

MEAT MEALS

HANGI



Oven:

Deep roasting dish

½ jug of cold water

Grilling tray (to sit the meat, vegetables, and stuffing on)

Your choice of meat, vegetables and seasonings.

1 handful of manuka sawdust

Pre heat the oven at 180c.

Total cooking time: 3 ½ hours at 180c.

Preparation:

Stage 1: Add water to the roasting dish and sprinkle the manuka sawdust on top. Place the grilling rack over the top ready to place the meat on it. Set aside.

Stage 2: Prepare and season the meat, wrap in cabbage leaves then wrap in tin foil. Repeat this process with the vegetables (omitting the cabbage leaves). Place both wrapped packages on top of the grilling rack and place into the oven.

Stage 3: Stuffing

2x small onions, finally diced.

1x day-old packet of bread – broken into breadcrumbs.

4x sprigs of rosemary or mixed herbs.

500g melted butter.

Salt and pepper to season.

1x egg

Tinfoil

Add to the bowl: crumbed bread, cooked onions, melted butter, salt and pepper, finally chopped rosemary or mixed herbs and one egg.

Combine all ingredients, wrap in tinfoil, and put into the oven for the last 30 minutes of the cooking time. This ensures the stuffing does not dry out.

CORNED BEEF,
PUHA, KŌUKA



3 medium sized onions

1 dessert spoon of whole mustard.

2 Tbs malt vinegar (aids in the shrinkage of meat)

2 Tbs of brown sugar

8 Māori potatoes or normal potatoes peeled and in half. Put potatoes into a bowl of water so they don't go brown.

Two large bunches of puha.

Add to the pot:

Diced meat of your choice.

2 Tbs of vinegar

2 Tbs of brown sugar

Salt and pepper.

Method:

Cover with cold water and bring to the boil.

Put onto the stove top at the highest heat.

After 40 minutes of boiling turn your pot down to medium heat and add: potatoes, mustard and onions. When the potatoes are half-cooked, turn pot up again to boiling point, add the puha and kōuka. When the puha and kōuka are soft, it is time to eat.

Preparation of puha: remove the coarse stalks and stems, wash the leaves under running water and remove any dirt or discoloured leaves.

Preparation of kōuka leaves: Get the inner bulb of the leaves and wash thoroughly and then cut in half.

EASY MINCE



500g of beef mince

2 medium onions diced.

8 turnips peeled and cubed.

1 tsp mixed herbs

Leaves from the turnip top, washed and thinly sliced.

3 cups of water

1 tsp curry powder

Salt and pepper to season

Vegetables – any vegetables can be used to bulk out the dish.

Stage 1: Brown the mince and use a potato masher to get rid of any lumps. Remove from the pan and fry the onions, mixed herbs, curry powder and any vegetables you choose to use. When the vegetables are half-cooked return the mince to the pan, add the water and season. Cook for 30 minutes and add the thinly cut turnip leaves.

Stage 2: Put the turnips into a pot to boil until soft then mash with butter.

Add 1 tsp of baking powder and mix thoroughly.

POOR MAN'S MEAL



Neck chops	1 tsp dried kariengo – finely chopped.
2 onions – diced.	Salt and pepper to season
Peruperu potatoes	1 ½ cups of beef bone stock

Thickening:

