



FAST

Community Cook Book

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Stroke Factsheet

Key facts about stroke

- Stroke is a leading cause of adult disability in Aotearoa New Zealand.
- Stroke is the second leading cause of death in Aotearoa New Zealand. Around 2000 people die from stroke every year in Aotearoa New Zealand.
- It's estimated that at least 9,000 strokes and an unknown number of TIAs (transient ischaemic attacks) are experienced every year.
- 25 strokes and an unknown number of TIAs are experienced every day – more than one every hour.
- 1 in 4 people over age 25 will experience stroke in their lifetime.
- 89,000 people are living with the effects of stroke (2.1% of the population).
- The number of strokes is forecast to increase by 40% between 2018 and 2028.
- Stroke is no longer a disease of the elderly. 25-30% of strokes occur in people aged under 65.
- 60% of strokes for Māori and Pacific people occur at working age (15-64 years), compared with 20% of stroke for other ethnicities.
- Māori and Pacific people experience stroke on average 15 years earlier than European New Zealanders.

10 ways to reduce the risk of stroke

1. Check your blood pressure regularly, and follow any treatment advised by your doctor
2. Be smoke free
3. Reduce your salt intake
4. Eat healthy foods (limit fatty, sugary, salty foods)
5. Be physically active for at least 30 minutes on most days of the week
6. Maintain a healthy weight
7. Limit your alcohol intake and have at least two alcohol free days
8. Check your cholesterol level and follow any treatment advised by your doctor
9. Get checked for atrial fibrillation (irregular heartbeat)
10. If you have diabetes, manage your condition well

High blood pressure is the number one modifiable risk factor for stroke. It puts too much pressure and stress on the walls of blood vessels and increases the risk of both bleeds and blood clots.

OMELETTE

Ingredients

- 3 eggs
- Sprinkle salt and pepper
- 4 cherry tomatoes
- 1 Tbsp chopped onion
- 1 slice ham chopped
- 1 button mushroom sliced
- 2 Tbsp Edam cheese grated

Method

Beat eggs in a bowl. Heat small fry pan with a light spray of olive oil, pour mix into pan. As the egg starts cooking, use a spatula to move the cooked egg towards the centre of the pan. Once you have allowed a small mound to build up, let the egg continue to cook while you add the topping on, grated cheese last.

Remove pan from the heat and place under the grill in your oven... once cheese melts and begins to bubble, take out of oven. Use the spatulas to fold the omelette in half and then tip it onto your plate.

Over cooking the omelette is a common fault in making these healthy meals. You can also do with only 2 eggs and less toppings.



QUINOA POKE BOWL

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1 small tin tuna in spring water
- 1 Tbsp grated carrot
- 2 Tbsp chopped cucumber
- 1 Tbsp sliced red onion
- 4 cherry tomatoes cut in half
- 2 Tbsp Edamame beans
- Sliced pickled ginger to your likings
- 1 Tbsp sweet chilli sauce
- 1 Tbsp lemon juice

Method

Place rinsed quinoa and water into small pot, bring to the boil and simmer until the quinoa has absorbed the water. Remove the quinoa from the heat and cool.

Once quinoa has cooled, put into a bowl, top with your preferred toppings. Mix the sweet chilli and lemon juice and pour over your ingredients. Enjoy!



VIETNAMESE SUMMER ROLLS



Ingredients

- Medium size rice paper
- Vermicelli rice
- 1 x cucumber – julienne sliced
- 1x carrot – julienne sliced
- 1x Iceberg lettuce – cut thinly
- Coriander – to garnish chopped
- Protein of choice – Prawns, Chicken or pork

Method

To start, make your fish sauce. Using the ingredients above, mix everything together in a bowl and set aside to cool.

Prepare the vegetables. Slice the carrots, lettuce, and cucumber into thin strips (julienne style works best as they fit perfectly into the summer rolls). Set aside once sliced.

Finely chop the coriander and place in a small bowl.

Prepare your protein. If using pork or chicken, cook in the oven until fully cooked.

For prawns, pre-cooked frozen prawns work best—simply defrost before assembling your rolls.

Once cooked, set your protein aside with the vegetables.

Prepare the vermicelli noodles. Boil the jug. Place the vermicelli rice noodles into a bowl and pour boiling water over them until fully submerged. Allow to soften for about 3 minutes.

Fish Sauce Recipe for dipping

- 2 Tbsp full of fish sauce
- 4 Tbsp of boiling hot water
- 3 tsp of white sugar
- 1 tsp of red chilli

Once soft, drain the water and set the noodles aside in a bowl with your protein and vegetables.

Assembly

Prepare a bowl of warm water for the rice paper. Dip one rice paper sheet briefly into the water (just 1–2 seconds), then lay it flat on the bench. It will continue to soften as you fill it.

