RECIPES FOR LARGE FAMILIES

2ND EDITION
Kai Lelei Recipes for Large Families

The first edition of ‘Recipes for Large Families’ was coordinated by Pip Duncan in response to many requests for economical recipes that incorporate Pacific food recipes and cultural themes.

Kai Lelei is a Pacific concept that means ‘a good meal’, ‘a beautiful meal’, ‘an attractive meal’, ‘a healthier meal’, ‘a nutritious meal’, and/or ‘to eat well’. This recipe book aims to draw from the strengths of our traditional Pacific food, recipes and preparatory methods to produce meals that are inclusive of Pacific and other cultures and traditions. We hope to encourage our Pacific children and families to use this book to celebrate Pacific food and traditions being healthier in order to prevent illness so that we can live longer, healthier and prosperous lives.

Acknowledgements
Auckland Regional Public Health Service would like to acknowledge and thank the following organisations for their contributions to the Kai Lelei Recipes for Large Families publication:

- Counties Manukau District Health Board – Pacific Health Division
- Ethnic Communications Limited

2nd edition was published in 2006.

‘Kai Lelei - Recipes for Large Families’ was coordinated by Auckland Regional Public Health Service - Health Outcome Team and Counties Manukau District Health Board - Pacific Health Division.

Copyright ARPHS
Copyright photos ARPHS & CMDHB

Design, layout and illustration by Ethnic Communications Limited.
Printed in New Zealand.

This book is copyright. Except for the purpose of fair reviewing, no part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage and retrieval system, without permission in writing from the publisher. Infringers of copyright render themselves liable to prosecution.
## CONTENTS

<table>
<thead>
<tr>
<th>RECIPES</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SOUP</strong></td>
<td></td>
</tr>
<tr>
<td>Cream of Vegetable Soup</td>
<td>6</td>
</tr>
<tr>
<td>Mussel Soup</td>
<td>6</td>
</tr>
<tr>
<td>Pumpkin Soup</td>
<td>6</td>
</tr>
<tr>
<td>Corn Soup</td>
<td>7</td>
</tr>
<tr>
<td>Chicken Soup</td>
<td>7</td>
</tr>
<tr>
<td><strong>MEAT</strong></td>
<td></td>
</tr>
<tr>
<td>Beef Curry with Pumpkin</td>
<td>8</td>
</tr>
<tr>
<td>Corned Silverside</td>
<td>8</td>
</tr>
<tr>
<td>Lamb Casserole</td>
<td>8</td>
</tr>
<tr>
<td>Mutton Bake</td>
<td>9</td>
</tr>
<tr>
<td>Mutton and Vegetable Stew</td>
<td>9</td>
</tr>
<tr>
<td>Corned Beef (Pisupo) Burgers</td>
<td>9</td>
</tr>
<tr>
<td>Stir Fry with Beef or Pork</td>
<td>9</td>
</tr>
<tr>
<td>Pork Stew</td>
<td>10</td>
</tr>
<tr>
<td>Beef &amp; Vegetable Stir Fry</td>
<td>10</td>
</tr>
<tr>
<td>Bacon and Taro Fritters</td>
<td>10</td>
</tr>
<tr>
<td>Corned Beef and Vegetable Dish</td>
<td>10</td>
</tr>
<tr>
<td>Island Chop Suey</td>
<td>11</td>
</tr>
<tr>
<td>Lu / Palusami</td>
<td>11</td>
</tr>
<tr>
<td><strong>ROASTS</strong></td>
<td></td>
</tr>
<tr>
<td>Roast Shoulder of Mutton</td>
<td>12</td>
</tr>
<tr>
<td>Roast Vegetables</td>
<td>12</td>
</tr>
<tr>
<td>Gravy</td>
<td>12</td>
</tr>
<tr>
<td><strong>MINCE</strong></td>
<td></td>
</tr>
<tr>
<td>Savoury Mince / Shepherds Pie</td>
<td>12</td>
</tr>
<tr>
<td>Meat Loaf</td>
<td>12</td>
</tr>
<tr>
<td><strong>RECIPES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>SAUSAGES</strong></td>
<td></td>
</tr>
<tr>
<td>Saucy Sausages</td>
<td>13</td>
</tr>
<tr>
<td>Curried Sausages</td>
<td>13</td>
</tr>
<tr>
<td>Bean and Sausage Medley</td>
<td>13</td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
</tr>
<tr>
<td>Curried Fish Loaf</td>
<td>14</td>
</tr>
<tr>
<td>Tuna &amp; Taro Patties</td>
<td>14</td>
</tr>
<tr>
<td>Tuna &amp; Macaroni Casserole</td>
<td>14</td>
</tr>
<tr>
<td>Fish Cakes</td>
<td>15</td>
</tr>
<tr>
<td>Marinated Raw Fish</td>
<td>16</td>
</tr>
<tr>
<td>Mussel Salad</td>
<td>16</td>
</tr>
<tr>
<td>Fish and Celery Pie</td>
<td>16</td>
</tr>
<tr>
<td>Sushi</td>
<td>16</td>
</tr>
<tr>
<td><strong>PASTA</strong></td>
<td></td>
</tr>
<tr>
<td>Spaghetti and Variations</td>
<td>17</td>
</tr>
<tr>
<td>White Sauce and Variations</td>
<td>17</td>
</tr>
<tr>
<td><strong>CHICKEN</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken Chop Suey</td>
<td>18</td>
</tr>
<tr>
<td>Sweet and Sour Chicken</td>
<td>18</td>
</tr>
<tr>
<td>Chicken and Mushroom Casserole</td>
<td>19</td>
</tr>
<tr>
<td>Chicken and Vegetable Curry</td>
<td>19</td>
</tr>
<tr>
<td>Tomato and Garlic Chicken</td>
<td>19</td>
</tr>
<tr>
<td>Chicken Bake</td>
<td>19</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
</tr>
<tr>
<td>Cabbage and Bacon Casserole</td>
<td>20</td>
</tr>
<tr>
<td>Baked Potatoes with Toppings</td>
<td>20</td>
</tr>
<tr>
<td>Vegetable Savoury</td>
<td>20</td>
</tr>
</tbody>
</table>
CONTENTS

RECIPES PAGE

SALADS
Orange and Green Pepper Salad 21
Vegetable Medley and Variations 21
Apple and Carrot Salad 21
Coleslaw and Variations 21

SAVOURY DISHES
Pizza 22
Pizza Topping 22
Sandwiches 22

DESSERTS
Stewing Fruit 23
Fruit Crumble 23
Banana Pudding 23
Rice Pudding 23
Fruit Platter/Kebabs 23

