Affordable Eats
Easy and tasty family meals that make your food budget go further
The Heart Foundation is committed to ensuring that all New Zealanders can fulfil their lifetimes. Our programmes help people live healthier lives. We work hard to make food choices easy for New Zealanders by providing a range of recipes to eat well on a budget.
Affordable Eats is a collection of recipes designed to feed your family for less than $3 per person per serve more economically, without sacrificing taste, quality or nutrition. We have shared with you a few tips to help you stretch your food budget. We also have a ‘Tasty and Affordable’ recipe section at www.heartfoundation.org.nz/recipes. Remember seasonal produce means affordable!

Cost per serve at time of publication 2014

Squeezing more out of your food budget

- Write a shopping list – and stick to it – and know your budget.
- Take a calculator or use self-scanners to help keep track of your spend.
- Use the cheapest supermarkets, fruit stores or butcheries in the area. Watch out for specials and be aware that local convenience stores and service stations often charge extra for the convenience.
- Cheaper fruit and vegetables can always be found at local markets.
- Branded products don’t necessarily mean better quality. Give supermarket’s own brands a try as they could well be made by the same manufacturer.
- Look for best value by checking the price per 100g or litre.
- Reduce the amount of convenience, processed and snack foods you buy.

Stretching your dollars – www.familybudgeting.org.nz

Tips to make your food go that little bit further

- When you’re cooking dinner, make a little extra for the next day’s lunch.
- Bulk up your curries, casseroles and stews with vegetables.
- Use your leftovers to make a whole new meal for the next day. Do this by adding extra vegetables, some pasta or rice, a can of fish and/or tomatoes.
- Crockpots and slow cookers are great for saving time and money, as you are able to slow cook cheaper cuts of meat.
- Adding legumes and beans to a dish is a great way to make a meal go further.
- Freeze leftovers and any surplus produce from your vegetable garden.
Healthy Heart Visual Food Guide

eat most
vegetables & fruit

eat some
grain foods & starchy vegetables

legumes, fish, seafood, eggs, poultry & meat

milk, yoghurt & cheese

healthy oils, nuts & seeds

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

simple steps to healthier eating
**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

### Grain Foods & 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

### Legumes, Fish, Seafood, Eggs, Poultry & Meat: 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

### 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 plain yoghurt
- Try homemade instead of bought takeaways
- Downsize from a big plate to a smaller size

### Junk Food & Takeaways: Cut Back

- Swap from butter or ghee to oils or margarine
- Choose a handful of nuts for a snack instead of potato chips
- Add avocado to a sandwich or salad
- Swap a can of fizzy to water or milk
- Swap from two scoops of ice cream to one scoop
**Ingredients you’ll need**

