



presented by

yhunger



Sometimes if you're cooking for yourself all the time it's kind of like "I can't be bothered to think of something to make, I'm sick of eating the same thing, I don't have the creativity or skills to make something new".

Then buy a cookbook... There's plenty there...



You don't need to buy one. You could have the Yhunger one for FREE! Just putting it out there, it's a good industry we should support it...



A conversation between young people at a Yhunger focus group, December 2010



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acknowledgements

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Koori Job Ready is a unique training college based close to Redfern College. The College trains Aboriginal students in both Hospitality and Construction through an 8 week full time course and then mentors graduates into a range of employment opportunities.

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why learn to cook?

Learning to cook your own yummy food means you can:

- » Choose what's on the menu at your place.
- » Save lots of money by preparing your own meals rather than eating out all the time.
- » Learn new skills and put them into practice.
- » Cook for friends.
- » Try new foods and experiment with different things.
- » Pass on your knowledge to others.
- » Do it all yourself!

The secret to successful cooking is planning:

- » Check the recipe to make sure you have all the ingredients.
- » Have all the ingredients ready before you start cooking.
- » Chop vegies, preheat the oven and have the dishes on the bench waiting.

By learning a few basics you'll be able to whip up a quick meal when you feel like it, instead of relying on take-away and other people.

how to use this book

Whether you are an up and coming chef or just over the whole 2-minute noodle thing, this book is for you...

- » REHEAT is a step by step guide with manageable recipes from the basics like how to boil an egg, to more gourmet dishes like a stir-fry. It includes some handy cooking tips to help you out along the way.
- » Once you get more comfortable with the recipes in this book, we hope you can start to experiment with others.

All recipes contain a "fruit and vegie per serve" guide. The Australian Guide to Healthy Eating (NHMRC, 2013) makes the following recommendations for daily intake of fruit and vegetables to aim for:

	Veg serves per day	Fruit serves per day
Men (19 years and up)	6	2
Women (19 years and up)	5	2
When you're still growing in adolescence (12 - 18 year olds)	5 - 5½	2
If you're pregnant...	5	2
If you're breastfeeding...	5½ - 7½	2
For kids (4 - 11 year olds)	4½ - 5	1½ - 2
For bubs (2 - 3 year olds)	2½	1

Good luck and most importantly, enjoy what you make.

shopping tips... to help you save

- » Only shop once a week – save time and spend less on impulse items.
- » Plan a menu for a week, then make a list and stick to it.
- » Spend at least half your food money on basic items such as bread, rice, pasta, cereal, fruit and vegies.
- » Look for specials and check the use-by date.
- » Plain labelled or no name generic brands are just as good.
- » Fresh, frozen or canned fruit and vegies are ALL good. Look for no added sugar or reduced salt in canned varieties.
- » Don't shop when you are hungry.
- » Pay attention at the check out – mistakes can happen.
- » If shopping for one:
 - Buy frozen or tinned vegies.
 - Freeze meat in single portions.

Abbreviations used in the recipes

"tsp" means teaspoon

"Tbs" means tablespoon

Key: What do the symbols mean?



Suitable for vegetarians



Serving of fruit and vegetables

All meals have been costed in March-April 2012 as cheap, cheaper and cheapest:

- » less than \$1 = \$0.01 to 0.99 per person
- » \$1 = between \$1.00 and \$1.99 per person
- » \$2 = between \$2.00 and \$2.99 per person, or
- » \$3 = between \$3.00 and \$3.99 per person (at the most!).



what else can i use?

- » If you don't have all the right cooking bits and pieces, you can usually still create a great meal.
- » Here's a list of everyday things that you can use for cooking so you can always make do with what you've got in the cupboard.

Must haves

- » Frypan
- » Saucepan
- » Can opener
- » Plate and cup
- » Cutlery (knife, fork, spoons)
- » Chopping board
- » Sharp knife
- » Kitchen stove, sink/water, fridge, bench



Airtight container	Plastic bag with a tie/peg Clean glass jar Ice cream container
Aluminium foil	Use a plate as a lid In the oven use a baking tray or cake tin as a cover
Baking dish, casserole dish	Roasting pan Large cake tin Any dish that is oven proof (e.g. Pyrex – often these are glass or white with a design) The food will take longer to cook in a deep dish than a wide, shallow dish. If you need a lid use aluminium foil.
Bowl	Saucepan Ice cream container Cake tin Salad bowl or jug
Cake tin	Cheap to buy a new or second hand one
Can opener	Very hard to get around this – buy one, buy ring pull tinned foods, or don't buy cans until you have bought a can opener

Chopping board	Large plate
Frypan	Large saucepan or wok
Grater	Use a sharp knife and chop things finely (<i>watch fingers</i>)
Greaseproof paper	Clean writing paper Butter wrapper
Griller	BBQ Frypan
Lifter	Egg flip, fork Wide flat knife Spatula
Measuring cup	Any reasonable size coffee mug will do Empty glass jar – as long as you are consistent in your recipe, it doesn't matter
Oven mitt	Dry folded tea towel Dry clean hand towel
Peeler	Peelers are very cheap but sharp knife will do (<i>watch fingers</i>) Wash food thoroughly instead of peeling
Pie plate	Try a cake tin, but you will probably have to cook things a bit longer because the tin will be deeper Disposable foil container
Plastic wrap	Plastic bag, sealed container Aluminium foil
Saucepan	A wide, deep frypan
Saucepan lid	Cover with foil or sit a dinner plate, cake tin, or roasting pan on top (<i>use an oven mitt to lift off and watch out for steam!</i>).
Steamer	Metal colander (strainer), steaming saucepan or just place a small amount of water in the bottom of a saucepan.
Strainer	Wire or plastic sifter Lid of a saucepan held against the pan (<i>watch out for steam!</i>).
Tongs	Forks or spoons
Tray	Any metal oven-proof pan with a flat base Foil, if you don't need a solid base Save the foil base from a frozen pizza
Wooden spoon	Fork Metal spoon with long handle Spatula Bread and butter knife

cool cooking tips

- » If you're trying to save time, keep a jar of crushed garlic and crushed ginger in the fridge so it's always on hand to add to a stir-fry or pasta dish.
- » Rinsing your hands with fresh lemon juice helps to get rid of the smell of garlic, onions and seafood.
- » Curry, the spice traditionally used in Indian cooking does not grow on trees! It is a blend of as little as 5 and as many as 20 spices. Buy a jar of curry paste from the supermarket and keep it in the fridge so you can whip up a quick curry whenever you feel like it. Try red and green Thai curry pastes or Indian curry pastes.
- » For good health we should have 2 serves of fruit and 5-6 serves of vegetables every day. A serve is equal to a small potato or ½ cup of frozen vegies or one banana or one medium sized apple.
- » For strong bones we need 3 serves of dairy products each day to get our daily calcium requirements. A serve is equal to a glass of milk, a piece of cheese or a tub of yoghurt.
- » There are certain fruits and vegetables that should not be stored together. Apples give off a gas called ethylene, which will turn carrots bitter. Potatoes will spoil faster when stored with onions.
- » To retain good colour in cooked vegetables, try steaming, stir-frying or microwaving them until just cooked (al dente!).
- » Did you know that you can buy frozen chopped onions in the freezer section of the supermarket? One cup of chopped onion is equivalent to one onion. No more tears.



food storage tips

How to store fresh fruit and vegetables:

- » Potatoes and onions – take out of plastic bag and store in a cool dark spot (separately).
- » Leafy and root vegetables such as spinach, carrots and lettuce should be left in a plastic bag in the fridge to prevent wilting and softening.
- » Pumpkin pieces should be kept in the crisper section of the fridge. There is no need to wrap them.
- » In hot weather, it is advisable to store fruit in the fridge.
- » Always cover cut fruit and salads before placing in the fridge.

