

whānau



cook book

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This cookbook has been developed to offer nutritional guidance for meal choices. All recipes have been carefully crafted to align with Nutritional Guidelines as per the Aotearoa Food Parcel Measure, providing whānau with 3 meals per day for a total of 4 days, at 80% of the recommended nutritional intake.

Kore Hiakai Zero Hunger Collective give sincere thanks and gratitude to the team of associate Nutritionists and expertise guidance from the University of Otago—Department of Human Nutrition, and to Kairos Connection Trust (Kairos foodbank) and others for generously gifting their wisdom, insight and time to help compile this resource; and to develop and test recipes.







Nga mihi nui.

contents

This cookbook contains a range of information and material to support your healthy meal journey:

- P. 4.....** nutrition food groups guide
- P. 5.....** pantry list
- P. 6—9.....** easy to follow nutritional recipes
 - 6.** tuna pasta bake
 - 7.** fried rice
 - 8.** corn fritters
 - 9.** beef chow mein
- P. 10—11.....** Additional microwave and kettle cooking recipes

sample menu—full cooking facilities

	 Day 1	 Day 2	 Day 3	 Day 4
Breakfast	2 wheat biscuits or $\frac{2}{3}$ cup cereal $\frac{1}{2}$ can fruit salad/peaches 1 cup milk Tea/coffee/milo etc	2 wheat biscuits or $\frac{2}{3}$ cup cereal $\frac{1}{2}$ can fruit salad/peaches 1 cup milk Tea/coffee/milo etc	2 wheat biscuits or $\frac{2}{3}$ cup cereal $\frac{1}{2}$ can fruit salad/peaches 1 cup milk Tea/coffee/milo etc	2 wheat biscuits or $\frac{2}{3}$ cup cereal $\frac{1}{2}$ can fruit salad/peaches 1 cup milk *Tea/coffee/milo etc
Lunch	2 slices bread Spread (e.g. butter/honey/marmite) 1 piece fresh fruit 1 raw vege e.g. carrot	1 serving <u>tuna pasta bake</u> 1 piece fresh fruit 1 raw vege e.g. carrot	1 serving <u>fried rice</u> 1 piece fresh fruit 1 raw vege e.g. carrot	2 slices bread Spread (e.g. butter/honey/marmite) 1 piece fresh fruit 1 raw vege e.g. carrot
Dinner	1 serving <u>tuna pasta bake</u> $\frac{1}{2}$ cup peas 1 cup milk	1 serving <u>fried rice</u> 1 cup milk	1 serving <u>corn fritters.</u> 1 cup milk	1 serving <u>mince chow mein</u> 1 cup milk

This menu is suitable for those with no specific dietary requirements and access to **full kitchen facilities** (i.e. fridge/freezer, stovetop, oven, toaster). This is a sample only and may be modified according to food availability and/or to meet individual dietary needs and preferences. Underlined items = indicates recipe provided in this cookbook.

*If eggs unavailable, provide ingredients for baked bean hash

4 people



3 meals a day



4 days



food groups

Eating a balance of foods from all five food groups (**vegetables, fruit, grain, proteins and dairy**) gives our bodies longer lasting energy and all the nutrients we need to thrive. When planning meals and choosing food items, it is recommended to include a range of items from each food group to nourish your mind, body and soul. While it is important to eat healthy kai, it is also vital to have a choice of what we eat! **This page shows 100% of the Ministry of Health Eating and Activity Guidelines, and what a standard serving would look like to meet 80% of the recommendations for 4 days.**

Vegetables

1 serve = 1/2 cup cooked, 1 cup uncooked
servings per day per person = 3+

@ 80% for 4 days would look like:

1 broccoli or cauli flower
1 small head cabbage
8 cans vege
1.5 kg frozen vegetables

Grains

1 serve = 1/2 cup cooked grains, 1 slice bread
servings per day per person = 6

@ 80% for 4 days would look like:

1 loaf bread
500g rice or pasta
7 single packs noodles
750g box wheetbix

Dairy

1 serve = 1 cup milk, 2 slices cheese
servings per day per person = 2-3

@ 80% for 4 days would look like:

2L milk
250g reconstituted milk powder
1.5kg yoghurt
250g cheese

Fruit

1 serve = 1 med apple, banana, 1 cup canned fruit
servings per day per person = 2

@ 80% for 4 days would look like:

6 pieces medium sized fruit (banana, pear, apple,
12 pieces small fruit (plum, apricot kiwifruit)
3 cans fruit
1kg frozen fruit

Protein

1 serve = 2 eggs, 1 cup beans, 65g beef
servings per day per person = 2

@ 80% for 4 days would look like:

1 dozen eggs
8 x 95g canned fish
3 cans legumes (lentils, beans, baked beans, chick-peas)
800g uncooked meat