*Affordable 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.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
</tr>
<tr>
<td>Sesame oil</td>
</tr>
<tr>
<td>Curry powder</td>
</tr>
<tr>
<td>Tomato paste, salt-reduced</td>
</tr>
<tr>
<td>Dried chilli</td>
</tr>
<tr>
<td>Paprika</td>
</tr>
<tr>
<td>Dried mixed herbs</td>
</tr>
<tr>
<td>Nutmeg</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Black pepper</td>
</tr>
<tr>
<td>Chicken stock, salt-reduced</td>
</tr>
<tr>
<td>Beef stock, salt-reduced</td>
</tr>
<tr>
<td>Soy sauce, salt-reduced</td>
</tr>
<tr>
<td>Fish sauce</td>
</tr>
<tr>
<td>Sweet chilli sauce</td>
</tr>
<tr>
<td>Coconut cream lite</td>
</tr>
<tr>
<td>Baking powder</td>
</tr>
<tr>
<td>Brown sugar</td>
</tr>
<tr>
<td>White sugar</td>
</tr>
<tr>
<td>Wholemeal flour</td>
</tr>
<tr>
<td>Cornflour</td>
</tr>
<tr>
<td>Brown rice</td>
</tr>
<tr>
<td>Long grain rice</td>
</tr>
<tr>
<td>Medium grain rice</td>
</tr>
<tr>
<td>Vermicelli noodles</td>
</tr>
<tr>
<td>Dried pasta</td>
</tr>
<tr>
<td>Couscous</td>
</tr>
<tr>
<td>Red kidney beans, canned</td>
</tr>
<tr>
<td>Cream-style corn</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
</tr>
<tr>
<td>Baked beans</td>
</tr>
<tr>
<td>Currants</td>
</tr>
<tr>
<td>Nuts</td>
</tr>
<tr>
<td>Cashews</td>
</tr>
<tr>
<td>Spring onions</td>
</tr>
<tr>
<td>Onion</td>
</tr>
<tr>
<td>Red onion</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Pumpkin</td>
</tr>
<tr>
<td>Kumara</td>
</tr>
<tr>
<td>Carrot</td>
</tr>
<tr>
<td>Potato</td>
</tr>
<tr>
<td>Parsley</td>
</tr>
<tr>
<td>Mint</td>
</tr>
<tr>
<td>Coriander</td>
</tr>
<tr>
<td>Rosemary</td>
</tr>
<tr>
<td>Ginger</td>
</tr>
<tr>
<td>Lemons</td>
</tr>
<tr>
<td>Oranges</td>
</tr>
<tr>
<td>Bananas</td>
</tr>
<tr>
<td>Kiwifruit</td>
</tr>
<tr>
<td>Pears</td>
</tr>
<tr>
<td>Leeks</td>
</tr>
<tr>
<td>Broccoli</td>
</tr>
<tr>
<td>Mushrooms</td>
</tr>
<tr>
<td>Peppers</td>
</tr>
<tr>
<td>Chilli</td>
</tr>
<tr>
<td>Courgettes</td>
</tr>
<tr>
<td>Cucumber</td>
</tr>
<tr>
<td>Tomatoes</td>
</tr>
<tr>
<td>Cabbage</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Silver beet / spinach</td>
</tr>
<tr>
<td>Radishes</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
<tr>
<td>Milk, reduced-fat</td>
</tr>
<tr>
<td>Yoghurt, reduced-fat</td>
</tr>
<tr>
<td>Sour cream, reduced-fat</td>
</tr>
<tr>
<td>Edam cheese</td>
</tr>
<tr>
<td>Frozen mixed vegetables</td>
</tr>
<tr>
<td>Peas</td>
</tr>
<tr>
<td>Wholegrain bread</td>
</tr>
<tr>
<td>Wholegrain tortillas</td>
</tr>
<tr>
<td>Chicken mince</td>
</tr>
<tr>
<td>Chicken breasts</td>
</tr>
<tr>
<td>Cooked chicken</td>
</tr>
<tr>
<td>Mussel meat</td>
</tr>
<tr>
<td>Smoked fish</td>
</tr>
<tr>
<td>Fish</td>
</tr>
<tr>
<td>Trim pork</td>
</tr>
<tr>
<td>Beef mince</td>
</tr>
<tr>
<td>Beef lean</td>
</tr>
<tr>
<td>Mutton</td>
</tr>
<tr>
<td>Bacon</td>
</tr>
<tr>
<td>Canned corn beef</td>
</tr>
</tbody>
</table>
Egg in nest  Serves 4

**Ingredients**

- 8 slices wholegrain toast bread
- 2 Tbsp oil
- 8 eggs
- Freshly ground black pepper

**Method**

1. Cut a 4cm hole (use a biscuit cutter) in each slice of bread
2. Brush oil on one side of each slice of bread
3. Place the bread oil-side down in a frying pan on a medium heat
4. Break an egg into the hole of each slice of bread
5. Once the egg starts to set, brush on a little oil and turn to cook on the other side
6. Sprinkle with pepper

**Per serve:**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>1247KJ</td>
<td>SAT FAT</td>
<td>2.7g</td>
<td>CARBS</td>
<td>25.7g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FIBRE</td>
<td>3.5g</td>
<td>SODIUM</td>
<td>465mg</td>
</tr>
</tbody>
</table>
Home-made tomato sauce with pasta **Serves 2**

**Ingredients**
- 100g dried pasta
- 1 onion, diced
- 400g can chopped tomatoes
- 1 clove garlic, crushed
- 2 Tbsp tomato paste, salt-reduced
- ¼ – ½ tsp paprika or chilli

