Kai for the whanau
Stir Fries

Tips for cooking stir fries
1. Cut veggies into similar sized pieces so they cook evenly.
2. Add hard veggies first. Softer veggies should be added towards the end of cooking.
3. Add sauces last.
Step 1
Prepare ingredients.
Chop Bok choy into chunks and chicken breast into bite sized pieces.

Ingredients:
- 400g chicken breast, cut into bite sized pieces
- 2 bunches of bok choy, roughly cut into chunks
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- ¼ cup water
- Pepper

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Step 2
Mix soy sauce and chicken together.

Step 3
Heat oil in pan to a medium-high heat. Put chicken in the pan and cook until golden.

Step 4
Add garlic, ginger, water, oyster sauce.

Step 5
Add Bok choy and cook for 2 minutes.

Step 6
Serve with brown or basmati rice.
Beef and veggie stir fry

Serves 4  |  Prep time: 10 mins  |  Cook time: 15 mins

Ingredients:
- 400g diced beef/400g rump steak
- 1kg bag of frozen vegetables
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- ⅛ cup water
- Pepper

Step 1
Prepare ingredients. If necessary, dice beef into bite-sized pieces.

Step 2
Mix the beef and soy sauce together.

Step 3
Heat oil in a pan to a medium-high heat. Put the beef in the pan and cook until golden.

Step 4
Turn the heat down to a medium-low. Add ginger and garlic and cook for a few minutes.

Step 5
Add frozen vegetables, oyster sauce, water and pepper. Mix together and cook for 5 - 10 minutes.

Step 6
Serve with brown or basmati rice.
**Broccoli and fish stir fry**

Serves 4  |  Prep time: 10 mins  |  Cook time: 15 mins

**Ingredients:**
- 500g white fish fillets, cut into bite sized pieces
- 300g broccoli, cut into florets
- 1 onion, sliced
- 7 mushrooms, sliced
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp of olive oil

**Sauce:**
- 2 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tbsp water
- Pepper

**Step 1**
Prepare ingredients. Cut fish into bite sized pieces, cut broccoli into florets and slice onion.

**Step 2**
Mix together the ingredients for the sauce.

**Step 3**
Heat oil in a pan to a medium to high heat. Add the onion, ginger and garlic and fish to the pan. Cook until fish turns white.

**Step 4**
Add the broccoli and mushrooms to the pan and cook for 2-3 minutes.

**Step 5**
Add the sauce to the stir fry mix and cook for another 2 – 5 minutes.

**Step 6**
Serve with brown or basmati rice.
Tangy bhajee and chickpea stir fry

Bhajee refers to greens in the Fijian Indian language

Serves 4 | Prep time: 5 mins | Cook time: 20 mins

Ingredients:
- 1 400g tin of chickpeas
- 1 bunch of silver beet, cut into chunks
- ½ cabbage sliced
- 2 tbsp minced garlic
- 1 tbsp of olive oil
- 1 onion, sliced
- 1 tsp cumin
- 3 tbsp lemon juice
- 2 tbsp water

Step 1
Prepare ingredients. Cut the silver beet into chunks and slice cabbage.

Step 2
Slice onion.

Step 3
Drain the liquid from the chickpeas and rinse with water.

Step 4
Heat oil in a pan on medium to high heat. Add the onion, garlic and cumin followed by ½ the lemon juice.

Step 5
Add the cabbage and silver beet and cook for 2-3 minutes.

Step 6
Add the chickpeas and cook for a further 2 minutes and add the remaining lemon juice.

Step 7
Serve with brown or basmati rice.
Garlic and soy veggie stir fry

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:
- 1 cube of vegetable stock
- 7 mushrooms, sliced
- 1 head of cauliflower, cut into florets
- 1 carrot, sliced
- 1 onion, cut into thick slices
- 2 cups of frozen peas and beans
- 1 tbsp minced garlic
- 1 tbsp of olive oil
- 2 tbsp soy sauce
- 1 cup of water
- Pepper to flavour

Step 1
Prepare ingredients. Dice the onion, slice the mushrooms.