To assemble, place:

Lettuce, Carrots, Cucumber, Protein
Coriander in the centre of the rice paper.

Fold in the sides over the filling, then roll tightly to enclose all the ingredients. Rice paper is stretchy and easy to work with, so don't worry if it feels delicate at first.

You'll be left with beautiful, fresh, healthy summer rolls—perfect for dipping into your homemade fish sauce!

QUICK STIR-FRY

Ingredients

- 3 pieces of schnitzel or
- 2 chicken breasts diced
- 2 packets udon noodles
- For schnitzel use teriyaki sauce
- For chicken use sweet and sour sauce

Method

Dice meat, cook in frying pan and add sauce when cooked and set aside

In another pan – put noodles and veges in and put lid on pan and let it steam

Add in meat

Serve



MUG MUFFIN

Easy versatile breakfast or snack

Ingredients

Choose one

- 1/3 cup of oats (quick or whole grain)
- 2 crushed weetbix
- 1/2 cup wheat bran
- 2 Tbsp self raising flour
- 1 Tbsp cocoa

Add One

- 1 med size mashed banana
- 1/3 cup tinned diced apple
- 1/3 tin of canned fruit cut up
- 1 grated apple
- 1 grated pear
- 1 grated small carrot PLUS 1/2 mashed banana

Optional to add to mixture – choose one

- Cinnamon
 - Ginger
 - Mixed spice
 - Vanilla
 - 2 dates for extra sweetness, chopped
- Add 1 egg, 1/2 tsp chia seeds (seeds optional)

Method

Mix all together (I often do this in a wet coffee mug or small bowl (a bit bigger than a cup).

Microwave for approx 2 minutes depending on your microwave.

How to serve

Tip upside down onto plate. (It should come out easily if you have wet the dish)

I serve with Greek yogurt (no sugar added, chobani, cyclops or kale brand) and frozen blueberries defrosted in the microwave.

Great source of protein, fibre and carbs



HEALTHY MEAT BALLS

Ingredients

- 1 celery sticks (320g)
- 2 red or white onions (320g)
- 4 carrots (320g)
- Oil – light spray
- 1 x 400g can cannellini beans
- 400g beef, pork or chicken mince
- 1/2 tsp dried oregano
- 2 x 400g can chopped tomatoes
- 1 x 460g jar roasted red peppers (optional) or 3rd can chopped tomatoes
- 1 lemon
- 50g feta cheese

Method

Preheat the oven to 200°C.

Cut celery approximately 2–3 cm thick and 8–10cm long, peel the onions, then cut it all into wedges and place in a deep 30cm x 40cm roasting tray. Peel, halve and add the carrots. Toss with light spray of oil, season with sea salt and black pepper, and roast for 40 minutes.

Meanwhile, drain the beans and pulse a couple of times in a food processor. Add the mince and oregano, and pulse until just combined. With clean wet hands, divide the mixture into 12, roll into balls, then place in a large non-stick frying pan on a medium-high heat with another light spray of oil and cook until golden all over, turning regularly.

Pour the tomatoes, juice and all (and peppers if choose) into the processor (there's no need to clean it). Finely grate and reserve the lemon zest, then squeeze the juice into the processor, season, and blitz until smooth.

Remove the tray from the oven, pour the sauce over the veg, then evenly sit the meatballs around the tray. Return to the oven for a further 20 minutes.

To serve, crumble over the feta, sprinkle over the reserved lemon zest. Great as it is, or with mashed potato, mashed kumara, couscous, rice, cauliflower rice or spaghetti.



HEALTHY MINI PIZZA TOASTIES

Quick Lunch or Snack – Serves 4

Ingredients

- 4 slices wholegrain or wholemeal bread
- 4 Tbsp tomato paste
- ½ cup reduced-fat grated cheese
- ½ cup cooked shredded chicken or lean ham
- ½ cup capsicum, finely diced
- ½ cup mushrooms, sliced
- ¼ cup pineapple pieces (optional)
- 1 small tomato, finely diced
- 1 Tbsp fresh herbs (parsley, basil or oregano)
- Freshly ground black pepper (optional)

Method

Preheat oven or air fryer to 180°C.

Place bread slices on a baking tray.

Spread each slice with 1 tablespoon tomato paste or relish.

Add your toppings – capsicum, mushrooms, tomato, chicken or ham if using.

Sprinkle reduced-fat cheese evenly over the top.

Bake or air-fry for 8–10 minutes, until the cheese is melted and lightly golden.

Sprinkle with fresh herbs and serve warm.

Healthy Tips

Wholegrain bread provides fibre that supports heart health.

Using reduced-fat cheese lowers saturated fat.

Adding extra vegetables boosts nutrients and flavour without extra salt.



