

# Corned silverside fry-up



## Ingredients

### Serves 4

1 tablespoon oil  
1 onion, finely chopped  
4 cups cooked, chopped root vegetables, e.g. kumara, potato, carrot, taro  
2 cups cooked, chopped corned silverside  
¼ cabbage, diced  
2 tomatoes, sliced







## Method

1. Heat oil in a large frying pan over low heat.
2. Add onion and cook until soft.
3. Add root vegetables and stir fry until brown on all sides.
4. Add corned silverside and mix gently.
5. Once the corned silverside is warmed through, add the diced cabbage and cook until cabbage is soft, stirring occasionally.
6. Add tomatoes, cook until steaming.
7. Remove from heat and serve.

## Tips

- Chop the vegetables into bite-size pieces before measuring.
- Remember to wash cutting boards after each task.

## Equipment

-  Cutting board and knife
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Brown, chop, dice, mix, slice and stir fry.

## Nutrition

- Corned silverside is popular in the Pacific Islands.
- It is important to choose leaner cuts of meat such as corned silverside instead of salted fatty brisket.
- Eating mostly whole and less-processed foods helps you get the right nutrients to learn and grow.

# Courgette pasta carbonara

## Ingredients

### Serves 4

125 grams dry fettuccine  
2 tablespoons oil  
2 cloves garlic, crushed  
4 courgettes, peeled into ribbons  
2 carrots, peeled into ribbons  
 $\frac{2}{3}$  cup evaporated milk  
1 cup grated cheese  
pinch salt  
pepper to taste

## Method












1. In a large saucepan bring approximately 5 litres of water to the boil.
2. Add pasta and stir to stop it sticking.
3. Boil for 10 minutes then drain and set aside in a bowl. Wash saucepan and dry with a tea towel.
4. Place the saucepan back on the stove and heat oil and garlic over low heat and cook 1-2 minutes.
5. Add courgette and carrot and cook over high heat, stirring for 1 minute.
6. Add evaporated milk and bring to a boil.
7. Add drained pasta and heat until mixture boils. Remove from heat and stir through cheese.
8. Season with salt and pepper, and serve.

## Variation

- Use 1 cup sliced cauliflower or spinach, grated pumpkin or cooked frozen peas in place of courgettes.



## Equipment

-  Bowl
-  Colander
-  Cutting board and knife
-  Grater
-  Kitchen scales
-  Ladle
-  Measuring cups
-  Measuring spoons
-  Large saucepan
-  Vegetable peeler
-  Wooden spoon

## Preparation and cooking skills

Boil, drain, grate, peel, slice, stir.

## Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.
- Eating whole grain foods and starchy vegetables gives you fuel for energy, dietary fibre, vitamins and minerals. These foods contain carbohydrate which helps you to concentrate, learn and keep active.



# Stuffed kamo kamo

## Ingredients

### Serves 4

- 1 kamo kamo
- 1 tablespoon oil
- ½ onion, diced
- 1 clove garlic, crushed
- 1 cup finely diced mushrooms
- ½ red capsicum, diced
- 1 tablespoon tomato paste
- ½ cup cooked rice
- 2 tomatoes, diced or ½ can chopped tomatoes
- ¼ cup cheese, grated
- ¼ cup dried breadcrumbs

## Method

1. Preheat oven to 180°C.
2. Cut kamo kamo in half lengthways. Scoop out the insides, discarding the seeds and leaving a hollowed out centre. Place in a baking dish.
3. Heat oil in a frying pan over a low heat and cook the onion until soft.
4. Add garlic, mushrooms, capsicum and tomato paste, stir and continue to cook until soft.
5. Remove from heat and add cooked rice, tomatoes and cheese. Mix well.
6. Fill each half of the kamo kamo with the vegetable and rice mixture.
7. Sprinkle with breadcrumbs.
8. Bake in preheated oven for 45 minutes until kamo kamo is soft inside when pierced with a skewer and top is golden.
9. Remove from oven and place on a board.

## Variations

- Use marrow in place of kamo kamo.
- Add 2 teaspoons of Moroccan spice with the tomato paste.



## Equipment

- Baking dish
- Cutting board and knife
- Dessert spoon
- Frying pan
- Measuring cups
- Measuring spoons
- Wooden spoon

## Preparation and cooking skills

Bake, chop, dice, fry, grate.

## Nutrition

- Kamo kamo are a traditional Māori food and are in season over summer.
- They are a starchy vegetable (similar to a squash) with a mild flavour.
- Eating whole grain foods and starchy vegetables gives you fuel for energy, dietary fibre vitamins and minerals. These foods contain carbohydrate which helps you to concentrate, learn and keep active.

