



Heart  
Foundation™

# Pasifika Tastes

Inspired by familiar Pacific dishes, popular Kiwi meals and Pacific people's warm hospitality



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The Heart Foundation's Pacific Heartbeat offers Pacific heart health advice. Our goal is to reduce the high rates of heart disease in Pacific people, by encouraging and supporting people and their communities to make positive lifestyle changes.

Pacific Heartbeat provides:

- pacific nutrition courses
- smokefree support
- healthy recipes and resources.

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

To find out more about our services, please contact us at:

**T** 09 571 9191 **E** [info@pacificheart.org.nz](mailto:info@pacificheart.org.nz) **W** [pacificheart.org.nz](http://pacificheart.org.nz)  
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# Welcome to Pasifika Tastes

Pasifika people have a long history of welcoming and celebrating visitors and special occasions by 'bringing a plate' to share specially prepared food.

Pasifika Tastes contains a mouth-watering selection of recipes created to suit your diverse tastes. You'll be shown selected dishes from the Pacific that have familiar flavours that will remind you of home. There's also a collection of fresh and healthy recipes that are easy to cook. You can finish with some tempting sweet treats for the whole family.

Pasifika Tastes has a plate for every occasion, and you'll be wondering how you went without it – enjoy!

## Heart-healthy cooking for the whole family

We know that Pasifika people have big hearts for their family and community, so it's important we keep our hearts healthy so we can be there for them in the years to come.

Foods that are good for our hearts are those closest to how they are found in nature, like colourful vegetables and fruits, the ones with whole grains in them like whole grain bread, rice and porridge, as well as fish and small amounts of meat and chicken with the fat removed.

Foods that are lower in added sugar, salt and animal fat are also great for our hearts. It's a good idea to keep those treat foods and takeaways for special occasions.

We've filled this cookbook with tips and tricks to help you learn simple ways to cook heart healthy meals for your whole family.

We've also included some recipes that will soon be the family favourites – like the crispy coated chicken, to replace chicken from the takeaway shop!



# Food swaps and tips

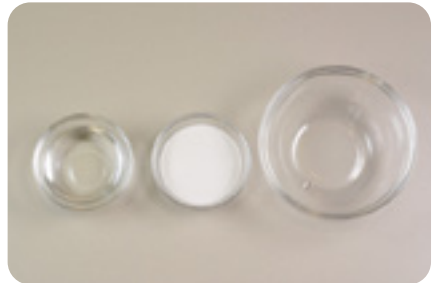
## Why dilute coconut cream?

Buying coconut cream and diluting it with an equal amount of water will reduce the fat content and save money. For example, to make  $\frac{1}{2}$  cup of diluted coconut cream use  $\frac{1}{4}$  cup of coconut cream and  $\frac{1}{4}$  cup of water. To make 1 cup of diluted coconut cream use  $\frac{1}{2}$  cup coconut cream and  $\frac{1}{2}$  cup of water.

**Fact:**  $\frac{1}{2}$  cup coconut cream has 40.4 grams of fat. Whereas  $\frac{1}{2}$  cup diluted coconut cream with water has 20.2 grams of fat.



Take a can of coconut cream



Use  $\frac{1}{4}$  cup coconut cream and  $\frac{1}{4}$  cup water



Mix well



This makes  $\frac{1}{2}$  cup of diluted coconut cream for cooking.

**Tip:** To thicken diluted coconut cream, add 2 teaspoons of cornflour for every cup of diluted coconut cream. Bring to the boil stirring nonstop until the coconut cream has thickened.

## Trim extra fat off meat

- ▶ Choose meat with less fat when possible.
- ▶ If you have meat with visible fat, remove the fat before you start cooking.
- ▶ Remove the skin off chicken before cooking.

## Retrain your taste buds

Using less salt or eating less sugary or fatty foods can mean all the food we eat tastes different. But don't worry that won't last.

- ▶ Our taste buds die off every few weeks.
- ▶ They then re-grow very quickly.

Because our taste buds change quickly, soon we won't notice the difference.

Do you have foods from childhood that you thought you would hate forever?

- ▶ This is common as we like what we are familiar with.
- ▶ You can retrain your brain to like certain tastes by eating them more frequently.



## Boost flavor without overdoing the salt

- ▶ Reducing salt in our food is important for the whole family.
- ▶ Salt is not the only seasoning that makes food taste great.
- ▶ Instead of salt you can try curry powder, turmeric, cumin, paprika, pepper, ginger, garlic, onions, chilli, dried herbs, low salt soy sauce, lemon juice and low salt stock cubes.

**Tip:** If you don't have fresh ginger or garlic, you can swap it for the crushed varieties.

1 clove of garlic = 1 teaspoon of crushed garlic from a jar

1 teaspoon of chopped/grated fresh ginger = 1 teaspoon of crushed ginger from a jar



### Keep the sweetness without added sugar

- ▶ Water down juice and cordial.
- ▶ Add chopped fruit to your cereal instead of sugar.
- ▶ Halve the amount of sugar you use in your baking.
- ▶ Use low or no added sugar sauces e.g. tomato sauce.
- ▶ If you use a high sugar sauce like sweet chilli sauce, use less.

**Tip:** Wanting something sweet? Choose fresh fruit or fruit and yoghurt. Also look at the 'Something sweet' section in the back of the cookbook.

### Choose the right cooking oil

- ▶ Using a non-stick pan often means you don't need to use any oil.
- ▶ Measure the oil with a spoon before adding it to vegetables or the fry pan.

**Tip:** The best choices from a nutrition, affordability and availability perspective are canola, rice bran and olive oils.

## Making a healthier meal using pisupo (corned beef)

We know that Pasifika families love their pisupo but it isn't the best choice for our heart health because it's very high in fat. There are ways we can prepare pisupo that will cut down the fat and make it healthier for our families. Use our guide on how to drain the fat from pisupo before cooking and always add some colourful vegetables.

### How to drain the fat from pisupo

When using canned corned beef, it is a good idea to get into the habit of draining the fat before you use it in your cooking. You can try either of these methods.

#### Oven method



Open can and heat oven to high (180°C).



Place opened can on a tray and leave for 15 minutes.



Drain off the fat and throw away.

#### Microwave method



Open can and empty into microwave bowl.



Microwave for 3 minutes or until fat melted.



#### Before and after



One quarter of a cup (60g) of fat can be drained from a 450g can of corned beef.

This reduces the fat content of corned beef by more than 50%.

**Tip:** If you put the warm, runny fat down the sink it can harden and block the pipes which can be bad for the plumbing. To prevent any damage to the pipes (and expensive repairs) let the drained fat cool and harden then scrape it into the rubbish bin.

## Cooking rice

When cooking rice at home, use brown rice or long grain white rice.

It is recommended to use around  $\frac{1}{4}$  cup of dried rice per person. Some will eat more, some will eat less.

For 6 people, you can try using 1.5 to 2 cups of rice.

Cooking brown rice is a little different to cooking long grain white rice. Follow the instructions below on how to cook brown rice.