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pantry items

Vegetables

- 4 medium carrot
- 16 x medium raw vege e.g carrot
- Canned corn kernels x 3 cans
- Canned tomatoes x 3 cans
- Frozen peas x 1 kg bag
- Frozen mixed vegetables x 500g bag

Grains

- Wheat biscuits x 600-750g box
- Bread x 2 loaves
- Dry pasta x 1 kg bag
- Rice x 1 kg bag
- 2 minute noodles x 4 packets

Dairy

- Milk powder x 1kg

Optional items (as available)

- Tea/coffee/milo etc
- Spreads – butter/margarine/honey etc
- Additional sandwich fillings e.g. cheese
- Fresh vegetables/fruit
- Plain yoghurt
- Salt/pepper
- Herbs/spices
- Baking powder
- Oil

Fruit

- Canned fruit salad (or peaches, or any other preferred fruit) x 8 cans
- Fresh fruit (e.g. apples or any other preferred fruit) x 16 pieces

Protein

- Beef mince x 350-400g
- Chickpeas or lentils x 2 cans
- Canned tuna x 2 x 425g cans
- Eggs x 4

Other items

- Continental cheese sauce sachet x 1
- Flour

Substitution ideas

- Milk: replace every 200g of milk powder with 2 litres of fresh milk or UHT milk
- Fruit: replace each can of fruit with 2 pieces of fresh fruit
- Wheat biscuits: replace with 600-750g rolled oats, 500g muesli, or 300-500g other cereal
- Mince/tuna: replace with any other meat/fish/poultry product OR ~1 can chickpeas, lentils or beans per 100g meat
- Eggs: replace with 500 g meat/fish/poultry or ~6 cans chickpeas or lentils)

Note: this list does not include the microwave and kettle meal recipes.

tuna pasta bake

Serves 8 (dinner + lunch)

Ingredients

500g dry pasta

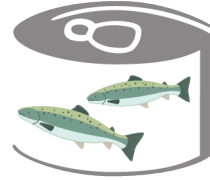
2 x 425g cans tuna (drained)

3 x 400g cans chopped tomatoes

1 x 400g can corn kernels

2 x 400g cans chickpeas or lentils

1 x Continental cheese sauce sachet



Optional: oil, chopped onion, garlic/herbs/spices, grated cheese, breadcrumbs

Method

1. Preheat oven to 180°C.
2. If using, heat oil in a large pan and add chopped onion. Cook until soft, then add garlic and/or herbs and spices.
3. Add chopped tomatoes, drained tuna, corn kernels, and chickpeas or lentils to pan over low-medium heat.
4. Bring to a simmer and cook for 5-10 minutes, stirring occasionally.
5. While sauce simmers, boil pasta according to packet instructions.
6. Combine cooked pasta and sauce in a large baking dish.
7. Prepare cheese sauce sachet according to packet instructions and pour evenly over the top.
8. If using, top with grated cheese and/or breadcrumbs.
9. Bake for 20-30 minutes in preheated oven.
10. Divide into 8 portions. Save half to

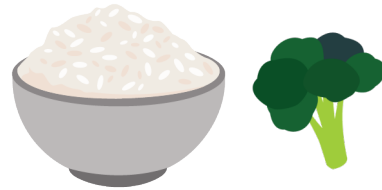
Note: Makes enough for 2 meals – serve half the dish with green peas (cooked from frozen) or other vegetables for dinner and save the rest for lunches (cold or reheated) the next day.

fried rice

Serves: 8 (dinner and Lunch)

Ingredients

- 3 cups rice or 6 cups cooked
- 2 Tbsp oil
- 2 cup frozen peas or mixed veggies, thawed
- 4 carrots, diced
- 4 eggs, beaten
- 3 Tbsp soy sauce



Optional: 1 garlic clove crushed, protein- stir fry beef, chicken, ham, prawn or tofu, spring onion, sliced

Method

1. Cook the rice according to packet instructions. Cover and leave to cool in the refrigerator overnight or until cold.
2. Heat a large frying pan or wok with 1 Tbsp oil.
3. If using, add garlic and meat/protein and fry until cooked to preference.
4. Add the rice, vegetables, spring onion and sauce to the hot pan, toss to combine and cook for 2-5 minutes until heated through.
5. Push the rice and vegetables to the side of the pan, add remaining oil to the bare part of the pan then add the beaten eggs, scramble the eggs by stirring with a fork or wooden spoon then roughly break up the egg and mix through the rice.
6. Remove from heat and serve, leaving leftovers for lunch.

