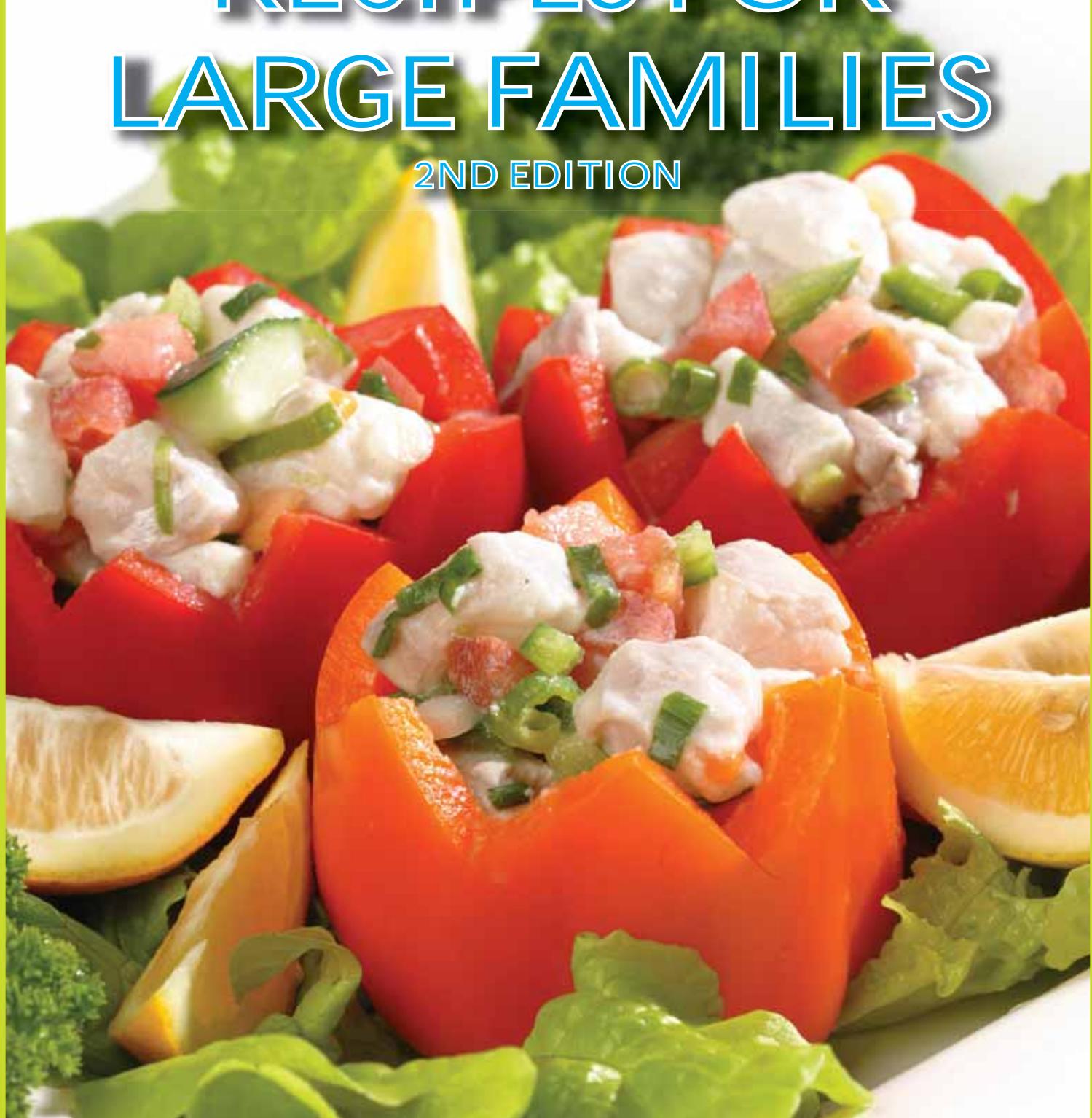


Kai Lelei

RECIPES FOR LARGE FAMILIES

2ND EDITION



Kai Lelei
Nutrition Guidelines



Auckland Regional Public Health Service
Rātonga Hauora à Iwi o Tamaki Makaurau
 Counties Manukau District Health Board
 Waitāmata District Health Board

Working with the people of Auckland, Counties Manukau and Waitāmata

Kai Lelei

Recipes for Large Families

The first edition of 'Recipes for Large Families' was coordinated by Pip Duncan in response to many requests for economical recipes that incorporate Pacific food recipes and cultural themes.

Kai Lelei is a Pacific concept that means 'a good meal', 'a beautiful meal', 'an attractive meal', 'a healthier meal', 'a nutritious meal', and/or 'to eat well'. This recipe book aims to draw from the strengths of our traditional Pacific food, recipes and preparatory methods to produce meals that are inclusive of Pacific and other cultures and traditions. We hope to encourage our Pacific children and families to use this book to celebrate Pacific food and traditions being healthier in order to prevent illness so that we can live longer, healthier and prosperous lives.

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a Kai Lelei



Family is a healthier family



Auckland Regional Public Health Service
Rātonga Hauora ā Iwi o Tamaki Makaurau



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MEASUREMENTS

Metric Kitchen Measures		Abbreviations Used in Metric Recipes	
1 tablespoon	15ml	T	Tablespoon
1 dessert spoon	10ml	t	Teaspoon
1 teaspoon	5ml	°C	Degrees Celsius
½ teaspoon	2.5ml	c	Cup
1 litre jug	1000ml	m	Millilitre
½ litre jug	500ml	L	Litre
¼ litre jug	250ml	kg	Kilogram
1 cup	250ml	g	Gram



SOUPS

CREAM OF VEGETABLE SOUP

Serves 10 – 12

**1T canola oil
2 onions, peeled and chopped
6 potatoes, peeled and diced
6 c peeled, diced vegetables eg: carrots, pumpkin, kumara, parsnip
4 c water or stock
4 c milk
salt and pepper to taste**

1. Heat the oil in a large saucepan
2. Add the onion and cook until soft
3. Add potatoes, vegetables, water or stock
4. Simmer until the vegetables are tender, about 30 – 40 minutes
5. Pass the mixture through a sieve or food processor and return to a saucepan
6. Add milk, salt and pepper to taste
7. Reheat and serve

MUSSEL SOUP

Serves 8 – 10

**1T canola oil
2 onions, diced
8 potatoes, peeled and diced
3 c water or stock
¼ c tomato sauce
4 c milk
24 cooked mussels, chopped in half**

1. Heat the oil in a large saucepan
2. Add the onion and stir-fry until just cooked
3. Add potatoes, water or stock and tomato sauce
4. Simmer until the potatoes are cooked
5. Add the milk and mussels
6. Heat through and serve

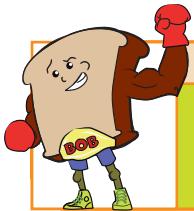


PUMPKIN SOUP

Serves 8 – 10

**1T canola oil
2 onions, peeled and chopped
1 stalk celery, diced
1 kg (1 small) pumpkin, peeled and diced
2 potatoes, peeled and diced
4 c water
pepper to taste**

1. Heat a large heavy-based saucepan, add oil, then onion and celery and cook until lightly coloured
2. Add the pumpkin, potatoes and water and season with salt and pepper
3. Boil gently until all vegetables are tender
4. Puree in a blender, food processor or put through a sieve and return the puree to the saucepan
5. Add a little pepper to taste
6. Heat through and serve



A TIP FROM BOB:

Soups can be the basis for delicious and nutritious meals. Serve soup with toast, bread, taro or cooked banana.

