

Vegetable Cookbook

Tasty vegetable recipes for
your family/whānau from
the Heart Foundation



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Time saving tips

If veges tend to go off in the bottom of your fridge because you don't know what to do with them, this cookbook is for you. Get inspired to cook tasty and healthy vege dishes for you and your family/whānau. Why bother? Vegetables are packed full of the goodness you need to live a healthy life. An added bonus is they can fill you up without many calories, so they're great if you want to watch your weight.

These shortcuts can help you save time when preparing veges:

- ▶ Make life easier and throw away the vege peeler. Leaving the skin on veges like carrots and potatoes saves time. Some of the goodness is in or just below the skin, so it's a shame to throw it away. Just give them a scrub instead
- ▶ Mix and match fresh and frozen. Bulk up fresh veges with frozen or canned vegetables. For example canned tomatoes can be a quick way of adding more veges to meals
- ▶ It doesn't get much quicker than a simple salad. Top your favourite salad leaves with colourful salad veges or roasted vegetables, or try the tomato and avocado salsa on page 10
- ▶ Cook extra to use the next night. For example, leftover kumara can be used to make soup or vegetable patties
- ▶ Get the kids involved and helping out – or let them choose a couple of vegetables to try each week.



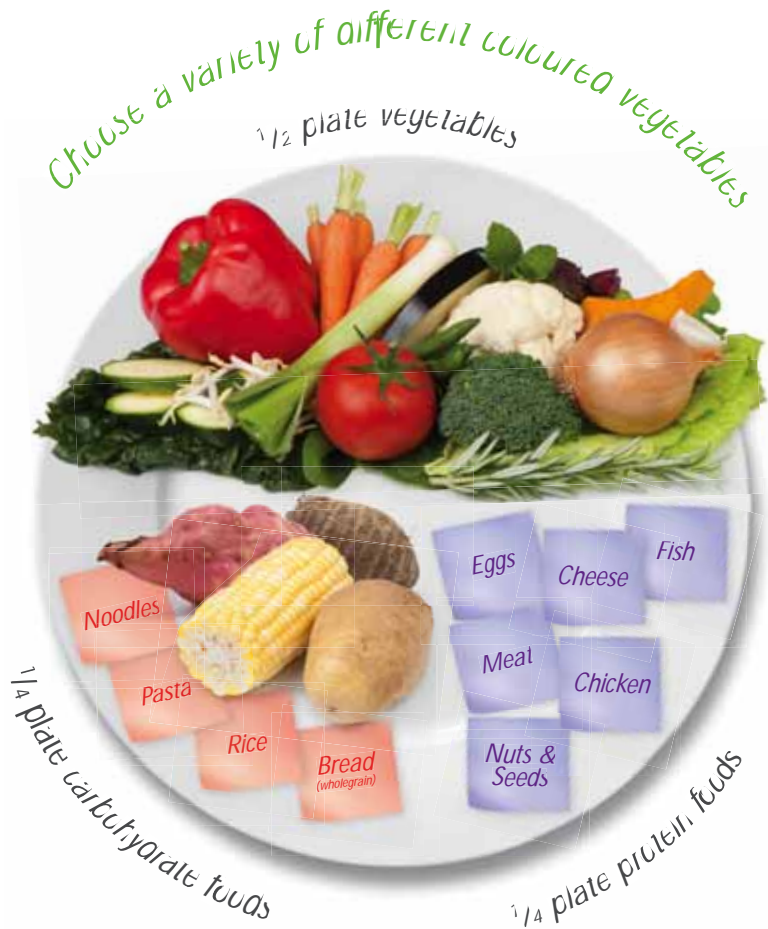
Availability

Buying vegetables that are in season is cheaper and better for the environment. This chart identifies when NZ-grown vegetables are in plentiful supply.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asian greens	Available											
Asparagus	Available										Available	
Beans	Available											
Beetroot	Available											
Broccoli	Available											
Cabbage	Available											
Capsicum	Available							Available		Available		
Carrot	Available											
Cauliflower	Available											
Celery	Available											
Courgette	Available					Available				Available		
Cucumber	Available											
Kamo kamo	Available			Available								
Kumara	Available											
Leeks	Available											
Lettuce	Available											
Mushrooms	Available											
Onions	Available											
Parsnips	Available											
Potatoes	Available											
Puha	Available								Available			
Pumpkin	Available											
Silverbeet & spinach	Available											
Sweetcorn	Available			Available								
Tomatoes	Available											
Watercress	Available											

A balanced meal

The plate below shows the ideal proportion of non-starchy vegetables in your main meal. It applies whether foods are served separately or mixed in together. Enjoy half of your meal as non-starchy vegetables. Another quarter of the meal is starchy vegetables or grainy foods like potato, kumara, sweetcorn, cassava, taro, or green banana, bread, rice, or pasta (about a tight fist-sized amount). The remaining quarter of the meal is protein foods like chicken, fish, meat, eggs, or legumes (about a palm-sized amount).



Ingredient tips



Substitute: use what you've got on hand – if you don't have some of the herbs or spices, substitute them with something similar, or experiment and become your own Masterchef!