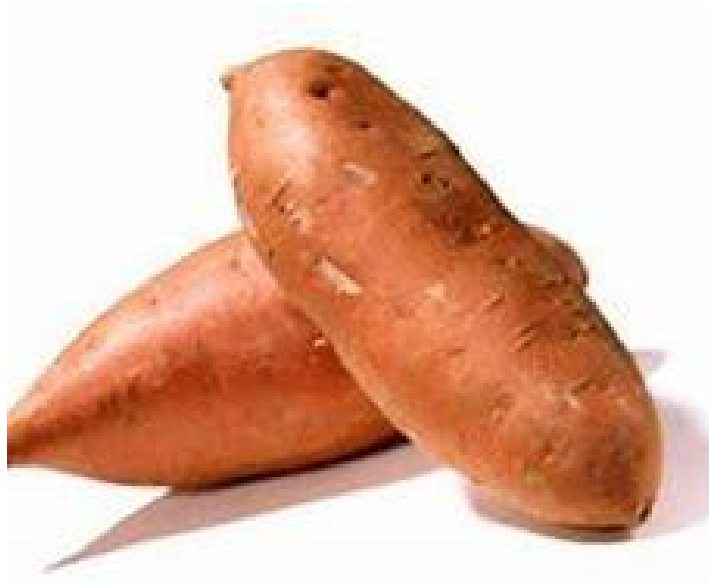
1 Tbs plain flour	1 Tbs of water
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Stage 1: Brown the neck chops in a little oil, seasoning throughout the cooking process. Once browned remove from the pan.

Stage 2: In the same dish, fry the onions until translucent. Add the potato with the beef stock and cook for 30 minutes.

Stage 3: Return the meat to the pan, sprinkling in the dried karengo. Add the thickening, cover and cook in the oven or return to the stove top for an hour on low heat.

KUMERA CRUMBED ROLL



- | | |
|-------------------|-----------------|
| 4 kumera | 500g of veal |
| 1 egg | 1 onion – diced |
| 1 Tbsp of mustard | Salt and pepper |

Stage 1: Boil some kumera until they are tender, then mash and mix 500g of veal, finely minced. Add a finely cut onion and season with salt, pepper, and a little mustard. Mix together well and form into a roll.

Stage 2: Brush with beaten egg and sprinkle with breadcrumbs. Bake in the oven for around $\frac{3}{4}$ of an hour.

ITALIAN MEATBALLS



350g mince

1c breadcrumbs

1 egg

1 onion, diced.

2 tsp powdered beef stock

1 can pasta sauce

½ packet of spaghetti pasta

Stage 1: Combine all ingredients, apart from the pasta sauce, and roll into balls the size of walnuts. Cook in fry pan with a little oil until brown.

Stage 2: Empty sauce into a jug with a canful of water, mix and pour over the meatballs. Heat and serve over spaghetti or pasta spirals.

SPAGHETTI BOLOGNAISE



350g mince

1 onion, diced.

1c mixed vegetables

½ packet of spaghetti pasta

1 can chopped tomatoes or pasta sauce.

Stage 1: Fill a large saucepan with salted water and bring to a boil. When boiling add spaghetti and cook until tender.

Stage 2: While spaghetti is cooking, in another pan, brown the mince and onions, breaking up large pieces. Add tomatoes or sauce, half fill can with water and add to the pan, along with mixed vegetables. Cook for 5 minutes.

Stage 3: Drain spaghetti and divide between the plates. Spoon over meat sauce and serve.

CURRY MINCED RICE

350g of mince	1 large onion – diced.
3c vegetables	½ c sultanas
1 tsp powdered beef stock	1 ½ c of rice
1 Tbsp of curry powder	

Stage 1: Wash the rice and place into a large, covered microwave container with 3 cups of water. Cook on high for 20 minutes.

Stage 2: While the rice is cooking, brown the mince and chopped onion, breaking up lumps. Add the other ingredients, cover with water. Bring to a boil and simmer for 15 minutes. Thicken with a little cornflour mixed with water if necessary.

Stage 3: Place hollow circle of cooked rice onto four plates. Pour the curried mince into the centre and serve.

PORK AND PUHA

2kg pork bones

1kg puha

Stage 1: Wash puha and wring out to remove bitterness.

Stage 2: Place in saucepan with pork bones and boil in salted water until pork is tender (about 1 hour).

Stage 3: Serve with boiled potatoes and carrots. Reserve stock for soup.

SWEET AND SOUR SAUSAGES



500g precooked sausages

1 onion – diced.

