Main Meals

Baked vegetable frittata

Servings	16–20	24–30
Eggs	6	9
Reduced-fat milk	½ cup	¾ cup
Self-raising flour	½ cup	¾ cup
Dried herbs (eg, basil, parsley, thyme)	2 teaspoons	3 teaspoons
Cooked potato, diced	2	3
Cooked pumpkin, diced	1 cup	1½ cups
Red pepper, in small chunks	1	1½
Courgettes, grated	2	3
Broccoli, cut into small florets	1 small head	1 large head
Edam cheese (or low-fat cheddar), grated	1 cup	1½ cups



Cooking instructions

- Preheat the oven to 180°C.
- Lightly oil a baking dish or line it with baking paper. This could be a 26 cm round pie dish or spring-form tin, a large loaf tin or a rectangular baking dish of about 30 x 20 cm.
- Place the eggs, milk and flour in a bowl and mix until combined. Do not over-mix as this will make the frittata tough.
- Add the remaining ingredients and mix until combined.
- Put the mixture into the baking dish and bake for 30–40 minutes or until set through.

Bean booster

This is good served with rice or as a topping for pizza.

Servings	8–10
Oil	1 tablespoon
Celery, finely chopped	1 cup
Onion, finely chopped	2 medium
Baked beans, 400 g can	1 can
Natural low-fat yoghurt	2 tablespoons

Cooking instructions

- Heat the oil in a saucepan and sauté the celery and onion until lightly browned and softened.
- Add the baked beans and yoghurt and heat gently until warmed.

Recipe from the National Heart Foundation

Beef hotpot

Servings	20–24
Beef (chuck, blade or stewing)	1 kg
Plain flour	2 tablespoons
Mustard powder	1 teaspoon
Oil	2 tablespoons
Canned tomatoes, 400 g can	1 can
Onions	2 medium
Chopped vegetables (eg, carrots, potatoes, kūmara, courgette, mushrooms, celery, leek, pumpkin)	4–6 cups
Beef stock (low salt)	2 cups
Worcestershire sauce	2 tablespoons
Brown sugar	2 tablespoons
Vinegar	2 tablespoons
Red kidney beans, 400 g can	1 can

Cooking instructions

- Preheat the oven to 180°C.
- Toss together the meat, flour and mustard powder in a plastic bag.
- Heat the oil in a heavy pan or casserole dish; brown the meat.
- Add the remaining ingredients, except for the kidney beans, and stir until combined. Cover the dish and cook in the oven for 1¾ hours without lifting the lid.
- Add the kidney beans and heat for another 10–15 minutes. Check the hotpot for tenderness and cook it for longer if required.

Alternatively, cook the hotpot in a crockpot or slow cooker.

Boil-up

Specific quantities have not been provided since they can vary.

Preparation

- Meat – trim all fat or ask your butcher to trim the meat.
- Vegetables – select a wide variety and wash well. Peel only if necessary.

Cooking instructions

- Cover the meat with water and bring to the boil. Cook for an hour or so and then drain off the fatty water.
- Cover the meat with fresh water and continue to simmer until it is nearly cooked.
- Add lots of vegetables and simmer until the vegetables are cooked.



Bolognese sauce

Servings	20–24
Olive oil	2 teaspoons
Onions, finely chopped	2 large
Garlic, crushed	1 tablespoon
Lean minced beef	1 kg
Vegetables, finely chopped or grated (eg, carrots, courgettes, parsnips, pumpkin, green/red pepper, mushrooms)	4 cups
Pasta sauce, 430 g jar	1 jar
Tomato soup, 400 g can	1 can
Sugar	1 tablespoon
Dried basil or oregano	2 teaspoons

Cooking instructions

- Heat the oil in a large saucepan. Add the onion and garlic and cook until soft.
- Add the mince and brown for a few minutes.
- Add the remaining ingredients and cook over a low heat for about 15 minutes or until all the ingredients are cooked. Serve with cooked pasta or rice.