How to store fresh herbs:

To store fresh herbs for longer in the fridge, you can:

- a) Fill a glass or jar with water. Snip off the bottom of herb stems and place in water. Cover loosely with a plastic bag and place in fridge (except basil – leave at room temperature). Change the water when it starts to change colour after a few days.

or

- b) Wrap the herbs in paper towel, then place in a plastic bag and store in the fridge's vegetable drawer.

For both ways, wash the herbs well only when you are ready to use them, not for storage.

To freeze fresh herbs:

Wash herbs and dry well with a clean tea towel (unless they are organic):

- a) Place in a single layer inside plastic snap lock bags. Squeeze air out and label. Works well with basil leaves, thyme, lemongrass.

or

- b) Put herbs into ice cube tray, chopped/ready for use. Cover with water OR oil and freeze. When frozen, run warm water over back of ice cube tray to remove the cubes and move the frozen herb cubes to a snap lock bag or sealed container. Label and use while still frozen (don't defrost), e.g. mint, dill, coriander, parsley.

How to store food in the fridge:

- » Do not store food in a can once you have opened it. Once the can is opened, the rusting process starts and this could make you sick. So transfer food to another storage container.
- » Keep raw meat covered on the bottom shelf of the fridge or in a meat drawer (if your fridge has one) so the juices don't drip onto other foods.
- » Use or freeze meat or leftovers within a day of preparation.
- » Check the use-by date.

How to store meat in the freezer:

HINT: freezing makes the use-by date further away.

1. Divide meat into meal sized amounts.
2. Wrap tightly in glad wrap or freezer bags. Make the packages as flat as possible for quick freezing.
3. Write date and name of meat on each package so you can easily identify it later.

if i buy it how long will it last?

Buying large quantities may work out to be cheaper, but only if you can store it properly and use it before it goes bad. All items should have a use-by date. This tells you how long you can keep an unopened item. Once the food is open, use this guide to help you decide how long you can store it for.

Storage on the shelf or in the pantry

Food item	How long can it be stored?
Dry noodles	1 – 2 months
Dry pasta	1 year
Flour	6 – 8 months
Spices	2 – 4 years
Sauces	1 year
Sugar	2 years. Sugar does not spoil but eventually may change flavour.

NOTE: Store all opened packets in airtight containers.

Foods stored in the freezer

Food item	How long can it be stored?
Bacon	1 month
Meat casserole	1 – 3 months
Vegetable casserole	6 months
White fish fillets	6 months
Lamb chops	3 – 6 months
Mince	2 – 3 months
Roasts (beef, lamb, pork)	3 – 6 months
Sausages	3 months
Steak	6 months
Chicken pieces	6 months
Whole chicken	1 year

NOTE: When storing any food in the freezer, wrap food tightly in plastic wrap or in a freezer bag, label and date frozen food with a thick text/laundry marker.





food safety tips

Did you know . . .

- » Foods that are “off” or “bad” and will cause food poisoning may not look, smell or taste any different to food that is safe.
- » Bacteria multiply on most foods if given the chance – particularly if the temperature is between 5°C and 60°C. You need to keep foods either very cold (refrigerator cold) or very hot (steaming hot) and NOT at room temperature.
- » Bacteria can also grow in tea towels and dishcloths.
- » Wash tea towels regularly and hang to keep dry.
- » The microwave can be used to kill bacteria in:
 - » Dishcloths (dry – high for 30 seconds, wet – high for 3 minutes).
 - » Sponges and non-metal scourers (dry – high for 30 seconds, wet – high for 1 minute).

How to thaw something frozen:

- » Thaw meat and other frozen food in the fridge. Do not thaw food at room temperature (on a bench) or in water.
- » Only thaw meat in the microwave if you are planning to cook it straight away. Once thawed, cook immediately.
- » Thawed meat should not be re-frozen in an uncooked state. If thawed meat is cooked in a meal such as a casserole it is safe to freeze.

How to handle and prepare food properly:

- » Wash hands in hot soapy water before preparing food and after touching raw meats.
- » Use a different chopping board and utensils when preparing foods which are “ready to eat” like a salad, and those which are “to be cooked”, like meat. If you have only one chopping board, wash well with hot soapy water before re-using.
- » Use different utensils for cooked foods and never place cooked foods on plates that have contained raw products such as meat, poultry and fish.
- » When cooking mince, sausage, hamburger patties, rolled roasts and chicken, make sure they are cooked right through and there is no pink meat.



STAY WELL
PEOPLE

What to do with leftovers:

- » Put leftovers in the fridge to cool, after the steam stops. Do not leave to cool on the bench for longer.
- » Put leftovers in an airtight container and freeze for a quick easy meal.
- » When re-heating foods, heat to steaming hot (above 75°C) – this will kill any bacteria.
- » When re-heating in a microwave, check food is heated all the way through before eating.
- » After you have re-heated leftover food once, if there is any left, throw it away.
- » Use or freeze leftovers within a day of preparation.

**Cleaning tips:**

- » Wash dishes with very hot water and detergent.
- » Always wash glasses first so they don't get food bits on them.
- » Allow dishes to drip dry.
- » Always wash the heavily greasy stuff last.



how to cook...

RICE AND PASTA

How to cook rice:

Rice swells up when cooked. One cup of uncooked rice becomes 3 cups of cooked rice. Allow between $\frac{1}{4}$ and $\frac{1}{2}$ cup of uncooked rice per person.

Absorption method:

Serves: 4

1. Place $1\frac{1}{2}$ cups of water in a saucepan. Cover with lid and bring to the boil (big bubbles).
2. Add 1 cup of rice to boiling water. Bring to boil, stirring with the lid off.
3. Turn heat down to low. Put lid on and leave for 15 to 18 minutes until water has been absorbed.

Microwave method:

Serves: 4

1. Put 1 cup of rice and 2 cups of boiling water into a microwave proof bowl.
2. Cook uncovered on high for 14 minutes. Stir half way through cooking time.
3. Remove from microwave, cover and stand for 5 minutes.
4. Fluff up rice using a fork.

HINT: Any leftover rice can be frozen.

How to cook pasta:

Pasta includes macaroni, spaghetti and noodles (just to name a few). Pasta swells up when cooked. One cup of dry macaroni becomes 2 cups of cooked macaroni. Allow between $\frac{1}{2}$ and 1 cup of uncooked pasta per person.

1. Choose a saucepan large enough to hold 4 cups of water for every $1\frac{1}{2}$ cups of uncooked pasta. Bring water to the boil.
2. When water is boiling, add pasta. Stir a little until water comes back to the boil.
3. Boil with lid off until pasta becomes tender. Test by squashing or cutting a piece. Pasta should be tender but firm (al dente). Drain and use.

HINT: Leftover pasta and rice can be frozen.

VEGETABLES

Boiling:

1. Put washed and cut vegies in a pot with a small amount of water.
2. Bring to the boil on the stove.
3. Boil until they are tender but not soggy.
4. Drain well using a strainer or by tilting the saucepan lid (*watch out for steam*) then eat.

Microwaving:

1. Place prepared vegies in a shallow microwave-proof dish, cover with plastic wrap.
2. Microwave for about 2 minutes, then carefully check if they are soft enough.
3. Cook for longer if you like your vegies softer.