### How to cook brown rice



Place 1 cup of brown rice into a bowl and pour over cold water.



Let it stand for a minute. Then rinse under cold running water.



Drain the rice.



Place the rice into a large pot.



Add 2 cups of cold water.



Mix the rice and water.



Cover the pot. Bring to the boil then turn heat to low.



Cook for 20 minutes, or until the water is absorbed and the rice is cooked. Remove from heat.



## Vegetables

Aim to fill half your plate with colourful (non-starchy) vegetables or salad.

### Buying vegetables

- ▶ Look out for specials and seasonal vegetables.
- ▶ Canned and frozen vegetables are more affordable options when items are not in season.

### Vegetable preparation

- ▶ Always wash your vegetables.
- ▶ If possible, keep the skin on (carrots and potatoes).

**Tip:** Did you know we can eat vegetable stalks as well? Like broccoli, cauliflower and silverbeet.



## Cooking vegetables

### 1. Boiling

- ▶ Drop vegetables into boiling water for one to two minutes.
- ▶ Boiling vegetables quickly keeps them nutritious.



### 2. Steaming

- ▶ Place chopped vegetables into a steamer or colander/sieve over a pot of boiling water.
- ▶ Steam with lid on until just soft.

### 3. Baking

- ▶ Cut vegetables into even sized pieces and toss in 1 teaspoon oil.
- ▶ Spread the vegetables on baking tray.
- ▶ Place tray into preheated oven at 180°C for 20 to 30 minutes.



**Tip:** Bake with the oven on fan bake to make the outside of the vegetables extra crispy.

### 4. Microwaving

- ▶ Cut vegetables into even sized portions.
- ▶ Place in microwave-safe bowl with 1 to 2 tablespoons of water.
- ▶ Cover and cook on high for 2 to 3 minutes.

### 5. Stir-frying

- ▶ Stir-fry instead of deep-frying.
- ▶ Heat 1 teaspoon of oil in a wok, frypan or non-stick pan.
- ▶ Chop vegetables into small pieces and add to wok/frypan with 1 teaspoon water.
- ▶ Stir-fry until cooked.



## Make your vegetables last longer

Storing vegetables properly helps them last longer and not go to waste. Remember wasted vegetables is wasted money.

- ▶ Store bananas separate from other fruit so they don't ripen as fast.
- ▶ Store onions and potatoes separately. When they're stored together the moisture makes them sprout quicker.
- ▶ Only buy what you need when it comes to fresh vegetables and keep canned and frozen vegetables in your cupboard/freezer.
- ▶ When storing vegetables in the fridge, put them into a plastic container or vegetable drawer with a paper towel to soak up any extra water that makes them go soft.
- ▶ Cut up any raw leftover vegetables (like carrots, capsicum, beans) that you're not going to use soon, put into sealed plastic bags and place in the freezer.

# Cupboard and freezer foods

Keep these foods in your food cupboard or freezer. They can be used to bulk out a meal or make a meal when fresh foods aren't available.

## Legumes, fish, seafood, eggs, poultry and meat

- Baked beans
- Canned kidney beans, chickpeas, butter beans
- Dried beans or lentils
- Eggs
- Canned fish
- Frozen fish
- Frozen whole chicken or pieces
- Fresh meat bought in bulk and frozen into meal-sized amounts



## Vegetables and fruit

- Canned fruit (drained)
- Canned vegetables
- Frozen vegetables
- Canned tomatoes
- Tomato purée/paste
- Frozen fruit



## Grain foods and starchy vegetables

- Frozen or canned sweet corn
- Kūmara, potatoes and taro
- Oats
- Rice and barley
- Dried pasta
- Couscous
- Dried noodles i.e. vermicelli



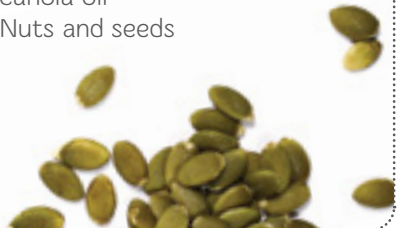
## Herbs, spices and sauces

- Dried herbs i.e. ground coriander
- Spices i.e. chilli, curry powder
- Pepper
- Vinegar
- Soy sauce



## Healthy oils, nuts and seeds

- Peanut butter
- Vegetable oils i.e. olive oil, canola oil
- Nuts and seeds



## Milk, yoghurt, cheese

- Milk powder



## Label reading

While we recommend that you eat mostly whole foods like vegetables (many of which don't have a food label), in a busy world, processed foods can be a quick and easy option.

Taking a little time to read food labels when you're buying food can have big pay-offs, but it can be hard to make sense of all those numbers.

To make things easy, we recommend that you look for **less of the three S's** – that is products which contain less **Saturated fat**, **Sugar** and **Sodium** per 100g.

We recommend comparing the **'per 100g'** column when comparing packaged products and choosing foods that are:

- ▶ lower in saturated fat
- ▶ lower in sodium
- ▶ lower in sugar
- ▶ higher in fibre.

| Nutritional Information |                      |                   |
|-------------------------|----------------------|-------------------|
| Servings per package: 3 |                      |                   |
| Serving Size: 150g      |                      |                   |
|                         | Quantity per serving | Quantity per 100g |
| Energy                  | 608kJ                | 405kJ             |
| Protein                 | 4.2g                 | 2.8g              |
| Fat, total              | 7.4g                 | 4.9g              |
| <b>- Saturated</b>      | 4.5g                 | <b>3.0g</b>       |
| Carbohydrate            | 18.6g                | 12.4g             |
| <b>- Sugars</b>         | 18.6g                | <b>12.4g</b>      |
| <b>Sodium</b>           | 90mg                 | <b>60mg</b>       |

# Food portions

**It's easy to eat more food and drink than we need for our daily activities. So, just how much is enough?**

Using your own hand can be an easy way to check meal portions.



## Closed fist

A closed fist is a good guide for a portion of starchy carbohydrate foods like taro, potato, rice, banana and bread.

**Tip** – if you want more than one carbohydrate in your meal, reduce the size of each one, so the total is the size of one fist.

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## Palm of your hand

The palm of your hand is a good guide for a portion of meat, chicken or pork.

**Tip** – the thickness of the meat should be about the same thickness as the palm of your hand.

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## Whole of your hand

The whole of your hand is a good portion guide for a piece of fish.

**Tip** – your whole hand is about the size of one fish fillet, which is enough for a meal.

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## Two cupped hands

Your two hands cupped together is a good guide for the portion of non-starchy vegetables like carrots, broccoli, beetroot, cauliflower, eggplant, silverbeet or cabbage.

**Tip** – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.

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# Healthy Heart Visual Food Guide




**eat  
most**  
vegetables  
& fruit



**eat some**  
grain foods &  
starchy vegetables



legumes, fish, seafood,  
eggs, poultry & meat



milk, yoghurt  
& cheese



healthy oils,  
nuts & seeds

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

# Dressings and meat marinade

## Basic salad dressing

Makes 1 cup

### Ingredients

$\frac{1}{2}$  cup **vinegar** or **lemon juice**

$\frac{1}{2}$  cup **oil**

1 tsp **mustard**

**pepper**, to taste

### Method

Place all the ingredients in a tight-lidded container and shake well to mix.

