

# Dietitians Winter Recipes

For Families

---

# Our Recipes

---

Winter Chicken and Vegetable Soup  
**Alison Pask**

3 Ingredient Shakshuka  
**Jennie Verstappen**

Moroccan Beef  
**Jane Cartwright**

Vegetable Frittata  
**Angela Berrill**

Pan-Fried Fish with Lemony Couscous  
**Lily Henderson**

Tuna Pasta Bake  
**Louise Beckingsale**

Speedy Chicken Wraps  
**Leanne Young**

Vegetarian Kumara Cottage Pie  
**Hannah Corke**

Sausage, Bean and Vegetable Casserole  
**Sarah Hanrahan**

Vege Supreme  
**Melissa Kenworthy**

Balsamic Chicken  
**Vicki Robinson**

Shredded Chicken & Caramelised Pineapple Salsa Tacos  
**Jennie Verstappen**

Vegetable Fritters  
**Sara Knowles**

Baked Root Vegetables and Chickpeas  
**Alison Pask**

# Recipe Snapshots

---



# Winter Chicken and Vegetable Soup

ALISON PASK



**Prep time** 20 minutes

**Cook time** 1 hour 20 minutes

**Serves** 6

1 kg of fresh chicken pieces or whole chicken  
2 litres water  
½ teaspoon pepper  
2 tablespoons oil  
1 onion, diced  
2 carrots, peeled and diced  
2 cups pumpkin, peeled and diced  
2 cloves garlic, chopped  
3 cm piece fresh ginger, peeled and grated  
2 cups green vegetables (e.g., spinach, leeks, broccoli stems), chopped  
1 cup frozen corn kernels

1. Place chicken and water in a large soup pot.
2. Add pepper and cover with a lid and bring to the boil. Reduce heat and simmer, partially covered, until chicken is cooked. (approx. one hour)
3. Remove chicken and set aside to cool. Strain the liquid and keep the water which is now stock in another container and set aside.
4. Heat the oil in the pot the chicken was cooked in. Add onion, carrot and pumpkin and cook until soft.
5. Add garlic and ginger, green vegetables and corn to the pot and stir to combine. Cook for 2 minutes.
6. Add all the strained chicken stock to the pot on top of the vegetables and simmer for 10 minutes or until heated through.
7. Remove and discard the skin and bones from the chicken and shred the chicken meat and add to the soup.

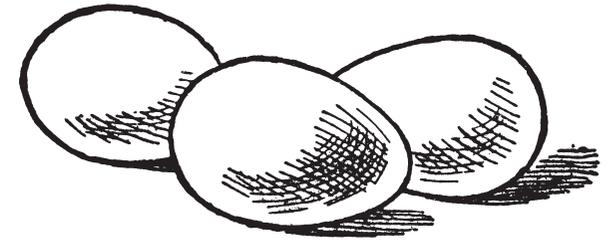
Serve in a bowl with a slice of wholegrain toast.

**Recipe Tip:** You can adapt this recipe based on the seasonal vegetables available. Frozen chicken pieces work too, instead of fresh chicken.

**Nutrition Tip:** Homemade soup is super versatile, take it to work for lunch, serve as an after-school snack on a cold day or make it a meal and serve with a slice of wholegrain toast.

# 3 Ingredient Shakshuka

JENNIE VERSTAPPEN



**Prep time** 5 minutes

**Cook time** 25 minutes

**Serves** 3

2 tins diced tomatoes

5 big handfuls of silverbeet (stalks removed), or spinach leaves, finely chopped

6 eggs

1. Preheat oven to 200 degrees on grill setting.
2. Heat the tinned tomatoes in an oven proof pan (frypan).
3. Add dark leafy green vegetables to the pan and stir through to wilt them.
4. Crack eggs on top of the mixture in the pan.
5. Place pan into the oven and grill for around 15 minutes, or until the eggs are set.

Serve in a bowl with a slice of wholegrain toast, a pita pocket, or cooked rice.