Roasting:

1. Heat oven to about 180°C (350°F/ Gas mark 4).
2. Put a small amount of oil (about 3 tablespoons) in a shallow oven-proof dish.
3. Place vegies such as potato, pumpkin, sweet potato and/or onions in the dish. You may like to add garlic or sprinkle with herbs.
4. Bake in oven for about 45 minutes, turning the vegies once or twice during this time.

Steaming:

1. Use a steamer that fits into a saucepan. Fill saucepan until water almost touches the steamer.
2. Place vegies in the steamer and place the lid on the saucepan.
3. Bring the water to the boil.
4. Cook until vegetables are soft.





CHAPTER 1
EASY MEALS

nachos

PREP 10 min

COOKING 10 min



2 serves per person

\$3 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

for 2 people

for 4 people

for 6 people

Corn chips	125g	250g	375g
Reduced-fat grated cheese	1 cup	2 cups	3 cups
Red kidney beans, canned	300g	400-420g	750g
Ready-made salsa, bottled	1 cup	2 cups	3 cups
Reduced-fat sour cream (or Greek style yoghurt)	¼ cup	½ cup	¾ cup
Avocado, sliced	½	1	1½

hints, tips and variations

- » If you like it spicy, add sweet chilli sauce to the bean mixture or buy a "HOT" salsa.
- » For a meat version, brown 200g mince in the saucepan for about 10 minutes then add the beans and salsa.
- » Once cooked, top with as many vegies as you like. Chopped cucumber, lettuce and carrot add flavour and colour.
- » Have a glass of orange juice with your bean nachos to help absorb the iron.

equipment

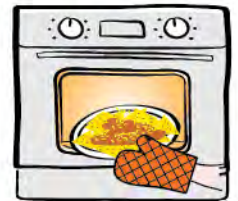
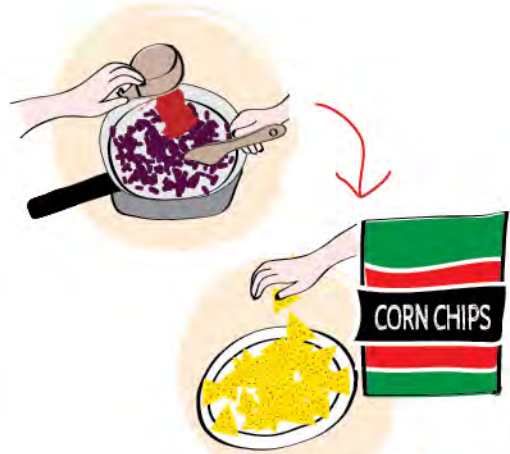
- » Can opener
- » Strainer
- » Small saucepan
- » Wooden spoon (or any spoon)
- » 4 oven-proof plates (or a large platter if you are going to be sharing)
- » Knife
- » Spoon
- » Oven mitt or tea towel
- » Measuring cup



SAY
CHEESE!

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4). Rinse and drain kidney beans in strainer. Put beans and 1 cup of salsa in a small saucepan on stove. Stir until heated (or heat in a bowl in the microwave).
- 2 Divide the corn chips evenly over 4 oven-proof plates.
- 3 Cover corn chips with ½ the grated cheese, then the bean mixture. Add the remaining grated cheese.
- 4 Put the plates in the oven for about 10 minutes until the cheese has melted. Remove plates from oven with an oven mitt or tea towel.
- 5 Top nachos with slices of avocado, a spoon of sour cream (or yoghurt) and a couple of spoons of salsa.





pizza

PREP 15 min

COOKING 30 min



1 serve per person

\$2 per person



ingredients

	for 2 people	for 4 people	for 6 people
Ready-made pizza base (or mini pizza base)	1 large (2 mini)	2 large (4 mini)	3 large (6 mini)
Tomato paste	2 Tbs	4 Tbs	6 Tbs
Red or green capsicum	¼	½	¾
Button mushrooms, sliced	2	5	7
Tomato	½	1	2
Brown onion, chopped	½	1	1-2
Pineapple pieces, drained	100g (½ small tin)	225g tin	425-440g tin
Ham (optional)	1 slice	2 slices	4 slices
Olives, sliced	1 Tbs	2 Tbs	3 Tbs
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Spray oil or vegetable oil	-	-	-

hints, tips and variations

- » For a pizza base you can also use pita bread, bread rolls cut in half, slices of toast or English muffins.
- » If you use bread rolls, toast or English muffins as the base put them under the grill to brown rather than in the oven.
- » Use whatever ingredients you have. Try chunks of avocado and sliced cooked chicken.
- » Leftovers are great heated in the microwave the next day.
- » To make your own pizza base, check out the Damper Pizza recipe in “Yhunger presents Made Fresh - More Mad Feeds”, the 2nd cookbook for young people.

equipment

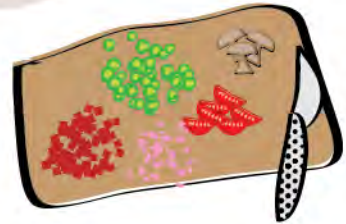
- » Flat tray
- Chopping board
- Knife
- Can opener
- Spoon

steps

1 Preheat oven to 200°C (400°F/Gas mark 6). Spray or brush the tray with oil. Place pizza base on tray and spread with tomato paste.

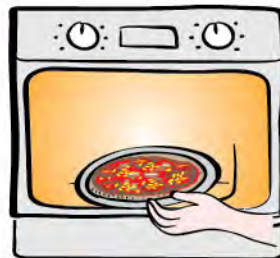


2 Rinse vegies. Cut up all the ingredients (capsicum, mushrooms, tomato, onion, pineapple, ham) into cubes or thin strips.



3 Sprinkle ½ the cheese over the base. Add the chopped ingredients. Then sprinkle the rest of the cheese.

4 Put the pizza in the oven. Cook for about half an hour until cheese is browned and the base is crispy. Remove pizza from oven with an oven mitt or tea towel. Cut into slices and serve.



COOK FOR 30 MIN
(UNTIL BROWN)

vegie burgers

PREP 10 min

COOKING 20 min



4.5 serves per person

\$3 per person



ingredients

	for 2 people	for 4 people	for 6 people
Hamburger buns or bread rolls	2	4	6
Lettuce leaves	2	4	6
Tomato	4 slices	8 slices	12 slices
Beetroot, tinned slices	4 slices	8 slices	12 slices
Tomato/BBQ/sweet chilli sauce	-	-	-
Zucchini, grated	1	2	3
Chickpeas, canned, drained	125g tin	400-420g tin	500-600g tin
Brown onion	½	1	1½
Garlic, crushed or fresh	½ tsp	1 tsp	1½ tsp
Eggs	1	2	3
Shallots	1	2	3
Curry powder	½ tsp	1 tsp	1½ tsp
Plain flour	½ cup	1 cup	1½ cup

hints, tips and variations

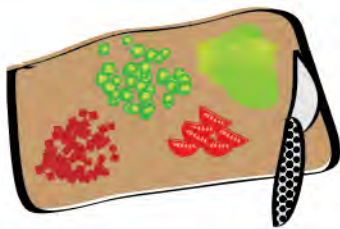
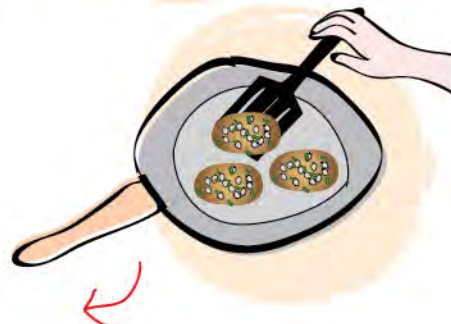
- » The smaller you cut your vegies the quicker they will cook.
- » To make 4 meat patties: mix 400g mince, 1 small chopped onion, ¼ cup breadcrumbs, 1 egg and a dash of BBQ sauce together in a bowl. Using your hands, shape into 4 patties and cook in a frypan.
- » To make 4 chicken patties: cook 4 small chicken breasts or use the meat patties recipe with chicken mince.
- » Try adding lots of different salad ingredients for a more filling burger.
- » You can also cook this on a BBQ.

