

Summer 4-week cycle menu

Designed to meet the Pā-Harakeke award level of the
Tohu Manawa Ora | Healthy Heart Award, for ages 2-5 years



Introducing our four-week summer sample menu for children aged 2-5 years, designed to sustain active and growing tamariki. We take the hassle out of menu planning, providing you with inspiration for morning tea, lunch and afternoon tea.

This 4-week cycle menu meets our highest (Pā-Harakeke) level of our Tohu Manawa Ora | Healthy Heart Award. You can use it as a starting point for any of our award levels or use in its entirety. Being seasonal, this helps to keep the cost of food down.

We understand that providing wholesome, affordable kai for tamariki can be a bit tricky. This collection of budget-friendly recipes has been designed to provide your hungry eaters with long lasting energy, flavours they enjoy, all while meeting the Ministry of Health's food and nutrition guidelines.

With our sample menu, you can feel confident in knowing that you're providing nutritious and safe food to tamariki, fostering their confidence as well-rounded food explorers.

While most of the items on this menu are suitable for children under two years, a few options will need to be modified or left out. Please refer to the [Healthy Food and Drink Guidance](#) or speak with your local Heart Foundation Nutrition Advisor for advice or a copy of our sample menus for children under two.

For more information or to sign up to our Tohu Manawa Ora | Healthy Heart Award, please visit heartfoundation.org.nz/educators

If you have any questions, comments or valuable feedback, please chat with your Heart Foundation Nutrition Advisor, or email education@heartfoundation.org.nz.

Pā-Harakeke summer sample menu- week 1

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Wholegrain crackers and cheese. Fruit.	Banana bread. Fruit.	Bean quesadillas.	Cheesy scrambled egg on wholemeal toast.	Carrot muffins. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Fish balls with tomato sauce and pasta.	Sesame and soy beef with carrot and rice.	Tofu curry with brown rice.	Beef and lentil Sloppy Joe's.	Creamy chicken and broccoli pasta.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Wholemeal egg and lettuce sandwiches. Fruit.	Corn thins with hummus and cucumber/tomato.	Frozen yoghurt ice-blocks. Fruit.	Corn and cheese roll ups. Fruit.	Beetroot hummus with wholemeal pita bread triangles and softened carrot.
Drinks: Ngā Inu	Water	Water	Water	Water	Water

Children can choke on food at any age, but those under five are at higher risk (especially children under three). Foods that pose a high choking risk are not to be served unless prepared in accordance with best practice as set out in [Ministry of Health: Reducing food-related choking for babies and young children at early learning services](#). Visit [Health.govt.nz](https://www.health.govt.nz)

Fish balls with pasta and tomato sauce

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Finely chopped onion	1 ½ cups	375g	750g
Crushed garlic	1 Tbsp	35g	70g
Crushed canned tomatoes	2x 400g cans	2kg	4kg
Fish fillets	450g	1.125kg	2.25kg
Frozen spinach (thawed)	1 cup	300g	600g
Eggs	4	10	20
Dry breadcrumbs	1 cup	200g	400g
Chopped parsley	½ cup	50g	100g
Grated cheese	1 cup	200g	400g
Dry pasta	200g	500g	1kg

Method

1. Pre-heat oven to 200°C.
2. Place the oil and onions in a large pot and cook over low heat until soft.
3. Add garlic and canned tomatoes and continue to cook until thickened.
4. Meanwhile steam the fish until just cooked then remove from cooker and allow to cool.
5. Finely chop the thawed frozen spinach.
6. Mix the cooked fish, chopped spinach, eggs, breadcrumbs, parsley and cheese to make a thick paste.
7. Shape the paste into 20g balls and place in a roasting dish.
8. Roast the balls for approximately 10-15 minutes or until firm and light brown.
9. Boil the pasta until cooked through then drain.
10. Mix the tomato sauce through the pasta and serve with fish balls on top.



Egg salad sandwich

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	8	20	40
Finely chopped spring onion	½ cup	100g	200g
Mayonnaise	⅓ cup	225g	550g
Lemon juice	1 Tbsp	50ml	100ml
Finely chopped lettuce	⅔ cup	300g	600g
Wholemeal bread slices	10	25	50

Method

1. Place eggs in boiling water and boil for 10 minutes.
2. Drain eggs and immerse in cold water to cool quickly.
3. Peel shells from eggs.
4. Mash eggs then mix through spring onion, mayonnaise, lemon juice and lettuce.
5. Divide egg mixture between half the slices of bread.
6. Top with remaining bread.
7. Cut into quarters and serve.



Banana bread

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Bananas, mashed	4	800g	1.6kg
Eggs	2	4	8
Oil	$\frac{1}{4}$ cup	130ml	260ml
Milk	$\frac{1}{4}$ cup	130ml	260ml
Wholemeal flour	1 cup	320g	640g
White flour	1 cup	320g	640g
Baking powder	2 tsp	20g	40g

Method

1. Heat oven to 180°C.
2. Grease a loaf tin with oil and lightly dust with flour.
3. In a mixing bowl mash the ripe bananas until smooth.
4. Add the egg, oil and milk and mix.
5. Sift in flour and baking powder and fold gently into wet ingredients.
6. Pour mixture into the loaf tin and bake for approximately 1 hour, or until a skewer inserted into the centre comes out clean.
7. Remove from the oven and allow to cool for 15 minutes before removing from the tin.