Step 1 (Continued)
Slice the carrots and cut the cauliflower into florets.

Step 2
Heat oil in a pan on medium to high heat. Add the onions, cauliflower, carrot, peas and beans. Cook for 5 minutes until vegetables are a little bit soft.

Step 3
In small bowl, mix together the cube of vegetable stock and water.

Step 4
Add the stock mixture, soy sauce and pepper to the pan and cook for 2 minutes.

Step 5
Serve with brown rice or basmati rice.
26 Stir Fries
Good Start Recipe Book

Curries

Tips for cooking curries
1. When adding garlic to a pan, only cook for a few minutes so it doesn’t burn.
2. When cooking dry spices, add small amounts of water for more moisture.
3. Add some root veggies for some extra flavour and bulk.
Sweet pumpkin curry

Serves 4 | Prep time: 10 mins | Cook time: 1 hr

Ingredients:
- 1 medium sized pumpkin (butternut or kent), cut into bite sized pieces
- 2 cups of spinach
- 1 onion, sliced
- 1 tbsp curry powder
- 1 tbsp of olive oil
- 1 cube of vegetable stock
- 1 400g tin of chickpeas
- 1 cup water
- ¼ cup lite coconut milk

Step 1
Prepare ingredients. Cut pumpkins into bite sized pieces and slice the onion.

Step 2
In a small bowl mix together the stock cube and water.

Step 3
Drain the liquid from the chickpeas and rinse with water.

Step 4
Heat oil in a pan to a medium heat then add onion and curry powder and cook for 2 minutes.

Step 5
Add the pumpkin and spinach to the pan.

Step 6
Add the stock and coconut milk.

Step 7
Add the chickpeas and cook for about 45 minutes or until the pumpkin is soft.

Step 8
Serve on its own or with brown or basmati rice.
Pacific chicken curry

Serves 4   |   Prep time: 10 mins   |   Cook time: 20 mins

Ingredients:
- 1 onion
- 1 tsp minced garlic
- 1 tsp ginger paste
- ½ cabbage, sliced
- 1kg frozen veggies
- 500g skinless chicken thigh or breast
- 1 tin lite coconut milk
- 2 tbsp curry powder
- 1 cube vegetable stock

Step 1
Prepare ingredients. Cut chicken into bite sized pieces.

Step 2
Dice the onion.

Step 3
Slice the cabbage into long strips

Step 4
Heat oil in pan to medium heat. Add onion, garlic and ginger and cook for 2 minutes.

Step 5
Add curry powder, stock and chicken. Cook for about 10 minutes or until chicken is cooked through.

Step 6
Add the frozen vegetables and cabbage. Cook for another 5 minutes.

Step 7
Add the coconut milk and stir through. Turn the heat down to low and let the curry simmer for 10 minutes.

Step 8
Serve with brown or basmati rice.
**Ika curry**

*Ika refers to fish in the Tongan, Cook Islander and Maori languages*

Serves 4  |  Prep time: 10 mins  |  Cook time: 20 mins

**Ingredients:**
- 500g white fish fillets, cut into bite sized pieces
- 500g bag of frozen vegetables
- 2 tomatoes, diced
- 1 onion, sliced
- 1 tbsp garam masala
- ½ tsp turmeric
- 1 tbsp olive oil
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 cup warm water
- ½ cup lite coconut milk

**Step 1** Prepare ingredients. Cut fish into bite sized pieces.

**Step 2** Slice the onion.

**Step 3** Dice the tomatoes

**Step 4** Heat oil in a pan on a medium heat and add onion, garlic and ginger.

**Step 5** Add garam masala and turmeric. Cook for 1 minute.

**Step 6** Add tomatoes and cook for 2 minutes.

**Step 7** Add water, coconut milk and fish. Cook until fish is cooked through.

**Step 8** Add the frozen vegetables and cook for another 5 minutes.

**Step 9** Serve with brown or basmati rice.
Tips for cooking soups and stews

1. With most soups and stews, you can use leftover veggies in your fridge.
2. For slow cooking, use cheap and tough cuts of meat such as gravy beef and skirt steak, just cut the fatty parts off first.
3. Always brown the meat first to build up some flavour.
Step 1
Prepare ingredients. Cut the carrots and potatoes into bite sized pieces. Dice the onion.