equipment

- » Strainer
- Teaspoon
- Cup measures
- Frypan
- Spatula
- Grater
- Bowl
- Knife
- Chopping board
- Can opener

steps

- 1** Wash and grate the zucchini. Chop onion and shallots. Open can of chickpeas, rinse and drain.
- 2** Place the zucchini, chickpeas, onion, garlic, eggs, shallots, curry powder and flour in a bowl and mix.
- 3** Heat oil in a frypan on stove. Add 2 heaped tablespoons to make 1 patty.
- 4** Cook for 2 minutes then turn with a spatula and cook for 2 more minutes.
- 5** Open beetroot and chop the salad ingredients (lettuce, tomato). If you like you can toast the bun under the grill. Place a patty and salad on the bun.





roast dinner

PREP 30 min

COOKING at least 1.5 hours*



3 serves per person

\$3 per person

ingredients

	for 4 people	for 6 people	Cooking times for roast chicken & meat*	
Chicken, whole (or any other piece of meat such as beef, lamb, pork or veal)	1 x 1½ kg (size 15)	1 x 2 kg (size 20)	weight	cooking time
Pepper and herbs (garlic, rosemary) to season	-	-	500g	30 min
Potatoes, medium or pumpkin, pieces	4	6	1 kg	1 hour
Sweet potato	400g	600g	1.5 kg	1 hour 30 min
Vegetable oil	1 Tbs	2 Tbs	2 kg	2 hours
Broccoli	1 head	1½ heads	Vegies	about an hour

hints, tips and variations

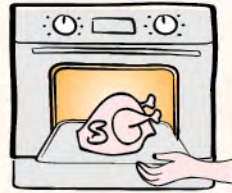
- » The smaller you cut your vegies the quicker they will cook.
- » If you like gravy you can buy a packet mix from the supermarket and just add boiling water.
- » Try roasting carrots and whole garlic cloves.
- » Any green vegies can be used instead of broccoli.
- » Use the leftovers for sandwiches the next day or make up a spare dinner, cover and put in the fridge and then heat in the microwave for an instant dinner the next night.

equipment

- » Roasting pan
- Vegetable peeler
- Chopping board
- Knife
- Oven mitt/tea towel
- Spoon
- Fork/tongs
- Saucepan and lid
- * Add 30 minutes for extra stuffing
- * Add 10 minutes per kg for well done lamb or pork

steps

1 Preheat oven to 180°C (350°F/Gas mark 4). Place chicken in a large roasting pan and coat with a small amount of oil. Season with pepper. Put chicken in the oven.



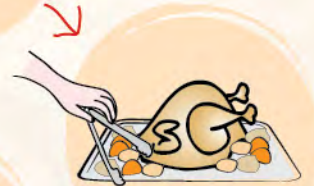
2 Wash, peel and cut potatoes, sweet potato and pumpkin into chunks.



3 After approx 30 minutes, remove chicken from oven using a tea towel or oven mitt. Put vegies in the pan with the chicken. Spoon some of the pan juices over the chicken. Pour a tablespoon of vegetable oil over the vegies. Return pan to oven for 30 minutes.



4 Remove pan from the oven using oven mitt. Turn vegies using tongs or a fork. Spoon some pan juices over the chicken and vegies. Return to the oven for 30 minutes.



5 Cut broccoli into chunks. Boil (rapid bubbles) a small amount of water in a saucepan. Add broccoli and boil for 2 to 3 minutes. Drain with a saucepan lid (keep warm by putting the lid back on the saucepan) OR cook in the microwave in a bowl covered with a plate for 1 to 2 minutes on HIGH (100%) with a little water in the bottom (about 1 tablespoon).



6 Remove the pan from the oven. To test if the chicken is cooked stick a skewer or fork into the thigh section and make sure the juices run clear. Cut up chicken and serve with roasted vegies and broccoli.







stir-fry

PREP 10 min

COOKING 15 min



4 serves per person

\$3 per person

NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients	for 2 people	for 4 people	for 6 people
Vegetable oil	2 tsp	1 Tbs	1½ Tbs
Chicken thigh fillets, trimmed of fat	250g	500g	750g
Onion	½	1	1½
Garlic, crushed or cloves	½ tsp	1 tsp	1½ tsp
Red capsicum	½	1	1½
Broccoli	½ head	1 head	1½ heads
Carrot	½	1	1½
Snow peas or beans	50g	100g	150g
Salt reduced soy sauce	1½ Tbs	3 Tbs	4½ Tbs
Sweet chilli sauce	1½ Tbs	3 Tbs	4½ Tbs
Water	1 Tbs	2 Tbs	3 Tbs
Rice, uncooked	1 cup	2 cups	3 cups

hints, tips and variations

- » You can use whatever meat you like.
- » For a vegetarian version, replace meat with firm tofu or nuts.
- » Heat the leftovers in the microwave or freeze for an easy meal.
- » **HINT:** Vegies like carrots take longer to cook than mushrooms and snow peas so throw them in first!

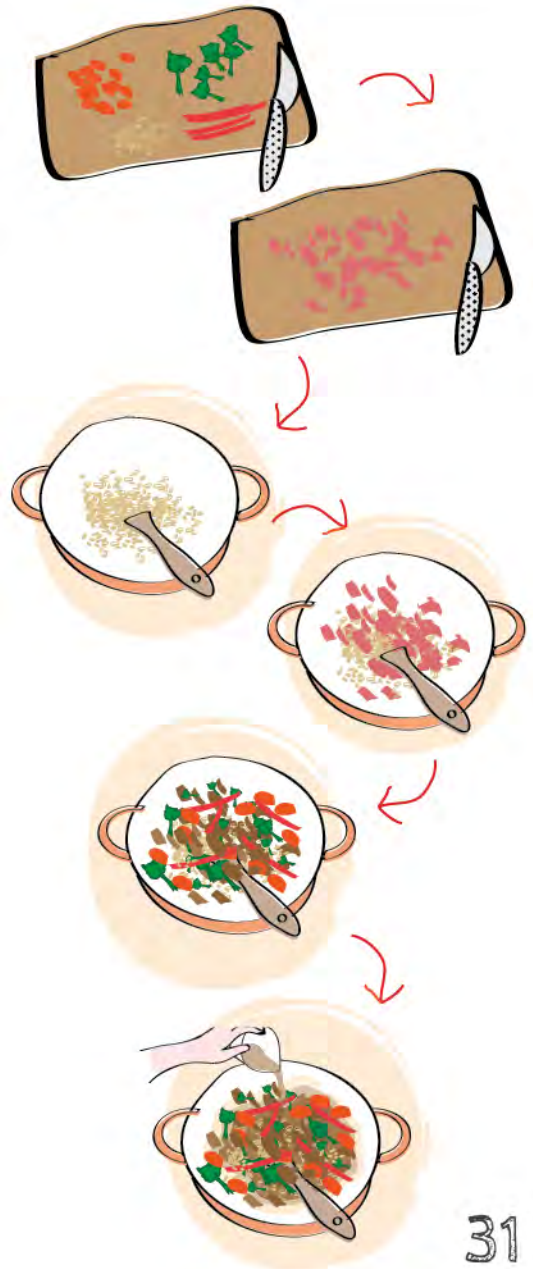
equipment

- » Chopping board
- » Knife
- » Bowl
- » Tablespoon
- » Frypan
- » Large spoon
- » Rice cooker or saucepan to cook rice



steps

- 1 Cook rice as per packet instructions. Wash then chop the vegetable (onion, broccoli, carrot, capsicum). Place them all in a bowl except onion.
- 2 Cut the meat into thin strips.
- 3 Heat oil in a frypan on the stove. Add onion and garlic and cook for 2 minutes.
- 4 Add the chicken and cook for 5 minutes.
- 5 Add the vegetables and water, cook for 5 minutes. Add the sauce and cook for 2 minutes.