CHICKEN AND VEGGIE KORMA

Ingredients

- 1 carrot
- 1 stick of celery
- Half a purple Kumara
- Half an orange Kumara
- 2 cloves garlic
- 1 parsnip
- 1 tomato
- 1 cup water
- 1 cup coconut cream
- 1 tsp turmeric
- 1 Tbsp curry powder
- 2 chicken breasts
- 1 tsp oil
- 1 Tbsp butter or marg

Method

Grate all vegetables, cut tomato, fry all in oil and butter until soft, add herbs, add water, reduce, blend.

Cut chicken, add to blended sauce, then add coconut cream and reduce until chicken is cooked

Serve on rice.



EASY MEXICAN SALSA

Ingredients

- 1 Red onion
- 1 Yellow Capsicum
- 1 Green Capsicum
- 4 Tomatoes
- 2 cobs of Corn, shucked, or 1 tin of corn kernels drained of brine
- Sweet chilli sauce
- Black pepper to taste
- 1 tsp smoked Paprika
- 1/2 tsp ground cumin

Method

Fine dice onion, tomato and capsicums and add to large bowl with all other ingredients, add chilli sauce to desired taste, mix together well. Great served as a side dish to any Mexican style food, or as a fresh topping for baked salmon. Store covered in fridge for up to 4 days.



KARAAGE CHICKEN BOWLS

Ingredients

- Chicken thighs, diced into 2cm chunks 500 g
- Soy sauce 1/4 cup
- Garlic 1 Tbsp
- Grated ginger 2 Tsp
- Lemon juice 1 Tbsp
- Cornflour 1/2 cup
- Oil 1/4 cup
- Lettuce
- Grated carrot 1
- Cucumber 1/2
- Red onion 1/2
- Edamame beans 1/4 packet
- Basmati rice cooked 2 cups

Method

In a medium sized bowl, add the diced chicken thighs, soy, garlic, ginger and lemon juice, stirring well to combine. Leave to marinate for 20–30 minutes.

Whilst the chicken is marinating, prepare salad with lettuce, red onion, carrots, cucumber and edamame beans.

When the chicken is finished marinating, remove from the bowl, shaking off any excess liquid. Place the chicken into a bowl with the cornflour and toss the pieces generously to coat.

Heat the oil in a frying pan to a medium heat. Cook the chicken in batches for 6 to 7 minutes each or until golden and cooked through, turning once. Remove and rest on a paper towel.

To serve, assemble rice, chicken and salad in bowls. Drizzle with a squeeze of lemon and top with your choice of sauce. I recommend kewpie mayo and teriyaki sauce.



OVERNIGHT OATS – 5 WAYS

Ingredients

- 1/2 cup plain Greek yogurt (Chobani or Cyclops)
- 1/4 cup milk (any type)
- 1/8 tsp fine sea salt
- 1/3 cup old-fashioned rolled oats
- 1 Tbsp chia seeds
- 1/3 mashed banana

Flavour Variations (Choose One):

Berry

- 1 tsp honey (optional)
- 2 tsp lemon juice
- 1/2 cup berries (fresh or frozen)
- 1/4 cup walnuts (optional – add in the morning)
- Chocolate Coconut:
 - 1 Tbsp cocoa powder
 - 1 tsp honey (optional)
 - 2 Tbsp shredded coconut



Blueberry Chia

- 1 tsp honey (optional)
- 1/2 cup blueberries (fresh or frozen)

Cinnamon

- 1 tsp honey (optional)
- 1/2 tsp cinnamon (plus more to taste)
- Ginger and Rhubarb:
 - 1/4 – 1/2 tsp ground ginger (to taste)
 - 1/4 cup stewed rhubarb (put on top)
- 1 tsp honey (optional)

Method

1. In your jar or container, stir together all ingredients except oats, seeds and berries.
2. Mixing these first prevents clumpy oats.
3. Add rolled oats and chia seeds and mix until fully combined.
4. Add berries if using on top (frozen berries will thaw overnight).
5. Refrigerate for at least 4 hours (overnight gives the best texture).
6. Stir and enjoy straight from the fridge. If too thick, mix in 1–2 tablespoons of milk.

STICKY PEANUT BUTTER CHICKEN

Ingredients

- 2 Tbsp peanut butter
- 1 Tbsp honey
- 1–2 Tbsp soy sauce
- 650gm chicken breast – cut into thin strips
- 1 tsp mild curry powder
- 1/2 – 1 tsp dried chilli flakes
- 2 tsp lime or lemon rind and juice
- 3–4 spring onions sliced thinly
- 1/4 cup coriander – chopped thinly

Method

Combine peanut butter, honey, soy sauce and 2 tablespoons water in a small bowl. Set aside.

