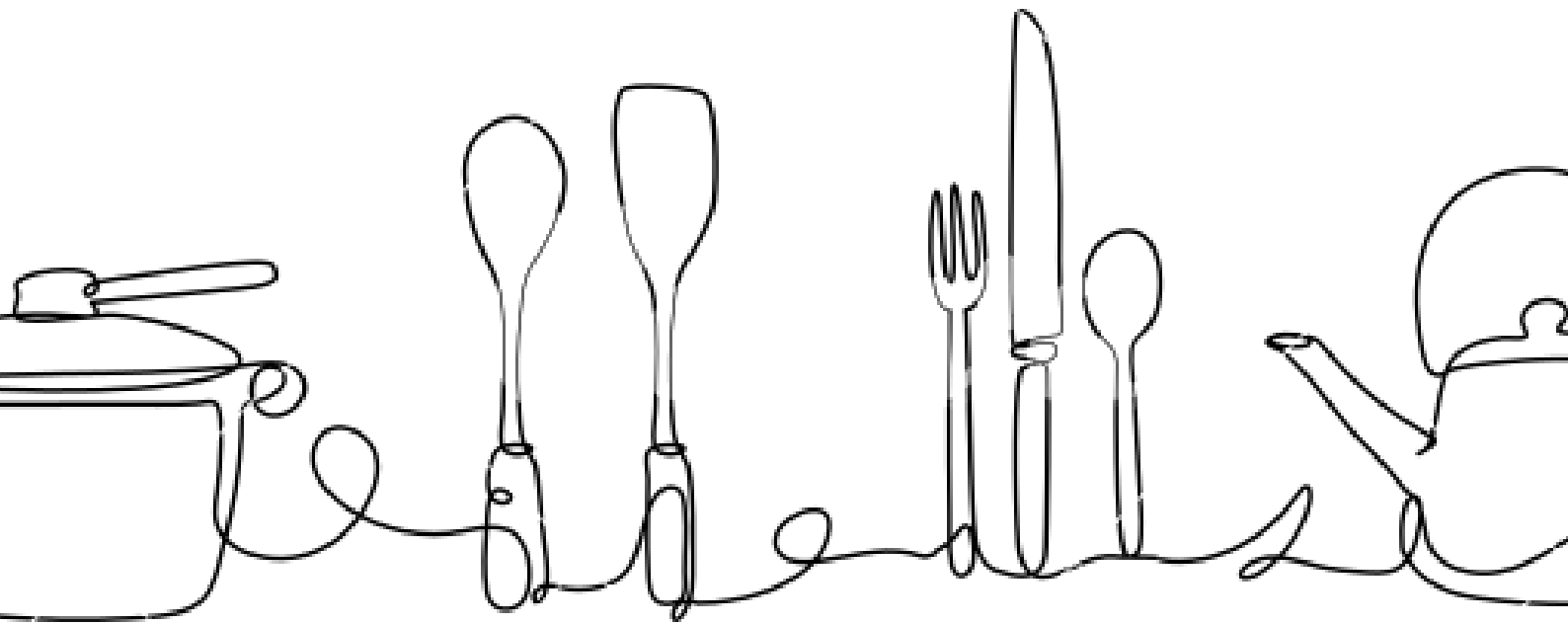
FoodCommunity
working together to improve food security

Recipe Book:

A series of budget-friendly, nutritious meals



Chicken, Lentil and Vegetable Curry

Serves: 4 **Cooking time: 1 hour** **Cost per serve: $2.90**

Ingredients:

2 tablespoons olive oil
1 brown onion
1 large carrot
1 teaspoon ground garlic powder
400g chicken breast - cubed (or firm tofu for vegetarian option)
3 tablespoon curry paste (red/green/massaman or tikka)
1 teaspoon turmeric powder
400g canned tomatoes
650mL chicken or vegetable stock
175g dried red lentils - rinsed
3 portions frozen spinach (or 3 handfuls of fresh spinach)
100g plain greek yoghurt
30g cornflour
2 Sprigs (2g) of Fresh coriander (optional)
Salt and pepper (optional)
Approx. 250ml water

Equipment:

Chopping boards, knife, frypan and lid, stirring spoon, measuring spoons and cups, small mixing bowl, can opener, colander/sieve, serving bowls and/or freezer friendly containers.