Step 2
Wash watercress and roughly chop.

Step 3
Cut the meat into bite sized pieces.

Step 4
Heat oil in a pan to medium heat. Add the meat and onions and cook for 5 minutes until brown.

Step 5
Add the water and stock. Cook beef for 45 minutes or until tender.

Step 6
Add the carrot, pumpkin, sweet potato and potato. Cook for a further 25 minutes.

Step 7
Fold the watercress through and cook for 2 minutes.

Step 8
Serve in a bowl.
**Chunky beef and veggie stew**

Serves 6  |  Prep time: 20mins  |  Cook time: high heat 4-5 hours or 6-8 hours low heat

**Ingredients:**
- 1kg chuck steak or gravy beef
- 1 tbsp olive oil
- 1 tbsp garlic
- 2 brown onions, diced
- 2 carrots, diced
- 3 potatoes, diced
- 3 celery stalks, chopped (keep leaves for garnish)
- ½ pumpkin, diced
- 400g tinned tomatoes
- 1 tbsp tomato paste
- 2 beef stock cubes
- 1 tbsp mixed herbs.

**Step 1**
Chop the chuck steak into bite size cubes. In a heated pan, add the olive oil and steak and cook until brown.

**Step 2**
Add onion and garlic and cook until soft.

**Step 3**
Add meat, onion and garlic mix to slow cooker. Begin adding chopped vegetables.

**Step 4**
Add chopped carrots, pumpkin, celery and potatoes to slow cooker.

**Step 5**
Mix stock cubes to 2 cups of hot water and pour over meat and vegetables.

**Step 6**
Add tinned tomatoes, tomato paste, mixed herbs and stir.

**Step 7**
Place on high heat for 4-5 hours or low heat for 6-8 hours.

**Step 8**
Serve in bowl and garnish with celery leaf.
**Kakaruk and silver beet soup**

*Kakaruk refers to chicken in the Papua New Guinea (Tok Pisin) language*

Serves 4  |  Prep time: 10 mins  |  Cook time: high heat 3 - 4 hours low heat 6 – 8 hours in slow cooker

**Ingredients:**
- 500g chicken legs
- 2 carrots, diced
- 2 celery stalks, sliced
- 2 bunches silverbeet, chopped
- 1 onion, sliced
- 3 potatoes, diced
- 2 vegetable stock cubes with 2 cups hot water
- 1 tbsp olive oil
- 1 tbsp garlic

**Step 1**
Add diced onion and garlic to heated pan.

**Step 2**
Add chicken legs to pan and stir in onion. Cook until onion has softened.

**Step 3**
Cook chicken legs until brown.

**Step 4**
Transfer contents of pan to slow cooker.

**Step 5**
Add celery, carrots and potato.

**Step 6**
Add stock made up with 2 cups hot water.

**Step 7**
Cook on high for 3 - 4 hours or low for 6 - 8 hours. The meat should be tender when ready.

**Step 8**
Add silverbeet at the end of the cooking process, stirring until it has wilted.

**Step 9**
Serve in bowl.
Stew it up!

Serves 4  |  Prep time: 10 mins  |  Cook time: 2hrs

Ingredients:
- 500g diced lean beef
- 2 carrots, chopped into bite sized pieces
- 3 potatoes, chopped into bite sized pieces
- 1 cup of mushrooms, sliced
- 1 onion, sliced
- 250g frozen peas
- 2 cubes of beef stock
- 1 can of diced tomato
- 2 tspns of dried Italian herbs
- 1 tbsp of olive oil
- 2 cups of water

Step 1
Prepare ingredients. Chop the potatoes and carrots into bite sized pieces.

Step 2
Slice the onions and mushrooms.

Step 3
Heat oil in a pan to a medium heat and cook meat for 10 mins or until brown.

Step 4
Turn heat down to medium. Add the onion and tomatoes and cook for 5 mins.

Step 5
Mix stock and water and add to pan. Turn heat down to low, put the lid on and cook for 1 hour, or until the meat is tender.