Chicken chop suey

Servings	20–24
Bean thread vermicelli	250 g (1 packet)
Oil	1 tablespoon
Boneless, skinless chicken, diced (eg, breast, thighs)	800 g–1 kg
Onion, chopped	1 medium
Garlic, crushed	3 teaspoons
Celery, finely diced	3 stalks
Carrots, finely diced	4 large
Cabbage, finely sliced	½ large or 1 small
Frozen peas	500 g
Soy sauce (low salt)	¼ cup

Cooking instructions

- Break the vermicelli into shorter lengths, place it in a bowl and cover it with boiling water. Leave it until soft and then drain.
- Heat the oil in a large, heavy-bottomed pan. Add the chicken and stir-fry it until cooked. (You may need to do this in several batches.) Remove it from the pan.
- Add the onion, garlic, celery and carrots to the pan and cook for 5 minutes. Add the cabbage and peas and cook a further 5–8 minutes.
- Add the vermicelli to the vegetables and stir through.
- Add the chicken and the soy sauce, stir and heat thoroughly. Serve with rice.

From *Kai Lelei: Recipes for Large Families*, Auckland Regional Public Health Service.

Corned beef stir-fry



Servings	12–16	24–30
Canned corned beef (low fat)	340 g can	2 x 340 g cans
Onion, sliced	1 large	2 large
Courgette, sliced into thin rings	1 medium	2 medium
Frozen beans	1 cup	2 cups
Cabbage, shredded	4 cups	8 cups
Tomatoes, cut into wedges	4 medium	8 medium
Water	½ cup	1 cup

Cooking instructions

- Immerse the unopened can/s of corned beef in boiling water for 5 minutes to melt the fat. Open and drain off the fat.
- Heat a large saucepan or frying pan, add the corned beef and onion and stir-fry for 5 minutes.
- Add the courgette, beans, cabbage, tomato and water. Simmer for 5–10 minutes or until the vegetables are cooked, stirring frequently.
- Add more water if required to prevent sticking. Serve with rice, boiled green bananas or boiled taro.

From *Pacific Recipes for the Heart*, National Heart Foundation



Country chicken and rice bake

Servings	8	16	24
Oil	2 teaspoons	1 tablespoon	1½ tablespoons
Chicken drumsticks	8	16	24
Arborio rice (or short grain)	1 cup	2 cups	3 cups
Chicken stock (low salt)	3 cups	1½ litres	2¼ litres
Seeded mustard	2 tablespoons	4 tablespoons	6 tablespoons
Dried Italian herbs (basil or oregano)	1 teaspoon	2 teaspoons	3 teaspoons
Vegetable chunks (eg, kūmara, carrots, onion, courgettes, brussels sprouts, pumpkin)	4 cups	8 cups	12 cups
Apricot halves in juice, 400 g can	1 can	2 cans	3 cans

Cooking instructions

- Heat the oil in a large non-stick frypan; add the chicken and brown on both sides. Remove from the pan and set aside.
- Sprinkle rice over the bottom of a large flat roasting pan or baking dish. Pour over the stock, add the mustard, herbs and vegetables.
- Top with the chicken drumsticks, cover with a lid or foil and bake at 180°C for 1 hour.
- Remove foil or lid, add apricots and juice, and stir a little to mix through.
- Return to the oven for a further 10–15 minutes. Serve.



Cheese and vegetable slice

Servings	6–8	12–16	18–24
Wholemeal bread	6 slices	12 slices	18 slices
Margarine	3 teaspoons	6 teaspoons	2–3 tablespoons
Lean ham	4 slices	8 slices	12 slices
Onion, finely chopped	1 medium	2 medium	3 medium
Courgette, grated	1 medium	2 medium	3 medium
Eggs	3	6	9
Self-raising flour	1½ tablespoons	3 tablespoons	4½ tablespoons
Parsley, finely chopped	2 tablespoons	4 tablespoons	6 tablespoons
Grated edam cheese	¾ cup	1½ cups	2¼ cups



Cooking instructions

- Cut the crusts off the bread and spread lightly with margarine.
- Arrange half the bread spread-side-up on the bottom of a shallow baking dish.
- Cut the ham into small pieces; put in a bowl with the onion, courgette, eggs, flour, parsley and cheese; mix well.
- Spoon half of this mixture over the first layer of bread, top with remaining bread and the rest of the mixture. Cover with plastic wrap and microwave on medium-high for 8 minutes. Alternatively, bake uncovered at 180°C for 10–15 minutes. Serve hot or cold with salad.