pasta napolitana

PREP 5 min

COOKING 15 min



3 serves per person

\$2 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Vegetable oil	2 tsp	1 Tbs	1½ Tbs
Onion, chopped	½	1	1½
Garlic, crushed or cloves	½ tsp	1 tsp	1½ tsp
Tinned tomatoes, crushed	425g tin	2 x 425g tins	3 x 425g tins
Tomato paste	1½ Tbs	3 Tbs	4 Tbs
Fresh basil or dried mixed herbs	½ Tbs	1 Tbs	1½ Tbs
Dried spaghetti	250g	500g	750g

equipment

- » Chopping board
- » Knife
- » Large spoon
- » Teaspoon
- » Frypan
- » Can opener
- » Saucepan for pasta
- » Strainer

hints, tips and variations

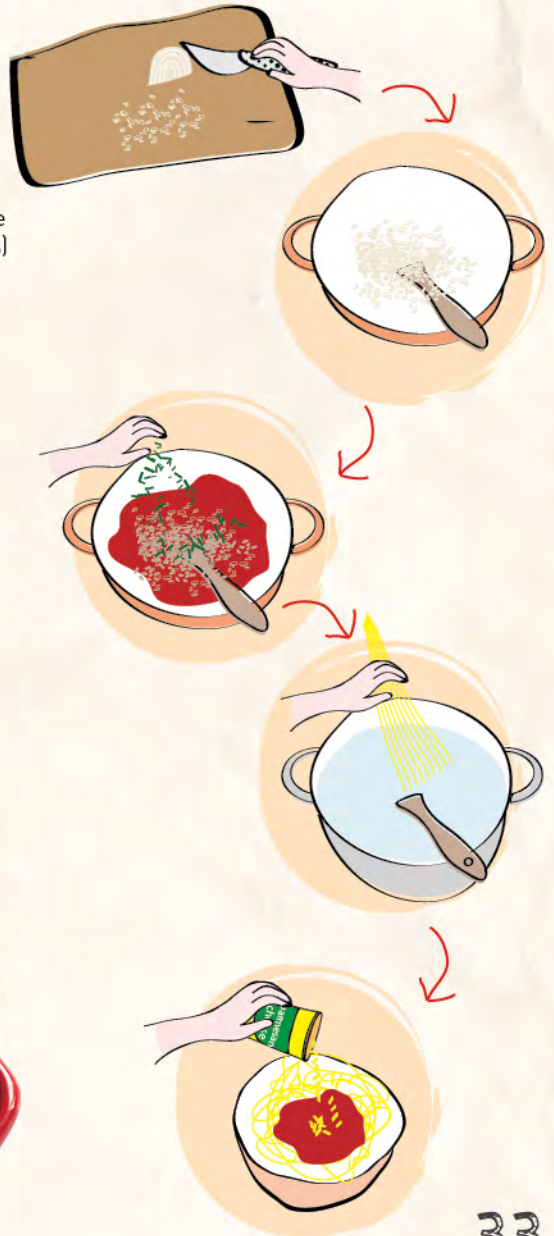
- » Try using different types of pasta such as ravioli or tortellini for a change.
- » To make spaghetti bolognaise: Add 500g mince after cooking the onion and garlic. Cook for 10 minutes then add the crushed tomatoes, etc. as above.
- » To make vegetarian pasta: Add 2 cups of your favourite vegetables (such as chopped eggplant, zucchini, broccoli or carrot) to the sauce and cook for 5 minutes. Try adding a small tin of legumes (e.g. kidney beans, broad beans, chickpeas) to make the pasta sauce more filling.



THE PASTABILITIES ARE ENDLESS

steps

- 1 Chop (dice) the onion into small cubes.
- 2 Heat oil in frypan on the stove. Add onion and garlic. Cook for 2 minutes.
- 3 Add the crushed tomatoes, tomato paste and herbs. Let it simmer (small bubbles) for 15 minutes.
- 4 Cook pasta in a large saucepan of boiling water until soft (see page 14 How to cook rice and pasta). Drain.
- 5 Divide pasta between 4 bowls. Spoon over sauce. Top with parmesan cheese (optional).







macaroni cheese

PREP 15 min

COOKING 35 min



0 serves per person,
eat with side of vegies and salad

\$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

for 2 people

for 4 people

for 6 people

Dried macaroni

1 cup

2 cups

3 cups

Margarine

2 Tbs

4 Tbs

6 Tbs

Plain flour

2 Tbs

4 Tbs

6 Tbs

Milk

1½ cups

3 cups

4½ cups

Reduced-fat cheese, grated

½ cup

1 cup

1½ cups

Cheese, grated (extra to sprinkle
on top)

¼ cup

½ cup

¾ cup

equipment

» Saucepan, wooden spoon, tablespoon, jug, measuring cups, bowl, oven mitt, baking/casserole dish

hints, tips and variations

The sauce above is a basic cheese sauce and is the basis for lots of dishes. See below for some ideas to make it more interesting...

» Vegetable mornay

Cook 2 cups of chopped vegetables (such as broccoli, carrot, zucchini, mushrooms, tinned corn, peas) in the microwave for 2 minutes or in a saucepan until soft.

Stir vegies through the cheese sauce and serve over cooked pasta or rice or bake in the oven like macaroni cheese.

» Chicken and vegetable mornay

Thinly slice 2 chicken breasts.

Cook in a frypan until browned.

Add chicken to the vegetable mornay.

Serve over cooked pasta or rice, or bake in the oven like macaroni cheese.

» Salmon bake

Add a can of drained salmon (or tuna) to the vegetable mornay sauce.


Serve over cooked pasta or rice, or bake in the oven like macaroni cheese.

steps

- 1 Cook pasta in a large saucepan of boiling water (rapid bubbles). (See page 14, How to cook rice and pasta).
- 2 Preheat oven to 180°C (350°F/Gas Mark 4). Melt margarine in a saucepan on the stove. Add flour and stir constantly for 1 to 2 minutes until golden and bubbling.
- 3 Remove saucepan from heat. Add milk to saucepan a little at a time. Make sure the sauce is smooth before you add more milk.
- 4 Put saucepan back on the heat. Stir continuously over medium heat until it boils and thickens. Add cheese (*this is now a basic cheese sauce*) and macaroni. You could also add any other ingredients you wanted at this stage.
- 5 Pour macaroni mixture into a casserole dish. Sprinkle with cheese. Cook in the oven for 20 minutes or until golden brown. Remove with an oven mitt. Serve with salad and a bread roll.