**Recipe Tip:** This is a quick, 3 ingredient throw-together dinner. You can add diced cooked potato, sautéed onion and crumbled feta to this dish if you would like to add more to it. I like to use Wattie's Indian-style tinned tomatoes, but any tinned tomatoes work well.

**Nutrition Tip:** Despite this being a simple recipe, this dish is well-balanced. The dark green leafy vegetables have iron which is better absorbed with the acid from the tomatoes. The eggs provide a variety of vitamins, minerals, fats and protein.

# Moroccan Beef

JANE CARTWRIGHT

**Cook time** 2 hours 30 minutes

**Serves** 4

500g topside beef, cut into 2-3 cm pieces  
1 ½ teaspoon of each - ground cumin, paprika and ground coriander  
2 cloves of garlic, crushed  
1 red chilli, finely chopped  
½ cup sundried tomatoes, chopped very small or pounded with a mortar and pestle  
1 teaspoon olive oil  
2 carrots, cut into 2 cm pieces  
2 potatoes, cut into 2 cm pieces  
2 large brown onions, cut into large pieces  
1 cup of mushrooms, sliced (or cooked chickpeas)  
½ cup of dried apricots or prunes or dried pears  
1 cinnamon stick  
1 cup beef stock and ½ cup water (or white wine)

1. Mix together the meat, spices, garlic, chilli and sundried tomatoes in a large bowl (make sure the meat is well coated with the other ingredients).
2. Heat 1 teaspoon of oil in a pan and brown the onions and meat mix.
3. Place meat in a large heavy-bottomed pan (slow cooker or casserole dish).
4. Add the remaining ingredients and cook covered over low heat for 2 hours in a casserole dish.
5. Remove the lid for the last ½ hour of cooking to evaporate any excess liquid.

Serve with rice and greens.



# Vegetable Frittata

ANGELA BERRILL

**Cook time** 30 minutes

**Serves** 6-8

6 eggs

1/4 cup milk

1-2 cups of your favourite vegetables,  
roughly chopped (I've used leftover  
cooked potato, broccoli, peas and  
carrots)

1/2 cup grated cheese

2 tablespoons of your favourite  
herbs (mixed herbs, oregano)

1 tablespoon olive oil  
salt and pepper to taste

1. Preheat your oven grill.
2. Whisk eggs and milk together in a large bowl, until combined.
3. Stir in the vegetables, cheese and any seasoning.
4. Heat the olive oil in a medium sized pan, over medium heat
5. Pour the egg and vegetable mixture into heated, oiled pan.
6. Heat over medium - low heat, until the frittata is cooked through. You can tell if it's cooked because the sides will start to pull away slightly from the side of the pan. The egg will still be a little runny on top.
7. Remove from the heat and place the pan under the hot grill, until the top is cooked through and golden. Keep a close eye on it though, so it doesn't burn!
8. Remove from the oven (watch the pan's handle, it might be hot!) and allow to cool.
9. Serve with a side salad and your favourite relish.

**Recipe Tip:** For a dairy-free option, replace the milk with your favourite milk alternative and omit the cheese.

**Nutrition Tip:** Any leftover frittata can be used for school lunches the next day.



# Pan-Fried Fish with Lemony Couscous

LILY HENDERSON

**Cook time** 30 minutes

**Serves** 4

1 carrot, grated	1 lemon
1 courgette, grated	½ cup toasted walnuts
3 cloves of garlic, finely chopped	500-600g white fish fillets
2 teaspoons olive oil	½ cup plain flour
1 cup of couscous	¼ cup parsley, chopped
1 cup of vegetable stock	Salt and pepper to season