DRINKS
Lemon Leaf Punch 24
Fresh Fruit Smoothie 24
‘Otai 24

SNACKS
Banana & Bran Muffins and Variations 26
Hummus 26
Scones 27
Muesli Crunch 27
Popcorn 27
Carrot Cake 27

FOOD SAFETY TIPS 30

MEASUREMENTS

Metric Kitchen Measures Abbreviations Used in Metric Recipes
1 tablespoon 15ml T Tablespoon
1 dessert spoon 10ml t Teaspoon
1 teaspoon 5ml °C Degrees Celsius
½ teaspoon 2.5ml c Cup
1 litre jug 1000ml m Millilitre
½ litre jug 500ml L Litre
¼ litre jug 250ml kg Kilogram
1 cup 250ml g Gram
SOUPS

Cream of Vegetable Soup
Serves 10 – 12

1T canola oil
2 onions, peeled and chopped
6 potatoes, peeled and diced
6 c peeled, diced vegetables eg: carrots, pumpkin, kumara, parsnip
4 c water or stock
4 c milk
salt and pepper to taste

1. Heat the oil in a large saucepan
2. Add the onion and cook until soft
3. Add potatoes, vegetables, water or stock
4. Simmer until the vegetables are tender, about 30 – 40 minutes
5. Pass the mixture through a sieve or food processor and return to a saucepan
6. Add milk, salt and pepper to taste
7. Reheat and serve

Mussel Soup
Serves 8 – 10

1T canola oil
2 onions, diced
8 potatoes, peeled and diced
3 c water or stock
¼ c tomato sauce
4 c milk
24 cooked mussels, chopped in half

1. Heat the oil in a large saucepan
2. Add the onion and stir-fry until just cooked
3. Add potatoes, water or stock and tomato sauce
4. Simmer until the potatoes are cooked
5. Add the milk and mussels
6. Heat through and serve

Pumpkin Soup
Serves 8 – 10

1T canola oil
2 onions, peeled and chopped
1 stalk celery, diced
1 kg (1 small) pumpkin, peeled and diced
2 potatoes, peeled and diced
4 c water
pepper to taste

1. Heat a large heavy-based saucepan, add oil, then onion and celery and cook until lightly coloured
2. Add the pumpkin, potatoes and water and season with salt and pepper
3. Boil gently until all vegetables are tender
4. Puree in a blender, food processor or put through a sieve and return the puree to the saucepan
5. Add a little pepper to taste
6. Heat through and serve
Corn Soup
Serves 8 – 10

1T canola oil
2 onions peeled and chopped
2 rashers lean bacon, chopped
1 c peas or green pepper, seeds removed and sliced
1t chicken stock powder
2 c water
½ t salt
¾ t curry powder
¼ t pepper
2 x 425g cans cream style corn
2 c diced raw potatoes
2 c milk

1. In a large saucepan heat the oil, add the onion, bacon and peas or green pepper, and cook until vegetables are soft
2. Add the stock, water, salt, curry powder and pepper
3. Add corn and potatoes and simmer a further 20 minutes or until potatoes are tender
4. Carefully add milk and bring to boil.
5. Serve immediately with wholemeal bread rolls

Chicken Soup
Serves 10 – 12

8 c water
250 g chicken strips
½ c rice
2 medium onions, peeled and finely chopped
2 carrots, grated
2 c sliced celery
pepper to taste

1. Heat the water, add the chicken and rice and simmer for 5 minutes
2. Add the vegetables and simmer for a further 10 – 15 minutes
3. Add extra water if necessary
4. Season with pepper and serve

a tip from bob:
Soups can be the basis for delicious and nutritious meals. Serve soup with toast, bread, taro or cooked banana.

a tip from daisy:
Sprinkle a little grated cheese on hot soup for extra protein. Make canned or packet soups with milk for extra protein.
MEATS

**Beef Curry with Pumpkin**
Serves 8 - 10

1T canola oil
4 onions, peeled and chopped
2T curry powder
1 kg stewing steak cut into small pieces
2 c water
1 kg pumpkin, peeled and chopped

1. Heat oil in large heavy-based saucepan
2. Add onions and cook until light brown
3. Stir in curry powder and cook 2 minutes
4. Add meat and stir over moderate heat until browned
5. Add water, bring to the boil, cover, lower heat and simmer for 1 ½ hours
6. Add pumpkin and simmer further for 1 hour (Total cooking time 2-2 ½ hours)
7. Serve immediately with boiled rice and boiled or steamed green vegetables

**Corned Silverside**
Serves 8 - 10

1 - 1.5 kg piece corned silverside
1T brown sugar
1T vinegar
1 onion, peeled

1. Rinse corned silverside under cold water and place in large saucepan
2. Cover with cold water, bring to the boil, drain off the water
3. Add brown sugar, vinegar and onion to saucepan
4. Cover the meat with water and bring to the boil, lower the heat
5. Cover the saucepan and cook slowly without boiling until the meat is tender. (Allow 1 hour per 500g weight of meat)
6. Turn off heat and leave meat in the cooking liquid for 10 minutes (only)
7. Remove meat from liquid and serve immediately, or cool quickly and place in covered container and refrigerate
8. Serve with boiled potatoes, carrots and cabbage

**Lamb Casserole**
Serves 8 - 10

10 lamb leg or shoulder chops
1T canola oil
4 onions, peeled and diced
½ t pepper
2 ½ c water
2 carrots, sliced
1 c vinegar
1 c tomato puree
2t ground ginger

1. Preheat oven to 160˚C
2. Place chops in a deep baking dish with a lid
3. In a frying pan heat oil, add onion and cook for 2 - 3 minutes and spoon over chops
4. Combine all other ingredients and pour over the chops
5. Cover and bake in preheated oven for 1 ½ - 2 hours or until tender
6. Serve with baked potatoes or taro and vegetables

**A tip from Mele:**
Always buy lean meat (with the fat removed). Take frozen and chilled foods home as soon as possible after buying and place in the deep freeze or refrigerator.
Mutton Bake
Serves 8 – 10

- ½ c flour
- ¼ t salt
- ¼ t pepper
- 1 kg diced lean mutton
- 1T canola oil
- 1t mushroom stock powder
- 4 onions, peeled and sliced
- 10 potatoes, peeled and sliced
- 1 c water

1. Preheat oven to 160˚C
2. Mix the flour with the first measure of salt and pepper
3. Coat the mutton in the flour mixture
4. Heat the oil in a pan and brown the meat
5. Place the browned meat in a large dish
6. Sprinkle mushroom stock powder over the meat
7. Spread sliced onions then sliced potatoes on top and sprinkle with pepper
8. Pour the water over the potatoes
9. Cover the dish with a lid or aluminium foil
10. Bake at 160˚C for 2 – 2 ½ hours or until meat and potatoes are tender
11. Remove the lid or foil and bake ½ hour more to brown potatoes
12. Serve with boiled green vegetables