Sesame and soy beef

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Finely chopped onion	1 ½ cups	375g	750g
Beef mince	500g	1.25kg	2.5kg
Crushed garlic	1 Tbsp	35g	70g
Crushed ginger	1 Tbsp	35g	70g
Sesame seeds	2 Tbsp	25g	50g
Sesame oil (optional)	1 tsp	10ml	20ml
Soy sauce	1 Tbsp	35ml	70ml
White vinegar	1 tsp	10ml	20ml
Rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L
Grated carrot	3 cups	840g	1.68kg

Method

1. Place oil and onion in a large pot and cook over a low heat until soft.
2. Increase heat and add mince, break apart and stir until well browned.
3. Add garlic, ginger, sesame seeds, sesame oil and soy sauce and cook for a further minute then remove from heat.
4. Rinse the rice under cold running water.
5. Combine rice and water and cook in a saucepan with lid.
6. Bring water to the boil then turn down to low.
7. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.
8. Serve with grated carrot.



Bean quesadillas

Ingredients

	10 SERVES	25 SERVES	50 SERVES
15cm tortillas or wraps	12	24	48
Canned refried beans	1 ½ cups	880g	1.76kg
Finely chopped capsicum	2 cups	600g	1.2kg
Grated cheese	1 cup	160g	320g

Method

1. Place half of the tortillas or wraps on benchtop.
2. Spread evenly with refried beans.
3. Sprinkle capsicum and cheese on top of beans.
4. Cover with remaining tortillas or wraps.
5. Cook in a dry frying pan over a medium heat until golden brown on each side.
6. Remove from pan and allow to cool before cutting and serving.



Tofu curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Finely chopped onion	1 ½ cups	375g	750g
Finely chopped carrot	2 cups	600g	1.2kg
Curry powder	2 Tbsp	50g	100g
Lemon juice	2 Tbsp	75ml	150ml
Water	2 cups	1.25L	2.5kg
Coconut milk	½ cup	310ml	620ml
Cornflour	3 Tbsp	60g	120g
Medium firm tofu, cut into small pieces	300g	750g	1.5kg
Finely chopped coriander	½ cup	50g	100g
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Heat oil in a large pot over medium heat and gently fry the onion and carrot until soft.
2. Add curry powder, lemon juice and water and bring to a boil then reduce to simmer, continue to cook until vegetables have fully softened.
3. Place coconut milk in a bowl and mix in cornflour.
4. Slowly add coconut and cornflour mixture to pot, stirring constantly to thicken the sauce.
5. Add tofu and coriander to the pot and bring back to a simmer then remove from heat and serve.
6. Rinse the rice under cold running water.
7. Combine rice and water and cook in a saucepan with lid.
8. Bring water to the boil then turn down to low.
9. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Frozen yoghurt ice blocks

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Fruit yoghurt	2 cups	1.25kg	2.5kg
Finely chopped fresh fruit	2 cups	625g	1.25kg

Method

1. Mix the yoghurt and fruit together
2. Pour into ice block moulds with sticks and freeze



Beef and lentil Sloppy Joe's

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Onion, finely chopped	1 cup	275g	550g
Carrot, finely chopped	1 ¼ cups	325g	650g
Celery, finely chopped	1 ¼ cups	325g	650g
Crushed garlic	1 Tbsp	30g	60g
Beef mince	200g	500g	1kg
Canned crushed tomatoes	2 cups	1.25kg	2.5kg
Dry split red lentils	½ cup	265g	530g
Water	2 ½ cups	1.5L	3L
Small wholegrain buns	5	13	25

Method

1. Heat oil in a large pot and gently sauté the onion, carrot and celery until soft.
2. Add mince and garlic, stir to break up and brown evenly.
3. Add all other ingredients.
4. Bring to the boil then reduce heat to a gentle simmer.
5. Simmer gently for approximately 45 minutes.
6. Serve with half a bun per portion.



Corn and cheese roll ups

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Sandwich sliced bread	10 slices	25 slices	50 slices
Canned corn, drained and rinsed	1 cup	730g	1.46kg
Grated cheese	$\frac{3}{4}$ cup	140g	280g

Method

1. Pre-heat oven to 180°C.
2. Cut the crusts off 3 sides of the bread.
3. Blend the corn to make a puree.
4. Spread the corn over the bread slices.
5. Sprinkle cheese over the corn.
6. Roll up each slice (leaving the crust edge on the outside) and place in a lightly oiled baking dish.
7. Bake for 20–25 minutes then remove from oven and leave for about 10 minutes before serving as the filling is very hot.

Tips

You can also use fresh or frozen corn, cook it first then puree.



Carrot muffins

Ingredients

	12 SERVES	24 SERVES	48 SERVES
Eggs	2	4	8
Oil	¼ cup	130ml	260ml
Plain, unsweetened yoghurt	½ cup	250ml	500ml
Milk	½ cup	250ml	500ml
Brown sugar	¼ cup	80g	160g
Carrot, grated	1 cup	200g	400g
Wholemeal flour	2 cups	640g	1.28kg
Baking powder	2 tsp	20g	40g
Baking soda	2 tsp	20g	40g
Ground cinnamon	¼ tsp	10g	20g

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk, sugar and carrot together in a bowl.
3. Sift the flour, baking soda and cinnamon into a different bowl and mix to combine.
4. Gently mix the dry ingredients into the wet ingredients until just combined.
5. Spoon mixture into a greased medium-sized muffin tray.
6. Bake for approximately 20 minutes or until golden brown and cooked through.
7. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Creamy chicken and broccoli pasta