# Red lentil and vegetable curry

## Ingredients

### Serves 6

1 tablespoon oil  
2 onions, diced  
1-2 cloves garlic, crushed  
1 tablespoon chopped fresh ginger  
1 tablespoon curry paste  
1 litre water  
1 vegetable stock cube  
3 carrots, peeled and finely diced  
1½ cups dried red or brown lentils  
1 cup frozen peas  
1 packed cup washed and chopped spinach

## Method

1. Heat the oil in a large saucepan pan over low heat, add onions and cook until soft.
2. Add garlic, ginger and curry paste, stir and continue cooking for 1-2 minutes.
3. Add water, stock, carrots and lentils and bring to the boil, then reduce heat and simmer until carrots and lentils are tender, about 15-20 minutes. Add more water if necessary. Most of the water should be evaporated by this stage. The mixture will reduce and become thicker.
4. Stir in peas and cook for 2 minutes, then stir through spinach, mix well.
5. Remove from heat, spoon into serving dishes and serve.

## Serving suggestion








- Serve with cooked brown rice.

## Variation

- Use diced kumara in place of carrot.



## Equipment

-  Cutting board and knife
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Vegetable peeler
-  Wooden spoon

## Preparation and cooking skills

Boil, chop, dice, mix, peel, reduce and thicken, simmer, stir, use herbs and spices to flavour dishes.

## Nutrition

- Legumes are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while fibre keeps things moving in your digestive tract and helps keep you full for longer.
- Examples include: lentils, butter beans, cannellini beans, red kidney beans, peas, chickpeas and soybeans.

# Sapasui – chop suey

## Ingredients

### Serves 4










125 grams vermicelli noodles  
1 tablespoon oil  
1 onion, diced  
2 cloves garlic, finely chopped  
2 teaspoons grated fresh ginger  
500 grams lean beef, stir fry cut  
1 red capsicum or carrot, finely chopped  
1 head broccoli, diced into bite-size pieces  
1 cup sliced green beans  
2 tablespoons soy sauce  
2 tablespoons lemon juice  
½ cup roughly chopped coriander

## Method

1. Place vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles expand and turn transparent.
2. Heat oil in a large saucepan over low heat, add the onion and cook until softened.
3. Add garlic and ginger and cook for 2-3 minutes.
4. Add the beef and stir fry over medium heat until brown.
5. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid.
6. Add vermicelli and ½ cup of soaking liquid to the beef mix.
7. Add capsicum, broccoli, green beans, soy sauce and lemon juice, and simmer for 2 minutes.
8. Spoon into a bowl, garnish with coriander and serve.



## Equipment

-  Colander
-  Cutting board and knife
-  Grater
-  Kitchen scales
-  2 large bowls
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon

## Preparation and cooking skills

Boil, chop, dice, drain, grate, simmer, slice, stir, stir fry.

## Nutrition

- Sapasui is a traditional Samoan dish with an Asian influence.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



# Sweet and sour pork

## Ingredients

### Serves 4

#### Sweet and sour sauce

*¼ cup white vinegar*  
*1 teaspoon tom yum paste*  
*⅓ cup tomato paste*  
*3 tablespoons brown sugar*  
*2 cloves garlic, crushed*  
*1 tablespoon finely chopped fresh ginger*  
*2 tablespoons oyster sauce*  
*1 teaspoon sesame oil*  
*⅔ cup drained canned pineapple pieces*  
*1½ tablespoons cornflour*  
*1½ tablespoons water*

#### Stir fry

*1 tablespoon oil*  
*300 grams lean pork, sliced*  
*1 carrot, sliced*  
*⅔ cup sliced green beans*  
*½ red onion, sliced*  
*1 cup sliced red cabbage*  
*1 courgette, sliced*  
*1 capsicum, sliced*

## Method

#### Sweet and sour sauce

1. In a saucepan place vinegar, tom yum paste, tomato paste, brown sugar, garlic, ginger, oyster sauce and sesame oil.
2. Bring to the boil then reduce heat to a gentle simmer.
3. Add pineapple pieces.
4. Mix the cornflour and water together and stir through the pineapple mixture until thickened.

#### Stir fry

1. Heat oil in a wok over medium heat.
2. Add pork and stir fry until brown on all sides.
3. Add carrot, green beans, onion, red cabbage, courgette and capsicum to wok and stir fry until heated through.
4. Add sweet and sour sauce to pork and vegetables.
5. Continue to stir fry for 3-5 minutes.
6. Remove from heat, spoon into bowls and serve.



#### Equipment

- Cutting board and knife
- Kitchen scales
- Measuring cups
- Measuring spoons
- Saucepan
- Serving spoon
- Wok

#### Preparation and cooking skills

Boil, brown, chop, make sauces from scratch, mix, simmer, slice, stir fry.