**Method**
1. Prepare the pasta to packet directions
2. Cook onion in a non-stick pan with a dash of water until soft
3. Add crushed tomatoes, garlic, tomato paste, chilli and cook until thickened
4. Serve over the pasta

**Variation**
Add roasted root vegetables such as pumpkin and carrot, cut into bite-size pieces
Add leftover cooked meat such as chicken or beef
Add a combination of seasonal vegetables, whatever is in the vegetable bin in the fridge

**Per serve (without variation):**

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ENERGY</strong></td>
<td>1045KJ</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SAT FAT</strong></td>
<td>0.5g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CARBS</strong></td>
<td>50g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FIBRE</strong></td>
<td>6g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SODIUM</strong></td>
<td>302mg</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Bubble ’n squeak Serves 4

**Ingredients**
- 1 Tbsp oil
- 1 medium onion, diced
- 1½ cups cabbage, cooked
- 4 medium potatoes, boiled and cubed
- 1 medium kumara, boiled and cubed
- ½ cup nuts, roughly chopped (optional)
- ¼ cup parsley, chopped
- Pinch ground nutmeg

**Method**
1. Heat oil in a large frying pan
2. Add onion and sauté until soft
3. Add remaining ingredients and heat through
4. Turn frequently and scrape residue stuck to the bottom of the pan
5. Serve hot

**Per serve:**

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1149KJ</td>
<td>1.5g</td>
<td>36g</td>
<td>6.3g</td>
<td>203mg</td>
</tr>
</tbody>
</table>
Fresh fruit platter  Serves 4

**Ingredients**

- 2 Tbsp reduced-fat sour cream
- ½ cup brown sugar
- 2 tsp lemon juice
- 2 mandarins or oranges
- 1 banana
- 2 kiwifruit
- 1 pear

**Method**

1. Blend the sour cream, brown sugar and lemon juice
2. Microwave on medium power for 5 minutes or until smooth and caramelized, stir well. Or alternately place in a saucepan and cook over a low heat for 5 minutes, stirring occasionally
3. Cut the fruit into wedges or bite-size chunks
4. Arrange on large platter or individual plates
5. Drizzle with caramel sauce

**Substitution**

Use your favourite fruit or whatever is in season

**Per serve:**

- ENERGY: 680KJ
- SAT FAT: 0.5g
- CARBS: 38g
- FIBRE: 3.2g
- SODIUM: 10mg
**Chicken and corn soup** Serves 6

**Ingredients**
- 2 cans cream style corn
- 2 cups mixed frozen vegetables
- 1 ½ cups chicken stock, salt-reduced
- 1 cup chicken mince or 1 skinless chicken breast minced in food processor
- 1 Tbsp soy sauce, salt-reduced
- 2 Tbsp cornflour
- 2 eggs, beaten

**Method**
1. In a saucepan combine cream style corn, mixed vegetables, 2 cups water and chicken stock (replace with additional water if not using chicken stock) and bring to the boil
2. Stir in chicken mince and soy sauce and return to the boil
3. In a small bowl, mix together the cornflour and 2 tablespoons cold water
4. Stir cornflour mixture into soup gradually until thickened
5. Gradually add beaten egg while stirring the soup
6. Remove from heat and serve

**Per serve:**

- ENERGY: 775KJ
- SAT FAT: 0.8g
- CARBS: 27g
- FIBRE: 7.2g
- SODIUM: 473mg
Chicken fried rice Serves 6

**Ingredients**

- 2 cups long grain rice
- 600ml water
- 6 eggs, lightly beaten
- 50ml oil
- 1 onion, finely diced
- 1kg mixed frozen vegetables
- 300g grilled skinless chicken breast, sliced
- 45ml soy sauce, salt-reduced

**Method**

1. Rinse the rice under cold running water. In a saucepan cover the rice with the water and bring to the boil with the lid on.
2. Reduce heat to the lowest setting and cook for 20 minutes or until the water has been absorbed and the rice is cooked. Remove from the heat and allow to cool.
3. Heat a wok or large frying pan with half of the oil.
4. Add beaten egg and cook until lightly scrambled. Remove eggs and roughly chop.
5. Add the rest of the oil to the wok and add onion and vegetables. Stir-fry until nearly cooked.
6. Add cooked rice and chicken and heat through.
7. Add eggs back to the wok with soy sauce and mix thoroughly.