1 green pepper

½ c of hot water

¼ c of vinegar

2 tsp of soy sauce

1 Tbsp of brown sugar

1 can of pineapple pieces

1 Tbsp of cornflour

2 Tbsp of cold water

Stage 1: In a large saucepan boil together onion, green pepper, hot water, vinegar, soy sauce, brown sugar, and a can of pineapple pieces (including the pineapple juice), until the vegetables are cooked.

Stage 2: Mix cornflour with cold water and stir through to thicken sauce.

Stage 3: Chop sausages into chunks, add to pan and heat. Serve over rice or pasta.

GLORIA'S SUNDAY SPECIAL



4 saveloys

1 onion – diced.

2 cans of spaghetti

2 slices of bacon

1c of grated cheese

Stage 1: Slice the saveloys and onion into ovenproof dish. Cover with canned spaghetti and sprinkle cheese over. Snip bacon into small pieces and place evenly on the top.

Stage 2: Bake at 180 degrees for 30 minutes. A loaf of garlic bread can be baked alongside.

BEEF CASEROLE



500g of chuck stewing steak or gravy beef, cut into 4 pieces.

1 large onion – diced 1 Tbsp of beef stock.

2 carrots, cut into rings 3 Tbsp of flour.

Stage 1: Chop onions and place in an ovenproof dish.

Stage 2: Combine flour and beef stock powder and coat the beef chunks.

Stage 3: Place on top of onions and cover with carrots. Add boiling water to cover and put lid on the dish.

Stage 4: Bake at 180 degrees for 2 hours, stirring after 60 minutes. Potatoes, kumera and parsnip can be baked in the oven alongside casserole for the last hour of cooking.

ONE POT PASTA



350g of mince

2c of pasta spirals

1 onion - diced

1 can of pasta sauce.

1c of mixed vegetables

2 tsp of beef stock

Stage 1: Brown the mince and onion in a large pot. Add the pasta, pasta sauce, beef stock and vegetables with a canful of hot water.

Stage 2: Boil until the pasta is cooked (around 15 minutes). Serve with a salad (optional).

LIGHT MEALS

MOCK WHITEBAIT FRITTERS



4 medium potatoes

2 eggs

1c of self-raising flour

½ c of grated cheese

1 tsp of salt

pepper to taste

Stage 1: Grate potatoes and wring to remove excess moisture. Add other ingredients and stir to combine.

Stage 2: Fry in hot oil.

CORN FRITTERS AND BACON



1 slice of bacon per person 1 can of creamed corn

1c of self-raising flour 1 egg

Stage 1: Fry the bacon.

Stage 2: While bacon is cooking, combine other ingredients in a bowl. Add a little of milk to the mixture if it is too stiff.

Stage 3: When bacon is cooked, set aside, and drop tablespoons full of the corn batter into the bacon fat that remains in the fry pan. Flip the fritters once the bubbles form.

Stage 4: Serve the fritters stacked with the slice of bacon on top.

SALAD WRAPS



One wrap per person

Mayonnaise

Shaved ham or shredded chicken

Grated carrot

Shredded lettuce

Grated cheese.

Sliced tomato.

Stage 1: Lay the wraps flat and spread with mayonnaise. Top with shredded lettuce, carrot, cheese, meat, and tomato, then roll.

Stage 2: Slice in half to serve.

FAMILY NACHOS



Corn chips

2 cans of chilli beans

200g cheese

500g of mince is optional

Stage 1: Microwave the chilli beans (not in the can), for six minutes on full power.

Stage 2: While the beans are heating, grate the cheese and spread corn chips over the base and sides of a large roasting pan.

Stage 3: Spread the heated beans over the corn chips and cover with grated cheese. Place the roasting pan under a hot grill and cook until the cheese has melted (approximately four minutes).

Stage 4: Place roasting dish in centre of the table for everyone to dig in.

STUFFED POTATOES (Vegetarian)



4 potatoes

1c of grated cheese

1 onion – diced

Salt and pepper

Stage 1: Finely chop the onion and microwave on full power for 40 seconds.