Sprinkle chicken with curry powder and chilli flakes and toss to coat.

Lightly spray a large non-stick frying pan with oil and heat over medium–high heat.

Stir-fry chicken, in batches, for 3–4 minutes, until just cooked through.

Return all the chicken to pan with peanut butter mixture and simmer for 2 minutes.

Remove from heat. Stir in lime / lemon zest and juice and three-quarters of the shallots. Season with salt and pepper.

Divide rice and chicken among bowls. Sprinkle with coriander and remaining shallots. Serve with lime/lemon wedges and rice



10 MIN. CREAMY CHEESE PASTA

Ingredients

- 1 diced onion
- 250g bacon, chopped
- 1 diced courgette
- 6 sliced mushrooms
- Handful of frozen peas
- 100g lite cream cheese
- Dash of milk
- Pasta to serve (can also use gnocchi or rice)

Method

On a medium heat, fry the onions in a little oil for a few minutes, then add in the bacon, courgette and mushrooms. Fry together for 5 minutes, add frozen peas and stir. Add in the cream cheese (in spoonfuls rather than as a lump so it melts easier), and a splash of milk. Stir until the cream cheese is melted, then serve over pasta and season with pepper.

Can use chicken instead of bacon if you prefer, or skip the meat entirely and add more veg



FRESH & CRUNCHY FISH WRAP

Ingredients

Wrap

- 2 wholemeal wraps
- 2 white fish fillets (hoki, tarakihi or gurnard)
- 1 egg
- 1/2 tsp paprika
- Pinch salt & pepper
- 1 tsp oil (for pan)

Crunchy Slaw

- 1/2 cup shredded cabbage
- 1/4 cup grated carrot
- 2 Tbsp finely chopped broccoli
- 1 Tbsp sliced spring onion (optional)
- 2 Tbsp plain unsweetened yoghurt
- 1 tsp lemon or lime juice
- Pinch pepper

Fresh toppings

- 1/2 tomato, diced
- 1/4 red onion, thinly sliced
- 1/4 cucumber, chopped

Method

1. Make the slaw

Combine cabbage, carrot, broccoli and spring onion in a bowl.

Stir through yoghurt, lemon juice and pepper until lightly coated.

2. Prepare the fish

Beat egg in a bowl.

Mix paprika, salt and pepper in another bowl.

Dip fish in egg then lightly coat in seasoning.

3. Cook the fish

Heat oil in a pan on medium heat.

Cook fish 3–4 minutes each side until golden and cooked through.

4. Warm the wraps

Heat wraps in a pan or microwave for 20 seconds to soften.

5. Assemble

Add slaw to wrap – place fish – top with tomato, red onion and cucumber.

6. Serve

Fold tightly and enjoy while warm.



CHICKEN CAESAR SALAD

Ingredients

Croutons

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp chopped fresh parsley
- 1 clove garlic, grated
- Salt and freshly ground black pepper, to taste
- 4 cups ciabatta bread cubes

Chicken

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp freshly squeezed lemon juice
- 2 tsp lemon zest
- 1 clove garlic, grated
- Salt and freshly ground black pepper, to taste
- 1 ½ pounds boneless, skinless chicken breasts

Method

Croutons

Preheat oven to 200 °C.

In a small bowl, whisk together olive oil, parsley and garlic; season with salt and pepper, to taste.

Spread bread cubes in a single layer on a baking sheet. Stir in olive oil mixture and gently toss to combine. Place into oven and bake until crisp and golden, about 13–15 minutes; set aside.



Chicken

In a small bowl, combine olive oil, lemon juice, lemon zest, garlic, 1 teaspoon salt and 1/2 teaspoon pepper.

In a gallon size Ziploc bag or large bowl, combine chicken and olive oil mixture; marinate for at least 2 hours, turning the bag occasionally. Drain the chicken from the marinade.

Preheat grill to medium high heat.

Add chicken to grill, and cook, turning occasionally, until chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 4–5 minutes per side. Let cool before dicing into bite-size pieces.

KUMARA AND CHICKEN PATTIES

Ingredients

- 500gm minced chicken
- 200gm mashed orange kumara (no salt, fat or milk)
- 1 red onion chopped (you could use a brown one)
- 2 garlic cloves grated
- 2 Tbsp chopped parsley
- 2 Tbsp basil chopped (if you have it)
- 1 egg
- 100gm panko breadcrumbs
- 1/4 cup Parmesan cheese grated
- 2tsp olive oil
- 2 Tbsp light sweet chilli sauce

You will need about 300gm kumara to yield 200gm cooked , peeled kumara.



Method

Place all ingredients in a bowl except chill sauce and oil. Mix together well.