### Variation

Add 2 Tbsp of finely chopped herbs, such as parsley, basil, chives, or mint.

## Marinade for meat

Makes 1 cup

### Ingredients

$\frac{1}{4}$  cup **sweet chilli sauce**

$\frac{1}{4}$  cup **soy sauce**, low salt

2 tsp **garlic**, crushed

1 tsp fresh **ginger**, crushed

1 **lemon** (zest and juice)

### Method

Place all the ingredients in a tight-lidded container and shake well to mix.

Use 2 Tbsp of marinade per kilo of meat and marinate for at least 2 hours or overnight.

## Creamy dressing

Makes 1 $\frac{1}{4}$  cups

### Ingredients

1 cup **yoghurt**, unsweetened

$\frac{1}{4}$  cup **vinegar** or **lemon juice**

1 tsp **mustard**

Freshly-ground black **pepper**

### Method

Place all the ingredients in a tight-lidded container and shake well to mix.

### Variations

Replace the vinegar or lemon juice with orange juice or cider vinegar.

For a curry dressing, replace the mustard with 2 tsp of curry powder.

### Swaps

Combine  $\frac{1}{3}$  cup lemon juice,  $\frac{1}{3}$  cup yoghurt, unsweetened,  $\frac{1}{3}$  cup reduced-fat mayonnaise and season with freshly-ground black pepper.



# Takihi – Pawpaw and taro bake Serves 6

## NIUE

### Ingredients

1 kg **taro**

1 kg **pawpaw** or  
**ripe papaya**

1 **onion**, sliced (optional)

$\frac{1}{3}$  cup **coconut cream**

1  $\frac{1}{2}$  cups **water**

### Method

1. Pre-heat oven to 180°C.
2. Peel and slice the taro.
3. Peel, de-seed and slice the pawpaw.
4. Layer taro, pawpaw and onion in a baking dish and repeat the layers until all used.
5. Press slices down to compress them.
6. Mix the coconut cream and water and pour over the top of the dish.
7. Cover with tin foil.
8. Bake for approximately 1  $\frac{1}{2}$  hours or until the taro is cooked through and soft when pierced.

**Tip:** If pawpaw or papaya are not available, drained canned peaches can be used instead.



# 'Ota ika – Raw fish salad Serves 6

## TONGA

### Ingredients

1 kg fresh **fish fillets**,  
**mullet** or **gurnard**

5 **lemons**, juice only

3 **spring onions**,  
chopped finely

1 small **cucumber**, seeds  
removed, chopped into  
bite-size pieces

2 **tomatoes**, chopped

½ **green** or **yellow**  
**pepper**, chopped

1½ cups **coconut cream**

1 cup **water**

**Pepper**, to taste

### Method

1. Rinse the fish and cut into cubes.
2. Place in a shallow dish and cover with the lemon juice.
3. Leave to marinate for at least 1 hour in the fridge.
4. Drain off the lemon juice.
5. Add the spring onions, cucumber, tomatoes, pepper, coconut cream and water.
6. Season with pepper and mix well.
7. Transfer to a serving bowl, cover and chill before serving.

**Tip:** The longer the fish is left to marinate the more the fish will cook.





## Suruwa – Curry fish lolo Serves 6

### FIJI

#### Ingredients

3 Tbsp **oil**

2 **onions**, finely diced

1 ½ Tbsp chopped  
**ginger**

6 cloves **garlic**, crushed

3 Tbsp **curry powder**

1 ½ cups **water**

⅓ cup **coconut cream**

900g **fish fillets**

4 cups chopped  
**bok choy**

2 **tomatoes**, diced

2 Tbsp **lemon juice**

½ cup chopped fresh  
**coriander**

#### 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. Garnish with coriander before serving.
7. Serve with taro, kumara or potato and mango salsa (see recipe on page 39).

Original recipe provided by Tuliana Sullivan, adapted by the Heart Foundation to serve 6.

**Tip:** If fresh ginger is unavailable replace with 1 ½ Tbsp crushed ginger from jar.

If fresh garlic is unavailable replace with 2 Tbsp minced.

# Palusami – Taro leaves parcel

Serves 1

## SAMOA

### Ingredients

5-6 medium-sized  
**taro leaves**

½ **onion**, finely diced

⅔ cup diluted **coconut cream**

**Aluminium foil**

### Method

1. Remove the stalk and ribs from the taro leaves. Rinse under running water and shake dry.
2. Mix the onion with the diluted coconut cream.
3. Layer 5–6 taro leaves, so they overlap each other to create a bowl in the palm of your hand.
4. Pour in the onion and coconut cream mixture.
5. Gather up the edges of the taro leaves with your other hand to close the parcel.
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball.
7. Place in an oven dish and bake at 200°C for 1 hour or cook in an umu (hangi or underground oven).
8. Serve with green bananas or taro.

**Tip:** See page 4 for instructions on how to dilute coconut cream. Repeat above to make more parcels.



# Lū – Taro leaves parcel serves 2

## TONGA

### Ingredients

5–6 medium-sized  
**taro leaves**

$\frac{1}{2}$  cup **lean beef** or  $\frac{1}{2}$  of  
a 12oz **can corned beef**,  
with fat drained off

1 **onion**, finely diced

$\frac{1}{2}$  cup diluted **coconut  
cream**

**Aluminium foil**

### Method

1. Remove the stalks from the taro leaves. Rinse under running water and shake dry.
2. Layer 5–6 taro leaves, so they overlap each other to form a leak-proof circular shape on a large square piece of aluminium foil.
3. Place about  $\frac{1}{2}$  cup of meat in the centre of the leaf and add the onion.
4. Gather up the edges of the taro leaves to create a bowl then pour in the coconut cream.
5. Close up the taro leaves to form a parcel.
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball.
7. Place in an oven tray and bake at 200°C for 1 hour, or cook in an umu (hangi or underground oven).
8. Serve with green bananas or taro.

**Tip:** See page 4 for instructions on how to dilute coconut cream. Repeat above to make more parcels.





## Sapasui/Chop Suey Serves 6

### Ingredients

250g **vermicelli noodles**

2 Tbsp **oil**

1 **onion**, finely chopped

5 cloves **garlic**, finely chopped

1½ Tbsp chopped **ginger**

750g **lean beef**, stir-fry cut or **chicken breast**, sliced

1.5kg frozen mixed **vegetables**

3 Tbsp **soy sauce**, low salt

¾ cup chopped **coriander** (optional)

**fresh chillies**, chopped

### Method

1. Place the vermicelli in a large bowl and cover with hot water. Soak for 10-15 minutes or until the noodles have expanded.
2. Drain, saving 1 cup of the water.
3. Heat oil in a large pot, add onions and cook until softened.
4. Add garlic and ginger and cook briefly.
5. Add beef (or chicken) and cook until the meat is cooked through.
6. Add the drained vermicelli along with 1 cup of the soaking water.
7. Add the mixed frozen vegetables and soy sauce and cook for 5 minutes or until the vegetables are hot.
8. When cooked stir through the coriander and chilli.