Mutton and Vegetable Stew
Serves 10 – 12

- 1 kg mutton leg chops, fat trimmed
- 4 c water
- 1 ½ c barley or rice
- 2 carrots, peeled and sliced
- 2 swedes or turnips or parsnips, peeled and sliced
- 2 onions, peeled and sliced
- 2 stalks celery, sliced
- ¾ t salt

1. Place meat and cold water in a large saucepan and simmer for 1 ½ hours
2. Cool, then put into the refrigerator overnight
3. Next day remove the solid fat from the surface of the stock
4. Remove the meat from the bones
5. Wash the barley in water, drain and add to the stock and meat
6. Add the vegetables and season with salt and pepper
7. Simmer for about 1 hour or until the barley or rice is tender
8. Serve with baked potatoes or kumara

Corned Beef (Pisupo) Burgers
Serves 8 – 10

- 2 x 340g can reduced fat corned beef
- ½ c mashed potato
- 2 onions, finely chopped
- 2 c dry breadcrumbs
- 1T Worcestershire or tomato sauce
- 3 eggs, beaten

1. Mash corned beef and add potato, onion, dry breadcrumbs. Worcestershire sauce, beaten eggs and pepper to taste, and mix well
2. Heat the frying pan and spoon tablespoons of mixture into the frying pan
3. Fry gently about 5 minutes on each side
4. Serve in wholemeal bread rolls with salad

Stir-Fry with Beef or Pork
Serves 8 – 10

- 1T canola oil
- 800g – 1kg beef or pork schnitzel, cut in strips or lean pork pieces, finely sliced
- 2 cloves garlic, crushed
- 1t ground ginger
- 10 c prepared vegetables: thinly sliced carrots, celery, onions, mushrooms
- 2T cornflour
- 4T cold water
- 2T reduced salt soy sauce

1. Heat the oil in a large frying pan or wok
2. Add the meat, garlic and ginger and stir-fry 3 – 5 minutes
3. Add the vegetables and stir-fry further 3 – 5 minutes
4. Mix the cornflour with the water and soy sauce
5. Add to the meat and vegetables and stir until thick
6. Serve with rice, noodles, kumara or pasta
Pork Stew
Serves 10
1 kg lean pork pieces
1 T canola oil
4 onions, peeled and chopped
2 c frozen mixed vegetables
½ t dried mixed herbs or sage
¼ t salt
2 ½ c water
4 cooking apples
pepper to taste
1. Heat a heavy-based saucepan and brown the pork pieces, then remove from saucepan
2. Add oil and cook onion until soft
3. Return meat to saucepan, add mixed vegetables, mixed herbs, salt, pepper and water
4. Cover and simmer for about 30 minutes
5. Peel, core and slice apples
6. Place apple on top of meat and continue to simmer a further 20 minutes until meat is tender and apple soft
7. Serve with rice, taro, kumara or noodles

BEEF AND VEGETABLE STIR-FRY
Serves 8
800 g lean beef, finely sliced
2 T reduced salt soy sauce
1 T grated ginger
1 clove garlic, crushed
2 onion, sliced finely
4 carrots, sliced finely
2 c cauliflower pieces
2 c broccoli pieces
1 t canola oil
1. Slice the meat into strips and mix with the soy sauce, ginger and garlic. Leave to marinate.
2. Chop all the vegetables
3. Fill a large pot with water and bring to the boil.
4. Add the vegetables and cook for 5 minutes (do not cook until soft) and drain
5. Heat a frying pan with the oil. Add the meat and cook for 2 minutes
6. Add the vegetables and cook for another 5 minutes
7. Serve on rice or with noodles

Bacon and Taro Fritters
Serves 8 - 10
3 c cooked and mashed taro
1 c flour
1 t baking powder
2 rashers lean bacon, cooked and chopped
2 T canola oil
1. Mix the taro, flour, baking powder and bacon together and shape into patties
2. Heat a small amount of oil in a frying pan, add the patties and cook until golden brown
3. Turn and cook the second side until brown
4. Remove from the pan and drain on absorbent paper
5. Serve with a salad

corned beef and vegetable dish
Serves 8
2 x 340g cans reduced fat corned beef
2 onions, chopped
2 courgettes, chopped
4 tomatoes, chopped
3 c chopped cabbage
2 stalks celery, chopped
a little water
1. Warm the can of corned beef and drain off the fat
2. In a saucepan add the onions and some water. Cook for a few minutes
3. Add the corned beef and vegetables
4. Add a little more water if necessary and cook until vegetables are tender
5. Serve with taro, green bananas, rice or noodles
Island Chop Suey
Serves 8 – 10

1 packet (240g) bean thread vermicelli
1 c hot water
1T canola oil
1 kg diced lean beef or pork
4 cloves garlic, crushed
1t finely chopped green ginger
2 onions, chopped
800 g prepared vegetables
2T water
1T reduced salt soy sauce

1. Place the vermicelli in a bowl and cover with hot water and soak until soft, drain and cut into 20cm lengths with clean scissors
2. Heat the oil in a large saucepan or wok and add the meat, garlic, ginger, onion and vegetables
3. Stir-fry for 4 – 5 minutes then add the vermicelli, water and soy sauce to the meat
4. Simmer for 15 minutes or until the meat is tender
5. Serve with salad

Lu / palusami
For every 2 people

10-15 medium-size clean taro leaves
1 c cooked lean beef or fish, diced
1 onion, finely diced
½ c reduced fat or lite coconut cream
aluminium foil

1. Layer taro leaves overlapping each other to form a leak-proof circular shape on and around the middle of the aluminium foil
2. Place meat as a heap in the middle of the taro leaves layer
3. Sprinkle finely diced onions over the meat
4. Gather and hold the edges of the taro leaves layer up forming a bowl then pour the coconut cream on and around the meat
5. Quickly fold the taro leaves edges inwards to overlap and enclose the ready to bake lu
6. Fold the aluminium foil edges inwards to overlap and enclose the ready-to-bake lu.
7. Place on an oven dish and bake at 200˚C for 1 hour
Roast Shoulder of Mutton
Serves 8 - 10

1 boned shoulder mutton, about 1 ½ kg weight
1. Preheat the oven to 170˚C
2. Place the meat in roasting pan and cook at 170˚C for 1 ½ - 1 ¾ hours
3. Remove cooked meat from pan, remove string and serve cut in thick slices
4. Serve with potatoes, kumara and peas or carrots

Roast Vegetables
Serves 10

10 potatoes, kumara, parsnips or pieces of pumpkin
1. Peel and chop vegetables so they are all approximately the same size
2. When the meat has been cooking for about 1 hour add the vegetables to the roasting dish
3. Place the vegetables around the meat, turning each piece over in the fat that has drained from the meat
4. Return to the oven, turn the vegetables after about ½ hour
5. Check the vegetables with a skewer and remove from the oven when soft and golden brown.