CORN SOUP

Serves 8 – 10

1T	canola oil
2	onions peeled and chopped
2	rashers lean bacon, chopped
1 c	peas or green pepper, seeds removed and sliced
1t	chicken stock powder
2 c	water
½ t	salt
¼ t	curry powder
¼ t	pepper
2 x 425g cans	cream style corn
2 c	diced raw potatoes
2 c	milk

1. In a large saucepan heat the oil, add the onion, bacon and peas or green pepper, and cook until vegetables are soft
2. Add the stock, water, salt, curry powder and pepper
3. Add corn and potatoes and simmer a further 20 minutes or until potatoes are tender
4. Carefully add milk and bring to boil.
5. Serve immediately with wholemeal bread rolls



CHICKEN SOUP

Serves 10 – 12

8 c	water
250 g	chicken strips
½ c	rice
2 medium	onions, peeled and finely chopped
2	carrots, grated
2 c	sliced celery
	pepper to taste

1. Heat the water, add the chicken and rice and simmer for 5 minutes
2. Add the vegetables and simmer for a further 10 – 15 minutes
3. Add extra water if necessary
4. Season with pepper and serve



A TIP FROM DAISY:

Sprinkle a little grated cheese on hot soup for extra protein. Make canned or packet soups with milk for extra protein

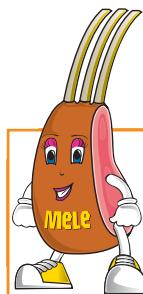
MEATS

BEEF CURRY WITH PUMPKIN

Serves 8 - 10

**1T canola oil
4 onions, peeled and chopped
2T curry powder
1 kg stewing steak cut into small pieces
2 c water
1 kg pumpkin, peeled and chopped**

1. Heat oil in large heavy-based saucepan
2. Add onions and cook until light brown
3. Stir in curry powder and cook 2 minutes
4. Add meat and stir over moderate heat until browned
5. Add water, bring to the boil, cover, lower heat and simmer for 1 ½ hours
6. Add pumpkin and simmer further for 1 hour (Total cooking time 2-2 ½ hours)
7. Serve immediately with boiled rice and boiled or steamed green vegetables



A TIP FROM MELE:

Always buy lean meat (with the fat removed). Take frozen and chilled foods home as soon as possible after buying and place in the deep freeze or refrigerator.

CORNED SILVERSIDE

Serves 8 – 10

**1 – 1.5 kg piece corned silverside
1T brown sugar
1T vinegar
1 onion, peeled**

1. Rinse corned silverside under cold water and place in large saucepan
2. Cover with cold water, bring to the boil, drain off the water
3. Add brown sugar, vinegar and onion to saucepan
4. Cover the meat with water and bring to the boil, lower the heat
5. Cover the saucepan and cook slowly without boiling until the meat is tender. (Allow 1 hour per 500g weight of meat)
6. Turn off heat and leave meat in the cooking liquid for 10 minutes (only)
7. Remove meat from liquid and serve immediately, or cool quickly and place in covered container and refrigerate
8. Serve with boiled potatoes, carrots and cabbage

LAMB CASSEROLE

Serves 8 – 10

**10 lamb leg or shoulder chops
1T canola oil
4 onions, peeled and diced
½ t pepper
2 ½ c water
2 carrots, sliced
1 c vinegar
1 c tomato puree
2t ground ginger**

1. Preheat oven to 160°C
2. Place chops in a deep baking dish with a lid
3. In a frying pan heat oil, add onion and cook for 2 – 3 minutes and spoon over chops
4. Combine all other ingredients and pour over the chops
5. Cover and bake in preheated oven for 1 ½ - 2 hours or until tender
6. Serve with baked potatoes or taro and vegetables



MUTTON BAKE

Serves 8 – 10

½ c flour
¼ t salt
¼ t pepper
1 kg diced lean mutton
1T canola oil
1t mushroom stock powder
4 onions, peeled and sliced
10 potatoes, peeled and sliced
1 c water
pepper to taste

1. Preheat oven to 160°C
2. Mix the flour with the first measure of salt and pepper
3. Coat the mutton in the flour mixture
4. Heat the oil in a pan and brown the meat
5. Place the browned meat in a large dish
6. Sprinkle mushroom stock powder over the meat
7. Spread sliced onions then sliced potatoes on top and sprinkle with pepper
8. Pour the water over the potatoes
9. Cover the dish with a lid or aluminium foil
10. Bake at 160°C for 2 – 2 ½ hours or until meat and potatoes are tender
11. Remove the lid or foil and bake ½ hour more to brown potatoes
12. Serve with boiled green vegetables

MUTTON AND VEGETABLE STEW

Serves 10 – 12

1 kg mutton leg chops, fat trimmed
4 c water
1 ½ c barley or rice
2 carrots, peeled and sliced
2 swedes or turnips or parsnips, peeled and sliced
2 onions, peeled and sliced
2 stalks celery, sliced
¼ t salt
pepper to taste

1. Place meat and cold water in a large saucepan and simmer for 1 ½ hours
2. Cool, then put into the refrigerator overnight
3. Next day remove the solid fat from the surface of the stock
4. Remove the meat from the bones
5. Wash the barley in water, drain and add to the stock and meat
6. Add the vegetables and season with salt and pepper
7. Simmer for about 1 hour or until the barley or rice is tender
8. Serve with baked potatoes or kumara

CORNED BEEF (PISUPO) BURGERS

Serves 8 – 10

2 x 340g can reduced fat corned beef
½ c mashed potato
2 onions, finely chopped
2 c dry breadcrumbs
1T Worcestershire or tomato sauce
3 eggs, beaten
pepper to taste

1. Mash corned beef and add potato, onion, dry breadcrumbs, Worcestershire sauce, beaten eggs and pepper to taste, and mix well
2. Heat the frying pan and spoon tablespoons of mixture into the frying pan
3. Fry gently about 5 minutes on each side
4. Serve in wholemeal bread rolls with salad

STIR-FRY WITH BEEF OR PORK

Serves 8 – 10

1T canola oil
800g – 1kg beef or pork schnitzel, cut in strips or lean pork pieces, finely sliced
2 cloves garlic, crushed
1t ground ginger
10 c prepared vegetables: thinly sliced carrots, celery, onions, mushrooms
2T cornflour
4T cold water
2T reduced salt soy sauce

1. Heat the oil in a large frying pan or wok
2. Add the meat, garlic and ginger and stir-fry 3 – 5 minutes
3. Add the vegetables and stir-fry further 3 – 5 minutes
4. Mix the cornflour with the water and soy sauce
5. Add to the meat and vegetables and stir until thick
6. Serve with rice, noodles, kumara or pasta



PORK STEW

Serves 10

1 kg lean pork pieces
1T canola oil
4 onions, peeled and chopped
2c frozen mixed vegetables
½ t dried mixed herbs or sage
¼ t salt
2 ½ c water
4 cooking apples
pepper to taste

1. Heat a heavy-based saucepan and brown the pork pieces, then remove from saucepan
2. Add oil and cook onion until soft
3. Return meat to saucepan, add mixed vegetables, mixed herbs, salt, pepper and water
4. Cover and simmer for about 30 minutes
5. Peel, core and slice apples
6. Place apple on top of meat and continue to simmer a further 20 minutes until meat is tender and apple soft
7. Serve with rice, taro, kumara or noodles

BEEF AND VEGETABLE STIR-FRY

Serves 8

800 g lean beef, finely sliced
2T reduced salt soy sauce
1T grated ginger
1 clove garlic, crushed
2 onion, sliced finely
4 carrots, sliced finely
2 c cauliflower pieces
2 c broccoli pieces
1 t canola oil

1. Slice the meat into strips and mix with the soy sauce, ginger and garlic. Leave to marinate.
2. Chop all the vegetables
3. Fill a large pot with water and bring to the boil.
4. Add the vegetables and cook for 5 minutes (do not cook until soft) and drain
5. Heat a frying pan with the oil. Add the meat and cook for 2 minutes
6. Add the vegetables and cook for another 5 minutes
7. Serve on rice or with noodles

BACON AND TARO FRITTERS

Serves 8 – 10

3 c cooked and mashed taro
1 c flour
1t baking powder
2 rashers lean bacon, cooked and chopped
2T canola oil

1. Mix the taro, flour, baking powder and bacon together and shape into patties
2. Heat a small amount of oil in a frying pan, add the patties and cook until golden brown
3. Turn and cook the second side until brown
4. Remove from the pan and drain on absorbent paper
5. Serve with a salad

CORNED BEEF AND VEGETABLE DISH

Serves 8

2 x 340g cans reduced fat corned beef
2 onions, chopped
2 courgettes, chopped
4 tomatoes, chopped
3 c chopped cabbage
2 stalks celery, chopped
a little water

1. Warm the can of corned beef and drain off the fat
2. In a saucepan add the onions and some water. Cook for a few minutes
3. Add the corned beef and vegetables
4. Add a little more water if necessary and cook until vegetables are tender
5. Serve with taro, green bananas, rice or noodles



ISLAND CHOP SUEY

Serves 8 – 10

1 packet (240g)	bean thread vermicelli
1 c	hot water
1T	canola oil
1 kg	diced lean beef or pork
4	cloves garlic, crushed
1t	finely chopped green ginger
2	onions, chopped
800 g	prepared vegetables
2T	water
1T	reduced salt soy sauce