Buttermilk: cultured buttermilk gives a similar flavour to sour cream, with a lot less fat. Buttermilk works well in sauces, mashed potato, mixed half and half with mayo for a tangy dressing, or instead of cream in a crustless quiche.



Coriander leaf: coriander can be tricky to grow. A handy solution is using jars of minced coriander, which tastes almost as good as fresh.

Fish sauce: typically used in Asian cooking. It is very salty, but only a little is needed to add flavour.

Ginger (root): fresh root ginger gives a wonderful flavour to dishes. Store it in the freezer and you'll always have some on hand.



Mint: incredibly easy to grow. Pop a plant in a pot or in the garden and you'll soon have more than you know what to do with.

Miso paste: a savoury paste used in Asian cooking and as the basis of miso soup.

Oil spritzer: put your favourite oil in a pump action oil bottle, and you'll find spritzing a small amount of oil goes a lot further.



Rosemary: sprigs of rosemary are fantastic with roast vegetables. Rosemary is easy to grow, just break a small twig off an existing plant, pop it in the ground and keep watered.

Sesame oil: a dash of sesame oil near the end of cooking adds a tasty nutty flavour.

Smoked paprika: gives a smoked barbeque flavour to food.

Soy sauce: typically very high in salt. Salt-reduced soy sauce has half the salt content, but still use small amounts.

Thai kumara soup Serves 2

Ingredients

1 large kumara (450g),
peeled

350ml boiling water

½ can crushed or
chopped tomatoes

1 tsp red curry paste

1 tsp coconut essence

100ml lite evaporated
milk

Method

1. Cut kumara into small chunks.
2. Add to saucepan with boiling water. Bring to the boil, then reduce heat and simmer for 10 minutes or until tender.
3. Add tomatoes to saucepan and heat through. Remove from heat.
4. Add curry paste and coconut essence, then mash or blend into a soup.
5. Stir through evaporated milk.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
1465KJ	1g	0.2g	82g	9g	89mg



Watercress and pea soup serves 2

Ingredients

1 tsp oil

1 onion, finely diced

2 cloves garlic, crushed

1 medium potato, peeled

2 tsp vegetable stock powder

500ml boiling water

1 cup frozen peas

2½ cups or 100g watercress (or puha)

½ cup cultured buttermilk

Method

1. Heat saucepan over medium heat. Wipe oil over bottom of pan. Add onion and garlic and cook until opaque, about 4–5 minutes.
2. Rinse and remove watercress leaves from main stems.
3. Cut potatoes into 1cm cubes. Add potatoes, stock and water to saucepan and cook over medium heat until tender, about 10 minutes.
4. Add peas and watercress, cook 3 minutes.
5. Puree or blend mixture, and stir through buttermilk.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
591KJ	3.4g	1.2g	18g	6.2g	530mg



Beetroot and carrot salad

Serves 2

Ingredients

*1 beetroot, peeled
and grated*

1 carrot, grated

1 lemon, squeezed

*1 Tbsp sesame seeds
(optional)*

Method

Mix beetroot and carrot together in a bowl, and toss through squeezed lemon. If adding sesame seeds, sprinkle them over the top.

TIP: If you prefer it cooked, cover it and pop it in the microwave on high for two minutes.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
591KJ	3.4g	1.2g	18g	6.2g	530mg

Tomato and avocado salsa

Serves 2

Ingredients

2 medium tomatoes,
diced

1 avocado, diced

1 tsp dried tarragon

2 Tbsp balsamic vinegar

Method

Mix all ingredients together in a bowl. Allow to sit for a couple of minutes before serving. Serve as an accompaniment to a meal or on top of salad leaves.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
464KJ	10.6g	1.7g	2.2g	2.6g	13mg

Tomato and cucumber salad

Serves 2

Ingredients

2 medium tomatoes,
sliced

½ short cucumber, sliced

1 lemon, squeezed

½ red onion, finely sliced
(optional)

Method

Place slices of tomato, cucumber and red onion in alternate layers then drizzle with lemon juice and serve.

Per serve:

ENERGY	FAT	CARBS	FIBRE
211KJ	0.5g	9g	3g



Potato, cauliflower and watercress salad serves 4

Ingredients

¼ cauliflower (approx. 200g), cut into small florets

Oil spritzer

1 Tbsp lemon juice

2 medium potatoes, scrubbed and cut into quarters

1 stalk celery, finely sliced (optional)

½ red capsicum, finely diced

2 Tbsp lite salad or coleslaw dressing

¼ cup lemon juice

Either:

1 cup watercress or puha leaves, stalks removed; or

¼ cup mint leaves, finely sliced

Method

1. Preheat oven to 160°C. Drizzle cauliflower with lemon juice, spritz with oil and bake for 20 minutes, or until tender.
2. Heat a saucepan with boiling water. Add potatoes. Gently boil until cooked, about 15 minutes.
3. Roughly chop watercress and mix in a bowl with other vegetables.
4. Mix together salad dressing, lemon juice and mix through salad.