CHAPTER 2
THINGS TO MAKE WITH
POTATOES



stuffed potatoes

PREP 5 min

COOKING 1 hour (oven)
10 min (micro)



3.5 - 4.5 serves per person \$1 - \$2 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Potatoes, large	2	4	6
Filling 1			
Ham, sliced (optional)	1	2	3
Reduced-fat cheese, grated	¼ cup	½ cup	¾ cup
Spring onions/shallots	1	2	3
Tomato, chopped	½	1	1½
Filling 2			
Reduced-fat cheese, grated	¼ cup	½ cup	¾ cup
Creamed corn, canned	50-60g (½ small tin)	125g tin	250-310g tin
Spring onions/shallots	1	2	3
Broccoli	¼ cup	½ cup	¾ cup

steps

- 1 Cook the potatoes in the oven 200°C (400°F/Gas mark 6) for 1 hour or prick the potatoes with a fork and cook in the microwave for 10 minutes.
- 2 When potatoes are cooked, cut the top off and scoop the potato flesh into a small bowl, mash with a fork.
- 3 Add the rest of the ingredients and mix.
- 4 Scoop the filling into the potato, sprinkle with grated cheese and put back in the oven or microwave until the cheese has melted.

potato bake

PREP 10 min

COOKING 45 min



2.5 serves per person

\$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Potatoes, medium, sliced thinly	2	4	6
Onion, sliced finely	½	1	1-2
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Milk	¼ cup	½ cup	¾ cup
Pepper (to taste)	-	-	-

steps

- 1 Heat oven to 180°C (350°F/Gas mark 4).
- 2 Use a casserole dish that can go in the oven.
- 3 Place a layer of potato in the dish.
- 4 Sprinkle with a little cheese, onion and pepper.
- 5 Repeat the layers until all the ingredients have been used.
- 6 Finish with a cheese layer.
- 7 Pour the milk over the potato mixture.
- 8 Cover with foil and place in the oven for 25 minutes, remove the foil and bake for another 20 minutes.



I'M NO
POTATO HEAD









CHAPTER 3
THINGS TO MAKE
WITH RICE



fried rice

PREP 15 min

COOKING 10 min



0.5 serve per person

\$1 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Vegetable oil	1 Tbs	2 Tbs	3 Tbs
Eggs	1	2	3
Onion, finely sliced	½	1	1½
Cooked rice	2 cups	4 cups	6 cups
Pea and corn mix, frozen	¼ cup	½ cup	¾ cup
Shallots/spring onion	2	4	6
Salt-reduced soy sauce	2 Tbs	4 Tbs	6 Tbs
Ham* (optional)	1 slice	2 slices	3 slices

steps

Note: allow an extra 20 minutes to cook the rice before you start

*Replace the ham with mushrooms for a vegetarian version

- 1 Cook rice (see page 14) and leave to cool.
- 2 Chop all the ingredients finely (onion, ham, shallots).
- 3 Crack eggs in a bowl and stir with a fork (whisk). Heat ½ the oil (1 tablespoon) in a frypan. Pour the eggs to make a flat omelette. Cook for a minute then turn and cook the other side. Remove the omelette and chop into small pieces.
- 4 Heat the rest of the oil in the frypan. Add onion and stir for a minute until it is soft. Then add the ham and peas and corn mix. Stir for a minute.
- 5 Add the rice and stir-fry for a minute. Mix in the spring onions and soy sauce.



microwave risotto (4 easy steps)

PREP 5 min

COOKING 20 min +
5 min standing time


5 serves per person

\$3 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

Arborio rice

for 2 people

½ cup

for 4 people

1 cup

for 6 people

1½ cups

Salt-reduced vegetable stock, or dissolved stock cubes

1¼ cups
(or 1 stock cube
dissolved in 1¼
cups water)2½ cups
(or 2½ stock cubes
dissolved in 2½
cups water)5 cups
(or 5 stock cubes
dissolved in 5 cups
water)

Chopped vegetables, e.g. sweet potato, broccoli, pumpkin, tomato, sweet corn, zucchini

1½ cups

3 cups

4½ cups

Parmesan cheese (optional)

-

-

-

steps

- 1 Place everything in a large microwave safe container.
- 2 Cover and microwave on HIGH (100%) for 10 minutes.
- 3 Stir and return covered to the microwave for a further 10 minutes on HIGH (100%) or until cooked.
- 4 Leave to stand for 5 minutes before eating and sprinkle with parmesan cheese.







CHAPTER 4
THINGS TO MAKE
WITH EGGS



baked bean and egg bread cups
from Made Fresh - More Mad Feeds

omelette

PREP 5 min

COOKING 1 - 3 min



0.5 serves per person

\$2 per person



ingredients

	for 2 people	for 4 people	for 6 people
Eggs	4	8	12
Water	2 Tbs	4 Tbs	6 Tbs
Margarine	2 tsp	1 Tbs	1½ Tbs
Tomato, chopped	1	2	3
Mushrooms, sliced	2	4	6
Reduced-fat cheese, grated	½ cup	1 cup	1½ cups
Ham, chopped (optional)	2 slices	4 slices	6 slices
Chives, chopped (optional)	2 Tbs	3 Tbs	4 Tbs
Pepper (to taste)	-	-	-

steps

- 1 Break the eggs into a bowl, add the water and lightly whisk with a fork.
- 2 Chop the tomato, mushroom, ham and chives.
- 3 Melt the margarine in a frypan on the stove.
- 4 Add the egg mixture. Use an egg flip to loosen the sides of the omelette so it doesn't stick.
- 5 When the omelette isn't runny on the top, sprinkle the tomato, mushrooms, ham, cheese and chives over ½ the omelette.
- 6 Using an egg flip, fold the omelette in ½ and slide it onto a plate.



boiled eggs

PREP 0 min

COOKING 3 - 8 min



0 serves per person

\$1 per person



ingredients

for 2 people

for 4 people

for 6 people

Eggs

2

4

6

Water (to cover eggs in a saucepan)

-

-

-

steps

- 1 Fill a saucepan $\frac{3}{4}$ with water.
- 2 Add the egg/s gently, lowering them in with a spoon.
- 3 Turn the heat to medium and as soon as the water starts to boil (big bubbles), begin timing: 3 minutes for soft-boiled (runny), 8 minutes for hard-boiled.
- 4 When cooked, run cold water over the eggs and lift from the pan with a spoon.



ECCCELLENT!

scrambled eggs

PREP 2 min

COOKING 5 min



0 serves per person

\$1 per person



ingredients

Eggs

4

8

12

Milk

¼ cup

½ cup

1 cup

Margarine

1 tsp

2 tsp

3 tsp

steps

- 1 Combine the eggs and milk in a bowl and beat together lightly with a fork.
- 2 Melt the margarine in a saucepan on the stove on low heat.
- 3 Pour in the egg mixture.
- 4 Stir slowly with a stirring (wooden) spoon, lifting the mixture from the bottom of the pan to cook evenly.
- 5 Note – the heat must be low otherwise the eggs may stick and burn on the bottom.
- 6 The eggs are ready when they are wobbly like jelly.
- 7 Serve with lightly buttered toast.

variations

- » Add grated cheese, cherry tomatoes, feta cheese and/or basil pesto in step 1.