1. Place the vermicelli in a bowl and cover with hot water and soak until soft, drain and cut into 20cm lengths with clean scissors
2. Heat the oil in a large saucepan or wok and add the meat, garlic, ginger, onion and vegetables
3. Stir-fry for 4 – 5 minutes then add the vermicelli, water and soy sauce to the meat
4. Simmer for 15 minutes or until the meat is tender
5. Serve with salad



LU / PALUSAMI

For every 2 people

10-15	medium-size clean taro leaves
1 c	cooked lean beef or fish, diced
1	onion, finely diced
½ c	reduced fat or lite coconut cream aluminium foil

1. Layer taro leaves overlapping each other to form a leak-proof circular shape on and around the middle of the aluminium foil
2. Place meat as a heap in the middle of the taro leaves layer
3. Sprinkle finely diced onions over the meat
4. Gather and hold the edges of the taro leaves layer up forming a bowl then pour the coconut cream on and around the meat
5. Quickly fold the taro leaves edges inwards to overlap and enclose the ready to bake lu
6. Fold the aluminium foil edges inwards to overlap and enclose the ready-to-bake lu.
7. Place on an oven dish and bake at 200°C for 1 hour



ROASTS

ROAST SHOULDER OF MUTTON

Serves 8 – 10

1 boned shoulder mutton, about 1 ½ kg weight

1. Preheat the oven to 170°C
2. Place the meat in roasting pan and cook at 170°C for 1 ½ - 1 ¾ hours
3. Remove cooked meat from pan, remove string and serve cut in thick slices
4. Serve with potatoes, kumara and peas or carrots

ROAST VEGETABLES

Serves 10

10 potatoes, kumara, parsnips or pieces of pumpkin

1. Peel and chop vegetables so they are all approximately the same size
2. When the meat has been cooking for about 1 hour add the vegetables to the roasting dish
3. Place the vegetables around the meat, turning each piece over in the fat that has drained from the meat
4. Return to the oven, turn the vegetables after about ½ hour
5. Check the vegetables with a skewer and remove from the oven when soft and golden brown.

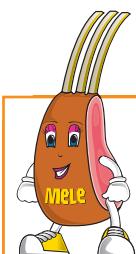
GRAVY

Serves 8 – 10

1 - 2T flour

2 c vegetable water or water

1. Lift meat and vegetables from roasting pan and drain off all fat
2. Stir in flour and cook until it froths and colours lightly
3. Gradually stir in the vegetable water and cook, stirring until the gravy thickens
4. Serve with a range of colourful steamed or boiled vegetables



A TIP FROM MELE:

Remove the skin from chicken pieces and fat from lamb before cooking.

MINCE

SAVOURY MINCE

Serves 8 – 10

**1kg beef mince
2 t mixed herbs or curry powder
4 c grated potatoes
4 c grated carrot or courgette
2 c onions, peeled and grated
2 c water
salt and pepper to taste**

1. Heat a heavy-based frying pan or saucepan, add mince and herbs (or curry powder) and cook, stirring until brown. Drain off any fat
2. Add grated potatoes, carrot, onion and water
3. Turn the heat down and simmer mixture for 15 minutes, add more water if necessary
4. Add salt and pepper to taste and serve with rice and vegetables or on toast

VARIATION:

Shepherds Pie

1. Place cooked mince in baking dish
2. Top with mashed potato
3. Brown under grill

MEAT LOAF

Serves 8 – 10

**500g beef mince
500g sausage meat
2 c rolled oats
2 onions, peeled and chopped
2 eggs, beaten
½ c milk**

1. Preheat oven to 180°C
2. Place all ingredients together in a bowl, mix well
3. Grease a baking dish, then shape the mixture into a loaf in the roasting tin or place in a loaf tin
4. Cook in oven for 45 – 60 minutes or until the loaf is cooked and shrinks slightly
5. Serve with potatoes, rice, taro and boiled vegetables



SAUSAGES

SAUCY SAUSAGES

Serves 5 - 6

6 - 8	pre-cooked sausages
1	onion, sliced
1	clove garlic, crushed
1 t	mixed herbs
2 c	chopped vegetables (fresh or frozen)
1 packet (30g)	tomato soup powder
1 ½ c	of water

1. Slice the sausages
2. Place in a large pan or pot with the onion, garlic, mixed herbs and vegetables
3. Mix the soup powder with the water and pour over the sausages. Cook on a medium heat for 20 - 30 minutes, stirring half way through cooking
4. Serve with rice, pasta or mashed potato

CURRIED SAUSAGES

Serves 8 – 10

16	sausages (about 1 ½ kg)
1T	canola oil
1	onion, peeled and chopped
1T	curry powder
1 x 400g can	tomatoes, chopped
1c	water
1t	chicken or beef stock powder
3T	flour
3T	water

1. Put sausages into a large saucepan and cover with cold water
2. Heat until the water is boiling, reduce the temperature and simmer for 20 minutes
3. Drain the sausages and cut each sausage into four
4. Heat the oil in a large saucepan and fry the onion until brown
5. Stir in the curry powder and add the chopped tomatoes and their juice, water and stock powder
6. Bring to the boil and cook over moderate heat for 10 minutes
7. Mix the flour and water together to make a smooth paste
8. Stir into the curry sauce and cook until thick, stirring constantly
9. Add the sausages and simmer for 10 minutes.
10. Serve hot with rice or potato



BEAN AND SAUSAGE MEDLEY

Serves 8 – 10

1T	canola oil
3	onions, peeled and sliced
2	stalks celery, sliced
6	cooked sausages, sliced black pepper to taste

3 x 300g cans	baked beans
---------------	-------------

1. In a large pan heat the oil, add onions and celery and cook until the onion is slightly brown
2. Add sliced sausages and cook for 2 minutes
3. Add pepper and beans and cook for 5 – 10 minutes stirring frequently
4. Serve with rice or crisp toast

FISH

CURRIED FISH LOAF

Serves 8 – 10

1T canola oil
2 onions, peeled and chopped
2t curry powder
2 c milk
1 slice thick white bread, crusts removed
4 eggs

2 x 425g cans tuna in water

1. Preheat oven to 180°C
2. Heat oil in a saucepan, add the onion and cook over moderate heat until soft
3. Stir in curry powder and cook for 2 minutes
4. Add milk and bread, remove from heat and mix with fork until soft
5. Add the eggs and beat well with the fork
6. Mix in the tuna and liquid from the can
7. Pour into greased baking dish
8. Bake in oven at 180°C for 35 – 40 minutes until the loaf is set and golden brown
9. Serve with a salad

TUNA AND TARO PATTIES

Serves 10

3L water
2 x 400g large taros, peeled and cut into 8
2 x 425g cans tuna in water, drained and mashed
1T chopped parsley
1 onion, finely chopped
pepper
2 c dry breadcrumbs
1T canola oil

1. Bring the water to the boil in a large saucepan.
2. Add the taro and cook until tender when tested with a skewer or fork. Drain and leave to cool
3. Grate the cooked taro and place in a large bowl
4. Add the tuna, parsley, onion and mix thoroughly
5. Season with pepper
6. Shape spoonfuls into patties and coat with breadcrumbs
7. Cook in a lightly greased non-stick frying pan for 30 - 40 minutes, or bake on a tray in the oven at 180°C for 30 - 40 minutes
8. Turn halfway through cooking to brown on both sides
9. Serve with salad



A TIP FROM MELE:

If using coconut cream when preparing fish dishes, use reduced fat or lite coconut cream.