Gravy
Serves 8 - 10

1 - 2T flour
2 c vegetable water or water
1. Lift meat and vegetables from roasting pan and drain off all fat
2. Stir in flour and cook until it froths and colours lightly
3. Gradually stir in the vegetable water and cook, stirring until the gravy thickens
4. Serve with a range of colourful steamed or boiled vegetables

Savoury Mince
Serves 8 - 10

1kg beef mince
2 t mixed herbs or curry powder
4 c grated potatoes
4 c grated carrot or courgette
2 c onions, peeled and grated
2 c water
salt and pepper to taste
1. Heat a heavy-based frying pan or saucepan, add mince and herbs (or curry powder) and cook, stirring until brown. Drain off any fat
2. Add grated potatoes, carrot, onion and water
3. Turn the heat down and simmer mixture for 15 minutes, add more water if necessary
4. Add salt and pepper to taste and serve with rice and vegetables or on toast

Variation:
Shepherds Pie
1. Place cooked mince in baking dish
2. Top with mashed potato
3. Brown under grill

Meat Loaf
Serves 8 - 10

500g beef mince
500g sausage meat
2 c rolled oats
2 onions, peeled and chopped
2 eggs, beaten
½ c milk
1. Preheat oven to 180˚C
2. Place all ingredients together in a bowl, mix well
3. Grease a baking dish, then shape the mixture into a loaf in the roasting tin or place in a loaf tin
4. Cook in oven for 45 - 60 minutes or until the loaf is cooked and shrinks slightly
5. Serve with potatoes, rice, taro and boiled vegetables

a tip from mele:
Remove the skin from chicken pieces and fat from lamb before cooking.
**Saucy Sausages**
*Serves 5 - 6*

- 6 - 8 pre-cooked sausages
- 1 onion, sliced
- 1 clove garlic, crushed
- 1 t mixed herbs
- 2 c chopped vegetables
  (fresh or frozen)
- 1 packet (30g) tomato soup powder
- 1 ½ c of water

1. Slice the sausages
2. Place in a large pan or pot with the onion, garlic, mixed herbs and vegetables
3. Mix the soup powder with the water and pour over the sausages. Cook on a medium heat for 20 - 30 minutes, stirring half way through cooking
4. Serve with rice, pasta or mashed potato

**Curried Sausages**
*Serves 8 - 10*

- 16 sausages (about 1 ½ kg)
- 1T canola oil
- 1 onion, peeled and chopped
- 1T curry powder
- 1 x 400g can tomatoes, chopped
- 1c water
- 1t chicken or beef stock powder
- 3T flour
- 3T water

1. Put sausages into a large saucepan and cover with cold water
2. Heat until the water is boiling, reduce the temperature and simmer for 20 minutes
3. Drain the sausages and cut each sausage into four
4. Heat the oil in a large saucepan and fry the onion until brown
5. Stir in the curry powder and add the chopped tomatoes and their juice, water and stock powder
6. Bring to the boil and cook over moderate heat for 10 minutes
7. Mix the flour and water together to make a smooth paste
8. Stir into the curry sauce and cook until thick, stirring constantly
9. Add the sausages and simmer for 10 minutes.
10. Serve hot with rice or potato

**Bean and Sausage Medley**
*Serves 8 - 10*

- 1T canola oil
- 3 onions, peeled and sliced
- 2 stalks celery, sliced
- 6 cooked sausages, sliced
- black pepper to taste
- 3 x 300g cans baked beans

1. In a large pan heat the oil, add onions and celery and cook until the onion is slightly brown
2. Add sliced sausages and cook for 2 minutes
3. Add pepper and beans and cook for 5 - 10 minutes stirring frequently
4. Serve with rice or crisp toast
**Curried Fish Loaf**
Serves 8 – 10

1T canola oil  
2 onions, peeled and chopped  
2t curry powder  
2 c milk  
1 slice thick white bread, crusts removed  
4 eggs  
2 x 425g cans tuna in water  

1. Preheat oven to 180˚C  
2. Heat oil in a saucepan, add the onion and cook over moderate heat until soft  
3. Stir in curry powder and cook for 2 minutes  
4. Add milk and bread, remove from heat and mix with fork until soft  
5. Add the eggs and beat well with the fork  
6. Mix in the tuna and liquid from the can  
7. Pour into greased baking dish  
8. Bake in oven at 180˚C for 35 – 40 minutes until the loaf is set and golden brown  
9. Serve with a salad

**Tuna & Macaroni Casserole**
Serves 4 - 6

1 ½ c dried pasta (macaroni, spirals, shells etc)  
2 x 225g cans tuna in water  
1 (30g) packet of powder mushroom soup  
1 c reduced fat milk  
1 tsp Worcester sauce  
½ c crushed weetbix  

1. Cook the pasta in plenty of boiling water until tender (about 10-12 minutes). Drain and place in a large baking dish  
2. In a mixing bowl add the dry soup mix, milk, Worcester sauce and tuna with all the liquid from the tins. Mix well. Stir thoroughly through the pasta and top with the crumbled weetbix  
3. Bake at 180˚C for 30 minutes. Serve immediately (or all the liquid will be absorbed) with coleslaw or salad

**Tuna and Taro Patties**
Serves 10

3L water  
2 x 400g large taros, peeled and cut into 8  
2 x 425 g cans tuna in water, drained and mashed  
1T chopped parsley  
1 onion, finely chopped  
pepper  
2 c dry breadcrumbs  
1T canola oil  

1. Bring the water to the boil in a large saucepan.  
2. Add the taro and cook until tender when tested with a skewer or fork. Drain and leave to cool  
3. Grate the cooked taro and place in a large bowl  
4. Add the tuna, parsley, onion and mix thoroughly  
5. Season with pepper  
6. Shape spoonfuls into patties and coat with breadcrumbs  
7. Cook in a lightly greased non-stick frying pan for 30 - 40 minutes, or bake on a tray in the oven at 180˚C for 30 - 40 minutes  
8. Turn halfway through cooking to brown on both sides  
9. Serve with salad

A tip from Mele:
If using coconut cream when preparing fish dishes, use reduced fat or lite coconut cream.
**MARINATED RAW FISH**

Serves 8 - 10

1kg fresh fish fillets
1c lemon juice
½ c reduced fat or lite coconut cream
¼ c reduced fat milk
3 spring onions, sliced
½ cucumber, seeds removed and chopped into bite-sized pieces
2 tomatoes, diced
1 green or yellow pepper, deseeded and diced