Tip: to turn this into a light meal, add diced eggs or canned tuna, and serve on a bed of salad leaves, with tomato wedges on the side.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
376KJ	1.6g	0.5g	15g	2.4g	93mg



Warm pumpkin salad serves 2

Ingredients

*½ butternut or
buttercup pumpkin
(approx. 400g)*

2 tsp sesame oil

2 tsp ground cumin

*100g baby spinach or
other dark green lettuce
leaves*

*2 Tbsp pumpkin seeds,
toasted (optional)*

*50g salt-reduced feta
cheese, crumbled*

Method

1. Heat oven to 180°C.
2. Peel, de-seed, and cut pumpkin into chunks or slices and place on a non-stick baking tray. Brush lightly with sesame oil and sprinkle with cumin.
3. Bake for 20–30 minutes, until tender.
4. Serve warm pumpkin on a bed of baby spinach leaves. Top with pumpkin seeds and feta, and drizzle with vinaigrette of choice or lemon juice.

Per serve:

ENERGY

1034KJ

FAT

14g

SAT FAT

5g

FIBRE

5g

SODIUM

440mg

Hearty salsa Serves 8 as a side dish

Ingredients

1 cup cooked kidney beans (canned is fine)

1 mango, peeled, seeded and diced

1 avocado, diced

2 large tomatoes, diced

1 capsicum diced

$\frac{1}{4}$ – $\frac{1}{2}$ cup red onion, finely diced (or 2 spring onions)

1 cup cooked corn

$\frac{1}{2}$ cup chopped fresh coriander

3 cloves garlic, crushed

3 Tbsp fresh lime or lemon juice

1 Tbsp oil

1 chilli, seeded and sliced

Method

Mix all the ingredients together and chill before serving.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
575KJ	7.6g	1.5g	13g	4.3g	11mg

Photo courtesy of www.vegetables.co.nz



Moroccan carrot salad serves 2

Ingredients

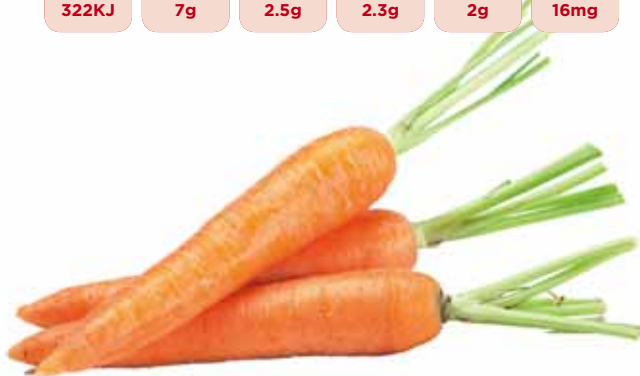
1 large carrot, grated
2 Tbsp lemon juice
1 tsp cumin
1 tsp paprika
½ tsp cinnamon
1 Tbsp vegetable oil

Method

Place carrot in a bowl. Whisk together all the other ingredients and mix in with carrot. Allow it to rest before serving so that the flavours blend.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
322KJ	7g	2.5g	2.3g	2g	16mg



Warm vermicelli salad serves 2

Ingredients

1 medium onion, sliced
70g dry vermicelli
1 large carrot, grated
1 red capsicum, finely sliced
½ half cabbage (approx. 250g), sliced
2 cloves garlic, crushed
¼ cup lite coconut milk
1 tsp red curry paste
1 Tbsp lime juice

Method

1. Boil a jug of water and pour over vermicelli in a bowl. Leave to soak for around 5 minutes, until soft. Drain, then snip with scissors into smaller strands.
2. Cook onion for about 3 minutes until softened. Add other vegetables, garlic, coconut, and red curry paste. Cook until tender. Add vermicelli.
3. Stir through lime juice and serve.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
903KJ	2.7g	1.4g	46g	5.8g	48mg



Homemade pasta sauce serves 2

Ingredients

1 onion, diced

1 can crushed tomatoes

1 clove garlic, crushed

*2 Tbsp salt-reduced
tomato paste
(add extra to thicken
sauce more)*

½ tsp chilli

Method

1. Cook onion in a non-stick pan with a dash of water until soft.
2. Add crushed tomatoes, garlic, tomato paste and chilli and cook until thickened.

TIP: Add other veges like mushrooms and capsicum to the sauce. Herbs like basil or oregano also taste great.

Per serve:

ENERGY	FAT	CARBS	FIBRE	SODIUM
280KJ	0.5g	12g	3.2g	234mg

Caramelised parsnip serves 2

Ingredients

3 small or 2 large parsnips
2 tsp oil

Method

Heat non-stick frying pan over medium heat. Grate parsnip (this is easier in a food processor). Add oil to pan and cook parsnip for 8–10 minutes, until browned.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
620KJ	5g	1.6g	20g	6g	9mg

Kamo kamo fritters

Serves 4 (makes 12 fritters)

Ingredients

½ kamo kamo (about 600g), grated
1 egg, beaten
⅓ cup plain flour
2 tsp dill
2 cloves garlic, crushed
1 Tbsp vegetable oil

Method

1. Squeeze excess water out of kamo kamo and place in mixing bowl. Add egg and mix through well.
2. Mix through just enough flour to make kamo kamo start to stick together. Add dill and garlic, and stir through.
3. Cook in a non-stick frying pan over medium heat, with a little oil to help it go golden. Turn and cook on other side.

