

# Cooking and baking and on a budget



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## BAKED PASTA

### Ingredients

5-6 chicken drumsticks or 500g of mince  
1 bag of 'value' penne pasta  
2 Tbsp of cooking oil  
1 pinch of salt  
1 jar of cheesy pasta sauce  
1-2 tins of 'value' tomatoes  
1c of grated cheese



### Method

1. Get a large pot and fill half of it with cold water, 2 Tbsp of cooking oil and a pinch of salt. Place on an element and have the temperature on high. Once the water has reached boiling point, add the bag of penne pasta.
2. Depending on what meat you decide to use, if you have gone with chicken drumsticks. Boil the chicken in a pot until cooked through. If you are cooking with mince, fry the mince in a medium sized fry pan on medium to high heat.
3. Once the pasta is cooked to perfection, carefully drain the water out of the pot, then place the pasta into a large oven dish.
4. Once your chicken is cooked and has cooled down, you can start taking the chicken off the bone and add it to the pasta. Once the mince has cooked you can add that to the pasta.
5. Add your tinned tomatoes and cheesy pasta sauce to the pasta and meat of your choice. Grated cheese on top, mix well and put in the oven on bake for 30 minutes. Enjoy!

## MINCE NACHOS

### Ingredients

500g beef mince  
1 tin of 'value' baked beans  
1 tin of 'value' tomatoes  
1 Maggie sachet of Mexican nacho  
1 bag of 'pams' nacho chips  
1c of grated cheese  
Sour cream

### Method

1. Fry your mince in a large frying pan on a medium to high heat until it is cooked through.
2. Add your Maggie sachet to the mince and stir together.
3. Add both baked beans and tinned tomatoes to the fry pan. Reduce the heat to a simmer for approximately 10-15 minutes.
4. It is now time to plate up. Grab a handful or two of the nacho chips and display them on your plate as you wish.
5. Scoop some mince nacho mix either on top or to the side of your nacho chips.
6. Sprinkle some cheese on top of your mince and add sour cream.
7. Enjoy!



## CHILI, LIME, COCONUT STIR-FRY

### Ingredients

- 1 chicken breast (optional)
- 2 'Wok Creations' chili, lime, coconut pouches
- 1 tin of 'pams' coconut cream
- 1Tbsp of crushed garlic (optional)
- 1Tbsp of crushed ginger (optional)
- 1 bag of frozen stir-fry vegetables
- 2 rolls of Asian noodles



### Method

1. In a large frying pan on medium heat fry your chicken pieces until cooked through, add the garlic and ginger. Let them cook for approximately 3-5 minutes and mix. Add the two pouches of Wok Creations stir-fry sauce and 1 tin of coconut cream. Once the sauce has been mixed well, add the frozen stir-fry vegetables, stir every 5 minutes.
2. In a medium to large bowl add some cold water and 2 rolls of the Asian noodles. This is to soften the noodles before you add them to the stir-fry mixture. In approximately 10 minutes they should have softened and can now be added to the stir-fry mix and combine.
3. Once your vegetables have softened to your liking you can now serve.

## AMERICAN HOTDOGS

### Ingredients

- 6 bread rolls
- 6 frankfurters
- 2 onions (optional)
- 2c of cheese (optional)
- Tomato sauce (optional)
- Mustard sauce (optional)



### Method

1. In a large pot put your frankfurters in it and add cold water until the frankfurters are covered. Place the pot onto an element and set the temperature to high.
2. Cut your bread rolls in half horizontally but make sure the rolls are still intact.
3. Slice your onions thinly and to a medium sized fry pan on a medium heat with a tablespoon of butter. Keep checking on your onions and mix when needed to prevent them from going black.
4. Check on your frankfurters. They will be ready just before the red sausage skin starts to peel away.
5. Add your grated cheese into the bread roll, then your caramelized onion. Place your frankfurters in the roll next and add the sauces of your choice. Enjoy!

## HONEY CHICKEN NOODLE

### Ingredients

- 3 packets of 2 minute noodles
- 1-2 chicken breasts
- ½ a bag of Chinese stir-fry vegetables
- ½ c of manuka honey
- 2 Tbsp of soy sauce

### Batter

- 2 c of self-raising flour
- ½ - 1 c of cold water (you don't want a runny batter)
- Pinch of salt



### Method

1. Slice your chicken breasts into 2cm-by-2cm pieces. Pour 2Tbsp of cooking oil into a large fry pan or wok, add your chicken on a medium heat. Once the chicken has cooked through, drain the juices from the fry pan or wok and set the chicken aside to cool down.
2. In a large pot add your three packets of 2-minute noodles (minus the flavoring) and add cold water until the noodles are covered. Place the pot on an element and set to a high heat. Once the noodles are cooked, drain the water and place the noodles into a bowl with approximately 2Tbsp of cooking oil. This will help stop the noodles sticking together.
3. Once you have cleaned your fry pan or wok, you can place it back on the element set to a medium to high heat. Once the fry pan or wok has reached a medium heat, add 4Tbsp of cooking oil, stir-fry vegetables, honey and soy sauce. You can also add crushed garlic and ginger.
4. While the stir-fry is cooking, keep an eye on it as this step you will be coating your chicken pieces in just flour. In a separate bowl add 2 c of self-raising flour, water and a pinch of salt. Mix those three ingredients well.
5. If you have a deep fryer, turn it on and heat the oil. If not, you can use a deep pot and add water. Let them come to temperature. You can do this by putting cold water on a clean finger and letting a drop of water land into the oil. If you get a reaction from the oil, it is ready.