**Tip:** If fresh ginger is unavailable replace with 1 ½ Tbsp crushed ginger from jar. If fresh garlic is unavailable replace with 2 Tbsp minced.

# Solomon poi Serves 6

## Ingredients

2 **kumara**, peeled and grated

$\frac{1}{4}$  **pumpkin**, peeled and grated

6 large **silverbeet leaves**, stalks removed and shredded

$\frac{1}{2}$  cup chopped roasted **cashew nuts** (optional)

$\frac{2}{3}$  cup diluted **coconut cream**

**Pepper** to taste

## Method

1. Preheat oven to 180°C.
2. Combine all the ingredients and mix thoroughly.
3. Line a baking dish with tin foil, allowing enough to fold over the top.
4. Place the mixture into the baking dish. Fold over the ends of the tin foil to make a parcel.
5. Bake for 1 hour.

Serve with lean meat and steamed vegetables.

**Tip:** See page 4 for instructions on how to dilute coconut cream.



# Pisupo Stir fry Serves 6

## Ingredients

1 340g can **corned beef**

1 400g can **chopped**

**tomatoes**

1 **onion**, *chopped*

1 clove **garlic**, *crushed*

1 tsp *grated* **ginger**

3 cups **mixed vegetables**  
(*fresh or frozen*)

3 cups *finely chopped*  
**cabbage**

## Method

1. Drain the fat from the can of corned beef using the method on page 6.
2. Place tomatoes in a large pot and add garlic, onion and ginger. Cook on a medium heat for 5 mins.
3. Add mixed vegetables, stirring occasionally.
4. When vegetables are heated through, add drained corned beef and chopped cabbage. Cook for 5-10 minutes on medium heat until cabbage is cooked.

## Serving suggestion

Serve with rice or taro. Can also be served with wholemeal wraps/bread, or roti.

**Swaps and tips:** You can add dried or fresh herbs (coriander, parsley).

Choose seasonal fresh vegetables to save on cost.

Choose brown or long-grain rice.







## Sua fa'i – Banana soup Serves 6

### SAMOA

#### Ingredients

5 ripe **bananas**

2 cups **water**

3 Tbsp **sago**

$\frac{1}{3}$  cup **coconut cream**

**Lemon or lime juice**  
(optional)

#### Method

1. Peel and mash the bananas using a fork, leaving some lumpy bits.
2. Add enough cold water to cover the bananas.
3. Place banana mixture in a medium pot and bring to a boil over medium heat.
4. Reduce heat and simmer for 10 to 15 minutes stirring occasionally until sago goes transparent.
5. Add the sago and stir through. Simmer for approximately 45 minutes or until sago goes transparent.
6. Stir in coconut cream just before serving.
7. Serve warm with a squeeze of lime or lemon juice.

**Tips:** For a runnier soup, add a little more water.

To serve cold, pour into individual bowls and refrigerate.



## Koko Alaisa – Cocoa rice serves 6

### SAMOA

#### Ingredients

$\frac{1}{2}$  cup **medium or short grain rice**

4  $\frac{1}{2}$  cups **water or coconut water**

3 Tbsp **cocoa** or finely grated **Koko Samoa**

3 Tbsp **sugar**

2 **lemon leaves** (optional)

$\frac{1}{3}$  cup **coconut cream**

#### Method

1. Place all ingredients, except coconut cream, in a medium pot.
2. Bring to the boil and reduce heat to a gentle simmer. Stir occasionally to avoid mixture sticking to the bottom of the pot.
3. Continue to cook slowly until the rice is cooked (or at the desired consistency) and covered in a creamy chocolate sauce, about 30–40 minutes.
4. Remove from heat and stir in the coconut cream.

**Tip:** Using Koko Samoa will give a more traditional bitter-sweet taste.

You can use brown rice with this recipe. The cooking time may be longer and add more water if needed for the desired consistency.

# Poke – Pumpkin or banana

Serves 6

## COOK ISLANDS

### Ingredients

3 cups cooked mashed **pumpkin** or mashed ripe **banana**

1½ cups **tapioca powder**  
(arrowroot starch)

⅓ cup **coconut cream**

¾ cup **water**

1 Tbsp **cornflour**

### Method

1. Pre-heat oven to 150°C.
2. Place mashed pumpkin or banana into a medium pot and continue to mash and mix over a medium heat until it forms a thick paste and comes to the boil. If you are using banana it will have changed colour and become almost purple. Remove from heat and allow to cool.
3. Once cooled, mix in tapioca powder until it is smooth and lump-free.
4. Spread the mixture into an oiled loaf tin or baking dish that will allow the mixture to be about 2 to 3cm thick.
5. Cover with tin foil and bake for approximately 2 hours or until a smooth skin has formed on top.
6. Allow to cool slightly before cutting into small squares.
7. In a small pot mix the coconut cream, water and cornflour.
8. Heat gently stirring constantly until the mixture has thickened then remove from heat.
9. Serve poke with coconut sauce.





# ‘Otai – Watermelon smoothie

Serves 6

## TONGA

### Ingredients

1 **watermelon**

1 **mango**

1 227g can crushed

**pineapple** or 1

cup chopped fresh

**pineapple**

400ml **coconut milk**

3 cups cold **water**

### Method

1. Cut the watermelon in half. Using a spoon, scrape the watermelon flesh into a large bowl. Discard the rind and use a spoon to remove the seeds.
2. Peel the mango and cut the flesh away from the stone. Finely chop or grate the mango and add to the watermelon.
3. Add the pineapple, coconut milk and water, and mix well.
4. Serve over ice cubes in a tall glass and garnish with mint leaves.

**Tip:** Watermelon should be firm and heavy, and the part of the melon that has been in contact with the ground is yellow. The fruit sounds hollow when tapped.

# Chilli con carne Serves 6

## Ingredients

- 2 Tbsp **oil**
- 2 **onions**, chopped
- 2 cloves **garlic**, crushed
- 500g **beef mince**
- 3 cups **mixed vegetables** (fresh or frozen)
- 2 400g cans chopped **tomatoes**
- 1 425g can **chilli beans**
- 1 400g can of whole drained **corn** kernels

## Method

1. Heat oil in a large pot on medium heat.
2. Gently cook the onion and garlic until soft.
3. Add the mince and brown, drain off any extra fat.
4. Add the mixed vegetables to the mince and stir well.
5. Add the chopped tomatoes, chilli beans and corn kernels.
6. Cook gently until the sauce has thickened.

## Serving suggestions

Serve with rice, pita bread, pasta, bread or mashed potatoes.

**Swaps and tips:** Add some fresh or dried herbs to add more flavor, like rosemary or parsley. Choose seasonal fresh vegetables to save on cost.