CHAPTER 5
MAKING SOUP
A MEAL



minestrone soup

PREP 10 min

COOKING 40 min



3 serves per person

\$3 per person



NOTE: Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Oil	½ Tbs	1 Tbs	1½ Tbs
Onion	½	1	1½
Salt-reduced vegetable stock, or dissolved stock cubes	4 cups (4 stock cubes dissolved in 1 litre of water)	6 cups (6 stock cubes dissolved in 1½ litres of water)	8 cups (8 stock cubes dissolved in 2 litres of water)
Tomatoes	1	2	3
Carrot	½	1	1½
Potato	½	1	1½
Celery stick	½	1	1½
Zucchini	½	1	1½
Tomato paste	1 Tbs	2 Tbs	3 Tbs
Spiral pasta (dried)	¼ cup	½ cup	¾ cup
Red kidney beans	125g	300g	400-420g
Parmesan cheese, grated (to sprinkle on top)	¼ cup	½ cup	¾ cup
Pepper to taste	-	-	-

hints, tips and variations

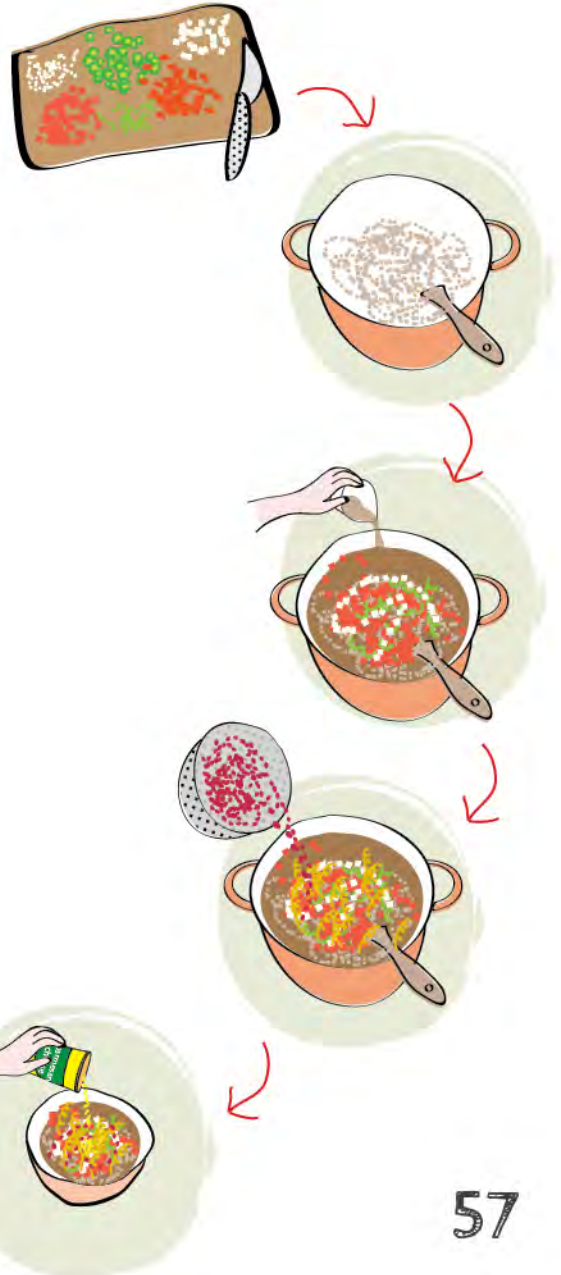
- » If you're eating alone, divide the soup into single serves and freeze in airtight containers.
- » This soup will keep in the fridge for 2 – 3 days.
- » For a meat version, chop up 2 rashers of bacon and cook in the pan with the onion in step 2.
- » Toast some bread under the grill with some margarine and a little bit of crushed garlic spread on it. Easy garlic bread.

equipment

- » Large saucepan
- Chopping board
- Knife
- Can opener
- Tablespoon
- Potato peeler
- Cup
- Big spoon

steps

- 1 Wash and chop all the vegies into small cubes (onion, tomatoes, carrot, potato, celery and zucchini) so they are ready to add to the soup later.
- 2 Heat oil in a large saucepan. Cook the onion for 2 minutes.
- 3 Add stock, tomatoes, carrots, celery and tomato paste. Stir and bring to the boil. Turn heat down to low and simmer (small bubbles) for 20 minutes.
- 4 Rinse kidney beans. Add them to the pan with the zucchini and spiral pasta. Simmer for another 15 minutes.
- 5 Spoon soup in to 4 serving bowls and sprinkle with parmesan cheese.



chicken and corn noodle soup

PREP 5 min

COOKING 10 min



1 serve per person

\$3 per person

NOTE Cooking times are based on 4 serves. You may need to cook for less time for 2 people; more time for 6 people.

ingredients

	for 2 people	for 4 people	for 6 people
Corn kernels (tinned or frozen)	65g tin (or ½ cup frozen)	125g tin (or ¾ cup frozen)	250g tin (or 1 cup frozen)
Creamed corn	125g tin	250-310g tin	310-420g tin
Chicken breast fillets	1	2	3
Salt-reduced chicken stock, or dissolved stock cubes	2 cups (or 2 stock cubes dissolved in 2 cups water)	4 cups (or 4 stock cubes dissolved in 4 cups water)	6 cups (or 6 stock cubes dissolved in 6 cups water)
Salt-reduced soy sauce	½ tsp	1 tsp	1½ tsp
Instant noodles	1 cake	2 cakes	3 cakes
Spring onion/shallots	1	2	3

equipment

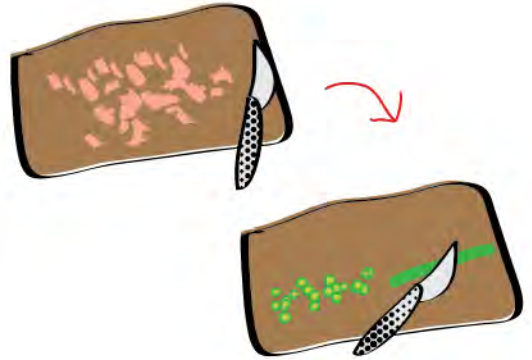
- » Chopping board
- Knife
- Frypan
- Can opener
- Large saucepan
- Scissors
- Cup
- Soup ladle or big spoon
- Strainer



THE CHICKEN
OR THE EGG?

steps

- 1 Cut chicken into small pieces. Heat oil in a saucepan. Cook chicken for 5 minutes until browned.
- 2 Chop shallots.
- 3 Put prepared chicken stock in the saucepan. Place on the stove and bring to the boil.
- 4 Drain the corn kernels in a strainer. Add the corn kernels, creamed corn, instant noodles, soy sauce and shallots. Boil for 2 minutes and heat until all ingredients are cooked through and hot. Spoon into bowls.





A metal tray filled with sliced carrots and purple carrots. The tray is on a stainless steel surface. In the background, there are other trays with green leafy vegetables. A dark red, decorative overlay is centered on the image, containing the chapter title.

CHAPTER 6

SALADS



tabouli

PREP 25 min

COOKING None



1.5 serves per person

\$3 per person



ingredients

	for 2 people	for 4 people	for 6 people
Burghul (cracked wheat)	¼ cup	½ cup	¾ cup
Tomatoes	1	2	3
Spring onions/shallots	3	5	8
Onion	½	1	1½
Fresh mint	½ bunch (½ cup)	1 bunch (1 cup)	1½ bunch (1½ cups)
Flat leaf parsley (continental)	1 bunch	2 bunches	3 bunches
Vegetable oil	1 Tbs	1½ Tbs	2 Tbs
Lemon juice	1 Tbs	1½ Tbs	2 Tbs

equipment

- » Cup measures
- Small bowl
- Chopping board
- Knife
- Fine strainer
- Paper towel
- Big bowl
- Spoon

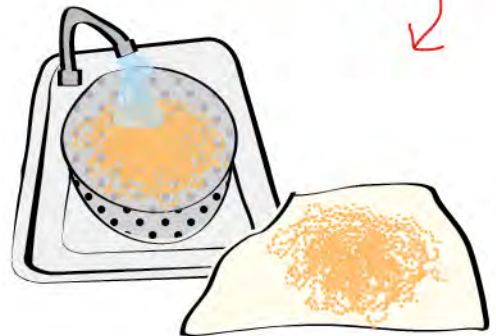
hints, tips and variations

- » You can buy burghul at most supermarkets or health food shops. If you can't see it just ask!