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Milk	2 cups	1.2L	2.4L
Chicken fillets	360g	900g	1.8kg
Oil	2 Tbsp	55ml	110ml
Flour	2 ½ Tbsp	55g	110g
Grated cheese	¾ cup	150g	300g
Small dry pasta shapes	200g	500g	1kg
Finely chopped broccoli	3 cups	750g	1.5kg

Method

1. Place milk and chicken in a pot and bring to a gentle simmer. Cook until chicken is thoroughly cooked then remove chicken and set aside.
2. Heat oil and flour in a separate pot and cook for approximately 1 minute to create a roux.
3. Slowly add hot milk mixing constantly to create a smooth sauce. Continue to cook over a low heat for 10 minutes stirring often then add the grated cheese and mix through to melt. Then remove from heat.
4. Meanwhile bring a large pot of water to a boil and cook the pasta for 7 minutes then add broccoli and continue to cook for a further 3-4 minutes until both pasta and broccoli are soft then drain.
5. While the pasta and broccoli are cooking finely chop the cooked chicken.
6. Mix together the cooked pasta, broccoli, chopped cooked chicken and cheese sauce then serve.



Beetroot hummus

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned chickpeas drained and rinsed	1x 400g can	600g	1.2kg
Canned beetroot, drained	1x 450g can	750g	1.5kg
Garlic, crushed	1 tsp	10g	20g
Tahini (optional)	¼ cup	100g	200g
Lemon juice	1 Tbsp	100ml	200ml
Ground cumin	¼ tsp	½ tsp	1 tsp
Ground pepper	¼ tsp	½ tsp	1 tsp
Olive oil	2 Tbsp	75ml	150ml

Method

1. Place all ingredients in a food processor and blend until smooth.
2. Keep refrigerated until ready to serve.



Pā-Harakeke summer sample menu- week 2

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Vegetable scones. Fruit	Wholemeal crackers with pea puree. Fruit	Wheat biscuits served with milk.	Zesty courgette muffins. Fruit.	Yoghurt and fruit with oaty crumble.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Beef kofta balls with salad and bread.	Risoni and tuna salad.	Pork and vegetable fried rice.	Thai style chicken curry with rice.	Lentil tabbouleh salad.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Munch and crunch with hummus and pita triangles.	Chilli bean pizza.	Wholemeal mousetraps. Fresh fruit.	Corn and lentil fritters.	Mini wraps with hummus, chopped spinach, grated carrot and cheese.
Drinks: Ngā Inu	Water	Water	Water	Water	Water

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Vegetable scones

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Plain flour	$\frac{2}{3}$ cup	200g	400g
Wholemeal flour	$\frac{2}{3}$ cup	200g	400g
Baking powder	$\frac{1}{2}$ tsp	5g	10g
Baking soda	$\frac{1}{2}$ tsp	5g	10g
Oil	$\frac{1}{4}$ cup	100ml	200ml
Yoghurt	$\frac{1}{2}$ cup	150g	300g
Milk	$\frac{1}{4}$ cup	100ml	200ml
Grated cheese	$\frac{1}{3}$ cup	100g	200g
Finely chopped parsley	3 Tbsp	20g	40g
Grated carrot	$\frac{2}{3}$ cup	120g	240g

Method

1. Heat oven to 200°C.
2. Sift together the dry ingredients.
3. If adding sweet or savoury ingredients, add now and mix through the dry ingredients.
4. Gently mix in the oil, yoghurt, milk, cheese, parsley and carrot with the dry ingredients until just combined. Be careful not to knead too much or the dough will become stiff and make tough scones.
5. Press dough out into rectangle approximately 3cm thick.
6. Cut dough into even pieces and place on a greased baking tray.
7. Bake for approximately 10-15 minutes or until golden brown.
8. Remove from oven and allow to cool slightly before serving.



Beef kofta balls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Beef mince	400g	1kg	2kg
Canned lentils, drained and rinsed	1x 400g can	470g (drained)	940g (drained)
Eggs	1	3	6
Dry breadcrumbs	½ cup	60g	120g
Grated carrot	1 ½ cups	400g	800g
Finely chopped parsley	⅓ cup	30g	60g
Tomato paste	2 Tbsp	100g	200g

Method

1. Preheat oven to 180°C.
2. Mix all ingredients together.
3. Form mixture into small balls approximately 20g each.
4. Place on a greased roasting tray.
5. Roast for approximately 20 minutes or until cooked through and browned on the outside.

Serve with salad vegetables and a bread such as wholemeal pita bread or wholemeal buns.



Pea puree

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Frozen or fresh peas	2 cups	685g	1.37kg
Chopped fresh mint	2 Tbsp	5g	10g
Lemon juice	2 Tbsp	75ml	150ml
Olive oil	2 Tbsp	75ml	150ml

Method

1. Boil or microwave the peas for approximately 3-4 minutes or until hot and just cooked.
2. Drain the peas and cool under cold water then drain again.
3. Place in a food processor with the mint, lemon juice and oil.
4. Blend until smooth.



Risoni and tuna salad

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Dry risoni pasta	1 ½ cups	625g	1.25kg
Grated and squeezed cucumber	1 ½ cups	500g	1kg
Grated carrot	2 cups	560g	1.12kg
Finely chopped parsley	⅓ cup	25g	50g
Lemon juice	¼ cup	150ml	300ml
Oil	3 Tbsp	110ml	220ml
Canned tuna, drained and flaked	2 cups	750g	1.5kg

Method

1. Bring a large pot of water to a boil.
2. Boil risoni until cooked, then drain and allow to cool.
3. When cool, mix through remaining ingredients and serve.