# Chilli bean pizzas Serves 6

## Ingredients

6 small whole meal **pita bread**

1 425g can **chilli beans**

1 cup **grated cheese**

1 **capsicum**, sliced

1 cup of **pineapple pieces** (fresh or canned in juice)

2 **tomatoes**, sliced

## Method

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

## Serving suggestion

Serve with a side salad.





## Egg and veggie pie Serves 6

### Ingredients

1 Tbsp **oil**

5 cups **mixed cooked vegetables** (fresh or frozen)

8 **eggs**

1 cup **milk**

1 ½ cups **grated cheese**

2 tsp **dried herbs** such as **rosemary, thyme, or tarragon**

### Method

1. Heat oven to 200°C.
2. Coat oven proof dish with oil.
3. Place mixed vegetables in oven proof dish.
4. Beat together the eggs, milk and cheese, then add dried herbs and pour over mixed vegetables.
5. Bake for 30 minutes or until the egg is set.

### Serving suggestion

Serve with a salad or fresh vegetables.

**Swaps and tips:** You can use fresh herbs if available.

You can add cooked meats or canned beans.

To prevent sticking, you can use baking paper to line the oven proof dish instead of oil.



## Mussel fritters Serves 6 (18 fritters)

### Ingredients

400g/3 cups cooked **mussel meat**, finely chopped (2kg whole raw mussels)

6 **eggs**

2 cups **wholemeal flour**

1 cup chopped **parsley**

2 spring **onions**, chopped (or ½ a brown onion)

1 ½ cups **milk**

2 tsp **baking powder**

### Method

1. Gently mix together the chopped mussels, eggs, flour, parsley, spring onion, milk and baking powder.
2. Heat a large frying pan and add 1 to 2 teaspoons of the oil.
3. Drop 2 tablespoons of batter into pan for each fritter.
4. Cook until golden brown on both sides and cooked through.

Serve with green salad and or seasonal vegetables.

**Swaps and tips:** For a vegetarian option swap the mussel meat for grated courgette. Grate the courgette and squeeze out as much liquid as you can before adding to the mixture.

Swap 1 cup chopped fresh parsley for ¼ cup dried parsley.



# Fish pie serves 6

## Ingredients

6 medium **potatoes**,  
peeled and diced

3 Tbsp **milk**

1 Tbsp **oil**

6 cups **mixed  
vegetables** (fresh or  
frozen), chopped

2 cups **water**

1 cup **milk**

4 Tbsp **cornflour**

½ cup chopped **parsley**

2 Tbsp **lemon juice**

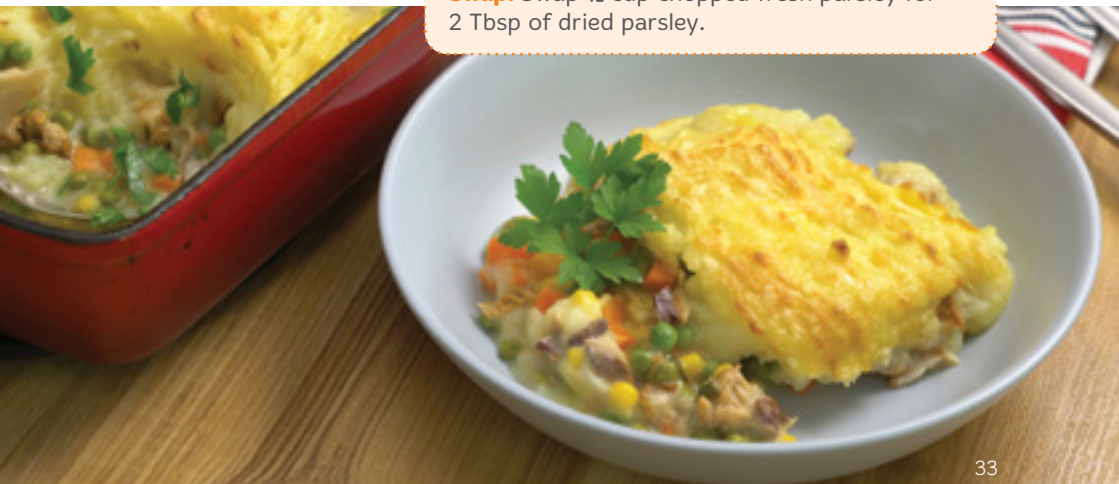
2 450g canned **fish**,  
drained

½ cup grated **cheese**

## Method

1. Pre-heat oven to 180°C.
2. Place potatoes in a large pot and cover with water.
3. Bring to the boil and cook until a fork can be inserted easily.
4. Drain and mash with the first measure of milk.
5. Heat the oil in a large pot and add the mixed vegetables, cook until soft but not brown.
6. Add water and second measure of milk and bring to a simmer.
7. Wet the cornflour with a little water and gradually add to the pot, stirring constantly until thick.
8. Remove from the heat.
9. Mix through the parsley and lemon juice.
10. Pour into an oven-proof dish.
11. Place the fish on top of the mixture.
12. Spread the mashed potato on top.
13. Sprinkle grated cheese over. Bake for approximately 30 minutes or until hot though.

**Swap:** Swap ½ cup chopped fresh parsley for 2 Tbsp of dried parsley.



# Crunchy coated chicken Serves 6

## Ingredients

6 **chicken drumsticks**  
 $\frac{1}{3}$  cup **wholemeal flour**  
 $\frac{1}{2}$  tsp **chilli flakes**  
1 tsp ground **cumin**  
1 tsp ground **coriander**  
1 tsp ground **black pepper**  
4 cups **cornflakes**  
2 **eggs**  
2 Tbsp **oil**  
**Oil spray**  
1 **lemon**

## Method

1. Pre-heat oven to 180°C.
2. Remove skin from chicken drumsticks.
3. Place the wholemeal flour on a plate and mix in chilli flakes, cumin, coriander and black pepper.
4. Place cornflakes into a bowl and crush until they resemble coarse breadcrumbs.
5. Beat eggs in a bowl.
6. Coat chicken with the seasoned wholemeal flour, dip into egg mixture then coat with the crushed cornflakes.
7. Place coated chicken on an oiled baking tray and lightly spray chicken pieces with oil spray.
8. Cook in oven for 50 minutes or until chicken is cooked through.
9. Squeeze lemon over cooked chicken.

## Serving suggestion

Serve with seasonal steamed vegetables or salad.

**Swaps and tips:** Add garlic powder or curry powder to the wholemeal flour mixture.

To prevent sticking, you can use baking paper to line the oven proof dish instead of oil.