TUNA & MACARONI CASSEROLE

Serves 4 - 6

1 ½ c dried pasta (macaroni, spirals, shells etc)
2 x 225g cans tuna in water
1 (30g) packet of powder mushroom soup
1 c reduced fat milk
1 tsp Worcester sauce
½ c crushed weetbix

1. Cook the pasta in plenty of boiling water until tender (about 10-12 minutes). Drain and place in a large baking dish
2. In a mixing bowl add the dry soup mix, milk, Worcester sauce and tuna with all the liquid from the tins. Mix well. Stir thoroughly through the pasta and top with the crumbled weetbix
3. Bake at 180°C for 30 minutes. Serve immediately (or all the liquid will be absorbed) with coleslaw or salad



FISH CAKES

Serves 8

- ½ onion, finely chopped**
2 eggs, beaten
2 x 310g can smoked fish, drained and flaked
1T lemon juice
2T chopped parsley
2 c mashed potato
1. Combine all ingredients
 2. Roll in a little flour and form into flat cakes
 3. Heat a little oil in a frying pan
 4. Add the fish cakes and brown on both sides

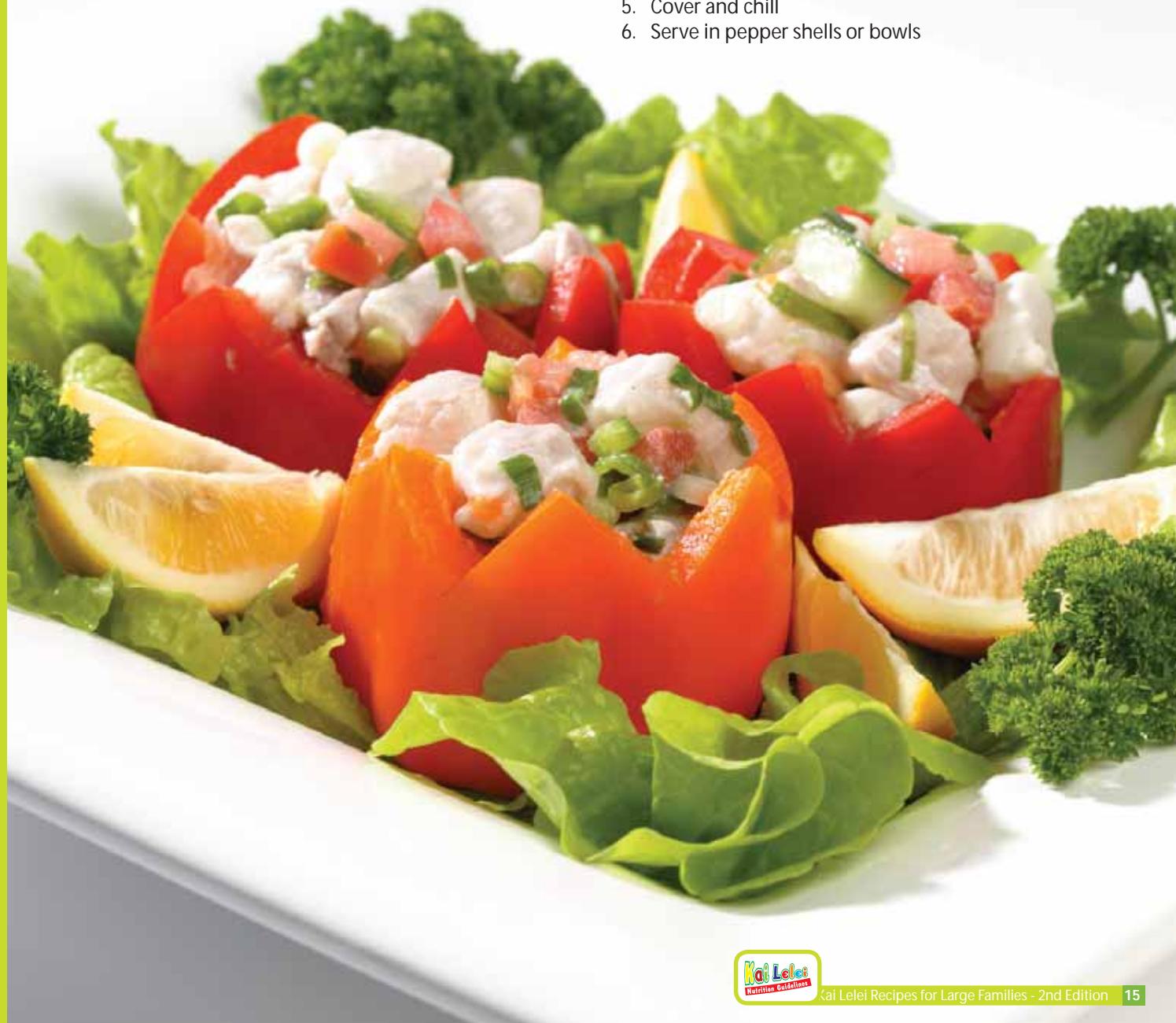
MARINATED RAW FISH

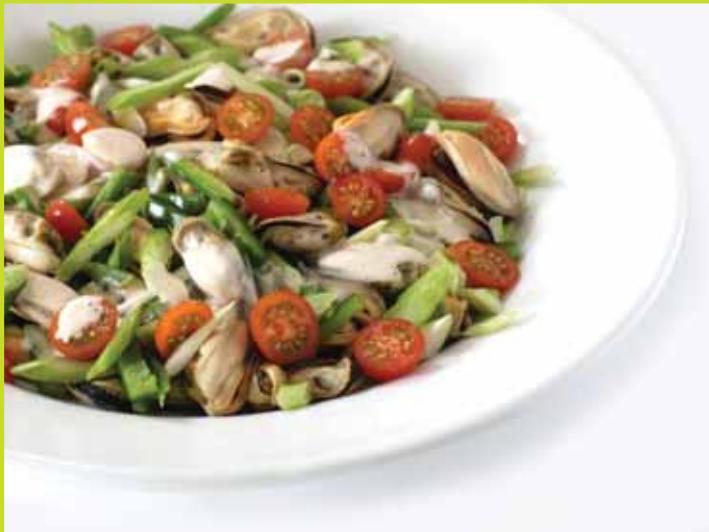
Serves 8 – 10

- 1kg fresh fish fillets**
1c lemon juice
½ c reduced fat or lite coconut cream
¼ c reduced fat milk
3 spring onions, sliced
½ cucumber, seeds removed and chopped into bite-sized pieces
2 tomatoes, diced
1 green or yellow pepper, deseeded and diced

1 stalk celery, finely diced

1. Place the fish in a bowl, add lemon juice, mix well, cover and refrigerate for at least 2 hours or until the fish is white
2. Drain the fish and return to a clean bowl
3. Mix the coconut cream and the low fat milk together, add to the fish, and mix well
4. Add the spring onions, cucumber, tomatoes, peppers, and celery
5. Cover and chill
6. Serve in pepper shells or bowls





MUSSEL SALAD

Serves 8 – 10

- 30** cooked mussels
4 spring onions, finely chopped
2 stalks celery, sliced
2 green peppers, diced
4 tomatoes, diced or 16 cherry tomatoes, halved
½ c lite mayonnaise
2T tomato sauce
½ c reduced fat milk
1. Have mussels cooked, shelled and chilled
 2. Mix prepared vegetables in a bowl and add mussels
 3. Mix mayonnaise, tomato sauce and milk together and lightly coat the vegetables and mussels
 4. Cover and refrigerate until ready to eat
 5. Serve with slices of brown bread

FISH AND CELERY PIE

Serves 8 – 10

- 2T** canola oil
4 stalks celery, thinly sliced
4T flour
1 x 425g can concentrated mushroom or chicken soup
2 x 425g cans tuna in water
6 potatoes, cooked and mashed
1. Preheat oven to 180°C
 2. Heat oil in a saucepan
 3. Add the celery and cook, stirring, over moderate heat for 5 minutes
 4. Stir in the flour and cook, stirring, for 3 minutes
 5. Add the soup and liquid from the canned fish
 6. Stir over moderate heat until the sauce boils
 7. Gently stir in the tuna and pour into a baking dish
 8. Spread mashed potato evenly on top and cook in oven at 180°C for 20 – 25 minutes until the sauce is hot and the potato is brown
 9. Serve with a salad

SUSHI

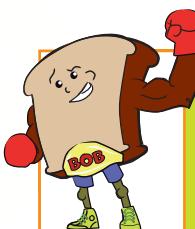
Serves 8 – 10

- 2 c** short grain rice
water
2T white vinegar
2 t white sugar
Nori (seaweed sheets)
Sushi filling:
carrot
cucumber
bean sprouts
avocado
mushrooms
fresh raw fish eg salmon, terakihi

1. Wash the rice. Fill a saucepan with enough water to cover the first knuckle of your index finger. Add rice, place a lid on the saucepan and bring to the boil. Turn off the element, but don't remove from heat, leave for 20 minutes. After 20 minutes transfer to a bowl. Place in refrigerator and chill well.
2. Add vinegar and sugar, return to refrigerator
3. All the sushi filling ingredients must be cut into thin strips
4. Once the rice is cold remove one sheet of nori (you can buy it at most supermarkets). Place on a clean tea towel or sushi mat. Cover ¾ of the nori paper with a layer of rice. Place a row of sushi filling along the rice and roll the sushi up tightly
5. Slice into pieces with a sharp, wet knife and serve with reduced salt soy sauce, wasabi (Japanese horseradish) and pickled ginger



PASTA



A TIP FROM BOB

Cooking Pasta

1 c of pasta gives 2 ½ - 3 cups when cooked.
Place dried pasta in boiling salted water and boil
for about 15 minutes or until the pasta is slightly
firm when bitten or squeezed (al dente).