1 stalk celery, finely diced

1. Place the fish in a bowl, add lemon juice, mix well, cover and refrigerate for at least 2 hours or until the fish is white
2. Drain the fish and return to a clean bowl
3. Mix the coconut cream and the low fat milk together, add to the fish, and mix well
4. Add the spring onions, cucumber, tomatoes, peppers, and celery
5. Cover and chill
6. Serve in pepper shells or bowls

---

**Fish Cakes**

Serves 8

½ onion, finely chopped
2 eggs, beaten
2 x 310g can smoked fish, drained and flaked
1T lemon juice
2T chopped parsley
2c mashed potato

1. Combine all ingredients
2. Roll in a little flour and form into flat cakes
3. Heat a little oil in a frying pan
4. Add the fish cakes and brown on both sides
Sushi
Serves 8 – 10

2 c short grain rice
water
2 T white vinegar
2 t white sugar
Nori (seaweed sheets)
Sushi filling:
carrot
cucumber
bean sprouts
avocado
mushrooms
fresh raw fish eg salmon, terakihi

1. Wash the rice. Fill a saucepan with enough water to cover the first knuckle of your index finger. Add rice, place a lid on the saucepan and bring to the boil. Turn off the element, but don’t remove from heat, leave for 20 minutes. After 20 minutes transfer to a bowl. Place in refrigerator and chill well.
2. Add vinegar and sugar, return to refrigerator.
3. All the sushi filling ingredients must be cut into thin strips.
4. Once the rice is cold remove one sheet of nori (you can buy it at most supermarkets). Place on a clean tea towel or sushi mat. Cover ¾ of the nori paper with a layer of rice. Place a row of sushi filling along the rice and roll the sushi up tightly.
5. Slice into pieces with a sharp, wet knife and serve with reduced salt soy sauce, wasabi (Japanese horseradish) and pickled ginger.

Mussel Salad
Serves 8 – 10

30 cooked mussels
4 spring onions, finely chopped
2 stalks celery, sliced
2 green peppers, diced
4 tomatoes, diced or 16 cherry tomatoes, halved
½ c lite mayonnaise
2 T tomato sauce
½ c reduced fat milk

1. Have mussels cooked, shelled and chilled.
2. Mix prepared vegetables in a bowl and add mussels.
3. Mix mayonnaise, tomato sauce and milk together and lightly coat the vegetables and mussels.
4. Cover and refrigerate until ready to eat.
5. Serve with slices of brown bread.

Fish and Celery Pie
Serves 8 – 10

2 T canola oil
4 stalks celery, thinly sliced
4 T flour
1 x 425g can concentrated mushroom or chicken soup
2 x 425g cans tuna in water
6 potatoes, cooked and mashed

1. Preheat oven to 180˚C
2. Heat oil in a saucepan
3. Add the celery and cook, stirring, over moderate heat for 5 minutes
4. Stir in the flour and cook, stirring, for 3 minutes
5. Add the soup and liquid from the canned fish
6. Stir over moderate heat until the sauce boils
7. Gently stir in the tuna and pour into a baking dish
8. Spread mashed potato evenly on top and cook in oven at 180˚C for 20 – 25 minutes until the sauce is hot and the potato is brown.
9. Serve with a salad.
**Spaghetti**

*Serves 8 - 10*

**Ingredients:**
- 1T canola oil
- 2 large onions, peeled and thinly sliced
- 1 clove garlic, peeled and chopped
- 200g bacon, chopped
- 2 x 400g cans tomatoes, chopped
- 2 x 500g packet dried spaghetti
- 1 c grated cheese

1. Heat oil in large frying pan
2. Add the onions, garlic and bacon and cook until soft
3. Stir in the tomatoes and juice then simmer for 20 minutes
4. While the sauce is cooking, cook the spaghetti according to the packet instructions, until it is tender
5. Drain the spaghetti thoroughly and place it on a plate, pour the sauce over and sprinkle with the grated cheese
6. Serve immediately with salad

**Variations:**
- Add ½ t chilli powder or 1 t chilli sauce to the sauce
- Use canned tuna in place of the bacon
- Use celery, carrot and courgette in place of the bacon

---

**White Sauce**

*Serves 8 - 10*

**Ingredients:**
- 4T canola oil
- pinch salt and pepper
- 4T flour
- 2 c reduced fat milk

1. Heat the oil in a saucepan add salt, pepper and flour
2. Cook for 2 minutes, stirring with a wooden spoon (do not brown)
3. Gradually stir in the milk, stirring continuously
4. Cook over a low heat until the mixture is smooth and thick

**Variations:**
- Curry Sauce
  - Add 1t curry powder to the oil
- Cheese Sauce
  - Add 1T parmesan cheese and 1t prepared mustard
- Parsley Sauce
  - Add 2 T finely chopped parsley when the sauce is cooked

---

**A Tip From Bob**

**Cooking Pasta**

1 c of pasta gives 2 ½ - 3 cups when cooked. Place dried pasta in boiling salted water and boil for about 15 minutes or until the pasta is slightly firm when bitten or squeezed (al dente).
**Chicken Chop Suey**

Serves 10 - 12

1 packet (250g) bean thread vermicelli
1T canola oil
800g - 1kg diced boneless skinless chicken
1 onion, peeled and chopped
3 cloves garlic, crushed
3 stalks celery, chopped
4 large carrots, chopped
1 cabbage, sliced

1 packet (500g) frozen peas
¼ c reduced salt soy sauce

1. Break the vermicelli into shorter lengths
2. Place in a bowl and cover with boiling water. Leave until soft
3. Drain the vermicelli
4. Heat the oil in a large heavy-based pan, add the chicken, onion, garlic, celery and carrot and cook for 5 minutes
5. Add cabbage and peas and cook a further 5 - 8 minutes
6. Add vermicelli to the vegetables
7. Add chicken to the vegetables and vermicelli. Stir in soy sauce and heat thoroughly
8. Serve with rice or taro

**Sweet and Sour Chicken**

Serves 8 - 10

1T canola oil
5 onions, peeled and diced
5 carrots, thinly sliced
1 x 425g can pineapple pieces in juice
1 packet (500g) frozen peas
¼ c reduced salt soy sauce
¼ c tomato sauce
1T vinegar
1T sugar
1T cornflour
2 c diced cooked, boneless, skinless chicken

1. Heat the oil in a saucepan, add the onion and carrots and stir-fry for 3 - 4 minutes
2. Add pineapple pieces (save the juice), peas, soy sauce, tomato sauce, vinegar and sugar, then bring to the boil and cook for 5 minutes
3. Mix the cornflour with a little water and the pineapple juice. Stir into the sauce mixture and cook until thickened
4. Add the chicken and heat through
5. Serve with rice or cassava
**Chicken and Mushroom Casserole**