# Chicken and chickpea curry

Serves 6

## Ingredients

- 2 Tbsp **oil**
- 1 **onion**, peeled and diced
- 4 cloves **garlic**, crushed
- 750g **boneless and skinless chicken thigh fillets**, diced
- 2 Tbsp **curry powder**
- 2 tsp **garam masala powder**
- 1 400g can chopped **tomatoes**
- 2 cups **water**
- 1 400g can **chickpeas**, drained and rinsed
- 1 cup plain unsweetened **yoghurt**
- 3 cups **mixed vegetables** (fresh or frozen)
- ½ cup chopped **coriander** (optional)

## Method

1. Heat oil in a large pot over low heat.
2. Add onion and cook until soft.
3. Add the garlic, chicken, curry powder and garam masala to the pan and cook gently for 5 minutes.
4. Add the canned tomatoes, water and chickpeas.
5. Cook gently for about 30 minutes, or until chicken is cooked through and no longer pink in the middle.
6. Add yoghurt and frozen vegetables and return to a gentle simmer and continue to cook for a further 5 minutes, or until the vegetables are hot.
7. Remove from the heat.
8. Garnish with coriander and serve with brown rice.

**Swaps:** As a substitute for 1 can of tomatoes, you can use 2 Tbsp of tomato paste plus 1 cup of water. If you don't have yoghurt, you can use coconut cream (diluted following the instructions on page 6 instead).



## Chicken fried rice Serves 8

### Ingredients

2 cups **brown rice**

4 cups of **water**

3 Tbsp **oil**

6 **eggs**, lightly beaten

2-3 cloves **garlic**,  
crushed or finely  
chopped

2 tsp **ginger**, crushed or  
finely chopped

400g **chicken breast**,  
cut into bite-sized  
pieces (remove skin)

8 cups **mixed  
vegetables** (fresh or  
frozen)

3 ½ Tbsp **soy sauce**,  
low salt

**Black pepper**

### Method

1. Cook brown rice as per the instructions on page 8.
2. Heat a wok, large pot or large frying pan with half of the oil.
3. Add beaten egg and cook until lightly scrambled. Remove eggs and roughly chop – set aside.
4. Add the rest of the oil, onion, garlic and ginger and cook until lightly brown/clear.
5. Add the chicken and cook for 10 minutes.
6. Add mixed vegetables and cook for a further 5 mins.
7. Add cooked rice, scrambled eggs, soy sauce and mix thoroughly.
8. Add pepper to taste.

**Tip:** If fresh ginger is unavailable replace with 1 ½ Tbsp crushed ginger from jar. If fresh garlic is unavailable replace with 2 Tbsp minced.

# Chicken and corn soup Serves 6

## Ingredients

2 400g cans **cream style corn**

2 cups **mixed vegetables** (fresh or frozen)

3 ½ cups **water**

2 cubes **chicken stock**, crumbled

1 cup **chicken mince** or 1 skinless **chicken breast** cut into small pieces

1 Tbsp **soy sauce**, low salt

2 **eggs**, beaten

## Method

1. In a medium pot combine cream style corn, mixed vegetables, water and chicken stock then bring to the boil.
2. Stir in chicken and soy sauce, lower heat to a simmer and cook for 15 minutes.
3. Gradually add beaten egg while stirring the soup (make sure to stir in the same direction).
4. Remove from heat once egg has been added and serve.

## Serving suggestion

Serve with whole meal bread rolls.

**Swaps and tips:** You can use a chicken carcass or chicken with bones – these may take more time to cook.

You can use 4 cups of cooked chopped chicken. Choose seasonal fresh vegetables to save on cost.

Something easy



# Sweet and sour pork Serves 6

## Ingredients

1 650g can **pineapple**  
in juice

1 Tbsp **soy sauce**,  
low salt

2 Tbsp **vinegar**

2 Tbsp **tomato sauce**

2 tsp chopped fresh  
**ginger**

1 Tbsp **cornflour**

1 ½ Tbsp **oil**

750g lean **pork**, sliced

8 cups chopped **mixed**  
**vegetables** (fresh or  
frozen)

## Method

1. Place pineapple (with juice), soy sauce, vinegar, tomato sauce and ginger in a small pot and bring to a boil.
2. Wet the cornflour with a little water and slowly pour into the simmering sauce, stirring constantly until thickened, then remove from the heat.
3. Heat oil in a large frying pan or wok.
4. Add pork and brown on all sides then remove from pan.
5. Add vegetables to the pan and cook until tender.
6. Add the pork back into the pan along with the sauce and heat through.
7. Serve with brown rice.

**Tip:** If fresh ginger is not available, use 2 tsp crushed ginger from a jar instead.





# Mango and avocado salsa with beans serves 6

## Ingredients

1 420g can **kidney beans**, drained and rinsed

1 **mango**, peeled, seeded and diced

1 **avocado**, peeled, seeded and diced

2 **tomatoes**, diced

½ cup chopped **fresh coriander** (optional)

2 cloves **garlic**, crushed (optional)

1 Tbsp **lemon or lime juice**

¼ cup chopped **red onion**

1 **chilli**, seeded and sliced (optional)

1 can whole **corn** kernels, drained and rinsed

## Method

1. Mix all ingredients together.
2. Cover and refrigerate until ready to serve.

**Tips:** Keep covered in the refrigerator for up to 3 days.

Use two fresh corn cobs if available. Cook and cut kernels from the cobb.

Use other fresh herbs if coriander unavailable.



## Watermelon salad serves 6

### Ingredients

1 kg **watermelon**,  
rind and seeds removed

2 **cucumbers**

2 **spring onions**,  
finely sliced

½ cup **mint leaves**,  
torn in half

1 Tbsp **lemon juice**

120g **feta cheese**,  
reduced-salt, crumbled

### Method

1. Cut the watermelon into bite-size pieces and arrange on a serving dish.
2. Peel cucumbers, scoop out seeds and cut into small cubes.
3. Combine cucumber, spring onions, mint leaves and lemon juice in a bowl.
4. Place the cucumber mixture over the plated watermelon then sprinkle with feta cheese.
5. Serve with lean meat, taro, kumara or potato and seasonal vegetables.



# Kumara salad serves 6

## Ingredients

3 medium **kumara**, washed, cut into large pieces

1 **orange** (zest and juice)

$\frac{1}{4}$  cup **yoghurt**, unsweetened

$\frac{1}{4}$  cup **mayonnaise**

1 tsp **curry powder**

1 Tbsp **sesame seeds**

2 **apples**, diced

4 **spring onions**, sliced

## Method

1. Steam or boil the kumara until cooked, then drain and allow to cool before cutting into bite-size pieces.
2. Make the dressing by mixing the orange zest and juice with the yoghurt, mayonnaise and curry powder.
3. Toast sesame seeds by dry frying them in a pan over a medium heat. Stir continuously with a wooden spoon until lightly golden brown, then remove from the pan.
4. Gently mix cooked kumara with the apple, spring onions, sesame seeds and dressing.
5. Serve with lean meat and seasonal vegetables.

**Swaps:** Replace the apple with banana, orange segments, or chopped celery and walnuts.



# Chicken and lime vermicelli

Serves 6

## Ingredients

1 large packet (250g)  
**vermicelli noodles**

2 medium **carrots**,  
thinly sliced

2 **spring onions**, thinly  
sliced

2 **capsicums**, thinly sliced

½ cup **fresh herbs (mint,  
parsley & coriander)**

2 cloves **garlic**, crushed

1 **red chilli**, seeds  
removed and finely  
chopped (optional)

2½ cups (400g) **cooked  
chicken**, skin removed,  
shredded

¼ cup **sweet chilli sauce**

2–3 Tbsp **lime or  
lemon juice**

## Method

1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain.
2. Combine vermicelli in a large bowl with carrots, spring onions, capsicum, herbs, garlic, chilli and chicken.
3. Make the dressing by mixing together sweet chilli sauce and lime or lemon juice
4. Pour dressing over the vermicelli and toss gently to combine.
5. Cover and refrigerate until ready to serve.