**Per serve:**

- **ENERGY**: 1802KJ
- **SAT FAT**: 2.5g
- **CARBS**: 42g
- **FIBRE**: 7g
- **SODIUM**: 527mg
Mexican roll-up with chicken salsa  Serves 4

**Ingredients**

400g cooked chicken or any other leftover meat
2 Tbsp reduced-fat sour cream
1 cup button mushrooms, finely chopped
1 cup canned chopped tomatoes, any flavour
4 wholegrain tortilla wraps
60g Edam cheese, grated

**Method**

1. Preheat the oven to 200°C and grease a shallow oven-proof dish
2. Combine the chicken, sour cream, mushrooms and half the tomatoes
3. Divide the mixture between the 4 tortillas and roll up to enclose the filling
4. Place tortilla parcels seam-side down in the oven-proof dish
5. Spoon the remaining tomato over the tortillas and sprinkle with grated cheese
6. Bake for 15 – 20 minutes or until the cheese turns golden

Serve with steamed seasonal vegetables or salad

**Per serve:**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>1456KJ</td>
<td>4.4g</td>
<td>22g</td>
<td>4g</td>
<td>600mg</td>
</tr>
</tbody>
</table>

13
Chicken and lime vermicelli

Serves 6

Ingredients

1 large packet (250g) vermicelli noodles
2 medium carrots, thinly sliced
2 spring onions, thinly sliced
2 medium peppers, thinly sliced
½ cup fresh herbs (mint, parsley & coriander)
2 cloves garlic, crushed
1 red chilli, seeds removed and finely chopped (optional)
2 ½ cups (400g) cooked chicken, skin removed, shredded
¾ cup sweet chilli sauce
2 – 3 Tbsp lemon juice

Method

1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain
2. Combine vermicelli in a large bowl with carrots, spring onions, red pepper, herbs, garlic, chilli and chicken
3. Make the dressing by mixing together sweet chilli sauce and lemon juice
4. Pour dressing over the vermicelli and toss gently to combine
5. Cover and refrigerate until ready to serve

Substitution:

Chicken for surimi (crab meat), ham, fish or any other cooked meat
Add your seasonal vegetables

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1139KJ</td>
<td>1.1g</td>
<td>44g</td>
<td>2.5g</td>
<td>375mg</td>
</tr>
</tbody>
</table>
Baked chicken frittata Serves 4

Ingredients
3 medium potatoes, boiled and sliced
1 ½ cups cooked chicken, shredded
1 ½ cups spinach or silverbeet, blanched, if using frozen thaw and squeeze out the liquid
2 Tbsp reduced-fat sour cream
4 eggs
1 Tbsp rosemary (optional)

Method
1. Heat oven to 180 C
2. Grease and line a 25cm round cake tin
3. Lay the sliced potato, shredded chicken and spinach on top of each other in the tin
4. Mix together the sour cream and eggs. Then pour the egg mixture evenly over the ingredients in the tin
5. Sprinkle rosemary leaves over the top
6. Bake for approximately 30 minutes or until the egg has set
7. Turn out of the tin
Serve with salad and tomato relish

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>985kJ</td>
<td>2.5g</td>
<td>18.7g</td>
<td>5.2g</td>
<td>171mg</td>
</tr>
</tbody>
</table>
Fritters, mussel, courgette or banana  Serves 6

**Ingredients**

- 350g mussel meat, finely chopped, or 3 courgettes grated
- 4 eggs
- 2 cups wholemeal flour
- ½ cup parsley, chopped
- 2 spring onions, chopped
- ½ cup reduced-fat milk
- ½ cup reduced-fat yoghurt, unsweetened
- 2 tsp baking powder
- 2 Tbsp oil

*Makes 24 fritters*

**Method**

1. Mix together gently; chopped mussels, eggs, flour, parsley, spring onion, milk, yoghurt and baking powder
2. Heat a large heavy-based frying pan using a little oil at a time
3. Drop 2 tablespoons of batter into pan for each fritter
4. Cook until golden brown on both sides and cooked through