1. Heat 1 teaspoon olive oil in a saucepan and add carrot and garlic. Cook for 3-4 minutes.
2. Add courgette to carrot mix and cook for a further minute. Drain off excess liquid.
3. Add vegetable stock to saucepan and once boiling add couscous. Stir to combine then cover with a lid and remove from the heat. After 10 minutes, once the liquid has been absorbed, fluff with a fork.
4. Cut the lemon in half. Grate the zest off one half, then squeeze out the juice and save. Cut the remaining half into wedges for serving.
5. Add the juice of half a lemon, lemon zest and toasted walnuts to the couscous, mix and set aside.
6. Pat fish fillets dry with a paper towel.
7. Place flour on a plate and coat each fish fillet in the flour then season with salt and pepper.
8. Heat 1 teaspoon olive oil in a non-stick fry pan and cook fish fillets in batches for around 1-3 minutes each side (depending on the thickness).
9. To serve, divide couscous evenly between plates and top each serve with a fish fillet and parsley. Finish with a wedge of lemon and a side of colourful seasonal vegetables.

**Recipe Tips:** Use any nuts or seeds like flaked almonds or sunflower seeds. Works well with any white fish or salmon and if you have time, you can crumb the fish by dipping in egg and breadcrumbs before pan-frying. If courgettes are unavailable or expensive, double the amount of carrot or add chopped spinach.



# Tuna Pasta Bake

LOUISE BECKINGSALE

**Cook time** 40 minutes

**Serves** 4-6

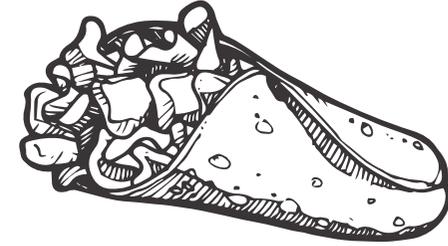
1 small brown onion or 3 spring onions, diced  
2 cups dried pasta  
1x head fresh broccoli florets (or 2 cups frozen green beans)  
1x 225g can tuna (in spring water)  
3 tablespoons cream cheese  
1x 445g can tomatoes  
Juice of 1 lemon  
½ cup grated cheese  
Salt and fresh ground black pepper to taste

1. In a large saucepan boil the onion (or spring onion) and pasta for 10 minutes.
2. Add the broccoli or green beans and bring back to boil for a further 1-2 minutes.
3. Drain the water.
4. Stir in the tuna, cream cheese, and tinned tomatoes.
5. Pour into a baking dish.
6. Sprinkle grated cheese over the top.
7. Bake for 20 mins in a moderate oven.
8. Serve as is or with extra salad.



# Speedy Chicken Wraps

LEANNE YOUNG



**Cook time** 15 minutes

**Serves** 4

500g chicken thighs, skinless & boneless, cut into 2-3 cm pieces (or use pre-diced chicken)

2 tablespoons olive oil

1 red onion, cut into thin wedges

1 red capsicum, cut into thin strips

1 pottle tomato paste (low salt)

1 teaspoon cinnamon

2 teaspoons brown sugar

6-8 tortillas

Selection of fresh vegetables – e.g. grated carrot, grated courgette, lettuce/spinach, sliced tomato, thinly sliced cucumber

½ - 1 cup grated cheese

1. Heat oil to a in a heavy based frying pan and add onion and sauté for 2 minutes.
2. Add the red capsicum and continue to sauté for a further 2 minutes.
3. Increase heat to high and add chicken to the pan and toss until cooked.
4. Reduce heat, add tomato paste, cinnamon and brown sugar, and stir until heated through. Add a little water to thin the mixture if needed.
5. Serve vegetables on a platter.
6. Heat tortillas according to the manufacturer's directions.
7. To serve, top each tortilla with the chicken mixture, generous selection of vegetables, grated cheese and wrap.

# Vegetarian Cottage Pie

HANNAH CORKE

**Prep time** 15 minutes

**Cook time** 45 minutes

**Serves** 6

4 medium - large orange kumara, washed, peeled,  
& chopped

1 brown onion, diced

1 large carrot, diced into small cubes

3 garlic cloves, finely diced

2 cans lentils, drained and rinsed

1 can kidney beans, drained and rinsed

1 can chopped tomatoes

2 tablespoons tomato paste

1 teaspoon dried mixed herbs

¼ cup vegetable stock

3 tablespoons olive oil

50g parmesan cheese\* (or any other cheddar type)

To serve: fresh or frozen peas & green beans.

