

CHICKEN POTPIES

Serves:3

Notes: Use a bowl/mug as a guide for cutting the dough

Ingredients	Method
<ul style="list-style-type: none"> -2 cup chopped leftover chicken OR 2 chicken breasts chopped -Frozen pastry sheets -Cooking spray -2 tbsp flour -1 tsp dried mixed herbs -Pepper -1 ¼ cup water -1 ½ cup mixed frozen veg -1 can (420g) of cream of chicken soup -1 cup chopped mushrooms 	<ul style="list-style-type: none"> -Preheat oven to 220°C -Cut circles out of pastry for pie tops -Spray pastry with oil and cook for 8 minutes -Combine mixed herbs, flour, and pepper in a bowl -Add chicken and mix well until chicken is coated -Heat a frypan with oil on medium heat -Add chicken and cook for 5 minutes, stirring occasionally -Add water and stir -Add vegetables, mushrooms and soup – bring to the boil -Reduce to low heat and cook for 10 minutes -Put chicken mixture into a very small bowl or mug -Top with cooked pastry -Serve

FRIED RICE

Serves:5

Notes: If using leftover cooked rice, you will need about 5 cups

Ingredients	Method
<ul style="list-style-type: none"> -2 cups uncooked rice -1 tbsp oil -2 rashers of bacon (or ham) finely chopped -1 medium onion, finely chopped -1 ½ cup frozen mixed peas, corn, and carrot -2 eggs, lightly beaten -1/4 cup reduced salt soy sauce 	<ul style="list-style-type: none"> -Bring a pot of hot water to the boil -Cook rice until soft, then drain -Preheat frypan with oil on medium/high heat -Add bacon/ham, onion and mixed vegetables, stirring until cooked -Push ingredients to one side of frypan -Add egg to empty side and scramble -Mix into vegetable mix -Add rice and soy sauces and mix together -Cook for a further 2 minutes -Serve

CHILLI CON CARNE

Serves: 6

Notes: Add capsicum, grated carrot or a small tin of corn for more vegetables

A tin of lentils can also be used for added protein

Any tinned beans can be used in this dish

If you don't have a jar of minced garlic, finely chop a clove of fresh garlic

Ingredients	Method
<ul style="list-style-type: none"> -1 tbsp oil -500g beef mince -1 medium onion, finely chopped -1 tsp minced garlic -1 tsp chilli powder -2 tsp tomato paste -1 can (420g) of diced tomatoes -1 can (420g) of kidney beans (rinsed and drained) -1 cup reduced salt beef stock -1/2 cup water -1 tsp cumin -2 tsp oregano 	<ul style="list-style-type: none"> -Preheat a large frypan with some oil on high heat -Add mince and cook until brown -Add onion, chilli and garlic and cook until onions is clear -Stir in tomato paste and cook for 2 minutes -Add the tomatoes, beans and beef stock -Reduce heat and simmer for 20 minutes -Mix through oregano and cumin <p>Serve with rice (white or brown), or in a baked potato. Try with some low fat sour cream if too spicy.</p>

CHEESY BEAN AND POTATO BAKE

Serves: 4

Notes: Use this dish as a side to have with meat of your choice

Try serving with extra vegetables

Ingredients	Method
<ul style="list-style-type: none"> -450g potatoes -1/2 cup milk -1/2 cup grated cheese -2 cans (420g) reduced salt baked beans -1 cup frozen mixed peas, corn, and carrot 	<ul style="list-style-type: none"> -Preheat oven to 200°C/180°C fan-forced -Peel and cut potatoes into quarters -Place potatoes in a saucepan and cover with cold water -Bring to the boil over high heat -Boil potatoes for 15 minutes – drain when done -Add milk to potatoes and mash until smooth -Place baked beans and frozen veg into a deep oven proof dish and mix together -Place mashed potato on top and cover with cheese -Bake for 20-25 minutes <p>Serve with meat of your choice</p>

SPAGHETTI BOLOGNAISE

Serves: 4

Notes: Sprinkle with low fat grated cheese for extra flavour

Replace half the mince with a can of lentils to reduce the cost and increase the veg