#### Nutrition

- Sweet and sour pork is a popular Chinese dish.
- This recipe is healthier than the takeaway versions, as it uses lean pork and lots of vegetables.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Thai chicken salad

## Ingredients

### Serves 4

125 grams rice noodles  
1 tablespoon oil  
2 tablespoons crushed ginger  
2 cloves garlic, crushed  
500 grams chicken breast, skinned and sliced into strips  
pinch chilli flakes (optional)  
¼ iceberg lettuce, finely shredded  
4 tomatoes, diced  
½ cup chopped coriander  
4 spring onions, sliced  
2 cups mung bean sprouts  
2 tablespoons white vinegar  
1 tablespoon sugar  
2 tablespoons lemon juice  
1 tablespoon fish sauce

## Method

1. Add rice noodles to a saucepan of water and bring to boil, then reduce heat and simmer for 5-8 minutes or until tender, then drain, run under cold water and drain again. Set aside to cool.
2. Heat oil in a saucepan over a medium heat. Add ginger and garlic and cook 1-2 minutes, stirring.
3. Add chicken and chilli flakes (if using) and stir fry until golden and no longer pink in the middle.
4. Combine noodles, lettuce, tomatoes, coriander, spring onions and mung bean sprouts in a bowl.
5. In separate bowl, mix together vinegar, sugar, lemon juice and fish sauce, then add to noodle salad.
6. Spoon noodle salad into bowls, top with the chicken and serve.

## Variations

- Use other seasonal vegetables in place of mung bean sprouts, e.g. sliced cucumber, chopped broccoli, diced capsicum.
- Add ½ cup nuts and seeds.



## Equipment

- Colander
- Cutting board and knife
- Kitchen scales
- Large bowl
- Measuring cups
- Measuring spoons
- 2 medium bowls
- 2 saucepans
- Serving spoon
- Wooden spoon

## Preparation and cooking skills

Boil, chop, dice, drain, prepare and cook raw poultry, slice, stir fry.

## Nutrition

- Thai food is well known for its strong aromatic flavours, spiciness and using a variety of vegetables.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

# Thai fish cakes

## Ingredients

### Serves 4

480 grams frozen hoki, thawed and diced  
¼ cup chopped fresh coriander  
1 tablespoon finely chopped fresh ginger  
1 chilli, finely chopped  
1 spring onion, thinly sliced  
2 kaffir lime leaves, finely chopped  
1 tablespoon brown sugar  
2 teaspoons fish sauce  
1 teaspoon sesame oil  
1 tablespoon oil

## Method

1. Place the fish, coriander, ginger, chilli, spring onion, kaffir lime leaves, brown sugar, fish sauce and sesame oil into a food processor.
2. Pulse until the fish has been finely chopped but is not yet a smooth paste.
3. Shape fish mixture into similar size balls (about the size of a golf ball).
4. Flatten slightly.
5. Heat oil in a frying pan over medium heat. Place fish cakes in the frying pan using a spatula or fish slice, avoid overcrowding.
6. Cook the fish cakes on each side for approximately 5-8 minutes or until golden brown and the fish is white.
7. Remove from the pan and keep warm. Repeat if necessary.

## Serving suggestion








- Serve with rocket and Thai dipping sauce.

## Tip

- Remember to wash cutting boards after each task.



## Equipment

-  Cutting board and knife
-  Food processor
-  Frying pan
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Spatula or fish slice

## Preparation and cooking skills

Chop, dice, fry, prepare and cook raw fish, slice.

## Nutrition

- Thai food is well known for its strong aromatic flavours, spiciness and using a variety of vegetables.
- Eating plenty of different coloured vegetables and cutting back on junk foods and takeaways means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.







# Sensory evaluation

Sensory evaluation uses sight, smell and taste to give feedback on food products.

My food product: .....

**1 Select or circle** the words below that describe your food product.

			
Appearance	Taste/flavour	Aroma/smell	Texture
appetising   large clean   lumpy colourful   messy dull   rough fizzy   round flat   rustic fresh   smooth golden   stringy	acidic   savoury bitter   soggy bland   sour citrus   spicy fruity   strong mild   sour rich   tangy rotten   tart salty   weak	cheesy   perfumed fishy   pungent floral   rotten fragrant   scented fresh   stinky herby   sweet musty	chewy   hard creamy   liquid crisp   moist crumbly   mushy crunchy   slimy dry   smooth firm   soft flaky   sticky fluffy

**2 Rate your food product** using the scale below. **Select or circle** the number that best describes your response.

				
I really don't like it	I dislike it slightly	I neither like nor dislike it	I like it slightly	I really like it
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**3** What could you do differently to improve the rating of your food product next time?