add chopped hard-boiled eggs with boiled potatoes, salad greens and a little dressing

To bulk it up add canned sardines, tomato, lettuce and green beans

## Tuna and egg salad

### Method

Add a can of drained tuna to chopped hard-boiled eggs, salad greens, sliced tomato, cucumber and spring onions

To bulk it up add toasted wholegrain bread broken into chunks and tossed through the salad







## Baked crust-less quiche (frittata) Serves 4

### Ingredients

6 eggs

$\frac{1}{3}$  cup reduced-fat milk

$\frac{1}{3}$  cup Edam cheese,  
grated

4 cups mixed cooked  
vegetables

### Method

1. Heat oven to 200°C
2. Beat together the eggs, milk and cheese
3. Place chopped vegetables into an oven proof dish
4. Pour over egg mixture
5. Bake for about 30 minutes or until the egg is set
6. Serve with a salad of fresh seasonal vegetables such as lettuce, grated carrot and grated zucchini

### Alternatively

Add any seasonal vegetables such as cooked silverbeet, pumpkin, kumara, broccoli and boiled potatoes

Add cooked meats and fresh or dried herbs

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1176kJ | 5.7g    | 18g   | 5g    | 279mg  |

# Muffin case tarts Serves 6

## Ingredients

6 wholemeal bread slices

1 cup vegetables,  
chopped or grated

3 eggs

2 Tbsp Edam cheese,  
grated

## Method

1. Heat oven to 200°C
2. Grease a muffin tray lightly
3. Press slices of bread into muffin tray
4. Place the vegetables into bread cases
5. Beat eggs and pour over vegetables
6. Sprinkle cheese over the top
7. Bake for approximately 15 minutes  
or until egg is set

## Alternatively

Use chopped cooked vegetables such as pumpkin, potato, zucchini, broccoli and carrot

Or use mixed frozen vegetables

## Tip

These are great cold the next day in a lunch box or served warm with a simple salad

Per serve:

ENERGY

728kJ

SAT FAT

1.9g

CARBS

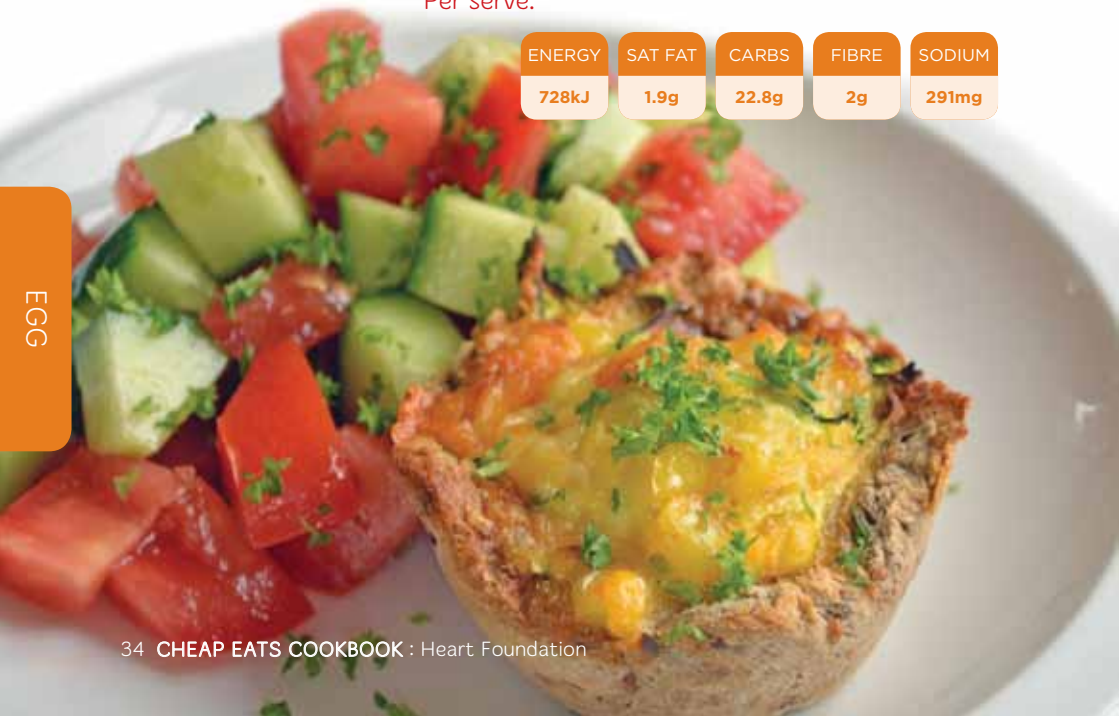
22.8g

FIBRE

2g

SODIUM

291mg





## Vegetable curry Serves 4

### Ingredients

*1 can reduced-fat evaporated milk*

*1½ cups water*

*1 Tbsp curry powder*

*1 tsp reduced-salt stock powder*

*6 cups cooked mixed vegetables*

### Method

1. Combine evaporated milk, water, curry powder and stock powder and heat on the stove
2. Add vegetables and heat through
3. Serve with brown rice, see preparation instructions page 12