Easy risotto

Servings	8–10	16–20	24–30
Arborio rice	1 cup	2 cups	3 cups
Frozen mixed vegetables	3 cups	6 cups	9 cups
Stock (low salt)	3 cups	6 cups	9 cups
Seeded mustard	2 teaspoons	1 tablespoon	1½ tablespoons
Grated edam cheese	1 cup	2 cups	3 cups



Cooking instructions

- Place all the ingredients except the cheese in a bowl. Cover with plastic wrap and pierce this in a couple of places to let the steam out.
- Microwave on high for 20 minutes. Leave to rest for a further 10–15 minutes. Stir in the cheese and serve.
- For large quantities, bake instead in a covered roasting dish at 180°C.

Optional: Add chopped cooked bacon or smoked chicken; stir through after cooking and before resting the risotto.

Fish pie

Servings	8–10	16–20	24–30
Boned fish fillets (eg, gurnard, warehou)	500 g	1 kg	1½ kg
Celery, finely sliced	1 stick	2 sticks	3 sticks
Carrot, finely sliced	1 small	2 small	2 medium
Onion, diced	1	2	3
Reduced-fat milk	1½ cups	3 cups	4½ cups
Flour	3 tablespoons	6 tablespoons	9 tablespoons
Edam cheese, grated	½ cup	1 cup	1½ cups
Eggs, hard-boiled	3	6	9



Mashed potato topping

Potatoes	4 medium	8 medium	8 large
Reduced-fat milk	As needed	As needed	As needed
Margarine	1 tablespoon	2 tablespoons	3 tablespoons



Cooking instructions

- Lay fish pieces in a medium-sized ovenproof dish and place celery, carrot and onion over the top.
- Pour the milk over the fish, cover and bake at 180°C for 10–15 minutes until the fish is cooked through; drain liquid off the fish into a saucepan.
- Mix the flour to a paste with a little extra reduced-fat milk; stir into the fish liquid. Bring slowly up to the boil, stirring well until thickened.
- Remove from the heat and stir in the cheese.
- Slice the hard-boiled eggs and lay across the drained fish. Pour sauce over and then top with mashed potato.
- Bake at 180°C for 15–20 minutes or until the filling is hot and the potato topping is lightly browned. Serve with salad or extra steamed vegetables.

Mashed potato

- Boil potatoes until soft, drain, and mash with milk and margarine.

Fish fritters

Servings	8–10	16–20	24–30
Eggs	1	2	3
Self-raising flour	½ cup	1 cup	1½ cups
Low-fat plain yoghurt	¼ cup	½ cup	¾ cup
Reduced-fat milk	¼ cup	½ cup	¾ cup
Grated lemon rind	1 lemon	2 lemons	3 lemons
Firm fish fillets (boned) (eg, warehou, gurnard, tarakihi)	300 g	600 g	900 g

Cooking instructions

- Break eggs into a bowl. Add flour, yoghurt, milk and lemon rind; mix well to blend (do not over-mix as this will make the mixture tough).
- Chop the fish into small cubes; add to the batter.
- Heat a non-stick frypan and spray lightly with oil spray. When the pan is hot, add tablespoons of the mixture to the pan.
- Cook until bubbles appear on the surface of the fritter. Turn and cook the other side. Control heat so that the fritter cooks throughout while staying golden brown on the outside.
- Serve with healthy wedges (see recipe, page 30) and salad vegetables.



Fried rice

Servings	8–10	16–20	24–30
Canola oil	1 teaspoon	2 teaspoons	3 teaspoons
Crushed garlic	1 teaspoon	2 teaspoons	3 teaspoons
Grated ginger	1 teaspoon	2 teaspoons	3 teaspoons
Onion, finely diced	1 medium	2 medium	3 medium
Pepper, red and/or green, diced	1	2	3
Carrot, finely diced	1	2	3
Mushrooms, sliced thinly	100 g	200 g	300 g
Courgette, diced	1 medium	2 medium	3 medium
Rice, cooked	1 cup	2 cups	3 cups
Frozen peas, thawed	1 cup	2 cups	3 cups
Whole kernel corn, 400 g can	½ can	1 can	1½ cans
Soy sauce (low salt)	2 tablespoons	4 tablespoons	6 tablespoons

Cooking instructions

- Heat the wok or frying pan; add the oil, garlic and ginger.
- Add the onion, peppers, carrot, mushrooms and courgette; stir-fry for about 5 minutes.
- Add the rice, peas, corn and soy sauce and stir-fry for a further 5 minutes until heated through. Serve.