Step 6
Add the potatoes, carrots and herbs. Cook on low for another 45 minutes.

Step 7
Add the mushrooms and peas and cook for another 10 minutes.

Step 8
Serve alone or with a wholemeal bread roll.
Mince supu

Supu refers to soup in the Fijian language
Serves 4-6 | Prep time: 10 mins | Cook time: 30 mins

Ingredients:
- 500g lean beef mince
- 4 potatoes, diced
- 4 carrots, diced
- 2 cups of pele, watercress, spinach or silver beet
- 1 onion, diced
- 1 tbsp olive oil
- 2 cubes of beef stock
- Water
- Pepper to flavour

Step 1
Prepare ingredients. Dice the potatoes and carrots

Step 2
Roughly chop the greens (silver beet in this recipe).

Step 3
Dice the onion

Step 4
Heat oil in a pan to a medium heat. Add onions until they are soft.

Step 5
Add the mince and cook for 10 minutes.

Step 6
Add enough water to the pan to cover the mince, followed by the carrots and potatoes.

Step 7
Add and mix in the stock cubes and cook for 10 mins.

Step 8
Add the greens and cook for 2-3 mins.

Step 9
Serve with brown or basmati rice, or with a wholegrain bread.
Tips for famili cook ups

1. Famili cook ups are great for cooking in bulk and storing leftovers in the freezer.
2. These are good recipes to try new and different types of veggies.
3. Involve the children in cooking such as washing vegetables and grains.
To’ona’i’

To’ona’i’ refers to a Sunday lunch in the Samoan language. This recipe is a chicken roast with vegetables.

Serves 4  |  Prep time: 20 mins  |  Cook time: 30 mins per 500 grams

**Ingredients:**
- 1 fresh chicken
- 1 butternut pumpkin
- 2 potatoes
- 1 sweet potato
- 1 carrot
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 lemon cut in quarters
- 1 pkt frozen peas

**Step 1**
Prepare ingredients. Cut pumpkin, potato, sweet potato and carrot into serving pieces.

**Step 2**
Line baking tray with baking paper and add vegetable pieces. Pour 1 tbsp olive oil over vegetables. Add salt and pepper to taste.

**Step 3**
Cook in oven for 1 hour at 180 deg.

**Step 4**
Prepare chicken. Place chicken in oven dish and pat dry with paper towel.

**Step 5**
Add salt, pepper and squeeze lemon juice over chicken. Stuff with remaining lemon pieces.

**Step 6**
Place in oven and cook at 180 deg. Cook 30mins per 500 grams.

**Step 7**
Remove from oven when golden brown.

**Step 8**
Place frozen peas in boiling water on stove and boil until tender.

**Step 9**
Cut up chicken in serving sizes and arrange on dinner plate with vegetables and serve.
Step 1
Prepare ingredients. Dice the carrots and capsicum

Step 2
Roughly chop the greens (pele in this recipe)

Step 3
Dice the onion

Step 4
Heat oil in a pan to a medium heat. Add ginger and garlic and cook for 2-3 mins.

Step 5
Add tuna and mix well.

Step 6
Add the capsicum and carrot and cook for 5 mins.

Step 7
Add the pele and cook for 1 min

Step 8
Serve with brown or basmati rice.

Tuna and pele
Pele is a green leafy vegetable that is commonly used in Pacific cultures and recipes.
Serves 4-6 | Prep time: 10 mins | Cook time: 30 mins

Ingredients:
- 1 x 400g tin of tuna in springwater, drained
- 1 red capsicum, diced
- 2 onions, diced
- 2 bunches of pele (you can use silverbeet or bok choy)
- 3 carrots, diced
- 1 tbsp olive oil
- 1 tbsp minced ginger
- 1 tbsp minced garlic

1. Prepare ingredients.
2. Dice the carrots and capsicum.
3. Roughly chop the greens.
4. Dice the onion.
5. Heat oil in a pan).
6. Add tuna and mix well.
7. Add the capsicum and carrot and cook for 5 mins.
8. Add the pele and cook for 1 min.
9. Serve with brown or basmati rice.
Vegetable lasagne