SPAGHETTI

Serves 8 - 10

1T canola oil
2 large onions, peeled and thinly sliced
1 clove garlic, peeled and chopped
200g bacon, chopped
2 x 400g cans tomatoes, chopped
2 x 500g packet dried spaghetti
1 c grated cheese

1. Heat oil in large frying pan
2. Add the onions, garlic and bacon and cook until soft
3. Stir in the tomatoes and juice then simmer for 20 minutes
4. While the sauce is cooking, cook the spaghetti according to the packet instructions, until it is tender
5. Drain the spaghetti thoroughly and place it on a plate, pour the sauce over and sprinkle with the grated cheese
6. Serve immediately with salad

VARIATIONS:

- Add ½ t chilli powder or 1 t chilli sauce to the sauce
- Use canned tuna in place of the bacon
- Use celery, carrot and courgette in place of the bacon

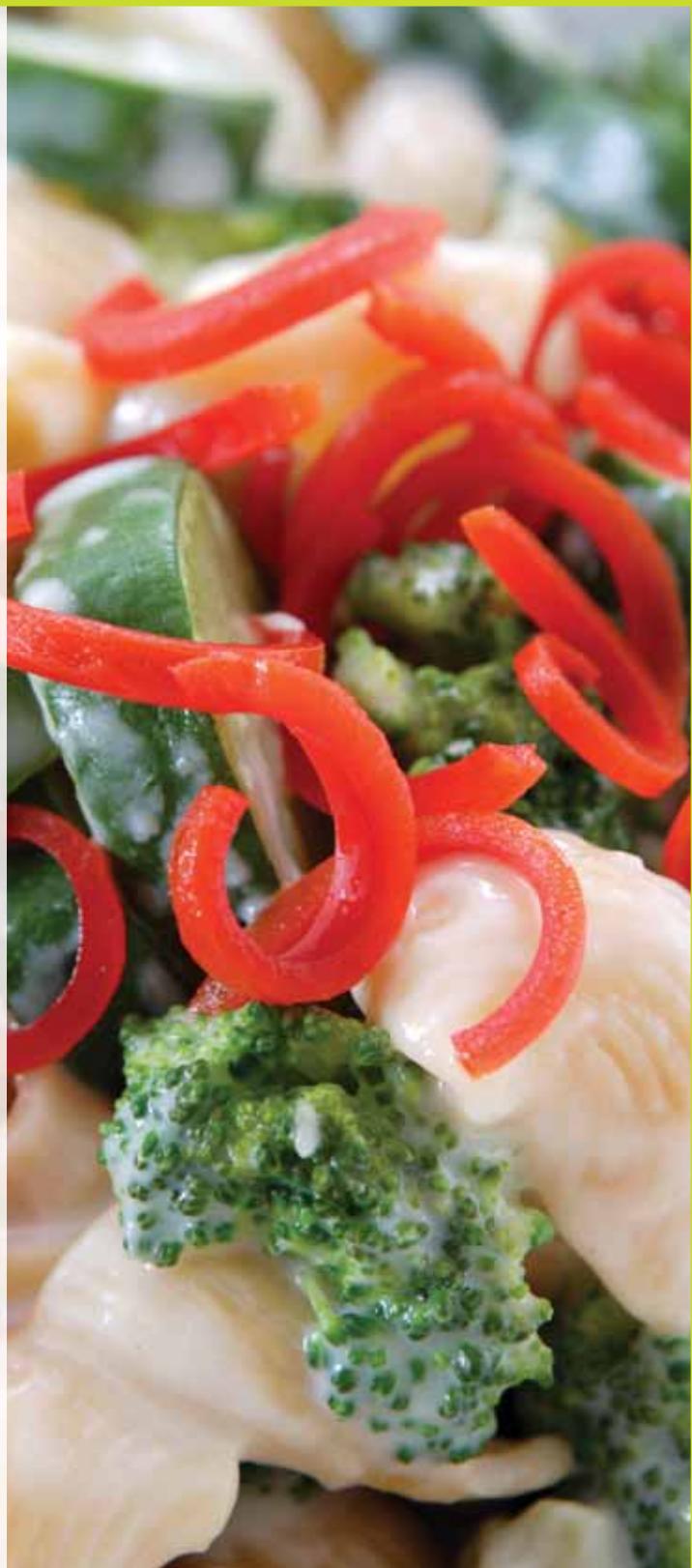
SAUCES FOR PASTA

WHITE SAUCE

Serves 8 – 10

4T canola oil
pinch salt and pepper
4T flour
2 c reduced fat milk

1. Heat the oil in a saucepan add salt, pepper and flour
2. Cook for 2 minutes, stirring with a wooden spoon (do not brown)
3. Gradually stir in the milk, stirring continuously
4. Cook over a low heat until the mixture is smooth and thick



VARIATIONS:

- Curry Sauce
 - Add 1t curry powder to the oil
- Cheese Sauce
 - Add 1T parmesan cheese and 1t prepared mustard
- Parsley Sauce
 - Add 2 T finely chopped parsley when the sauce is cooked

CHICKEN

CHICKEN CHOP SUEY

Serves 10 - 12

1 packet (250g)	bean thread vermicelli
1T	canola oil
800g - 1kg	diced boneless skinless chicken
1	onion, peeled and chopped
3 cloves	garlic, crushed
3 stalks	celery, chopped
4 large	carrots, chopped
1	cabbage, sliced
1 packet (500g)	frozen peas
1/4 c	reduced salt soy sauce

1. Break the vermicelli into shorter lengths
2. Place in a bowl and cover with boiling water. Leave until soft
3. Drain the vermicelli
4. Heat the oil in a large heavy-based pan, add the chicken, onion, garlic, celery and carrot and cook for 5 minutes
5. Add cabbage and peas and cook a further 5 – 8 minutes
6. Add vermicelli to the vegetables
7. Add chicken to the vegetables and vermicelli. Stir in soy sauce and heat thoroughly
8. Serve with rice or taro

SWEET AND SOUR CHICKEN

Serves 8 - 10

1T	canola oil
5	onions, peeled and diced
5	carrots, thinly sliced
1 x 425g can	pineapple pieces in juice
1 packet (500g)	frozen peas
1/4 c	reduced salt soy sauce
1/4 c	tomato sauce
1T	vinegar
1T	sugar
1T	cornflour
2 c	diced cooked, boneless, skinless chicken

1. Heat the oil in a saucepan, add the onion and carrots and stir-fry for 3 – 4 minutes
2. Add pineapple pieces (save the juice), peas, soy sauce, tomato sauce, vinegar and sugar, then bring to the boil and cook for 5 minutes
3. Mix the cornflour with a little water and the pineapple juice. Stir into the sauce mixture and cook until thickened
4. Add the chicken and heat through
5. Serve with rice or cassava



CHICKEN AND MUSHROOM CASSEROLE

Serves 10

10 chicken legs, skin removed
2 stalks celery, sliced
2 c sliced mushrooms
1 x 30g packet mushroom soup powder
4 c water

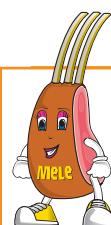
1. Preheat oven to 160°C
2. Place chicken legs in an ovenware dish
3. Add celery and mushrooms
4. Mix soup powder and water together
5. Pour over chicken. Cover with lid or foil
6. Place in oven and cook for 1 hour or until chicken is tender
7. Add extra water if necessary
8. Serve with baked taro and mixed vegetables

CHICKEN AND VEGETABLE CURRY

Serves 10

10 chicken pieces, skin removed
1T canola oil
1-2 T curry powder
2 cloves garlic, crushed
4 onions, diced
2x 400g cans tomatoes in juice
2c water
pepper to taste

1. Heat the oil in a large heavy-based saucepan, add the curry powder and garlic and stir-fry 1 – 2 minutes
2. Add the chicken and quickly brown on all sides
3. Add the tomatoes, water and pepper. Bring the mixture to the boil, lower heat and simmer 30 – 40 minutes until the chicken is tender
4. Serve with rice, baked taro or kumara and vegetables or salads



A TIP FROM MELE:

Always taste food before adding salt and see if you can do without. Herbs and spices add flavour-- try curry, coriander, mint, or parsley.