Variations:

- Add finely chopped lean ham or bacon.
- Add lean chicken or pork.
- Add water chestnuts for extra crunch.
- Add omelette strips – whisk 2 eggs together, pour into a clean, hot, non-stick pan and leave until cooked. Lift out of the pan, allow to cool slightly and then cut into strips. Add to the fried rice with the corn and peas.



Hamburgers

Servings	10–12 medium patties	20–24 medium patties
Lean minced beef	500 g	1 kg
Soft wholemeal breadcrumbs	1½ cups	3 cups
Rolled oats	½ cup	1 cup
Cold water	2 tablespoons	4 tablespoons
Parsley, chopped	¼ cup	½ cup
Dried basil	1 teaspoon	2 teaspoons
Curry powder	1 teaspoon	2 teaspoons
Grated carrot	¾ cup	1½ cups
Onion, finely chopped	1 medium	2 medium
Egg	1	2



Cooking instructions

- Mix all the ingredients together in a bowl. Shape into hamburger patties.
- Cook on a barbeque or in a non-stick frying pan using only a little oil.
- Serve in toasted hamburger buns with salad ingredients, such as lettuce, grated carrot, pineapple and sliced tomato.

Note: This recipe also works well as meatballs (smother with pasta sauce) or as meat loaf.

Lasagne

Servings	16–20	24–30
Bolognese sauce (see page 12)	½ x quantity	¾ x quantity
Lasagne sheets, fresh or dried, 250 g packs (follow instructions on pack)	1–2 packets	2–3 packets
Cheese sauce (see page 31)	1 x quantity	1½ x quantity
Parmesan cheese	3 tablespoons	4½ tablespoons

Cooking instructions

- In a lasagne dish, layer the meat sauce, lasagne sheets and cheese sauce.
- Finish with a thick layer of cheese sauce. Sprinkle with parmesan cheese.
- Bake at 180°C for 1 hour. Remove from the oven and stand for 10 minutes before serving.

Hint: Leftover vegetables, such as cooked silverbeet, spinach or mashed pumpkin are great to add as an extra layer.

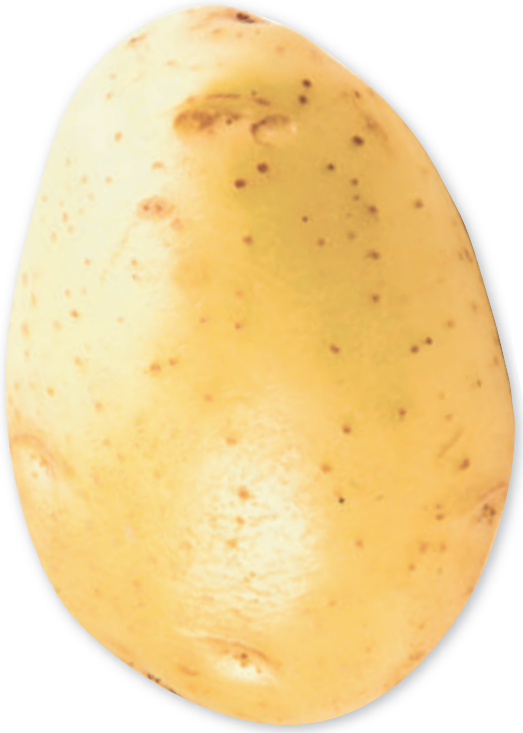
Lentil bolognese

Make as for bolognese sauce (see recipe, page 12) but substitute cooked brown lentils (3 cups of dry lentils cooked in water) for the minced beef.