Stage 2: While the onion is cooking, scrub the potatoes and prick each one with a fork six times. Cook on high in the microwave for 10 minutes – cook longer if necessary, until the potatoes are soft.

SOUPS

GREEN GODDESS SOUP (Vegetarian)



3 medium potatoes

1 onion – diced.

4 stalks of silverbeet

Stage 1: Dice potatoes and onion. De-stalk silverbeet, discard stalks and shred green leaves- finely.

Stage 2: In a pot, boil potatoes, onion and silverbeet in salted water until the potatoes are soft (approximately 15 minutes).

Stage 3: Puree, dilute to taste and serve.

CORN AND HAM CHOWDER



2 potatoes – diced

1 onion – diced.

1 can of creamed corn

½ of a ham steak

Stage 1: In a pot, boil the potatoes and diced onion in salted water. Mash lightly.

Stage 2: Add the creamed corn and finely diced ham steak.

Stage 3: Heat and serve. Dilute with milk if required.

LEEK AND POTATO SOUP (Vegetarian)



2 potatoes – diced.

2 tsp of green herb stock

1 leek – chopped finely.

½ tsp of nutmeg (optional)

Stage 1: In a pot, boil in a small quantity of water until the potato is beginning to fall apart and leeks have softened.

Stage 2: Dilute with milk if required.

CREAM AND VEGETABLE SOUP (Vegetarian)

2 large carrots

2 onions – diced.

½ a bunch of celery

1 litre of milk

1 Tbsp of green herb stock

1 Tbsp of cornflour

Stage 1: Chop carrots, onions, and celery finely (use a food processor if you have one). In a pot, cover with water, add stock powder and boil until cooked.

Stage 2: Add milk and reheat.

Stage 3: Thicken with cornflour, mixed with a little water or milk.

CURRIED KUMERA SOUP (Vegetarian)

2 large kumera

2 onions

1 Dsp of curry powder

1 potato

Stage 1: In a pot, boil diced kumera, potato and onions with curry powder in salted water until cooked.

Stage 2: Mash or puree with a stick blender, depending on consistency required.

Stage 3: Dilute to desired consistency. Heat and serve.

THAI PUMPKIN SOUP (Vegetarian)



500g pumpkin

2 onions

1 can of coconut cream

1 tsp crushed chilli paste

Stage 1: Boil the pumpkin, diced onion and chilli paste, salted water in a pot until cooked.

Stage 2: Puree the contents.

Stage 3: Add coconut cream and reheat, adding more water if necessary.

SEAFOOD CHOWDER



250g fish (canned, fresh, mussels, crabsticks or a combination – anything goes).

1 onion ½ c of small pasta shells

3c of water 1c of milk

2 tsp of onion stock 2 tsp of green herb stock

Step 1: Chop fish and onions and boil with seasonings and pasta until pasta is cooked (about 15 minutes).

Step 2: Mix cornflour with milk, add chowder and heat until thickened.

Step 3: Garnish with chopped parsley.

SNACKS

PIZZA

3c of self-raising flour

½ c of cooking oil

1c of water

¼ tsp salt

Stage 1: Knead all ingredients together. Add more water if it is too dry or more flour if the mixture is runny.

Stage 2: Place on a oven tray, roll out thinly and add.

Toppings:

Stage 3: Cover the base with tomato sause, pasta sauce or a tin of spaghetti. Sprinkle chopped onion, green or red peppers, mushrooms, ham, salami, pineapple, lightly fried mince or grated cheese to taste.

Stage 4: Bake at 180 degrees for 20 minutes.

TOASTIES



6 hamburger buns

Grated cheese.

1 can of spaghetti or creamed corn

Sliced bacon (optional)

Stage 1: Cut the burger buns in half and place on a oven tray, outer side upwards.

Stage 2: Grill the buns at 200 degrees until toasted (takes about 1 minute).

Stage 3: Turn the bun halves so the untoasted side is uppermost and spread with spaghetti or creamed corn. Top with grated cheese and a piece of bacon.