Method:

1. Peel onions, and cut onion and carrot into cubes.
2. Heat oil in a frypan on a high heat, add onion and sauté until softened.
3. Add garlic to frypan and cook for 1 minute.
4. Meanwhile cut chicken into bite-sized pieces, add to frypan and cook over medium heat until chicken is white.
5. And chopped carrot, curry paste, and turmeric to frypan and cook on high heat for 3 minutes, stirring, until fragrant.
6. Rinse lentils in colander. Add lentils, stock, spinach, and canned tomatoes to frypan and cook on a low heat for 30 minutes, stirring often.
7. After 15 minutes, add water as required if the mixture begins to thicken or dry out.
8. In a separate bowl, mix cornflour with 2-3 tablespoons of water to form a paste, then add it to the frypan and stir through. Cook for 2–3 minutes, stirring, until slightly thickened.
9. Stir in yoghurt and cook for 5 minutes, stirring regularly.
10. Serve into a bowl or containers to freeze. Season with salt and pepper and top with fresh coriander when eating (optional).

Nutrition Information Panel: (chicken option)

Kilojoules	1812kJ
Carbohydrates	45g
Protein	38g
Total Fat	11g
Dietary Fibre	11g
Sodium	576mg

Recipe by Shen Puccio

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Thai Beef Stir-fry with Rice

Serves: 4 **Cooking time: 45 minutes** **Cost per serve: $3.00**

Ingredients:

2 tablespoons vegetable oil
1 small red onion
1 teaspoon ground garlic
500g beef blade steak, sliced thinly
1/2 punnet Thai basil leaves
550g frozen stir-fry vegetable mix
2 tablespoons soy sauce (salt reduced option)
2 tablespoons oyster sauce
1 tablespoons fish sauce
1 teaspoon chilli flakes - optional
240g White rice
Water (for cooking rice)

Equipment:

Chopping board, knife, frypan or wok, bowl, measuring spoons and cups, wooden spoon, large pot with lid, serving bowls and/or freezer friendly containers.

Method:

1. Peel and cut onion into small cubes.
2. Thinly slice the blade steak.
3. Heat 1 tablespoon of oil in a frypan on a high heat and stir-fry the beef until just browned. Transfer to a bowl and set aside.
4. Add 1 tablespoon of oil to frypan , add the onion, ground garlic, and chilli flakes (if using) and stir-fry for 1–2 minutes until softened.
5. Add the frozen stir-fry vegetables (no need to thaw). Stir-fry until heated through and beginning to soften.
6. Return the beef to the frypan and add the soy sauce, oyster sauce, and fish sauce. Stir well to coat everything evenly and heat through.
7. Gently stir in the basil leaves before serving.
8. Cook the rice according to packet instructions. Serve the stir-fry with rice.

Nutrition Information Panel:

Kilojoules	2044kJ
Carbohydrates	58g
Protein	32g
Total Fat	12g
Dietary Fibre	5g
Sodium	1610mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Shen Puccio

Veggie Pasta Bake (optional ham)

Serves: 6 serves **Cooking time: 1 hour** **Cost per serve: $1.73**

Ingredients:

2 tablespoons olive oil
1 brown onion
1 teaspoon ground garlic
600g mixed frozen vegetables
400g canned diced tomatoes
500g pasta (large shells or penne)
3 tablespoons tomato paste
1 teaspoon Italian herbs
300g cheddar / mozzarella cheese
150g diced ham (optional)
Salt and pepper (optional)
Water (to cook pasta)

Equipment:

Chopping board, knife, frypan measuring spoons and cups, wooden spoon, large pot with lid, large baking tray, oven-mitts, serving bowls and/or freezer friendly containers.

Method:

1. Cook the pasta according to packet instructions. Drain and set aside, saving 1 cup of cooking water from the pot.
2. Peel and cut onion into small cubes. Grate cheese.
3. Heat olive oil in frypan on a medium heat and add diced onion and garlic, cooking until soft and fragrant.
4. Add frozen vegetables to frypan and stir until vegetables begin to soften.
5. Add diced tomatoes, tomato paste, Italian herbs to frypan and stir to combine.
6. Add ½ to 1 cup of cooked water from pasta to frypan and stir through, if sauce becomes too thick.
7. Add salt and pepper (optional).
8. If using, add diced ham to frypan and stir to combine.
9. Add cooked pasta to frypan and stir until all pasta is covered in sauce.
10. Transfer mixture to a large baking dish and top with grated cheese.
11. Place baking dish in the oven and cook at 190°C for 25 minutes, or until cheese is melted and browned.
12. Allow to cool slightly before serving, or portion into containers and freeze (once cooled).