Lentil pie

Servings	**16–20**	**30–40**
Orange or brown lentils	1½ cups	3 cups
Water	1 litre	2 litres
Canola oil	1 tablespoon	2 tablespoons
Onion, chopped	1 large	2 large
Crushed garlic	2 teaspoons	4 teaspoons
Diced vegetables (eg, carrot, celery, courgette, peppers)	2 cups	4 cups
Crushed tomatoes, 400 g can	1 can	2 cans
Tomato sauce	⅓ cup	⅔ cup
Spinach or silver beet	1 bunch	2 bunches



Topping

Potatoes, boiled and mashed	1 kg	2 kg
Reduced-fat milk*	To mix	To mix
Margarine	1 tablespoon	2 tablespoons
Edam cheese*, grated	¾ cup	1½ cups

*leave out for vegans

Cooking instructions

- Place the lentils in a pot with the water; bring to the boil and then simmer until the lentils are tender and the mixture is thick.
- In a non-stick pan, heat the oil and cook the onions, garlic, and diced vegetables until lightly coloured. Add the lentils and remaining ingredients and simmer until the vegetables are tender. Place in a cooked pie shell or in a baking dish.
- Mash the potatoes with the milk and margarine and spread on top of the lentil mixture. Top with the grated cheese. Cook at 180°C for about 20 minutes to heat through and colour the top.

Marinated chicken drumsticks

Servings	8	12
Chicken drumsticks, skin removed	8	12

Marinade

Tomato sauce	2 tablespoons	3 tablespoons
Soy sauce (low salt)	1 tablespoon	1½ tablespoons
Grated green ginger (or ground)	1 teaspoon	1½ teaspoons
Crushed garlic	1 teaspoon	1½ teaspoons
Honey	1 tablespoon	1½ tablespoons
Five-spice powder	¼ teaspoon	½ teaspoon

Cooking instructions

- Mix the marinade ingredients together in a small saucepan; heat gently until the honey has melted.
- Place the chicken in a baking dish and pour over the marinade; cover with plastic wrap and refrigerate for 2 hours or longer.
- Remove plastic wrap and bake at 180°C for 30–40 minutes or until the juice runs clear when the drumstick is pierced with a skewer.

(Optional:sprinkle with sesame seeds just before serving.)

Meatballs

- Use the recipe for hamburgers (see page 19)
- Shape into balls the size of a golf ball and place in one layer on a microwave-safe plate Cover with plastic wrap and microwave for 4 minutes on high.
- Drain any liquid off the meatballs and place in one layer in a baking dish.
- Smother with pasta sauce (or a combination of canned crushed tomatoes and tomato soup) and bake for 25 minutes at 180°C. Serve with pasta, rice or polenta.



Meat loaf

- Use the recipe for hamburgers (see page 19)
- Put mixture into a loaf tin and bake at 180°C for 30–40 minutes or until the meat loaf feels firm throughout when a skewer is inserted.







Munch and crunch platter

Arrange a mixture of the following ingredients on a plate or platter. Choose different colours, different textures and a mixture of sweet and savoury:

- tomato wedges or cherry tomatoes
- cucumber slices
- cheese cubes
- cold meat, eg, ham or chicken pieces
- carrot sticks
- celery sticks
- pepper pieces
- apple or pear slices
- strawberries
- grapes
- apricots, peaches or nectarines
- melon wedges
- raisins or sultanas
- dried apricots
- rice crackers or water crackers
- bread triangles or pita bread wedges.









Pizza

Servings (child-sized)	8	16	24
Commercial pizza base	1 base	2 bases	3 bases
or			

Homemade base

Plain flour	1½ cups	3 cups	4½ cups
Baking powder	1 teaspoon	2 teaspoons	3 teaspoons
Margarine	3 tablespoons	6 tablespoons	135 g
Reduced-fat milk to mix			



Toppings

Choose from:

- tomato paste or pasta sauce
- cranberry sauce
- chopped onion
- chopped peppers
- sliced tomatoes
- chopped lean ham, smoked chicken or cooked chicken
- tuna or salmon
- creamed corn
- sliced mushrooms
- sliced courgettes
- chopped celery
- grated cheese (eg, edam)
- bean booster (see recipe, page 10)

Cooking instructions

Homemade base

- In a large bowl sift the flour and baking powder.
- Rub in the margarine and add sufficient milk to mix to a firm dough.
- Roll out thinly into a circle.