Chilli bean pizza

Ingredients

	10 SERVES	25 SERVES	50 SERVES
12cm pita bread	10	25	50
Canned chilli beans	2 ½ cups	1.5kg	3kg
Grated cheese	1 ½ cups	375g	750g
Finely chopped capsicum	1 cup	375g	750g
Finely chopped tomato	1 cup	625g	1.25kg

Method

1. Heat oven to 200°C.
2. Lay pita bread out on a baking tray.
3. Mash chilli beans and spread evenly over pita bread.
4. Sprinkle cheese over chilli beans.
5. Place chopped capsicum and tomato over cheese.
6. Bake for approximately 15 minutes or until lightly browned.



Pork and vegetable fried rice

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Dry brown rice	1 cup	500g	1kg
Water	2 cups	1.25L	2.5L
Oil	1 Tbsp	35ml	70ml
Finely chopped onion	1 cup	310g	620g
Finely chopped carrot	1 ½ cups	460g	920g
Finely chopped ginger	1 Tbsp	25g	50g
Crushed garlic	1 Tbsp	25g	50g
Pork mince	500g	1.25kg	2.5kg
Grated courgette	4 cups	750g	1.5kg
Soy sauce	2 Tbsp	75ml	150ml
Vinegar	1 Tbsp	35ml	70ml
Finely chopped coriander	½ cup	50g	100g

Method

1. Rinse the rice under cold running water.
2. Combine rice and water and cook in a saucepan with lid.
3. Bring water to the boil then turn down to low.
4. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
5. Heat oil in a large pan or wok.
6. Add onion and carrot and cook over a medium heat until soft stirring regularly.
7. Add ginger, garlic and pork mince and continue to cook, stirring and breaking apart the mince until the pork is cooked through.
8. Add courgette and continue to cook, stirring often until the courgette is fully cooked.
9. Add soy sauce, vinegar, cooked rice and cook until rice is hot.
10. Add coriander and mix through.
11. Remove from heat, allow to cool slightly then serve.



Zesty courgette muffins

Ingredients

	24 MUFFINS	48 MUFFINS	96 MUFFINS
Eggs	2	4	8
Oil	3 Tbsp	90ml	180ml
Plain yoghurt	¼ cup	125ml	250ml
Orange zest	2 tsp	25g	50g
Milk	¼ cup	125ml	250ml
Brown sugar	2 Tbsp	50g	100g
Wholemeal flour	1 ½ cups	380g	760g
Baking powder	2 tsp	20g	40g
Ground cinnamon	¼ tsp	½ tsp	1 tsp
Grated courgette	1 cup	250g	500g

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk and sugar together in a bowl.
3. Sift the flour, baking powder and cinnamon into a different bowl and mix to combine.
4. Gently mix the dry ingredients and courgette into the wet ingredients until just combined.
5. Spoon mixture into a greased mini muffin tray.
6. Bake for approximately 15 minutes or until cooked through.
7. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Thai style chicken curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Peeled and finely chopped onion	1 cup	310g	620g
Peeled and finely chopped carrot	1 ½ cups	400g	800g
Water	2 cups	1.25L	2.5L
Coconut milk	½ cup	310ml	620ml
Mild Thai red curry paste	3 Tbsp	110g	220g
Finely chopped cooked chicken	3 cups	875g	1.75kg
Squashed peas	2 cups	625g	1.25kg
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Heat oil over a medium heat in a large pot and cook the onion and carrot until soft stirring often.
2. Add water, coconut milk and curry paste and bring to a simmer.
3. Add chicken and peas and bring back to a simmer.
4. Remove from heat and allow to cool slightly before serving.
5. Rinse the rice under cold running water.
6. Combine rice and water and cook in a saucepan with lid.
7. Bring water to the boil then turn down to low.
8. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Corn and lentil fritters

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Fresh, frozen or canned corn kernels	1 ½ cups	1kg	2kg
Drained and rinsed canned lentils	¾ cup	325g	650g
Eggs	2	5	10
Wholemeal flour	½ cup	200g	400g
Baking powder	1 tsp	15g	30g
Finely chopped parsley	2 Tbsp	20g	40g
Oil	1 Tbsp	20ml	40ml

Method

1. Blend the corn kernels until nearly smooth.
2. Gently mix the flour, baking powder, lentils, pureed corn, eggs and parsley until just combined.
3. Heat a well-seasoned skillet or non-stick frying pan.
4. Oil the pan.
5. Fry fritters in pan until golden brown on each side.



Crumble mixture

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	1	3	6
Oil	1 Tbsp	30ml	60ml
Wholemeal flour	$\frac{1}{3}$ cup	160g	320g
Rolled oats	$\frac{3}{4}$ cup	200g	400g
Dessicated coconut	2 Tbsp	25g	50g
Ground cinnamon	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	1 tsp
Corn flakes	$\frac{1}{2}$ cup	80g	160g
Brown sugar	2 tsp	30g	60g

Method

1. Pre-heat oven to 175°C.
2. Beat eggs and oil.
3. Mix dry ingredients then mix through egg mixture.
4. Spread mixture evenly over a large roasting tray.
5. Bake for approximately 30 minutes, mixing often and breaking up any large lumps, until crunchy and golden brown.
6. Remove from oven and allow to cool before storing in a sealed container.

This will last for at least a week.