### Alternatively

Use any cooked seasonal or frozen vegetables such as boiled potato, kumara, broccoli, cauliflower, carrots, peas and beans

To turn it into a complete meal, add diced chicken or fish

Per serve (includes rice):

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1227kJ | 0.5g    | 49g   | 9.4g  | 87mg   |

# Lamb and vegetable soup Serves 4

## Ingredients

200g lean lamb, mutton or hogget, diced

1L water

1 medium carrot, grated

1 small kumara, grated

1 medium onion, diced

400g can chopped tomatoes

## Method

1. Place all ingredients into a large pot and gently simmer with a lid on until the meat is tender
2. Skim the fat off the surface before serving

## Alternatively

Use any other chopped or grated seasonal vegetables

For more flavour add

- The bones from the lamb
- 2-3 cloves of crushed garlic
- A splash of vinegar
- A handful of barley or lentils
- A couple of teaspoons of fresh or dried herbs

Per serve:

ENERGY

566kJ

SAT FAT

1g

CARBS

17.6g

FIBRE

3.6g

SODIUM

185.4mg





## Pumpkin and potato soup Serves 4

### Ingredients

*1 medium onion, diced*

*1 Tbsp oil*

*4 cups pumpkin, peeled and diced*

*1 medium potato, peeled and diced*

*2 cups water*

*1 cube reduced-salt chicken stock powder*

### Method

1. In a large pot gently cook the onion with the oil until soft
2. Add the remaining ingredients and simmer until potato and pumpkin are soft
3. Mash to form a smooth soup and serve

### Alternatively

Add 2 cloves of crushed garlic

Add a teaspoon of fresh or dried ginger

Add a tablespoon of grated cheese on top

### Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 638kJ  | 0.3g    | 28.1g | 2.1g  | 15mg   |

# Boil-up Serves 4

## Ingredients

1 Tbsp oil

600g stewing beef,  
fat trimmed and cut  
into 5cm chunks

2 medium onions,  
chopped

3 medium carrots,  
chopped

1 medium kumara,  
chopped

2 medium potatoes,  
chopped

## Method

1. Heat oil in a large pot
2. Add meat to oil and brown on each side
3. Cover meat with cold water
4. Bring to the boil and skim fat off the surface occasionally
5. Add onions and continue to cook
6. Once meat is tender add remaining vegetables and cook until tender

## Alternatively

Add leafy green vegetables at the end of cooking  
Add seasonal vegetables you have available  
Use other meats instead of beef

## Per serve:

ENERGY

1278kJ

SAT FAT

3.3g

CARBS

24.5g

FIBRE

5.2g

SODIUM

104mg



# Weights and measures

## Abbreviations

|      |                 |
|------|-----------------|
| Tbsp | tablespoon      |
| tsp  | teaspoon        |
| °C   | degrees Celsius |
| g    | grams           |
| mg   | milligrams      |
| L    | litre           |

## Kitchen measures

|        |               |
|--------|---------------|
| 1 Tbsp | = 15 ml       |
| 1 tsp  | = 5 ml        |
| 3 tsp  | = 1 Tbsp (NZ) |
| 1 cup  | = 250 ml      |
| ½ cup  | = 125ml       |
| 4 cups | = 1 litre     |



## Food Safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*. Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following some simple food handling tips. Clean, cook and chill [www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill/](http://www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill/) will help you keep your friends and family safe from foodborne illness that causes upset tummies.

## Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

More recipes are available at:  
[www.heartfoundation.org.nz/recipes](http://www.heartfoundation.org.nz/recipes)

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At the Heart Foundation we are unwavering in our determination to defeat heart disease – the disease that kills more New Zealanders than any other. But we can't do it alone. All the research we fund, materials we produce and activities we undertake, with the support of people like yourself, enable New Zealanders to learn about heart disease and make lifestyle changes, so that they can live heart healthy lives.

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