If you don't have a jar of minced garlic, finely chop a clove of fresh garlic

Ingredients	Method
<ul style="list-style-type: none"> -1 tbsp oil -500g beef mince -1 brown onion, finely chopped -1 zucchini, grated -1 carrot, grated -1 tsp minced garlic -1 bottle of bolognese pasta sauce -1 can (420g) of diced tomatoes -1 tbsp dried mixed herbs -400g Spaghetti pasta 	<ul style="list-style-type: none"> -Preheat a large frypan with some oil on high heat -Add mince and cook until almost brown -Add onion, carrot, zucchini and garlic and cook until the onion is soft -Add tomatoes, pasta sauce and herbs and stir -Reduce heat to low and simmer for 20 minutes, stirring occasionally -Bring a pot of water to the boil and cook spaghetti (following the directions on the packaging) -Drain pasta -Serve with sauce

APRICOT CHICKEN

Serves: 6

Notes: Serve with your favourite vegetables

Try using a bottle of apricot nectar instead on cans as it is cheaper

Ingredients	Method
<ul style="list-style-type: none"> -6 chicken thigh fillets (no skin) -3 tbsp plain flour -2 French Onion dried soup mix packets (salt reduced) -1 litre apricot nectar 	<ul style="list-style-type: none"> -Preheat oven to 180°C -Cut chicken into large pieces -Mix chicken in flour until coated -In an ovenproof dish, mix the French onion soup mix and the apricot nectar -Add the chicken to the ovenproof dish and cover -Cook for 45 minutes <p>Serve with rice and vegetables</p>

CREAMY TUNA PASTA

Serves: 4

Notes: For added flavour, add some pepper when serving

Ingredients	Method
<ul style="list-style-type: none"> -125g pasta -1 tbsp plain flour -1 ½ cup low fat milk -2 small cans (95g) tuna in springwater, drained -1 cup frozen peas -1/2 cup basil leaves, chopped -1/2 cup grated low fat cheese -Pepper 	<ul style="list-style-type: none"> -Bring a saucepan full of water to the boil over high heat -Add pasta and cook (following the directions on the packaging) -Drain the pasta and return to saucepan -Add the flour to the pasta and stir through -Add the milk and bring to the boil -Reduce to a medium-low heat -Stir sauce until it thickens -Add the tuna, peas and basil -Cook for 2 minutes -Add cheese and mix until cheese has melted -Serve

FISH CAKES

Serves: 8

Notes: Tuna can be used instead of salmon

Serve with your favourite vegetables or salad

Ingredients	Method
<ul style="list-style-type: none"> -2 medium potatoes, peeled -415g can salmon, drained -1/4 cup frozen peas and corn -1 brown onion, chopped -1 egg, lightly beaten -1/2 cup dried breadcrumbs -2 tbsp oil 	<ul style="list-style-type: none"> -Take out peas and corn and allow to defrost -Bring a saucepan full of water to the boil over high heat -Cook potatoes until soft -Drain and mash potatoes -Allow potato to cool -When potato is cold, add salmon, frozen vegetables, onion, egg, and breadcrumbs -Mix well and shape into 8 patties -Heat oil in frypan over medium-high heat -Cook patties (2 or 4 at a time) for 4 minutes each side or until golden brown <p>Serve with salad or vegetables</p>

MEATLOAF

Serves: 4

Notes: Before making this dish, make sure you have mugs that are safe to go in the microwave
 Serve with your favourite vegetables or salad

Ingredients	Method
<ul style="list-style-type: none"> -80ml low fat milk (1/3 cup) -4tbsp reduced salt tomato sauce -1/2 cup quick oats (8 tbsp) -1/2 pack French onion dried soup mix (salt reduced) -500g beef mince -Cooking oil spray 	<ul style="list-style-type: none"> -Mix all ingredients together in a bowl -Spray the inside of 4 mugs with oil -Split the mixture into 4 and place in mugs -Pat the mixture down in the mug -Microwave on high for 4 minutes -Allow to sit for 2 minutes before eating <p>Serve with salad or vegetables</p>