Stage 4: Return to the grill and cook until the cheese is melted (approximately 2 minutes).

AMERICAN HOTDOGS



4 long bread rolls

Sliced onion.

Tomato sauce

Mustard (optional)

4 saveloys or frankfurters

Stage 1: Boil the saveloys/frankfurters until cooked.

Stage 2: While the meat is cooking, slice the onion thinly and microwave for 1 minute.

Stage 3: Cut the bread rolls lengthwise and spread with mustard.

Stage 4: Divide the onion equally between rolls. Place one saveloy/frankfurter on each roll and top with tomato sauce.

HUMMUS

1c of dried chickpeas

2 lemons

2 tsp of crushed garlic

1 tsp of crushed chilli

1 tsp of salt

1c of cooking oil

Stage 1: Cover the chickpeas with water and stand for at least an hour (overnight is good).

Stage 2: Rinse, cover with water and boil until the chickpeas are soft (approximately 2 hours).

Stage 3: Drain, keeping the cooking liquid.

Stage 4: Place the chickpeas in a food processor and blend until it is smooth. Add some of the reserved liquid if necessary.

Stage 5: Serve with crostini, pita bread or toasted wholegrain bread, cut into triangles.

POTATO WEDGES

4 potatoes

2 Tbsp of cooking oil

Tomato sauce or Sour cream and sweet chilli sauce

Stage 1: Scrub the potatoes and slice into wedges.

Stage 2: Place into a roasting dish and drizzle oil over the wedges, making sure you are coating every wedge.

Stage 3: Bake at 180 degrees for 20 minutes, turning the wedges once.

Stage 4: Season the wedges with salt to taste (try chicken or onion salt) and serve with tomato sauce or sour cream and sweet chilli sauce.

CHEESE PUFFS

1c of self raising flour

1 egg

1 onion – diced

1 tsp of curry powder

1c of grated cheese

1c of milk

Chopped parsley (optional)

Stage 1: Mix the dry ingredients, onion and parsley. Make a well in the centre. Add the egg and milk and mix well.

Stage 2: Drop small spoonfuls on a sprayed oven tray and bake at 200 degrees for 15 minutes.

SOUTHLAND CHEESE ROLLS

1 packet of onion soup mix

1c of water

2c of grated cheese

Thin sliced bread

Stage 1: Heat the soup mix and water until it is thick. Take off the heat and add cheese.

Stage 2: Cut the crusts from the bread and spread cheese mixture thinly over the bread. Roll the bread and place each one onto an oven tray.

Stage 3: Spray with oven spray and place under a hot grill until toasted.

Note: The rolls can be frozen, uncooked and reheated.

BILLIE'S SAVOURY SWIRLS

Puff pastry rectangles

Pasta sauce (any kind)

Grated cheese

Stage 1: Take a piece of pastry, spread over with pasta sauce, sprinkle with cheese, roll into a log, cut into 1cm slices and place on an oven tray.

Stage 2: Bake at 200 degrees for 5-10 minutes. Left over cooked mine, chopped bacon, mashed potato and onion can also be added if you like.

DESSERTS

SWISS CREAM

1 packet of jelly crystals (any flavour)

1 can of evaporated milk (not lite)

Stage 1: Chill the evaporated milk.

Stage 2: Make up the jelly using one cup of water. When the jelly is beginning to set, whip the evaporated milk until it is stiff.

Stage 3: Pour in the partially set jelly and whip until combined.

Stage 4: Place in a large bowl and refrigerate.

APPLE CRUMBLE



4 apples

½ c of brown sugar

3 weetbix - crushed

1 tsp of cinnamon.

1c of oats

200g of melted butter

Stage 1: Peel, slice and stew the apples with water to cover.

Stage 2: While the apples are stewing, get a medium sized bowl and crush the weetbix, add the oats, brown sugar, cinnamon, and melted butter. Mix until combined well.

Stage 3: When your apples have stewed enough before they fall apart, drain the water contents, and place into a small to medium sized non stick oven dish. Place the weetbix mixture on top of the apples evenly.