6. Coat your floured chicken into the batter well. Carefully add the battered chicken into the oil. You can use tongs if you have them. Once the batter is looking golden, puffy and crunchy, they are ready.
7. Check on your stir-fry and mix or toss gently. Add your noodles and toss through. If the stir-fry requires more cooking oil, honey or soy then add more to your liking.
8. When all of the battered chicken is cooked, drain as much oil as you can and add the chicken to a bowl. Scoop a tablespoon of honey into the bowl. The heat from the chicken should help the honey to soften. Toss the chicken around in the bowl until the honey has coated all chicken 'donut' bites.
9. Serve the stir-fry once it is ready and place your battered honey chicken on top. Enjoy!



# CRACKED PEPPER AND STEAK PIE

## Ingredients

500g – 1kg of beef chuck stewing steak  
Cornflour to coat the steak  
1 large, sliced onion  
2 Tbsp of 'Pams' crushed garlic  
¼ c of cracked pepper  
1 large carrot  
Mushrooms (optional)  
1 'Maggie' beef hot pot sachet  
½ c of tomato sauce  
1 – 2 c of grated cheese  
2 rolls of puff pastry  
1 egg



## Method

1. Preheat your oven at 180°C.
2. Chop your beef into 2cm-by-2cm pieces and then coat with the corn flour. Grab a large pot and place on an element and set the temperature to a medium to high heat. Add 2 tablespoons of cooking and your beef, stir when needed.
3. Start chopping your onion, mushrooms and carrots to your liking and now add them to the beef. Stir when needed.
4. Read the instructions on the back of the Maggie sachet for the water amount needed for the sachet seasoning mix. Once that step is completed, add to the beef and turn the element heat down to a simmer. Add ½ c of tomato sauce and ¼ c of cracked pepper. If you wish to have less cracked pepper, you can do so. Let this simmer for approximately 1 hour.
5. Get 1 of the rolls of puff pastry. Roll in out and lay in down into a deep, greased oven dish. Make sure the sides are also covered nicely. Place a sheet of baking paper over the pastry and pour plain cheap rice onto the baking paper. This will help the puff pastry to stay in it's place. Put it into the oven for

approximately 30 minutes or until it is light golden and  $\frac{3}{4}$  cooked through. Don't over cook it as it'll go back into the oven.

6. Once the vegetables have softened and the pie sauce has thickened, you can pour into the oven dish. Sprinkle your grated cheese. With the second pastry roll, roll it out and place on top of pie filling as displayed in the image. Whisk the egg well in a clean cup, and then brush the egg wash over the pastry. Put your pie into the oven for a further 20 minutes or until the top pastry is golden. Enjoy!

## DEVILLED SAUSAGES

### Ingredients

8 sausages (whole or diced)

1 onion, sliced

1 apple, cored and cut in cubes

1 'Maggi' devilled sausages sachet plus 1 cup of water

Salt & pepper to taste



### Method

#### Slow cooker (4-8 hours)

Add all ingredients to the slow cooker, stir together well and cook on high for 4 hours or low for 8 hours.

Serve with mashed potatoes.

#### Oven (2 hours)

Add all ingredients to a large casserole dish, stir together well, cover and cook at 180°C for 2 hours.

Serve with mashed potatoes.

## THE PERFECT PAVLOVA

### Ingredients

4 egg whites at room temperature  
(separate the egg yolk and egg whites carefully)

1 ¼ cups of 'pams' caster sugar  
(needs to be caster sugar)

1 tsp of 'pams' vanilla essence

1 tsp of 'pams' white vinegar

Pinch of salt

1 Tbsp of cornflour

### Method

1. In a large metal, ceramic or glass bowl (not plastic), beat the egg whites until soft peaks form.
2. Continue beating while adding the caster sugar a quarter of a cup at a time. The mixture should get glossier and thicker with each addition, and this should take at least 10 minutes. Beat in the vanilla, vinegar and cornflour.
3. Spoon mixture out onto the prepared tray into a dinner plate sized mound.
4. Bake for approximately 1 1/2 hours, until dry and crisp and lifts easily off the baking paper. Turn the oven off and leave the pavlova for at least an hour before removing it from the oven. Finish cooling on a wire rack, then transfer to an airtight container.
5. When ready to serve, place on a serving plate, swirl the top with the whipped Meadow Fresh Original Cream and decorate with sliced or chopped fruit of your choice.