Pizza

- Spread the base with tomato paste/pasta sauce or cranberry sauce.
- Arrange other chosen toppings on top, finishing with the cheese.
- Bake for 15–20 minutes at 180°C. If using a commercial base, bake for 10 minutes at 190°C.

Sausage and baked bean hash

Servings	8–10	16–20	24–30
Sausages, boiled and sliced	4	8	12
Oil	1 tablespoon	2 tablespoons	3 tablespoons
Apples, cut into cubes	1	2	3
Onions, sliced	1	2	3
Mixed herbs, dried	2 teaspoons	1 tablespoon	1½ tablespoons
Crushed tomatoes, 400 g can	½ can	1 can	1½ cans
Baked beans, 400 g can	½ can	1 can	1½ cans

Cooking instructions

- Brown the sausage slices in a non-stick pan for a few minutes, or grill the slices.
- In a separate non-stick pan, cook the apples and onions in the oil for a few minutes until softened.
- Add the herbs, tomatoes, baked beans and sausage slices and simmer for 15 minutes. Serve with rice or mashed potatoes and salad or vegetables.



Sausage rolls

- Use the recipe for hamburgers (see page 19).
- Lightly oil 6 sheets of filo pastry.
- Roll the hamburger mixture into a long sausage and place on the long edge of the filo.
- Roll up tightly, cut to size and place on a lightly oiled baking tray. Bake at 180°C for 15–30 minutes (depending on size).
- Serve with salad vegetables for lunch or as mini-sized rolls.

Savoury mince

Servings	8–10	16–20	24–30
Lean minced beef	500 g	1 kg	1.5 kg
Onion, finely chopped	1 medium	2 medium	3 medium
Mixed herbs, dried	2 teaspoons	1 tablespoon	1½ tablespoons
Crushed tomatoes, 400 g can	1 can	2 cans	3 cans
Tomato sauce	2 tablespoons	4 tablespoons	6 tablespoons
Soy sauce (low salt)	2 tablespoons	4 tablespoons	6 tablespoons
Kūmara, peeled and chopped	1 medium	2 medium	3 medium
Frozen green peas	½ cup	1 cup	2 cups
Water to cover mince			
Cornflour	1 tablespoon	2 tablespoons	3 tablespoons
Cold water (to mix with cornflour)	2 tablespoons	4 tablespoons	6 tablespoons

Cooking instructions

- Place the mince in a saucepan and heat gently, stirring constantly so that it does not stick. Keep stirring until the mince has browned.
- Add the onions and the mixed herbs; cook a further 3–4 minutes.
- Add the tomatoes (including juice), tomato sauce, soy sauce, chopped kūmara, peas and just enough water to cover the mince. Cover and simmer for 30 minutes.
- Mix the cornflour and the cold water to a paste. Add to the mince, stirring until thick. Serve on rice, noodles or pasta. Alternatively, top with mashed potato as shepherd's pie.

Shepherd's pie

- Use the savoury mince recipe (see above).
- Top with mashed potato (see fish pie recipe page 16).
- Bake at 180°C for 20–30 minutes until the filling is hot and the potato is golden brown.



Quick corn quiche



Servings	8–10	16–20	24–30
Whole kernel corn, 400 g can	1 can	2 cans	3 cans
Tomatoes, sliced	2 medium	4 medium	6 medium
Self-raising flour	½ cup	1 cup	1½ cups
Reduced-fat milk	1 cup	2 cups	3 cups
Eggs	2	4	6
Grated edam cheese	½ cup	1 cup	1½ cups
Grated parmesan cheese	1 tablespoon	2 tablespoons	3 tablespoons

Cooking instructions

- Place the drained corn and tomatoes in a quiche or flan dish.
- Mix the flour, milk and eggs together. Add the grated edam cheese and mix through.
- Pour over the corn and tomatoes and sprinkle with parmesan cheese.
- Bake at 180°C for 30–40 minutes or until set and golden brown.