**Swaps and tips:** Chicken for surimi (crab meat), ham, fish or any other cooked meat

Add your seasonal vegetables

Swap ½ cup of fresh herbs for 2 Tbsp dried mixed herbs or parsley.





## Chicken coleslaw Serves 6

### Ingredients

3 cups of finely cut **white cabbage**

3 cups of finely cut **red cabbage**

3 cups of shredded **cooked chicken**

1 cup **unsalted peanuts**

1 cup of **pineapple** pieces  
(fresh or canned in juice)

1 cup of **mango** pieces,  
fresh or canned in juice  
(optional)

½ cup **sultanas** or  
**currants**

½ **red onion** very finely  
chopped, or 2 **spring  
onions** finely chopped

### Dressing

1 tsp **chilli flakes**  
(less if preferred)

½ Tbsp **sugar**

¼ tsp **ground pepper**

¼ cup **rice vinegar**

3 Tbsp **fish sauce**

### Method

1. Place cabbage, chicken and all remaining ingredients into a large bowl and mix well.
2. Mix all dressing ingredients together in a small bowl or jar.
3. Add the dressing over the salad ingredients and toss until well combined.

### Serving suggestion

This can be a meal on its own or pair it with whole meal bread rolls.

**Swaps and tips:** You can use smoked chicken or any other cooked meat or seafood of your choice. You can also add 1 cup fresh mint leaves or ¼ cup of fresh coriander.



## Tuna salad serves 6

### Ingredients

1 225g can **tuna in spring water**  
1 Tbsp **white vinegar**  
1 Tbsp **oil**  
3 medium **silverbeet leaves**, finely chopped  
1 **cucumber**, finely chopped  
2 sticks **celery**, finely chopped  
1 **green capsicum**, finely chopped  
1 **red or yellow capsicum**, finely chopped  
2 **spring onions**, finely chopped (optional)  
2 **tomatoes**, finely chopped  
1 small **red onion**, finely chopped  
½ cup **parsley**, finely chopped  
Freshly ground **black pepper**

### Method

1. Drain juice from the canned tuna (reserve juice for dressing). Flake tuna into small pieces.
2. Combine vinegar, oil and liquid from tuna to make the dressing.
3. Combine all the vegetables in a large bowl. Add the tuna flakes.
4. Pour dressing over the salad. Toss and transfer to a serving bowl.
5. Sprinkle with black pepper.
6. Cover and refrigerate until ready to serve.

**Swaps:** Swap ½ cup chopped fresh parsley for 2 Tbsp dried parsley instead.

# Scones Makes 12

## Ingredients

### Basic recipe

1 cup **wholemeal flour**

1 cup **white flour**

1 tsp **baking powder**

1 tsp **baking soda**

$\frac{1}{3}$  cup **oil**

$\frac{3}{4}$  cup **milk**

### For sweet scones add

$\frac{1}{2}$  cup **raisins** or  
chopped **dates**

1 Tbsp **orange zest**  
(optional)

### For savoury scones add

$\frac{1}{2}$  cup **grated cheese**

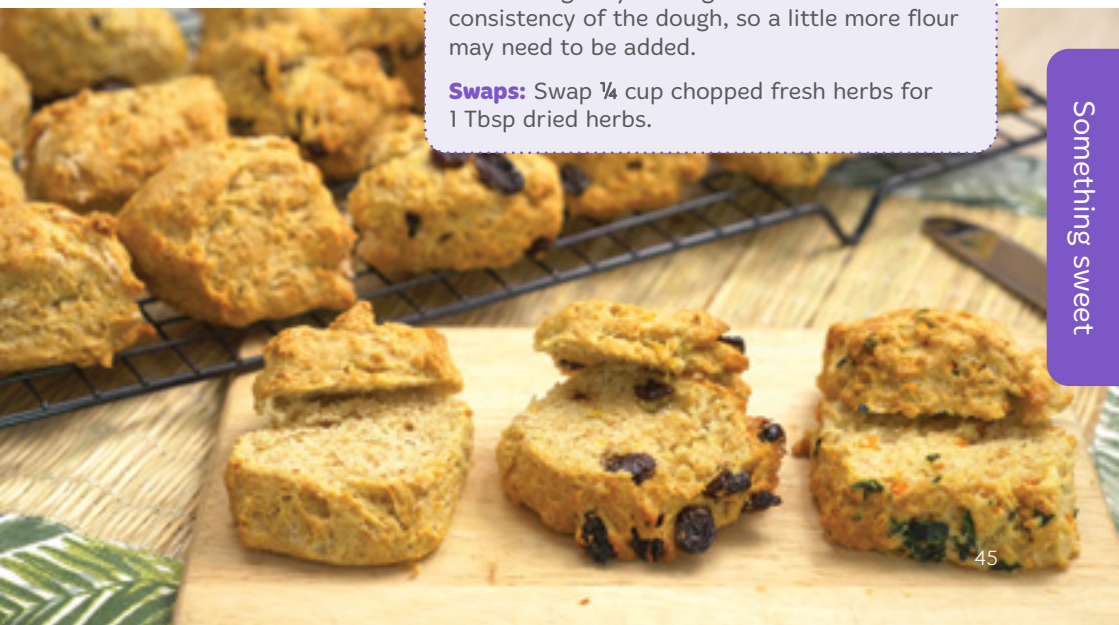
$\frac{1}{4}$  cup chopped **herbs** or  
fresh/frozen **spinach**

## 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 and milk 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 a rectangle approximately 3cm thick.
6. Cut dough into 12 even pieces and place on a greased baking tray.
7. Bake for approximately 10 to 15 minutes, or until golden brown.
8. Remove from oven and allow to cool slightly before serving.

**Tips:** The sweet and savoury options listed above are just 2 ideas. The options for flavours and ingredients are endless. Just be aware that adding very wet ingredients will alter the consistency of the dough, so a little more flour may need to be added.

**Swaps:** Swap  $\frac{1}{4}$  cup chopped fresh herbs for 1 Tbsp dried herbs.



# Pineapple and banana meringue pudding Serves 6

## Ingredients

1 cup **coconut water**  
or **water**

3 Tbsp **coconut cream**

1½ cups **crushed**  
**pineapple** in juice

2 **bananas**, *mashed*

4 Tbsp **custard powder**

4 **egg whites**

3 Tbsp **sugar**

## Method

1. Heat oven to 180°C.
2. Place coconut water, coconut cream, pineapple and banana into a medium pot and bring to a simmer.
3. Wet the custard powder with a little water to form a thin paste.
4. Slowly add the custard mixture to the medium pot, stirring constantly until thickened.
5. Pour into baking dish and allow to cool.
6. Whisk egg whites until stiff.
7. Add sugar and continue to whisk until smooth and shiny with soft peaks forming.
8. Place the egg white mixture on top of the custard and bake for approximately 15-20 minutes or until the top is beginning to brown.
9. Allow to cool before serving.