Lentil tabbouleh salad

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Drained and rinsed canned lentils	3 cups	1kg	2kg
Finely chopped tomato	2 ½ cups	1kg	2kg
Spring onion, finely chopped	2	100g	200g
Finely chopped mint	½ cup	35g	70g
Finely chopped parsley	2 cups	135g	270g
Lemon juice	¼ cup	150ml	300ml
Olive oil	3 Tbsp	100ml	200ml
Wholemeal bread roll	5	13	25

Method

1. Mix all ingredients together and refrigerate until ready to serve.
2. Serve with half bread roll each.



Pā-Harakeke summer sample menu- week 3

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Berry muffins. Fruit.	Chickpea blondie. Fruit.	Spinach and cheese bread cases. Fruit.	Fruit phirni.	Oaty banana balls. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Chicken and salad wraps.	Courgette lentil balls with pasta and tomato sauce.	Thai edamame fish cakes served with brown rice, steamed carrots and broccoli.	Beef and vegetable noodles.	Pulled pork and slaw sliders.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Cheese and vegemite wholemeal sandwiches.	Monkey rolls with wholemeal wraps.	Fruit ice blocks.	Rice cakes with hummus and cheese.	Vege puffs. Fruit.

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Basic sweet muffins

Ingredients

	24 MUFFINS	48 MUFFINS	96 MUFFINS
Eggs	2	4	8
Oil	3 Tbsp	90ml	180ml
Plain yoghurt	¼ cup	125ml	250ml
Milk	¼ cup	125ml	250ml
Brown sugar	2 Tbsp	50g	100g
Wholemeal flour	1 ½ cups	380g	760g
Baking powder	2 tsp	20g	40g
Ground cinnamon	¼ tsp	½ tsp	1 tsp
Fruit or vegetable filling*	1 cup	250g	500g

*Use any chopped, grated or mashed fruit such as apple, banana, feijoa, kiwifruit or grated vegetables such as beetroot or carrot.

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk and sugar together in a bowl.
3. Sift the flour, baking powder and cinnamon into a different bowl and mix to combine.
4. Gently mix the dry ingredients and fruit or vegetable filling into the wet ingredients until just combined.
5. Spoon mixture into a greased mini muffin tray.
6. Bake for approximately 15 minutes or until cooked through.
7. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Chicken and salad wrap

Ingredients

	10 serves	25 serves	50 serves
Wholemeal 30cm wraps	5	12 1/2	25
Hummus	1 cup	1.25kg	2.5kg
Grated carrot	3 cups	1.25kg	2.5kg
Sliced avocado	2 ½ cups	1kg	2kg
Finely chopped cooked chicken	3 cups	1kg	2kg

Method

1. Spread the hummus over the wrap.
2. Place grated carrot, sliced avocado and shredded chicken in a line across the wrap.
3. Roll wrap up and cut in half.



Chickpea blondie

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned chickpeas, drained and rinsed	½ cup (drained)	240g (drained)	480g (drained)
Baking powder	½ tsp	5g	10g
Brown sugar	1 Tbsp	25g	50g
Wholemeal flour	3 Tbsp	60g	120g
Mashed banana	¼ cup	125g	250g
Oil	1 Tbsp	30ml	60ml
Vanilla extract	½ tsp	5ml	10ml

Method

1. Preheat oven to 175°C.
2. Combine ingredients in a food processor and blend until smooth.
3. Pour batter into a greased and lined baking tin.
4. Bake for 15-20 minutes or until firm.
5. Allow to cool then cut into even pieces.



Courgette and lentil balls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Finely chopped onion	1 ½ cups	375g	750g
Crushed garlic	1 Tbsp	35g	70g
Crushed canned tomatoes	2x 400g cans	2kg	4kg
Grated courgette	3 cups	875g	1.75kg
Finely chopped parsley	¼ cup	25g	50g
Dry breadcrumbs	1 cup	250g	500g
Canned lentils, drained and rinsed	1 ¾ cups	700g	1.4kg
Grated cheese	1 cup	200g	400g
Eggs	4	10	20
Dry pasta	200g	500g	1kg

Method

1. Place the oil and onions in a large pot and cook over low heat until soft.
2. Add garlic and canned tomatoes and continue to cook until thickened.
3. Preheat oven to 180°C.
4. Squeeze liquid out of the courgette.
5. Mix courgette, parsley, breadcrumbs, lentils, cheese and eggs together.
6. Roll into golf ball sized balls.
7. Bake for approximately 15 minutes or until golden brown.
8. Boil the pasta until cooked through then drain.
9. Mix the tomato sauce through the pasta and serve with courgette balls on top.



Monkey rolls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Nut butter	½ cup	750g	1.5kg
15cm wholemeal tortilla wraps	5	13	25
Peeled banana	5	1.25kg (13 bananas)	2.5kg (25 bananas)

Method

1. Spread the nut butter evenly over the entirety of each wrap.
2. Place a banana across the middle of each wrap and roll up.
3. Slice into small rounds to resemble sushi.



Spinach and cheese bread cases

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Wholemeal sandwich bread	12 slices	24 slices	48 slices
Finely chopped cooked spinach	1 cup	720g	1.44kg
Chopped parsley (optional)	2 Tbsp	30g	60g
Grated cheese	1 cup	160g	320g
Eggs	4	8	16
Milk	1 cup	500ml	1L

Method

1. Preheat the oven to 180°C fan bake or 200°C conventional. Spray a 12-pan muffin tray (or more depending on how many you're making).
2. Cut crusts from bread.
3. Press the bread slices into the muffin pans.
4. Divide the spinach between the bread cases. Scatter over the cheese and parsley (and spring onion if using).
5. Beat eggs and milk together. Divide the egg mixture between the bread cases.
6. Bake for 10-15 minutes until egg is set and bread cases are golden. Serve warm or cold.