Serve with green salad and or seasonal vegetables

**Variation Banana Fritters**

Substitute the mussel meat or courgettes for 350g banana or 3 medium bananas; replace the parsley and spring onions with ½ cup sugar and a teaspoon of cinnamon

**Per serve:**

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1267KJ</td>
<td>1.7g</td>
<td>30g</td>
<td>5g</td>
<td>500mg</td>
</tr>
</tbody>
</table>
Thai fish cakes Serves 6

**Ingredients**

- 500g fish fillets
- ½ cup fresh coriander, chopped
- 1 Tbsp fresh ginger, chopped
- 1 small fresh chilli, finely chopped
- 1 spring onion, thinly sliced
- 2 kaffir lime leaves, finely chopped (optional)
- 1 Tbsp brown sugar
- 2 tsp fish sauce
- 1 tsp sesame oil
- 1 Tbsp oil

Makes 18

**Method**

1. Dice the fish into large chunks
2. Place all ingredients except the oil into a food processor
3. Pulse until the fish has been finely chopped but is not a smooth paste
4. Shape fish mixture into 30g balls and slightly flatten
5. Heat oil in a heavy-based frying pan
6. Cook the fish cakes for approximately 2 minutes each side or until golden brown and cooked through

Serve with salad and steamed rice

**Per serve (three fish cakes):**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>4061KJ</td>
<td>0.4g</td>
<td>3g</td>
<td>0.2g</td>
<td>191mg</td>
</tr>
</tbody>
</table>
Smoked fish kedgeree Serves 4

**Ingredients**
- 1 Tbsp oil
- 1 medium onion, finely chopped
- 2 tsp curry powder
- 2 cups cooked rice
- 1 cup reduced-fat milk
- 1 cup smoked fish, roughly chopped
- 2 Tbsp lemon juice
- ½ cup fresh coriander or parsley, chopped
- 8 lemon wedges
- 4 soft boiled eggs, halved

**Method**
1. Heat oil in a saucepan over a low heat
2. Add the onion and cook for about 10 minutes or until soft and just beginning to brown
3. Add the curry powder and cook for a further minute, then stir through the cooked rice
4. Pour in the milk and heat gently
5. Fold through the smoked fish, lemon juice and coriander
6. Season with cracked black pepper
7. Serve with lemon wedges and soft boiled eggs, cut in half

Serve with seasonal steamed vegetables

**Per serve:**

- **ENERGY**: 1015KJ
- **SAT. FAT**: 1.9g
- **CARBS**: 21.4g
- **FIBRE**: 1g
- **SODIUM**: 590mg
Oka l’a (raw fish) Serves 8

Ingredients
1kg fresh fish fillets (mullet or gurnard is best)
5 lemons, juice only
3 spring onions, chopped
1 small cucumber, seeds removed, chopped into bite-size pieces
2 tomatoes, chopped
½ green or yellow pepper, chopped
1 ½ cups lite coconut cream
1 cup water
Pepper to taste

Method
1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice – leave to marinate for at least 2 hours, or overnight in the fridge
3. Drain off the lemon juice. Add the spring onions, cucumber, tomatoes, pepper, coconut cream and water. Sprinkle with pepper and mix well
4. Transfer to a serving bowl, cover with plastic wrap and chill before serving

Serve with brown rice and crisp lettuce leaves

Per serve

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>SAT. FAT</td>
<td>CARBS</td>
<td>FIBRE</td>
<td>SODIUM</td>
</tr>
<tr>
<td>707KJ</td>
<td>3.7g</td>
<td>3.7g</td>
<td>1.1g</td>
<td>120mg</td>
</tr>
</tbody>
</table>
Fabulous fish pie  Serves 6

**Ingredients**

- 8 medium potatoes, peeled and diced
- 3 Tbsp reduced-fat milk
- 1 Tbsp oil
- 3 medium carrots, diced (2 cups)
- 1 large leek, sliced (3 cups)
- 2 cups water
- 1 cup reduced-fat milk
- 3 Tbsp cornflour
- ½ cup parsley, chopped
- 2 Tbsp lemon juice
- 600g white fish fillets, diced (hoki, trevally)
- ½ cup Edam cheese, grated