Season with a little salt and pepper

Use a ice cream scoop to make 15 patties (or your hands)

Heat 1/2 of oil in non stick frying pan

Cook 1/2 the patties. 5 mins each side. Until golden brown and cooked through.

Repeat steps cooking other 1/2 of patties.

Serve with sauce and a sprinkle of sauce

Ideas

These are great with a salad, in a wrap or cold in lunch boxes. I also use them as a snack. A great stand by.

APPLE, RAISIN & OAT MUFFINS

No sugar or flour

Ingredients

- 2 cups of old-fashioned rolled oats, not quick oats
- 1 cup of unsweetened applesauce or one cup of low-fat Greek yoghurt or one mashed banana
- 2 medium apples grated with the skin on
- 1/2 a cup of raisins
- 2 large eggs
- 1 tsp of baking powder
- 1 tsp of cinnamon powder
- Half a tsp of nutmeg powder
- A pinch of salt
- 1/3 cup of nuts (walnuts or almonds are good)

Method

Mix all dry ingredients in a bowl.

Mixing grated apple raisins or sultanas.

Lightly beat eggs and apple sauce (or whatever you are using here) together.

Mix into the dry ingredients.

Fill muffin cases. Sprinkle the chopped nuts over the top.

Bake 15 to 20 minutes at 180°C. Do not overbake the middle should be a little springy. They will firm up on cooling.

These freeze well.



Ingredients

Beef Ragu

- 2x 400 g tins of crushed tomatoes
- 1 cup of beef or vegetable stock
- 2 Tbsp of extra-virgin olive oil
- 1 large onion finely chopped
- 2 medium carrots finely chopped
- 1 cup of pumpkin cut into small dices
- 3/4 of a cup of red lentils (optional)
- 2 tsp of dried oregano
- 1 small pinch of chilli powder
- Salt and black pepper ground
- Three cloves of garlic crushed

Method

Beef Ragu

Heat oil in a large pan.

Cook onion, carrots, pumpkin, oregano, and a pinch of salt for 10 mins. Add garlic, tomato paste, soy sauce, Worcestershire, and mustard; cook 3 minutes, then add mince and cook until browned, breaking it up. Pour in wine, simmer briefly and add tomatoes, stock, and lentils. Season, bring to a boil, then simmer on low for 1 hour until thick, stirring occasionally.

Pressure cooker

Follow same steps, use half the liquid, cook 50 mins.

Note

This recipe makes a large batch of Regular sauce for pasta or baked gnocchi with beef Ragu.

BEEF RAGU

Bulk amount

- 2 Tbsp of tomato paste
- 2 Tbsp of soy sauce
- 1Tbsp of Worcestershire sauce
- 1 Tbsp of Dijon mustard
- 500 g of lean beef mince (or venison mince)
- 1 cup of red wine (or extra stock)

Bechamel Sauce

- 50 g of butter
- 1/4 of a cup of plain flour
- 2 3/4 of a cup of light milk or full fat
- Salt and pepper
- 1 cup of grated cheese
- Half a tsp of nutmeg

Bechamel Sauce

Melt butter, whisk in flour to form a paste. Cook on low for 2 mins, then gradually whisk in milk until smooth.

Season and cook gently for 5 mins, remove from heat, stir in cheese and nutmeg.

Baked Gnocchi with Beef Ragu

Cook the entire packet of gnocchi as per the packet instructions don't overcook. Add the gnocchi to the sauce and pour into a large ovenproof dish or two medium dishes and top with the Bechamel sauce. You can add a little extra grated cheese on the top of desire.

Bake for 25 minutes until top is golden and bubbly. Serve with broccoli or a green salad.

ROAST VEGETABLE FRITTATA

Ingredients

- 5 eggs
- 1/2 cup of milk light or full fat
- 1 medium orange sweet Kumara sliced thinly
- 2 medium carrots slice thinly into discs
- 1 onion chopped into eight
- 2 courgettes sliced thinly
- 1 beetroot sliced thinly
- 3 Tbsp of feta cheese crumbled (optional)

Method

Heat oven to 190°C

Spray oven tray lightly with oil arrange vegetables in a single layer to roast – sprinkle with herbs, and roast turning halfway through (courgettes dont take as long to roast).

Veges are cooked when lightly coloured.

Let cool



- 1 cup of cheese grated
- 2 cups of baby spinach chopped
- Italian herbs seasoning – dried
- 2 tsp of each sunflower seeds and pumpkin seeds (optional)

Vegetables can be varied depending on season – but I always have spinach, onion, kumara and carrot and then whatever is available.

Beat eggs and milk in a bowl, add salt and pepper.

Spray or grease bottom of a medium dish, then layer half the roast vegetables into the dish. Then top with the spinach and feta cheese and lastly the rest of the roasted vegetables.