Serves 10

- 10 chicken legs, skin removed
- 2 stalks celery, sliced
- 2 c sliced mushrooms
- 1 x 30g packet mushroom soup powder
- 4 c water

1. Preheat oven to 160°C
2. Place chicken legs in an ovenware dish
3. Add celery and mushrooms
4. Mix soup powder and water together
5. Pour over chicken. Cover with lid or foil
6. Place in oven and cook for 1 hour or until chicken is tender
7. Add extra water if necessary
8. Serve with baked taro and mixed vegetables

---

**Tomato and Garlic Chicken Curry**

Serves 10

- 10 chicken pieces, skin removed
- 1T canola oil
- 1-2 T curry powder
- 2 cloves garlic, crushed
- 4 onions, diced
- 2x 400g cans tomatoes in juice
- 2c water
- pepper to taste

1. Heat the oil in a large heavy-based saucepan, add the curry powder and garlic and stir-fry 1 - 2 minutes
2. Add the chicken and quickly brown on all sides
3. Add the tomatoes, water and pepper. Bring the mixture to the boil, lower heat and simmer 30 - 40 minutes until the chicken is tender
4. Serve with rice, baked taro or kumara and vegetables or salads

---

**Chicken Bake**

Serves 6 - 8

- 1 large chicken
- 3c chicken stock (from cooking chicken)
- 1c finely chopped celery or green pepper (optional)
- 2-3T flour
- 2T canola oil
- 1T finely chopped onion
- 1T finely chopped parsley
- 2c wholegrain breadcrumbs

1. Place chicken in a large saucepan and cover with water. Bring to the boil, reduce heat and simmer - 1 1/2 hours until chicken is cooked
2. Remove chicken from stock, cool quickly, cover and place in refrigerator
3. Transfer 3 cups of the stock to a cold container, cool by placing in a sink or pot of cold water, then refrigerate
4. Store chicken and stock in the refrigerator overnight. Remove skin, fat and bones from chicken. Skim off any fat that has set on top of the stock with a spoon
5. Preheat oven to 180°C
6. Place chicken in a large baking dish, sprinkle the celery over the chicken
7. Mix the flour with a little stock, mix in remaining stock and pour over the chicken
8. Heat the oil in a saucepan, add the onion and cook until clear, add the parsley and breadcrumbs, stir well, then spoon over the chicken
9. Bake in pre-heated oven until the topping is golden and the chicken mixture steaming hot
10. Serve with baked pumpkin, kumara and green vegetables

---

**A Tip from Mele:**

Always taste food before adding salt and see if you can do without. Herbs and spices add flavour—try curry, coriander, mint, or parsley.
Cabbage and Bacon Casserole
Serves 8 - 10

- 9 c shredded cabbage
- 5 cooking apples, sliced
- 3 onions, peeled and sliced
- 1t ground black pepper
- 1t chopped fresh thyme or ¼ t dried thyme
- 400g lean bacon pieces, chopped
- 2 green peppers, chopped (optional)
- 1 c white vinegar

1. Preheat oven to 150˚C
2. Mix cabbage, apples, onions, pepper and thyme
3. Place in large baking dish
4. Arrange bacon pieces on top
5. Sprinkle with chopped green peppers
6. Add vinegar
7. Cover and bake in oven preheated to 150˚C for 2 ½ hours
8. Serve with baked potatoes or kumara

Baked Potatoes with Toppings
Serves 8 - 10

10 medium sized potatoes
1. Preheat oven to 200˚C
2. Place potatoes on oven rack and bake until the potatoes are soft when pressed with fingers, about 45 – 60 minutes
3. Remove from oven, cut a small cross in the top then press from bottom to form a cross
4. Serve with savoury dishes or with topping and salad

Suggested Toppings
- cream style corn
- baked beans
- cottage cheese and diced celery

Vegetable Savoury
Serves 8 - 10

- 6 eggs
- 1T canola oil
- 2 c reduced fat milk
- 6 carrots, grated
- 4 large potatoes, grated
- 4 chopped silverbeet leaves
- 4 onions, peeled and finely chopped
- 2 chopped lean bacon pieces
- pepper to taste

1. Preheat oven to 180˚C
2. Beat the eggs, oil and milk together in a large bowl
3. Add the carrot, potato, silverbeet, onion and bacon and mix well
4. Add pepper to taste
5. Pour into a large greased baking dish
6. Bake in oven at 180˚C for 1 hour

Tips from Vini:
- Try boiled taro, kumara, cassava or green bananas in place of potatoes.
- Have lots of vegetables in your meals.

For extra flavour add chopped fresh herbs to cooked vegetables. Avoid adding butter, margarine or oil.
Salads

- Use fresh crisp ingredients
- Prepare vegetables in a range of ways – diced, sliced, chopped or strips
- Use a variety of colourful ingredients
- Store salads in the refrigerator until ready to serve

Apple and Carrot Salad
Serves 8 - 10

4 carrots, peeled and grated
6 apples, cored and grated
2 stalks celery, sliced
1 lettuce, finely sliced
¼c raisins or sultanas
¼c lite salad dressing
¼c orange juice
1T toasted sesame or pumpkin seeds

1. Place carrot, apple and celery in a bowl
2. Add lettuce, raisins and salad dressing
3. Mix salad dressing and orange juice together and pour over salad
4. Sprinkle with the seeds

Coleslaw
Serves 8 - 10

1 small cabbage, finely sliced
4 carrots, grated
1 green pepper, deseeded and sliced
1 stalk celery, sliced
½ c lite salad dressing

1. Mix all ingredients together in a bowl
2. Chill until ready to serve

Orange and Green Pepper Salad
Serves 8 - 10

4 oranges, peeled and diced
1 lettuce, finely sliced
2 green peppers, chopped
½ c lite salad dressing
1T black olives, optional
¼c grated cheese

1. Place oranges and lettuce in a bowl, add peppers and mix
2. Lightly toss with salad dressing
3. Sprinkle black olives and cheese over top
4. Sprinkle with the seeds

Vegetable Medley
Serves 8 - 10

1T canola oil
2 x 400g cans tomatoes, chopped
4 onions, sliced
4 courgettes, sliced
1 green pepper, chopped
2 cloves garlic, crushed
1 x 400g can whole kernel corn, drained
1c chopped parsley

1. Heat oil in large saucepan
2. Add vegetables, garlic and pepper
3. Stir, cover and simmer 20 minutes
4. Add drained corn and heat for a further 3 minutes
5. Sprinkle with chopped parsley

Variations:
- Add drained crushed pineapple
- Add grated red apple
- Add diced red onion