**Method**

1. Preheat oven 180°C
2. Place potatoes in a pot and cover with cold water, bring to the boil and cook until tender. Drain and mash with the first measure of milk
3. Heat the oil in a large saucepan. Add the carrot and leek and sauté at a medium heat until soft but not brown
4. Add water and milk, bring to a gentle simmer. Wet the cornflour with a little water and gradually add to the simmering sauce until thick. Remove from the heat
5. Mix in the parsley and lemon juice. Pour into an oven-proof dish
6. Lay the diced fish on top of sauce. Spread the mashed potato on top, sprinkle with grated cheese
7. Bake for approximately 30 minutes or until hot through and fish is cooked

**Per serve:**

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1513KJ</td>
<td>2.2g</td>
<td>43.8g</td>
<td>6.5g</td>
<td>185mg</td>
</tr>
</tbody>
</table>
Pork chop suey Serves 8

Ingredients
2 cups brown rice
2 Tbsp oil
2 onions, diced
4 tsp fresh ginger, finely chopped
4 cloves garlic, crushed
1kg Trim pork, diced
5 carrots, sliced thinly; OR 4 cups frozen mixed vegetables
1 head broccoli, sliced into small pieces; OR ½ head cauliflower, sliced into small pieces
1 yellow pepper, seeds removed, chopped
2 Tbsp soy sauce, salt reduced

Method
1. Place the rice into a large saucepan with 4 cups water, cover and bring to the boil over a medium heat. Then reduce heat to a low setting and cook for 15–20 minutes. Remove the pan from the heat and leave to stand covered for 5–10 minutes
2. Heat the oil in a large saucepan. Add onion, ginger, garlic, and pork. Stir-fry for 3–4 minutes
3. Add carrots (or frozen vegetables), broccoli (or cauliflower), pepper and ½ cup of water to the saucepan and cook for 3 minutes.
4. Add soy sauce to saucepan and stir – cover and simmer for 10–15 minutes until meat is tender
5. Serve over the cooked rice

Per serve:

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1569KJ</td>
<td>1.5g</td>
<td>49g</td>
<td>3g</td>
<td>420mg</td>
</tr>
</tbody>
</table>
Spicy Indian corned beef  Serves 6

**Ingredients**

- 340g can Pacific corned beef
- 400g can Indian flavoured tomatoes
- 500g frozen mixed vegetables (carrots, peas, green beans and sweet corn)
- 1 Tbsp garlic, crushed
- 1 Tbsp ginger, grated
- 2 cups cabbage, finely chopped
- 2 cups pumpkin, cubed and cooked
- 3 Tbsp coriander or parsley, chopped

**Method**

1. Place can of corned beef in a pot, cover with hot water, leave to stand for 10 minutes, then tip water away. Open can and drain off fat
2. Place tomatoes in a large pan, add mixed vegetables
3. Add garlic and ginger, stir to combine
4. Cook on a medium heat, stirring occasionally. When vegetables are heated through, add drained corned beef, chopped cabbage and pumpkin. Continue cooking until steaming hot
5. Garnish with coriander or parsley

Serve with rice, vermicelli, taro or roti

**Per serve:**

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>960KJ</td>
<td>3g</td>
<td>14g</td>
<td>4g</td>
<td>527mg</td>
</tr>
</tbody>
</table>
Individual pastry-less pies Serves 8

**Ingredients**

- 500g lean mince, lamb, beef or chicken
- 1 large onion, diced
- 1 can baked beans
- 5 Tbsp tomato paste, salt-reduced
- 2 cups frozen mixed vegetable eg. peas, carrots and sweet corn
- 800g potatoes, peeled and cut into even sizes
- ¼ cup reduced-fat milk
- 1 cup Edam cheese, grated
- 4 Tbsp parsley, chopped (optional)

**Method**

1. Preheat oven to 190°C
2. Brown the mince in batches in a hot frying pan. Set aside
3. Add a little oil to frying pan, gently cook onion until tender but not brown, increase heat and stir in browned mince
4. Add baked beans, tomato paste and half a cup of water, stir to combine
5. Stir in frozen vegetables, heat gently until vegetables are thawed
6. Cook potatoes in boiling water until tender, drain well and mash with milk, cheese (hold back 2 tablespoons) and chopped parsley
7. Spoon meat and vegetable mixture into individual ramekins or large baking dish. Top with mashed potatoes and sprinkle with remaining cheese. Bake for 20 – 25 minutes until hot and golden