Pour the egg mixture on top and sprinkle over the grated cheese and seeds.

Bake in the oven for between 30 to 40 minutes until the egg mixture is set. (Serves 4)

Great for lunches, dinner , and just to have a healthy snack in the fridge

HEALTHY FETA & SPINACH BÖREK

Ingredients

- 1–3 Green Spring Onions
- Big bushel of coriander, parsley, or other fresh green herbs
- 2 large handfuls of spinach, kale, or similar greens
- 90g–100g feta for 2 servings (approx 45g per person)
- 2 Tbsp of cottage cheese
- 100g egg whites
- 6 sheets rice paper
- Salt and pepper
- Squeeze of lemon juice
- 2 tsp sesame seeds
- Optional – spray of olive oil, touch of grated cheddar, chilli flakes

Method

Pre-heat oven to 200° C bake and line a small baking tray with baking paper.

Prepare the greens. Clean your kale or spinach thoroughly, then tear and add to a bowl. Pour over boiling water and let wilt, then drain and squeeze out excess water.

Finely chop spinach, spring onions and coriander, mingling together as you chop, then add to a bowl.

Crumble in feta, spoon in cottage cheese and mix with fork. Add pepper and a very small crack of salt (very easy to over-salt as feta is salty!).

Whisk egg whites, then add a large spoonful of the egg to the feta spinach mixture, along with a squeeze of lemon. Mix thoroughly. Other flavours like smoked paprika or chilli flakes are optional at this stage.

Divide mixture into two clear portions within the bowl. Then, arrange your workstation with a large chopping board, your lined baking tray, sheets of rice paper, and egg plate at the ready.

Dip a sheet of rice paper into the egg and then flip, coating both sides thoroughly. Lay on board, then do another two sheets, slightly overlapping. Place one lot of mixture down the middle.

Roll into a thin snake, then curl up into a spiral. Lay on the prepared baking sheet. Liberally sprinkle with sesame seeds, and optional extra grated cheddar. Then, repeat with the remaining sheets of rice paper and mixture.

Spritz the börek with spray olive oil if using, then bake in the oven for 25 minutes or until golden. Serve with salad.



PASTA SALAD

Ingredients

- Pasta spiral or shells 2 cups cooked
- 1x Cucumbers
- 4x Tomatoes
- 1x red Onion
- 1/4c white vinegar
- 2/3c sugar
- 3/4c vege oil
- 1/4c Tomato Sauce
- 1tsp paprika and salt

Method

Cooked pasta, let cool.

Cube tomato and cucumber, diced onion.

Add to cooled pasta.

Dressing combine vinegar, sugar, oil, tomato sauce and paprika. Pour over pasta. Mix



VEG OUT NACHOS

Ingredients

- Half cup of each chopped fine ...
- Carrot
- Red onion
- Courgette
- Celery
- Kamokamo
- Yellow capsicum
- Red capsicum
- Kumara
- Halloumi
- 4 Tbsp Olive oil
- 3 tsp Crushed garlic
- 1 tsp Chilli flakes
- 400gm tin tomatoes
- Nachos
- Sour cream
- Chopped spring onions

Method

Sauté all chopped veggies and halloumi in the olive oil til half cooked. Add tomatoes and stir for 4 minutes.

Pour over nachos.

Serve with sour cream and spring onions.



MEREANAS FLAPPY TAIL

Ingredients

Crayfish tail marinated in garlic butter, Cajun with hint of kawakawa salt. Yummy served with a side salad

Method

Blanch tail, coated in marinated butter, Cajun and sprinkled with kawakawa salt

Mereana Lopa



VEGETARIAN RICE BOWLS

Ingredients

- Rice
- Lettuce
- Cucumber
- Falafel
- Mayo
- Bbq sauce
- Sesame to coat

Method

First cook your falafel, then cook your in the bag ready Rice.

Place the rice in a bowl followed by a layer of lettuce, chopped cucumber and falafel.

Drizzle with mayonnaise and bbq sauce, or a sauce of your choice.

Sprinkle with Sesame seeds to complete (optional)

Enjoy ready in 15 minutes



ZUCCHINI AND CORN FRITTERS

Ingredients

- 2 medium zucchini, grated
- 1 cup corn kernels
- ½ small red onion, finely diced
- 2 eggs
- ½ cup wholemeal flour (or plain flour)
- ¼ tsp salt (optional)
- ¼ tsp freshly ground black pepper
- 1–2 Tbsp olive oil for cooking
- Red onion
- Zucchini
- Flour
- Egg
- Salt pepper

Method

Prepare the zucchini

Grate the zucchini and place it in a sieve or colander. Let it sit for about 30 minutes to drain. Squeeze out as much excess liquid as possible using your hands or a clean cloth.