*\*optional*



1. Preheat oven to 200 degrees fan bake.

2. Bring a pot of water to the boil. Once boiling, add chopped kumara and boil until tender (25 -30 minutes or until easily pierced by a fork).

3. Heat 1 tablespoon oil in a medium sized saucepan or fry pan. Over a medium heat, cook onion and carrots for about 5 minutes or until soft.

4. Add garlic and dried herbs and sauté for another minute.

5. Add drained lentils, beans, tomatoes, tomato paste and stock. Simmer for 5-10 minutes until the juice from the tomatoes and stock has reduced. Turn off heat while you prepare the kumara topping.

6. Once the kumara is soft, drain then return to pot. Add 2-3 tablespoons olive oil, and salt and pepper to taste. Mash until nearly smooth (some chunks / texture is fine).

7. Pour lentil mix into the base of a large oven-proof dish. Add spoons of kumara mash on top and then use a knife or spoon to even this out.  
Optional: run a fork through the kumara mash to create a pretty pattern on top!

8. Sprinkle grated parmesan cheese on top.

9. At this point, bring your water to a boil (in a pot or steamer) for the side vegetables.

10. Place cottage pie in oven for 10-15 minutes or until the cheese is starting to brown on top. Note: if you are short on time, you can turn oven to grill/fan grill and keep a very close eye on the topping – this will speed up the browning process, but it may burn if you don't watch closely!

11. While the pie is browning in the oven, add peas & beans to the steamer or boiling water. Cook for 3-5 minutes or until the vegetables are cooked but still have some bite to them.

12. Serve pie with peas & beans (aim for about half the plate to be the side of vegetables).

**Recipe Tip:** This recipe is super versatile and many of the ingredients can be swapped out depending on what you have at hand or what is on special. Try swapping the Orange Kumara for another colour of kumara, pumpkin, potato, or any mix of these! If you have left-over vegetables from the week, this is a great recipe to use them up. Add any extra, chopped vegetables in when you add the garlic. The parmesan can be swapped for any regular cheddar you have e.g., Edam, Tasty, Colby, Mild.

# Sausage, Bean and Vegetable Casserole

SARAH HANRAHAN

*Original Recipe from Melissa Hemsley in her book 'Eat Green'*

**Cook time** 1 hour 15 minutes

**Serves** 8

2 tablespoons olive oil

6 sausages

2 brown onions, diced

2 carrots, chopped

2 parsnips, chopped

1 medium kumara, peeled and chopped

1 cup peeled and diced pumpkin

1 large bunch parsley, chopped (remove and chop parsley stems also)

4 cloves garlic, finely chopped

2 bay leaves

1 teaspoon paprika

1 teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon ground cloves

¼ teaspoon dried chilli flakes

2 cups chicken stock

2 cans diced tomatoes

1 ½ tablespoons maple syrup

2 tablespoons Dijon mustard

1 can pinto beans, drained and rinsed

1 can butter beans, drained and rinsed

1 can brown lentils, drained and rinsed

1. In a heavy pan heat 1 tablespoon of olive oil and brown the sausages. Once they are browned take them out of the pan – they do not have to be cooked through, they're going back in the pan later.
2. If needed add another 1 tablespoon of olive oil to the pan. Add the onions and cook over low – medium heat until soft (8-10 min).
3. Add the garlic, bay leaves, parsley stems and spices to the onion. Cook for 2 minutes, stirring all the time.
4. Add the chopped vegetables, canned tomatoes, maple syrup and chicken stock. Bring to the boil then turn down the heat and let simmer, with a lid on, for approximately 15 minutes until the vegetables are beginning to feel cooked.
5. Roughly chop the sausages and add to the vegetables with the drained beans and lentils.
6. Cook for another 5 – 10 minutes until the sausages are cooked through and the vegetables are tender. The casserole should be quite thick by now. If it's not then cook a bit longer with the lid off.
7. Serve with a salad or coleslaw (a bag from the supermarket is fine).