steps

- 1 Put the burghul in a small bowl. Cover it with boiling water. Stand for 15 minutes.
- 2 Chop the tomatoes and onion into small cubes. Chop the parsley and mint finely.
- 3 Drain burghul in a fine strainer. Rinse it under cold water then blot it with paper towel to remove moisture.
- 4 Combine all the ingredients in a serving bowl and mix gently. Serve with any meat, as a side salad or on sandwiches or pita bread.



greek salad

PREP 25 min

COOKING None



2 serves per person

\$2 per person



ingredients

for 2 people

for 4 people

for 6 people

Tomatoes	1	2	3
Green capsicum	½	1	1½
Cucumber, Lebanese	½	1	1½
Feta cheese	125g	250g	375g
Red onion	½	1	1-2
Black olives	¼ cup	½ cup	¾ cup
Lemon juice	1½ Tbs	3 Tbs	4½ Tbs
Olive oil	1½ Tbs	3 Tbs	4½ Tbs
Pepper to taste	-	-	-

equipment

- » Chopping board
- Knife
- Large bowl
- Spoon

hints, tips and variations

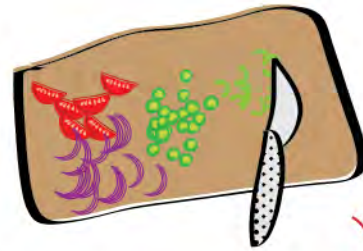
- » Salads can be made with anything. Try throwing in some lettuce, cheeses, fruits, cold meats, croutons, or whatever you want.



GET
YOUR GREEK
ON

steps

- 1 Wash and then chop all the vegies. Cut the tomato into wedges and onion into small cubes. Remove the core and seeds from the capsicum, then cut into chunky cubes. Cut the cucumber in half lengthways and then slice.
- 2 Cut feta into cubes.
- 3 Combine tomato, onion, capsicum, cucumber and olives in a bowl. Add olive oil, lemon juice and pepper. Gently mix and eat.







CHAPTER 7

SWEET TREATS

basic muffins

PREP 10 min

COOKING 25 min



1 serve per person

less than \$1 per person



ingredients

makes 12

Self-raising flour	2 cups
Sugar	2 Tbs
Sultanas	1 cup
Milk	1 cup
Vegetable oil	¼ cup
Egg	1
Margarine or oil spray for greasing the tray	

equipment

- » Measuring cups
- » 2 mixing bowls
- » Paper towel
- » Wooden spoon
- » Tablespoon
- » Muffin tray

hints, tips and variations

- » Use any fruit or nuts depending on what you like. Try apricots, apple, mashed banana, blueberries, walnuts, pecans, choc chips or a combination.
- » Wrap them in plastic and freeze.
- » Heat them in the microwave and serve with custard for a winter dessert.

steps

- 1 Preheat oven to 180°C (350°F/Gas mark 4). Grease muffin tray using paper towel and margarine or oil spray or line with baking paper.
- 2 Mix flour, sugar and sultanas together in a bowl.
- 3 Mix milk, egg and oil together in a smaller bowl.
- 4 Mix the milk mixture with the flour. Stir until combined.
- 5 Spoon 2 tablespoons of mixture into each muffin tray.
- 6 Put in the oven and cook for 25 minutes or until brown. Remove muffin tray using oven mitt or tea towel.

peanut butter cookies

PREP 25 min

COOKING 10 min



0 serves per person

less than \$1 per person



ingredients

makes approx.30

Margarine	125g
Peanut butter	3 Tbs
Self raising flour	¾ cup
Plain flour	¾ cup
Rolled oats	½ cup
Egg	1
Brown sugar	1 cup
Margarine or oil spray to grease tray or use baking paper	
Nuts, choc-chips or dried fruit (optional)	1 cup

steps

- 1 Preheat oven to 180°C (350°F/ Gas mark 4). Grease a flat oven-proof tray with margarine or oil spray or line with baking paper.
- 2 Place the plain flour, self-raising flour, rolled oats, egg and brown sugar in mixing bowl.
- 3 Place butter and peanut butter in saucepan over low heat until melted or heat in a microwave in a microwave safe bowl on MEDIUM (50%) for 1 to 2 minutes until melted.
- 4 Pour melted margarine and peanut butter and sultanas into flour mixture. Mix with a spoon.
- 5 To form the cookies, take a spoonful of cookie mixture and roll it into a round shape with your hands. Flatten the mixture to create the shape of a cookie. Place on the baking tray. Leave a space between each cookie so it can expand in the oven.
- 6 Cook in oven for about 10 minutes. Cookies are ready when they are golden in colour. Remove cookies with an oven mitt or tea towel.

equipment

- » Flat tray
- » Large mixing bowl
- » Tablespoon
- » Wooden spoon to mix
- » Measuring cups
- » Saucepan
- » Paper to grease the tray

hints, tips and variations

- » If you like nuts you can add ½ cup of your favourite nuts to the mixture.
- » Store cookies in an airtight container.





CHAPTER 8

SNACKS



snack attack!

Snack food makes up a large amount of what we eat.

For this reason, the snacks we choose need to provide plenty of good things like vitamins, minerals, fibre and energy as well as taste good.

Check out these ideas if you're stuck for a snack that actually tastes good!

snacks you can make at home:

- » Pancakes or pikelets (add mashed bananas to mixture for a change).
- » Pita bread (spread with peanut butter, grated carrot, sprouts and rolled-up).
- » Toasted sandwiches aka. 'Herbie Gerbies' – try baked beans with a slice of cheese (see *Yhunger presents Made Fresh - More Mad Feeds*, a 2nd cookbook for young people for more ideas).
- » Low-fat ice cream or custard with tinned fruit.
- » Banana smoothie (use low-fat milk or low-fat soy drink, blend with ½ banana).
- » Fruit yoghurt smoothie (blend ½ cup fruit yoghurt with ½ cup skim milk or low-fat milk plus some fresh or tinned fruit).
- » Crackers with cheese, tomato or avocado.
- » Rice cakes with tuna.
- » Breakfast cereal (go for wholegrain or oat varieties).

snacks you can buy from a supermarket or shop:

- » Slice of fruit loaf/bun.
- » Fruit/date/pumpkin or plain scone.
- » Rice crackers or pretzels.
- » Cup of popcorn (pop in the microwave).
- » Muesli bars.
- » Small can of baked beans or spaghetti.
- » Slice of cheese with a bundle of carrot and celery sticks.
- » Tub of fruit yoghurt or custard.
- » Carton of reduced-fat flavoured milk.
- » Fruit – fresh, canned or dried (it's all good).
- » A container of salad (e.g. tabouli, pasta, rice).
- » Corn on the cob.
- » Sushi.

WHEN SNACKS
ATTACK!



extras

Vegetarian recipe guide

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Get to know your Vegetarians:

There are several types and lots of different reasons why people are vegetarian. Check what type of foods a vegetarian in the house may/may not eat when looking at a recipe.

Lacto-ovo vegetarians	Eats eggs and dairy foods (cheese, yoghurt, milk)
Lacto vegetarians	Eats dairy foods but not eggs
Pesco vegetarians	Eats seafood and fish
Semi-vegetarians	Might eat some white meats and animal foods, but not red meat
Vegans	No animal foods, including no eggs, butter, dairy, meat or seafood



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