Prepare the vegetables

Finely dice the red onion and drain the corn kernels if using canned corn.

Make the batter

In a large bowl, whisk together the eggs and flour until smooth.

Combine ingredients

Add the grated zucchini, corn kernels, and diced onion to the bowl. Season with a small amount of salt (optional)

and black pepper. Mix well until everything is evenly combined.

Cook the fritters

Heat a large frying pan over medium heat and add a small amount of olive oil.

Spoon small portions of the mixture into the pan and flatten slightly to form fritters.

Flip and finish cooking

Cook for 3–4 minutes until golden on the bottom, then flip and cook the other side until cooked through.

Drain and serve

Place cooked fritters on paper towels to remove excess oil. Serve warm.

Serving Suggestions

Serve with:

A fresh green salad

Low-fat yoghurt or tzatziki

A squeeze of lemon juice for extra flavour without added salt.



Jorja Townene

HAM & EGG TORTILLA CUPS

Ingredients

- 100g tasty cheese, grated
- 50g ham, chopped
- ½ red capsicum or tomato, finely diced, 2 Tbsp corn or peas
- ½ red onion, finely diced
- 8 eggs
- 10 small tortillas or wraps

Method

In a large bowl, combine the cheese, ham, capsicum or tomato, peas or corn and red onion. Crack in the eggs, season with salt and pepper, and mix well.

Place the tortillas into muffin tins, pressing down each one to create a cup shape.

Divide the egg mixture evenly among the tortillas.

Preheat the oven to 180°C fan bake. Bake the cups for 15–18 minutes or until cooked through.

Let them sit in the tray for 5 minutes to set before serving.

Store in an airtight container in the fridge for up to 3 days.



BEST EVER PASTA SALAD

Ingredients

- 500g pasta, bowtie/penne/spirals
- 200g cherry tomatoes, halved
- 200g cucumber, diced
- 1 spring onion, finely sliced
- 4 hard-boiled eggs, peeled
- Dressing
- 1/2 cup mayonnaise (110g)
- 1/2 cup sour cream (125g tub)
- 1 Tbsp dijon mustard
- 1 Tbsp fresh parsley, finely chopped
- 1 tsp lemon juice
- 1/4 tsp salt
- 1/4 tsp sugar
- 1/4 tsp pepper
- 1/4 tsp smoked paprika

Method

Cook pasta in a large pot according to packet instructions until al dente. Drain then add the pasta back to the pot.

Add tomatoes, cucumber, and spring onion. Keep aside extra feta and spring onion for garnish when serving.

Whisk together all of the ingredients for the dressing. Pour into the pot and mix all of the ingredients together until well coated.

Add the pasta salad to a serving dish. Slice boiled eggs and arrange on top of pasta.

Scatter over extra spring onion.

Serve while warm or store in the fridge until ready to serve.



Notes

Tasty additions or swaps include: sun-dried tomatoes, red or yellow pepper, cooked chicken, corn, red onion, cooked asparagus or green beans, peas and even canned tuna.

STICKY MINCE NOURISH BOWLS

Ingredients

- 1/2 Tbsp extra virgin olive oil
- 500 g beef mince
- 2 cloves garlic – crushed
- 1 Tbsp ginger root – finely grated
- 1 Tbsp soy sauce
- 1 Tbsp brown sugar
- 1 cup peas – fresh or frozen (defrosted)
- 1 red capsicum – diced
- 1 bunch fresh coriander leaves or parsley
- 4 Tbsp onion pickle – recipe here, or kimchi, or sauerkraut
- 60 g mixed leaves – or wilted greens
- 1 lemon – or lime quartered

Method

Place a pan or wok over a medium high heat.

Add the olive oil, beef, garlic and ginger. Stir-fry until the beef is cooked and there's no liquid in the pan.

Then turn the heat up high, add the tamari and sugar and stir for 2–3 minutes, until the sugar caramelises.

For the last minute add the peas. Turn off the heat.

While the mince is cooking, pick the coriander leaves off the stems and dice the capsicum.

Serve

In a bowl place the mince, leafy greens, capsicum, coriander, onion pickle or kimchi. Serve with the wedge of lemon or lime. Mix together and enjoy.

Store

The mince in an airtight container in the fridge or freezer.

The capsicum in an airtight container in the fridge.

The herbs and leaves in an airtight container in the fridge.

Warm Bowl

Heat the mince and wilt the greens to serve.

MEDITERRANEAN CHICKEN BAKE

With lemony mayo

Ingredients

- 500 g chicken thighs
- 2 red capsicums (large)
- 1 sweet potato (kumara)
- 1 red onion
- 2 Tbsp extra virgin olive oil – extra virgin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1 lemon – zest
- Sea salt and freshly ground black pepper to taste

Lemony mayo

- 115 g whole egg mayonnaise (½ cup)
- 1 clove garlic minced
- 1/2 a lemon – juiced
- 1/2 tsp honey
- Sea salt and freshly ground black pepper to taste

Method

Pre-heat the oven to 180°C/350°F (fan-forced).