Serves 4 | Prep time: 15mins | Cook time: 1hour

Ingredients:
- 400g tin red kidney beans (washed)
- 2 red onions, thickly sliced
- 1 red capsicum, cut in strips
- 1 eggplant, sliced lengthways
- 1 sweet potato, sliced lengthways
- 1 zucchini, thickly sliced
- 1 tbsp garlic
- 1 tbsp mixed herbs
- 1 vegetable stock cube
- 1 jar passata
- 2-3 fresh lasagne sheets
- 1 tsp pepper
- 1 cup cheese

Step 1
Prepare all the vegetables. Place sliced sweet potato, red onion and eggplant in oven dish that has been lined with baking paper. Add oil and pepper and place in preheated oven of 180 degrees for 15 mins.

Step 2
Add oil to heated pan. Add garlic and herbs, stock cube and cook for 2 mins over medium heat.

Step 3
Add washed kidney beans, passata, mixed capsicum and cook until soft.

Step 4
Layer half of kidney bean and tomato mix, followed by zucchini slices, then lasagne sheet.

Step 5
Layer roast vegetables, followed by remainder of kidney bean and tomato mix. Place another lasagne sheet and sprinkle grated cheese on top.

Step 6
Bake in preheated oven for 30mins at 180 deg.

Step 7
Cut in serving slices and place on dinner plate.
Pork chow mein

Serves 4  |  Prep time: 20mins  |  Cook time: 30mins

Ingredients:
- 500g pork strips
- 2 tbsps soy sauce
- 1 tbsp olive oil
- 1 tbsp ginger
- 1 tbsp oyster sauce
- 1 tsp Chinese Five Spice
- 2 carrots, sliced diagonally
- 1 capsicum, sliced diagonally
- 1 cup frozen beans
- 1 onion, sliced
- 1 pkt dry egg noodles

Step 1
Marinate the pork strips in soy sauce, garlic, ginger and Five Spice for 20mins.

Step 2
Cook the noodles according to packet instructions. Set aside.

Step 3
Add olive oil to heated pan and cook marinated pork until brown.

Step 4
Add onion and cook until soft.

Step 5
Add carrot, capsicum and beans.

Step 6
Cook meat and vegetables for 5 mins.

Step 7
Add noodles and oyster sauce.

Step 8
Mix all ingredients in pan.

Step 9
Serve in bowl.
Garlic chicken and veggie pasta

Serves 6 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:
- 500g chicken breast, cut into bite-sized pieces
- 2 carrots, chopped into bite-sized pieces
- 3-4 stalks celery, sliced
- 2 cups spinach
- 1 zucchini, chopped into bite-sized pieces
- 3 cups cooked pasta
- 2 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp mixed herbs

Step 1
Prepare ingredients. Cut carrots and zucchini into bite-sized pieces.

Step 2
Slice the celery, into bite-sized pieces.

Step 3
Cut the chicken into bite-sized pieces.

Step 4
Heat oil in a pan. Add the chicken and cook for 10 mins or until golden. Add garlic and herbs.

Step 5
Add the carrots, celery and zucchini. Cook for another 5 minutes.

Step 6
Fold through the spinach and cooked pasta.

Step 7
Serve on a plate.
**Step 1**
Prepare ingredients. Dice onion and capsicum.

**Step 2**
Slice carrots, chop beans and dice chicken breast.

**Step 3**
Place vermicelli noodles in a bowl and cover with boiling water. Once soft, drain the boiling water and cut the noodles into shorter lengths.

**Step 4**
Heat oil in pan to a medium heat. Add onions, garlic and ginger and cook for 2-3 mins. Following this, add chicken and cook until brown all over.