## Pacific fruit cake Serves 16

### Ingredients

$\frac{3}{4}$  cup **sugar**

3 **eggs**

$\frac{2}{3}$  cup **oil**

1 tsp **vanilla essence**

3 **bananas**, mashed

1 227g can crushed  
**pineapple** in juice,  
well drained

1 tsp **baking soda**

1 cup **white flour**

1 cup **wholemeal flour**

2 tsp **baking powder**

1 tsp **cinnamon**

$\frac{1}{4}$  cup **thread coconut**

### Method

1. Preheat oven to 180°C.
2. Grease a 23cm round spring form cake tin and line the base with baking paper.
3. In a large bowl, whisk together sugar, eggs, oil and vanilla.
4. Add the banana, pineapple and baking soda and mix well.
5. Add flours, baking powder and cinnamon. Mix until just combined.
6. Pour the mixture into the cake tin and sprinkle thread coconut on top.
7. Bake for 50-55 minutes or until an inserted toothpick comes out clean.
8. Leave in cake tin for 15 minutes before turning out.



## Banana bread serves 12

### Ingredients

4 medium **ripe bananas**  
(2 cups mashed)

2 **eggs**

$\frac{1}{4}$  cup **oil**

$\frac{1}{4}$  cup **milk**

1 cup **whole meal flour**

1 cup **white flour**

2 tsp of **baking powder**

### 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 together.
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.

**Swaps and tips:** You can also add  $\frac{1}{2}$  cup of walnuts if desired. If you don't have both types of flour use whatever is in your cupboard.



# More free healthy meal ideas

Our recipes are designed by nutrition professionals to help take the fuss out of eating good, heart-healthy food.

For more easy, fast and affordable meal ideas:

- visit [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)
- view our easy-to-follow recipe videos on the Heart Foundation NZ **YouTube** channel.

Improve your cooking skills and learn how to cook, prepare and store vegetables with our range of vegetable and skill cards. Each card comes with a recipe.

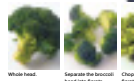
## Broccoli

**Available**  
All year round


**Buy**  
Look for bright green stems with compact buds.

**Store**  
In the vegetable bin in the fridge.

**Prepare**



**Cook**  
Can be:

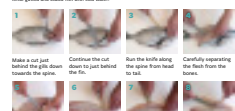


## Food skills

**Fish**  
Fish is available all year round, fresh or frozen. Fresh whole fish should have bright, shiny skin and bright red or pink gills. For fillets, the flesh should be moist, shiny and smooth. The fish is best cooked on the day of purchase to retain its natural oils. High cooking for several days. Frozen fish is best frozen quickly by placing the fish in a container or plastic bag and submerging in water.

**Did you know?**  
Pikelet or hoki, fish or fish covered in spring water are all good sources of protein, vitamins and minerals.

**How to fillet a fish**  
Have a cold and wet fish with cold water.



Remove the fillet completely and rinse and pat it dry for the other side.

To remove skin, hold part in hand of the tail and end of the fillet.

Put the skin back and turn it to the back edge of the fish.

Remove the rest of bones down the middle of the fillet.

Download the cards at [heartfoundation.org.nz](http://heartfoundation.org.nz), [vegetables.co.nz](http://vegetables.co.nz) or [order.healthpromotion.govt.nz/collections/eating-activity/campaign-healthy-eating](http://order.healthpromotion.govt.nz/collections/eating-activity/campaign-healthy-eating)

## Tomato

**Available**  
All year round

**Buy**  
Firm and ripe.

**Store**  
At room temperature.

**Prepare**



**Cook**  
Can be:



## Pumpkin

**Available**  
All year round, but limited supply in December and January.

**Store**  
In a cool, dark, dry place. Check the storage temperature and refrigerator.

**Prepare**  
To cut a pumpkin:



Place pumpkin on a non-slip board. Cut in half. Scoop out seeds with a spoon.

Slice each pumpkin into half into half again.

Slice pumpkin into portions.

Remove the skin.

**Tip:** Some pumpkin have tough skins. By cooking with the skin on and then the flesh can be removed.

**Cook** Can be:



For more free cookbooks packed with tasty and affordable meal ideas visit: [heartfoundation.org.nz/freecookbooks](http://heartfoundation.org.nz/freecookbooks)

# Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit.
2. Swap from refined cereals and grains to wholegrains.
3. Choose reduced-fat dairy products.
4. Eat healthy fats from nuts, seeds, plant oils (other than coconut and palm), avocado, and oily fish instead of animal fats.
5. Choose less than 350g of unprocessed red meat a week (cooked weight) and include a variety of proteins such as fish, chicken, soy, legumes and nuts.

More recipes are available at: [www.heartfoundation.org.nz/recipes](http://www.heartfoundation.org.nz/recipes)

## Allergy-friendly options

### Dairy-free

- Calcium-enriched plant-based milks e.g. soy milk.
- Dairy-free cheese and yoghurt.
- To get enough calcium eat tofu, sesame seeds, tahini, whole grain bread, sardines and almonds.

### Gluten-free

- Foods labelled as 'gluten free'.
- Check ingredients list and allergen warnings for 'hidden gluten'.
- Naturally gluten-free foods: rice, potato, kūmara, corn, quinoa, fruit, vegetables, meat, fish, eggs, cheese, milk, legumes.



# Weights and measures

## Abbreviations

|      |                 |
|------|-----------------|
| Tbsp | tablespoon      |
| tsp  | teaspoon        |
| °C   | degrees Celsius |
| g    | grams           |
| mg   | milligrams      |
| ml   | milliliter      |
| L    | litre           |

## Kitchen measures

|        |               |
|--------|---------------|
| 1 Tbsp | = 15 ml       |
| 1 tsp  | = 5 ml        |
| 3 tsp  | = 1 Tbsp (NZ) |
| 1 cup  | = 250 ml      |
| ½ cup  | = 125 ml      |
| 4 cups | = 1 litre     |

## Tips

You don't need measuring equipment to make these recipes. Use a tablespoon, teaspoon and small coffee mug to help you measure.

All recipes use temperatures for a fan-bake oven. For a conventional oven increase the temperature by 20 degrees e.g. 185°C to 205°C.



## 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 simple food handling tips. Clean, cook and chill will help keep your friends and family safe from foodborne illness like vomiting and diarrhoea. Search 'clean, cook, chill' at [mpi.govt.nz](http://mpi.govt.nz).



The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

## **Pacific Heartbeat programmes and services**

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

Focusing on the heart health needs of the New Zealand Pacific population, we encourage eating well, being smokefree and being more active.

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Heart Foundation, PO Box 17160, Greenlane, Auckland 1546

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