TIP: You can add more dietary fibre if by using wholegrain pasta instead.

Nutrition Information Panel (including ham):

Kilojoules	2812kJ
Carbohydrates	73g
Protein	30g
Total Fat	26g
Dietary Fibre	4g
Sodium	560mg

Nutrition Information Panel (vegetarian):

Kilojoules	2656kJ
Carbohydrates	71g
Protein	26g
Total Fat	25g
Dietary Fibre	4g
Sodium	349mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Shen Puccio

Fried Rice

Serves: 4 **Cooking time: 15 minutes** **Cost per serve: $0.69**

Ingredients:

4 cups cooked brown rice
2 cups frozen mixed vegetables
1 onion
1 tablespoon oil
2 tablespoons soy sauce

Equipment:

Large frying pan or wok, chopping board, knife, wooden spoon/ spatula, measuring cups and spoons, serving bowl and/or freezer friendly containers.

Method:

1. Peel and cut onion into small cubes.
2. Heat oil in frypan on a medium heat, add onion and cook until soft.
3. Add frozen vegetables to frypan, stir-fry 5 mins.
4. Add rice to frypan, separating lumps with spatula and stir-fry until hot.
5. Add soy sauce to frypan and stir well.
6. If using, add cooked chicken or diced ham to frypan and stir to combine.
7. Serve in bowls or transfer to containers for freezing (once cooled).

TIP: add cooed chicken or diced ham for a non-vegetarian option.

Nutrition Information Panel:

Kilojoules	1812kJ
Carbohydrates	60g
Protein	44g
Total Fat	18g
Dietary Fibre	6g
Sodium	833mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Finette Abel

Minestrone Soup

Serves: 4 **Cooking time: 10 minutes** **Cost per serve: $1.31**

Ingredients:

1 onion, diced
2 carrots
2 sticks celery (optional)
2 cloves garlic, crushed (optional)
1–2 cups frozen mixed veg
400g can diced tomatoes
800g canned beans (four bean mix)
½ cup small pasta or rice
1 teaspoon dried herbs
1 tablespoon oil
1.5 litres water or vegetable stock
Salt and pepper (optional)

Equipment:

Chopping board, large pot, knife, wooden spoon/spatula, soup ladle, can opener, serving bowls and/or freezer friendly containers.

Method:

1. Peel onion and garlic and cut onion, carrot and celery (if using) into small cubes. Finely cut garlic.
2. Heat oil in pot on a medium, add onion and garlic and cook until softened.
3. Add carrots, celery, and frozen vegetables to pot and stir for 5 mins.
4. Drain and rinse canned beans. Add canned tomatoes, canned beans, water/stock and dried herbs.
5. Bring to boil, add pasta/rice to pot and stir.
6. Reduce to low heat and simmer 20–30 mins.
7. Season with salt and pepper (optional).
8. Serve in bowls or transfer to containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules	1978kJ
Carbohydrates	70g
Protein	27g
Total Fat	6g
Dietary Fibre	18g
Sodium	670mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Finette Abel

Tuna and Vegetable Pasta Bake

Serves: 4 **Cooking time: 20 minutes** **Cost per serve: $2.41**

Ingredients:

500g dried pasta
1 tablespoon oil
1 onion
2 cups frozen mixed vegetables
425g canned tuna
1 490g jar of bechamel sauce
¼ cup grated cheese
¼ cup panko breadcrumbs

Equipment:

Oven, large pot, colander, large frypan, chopping board, wooden spoon/spatula, mixing bowl, grater, measuring spoons and cups, large baking dish serving bowls and/or freezer friendly containers.

Method:

1. Cook pasta according to packet instructions. Drain and set aside.
2. Peel and cut onion into small cubes. Grate cheese.
3. Heat oil in frypan on medium heat, add onion and cook until soft.
4. Add frozen vegetables to frypan, stir and cook for 5 mins.
5. Drain tuna. Add tuna and white sauce to frypan and stir well.
6. Add cooked pasta to frypan and stir until combined.
7. Transfer to baking dish, sprinkle with grated cheese and breadcrumbs.
8. Place baking dish into over and bake at 180°C for 20 mins.
9. Serve in bowls or transfer to containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules	1812kJ
Carbohydrates	79g
Protein	23g
Total Fat	6g
Dietary Fibre	18g
Sodium	670mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Finette Abel

Beef and Vegetable Spaghetti Bolognese

Serves: 8 **Cooking time: 45 minutes** **Cost per serve: $1.65**

Ingredients:

500g beef mince
500g dried pasta
1 brown onion, diced
1 medium carrot
1 teaspoon minced garlic
1½ cups frozen mixed vegetables
1 tablespoon olive oil
800g canned diced tomatoes
2 tablespoon tomato paste
1 teaspoon dried mixed herbs

Equipment:

Large pot, colander, large frypan, chopping board, knife measuring cups and spoons, wooden spoon or spatula, serving bowls and/or freezer friendly containers.