**Step 5**
Add the carrots, beans, capsicum and corn kernels and cook for 3-5 minutes.

**Step 6**
Stir in soy sauce and vermicelli noodles and cook for 2-3 minutes.

**Step 7**
Serve in a bowl.

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**Sapa sui**

Serves 6 | Prep time: 10 mins | Cook time: 25 mins

**Ingredients:**
- 1 tsp olive oil
- 1 onion, diced
- 1 tsp ginger paste
- 1 tsp minced garlic
- 500g chicken breast, diced
- 4 carrots, sliced thinly
- 600g green beans, chopped
- 1 med red capsicum, diced
- 500g corn kernels
- 1 packet (250g) Vermicelli noodles
- ¼ cup salt reduced soy sauce

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**Step 1**
Prepare ingredients. Dice onion and capsicum.

**Step 2**
Slice carrots, chop beans and dice chicken breast.

**Step 3**
Place vermicelli noodles in a bowl and cover with boiling water. Once soft, drain the boiling water and cut the noodles into shorter lengths.

**Step 4**
Heat oil in pan to a medium heat. Add onions, garlic and ginger and cook for 2-3 mins. Following this, add chicken and cook until brown all over.

**Step 5**
Add the carrots, beans, capsicum and corn kernels and cook for 3-5 minutes.

**Step 6**
Stir in soy sauce and vermicelli noodles and cook for 2-3 minutes.

**Step 7**
Serve in a bowl.
Polynaise

Polynaise is the Good Start version of traditional Bolognaise.
Serves 4  |  Prep time: 15 mins  |  Cook time: 30 mins

Ingredients:
- 400g lean beef mince
- 2 carrots, grated
- 1 zucchini, grated
- 5 mushrooms, sliced
- 1 onion, diced
- 400g can diced tomatoes or 1 jar of passata
- 1 tbsp of olive oil
- 1 tbsp of Italian herbs

Step 1
Prepare ingredients. Grate the carrots and zucchini.

Step 2
Slice the mushrooms.

Step 3
Dice the onion.

Step 4
Heat oil in a pan to a medium heat. Add the mince and onion and cook until browned.

Step 5
Once browned, add the zucchini, carrots and mushrooms.

Step 6
Add the Passata and herbs. Turn heat down to low and simmer for 10 minutes.

Step 7
Serve with wholemeal pasta of your choice.
Tips for how to power up your plate
1. Experiment with the kumara wedges recipe. You can also use carrots, potatoes or cauliflower!
2. Always wash salad and greens before eating.
3. Side dishes are perfect for adding in an extra serve of vegetables.

Salt

Power up your plate

Tips for how to power up your plate
1. Experiment with the kumara wedges recipe. You can also use carrots, potatoes or cauliflower!
2. Always wash salad and greens before eating.
3. Side dishes are perfect for adding in an extra serve of vegetables.

Potato salad
Serves 4 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:
• 2 potatoes, peeled and diced
• 2 sweet potatoes, peeled and diced
• 1 red capsicum, diced
• 3 stalks celery, diced
• 3 spring onions, sliced
• 1/2 cup reduced fat mayonnaise

Step 1: Prepare ingredients. Peel and dice the potato and sweet potatoes.
Step 2: Dice the celery, capsicum and spring onions.
Step 3: Cook potatoes in a pot of boiling water for 10 mins or until soft. Once cooked, drain and add potatoes to a serving bowl.
Step 4: Combine all ingredients in a bowl, add mayonnaise, mix and serve.
Coleslaw

Serves 4  |  Prep time: 10 mins

**Ingredients:**
- ½ cabbage, sliced
- 4 carrots, grated
- ¼ cup of low fat mayonnaise.

**Step 1**
Prepare ingredients. Grate the carrot and slice the cabbage.

**Step 2**
Combine carrot and cabbage in a serving bowl.

**Step 3**
Add mayonnaise, mix well and serve.

Kumara wedges

Kumara refers to sweet potato in the Maori language

Serves 4  |  Prep time: 5 mins  |  Cook time: 25 mins

**Ingredients:**
- 4 medium sweet potatoes
- 1 tsp olive oil
- 1 tbsp dried Italian herbs
- Salt and pepper to taste

**Step 1**
Wash the sweet potatoes and cut into thick wedges.

**Step 2**
Place wedges in a baking tray and add 1 tsp of oil.

**Step 3**
Add herbs, salt and pepper to taste.

**Step 4**
Cook for 25 minutes until golden and serve.
Green salad

Serves 4 | Prep time: 10 mins

Ingredients:
- 4 cups of leafy greens that can be eaten raw (e.g. iceberg lettuce, cos lettuce, baby spinach)
- ½ cucumber, chopped into bite sized pieces
- 1 large tomato, chopped into bite sized pieces
- ½ avocado, sliced
- 1 large carrot, grated

Step 1
Prepare ingredients. Chop cucumber and tomatoes, slice the avocado and grate the carrot.