Stage 4: Place into the oven on bake at 180 degrees for 30 minutes.

Stage 5: Serve with whipped cream, cream or vanilla ice cream.

BUTTER SCOTCH APPLES



500g cooking apples

2Tbsp of golden syrup.

1 Tbsp of brown sugar

2 Tbsp of flour

1 ½ Tbsp of butter

¼ c of hot water

Stage 1: Slice the apples into an ovenproof dish. Mix the remaining ingredients and pour over.

Stage 2: Bake at 180 degrees for 30-45 minutes.

PEACH COBBLER



450g can of peaches

1 ½ c of self raising flour

50g of butter

½ c of sugar

1 tsp of cinnamon

½ c of milk

Stage 1: Melt the butter, add milk and combine with the dry ingredients, then add the egg.

Stage 2: Pour the can of peaches and juice into an oven proof dish and place blobs of the mixture over the top of the peaches.

Stage 3: Bake at 180 degrees for 20 minutes.

SELF SAUCING CHOCOLATE PUDDING



1 ½ c of self raising flour

½ c of brown sugar.

2 Tbsp of cocoa

½ c milk

50g butter

½ c of sugar

1 ½ c of boiling water

1 Tbsp of cocoa (extra)

Stage 1: In an ovenproof dish, mix the flour, brown sugar and the 2 Tbsp of cocoa powder. Add the milk and melted butter, then stir to combine. Spread evenly over the base of the dish.

Stage 2: Sprinkle sugar and extra cocoa over the top, and gently pour boiling water over the back of a upturned spoon over the top.

Stage 3: Bake at 180 degrees for 30-40 minutes. Serve with cream or vanilla ice cream if you like.

GOLDEN DOUGHBOYS

2c of flour	2Tbsp sugar
1 Tbsp of butter	1tsp of baking powder
1 egg	2Tbsp of sultanas

Sauce:

1c of sugar	1c of water
1 Tbsp of butter	1Tbsp of golden syrup

Stage 1: Melt the butter and combine the first lot of ingredients to form a stiff dough. Add milk if necessary.

Stage 2: Form into small balls.

Making the sauce:

Stage 3: In a large saucepan, combine sauce ingredients and bring to the boil.

Step 4: Gently place the doughboys into the sauce and boil for approximately 15 minutes until cooked.

ETON MESS



12 small meringues

small bottle of cream

1 punnet of berries (any kind)

Stage 1: Whip the cream until stiff.

Stage 2: Break the meringues into small pieces and gently fold into the whipped cream and add the berries.

Stage 3: Chill in the fridge, and then serve into small bowls.

CAKES AND BISCUITS

ANZAC BISCUITS



1c of rolled oats

½ c of flour

½ c of coconut

½ c of sugar

1 Tbsp of golden syrup

75g of butter

½ tsp of baking soda

¼ c boiling water

Stage 1: Mix the flour, sugar, coconut and rolled oats in a bowl.

Stage 2: Melt the butter and the golden syrup.

Stage 3: Dissolve the baking soda in ¼ cup of boiling water and add to the butter and golden syrup.

Stage 4: Make a well in the dry ingredients and stir in the liquids.

Stage 5: Place spoonful onto cold sprayed or greased oven trays and bake at 180 degrees for 15 minutes.

PINEAPPLE CAKE



2c of self raising flour

1c of sugar

450g can of crushed pineapple

1 egg

Stage 1: Mix together all of the ingredients.

Stage 2: Pour into a greased cake tin (a ring tin works best – baby formula tin)

Stage 3: Bake at 180 degrees for 40 minutes. Once it has cooled down you can sprinkle dried coconut and icing sugar over it.

GINGERNUTS



125g of butter

¼ c of brown sugar

3 Tbsp of golden syrup

1 ¼ c of flour

1 tsp of baking soda

1 ½ tsp of ginger

Stage 1: Cream the butter until pale. Add the brown sugar and golden syrup.