Tip: Kamo kamo (or kumi kumi) has a mild taste. It tastes great with the avocado and tomato salsa on page 10.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	SODIUM
365KJ	4g	1g	11g	19mg

STIR OR PAN-FRY





Cabbage and corn stir fry

Serves 4

Ingredients

¼ green or red cabbage, sliced

1 corn cob, cooked and kernels sliced off

1 ½ Tbsp lime juice

1 tsp sesame oil

1 tsp chopped red chilli

2 tsp fish sauce

2 Tbsp chopped coriander

Method

Heat non-stick frying pan over medium heat. Cook cabbage for 3 minutes or until wilted. Stir through other ingredients, heat and serve.

Tip: as an alternative use a can of baby corn instead of the corn cob. Serve as a side dish, or turn into a more substantial dish by adding minced chicken, extra corn, onion, mushrooms and celery. If you have leftovers, they can easily be turned into fritters by adding 1 egg + 2 Tbsp milk + 2 Tbsp flour to half the cabbage mix.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
286KJ	2g	0.3g	10.5g	1.9g	197mg

Taro stir fry with Indian spices

Serves 2

Ingredients

1 piece taro
(approx. 350g)
2 cups boiling water
2 tsp vegetable oil
1 tsp cumin seeds
½ tsp chilli powder
(or to taste)
1 tsp turmeric
1 onion, sliced
1 Tbsp fresh ginger,
finely diced
1 tsp garam masala

Optional:

½ cup natural
unsweetened yoghurt
2 tsp lemon juice
1 clove garlic, crushed

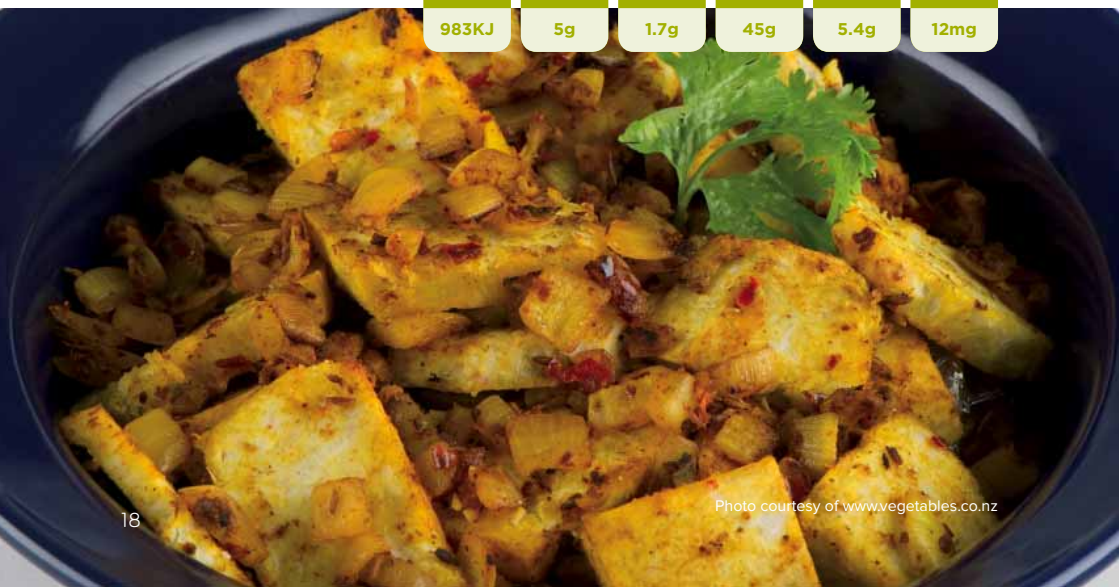
Method

1. Peel taro and cut in half horizontally, then into chunks.
2. Put boiling water in a saucepan with a lid over medium heat. Add taro root, replace lid, and allow to steam until tender and well cooked (10–15 minutes). Remove from heat and drain. Once cool enough, cut chunks into slices.
3. In a non-stick frying pan, gently heat oil. Add cumin seeds, chilli, turmeric, onion and ginger. Cook until onion is soft, about 5 minutes.
4. Add garam masala and drained taro, and cook for a couple of minutes. Remove from heat and serve drizzled with a yoghurt dressing (yoghurt, lemon juice and garlic mixed together).

Tip: wear gloves when handling taro if you have sensitive skin as it can be an irritant. Taro must be well cooked. To save time, use an Indian spice paste instead of the spices.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
983KJ	5g	1.7g	45g	5.4g	12mg





Quick vege tomato curry serves 4

Ingredients

½ head of broccoli (approx. 200g), cut into florets

¼ cauliflower (approx. 200g), cut into florets

½ bag green beans (approx. 150g), sliced (alternative is to use frozen beans)

14 button mushrooms (130g)

1 can Indian flavoured tomatoes

2 Tbsp tomato paste

2 tsp garam masala (optional)

Method

1. Heat a non-stick frying pan over medium heat.
2. Add a little water, broccoli and cauliflower. Steam for 3 minutes. Add beans, mushrooms, canned tomatoes, and tomato puree (to thicken it).
3. Add garam masala if you prefer a less sweet tasting dish. Cook 5 minutes until tender.