Tip

To speed up this recipe use thawed frozen spinach. This has been cooked already.



Thai edamame fish cakes

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Fish fillets	500g	1.25kg	2.5kg
Spring onion, chopped	3	100g	200g
Chopped coriander	1 cup	150g	300g
Crushed ginger	1 tsp	10g	20g
Shelled edamame beans (or peas)	2 cups	700g	1.4kg
Sesame oil (optional)	2 tsp	15ml	30ml
Lemon juice	2 Tbsp	75ml	150ml
Fish sauce (or soy sauce)	1 Tbsp	35ml	70ml
Vegetable oil	2 Tbsp	75ml	150ml
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L
Finely chopped seasonal vegetables	3 cups	750g	1.5kg

Method

1. Blend fish, spring onion, coriander, ginger, edamame, sesame oil, lemon juice and fish sauce in food processor to form a smooth paste.
2. Form into 25g patties (approximately the size of a golf ball).
3. Heat oil in a large frying pan and cook patties until golden brown on each side.
4. Rinse the rice under cold running water.
5. Combine rice and water and cook in a saucepan with lid.
6. Bring water to the boil then turn down to low.
7. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
8. Steam or boil vegetables until soft then drain and cool before serving.



Fruit ice blocks

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Roughly chopped fresh or frozen fruit	3 cups	935g	1.875kg
Mashed banana	1 ½ cups	935g	1.875kg

Method

1. Place fresh or frozen fruit in a saucepan and cover with a lid.
2. Bring slowly to a boil then turn off and allow to cool.
3. Blend fruit with equal quantities of mashed banana until smooth.
4. Pour into ice block moulds with a stick and freeze.



Fruit phirni

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Basmati rice	¼ cup	125g	250g
Milk	3 cups	1.8L	3.6L
Pureed fruit	1 cup	625g	1.25kg
Chopped fresh fruit	2 ½ cups	1kg	2kg

Method

1. Grind the rice in a spice grinder or mortar and pestle until quite fine and almost powdery.
2. Heat the milk over a low to medium heat and add the ground rice and sugar.
3. Stir often while it cooks to stop lumps from forming.
4. Continue to cook until it has thickened to a paste.
5. Remove from heat and stir in the fruit puree.
6. Pour into individual serving bowls or one large container and refrigerate until set.
7. Garnish with the fruit and serve cold.



Beef noodles

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	2 Tbsp	75ml	150ml
Finely chopped onion	1 ½ cups	400g	800g
Beef mince	500g	1.25kg	2.5kg
Crushed garlic	1 Tbsp	25g	50g
Crushed ginger	1 Tbsp	25g	50g
Finely chopped capsicum	2 cups	600g	1.2kg
Finely chopped green beans	2 cups	600g	1.2kg
Finely chopped coriander	½ cup	25g	50g
Soy sauce	2 Tbsp	75ml	150ml
Lemon juice	2 Tbsp	75ml	150ml
5 spice powder (optional)	1 tsp	5g	10g
Tom Yum paste (optional)	1tsp	15g	30g
Fresh or cooked noodles, cut into small pieces	500g	1.25kg	2.5kg

Method

1. Heat oil over a medium heat in a larger frying pan and cook the onion until soft.
2. Add the beef mince and increase the heat, stirring the beef regularly to break up the lumps and brown evenly.
3. Add garlic, ginger, capsicum and beans and continue to stir fry until the vegetables are soft.
4. Add coriander, soy sauce, lemon juice, 5 spice and tom yum paste, stir well and heat through before removing from the heat.
5. Meanwhile, bring a pot of water to a boil and blanch the noodles, then drain and add to the beef mixture.
6. Stir well and allow to cool slightly before serving.



Oaty banana balls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Rolled oats	1 cup	330g	660g
Cocoa powder	1 Tbsp	20g	40g
Mashed ripe banana	1 cup	240g	480g
Orange zest	2 tsp	10g	20g
Tahini (optional)	1 ½ Tbsp	50g	100g

Method

1. Blend oats and cocoa until fine.
2. Add remaining ingredients and blend until it forms a soft dough.
3. Roll into bite sized balls and refrigerate.

Tips

- The dough may seem quite soft initially, but they will become firmer in the fridge.
- This recipe has been adapted from Kuwi's Kitchen, Kiwi Kids' Cookbook by Kat Merewether.



Pulled pork and slaw sliders

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Pork shoulder, bone in	1kg	2.5kg	5kg
Water	2 cups	1.25L	2.5L
White vinegar	2 Tbsp	75ml	150ml
Taco spice mix*	3 Tbsp	75g	150g
Finely chopped cabbage	2 cups	500g	1kg
Grated carrot	2 cups	375g	750g
Finely chopped parsley	⅓ cup	40g	80g
Mayonnaise	¼ cup	150g	300g
Plain unsweetened yoghurt	¼ cup	150g	300g
Wholegrain slider buns	10	25	50

Method

1. Cook the pork the day before serving.
2. Heat oil in a large pot.
3. Brown pork on all sides then add water, vinegar and spice mix.
4. Cover with a lid, turn down to low heat and cook for approximately 2-3 hours or until the meat is falling apart easily, top up with water if it's getting low.
5. Remove any bones, skin and chewy parts then chop meat into small pieces and set aside.
6. Meanwhile turn heat back up under pot and reduce the cooking liquid to a thick sauce then mix meat back through.
7. Store refrigerated until ready to serve then reheat thoroughly.
8. Mix the cabbage, carrot, parsley, mayonnaise and yoghurt to make the slaw.
9. Serve pork and slaw with slider buns - either cut and filled or deconstructed.