MACARONI SPECIAL

Serves: 4

Notes: Use any frozen vegetables you like

Ingredients	Method
<ul style="list-style-type: none"> -350g macaroni pasta (or any small pasta) -1 cup frozen mixed veg -1 large (425g) can of tuna -1 can (420g) of cream of chicken soup -1/2 grated cheese 	<ul style="list-style-type: none"> -Bring a saucepan full of water to the boil over high heat -Add pasta and cook (following the directions on the packaging) -In the last 3 minutes of cooking the pasta, add the frozen vegetables -Drain the pasta and vegetables and return to saucepan -Add the tuna and the cream of chicken soup -Heat over a medium heat until mixture is hot -Turn off the heat and mix in the cheese -Serve

CURRIED SAUSAGES

Serves: 5

Notes: Serve with your choice of mashed potato or rice

Ingredients	Method
<ul style="list-style-type: none">-6 sausages-1 onion, sliced-1 cup frozen mixed vegetables-1 tbsp plain flour-1 tsp curry powder	<ul style="list-style-type: none">-Cook sausages and onion in a frypan over a high heat-Remove sausages and cut into chunks-Return to the frypan with the mixed vegetables-Add water so the mixture is just covered-Bring to the boil-In a small cup, mix the curry powder and flour together-Add a small amount of water to make it a paste-Turn the heat down to low-Stir the paste through the sausage mix-Allow to simmer until the vegetables are soft and the sauce is thick <p>Serve with mashed potato or rice.</p>

ZUCCHINI SLICE

Serves: 6

Notes: Serve with your favourite salad for extra vegetables

Ingredients	Method
<ul style="list-style-type: none">-5 eggs-3 zucchinis, grated-1 carrot, grated-1 brown onion, finely chopped-1 cup low fat cheese, grated-1 cup self-raising flour-Cooking oil spray	<ul style="list-style-type: none">-Preheat oven to 180°C-In a bowl, beat the eggs-Add all the ingredients and mix-Spray an oven proof baking dish with cooking oil spray-Pour mixture into dish-Bake for 30-35 minutes-Serve

MICROWAVE PUMPKIN SOUP

Serves: 4

Notes: Try serving with a spoonful of sour cream for added creaminess

Ingredients	Method
-1kg butternut pumpkin -2 cups of chicken stock -1tsp curry powder	-Chop the pumpkin into wedges, removing the seeds but leaving the skin on -Microwave for 12-14 minutes -Allow to cool -Scoop pumpkin from the skin and place in a bowl -Mash pumpkin with potato masher -Add chicken stock and curry powder and mix together -Microwave for another 10 minutes Serve with some bread

Abbreviations	
tsp	Teaspoon
tbsp	Tablespoon
mL	Millilitre
g	Gram
kg	Kilogram

Don't have...	Try instead...
Teaspoon	A normal teaspoon
Tablespoon	A soup spoon
Measuring cup	A small coffee cup
Saucepan lid	Covering with foil, a dinner plate or roasting pan
Strainer	A lid or plate over the pot with a small gap to pour the water out
Grater	Peeler or knife to chop finely
Potato masher	A fork
Frypan	A large saucepan
Stock	Water seasoned with pepper and dried herbs
Sour cream	Natural low-fat yoghurt

Measurement	Volume	Alternative	Roughly looks like...
1/2 teaspoon	2.5mL	2 pinches	
1 teaspoon	5mL	4 pinches	
1 tablespoon	15mL	3 tsp or 12 pinches	
1/4 cup	60mL	4 tbsp	
1/3 cup	80mL	5 tbsp + 1 tsp	
1/2 cup	125mL	8 tbsp	
1 cup	250mL	16 tbsp	

Cooking methods	
Chopped	
Finely chopped	
Sliced	
Lightly beaten	
Grated	
Wedges	

Boil	
Simmer	
Draining	
Flour and water paste	
Baking	
Coated chicken	