Tip: change the flavour of the canned tomatoes to have the dish a different way, eg. Moroccan or Mexican. To turn into a full meal, serve with rice and chicken.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
252KJ	0.8g	0.1g	8g	4.8g	126mg

Vege potato top pie Serves 4

Ingredients

Potato topping:

3 medium potatoes
(approx. 440g), peeled
and cut into chunks

1 Tbsp margarine

2 Tbsp low-fat milk

1–2 Tbsp wholegrain
mustard

White sauce:

1 Tbsp margarine

1½ Tbsp flour

1 cup low-fat milk

½ cup grated Edam
cheese

1 Tbsp Dijon mustard

Vegetables of your choice eg:

100g button

mushrooms, halved

1 small leek or courgette,
sliced

¼ broccoli (approx. 100g),
cut into small florets

1 carrot, sliced

Method

1. Preheat oven to 180°C.
2. Put potatoes in a saucepan half full with boiling water. Cook about 10 minutes, until tender. Drain and leave in saucepan to dry out a little. Mash with 1 Tbsp margarine and 2 Tbsp milk, then stir through wholegrain mustard.
3. Make a white sauce by melting 1 Tbsp margarine in the bottom of a saucepan. Add flour and stir to form a crumbly mixture. Add half the milk and mix continuously with a whisk or fork until there are no lumps and the sauce is starting to thicken. Add remaining milk and stir until it starts to thicken. Remove from heat and add Dijon mustard and cheese.
4. Add chopped vegetables to white sauce and mix through. Place in the bottom of a baking dish. Top with mashed potato and bake for 30 minutes.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
390KJ	4.6g	2g	8g	1.4g	122mg

Photo courtesy of www.vegetables.co.nz





Roasted vegetable stack

Serves 2 (as a main)

Ingredients

1 medium kumara
or potato, scrubbed
and sliced

¼ butternut pumpkin,
de-seeded and cut into
wedges

1 carrot, scrubbed
and sliced

1 beetroot, scrubbed
and cut into eighths

1 courgette, sliced thickly

4 whole garlic cloves
(optional)

Handful of rosemary sprigs

Vegetable oil

½ bag baby spinach
leaves or rocket

1 capsicum, sliced

½ punnet cherry
tomatoes, halved

2 Tbsp lite balsamic
vinaigrette

Method

1. Preheat oven to 180°C.
2. Place vegetables on baking paper on a baking tray. Spritz with oil and toss through vegetables. Add garlic cloves and rosemary sprigs. Bake for 30 minutes or until tender.
3. Serve on a bed of baby spinach, layered with capsicum and cherry tomatoes. Drizzle lightly with vinaigrette.

Tips: Use whatever vegetables you have available. Add cooked shredded chicken to turn it into a complete meal.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
1409KJ	12g	3.2g	50g	9.5g	230mg

Spiced potato filo parcels serves 4

Ingredients

2 potatoes, diced into small squares
1 onion, finely diced
2 cloves garlic, crushed
1 tsp oil
½ tsp chilli (optional)
1 tsp ground cumin
1 tsp garam masala
1 tsp ground coriander
1 cup frozen peas
8 sheets filo pastry
Low-fat milk

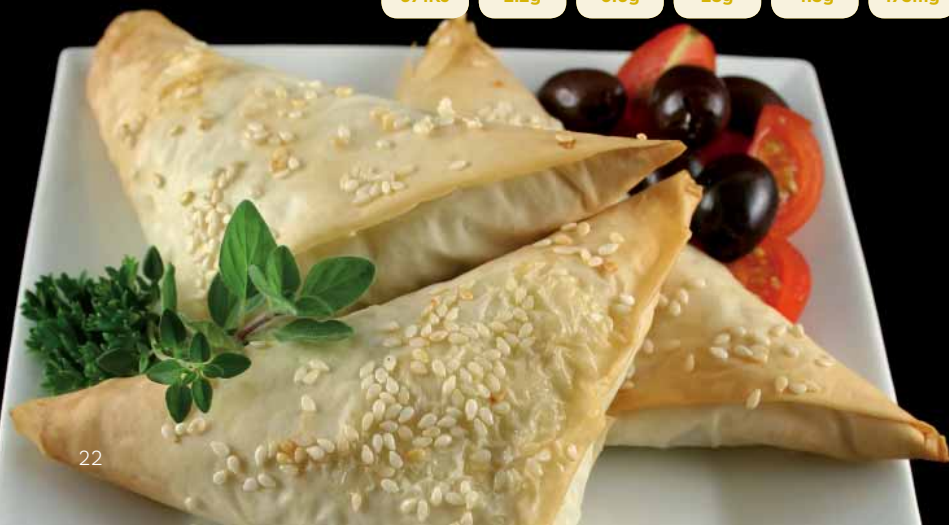
Method

1. Preheat oven to 180°C.
2. Cook potato in a little water in the microwave until tender, about 6 minutes. Very lightly mash the potatoes with a fork so that potato is broken up.
3. Cook onion and garlic in a non-stick frying pan with a dash of oil until onion is opaque. Add spices and fry for two minutes.
4. Add potato and peas to the pan and mix through. Cook until peas are defrosted.
5. Make a layer of four sheets of filo, brushing lightly in between each sheet with milk. Cut pile in half lengthways to make a long thin strip. Put a spoonful of mixture in the corner of each strip and repeatedly fold over itself into a triangle shape. Brush the top of each triangle lightly with milk and bake for 20 minutes or until golden.