*Use any spice mix and quantity you prefer.



Vege puffs

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Finely chopped cooked vegetables	2 cups	750g	1.5kg
Grated cheese	½ cup	150g	300g
Finely chopped parsley	¼ cup	25g	50g
Crushed garlic	1 tsp	10g	20g
Eggs	3	8	16
Curry powder	1 tsp	5g	10g
Baking powder	½ tsp	5g	10g
Flour	¼ cup	115g	230g

Method

1. Preheat oven to 200°C.
2. Mix all ingredients together.
3. Drop tablespoon sized lumps of batter on a greased baking tray.
4. Bake for approximately 10-15 minutes or until golden brown and crispy around the edges.



Pā-Harakeke summer sample menu- week 4

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Banana pikelets. Fruit.	Blancmange with fresh fruit.	Guacamole with vegetable sticks and pita crisps.	Chia seed pudding with fruit.	Wholemeal mousetraps. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Beef and vegetable lasagne.	Fish curry with brown rice.	Tofu tacos.	Cheeseburger pizza with side salad.	Chicken pasta salad.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Wholemeal crackers and cheese. Fruit.	Baked bean toasties. Fruit.	Beetroot muffins. Fruit.	Wholemeal tuna sandwiches. Fruit.	Munch and crunch with hummus and pita triangles.

Children can choke on food at any age, but those under five are at higher risk (especially children under three). Foods that pose a high choking risk are not to be served unless prepared in accordance with best practice as set out in [Ministry of Health: Reducing food-related choking for babies and young children at early learning services](#). Visit [Health.govt.nz](https://www.health.govt.nz)

Banana pikelets

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Mashed banana	2 ½ cups	1.5kg	3kg
Egg	5	12	24
Oil	3 Tbsp	100ml	200ml

Method

1. Mix the mashed banana with the egg.
2. Heat a large non-stick or well-seasoned cast iron frying pan and add oil.
3. Cook pikelets in tablespoon amounts until browned on each side.



Beef, vegetable and lentil lasagne

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Finely chopped onion	$\frac{3}{4}$ cup	225g	450g
Finely chopped carrot	1 cup	250g	500g
Finely chopped celery	1 cup	250g	500g
Crushed garlic	1 Tbsp	20g	40g
Beef mince	150g	285g	570g
Canned chopped tomatoes	1 $\frac{1}{2}$ cups	950g	1.9kg
Dry split red lentils	$\frac{1}{3}$ cup	200g	400g
Water	2 cups	950ml	1.9L
Oil	2 Tbsp	75ml	150ml
Flour	3 Tbsp	75g	150g
Milk	2 cups	1.25L	2.5L
Grated cheese	1 cup	200g	400g
Pasta lasagne sheets	250g	625g	1.25kg

Method

1. Pre-heat oven to 180°C
2. Heat oil in a large pot and gently sauté the onion, carrot and celery until soft.
3. Add mince and garlic, stir to break up and brown evenly.
4. Add all other ingredients.
5. Bring to the boil then reduce heat to a gentle simmer.
6. Simmer gently for approximately 45 minutes.
7. Heat second measure of oil in saucepan and add flour.
8. Stir and cook for approximately one minute.
9. Gradually add milk in small amounts, mixing until smooth with each amount.
10. Continue until all milk has been added.
11. Return to a low heat and bring to a simmer, stirring often.
12. Stir through grated cheese.
13. Spread approximately $\frac{1}{3}$ of the beef mixture over the bottom of a roasting tray.
14. Lay pasta sheets over the beef mixture and repeat until all the beef mixture and pasta has been used.
15. Pour cheese sauce over the top.
16. Bake for approximately 45 minutes or until the top is golden brown and the pasta is cooked and soft.
17. Remove from oven and allow to cool slightly before serving.



Blancmange with fruit

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Milk	4 cups	2.5L	5L
Vanilla essence	2 tsp	25ml	50ml
Sugar (optional)	2 Tbsp	75g	150g
Milk	½ cup	310ml	620ml
Cornflour	½ cup	160g	320g

Method

1. Place first measure of milk, vanilla and sugar in a large pot and bring to a simmer.
2. Mix remaining milk and cornflour together.
3. Slowly add cornflour mixture to pot, stirring constantly until thickened.
4. Remove from heat and allow to cool slightly.
5. Pour into containers suitable to refrigerate.
6. Refrigerate overnight to set then serve with fresh fruit.



Fish curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	2 Tbsp	75ml	150ml
Finely chopped onion	1 ½ cups	375g	750g
Chopped ginger	1 Tbsp	25g	50g
Crushed garlic	1 Tbsp	25g	50g
Curry powder	2 Tbsp	30g	60g
Water	1 ½ cups	900ml	1.8L
Coconut milk	½ cup	325ml	750ml
Fish fillets	600g	1.5kg	3kg
Finely chopped bok choy	1 cup	500g	1kg
Finely chopped tomato	1 cup	375g	750g
Lemon juice	1 Tbsp	35ml	70ml
Cornflour	2 Tbsp	35g	70g
Water	¼ cup	150ml	300ml
Finely chopped fresh coriander	¼ cup	25g	50g

Method

1. Heat oil in a large pot over medium heat.
2. Add onion and cook until soft.
3. Add ginger, garlic and curry powder and continue to cook for another minute.
4. Add water and coconut cream and cook gently for 10 minutes.
5. Add fish, bok choy, tomato and lemon juice and cook over a medium heat for approximately 10 minutes or until the fish is cooked through.
6. Wet cornflour with second measure of water.
7. Slowly mix into curry as it simmers and stir until it thickens.
8. Garnish with coriander before serving.
9. Serve with steamed kūmara, potatoes or brown rice.