Variations:
- Preheat oven to 180ºC. Place layers of vegetables in a baking dish and cook 40 minutes in preheated oven and sprinkle with the parsley and serve.
- For lunch or tea savoury dish; sprinkle a little grated cheese at the end of cooking and serve with wholegrain bread.
**Pizza**
Makes 1 large pizza

- 1 c flour
- 1t salt
- 1t baking powder
- ¼t canola oil
- ⅛ c milk

1. Mix flour, salt and baking powder together in a bowl
2. Mix the oil and milk together in a cup and pour into the flour
3. Mix together and place on lightly floured board
4. Flatten with palms of clean hands or work to a round shape with rolling pin
5. Line a pizza tin or form the dough into a 22cm diameter circle on a baking tray
6. Cover with topping
7. Bake in oven at 200˚C for 10 – 15 minutes

**Pizza Topping**

- 1 c tomato chutney, relish or sauce
- 1 onion, peeled and finely chopped
- 1 stalk celery, finely diced
- 1 green pepper, finely diced
- 1 c sliced mushrooms
- ½ c grated cheese

1. Spread the pizza base with the chutney
2. Mix onion, celery, green pepper and mushrooms together and sprinkle over base
3. Sprinkle with the grated cheese

**Sandwiches**

Spread slices of bread with:
- hummus
- cottage cheese
- margarine
- lite cream cheese

Add fillings:
- fish (canned) mashed – salmon or tuna
- tomato sauce or slices
- diced celery
- chopped spring onions
- sliced cucumber
- lettuce leaves

Cold meat: beef, ham, lamb, chicken
- chutney
- lettuce leaves
- mustard or horseradish sauce
- drained crushed pineapple
- coleslaw

Egg: mash hard boiled egg with a little milk
- chopped chives
- curry powder
- chopped parsley
- diced celery
- lettuce
- tomato slices

Cheese: grated cheddar, mixed with a little hot milk
- coleslaw
- sliced tomato
- chutney
- lettuce
- grated carrot
- sliced red or pickle onions

Cottage cheese: drained
- drained crushed pineapple
- chopped ginger and dates
- diced red and green pepper
- cucumber
DESSERTS

**Stewing Fruit**

Wash and / or peel fruit
- Place prepared fruit in saucepan and half cover with water (only use just a little water to stew rhubarb or tamarillos)
- Bring to boil, reduce heat and simmer until tender
- Add sugar (white, brown, raw) or honey to taste (about ½ cup to 500g of fruit)
- Cool and store in covered containers in the refrigerator

![Image of stewed fruit](image)

**fruit Crumble**

Serves 8

2 c rolled oats
1 c flour
½ c brown sugar
1t cinnamon or mixed spice
200g margarine
1kg stewed fruit

1. Preheat oven to 180˚C
2. Mix dry ingredients together
3. Rub margarine into dry ingredients with clean hands to make a crumble mixture
4. Sprinkle crumble topping over stewed fruit
5. Bake in oven at 180˚C for 30 minutes

![Image of crumble](image)

**banana pudding**

Serves 8

12 ripe bananas, peeled and sliced
1c grated raw cassava
water

1. Place banana slices in saucepan, cover with water and bring to the boil
2. Reduce heat and simmer 20 – 30 minutes, then mash thoroughly
3. Add grated cassava, sprinkling in a little at a time and stirring often
4. Cook until mixture thickens
5. Serve with reduced fat milk or lite coconut cream

![Image of banana pudding](image)

**Rice Pudding**

Serves 10-12

<table>
<thead>
<tr>
<th>1 c short grain rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>4T sugar</td>
</tr>
<tr>
<td>10 - 12 c reduced fat milk</td>
</tr>
<tr>
<td>2t vanilla essence</td>
</tr>
</tbody>
</table>

1. Preheat the oven to 150˚ - 160˚C
2. Wash the rice in a sieve
3. Place all ingredients in a medium-sized baking dish
4. Cook in the oven for 2 - 2½ hours or until creamy, stirring occasionally during the first hour of cooking to ensure even distribution of rice and prevent a skin forming

**fruit platter or fruit kebabs**

- Select colourful seasonal fruit
- Try new varieties of fruit
- Wash and cut into portions
- Arrange on a plate or platter
- Thread small chunks of coloured fruit onto bamboo skewers
- Vegetables eg carrots, celery, cucumber can be included in the fruit platter.

![Image of fruit platter](image)

**a tip from bob:**

Remember lunch. Pack your own lunchbox for work and help your children to pack a lunchbox for school. See the sandwich fillings for some ideas.
**Fruit Smoothie**  
*Serves 1*

- 250 ml reduced fat milk  
- ¼ c natural yoghurt  
- ½ c strawberries, banana, berries, stewed apple or canned fruit in natural juice  
- 1 t honey  
- ice  

1. Put all ingredients into the blender and blend  
2. Place ice in a large glass and pour in smoothie

**‘Otai - Watermelon & Pineapple Fruit Punch**  
*Serves 10*

- ½ round watermelon  
- 1 pineapple  
- 1 c lite coconut milk  
- ice  
- mint or orange slices for garnish

1. Scrape the flesh of the watermelon, with a medium sized spoon, into a bowl.  
2. Remove seeds (can be done while scraping).  
3. Cut the pineapple in half lengthwise then scrape the flesh into the bowl with the watermelon.  
4. Add the coconut milk and stir thoroughly.  
5. Add water to suit taste.  
6. Place ice in serving glasses, pour in punch and garnish.

---

**Lemon Leaf Punch**  
*Serves 8*

- 15 lemon leaves  
- 8 c water  
- 3 T grated fresh ginger  
- ½ c sugar  
- 4 c orange or pineapple juice  
- ice  
- lemon slices

1. Place the lemon leaves, water, ginger and sugar in a large saucepan  
2. Bring to the boil then reduce heat and simmer 3 minutes  
3. Cool then strain into a large jug, add fruit juice, chill and serve with ice and lemon slices as garnish

---

*a tip from vai:*  
Drink water instead of high sugar drinks such as cordial or fizzy drinks.
Banana & Bran Muffins
Makes 24

2 c flour
1 T baking powder
1 t baking soda
½ c brown sugar
1 c bran
3 eggs
½ c canola oil
1 c reduced fat milk
1 c mashed banana

1. Preheat oven to 200°C
2. Lightly oil muffin trays or line with paper muffin cups
3. Sift flour, baking powder and baking soda into a mixing bowl
4. Stir in brown sugar and bran
5. In another bowl beat the eggs
6. Add the oil, milk and banana and mix thoroughly
7. Pour the liquid mixture into the flour mixture and stir together just to mix – do not beat
8. Place spoonfuls into muffin cups
9. Bake in oven at 200°C for 10 – 12 minutes