Tip: Serve as a starter or as a main served with non-starchy vegetables and a protein-containing food such as meat, chicken, or dhal.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
671KJ	2.2g	0.6g	28g	4.5g	173mg





Vegetable bake serves 6

Ingredients

1 large potato, scrubbed

1 medium orange kumara, scrubbed

½ butternut pumpkin

½ bag spinach, thinly sliced

2 large courgettes

4 medium/large tomatoes

½ cup grated edam cheese

1 tsp powdered vegetable stock

Black pepper to taste

Method

1. Preheat oven to 180°C.
2. Slice potato, kumara, pumpkin, courgettes and tomatoes into round slices.
3. Layer vegetables in a greased casserole dish. Put potato first, followed by kumara, pumpkin, spinach, courgette and tomatoes on top.
4. Sprinkle with stock and pepper, then finish with grated cheese.
5. Bake until the vegetables are tender, about 35 minutes.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
625KJ	6g	3.7g	15g	4g	265mg

Roasted tomatoes Serves 2

Ingredients

10 tomatoes, cut in half

1 Tbsp olive oil

Optional:

1 clove garlic, crushed

2 Tbsp balsamic vinegar

1 Tbsp fresh rosemary leaves, pulled off the stalk

Method

1. Heat oven to 160°C.
2. Place halved tomatoes on a baking tray lined with baking paper.
3. Mix other ingredients together then drizzle over the tomatoes. Bake for 1–1½ hours until tomatoes have shrunk a little and the vinegar has caramelised.

Tip: Roasted tomatoes can be served as a side dish, mixed in with a salad, tossed through pasta, or on top of wholegrain toast.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
740KJ	8.6g	1.5g	18g	8g	31mg

Savoury vege cakes Makes 4 patties/cakes

Ingredients

2 medium red kumara (purple skinned)(about 350g), peeled and cut into chunks

1 onion, finely diced

2 cloves garlic, crushed

1 small carrot, grated

5 button mushrooms, finely diced

½ cup frozen peas

1 egg

1 Tbsp salt-reduced soy sauce

1 tsp chopped ginger root

Breadcrumbs

Method

1. Microwave (or steam) kumara in a little water until tender, about 5 minutes. Mash.
2. Cook onion in a pan or microwave.
3. Mix all ingredients together except breadcrumbs. Put breadcrumbs on a plate. Divide mixture into four. Put a quarter of the mix in a mound on the breadcrumbs and form into a circle about 2cm high. Lift carefully onto a sheet of baking paper. Sprinkle the top of the pattie with breadcrumbs then spritz with oil.
4. Once all patties are made, place in fridge to chill. Turn on oven and heat to 180°C. Once oven is heated, lift baking paper and patties onto an oven tray and cook for 20 minutes.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
750KJ	4.2g	1.4g	30g	4.9g	237mg

Carrot and parsnip mash serves 4

Ingredients

4 carrots, peeled
3 parsnips, peeled
2 tsp margarine
2 pinches nutmeg

Method

1. Cut carrots and parsnips into chunks. Cook in the microwave with a little water for around 5 minutes.
2. Drain any excess water and mash with margarine. Sprinkle nutmeg on top.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
419KJ	2.6g	0.6g	17.5g	6.1g	36mg



MASH

Vegetable frittata Serves 4

Ingredients

3 small kumara (approx. 150g), sliced into thin rings or small cubes

1 red capsicum, diced

½ punnet cherry tomatoes (approx. 150g), sliced in half

5 button mushrooms, diced

1 Tbsp capers

1 tsp paprika

5 eggs, whisked

⅓ cup trim milk

Method

1. Heat non-stick pan over medium heat and cook kumara with a little water until tender and water has evaporated.
2. Turn to low heat and add capsicum, tomatoes, mushrooms, capers, and paprika.
3. Whisk together eggs and milk and add to pan. Allow to cook until egg is set around the edges. Place under a hot grill to cook the top of the tortilla. Grill for about 5 minutes or until lightly browned and egg has cooked.
4. Serve with a dark green leafy salad.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
668KJ	7.5g	2.3g	13g	2g	192mg





Gado gado serves 4

Ingredients

2 potatoes, scrubbed
½ broccoli, cut into florets
1 packet green beans
2 carrots, cut into sticks
4 eggs, boiled and quartered
4 tomatoes, quartered

Sauce:

2 cloves garlic, crushed
2 tsp root ginger, finely chopped
1 tsp ground coriander
2 Tbsp salt-reduced soya sauce
2 Tbsp lemon juice
¼ tsp chilli powder (to taste)
1 Tbsp brown sugar
3 Tbsp crunchy peanut butter
¼ cup hot water