Guacamole

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Mashed avocado	2 cups	1kg	2kg
Lemon juice	¼ cup	160ml	320ml
Finely chopped red capsicum	¼ cup	50g	100g
Finely chopped coriander (optional)	¼ cup	25g	50g

Method

1. Mix all ingredients together.
2. Refrigerate until ready to serve.



Tofu tacos

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	35ml	70ml
Extra firm tofu, crumbled	250g	625g	1.25kg
Crushed garlic	2 tsp	25g	50ml
Ground paprika	1 tsp	1 Tbsp	2 Tbsp
Ground cumin	½ tsp	1 tsp	2 Tsp
White vinegar	1 Tbsp	35ml	70ml
Soy sauce	1 Tbsp	35ml	70ml
Red cabbage, finely chopped	1 cup	250g	500g
15cm wraps	10	25	50
Grated carrot	1 cup	250g	500g
Plain yoghurt	½ cup	375g	750g
Finely chopped fresh coriander	¼ cup	10g	20g

Method

1. Heat oil in a large frying pan.
2. Add tofu, garlic, paprika and cumin and stir fry for 5 minutes over medium heat.
3. Add vinegar, soy sauce, continue to stir and cook until the liquids have absorbed into the tofu then remove from heat.
4. Boil the red cabbage until soft then drain and allow to cool.
5. Place wraps on a board and top with fillings- cooked tofu, boiled cabbage, grated carrot, yoghurt and coriander, then serve.



Beetroot muffins

Ingredients

	24 MUFFINS	48 MUFFINS	96 MUFFINS
Eggs	2	4	8
Oil	3 Tbsp	90ml	180ml
Plain yoghurt	¼ cup	125ml	250ml
Milk	¼ cup	125ml	250ml
Brown sugar	2 Tbsp	50g	100g
Grated beetroot	1 cup	250g	500g
Wholemeal flour	1 ½ cups	380g	760g
Baking powder	2 tsp	20g	40g
Ground cinnamon	¼ tsp	½ tsp	1 tsp

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk, sugar and beetroot together in a bowl.
3. Blend with a stick blender until smooth.
4. Sift the flour, baking powder and cinnamon into a different bowl and mix to combine.
5. Gently mix the dry ingredients into the wet ingredients until just combined.
6. Spoon mixture into a greased mini muffin tray.
7. Bake for approximately 15 minutes or until cooked through.
8. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Chia seed pudding

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Chia seeds	$\frac{2}{3}$ cup	300g	600g
Rolled oats	1 cup	300g	600g
Milk	3 cups	1.9L	3.8kg
Finely chopped fruit	2 cups	1.5kg	3kg

Method

1. Mix the chia seeds, oats and milk and refrigerate covered overnight. If possible, mix once or twice during this time as well.
2. Serve the following day with finely chopped fruit.



Cheeseburger pizza

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	2 Tbsp	75ml	150ml
Finely chopped onion	3 cups	875g	1.75kg
Beef mince	500g	1.25kg	2.5kg
12cm pita bread	10	25	50
Tomato puree	1 cup	625g	1.25kg
Grated cheese	1 ½ cups	375g	750g
Finely chopped gherkins (optional)	3 Tbsp	75g	150g
Finely chopped lettuce	2 ½ cups	500g	1kg
Finely chopped tomato	2 cups	1.25kg	2.5kg

Method

1. Heat oven to 200°C.
2. Heat oil in a large pot.
3. Cook onion over low heat until soft.
4. Add mince, turn up the heat and cook, breaking apart regularly, until the mince is well browned then remove from the heat.
5. Lay pita bread out on a baking tray.
6. Spread pita bread with tomato puree.
7. Sprinkle cooked mince over tomato puree and cover with grated cheese.
8. Bake for approximately 15 minutes or until lightly browned then remove from oven.
9. Sprinkle cooked pizzas with gherkins then cut into small pieces.
10. Serve with lettuce and tomato as a side salad.



Tuna salad sandwich

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned tuna, drained	1 cup	485g	970g
Mayonnaise	2 ½ Tbsp	100g	200g
Lemon juice	1 Tbsp	45ml	90ml
Sliced wholemeal bread	10 slices	25 slices	50 slices
Finely chopped lettuce	$\frac{2}{3}$ cup	300g	600g

Method

1. Mix the tuna, mayonnaise and lemon together.
2. Spread mixture over half of the slices of bread.
3. Top with lettuce, then remaining bread.
4. Cut into quarters and serve.



Chicken pasta salad

Ingredients

	10 serves	25 serves	50 serves
Dry wholemeal pasta shapes	1 ⅓ cups	315g	630g
Finely chopped cooked chicken	2 ½ cups	825g	1.65kg
Grated cheese	1 cup	200g	400g
Finely chopped fresh herbs	½ cup	75g	150g
Finely chopped lettuce	2 cups	310g	620g
Finely chopped red onion	½ cup	125g	250g
Finely chopped tomato	1 ½ cups	700g	1.4kg
Plain unsweetened yoghurt	¼ cup	160ml	320ml
Lemon juice	2 Tbsp	75g	150g

Method

1. Bring a large pot of water to a boil and cook the pasta for approximately 10 minutes or until just soft.
2. Drain the pasta and allow to cool for 10 minutes.
3. In a large bowl add the pasta and all remaining ingredients, mix until combined and serve.