## FRUIT CRUMBLE

### Ingredients

2 tins of 'value' fruit (fruit salad, pears, peaches, apricots)  
5 weetbix  
1 cup of oats  
½ c of brown sugar  
250g of melted butter

### Method

1. Preheat the oven at 180°C.
2. Open the tins of fruit and drain all the juice or syrup out. Place your fruit into a medium sized oven dish.
3. Melt your butter in a medium sized pot on medium heat. Add the brown sugar and mix well until combined.
4. Remove the pot from the stove and turn it off. Crush your weetbix into the butter mixture and add the oats. Combine well.
5. Place the weetbix and oat crumb over the fruit in the oven dish.
6. Put your fruit crumble into the oven for 30 minutes and serve hot with French vanilla ice-cream or cream.



# SELF SAUCING CHOCOLATE PUDDING

## Ingredients

150g of butter

1 c of 'Pams' brown sugar

2 eggs

1 c of milk

1 ½ c of self-raising flour

6 Tbsp of 'Pams' cocoa powder

## Sauce

2 ½ c of boiling water

1 ½ c of brown sugar

4 Tbsp of cocoa powder



## Method

1. Preheat oven to 180°C bake. Grease a small to medium sized oven dish.
2. Sift Self Raising Flour and cocoa into a large bowl. Stir in the Soft Brown Sugar.
3. Whisk Butter, milk and egg in a jug. Slowly add to flour mixture, stirring until well combined and smooth. Spoon into baking dish and smooth the top.

## Sauce

1. Combine the Soft Brown Sugar and cocoa and sprinkle over the pudding. Slowly pour the boiling water over the back of a large metal spoon to cover pudding. Place dish onto a baking tray and bake for 35 to 40 minutes or until pudding bounces back when pressed gently in the center.
2. Serve hot with vanilla ice cream or cream.

## ORANGE CAKE

### Ingredients

200g of butter  
2 c of brown sugar  
1 orange (finely grated zest and squeezed orange juice)  
1 tsp of vanilla essence  
Pinch of salt  
½ c of caster sugar  
3 c of sifted self-raising flour  
1 Tbsp of mixed spice (optional)  
2 eggs (separate the yolk and egg whites)



### Method

1. Pre-heat your oven to 180°C. Line your cake tin with baking paper and set aside until cake mixture is ready to be poured in.
2. In a large pot add your butter and brown sugar on a medium heat. As the butter starts to melt, mix the butter and sugar together well. Once they have combined well, remove from the heat and let it cool down.
3. While that is cooling down, you can start beating your egg whites in a medium sized bowl with an electric beater or cake mixer. Add your vanilla essence, pinch of salt, and gradually add your caster sugar. Keep mixing until you end up with a glossy firm peak.
4. Your butter and brown sugar will have cooled down and it will be time to add your milk and whisk together well. Add your egg yolks one at a time and combine well with each egg yolk. Next, add your orange zest and orange juice. Combine those well and then sift in your flour and mixed spices. Fold the flour into the wet fixture gently.

5. Next, you can scoop a wooden spoonful of egg whites at a time and fold into the cake mixture. Once all of the egg whites have been folded through you can pour the cake mixture into the cake tin.
6. Your cake is ready to go into the oven for 50 minutes or until the center has been baked through and tested. Serve with cream (optional).



## FRY BREAD GOODNESS

### Ingredients

- 3 c of warm water (or lemonade fizzy)
- 2 Tbsp of active dry yeast
- 3 Tbsp of sugar
- 2 c of self-raising flour

### Speads

Butter, Jam, whipped cream, golden syrup, or use the fry bread as an alternative for burgers, and donuts.



### Method

1. In a large bowl add your warm water/ lemonade, sugar, and yeast. Let the yeast activate and bubble to the surface. Once this is complete you can add your sifted flour and combine it in a cake mixer using the bread kneading piece or using a wooden spoon. If the mixture is still too wet and sticky, add more flour. Not dry and stiff.
2. Once that has been combined well you can place a tea towel over the bowl and place it on a shelf in the hot water cupboard for 1 hour to rise.
3. Sprinkle some flour on your bench top and bring out your fry bread dough. Get around the edges of your bowl to get all the bread mixture out and onto the bench with dusted flour. Sprinkle flour on top of the dough and start kneading your bread. Smear cooking oil around the inside of the bowl (prevents sticking) and place the bread dough back into the bowl, covered and back into the hot water cupboard to rise for another 1-2 hours.
4. Take your bread dough out and back onto a flour dusted bench top. Stretch out the dough gently to a shape of a large square and cut into squares to your desired size or donut shapes. Let this rise for 30 minutes.
5. Your fry bread is ready to be deep fried in a deep fryer or pot. Fry to your liking and serve. Enjoy!