Variations:
• Add ½ c dried fruit to the flour mixture before adding the liquid
• Use 1 c flour and 1 c wholemeal flour

Hummus

1 ½ c cooked chick peas
½ c canola oil
2 t finely chopped garlic
¼ c lemon juice
½ t salt

1. Place all ingredients in a food processor and process until smooth
2. Pour into a bowl, cover and refrigerate until ready to serve
3. Serve with vegetables eg carrot or celery sticks, wholegrain breads or with salad in a sandwich

a tip from bob:
Fruit and wholegrain bread are good after school snacks for children
**Carrot Cake**  
*Makes 1 cake*

1T grated carrot  
3 eggs  
1 c brown sugar  
1t grated lemon rind  
½ c canola oil  
1 ½ c flour  
1 ½t baking powder  
1 c bran  
2 c grated carrot  
1 c raisins or currants

1. Preheat oven to 180˚C  
2. Spray the bottom and sides of a ring baking tin with a little oil then sprinkle with the first measure of grated carrot  
3. Place the eggs and brown sugar in a bowl and beat until smooth, add the lemon rind and oil  
4. Sift the flour and baking powder into another bowl, add the bran, grated carrot and raisins  
5. Mix the flour mixture into the oil mixture, then spoon into prepared baking tin  
6. Place in preheated oven and cook for 25 – 35 minutes into the middle comes out clean

**Scones**  
*Makes 12*

1 cup flour  
1T baking powder  
1c wholemeal flour  
3T margarine  
¼c sultanas  
¾ milk

1. Preheat oven to 220˚C  
2. Sift flour and baking powder into a bowl, add wholemeal flour and mix  
3. Rub the margarine into the mixture until it looks like dry breadcrumbs  
4. Add the sultanas then enough milk so the dough is combined  
5. Roll out on a lightly floured board to about 1cm thickness, cut into 12  
6. Place on a cold oven tray in preheated oven for 12 - 15 minutes

**Muesli Crunch**  
*Makes 24 pieces*

1 c flour  
1t baking powder  
1 c rolled oats  
½ c raisins or sultanas  
½ c sugar  
1T canola oil

1. Preheat oven to 180˚C  
2. Sift flour and baking powder into a mixing bowl  
3. Stir in rolled oats, dried fruit and sugar  
4. Add oil and mix well  
5. Press into a greased 20cm x 30cm baking tin  
6. Bake in oven at 180˚C for 20 - 25 minutes  
7. Cut while warm but leave in the tin until cold

**Popcorn**  
*Makes 3-4 cups*

1 teaspoon margarine  
½ cup popcorn

1. Place together in a medium saucepan cover with a lid  
2. Cook on low heat – shaking corn throughout cooking to prevent burning  
3. When all corn is popped, pour into a bowl

**a tip from bob:**  
Margarine is better to use than butter, but spread thinly.
Healthier eating involves choosing a variety of foods from various food groups. To make sure you get all the vitamins and minerals you need to eat food from the four food groups:

**Fruit**

*Suggested Number of Daily Servings - 2 or more*
Apples, bananas, feijoas, kiwifruit, oranges, peaches, pears, plums and other stone & pip fruit
Choose fresh fruit in season

**Fruit provide:**
- A range of vitamins and minerals, and the natural colours all help fight disease
- Fibre to encourage a regular or daily bowel action

**Vegetables**

*Suggested Number of Daily Servings - 3 or more*
Beans, broccoli, cabbage, carrots, cauliflower, courgettes, marrow, mushrooms, peas, potatoes, pumpkin, onions, silverbeet, tomatoes, taro, kumara, yams, cassava
Fresh, frozen, and canned vegetables are all good choices.
Have a colourful plate of vegetables

**Vegetables provide:**
- Fibre to encourage a regular or daily bowel action
- A range of vitamins and minerals, and the natural colours help fight disease

A serving is the amount of food which fits into the palm of your hand or 1c milk or 2cm cube cheese.
Eat a variety of foods

**2. Breads and cereals**

Suggested Number of Daily Servings - 6
Breads, pasta (eg macaroni), rice, porridge, breakfast cereals, muesli, scones
Whole grain varieties are richer in fibre and B vitamins and are more filling.

**Breads and cereals provide:**
- Carbohydrates for energy
- A range of vitamins and minerals, essential for good health
- Fibre to encourage a regular or daily bowel action

**3. Milk Products**

Suggested Number of Daily Servings - 2-3
Milk, cheese, yoghurt
Choose reduced fat milks, green and light blue top

**Milk products provide:**
- Calcium for bones
- Protein for repair of body tissue
- Reduced fat varieties are a healthier choice

**4. Meat, Fish, Chicken, Eggs, Lentils and Beans**

Suggested Number of Daily Servings - 1
Meat, Fish, Chicken, Eggs, Lentils and Beans
Grill, bake, steam, boil or microwave rather than fry

**These provide:**
- Protein for repair of all body tissue
- Iron for red blood cells to carry oxygen through the body
Food safety tips

Clean, Cook, Cover, Chill

Clean
Keep hand utensils and work surfaces clean

- Always wash your hands thoroughly with soap and warm water for 20 seconds and dry your hands thoroughly for 20 seconds before handling food
- Clean utensils and scrub cutting boards after use. Use a different cutting board for raw and cooked food

Cook
Cook food thoroughly

- Cook minced meat and sausages thoroughly (meat should not be pink), and cook poultry until juices run clear
- Reheat leftovers until steaming hot throughout

Cover
Keep food covered

- Keep food covered before and after it is prepared

Chill
Always refrigerate food

- Keep raw and cooked food separate in the fridge – raw food on the lowest level
- Outside use a chilly bin with an ice pack to keep food cool

Food Safety In Pregnancy

It is important to look after mum and baby during pregnancy

- Pregnant women’s level of immunity is lower and they are at higher risk of getting sick from unsafe food
- Illness is worse when women are pregnant
- Foodborne illness may cause miscarriage, still or premature birth or death in newborn babies

Eating raw seafood during pregnancy is risky

- Always cook seafood and eat it while it is hot

when pregnant - Do not eat, drink or use

- Cream or custard (unless it is newly opened or home made and fresh)
- Soft pasteurised cheeses (unless heated until steaming hot)
- Unpasteurised milk
- Raw eggs
- Processed meats – ham, salami, luncheon, pate unless heated until steaming hot
- Cold cooked poultry – chicken, turkey (unless heated until steaming hot)
- Raw meat
- Raw fish and seafood
- Smoked fish and seafood (unless heated until steaming hot)
- Salads from delis and salad bars
- Sushi – store bought
Food safety tips

Clean, Cook, Cover, Chill
Family is a healthier family