**Recipe Tip:** To make leftovers go further serve with a fried egg on top and a grainy bread roll.

Serves 8 but depending on how much each person eats, you should have leftovers for the following day. Place leftovers in the fridge overnight and reheat in the microwave.



# Vege Supreme

MELISSA KENWORTHY

**Cook time** 30 minutes

**Serves** 4

4 tablespoons olive oil  
4 medium-sized potatoes, washed  
and cut into cubes  
4 medium-sized kumara, washed and  
cut into cubes  
1 onion, diced  
2 garlic cloves, crushed  
6 mushrooms, sliced  
1 capsicum, sliced into thin strips

1 can low-salt canned tomatoes  
½ can no-salt chickpeas  
½ cup edamame beans  
2 teaspoons mixed herbs  
2 carrots, grated  
1 cup baby spinach  
To Serve: grated cheese, sour  
cream, fresh parsley

1. Preheat oven to 180 degrees.
2. Pour three tablespoons of olive oil in a roasting pan and spread potatoes and kumara out in the pan.
3. Bake in the oven for 20-25 mins until crispy.
4. Heat remaining tablespoon of oil olive in a non-stick pan and cook onion and crushed garlic.
5. Add mushrooms and capsicum to pan and cook for a couple of minutes before adding the remaining ingredients. Cook on low heat for 5 minutes.
6. Place roast potato and kumara on the bottom of the plate, add tomato-based topping and then sprinkle grated cheese, a tablespoon of sour cream and a sprig of fresh parsley on top of each plate. Season lightly with salt and pepper as desired.



# Balsamic Chicken

VICKI ROBINSON

**Prep Time:** 30 minutes    **Cook Time:** 1 hour    **Serves 6 - 8**

3 leeks, washed and cut into 2-3 cm slices	1 cutting fresh rosemary, stripped from the stalk (or use dried)
500g pumpkin, peeled and cut into 2cm slices	6 tablespoons olive oil
½ cup green olives	3 tablespoons balsamic vinegar
¼ cup capers, optional	1 capsicum, finely diced
3 tablespoons preserved lemon	8 chicken thighs with or without bones (or legs)

1. Preheat oven to 200 degrees.
2. Place leeks and pumpkin in an oiled large deep ovenproof dish.
3. Add the olives, capers, lemon, rosemary, 4 tablespoons oil, balsamic vinegar and capsicum and toss together.
4. Place the chicken pieces on top of the vegetables and brush with any remaining oil.
5. Cover in tinfoil.
6. Bake at 200C for 60mins. Spoon the juice over the chicken several times over the hour.
7. Take from the oven and rest for 10min.
8. Serve with crispy baked potatoes and salad.
9. Garnish with chopped parsley.

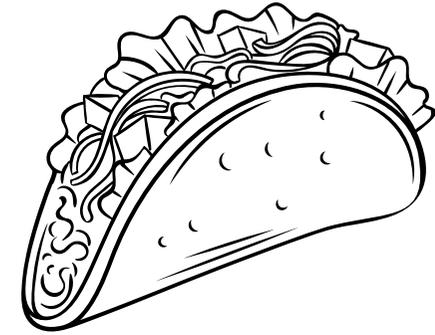
**Recipe Tip:** This recipe can be prepared in advance, refrigerated, and taken out to cook an hour prior to use. Good for an easy and tasty meal for a big group.