**Per serve:**

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1216KJ</td>
<td>4g</td>
<td>37g</td>
<td>5.6g</td>
<td>359mg</td>
</tr>
</tbody>
</table>
Beef curry  Serves 4

Ingredients

1 Tbsp oil
2 medium onions, diced
350g lean beef, diced
3 cloves garlic, crushed
2 Tbsp curry powder
400g can tomatoes, crushed
2 Tbsp tomato paste, salt-reduced
1 cup water
1 Tbsp fresh coriander, chopped (optional)

Method

1. Heat the oil in a large pot. Add the onions and sauté until soft and beginning to brown
2. Add beef, garlic and curry powder and sauté until the beef has browned lightly
3. Add the tomatoes, tomato paste and water. Bring to a gentle simmer
4. Cover and cook slowly for approximately 2 hours or until the beef is tender
5. Add more water if it looks to be drying out too much
6. Garnish with coriander

Serve over rice with steamed seasonal vegetables

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>863KJ</td>
<td>2.2g</td>
<td>11.5g</td>
<td>4.6g</td>
<td>199mg</td>
</tr>
</tbody>
</table>
Irish stew Serves 4

Ingredients
1 Tbsp oil
2 medium onions, diced
2 medium carrots, diced
300g mutton or hogget, fat removed and diced
2 large potatoes, washed and diced
3 cups beef stock, salt-reduced
2 Tbsp parsley, chopped

Method
1. Heat the oil in a large pot. Add onions and carrots, sauté until beginning to soften
2. Add the meat and cook until lightly browned on the outside
3. Add the potatoes and stock and bring to a gentle simmer
4. Cover and cook for approximately 1½ hours or until the meat is tender
5. Garnish with parsley
Serve with steamed cabbage

Per serve:

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1050KJ</td>
<td>4.5g</td>
<td>22g</td>
<td>3.4g</td>
<td>444mg</td>
</tr>
</tbody>
</table>
Little meat loaves Serves 6

**Ingredients**
- 1 Tbsp oil
- 1 red onion, diced
- 2 cloves garlic, crushed
- ½ cup currants
- 1 tsp cinnamon
- 1 lemon, zest
- 400g beef mince, lean
- 1 cup cooked rice
- ½ cup parsley, chopped
- 9 cabbage leaves, large outer leaves
- 1 cup cabbage, shredded finely
- 1 carrot, sliced into sticks
- 2 cups beef stock, salt-reduced

**Method**
1. Preheat oven to 180°C
2. Place the oil into a frying pan and add the onions, garlic, currants, cinnamon and lemon zest. Fry gently until the onion is soft. Remove from the heat and place into a mixing bowl
3. Add mince, cooked rice, parsley and black pepper, mix well
4. Place the cabbage leaves two at a time into a pot of boiling water; blanch for 1–2 minutes. Remove and place into cold water. Repeat until all the cabbage leaves are blanched, drain well. Now blanch the shredded cabbage and carrot sticks
5. Lay the cabbage leaves out flat, remove the thickest part of the stems. Place ½ cup of the mince mixture onto the bottom of the cabbage leaves and roll up, folding in the sides as you roll
6. Place into an ovenproof dish, pour over the stock, cover and bake for 45 minutes
7. Garnish with shredded cabbage and carrots
Serve with steamed vegetables

**Per serve (1½ Rolls):**

<table>
<thead>
<tr>
<th>Energy</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1093KJ</td>
<td>3g</td>
<td>25g</td>
<td>4.5g</td>
<td>508mg</td>
</tr>
</tbody>
</table>
Quick minestrone Serves 4

Ingredients
2 cups seasonal vegetables prepared and chopped eg. potatoes, carrot, celery, kumara, parsnip, leeks
1 onion, diced
1L water
200g tomato paste, salt-reduced
400g can tomatoes, chopped
¼ cup couscous
400g can red kidney beans, drained and rinsed
Freshly ground black pepper to taste
Mediterranean herbs to taste eg. basil, thyme, oregano