Stage 2: Add the sifted dry ingredients to stage 1.

Stage 3: Add the baking soda to 1 Tbsp of boiling water. Then add to the mixed ingredients.

Stage 4: Roll into small balls and place onto a greased oven tray, flatten, and brush each biscuit with cold water.

Stage 5: Bake at 180 degrees for 15-20 minutes, depending on crispness required.

Pineapple Chicken with Rice

Serves 2 – 4

\$7.80

as at 23/4/21

Ingredients



\$2.00



\$1.50



\$1.40



\$1.40



\$1.50

Instructions

Step 1



Open the cans of pineapple and green beans.
Carefully drain the liquid.
Open the can/s of chicken.



Step 2



Open rice packet and empty into a glass or plastic bowl (NOT metal).
Add chicken, pineapple and green beans.
Stir together.



Step 3



Microwave for 3 minutes on high.
Take the bowl out and stir.
If it's not hot enough, microwave for another couple of minutes.

Step 4



Serve in bowls and enjoy.

Sweet Chilli Chicken Noodles

Serves 2 – 4

\$9.42

as at 10/6/21

Ingredients



\$1.92 (3 packets)



\$1.50



\$1.20



\$1.40



\$1.40



\$2.00

Instructions

Step 1



Open noodle packets and empty into a plastic or glass bowl (NOT METAL).
Cover noodles with water.



Step 2



Microwave noodles and water for 2 minutes on high.
Carefully drain HOT water from the noodles.



Step 3



Open cans of green beans and corn.
Drain the cans.
Open the cans of chicken.



Step 4



Add green beans, corn and chicken to the noodles.
Stir together.
Microwave for 3 minutes on high or until hot.



Step 5



Add 1 Tablespoon sweet chilli sauce to the noodle mix. Stir together.
Serve and enjoy.



Teriyaki Chicken Bowls

Serves 2 – 4

\$7.50
as at 23/4/21

Ingredients



\$2.00



\$1.50



\$1.40



\$1.40



\$1.20

Instructions

Step 1



Open the cans of green beans and corn.
Carefully drain the liquid.
Open the can/s of chicken.



Step 2



Open rice packet and empty into a glass or plastic bowl (NOT metal).
Add chicken, green beans and corn.
Stir together.



Step 3



Microwave for 3 minutes on high.
Take the bowl out and stir.
If it's not hot enough, microwave for another couple of minutes.

Step 4



Serve in bowls and enjoy.

Nachos

Serves 2 – 4

\$7.00

as at 23/4/21

Ingredients



\$2.00



\$2.70



\$1.10



\$1.20

Instructions

Step 1

Open can of corn.
Drain the corn.
Open the cans of tomatoes and
chilli beans.



Step 2

Empty the chilli beans,
tomatoes and corn into a
glass or plastic bowl (NOT
metal).
Stir together.



Step 3

Microwave for 3 minutes on
high or until hot.



Step 4

Serve the bean mix in bowls
with nacho chips.



Vegetarian Spaghetti Bolognese

Serves 2 – 4

\$4.50
as at 23/4/21

Ingredients



\$1.20



\$1.10



\$1.10



\$1.10

Instructions

Step 1



Open pasta packet. Snap spaghetti in half. Place into glass or plastic bowl (NOT metal). Cover with cold water. Put a plate on top of the bowl to keep the steam in while cooking.

Step 2



Microwave the pasta and water for 5 minutes on high. Carefully take out the bowl (it will be HOT). Stir the pasta. Put in the microwave for another 5 minutes on high. Test a piece of pasta to make sure it's cooked otherwise microwave for another 5 minutes.

Step 3



Open the can/s lentils. Carefully drain the liquid. Open the can/s of tomatoes.

Step 4



Add chilli beans, tomatoes and corn to the hot pasta. Stir together.

Step 5



Put in microwave for another 3 minutes or until hot. Serve and enjoy.