TOMATO AND GARLIC CHICKEN

Serves 10

10 chicken pieces, skin removed
2T tomato sauce
2T honey
2T reduced salt soy sauce
2 cloves garlic, crushed
2T ground ginger
1c water or chicken stock

1. Place chicken in a large bowl
2. Combine all other ingredients and pour over chicken
3. Cover and place in the refrigerator for at least 8 hours
4. Transfer to baking dish and bake in oven preheated to 180°C for 30 – 40 minutes
5. Serve with rice and salads

CHICKEN BAKE

SERVES 6 - 8

1 large chicken
3c chicken stock (from cooking chicken)
1c finely chopped celery or green pepper (optional)
2-3T flour
2T canola oil
1T finely chopped onion
1T finely chopped parsley
2c wholegrain breadcrumbs

1. Place chicken in a large saucepan and cover with water. Bring to the boil, reduce heat and simmer - 1 1/2 hours until chicken is cooked
2. Remove chicken from stock, cool quickly, cover and place in refrigerator
3. Transfer 3 cups of the stock to a cold container, cool by placing in a sink or pot of cold water, then refrigerate
4. Store chicken and stock in the refrigerator overnight. Remove skin, fat and bones from chicken. Skim off any fat that has set on top of the stock with a spoon
5. Preheat oven to 180°C
6. Place chicken in a large baking dish, sprinkle the celery over the chicken
7. Mix the flour with a little stock, mix in remaining stock and pour over the chicken
8. Heat the oil in a saucepan, add the onion and cook until clear, add the parsley and breadcrumbs, stir well, then spoon over the chicken
9. Bake in pre-heated oven until the topping is golden and the chicken mixture steaming hot
10. Serve with baked pumpkin, kumara and green vegetables

VEGETABLES

CABBAGE AND BACON CASSEROLE

Serves 8 - 10

- 9 c shredded cabbage
- 5 cooking apples, sliced
- 3 onions, peeled and sliced
- 1t ground black pepper
- 1t chopped fresh thyme or ¼ t dried thyme
- 400g lean bacon pieces, chopped
- 2 green peppers, chopped (optional)
- 1 c white vinegar

1. Preheat oven to 150°C
2. Mix cabbage, apples, onions, pepper and thyme
3. Place in large baking dish
4. Arrange bacon pieces on top
5. Sprinkle with chopped green peppers
6. Add vinegar
7. Cover and bake in oven preheated to 150°C for 2 ½ hours
8. Serve with baked potatoes or kumara

BAKED POTATOES WITH TOPPINGS

Serves 8 - 10

10 medium sized potatoes

1. Preheat oven to 200°C
2. Place potatoes on oven rack and bake until the potatoes are soft when pressed with fingers, about 45 – 60 minutes
3. Remove from oven, cut a small cross in the top then press from bottom to form a cross
4. Serve with savoury dishes or with topping and salad

Suggested Toppings

- cream style corn
- baked beans
- cottage cheese and diced celery



A TIP FROM VINI:

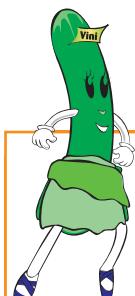
- Try boiled taro, kumara, cassava or green bananas in place of potatoes.
- Have lots of vegetables in your meals.

VEGETABLE SAVOURY

Serves 8 - 10

- 6 eggs
- 1T canola oil
- 2 c reduced fat milk
- 6 carrots, grated
- 4 large potatoes, grated
- 4 chopped silverbeet leaves
- 4 onions, peeled and finely chopped
- 2 chopped lean bacon pieces
- pepper to taste

1. Preheat oven to 180°C
2. Beat the eggs, oil and milk together in a large bowl
3. Add the carrot, potato, silverbeet, onion and bacon and mix well
4. Add pepper to taste
5. Pour into a large greased baking dish
6. Bake in oven at 180°C for 1 hour



A TIP FROM VINI:

- For extra flavour add chopped fresh herbs to cooked vegetables. Avoid adding butter, margarine or oil.

SALADS



A TIP FROM VINI:

- Wash all fruit and vegetables before eating
- Dip cored and sliced apple or peeled ripe banana in lemon juice and water to prevent browning

ORANGE AND GREEN PEPPER SALAD

Serves 8 - 10

4 oranges, peeled and diced
1 lettuce, finely sliced
2 green peppers, chopped
balsamic lite dressing
2T black olives, optional
 $\frac{1}{4}$ c grated cheese

1. Place oranges and lettuce in a bowl, add peppers and mix
2. Lightly toss with salad dressing
3. Sprinkle black olives and cheese over top

VEGETABLE MEDLEY

Serves 8 - 10

1T canola oil
2 x 400g cans tomatoes, chopped
4 onions, sliced
4 courgettes, sliced
1 green pepper, chopped
2 cloves garlic, crushed
pepper to taste
1 x 400g can whole kernel corn, drained
1c chopped parsley

1. Heat oil in large saucepan
2. Add vegetables, garlic and pepper
3. Stir, cover and simmer 20 minutes
4. Add drained corn and heat for a further 3 minutes
5. Sprinkle with chopped parsley

VARIATIONS:

- Preheat oven to 180°C, Place layers of vegetables in a baking dish and cook 40 minutes in preheated oven and sprinkle with the parsley and serve.
- For lunch or tea savoury dish; sprinkle a little grated cheese at the end of cooking and serve with wholegrain bread.

SALADS

- Use fresh crisp ingredients
- Prepare vegetables in a range of ways – diced, sliced, chopped or strips
- Use a variety of colourful ingredients
- Store salads in the refrigerator until ready to serve

APPLE AND CARROT SALAD

Serves 8 - 10

4 carrots, peeled and grated
6 apples, cored and grated
2 stalks celery, sliced
1 lettuce, finely sliced
 $\frac{1}{4}$ c raisins or sultanas
 $\frac{1}{4}$ c lite salad dressing
 $\frac{1}{4}$ c orange juice
1T toasted sesame or pumpkin seeds

1. Place carrot, apple and celery in a bowl
2. Add lettuce, raisins and salad dressing
3. Mix salad dressing and orange juice together and pour over salad
4. Sprinkle with the seeds

COLESLAW

Serves 8 - 10

1 small cabbage, finely sliced
4 carrots, grated
1 green pepper, deseeded and sliced
1 stalk celery, sliced
 $\frac{1}{2}$ c lite salad dressing

1. Mix all ingredients together in a bowl
2. Chill until ready to serve

VARIATIONS:

- Add drained crushed pineapple
- Add grated red apple
- Add diced red onion



A TIP FROM VINI:

Wrap taro, yam, kumara in aluminium foil and place in the oven while roasting meat or cooking stew.

SAVOURY DISHES

PIZZA

Makes 1 large pizza

**1 c flour
1t salt
1t baking powder
1/4t canola oil
1/4 c milk**

1. Mix flour, salt and baking powder together in a bowl
2. Mix the oil and milk together in a cup and pour into the flour
3. Mix together and place on lightly floured board
4. Flatten with palms of clean hands or work to a round shape with rolling pin
5. Line a pizza tin or form the dough into a 22cm diameter circle on a baking tray
6. Cover with topping
7. Bake in oven at 200°C for 10 – 15 minutes

PIZZA TOPPING

**1 c tomato chutney, relish or sauce
1 onion, peeled and finely chopped
1 stalk celery, finely diced
1 green pepper, finely diced
1 c sliced mushrooms
1/2 c grated cheese**

1. Spread the pizza base with the chutney
2. Mix onion, celery, green pepper and mushrooms together and sprinkle over base
3. Sprinkle with the grated cheese



SANDWICHES

Spread slices of bread with:

- hummus
- cottage cheese
- margarine
- lite cream cheese

Add fillings:

- fish (canned) mashed – salmon or tuna
- add
- tomato sauce or slices
- diced celery
- chopped spring onions
- sliced cucumber
- lettuce leaves

Cold meat: beef, ham, lamb, chicken

- add
- chutney
- lettuce leaves
- mustard or horseradish sauce
- drained crushed pineapple
- coleslaw

Egg: mash hard boiled egg with a little milk

- add
- chopped chives
- curry powder
- chopped parsley
- diced celery
- lettuce
- tomato slices

Cheese: grated cheddar, mixed with a little hot milk

- add
- coleslaw
- sliced tomato
- chutney
- lettuce
- grated carrot
- sliced red or pickle onions

Cottage cheese: drained

- add
- drained crushed pineapple
- chopped ginger and dates
- diced red and green pepper
- cucumber

DESSERTS

STEWING FRUIT

Wash and / or peel fruit

- Place prepared fruit in saucepan and half cover with water (only use just a little water to stew rhubarb or tamarillos)
- Bring to boil, reduce heat and simmer until tender
- Add sugar (white, brown, raw) or honey to taste (about $\frac{1}{2}$ cup to 500g of fruit)
- Cool and store in covered containers in the refrigerator

FRUIT CRUMBLE

Serves 8

**2 c rolled oats
1 c flour
½ c brown sugar
1t cinnamon or mixed spice
200g margarine
1kg stewed fruit**

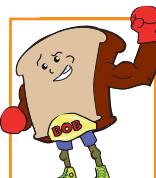
1. Preheat oven to 180°C
2. Mix dry ingredients together
3. Rub margarine into dry ingredients with clean hands to make a crumble mixture
4. Sprinkle crumble topping over stewed fruit
5. Bake in oven at 180°C for 30 minutes

BANANA PUDDING

Serves 8

**12 ripe bananas, peeled and sliced
1c grated raw cassava
water**

1. Place banana slices in saucepan, cover with water and bring to the boil
2. Reduce heat and simmer 20 – 30 minutes, then mash thoroughly
3. Add grated cassava, sprinkling in a little at a time and stirring often
4. Cook until mixture thickens
5. Serve with reduced fat milk or lite coconut cream



A TIP FROM BOB:

Remember lunch. Pack your own lunchbox for work and help your children to pack a lunchbox for school. See the sandwich fillings for some ideas.