Finely slice the chicken, capsicums, sweet potato and red onion. Place on a large baking tray and drizzle over the olive oil. Add the oregano, smoked paprika (optional), lemon zest, sea salt and pepper.

Toss together until the chicken and vegetables are evenly coated and arrange in a single layer on the tray.



Place the tray into the oven and bake for 20–25 mins until browned and the chicken is cooked through.

Now make the lemony mayo by mixing all of the ingredients together in a small bowl.

Serve

For a light meal, serve in a lettuce cup, tortilla or wrap with the lemony mayo and leafy greens

Or tossed through mixed greens (dressed with olive oil and lemon juice) for a delicious salad. I also like to add in olives and cherry tomatoes.

For a bulked up meal, it's lovely over rice, quinoa or cous cous.

Leftovers are fabulous in a wrap or as a salad for lunch.



CRUSTLESS VEGE QUICHE

Ingredients

- 1/2 red pepper, finely chopped
- 6 broccoli florets, chopped
- 1 small zucchini, chopped
- 1 cup grated mild cheddar or colby cheese
- 6 eggs
- 1 tsp oil
- Salt and pepper to taste

Method

Sauté veggies in oil until tender.

Remove veggies and allow to cool.

Beat eggs in bowl, add salt and pepper add cool veggies to eggs and mix well.

Spray glass pie plate with cooking spray.

Pour half of the egg mixture in pie plate.

Add the cheese slices.

Top with remaining egg mixture.

Bake at 350 degrees for 15–17 minutes.

TIP

This is a good recipe to use any left over cooked vegetables.



MINISTRONE

Ingredients

- 1 Tbsp extra-virgin olive oil
- 1 medium onion, diced
- 2 medium carrots, chopped
- 2 celery sticks, thinly sliced
- 1 tsp salt (sea salt preferably)
- Ground black pepper
- 3 garlic finely chopped
- 1 can diced tomatoes
- 1 can white beans or kidney beans, drained and rinsed
- 1 cup frozen green beans
- 4 cups vegetable stock liquid
- 2 bay leaves
- 1 tsp dried oregano
- 1 tsp dried thyme
- 3/4 cup small pasta, elbows or shells
- 1/2 cup chopped fresh parsley (optional)

Method

Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, salt, and several grinds of black pepper, and cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.

Add the garlic, tomatoes, beans, green beans, broth, bay leaves, oregano, and thyme. Cover and simmer for 20 minutes.

Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through. Serve with parsley garnish if you choose to.



BEETROOT HUMMUS

Ingredients

- 1 400g can Chickpeas, drained and rinsed
- 1 450g can Beetroot, drained
- 1 clove Garlic, crushed

- ¼ cup tahini
- 3 Tbsp Lemon juice
- ¼ tsp Ground cumin
- ¼ tsp Ground pepper

Method

Place all ingredients in a food processor and blend until smooth

Keep refrigerated until ready to serve

Serve with carrot, celery and cucumber sticks or plain rice crackers



CHOCOLATE SWEET POTATO BROWNIE

Healthy Option

Ingredients

- 350g raw sweet potato (250 g cooked puree)
- 3 eggs
- ¾ cup honey / agave syrup / maple syrup
- 1 tsp vanilla extract
- 40g fine dark cocoa powder
- 130g plain flour
- 1 tsp baking powder
- 50g butter, melted
- 100g chocolate chips of choice



Method

1. Preheat the oven to 180°C fan. Line an 8in (or 20cm) square tin with parchment paper.
2. Peel and chop the sweet potato into 1.5 inch cubes. Steam or boil in a pot of water until fork tender. Strain and cool for about 20 minutes.
3. Mash or blend the sweet potato to a puree then add the 3 eggs, honey, vanilla and melted butter. Blend well again.
4. Pour the wet mix into a large bowl. Sieve in the plain flour, baking powder and cocoa powder. Stir with a rubber spatula. Don't over mix. Add the chocolate chips, mix and pour into the tin.
5. Bake for approximately 25 minutes. Check it with a cocktail stick – when it comes out clean, it's cooked. A little under baked is good too!
6. Storage: Good for 3 days in an airtight container.
7. Freezer: Bag up and freeze for up to 3 months. Defrost in an airtight container on the counter for 1 hour.
8. We love to warm in the microwave for a few seconds and serve with yoghurt, fresh cream, or ice cream and homemade chia berry jam! YUM

Serving suggestion

Vanilla yoghurt and chia seed jam

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