**Nutrition Tip:** Try adding sliced kumara or potato to make it an even easier one pot meal.



# Shredded Chicken & Caramelised Pineapple Salsa Tacos

JENNIE VERSTAPPEN



**Prep Time:** 20 minutes

**Cook Time:** 5 minutes

**Serves** 5

1 large, pre-cooked chicken  
(preferably free range)  
1 pineapple, skin removed, chopped into bite-sized pieces  
1 bunch coriander, finely chopped  
2 limes  
¼ red cabbage, finely sliced  
3 carrots, grated  
1 red capsicum, sliced  
2 tablespoons sweet chilli sauce  
1 avocado, sliced (optional)  
15x soft shell tacos

1. Remove the skin and bones from the cooked chicken and discard.
2. Shred the chicken and set aside.
3. Heat a frying pan on the stove and cook pineapple pieces for 5 minutes or until golden brown.
4. Remove pan from heat and add coriander, the zest of 1 lime and the juice of ½ a lime, set aside.
5. Mix cabbage, carrot, and capsicum together in a bowl.
6. Stir together sweet chilli sauce and juice of the remaining 1 ½ limes in a cup or small bowl.
7. Drizzle the sauce mix over vegetable slaw and mix through.
8. To assemble the tacos, divide the slaw, shredded chicken, and pineapple salsa between the 15 tacos. Add a slice of avocado to the top of each, if using.

**Recipe Tip:** Buying a hot cooked chicken can save time, alternatively you can use leftover cooked chicken. You can adapt this recipe based on the seasonal vegetable and fruit available. E.g., red cabbage can be swapped for white cabbage, red capsicum for green or yellow, limes for lemons, and fresh pineapple can be exchanged for tinned pineapple (in juice not syrup).

**Nutrition Tip:** This is a wonderful way to enjoy winter vegetables and fruit. If you have any leftovers, you can take them to work or pack it in the kids' lunchbox.

# Vegetable Fritters

SARA KNOWLES

**Cook time** 10 minutes

**Serves** makes 18 small fritters

½ cup plain flour

1 tablespoon canola oil

½ cup wholemeal flour

1 can (420g) creamed corn

1 teaspoon baking powder

½ cup grated carrot

2 eggs

½ red capsicum, finely diced

½ cup milk

½ green capsicum, finely diced\*

*\* Use whatever vegetables you have on hand, eg. substitute ingredients for grated pumpkin, potato, kumara, zucchini and/or finely chopped broccoli, cauliflower*

1. In a medium bowl, sift the flours and baking powder.
2. Beat the eggs with the milk and canola oil.
3. Make a well in the centre of the dry ingredients and add the liquid mixture.
4. Stir with a large spoon until all the flour is just moistened. Gently mix in the creamed corn and the prepared vegetables.
5. Heat a non-stick frypan to a moderate heat. Add a teaspoon of oil and then tablespoons of batter to the pan. Cook gently for about 3 minutes on each side – be patient and ensure the fritters are well cooked on the first side before flipping.
6. Drain on paper towels and serve with tomato sauce or low-sugar sweet chilli sauce.



**Recipe Tips:** These fritters can be stored in the fridge for up to 48 hours, or freeze in packs of 2-3 for lunches.

# Baked Root Vegetable and Chickpeas

ALISON PASK

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Serves** 6-8

Selection of seasonal root vegetables e.g. 1 parsnip, 8 yams, 1 kumara, 3 potatoes, 1 beetroot, 2 carrots. You can use pumpkin too.

1 red onion chopped into even sized chunks.

1 can drained and rinsed chickpeas.

Olive oil or other vegetable oil of your choice

Use whatever flavours you have. You can bake these plain with a little salt and pepper or sprinkle in smoked paprika or add chopped garlic.

1. Peel and chop the root vegetables into even sizes and place on an oven tray in an even layer.

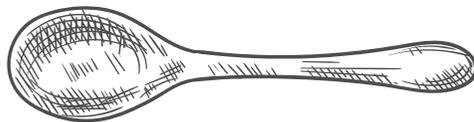
2. Sprinkle the chickpeas among the vegetables and drizzle in oil.

3. Bake in the oven at 180 degrees for 45 mins.



**Recipe Tips:** This recipe can be made with any number of vegetables. Leftovers make a great salad for lunch eaten cold.





Recipes provided by NZ  
Registered Dietitians