Notes: Left over rice is perfect for this recipe.

corn fritters

Serves 4

Ingredients

2 cans corn kernels

2 eggs

1 ½ cup flour

2 tsp baking powder

Salt and pepper to taste

3 Tbsp oil

To Serve: Greek yogurt or chilli sauce

Optional: Add 1 cup chopped fresh spinach or silverbeet with the corn. You could also substitute corn for other vegetables such as a mix of Zucchini and carrot.



Method

1. Whisk together eggs in a bowl.
2. Add flour, baking powder salt and pepper to the eggs and mix in a large bowl.
3. Heat oil in a large frying pan.
4. Place 3-4 spoonful's of the mixture into the pan.
5. Cook until browned on each side.
6. Repeat until mixture is finished.
7. Cook for another 2-3 minutes.
8. Remove from heat and serve with greek yogurt and chilli sauce .

Note: can be made with no eggs

beef chow mein

Serves 4

Ingredients

4 x packs 2-minute noodles (any flavour)

Oil

350-400g mince

3 cups water

½ bag (500g) frozen mixed vegetables



Optional: oil, chopped onion, garlic/curry powder

Method

1. Cook noodles according to packet directions, without adding the flavouring sachets. Set aside flavouring sachets for later. Drain cooked noodles.
2. Heat oil in large fry pan over medium-high heat.
3. Add mince, onion, and garlic (if using) and cook until browned.
4. Stir in flavouring sachets, frozen mixed vegetables, and curry powder (if using) to the mince and cook for two minutes, then add water.
5. Bring to the boil then mix in cooked noodles.
6. Cook for another 2-3 minutes.
7. Remove from heat and serve.

microwave & kettle cooking

Microwave baked potatoes

Serves 4

Ingredients

4 medium potatoes (washed)



Methods

1. Prick each potato a few times with a fork.
2. Place potatoes in microwave. Microwave for 10 minutes.
3. Carefully turn potatoes. Microwave for a further 3 minutes.
4. Carefully test for doneness with a sharp knife. If not cooked, microwave for a further 1 minute before testing again.
5. Carefully remove potatoes from microwave and leave to cool for a few minutes.

Loaded baked potatoes

Serves 4

Ingredients

4 medium microwave baked potatoes

3 x 400g cans baked beans

2 x 400g cans corn kernels (drained)

1 x 400g can chopped tomatoes

Optional: grated cheese, sour cream

Methods

1. Combine baked beans, drained corn kernels, and canned tomatoes in a microwave-safe bowl or container.
2. Cover with a paper towel and microwave for 4 minutes. Stir, then microwave for 1 minute at a time until heated through.
3. Place a baked potato on each plate and cut an 'X' in the top of each. Divide the bean mixture evenly among each potato.
4. If using, top with cheese and/or sour cream.

microwave veggie pasta bake

Serves 4

Ingredients

250g dry pasta

4 x 400g cans chopped tomatoes

2 x 400g cans chickpeas or lentils (drained)

1 x 400g can corn kernels (drained)

1 x continental cheese sauce

Optional: garlic/herbs/spices, grated cheese



Methods

1. Place pasta in a deep, microwave-safe bowl or container. Cover with hot water.
2. Microwave for 5 minutes. Stir and test for doneness. If not cooked, microwave for a further 2-3 minutes.
3. Carefully remove pasta from microwave and drain.
4. Combine canned tomatoes, drained chickpeas or lentil, and drained corn, in a microwave-safe bowl or container. If using, add garlic herbs/spices and season with salt and pepper.
5. Cover with a paper towel and microwave for 4 minutes. Stir, then microwave for 1 minute at a time until heated through.
6. Prepare cheese sauce according to packet instructions.
7. Divide pasta and tomato mixture among 4 bowls. Pour cheese sauce over each portion. If using, top with grated cheese and enjoy.

beetroot salad

Serves 4

Ingredients

2 x 450g cans beetroot (set aside a little of the liquid and drain the rest)

3 x 400g cans chickpeas (drained)

2 x 400g cans corn kernels (drained)

2 carrots

Optional: mayonnaise/oil + vinegar/salad dressing, cheese

Methods

1. Dice carrots and beetroot into small chunks. Place in a large bowl.
2. Add drained chickpeas and drained corn kernels. If using, add diced or grated cheese. Mix gently to combine.
3. Add a splash of liquid from the beetroot and season with salt and pepper.
4. If using, mix through mayo, oil + vinegar, or other salad dressing.
5. Divide among 4 plates and serve with a microwave baked potato.

This resource and cookbook was developed to support organisations, individuals and whānau to help consider meals that are healthy and nutritionally adequate. It is a tool community food organisations may consider if compiling food parcels per meals, or to aid those accessing more choice community kai models. All recipes were crafted from commonly found pantry items within foodbanks and social supermarkets, and meet the Ministry of Health’s eating and activities nutritional guidelines.



Kore Hiakai Zero Hunger Collective

April 2023