RICE PUDDING

Serves 10-12

1 c short grain rice

4T sugar

10 – 12 c reduced fat milk

2t vanilla essence

1. Preheat the oven to 150° – 160°C
2. Wash the rice in a sieve
3. Place all ingredients in a medium-sized baking dish
4. Cook in the oven for 2 – 2½ hours or until creamy, stirring occasionally during the first hour of cooking to ensure even distribution of rice and prevent a skin forming

FRUIT PLATTER OR FRUIT KEBABS

- Select colourful seasonal fruit
- Try new varieties of fruit
- Wash and cut into portions
- Arrange on a plate or platter
- Thread small chunks of coloured fruit onto bamboo skewers
- Vegetables eg carrots, celery, cucumber can be included in the fruit platter.



DRINKS

LEMON LEAF PUNCH

Serves 8

15 lemon leaves
8c water
3T grated fresh ginger
½c sugar
4c orange or pineapple juice
ice
lemon slices

1. Place the lemon leaves, water, ginger and sugar in a large saucepan
2. Bring to the boil then reduce heat and simmer 3 minutes
3. Cool then strain into a large jug, add fruit juice, chill and serve with ice and lemon slices as garnish



A TIP FROM VAI:

Drink water instead of high sugar drinks such as cordial or fizzy drinks.

FRUIT SMOOTHIE

Serves 1

250 ml reduced fat milk
¼ c natural yoghurt
½ c strawberries, banana, berries, stewed apple or canned fruit in natural juice
1 t honey
ice

1. Put all ingredients into the blender and blend
2. Place ice in a large glass and pour in smoothie

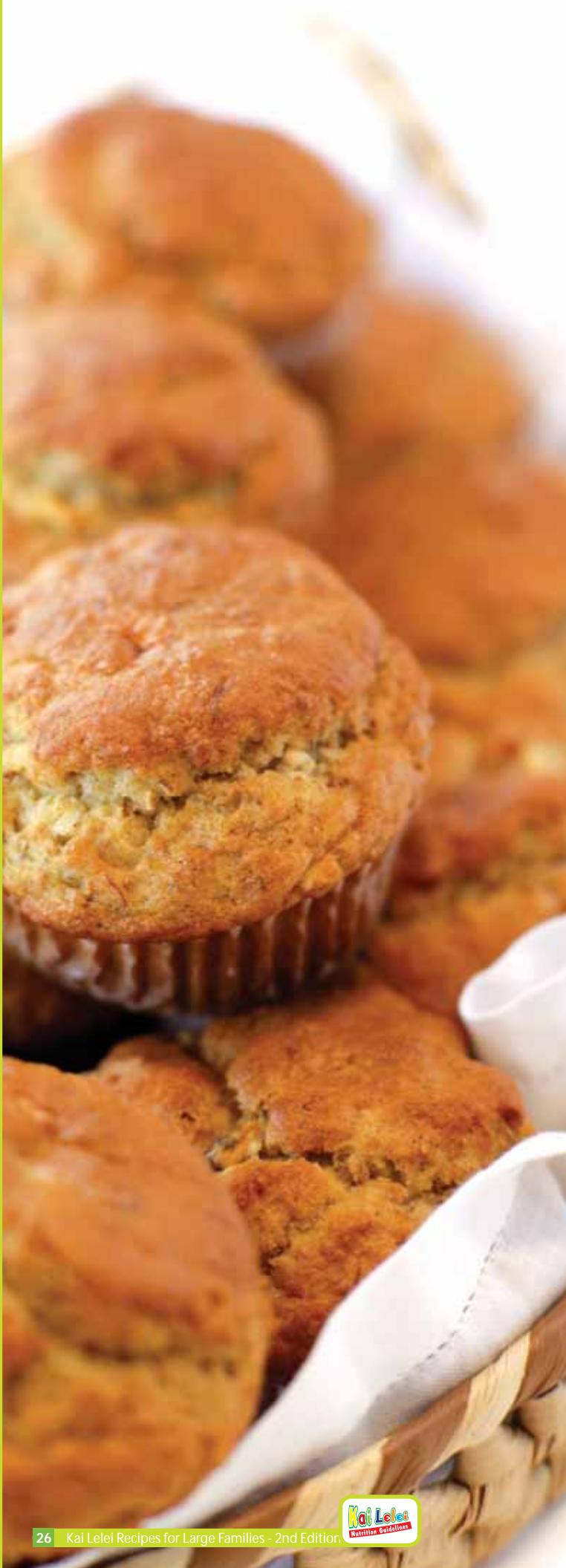
'OTAI - WATERMELON & PINEAPPLE FRUIT PUNCH

Serves 10

½ round watermelon
1 pineapple
1 c lite coconut milk
ice
mint or orange slices for garnish

1. Scrape the flesh of the watermelon, with a medium sized spoon, into a bowl.
2. Remove seeds (can be done while scraping).
3. Cut the pineapple in half lengthwise then scrape the flesh into the bowl with the watermelon.
4. Add the coconut milk and stir thoroughly.
5. Add water to suit taste.
6. Place ice in serving glasses, pour in punch and garnish.





SNACKS

BANANA & BRAN MUFFINS

Makes 24

**2 c flour
1T baking powder
1t baking soda
½ c brown sugar
1 c bran
3 eggs
½ c canola oil
1 c reduced fat milk
1 c mashed banana**

1. Preheat oven to 200°C
2. Lightly oil muffin trays or line with paper muffin cups
3. Sift flour, baking powder and baking soda into a mixing bowl
4. Stir in brown sugar and bran
5. In another bowl beat the eggs
6. Add the oil, milk and banana and mix thoroughly
7. Pour the liquid mixture into the flour mixture and stir together just to mix – do not beat
8. Place spoonfuls into muffin cups
9. Bake in oven at 200°C for 10 – 12 minutes

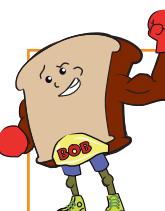
VARIATIONS:

- Add ½ c dried fruit to the flour mixture before adding the liquid
- Use 1 c flour and 1 c wholemeal flour

HUMMUS

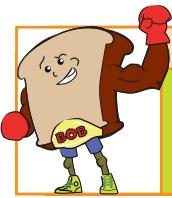
**1 ½ c cooked chick peas
½ c canola oil
2 t finely chopped garlic
¼ c lemon juice
½ t salt**

1. Place all ingredients in a food processor and process until smooth
2. Pour into a bowl, cover and refrigerate until ready to serve
3. Serve with vegetables eg carrot or celery sticks, wholegrain breads or with salad in a sandwich



A TIP FROM BOB:

Fruit and wholegrain bread are good after school snacks for children



A TIP FROM BOB:

Margarine is better to use than butter, but spread thinly.