Step 2
Roughly chop the lettuce and place in a bowl. Mix ingredients together.

Step 3
Serve from the bowl.

Lemon green beans

Serves 4 | Prep time: 5 mins

Ingredients:
- 2 cups of green beans
- 2 tbsp lemon juice
- ¼ cup water

Step 1
Place green beans in a microwave safe bowl and cover with water.

Step 2
Microwave for 7 minutes or until beans are soft.

Step 3
Drain the beans

Step 4
Place beans on dish, add lemon juice and serve.
Healthy sweet treats

Tips for cooking healthy sweet treats
1. Frozen fruit is a great option to make a smoothie or 'ice-cream' (see berry coconut ice-cream recipe)
2. Frozen grapes are a fun and easy sweet treat for the whole family.
3. Sweet treats are to be enjoyed occasionally, not every day.
**Berry and coconut ice-cream**

Serves 4  |  Prep time: 5 mins  |  Cook time: 3 mins

**Ingredients:**
- 3 frozen bananas
- 1 cup of frozen berries
- ¼ cup of lite coconut milk

**Step 1**
Chop the frozen banana

**Step 2**
Place the berries and banana in a blender

**Step 3**
Add the coconut milk

**Step 4**
Blend until smooth

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**Saufai’**

*Saufai’ is a Samoan dish made with ripe bananas, coconut milk and tapioca*

Serves 6  |  Prep time: 5 mins  |  Cook time: 50 mins

**Ingredients:**
- 8 medium ripe bananas, mashed
- 4 cups of water
- ½ cup small tapioca pearls
- 1 can of lite coconut milk

**Step 1**
Peel 8 ripe bananas, mash in a pot and add 4 cups of water. Simmer for 30 minutes on a low to medium heat.

**Step 2**
Stir the mixture and slowly add the tapioca.

**Step 3**
Add the coconut milk and simmer for another 20 mins. Stir the mixture every few minutes so it doesn’t stick.

**Step 4**
The Saufai’ will be ready once you can visually see the tapioca beads.
Blueberry yoghurt stack

Serves 4  |  Prep time: 15 mins

Ingredients:
- 1 bag of frozen blueberries
- 1 cup of oats
- 2 cups low fat natural yoghurt

Method
In each cup make a small layer of oats, then blueberries and yoghurt. Layer 3 times and EAT!

Fruit crumble

Serves 4  |  Prep time: 10 mins  |  Cook time: 25 mins

Ingredients:
- 800g tinned fruit in juice (peaches or apple)
- 2/3 cup oats
- ⅓ cup wholemeal flour
- ⅓ cup brown sugar
- ½ tsp nutmeg
- ½ tsp of cinnamon
- 30g reduced fat margarine

Step 1: Preheat oven to 180 degrees. Drain the fruit and place in a shallow dish.

Step 2: In a bowl, add the flour, sugar, oats and cinnamon.

Step 3: Mix the ingredients until the butter is spread evenly through.

Step 4: Spread the crumble mixture over the fruit and cook for 25 minutes until golden, then serve.
Caramel siaine

_Siaine refers to banana in the Tongan language_
Serves 4 | Prep time: 5 mins | Cook time: 10 mins

**Ingredients:**
- 4 bananas
- 2 tbsp butter
- 3 tbsp brown sugar
- 1 cup low fat natural yoghurt

**Step 1**
Chop bananas in a diagonal shape.

**Step 2**
Melt butter in a pan on medium heat and add sugar.

**Step 3**
Add the bananas and continue stirring for 5 - 10 minutes.

**Step 4**
Serve with yoghurt once the mixture has caramelised.