Method

1. Cook potatoes in the microwave, then cut into chunks when cooled.
2. Lightly cook the broccoli and green beans in the microwave until just tender.
3. To make the peanut sauce, mix all ingredients well in a microwave-proof bowl. Microwave on high, uncovered, until smooth and thickened, about 3–4 minutes. Thin with water if necessary.
4. Either serve arranged on a platter with the peanut sauce in the middle for dipping, or arrange on a plate and drizzle with peanut sauce (thin the sauce further for this).
5. Vegetables can be served warm or cool.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
1207KJ	12g	2.7g	26g	12g	414mg

Tangy spinach Serves 2

Ingredients

2 cups cooked rice

1 bag spinach
(approx. 400g)

250g tofu,
sliced 1cm thick

1 medium onion,
finely diced

1 clove garlic, crushed

½ tsp chilli (optional)

½ cup cultured
buttermilk

1 Tbsp lemon juice

1 medium tomato,
finely diced

Cracked black pepper

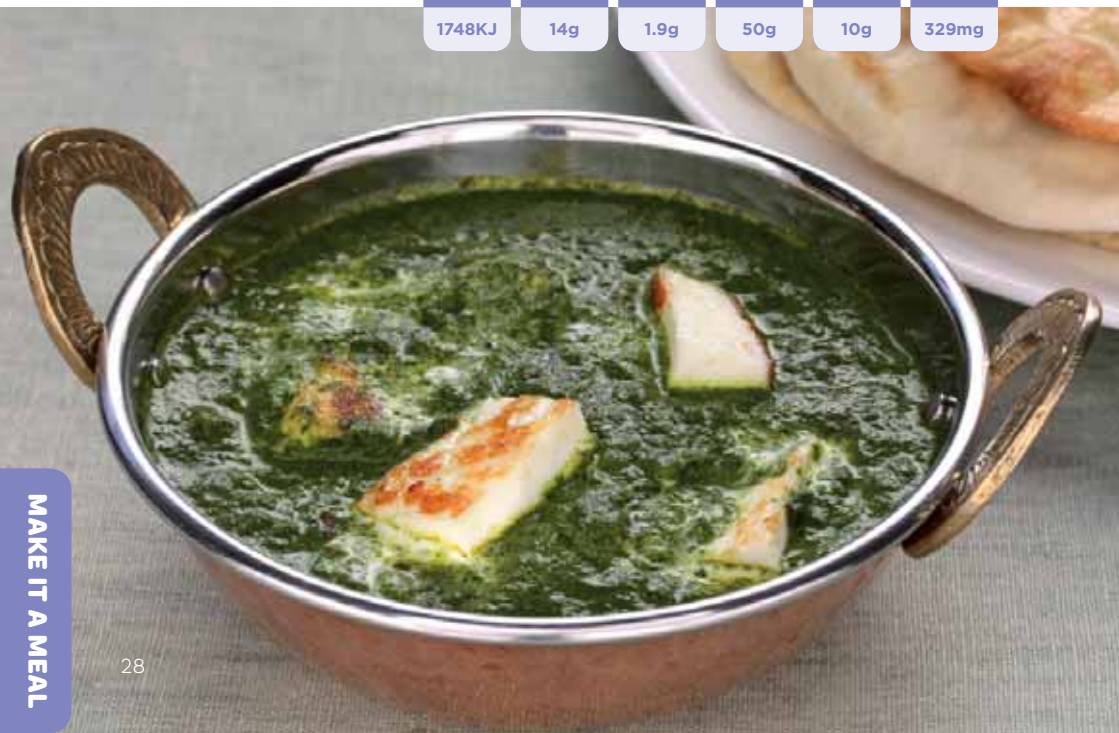
Method

1. Remove spinach stalks, cook in microwave on high for 3 minutes or until leaves are well wilted. Drain.
2. Cook tofu in a non-stick pan, until golden in colour. Remove from the pan and set aside. Add onion, crushed garlic and chilli and cook until the onion is soft.
3. Blend the onion mixture and spinach until a fine puree. Mix through buttermilk and lemon juice.
4. Stir through tomato and black pepper, then add tofu and serve on top of rice or pita bread.

Tip: Use frozen spinach if it's cheaper. The sauce can be made into a dip by squeezing out the spinach before blending. If you can't find buttermilk, natural yoghurt can be substituted.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
1748KJ	14g	1.9g	50g	10g	329mg





Stuffed kamo kamo (or marrow) serves 4

Ingredients

1 medium or 2 small kamo kamo (or 2 marrow)

1 cup cooked rice (about 1/3 cup uncooked)

1 medium onion, diced

150g mushrooms, diced

1 red capsicum, diced

1 sachet (12g) instant mushroom cup of soup

90g tin tuna in springwater, drained

Breadcrumbs (about 2 Tbsp)

1/2 cup edam cheese (35g), grated

Alternative Stuffing:

1 medium onion, diced and cooked

1 can Moroccan flavoured tomatoes

1 cup cooked rice

1 red capsicum, diced

1/2 cup edam cheese (35g), grated

Method

1. Preheat oven to 180°C.
2. Cut kamo kamo in half lengthways. Scoop out and discard the seeds and any stringy bits, leaving a hollowed out centre.
3. Cook the onion in a non-stick frying pan until translucent. Remove from heat.
4. Stir through mushrooms, capsicum, cooked rice, tuna, and mushroom soup sachet.
5. Fill each half kamo kamo with the vegetable, rice and fish mix. Sprinkle the top with breadcrumbs and cheese.
6. Bake for 30 – 35 minutes.