SCONES

Makes 12

**1 cup flour
1T baking powder
1c wholemeal flour
3T margarine
1/4c sultanas
3/4 milk**

1. Preheat oven to 220°C
2. Sift flour and baking powder into a bowl, add wholemeal flour and mix
3. Rub the margarine into the mixture until it looks like dry breadcrumbs
4. Add the sultanas then enough milk so the dough is combined
5. Roll out on a lightly floured board to about 1cm thickness, cut into 12
6. Place on a cold oven tray in preheated oven for 12 - 15 minutes

MUESLI CRUNCH

Makes 24 pieces

**1 c flour
1t baking powder
1 c rolled oats
1/2 c raisins or sultanas
1/2 c sugar
1T canola oil**

1. Preheat oven to 180°C
2. Sift flour and baking powder into a mixing bowl
3. Stir in rolled oats, dried fruit and sugar
4. Add oil and mix well
5. Press into a greased 20cm x 30cm baking tin
6. Bake in oven at 180°C for 20 – 25 minutes
7. Cut while warm but leave in the tin until cold

POPCORN

Makes 3-4 cups

**1 teaspoon margarine
1/2 cup popcorn**

1. Place together in a medium saucepan cover with a lid
2. Cook on low heat – shaking corn throughout cooking to prevent burning
3. When all corn is popped, pour into a bowl

CARROT CAKE

Makes 1 cake

**1T grated carrot
3 eggs
1c brown sugar
1t grated lemon rind
1/2 c canola oil
1 1/2 c flour
1 1/2 t baking powder
1c bran
2c grated carrot
1c raisins or currants**

1. Preheat oven to 180°C
2. Spray the bottom and sides of a ring baking tin with a little oil then sprinkle with the first measure of grated carrot
3. Place the eggs and brown sugar in a bowl and beat until smooth, add the lemon rind and oil
4. Sift the flour and baking powder into another bowl, add the bran, grated carrot and raisins
5. Mix the flour mixture into the oil mixture, then spoon into prepared baking tin
6. Place in preheated oven and cook for 25 – 35 minutes into the middle comes out clean



VARIETY IS THE SPICE OF LIFE

Healthier eating involves choosing a variety of foods from various food groups.
To make sure you get all the vitamins and minerals you need to eat food from the four food groups

THE FOOD GROUPS

WHAT THEY DO FOR YOU

1 Fruit



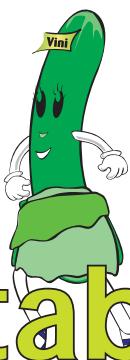
Suggested Number of Daily Servings - 2 or more
Apples, bananas, feijoas, kiwifruit, oranges, peaches,
pears, plums and other stone & pip fruit
Choose fresh fruit in season



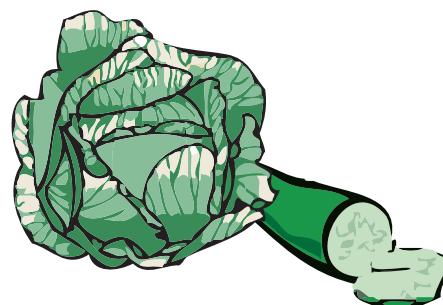
Fruit provide:

- A range of vitamins and minerals, and the natural colours all help fight disease
- Fibre to encourage a regular or daily bowel action

and Vegetables



Suggested Number of Daily Servings - 3 or more
Beans, broccoli, cabbage, carrots, cauliflower,
courgettes, marrow, mushrooms, peas, potatoes,
pumpkin, onions, silverbeet, tomatoes, taro, kumara,
yams, cassava
*Fresh, frozen, and canned vegetables are all good choices.
Have a colourful plate of vegetables*



Vegetables provide:

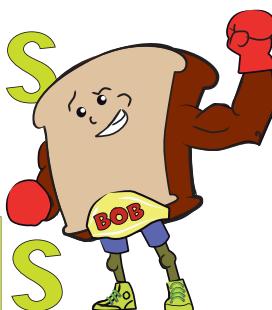
- Fibre to encourage a regular or daily bowel action
- A range of vitamins and minerals, and the natural colours help fight disease

A serving is the amount of food which fits into the palm of your hand or 1c milk or 2cm cube cheese.

EAT A VARIETY OF FOODS

THE FOOD GROUPS

2 Breads and cereals

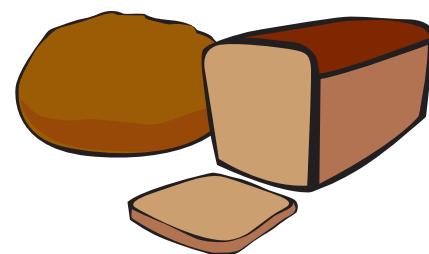


Suggested Number of Daily Servings - 6

Breads, pasta (eg macaroni), rice, porridge, breakfast cereals, muesli, scones

Whole grain varieties are richer in fibre and B vitamins and are more filling.

WHAT THEY DO FOR YOU



Breads and cereals provide:

- Carbohydrates for energy
- A range of vitamins and minerals, essential for good health
- Fibre to encourage a regular or daily bowel action



Milk products provide:

- Calcium for bones
- Protein for repair of body tissue
- Reduced fat varieties are a healthier choice

3 Milk Products

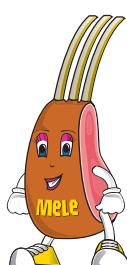


Suggested Number of Daily Servings - 2-3

Milk, cheese, yoghurt

Choose reduced fat milks, green and light blue top

4 Meat, Fish, Chicken, Eggs, Lentils and Beans



Suggested Number of Daily Servings - 1

Meat, Fish, Chicken, Eggs, Lentils and Beans

Grill, bake, steam, boil or microwave rather than fry



These provide:

- Protein for repair of all body tissue
- Iron for red blood cells to carry oxygen through the body

FOOD SAFETY TIPS

CLEAN, COOK, COVER, CHILL

CLEAN

Keep hand utensils and work surfaces clean

- Always wash your hands thoroughly with soap and warm water for 20 seconds and dry your hands thoroughly for 20 seconds before handling food
- Clean utensils and scrub cutting boards after use. Use a different cutting board for raw and cooked food

COOK

Cook food thoroughly

- Cook minced meat and sausages thoroughly (meat should not be pink), and cook poultry until juices run clear
- Reheat leftovers until steaming hot throughout

COVER

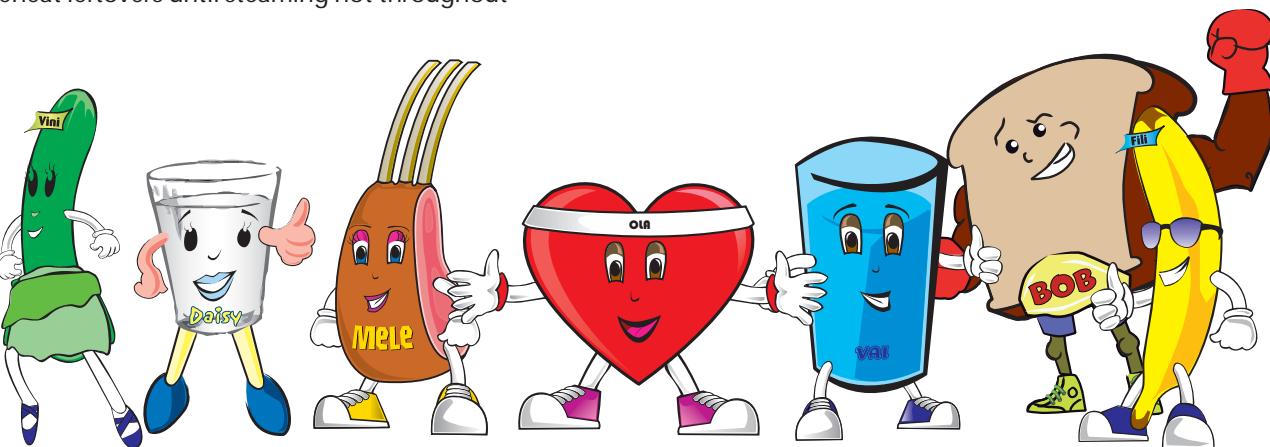
Keep food covered

- Keep food covered before and after it is prepared

CHILL

Always refrigerate food

- Keep raw and cooked food separate in the fridge
 - raw food on the lowest level
- Outside use a chilly bin with an ice pack to keep food cool



FOOD SAFETY IN PREGNANCY

It is important to look after mum and baby during pregnancy

- Pregnant women's level of immunity is lower and they are at higher risk of getting sick from unsafe food
- Illness is worse when women are pregnant
- Foodborne illness may cause miscarriage, still or premature birth or death in newborn babies

Eating raw seafood during pregnancy is risky

- Always cook seafood and eat it while it is hot

WHEN PREGNANT - DO NOT EAT, DRINK OR USE

- Cream or custard (unless it is newly opened or home made and fresh)
- Soft pasteurised cheeses (unless heated until steaming hot)
- Unpasteurised milk
- Raw eggs
- Processed meats – ham, salami, luncheon, pate unless heated until steaming hot
- Cold cooked poultry – chicken, turkey (unless heated until steaming hot)
- Raw meat
- Raw fish and seafood
- Smoked fish and seafood (unless heated until steaming hot)
- Salads from delis and salad bars
- Sushi – store bought

a Kai Lelei



Family is a healthier family



Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