Method
1. Put all ingredients in a saucepan, except the pepper and herbs, and bring to the boil
2. Simmer for 15–20 minutes
3. Season to taste with freshly-ground black pepper and herbs
4. Serve with wholegrain bread and a sprinkling of grated Edam cheese, if desired

Per serve:

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>996KJ</td>
<td>0.1g</td>
<td>41g</td>
<td>9g</td>
<td>123mg</td>
</tr>
</tbody>
</table>

MEATLESS
Pumpkin risotto Serves 4

**Ingredients**
- 4 cups water
- 1 tsp dried vegetable stock powder, salt-reduced
- 1 Tbsp oil
- 1 medium onion, finely diced
- 3 cups pumpkin, peeled, seeded and diced
- 3 cloves garlic, crushed
- 1 cup medium grain rice (Arborio)
- 1 cup frozen peas
- ½ cup Edam cheese, grated

**Method**
1. Heat water in a pot and dissolve stock cube
2. In a different pot heat the oil. Add the onion and pumpkin to the oil and sauté until the onion is soft and just starting to brown
3. Add the garlic and rice to onion and sauté until the rice looks clear rather than white
4. Stir in one quarter of the hot stock with the rice, stirring occasionally
5. Add stock regularly while stirring until the rice is cooked through and the risotto has a creamy consistency (not too thick and not too runny)
6. Add the frozen peas and bring back to temperature
7. Remove from the heat, sprinkle with cheese over the top and serve hot

**Variation**
Add 2 rashers chopped bacon or 2 small chicken breasts, sliced, add with the onion and pumpkin.

**Per serve:**
- Energy: 1603KJ
- SAT. FAT: 3.4g
- CARBS: 53g
- FIBRE: 7g
- SODIUM: 131mg
Solomon poi Serves 8

Ingredients
1kg kumara, peeled and grated
1kg pumpkin, peeled and grated
6 large silverbeet leaves, stalks removed
½ cup roasted cashew nuts, chopped
½ cup lite coconut cream
½ cup reduced-fat milk
Pepper to taste

Method
1. Preheat oven to 180°C
2. Combine all the ingredients and mix thoroughly
3. Line a baking dish with tin foil, allowing enough to fold over the top
4. Place the mixture into the baking dish. Fold over the ends of the tin foil to make a parcel
5. Bake for 1 hour
Serve with lean meat and steamed vegetables

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1049KJ</td>
<td>2.2g</td>
<td>48g</td>
<td>6.5g</td>
<td>70mg</td>
</tr>
</tbody>
</table>
Vegetable couscous  Serves 4

Ingredients
2 courgettes, chopped
1 cup cocktail tomatoes, halved
1 green pepper, cut into chunks
1 carrot, peeled and chopped finely
1 cup couscous
1¼ cups boiling water
1 Tbsp oil
1 lemon, zest and juice
2 radishes, sliced finely
¼ cup roasted almonds, chopped

Method
1. Preheat oven to 200°C
2. Lightly oil a roasting dish, add the courgette, tomatoes, green peppers and carrot and bake in the oven for 15 minutes
3. Place the couscous into a bowl and pour over the boiling water
4. Season with black pepper, cover and set aside for 5 minutes or until all the water has been absorbed
5. Add the oil, lemon zest and juice to couscous and fluff up with a fork
6. Add the roasted vegetables, radishes and almonds

Serve with cold meat or grilled meat, fish or chicken

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT. FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1049KJ</td>
<td>1.2g</td>
<td>31.6g</td>
<td>4.3g</td>
<td>16mg</td>
</tr>
</tbody>
</table>

MEATLESS
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 = 125 ml
- 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

For more free healthy recipes
[heartfoundation.org.nz/freecookbooks](http://heartfoundation.org.nz/freecookbooks)
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)
The Heart Foundation is New Zealand’s heart charity, leading the fight against our country’s biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

To make a donation, please go to www.heartfoundation.org.nz/donate or contact us at:

Heart Foundation, PO Box 17160, Greenlane, Auckland 1546
T 09 571 9191 E info@heartfoundation.org.nz W www.heartfoundation.org.nz