Tip: If you can't find kamo kamo (or kumi kumi), use marrow instead. Kamo kamo is available in summer.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
648KJ	3g	1.7g	20g	3g	222mg

Fresh spring rolls Makes 16

(serves 4 as a snack)

Ingredients

2 tsp fish sauce

1 Tbsp sweet chilli sauce

3 Tbsp fresh lime juice

Bunch coriander leaves
(or 1 Tbsp minced
coriander leaves – mix
this in with sauce)

1 short cucumber,
deseeded

1 large avocado

2 medium carrots

1 large red capsicum,
deseeded

16 rice paper rolls

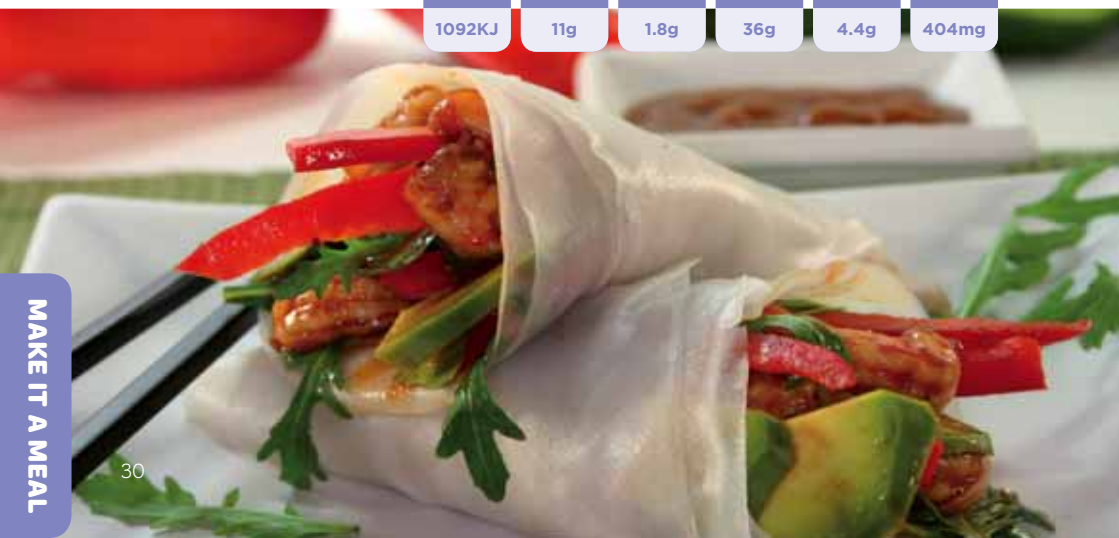
Optional: 100g cooked
shredded chicken or
cooked prawns

Method

1. Mix together the fish sauce, sweet chilli sauce, and lime juice in a shallow bowl.
2. Cut cucumber, capsicum and carrot into long thin strips. Cut avocado in half, then cut each half into eight strips. Place cucumber and avocado into the fish sauce mix and leave to marinade whilst preparing the rolls. If using chicken, also add it to the fish sauce mix.
3. Soak 1 sheet of rice paper in warm water. Once softened (about 1 minute) remove from the water and place flat on a tea towel. (Alternatively dip each sheet in cold water and lay out on the bench. By the time you roll them, they should have softened).
4. Place 2–3 coriander leaves, carrot, cucumber, capsicum and avocado in the middle top-half of the rice paper. Fold the bottom half of the rice paper up to make an envelope around the filling. Fold in one side of the envelope and roll up tightly. Repeat.

Per serve:

ENERGY	FAT	SAT FAT	CARBS	FIBRE	SODIUM
1092KJ	11g	1.8g	36g	4.4g	404mg



Weights and measures

Abbreviations

Tbsp tablespoon

tsp teaspoon

°C degrees Celsius

g grams

mg milligrams

L litre

Kitchen measures

1 Tbsp = 15 ml

1 tsp = 5 ml

3 tsp = 1 Tbsp (NZ)

1 cup = 250 ml

½ cup = 125ml

4 cups = 1 litre



Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*. Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following some simple food handling tips. Clean, cook and chill www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill/ will help you keep your friends and family safe from foodborne illness that causes upset tummies.

Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

More recipes are available at:
www.heartfoundation.org.nz/recipes

Other free cookbooks

Affordable Eats e-cookbook : www.heartfoundation.org.nz/affordable-eats

Cheap Eats e-cookbook : www.heartfoundation.org.nz/cheap-eats

Full o' Beans e-cookbook : www.heartfoundation.org.nz/fullobeans-cookbook

Kids in the Kitchen e-cookbook : www.heartfoundation.org.nz/kids-cookbook



At the Heart Foundation, we are determined to defeat New Zealand's biggest killer – heart disease. But we can't do it alone. We rely heavily on the support of everyday New Zealanders to help us fund research, produce materials and carry out programmes that enable Kiwis to learn about heart disease and make crucial lifestyle changes.

We want every New Zealander to live a long, healthy lifetime and enjoy precious moments with their loved ones.

To make a donation, please go to www.heartfoundation.org.nz/donate or contact us at:

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