Chicken Mushroom Pasta

Serves 2 – 4

\$7.70
as at 23/4/21

Ingredients



\$1.20



\$1.50



\$2.00



\$1.40



\$1.40

Instructions

Step 1



Open pasta packet.
Empty half into glass or plastic bowl (NOT metal), save the rest for another time.
Cover with cold water.
Put a plate on top of the bowl to keep the steam in while cooking.

Step 2



Microwave the pasta and water for 5 minutes on high.
Carefully take out the bowl (it will be HOT).
Stir the pasta.
Put in the microwave for another 5 minutes on high.
Test a piece of pasta to make sure it's cooked otherwise microwave for another 5 minutes.

Step 3



Open the can/s of peas and chicken.
Carefully drain the liquid.
Open the can/s of mushroom soup.

Step 4



Add peas, chicken and mushroom soup to the hot pasta. Stir together.

Step 5



Put in microwave for another 3 minutes or until hot.
Serve and enjoy.

Chickpea Curry & Rice

Serves 2 – 4

\$8.10

as at 10/6/21

Ingredients



\$2.00



\$1.10



\$2.50



\$2.50

Instructions

Step 1



Open rice packet and empty into a glass or plastic bowl (NOT metal).



Step 2



Microwave the rice for 3 minutes on high or until hot.



Step 3



Open the can of chickpeas. Carefully drain the liquid. Open the cans of tomatoes.



Step 4



In another glass or plastic bowl (NOT metal) add the drained chickpeas and cans of tomatoes. Stir together.



Step 5



Put in microwave for 3 minutes or until hot.

Step 6



Serve rice in bowls with the chickpea tomato curry on top. Enjoy.



Chop Suey

Serves 2 – 4

\$8.89

as at 23/4/21

Ingredients



\$0.90



\$1.50



\$1.20



\$1.40



\$1.40



\$2.49

Instructions

Step 1



Open vermicelli noodle packet and empty into a plastic or glass bowl (NOT METAL). Cover noodles with water.



Step 2



Microwave noodles and water for 5 minutes on high. Carefully drain HOT water from the noodles.



Step 3



Open cans of green beans and corn. Drain the cans. Open the cans of chicken.



Step 4



Add green beans, corn and chicken to the noodles. Stir together. Microwave for 3 minutes on high or until hot.



Step 5



Add 1 Tablespoon soy sauce to the noodle mix. Stir together. Serve and enjoy.



Cowboy Casserole

Serves 2 – 4

\$6.20
as at 23/4/21

Ingredients



\$1.20



\$2.70



\$1.10



\$1.20

Instructions

Step 1



Open pasta packet.
Empty into glass or plastic bowl
(NOT metal).
Cover with cold water.
Put a plate on top of the bowl to
keep the steam in while
cooking.



Step 2



Microwave the pasta and
water for 5 minutes on high.
Carefully take out the bowl (it
will be HOT).
Stir the pasta.
Put in the microwave for
another 5 minutes on high.
Test a piece of pasta to make
sure it's cooked otherwise
microwave for another 5
minutes.

Step 3



Open the can of corn.
Carefully drain the liquid.
Open the cans of chilli
beans and tomatoes.

Step 4



Add chilli beans, tomatoes and
corn to the hot pasta.
Stir together.

Step 5



Put in microwave for another
3 minutes or until hot.
Serve and enjoy.

Fried Rice

Serves 2 – 4

\$9.69
as at 23/4/21

Ingredients



\$2.00



\$1.50



\$2.50



\$1.20



\$2.49

Instructions

Step 1

Open the cans of peas and corn.
Carefully drain the liquid.
Open the can of tuna.



Step 3



Microwave for 3 minutes on high.
Take the bowl out and stir.
If it's not hot enough,
microwave for another
couple of minutes.

Step 2

Open rice packet and empty
into a glass or plastic bowl
(NOT metal).
Add tuna, peas and corn.
Stir together.



Step 4



Add 1 Tablespoon soy sauce
to the rice mix.
Stir together.
Serve and enjoy.