Method:

1. Peel and cut onion and carrot into small cubes.
2. Heat olive oil in a large frypan over medium heat. Add onion and cook until soft.
3. Add minced garlic to frypan and cook for 1 minute.
4. Add mince to frypan and cook until browned, breaking up as it cooks.
5. Add frozen vegetables and carrot to frozen and cook for 3–5 mins.
6. Add canned tomatoes, tomato paste, and mixed herbs to frypan. Reduce to low heat and simmer for 20–30 mins until sauce has thickened.
7. Meanwhile, cook spaghetti according to packet instructions, in large pot.
8. Serve spaghetti, topped with bolognese in bowls, or transfer to freezer friendly containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules	1918kJ
Carbohydrates	52g
Protein	23g
Total Fat	10g
Dietary Fibre	5g
Sodium	195mg

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Recipe by Louise Miller

Cheesy Lentil & Sweet Potato Enchiladas

Serves: 8 **Cooking time: 35 minutes** **Cost per serve: $1.45**

Ingredients:

420g canned brown lentils
600g sweet potato
1 brown onion
1 teaspoon minced garlic
400g canned tomato
2 tablespoon tomato paste
2 teaspoon ground cumin
2 teaspoon ground paprika
12 pack tortillas
100g cheddar cheese
1 tablespoon olive oil

Equipment:

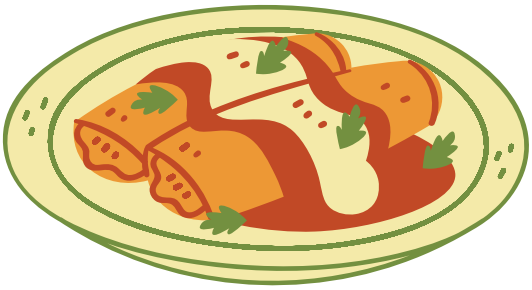
Oven, large frypan/pot, chopping board, knife, fork, measuring cups and spoons, sieve, grater, baking dish, serving plates and/or freezer friendly containers.

Method:

1. Preheat oven to 180°C.
2. Peel and cut onion and sweet potatoes into small cubes.
3. Steam or boil sweet potato until soft, and mash with fork.
4. Heat oil in frypan on a medium heat, add onion and minced garlic paste, and cook until soft.
5. Drain and rinse canned lentils. Add lentils, mashed sweet potato, cumin, paprika, tomato paste and 200g of canned tomatoes to frypan and stir to combine.
6. Reduce heat to low and simmer for 5–10 mins.
7. Spoon filling into tortillas, roll up, and place seam-side down in a baking dish.
8. Top with remaining canned tomatoes and sprinkle with cheese.
9. Place baking dish in the over and bake until cheese is melted and browning.
10. Serve on plates, or transfer into freezer friendly containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules	1285kJ
Carbohydrates	38g
Protein	12g
Total Fat	11g
Dietary Fibre	9g
Sodium	466mg



Recipe by Louise Miller

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Chickpea and Vegetable Stew

Serves: 6 **Cooking time: 30 minute** **Cost per serve: $1.49**

Ingredients:

1 tablespoon olive oil
1 brown onion
1 teaspoon minced garlic
2 medium carrots
2 stalks celery
800g canned diced tomato
2 tablespoons tomato paste
40g canned chickpeas
1 x cube vegetable stock
2 teaspoon ground cumin
2 teaspoon ground paprika
75g spinach frozen
1 ½ cups frozen mixed vegetables

Equipment:

Large pot/frypan, chopping board, knife, wooden spoon, spatula, sieve, measuring cups and spoons, serving bowls and/or freezer friendly containers.

Method:

1. Peel and cut onion, carrot and celery into small cubes.
2. Heat oil in large pot on a medium heat. Add onion and garlic to pot and cook until soft.
3. Add carrot, celery and frozen vegetables to pot and cook for 5 minutes.
4. Add chickpeas, canned tomatoes, tomato paste, stock cube (crumbled), cumin, and paprika and stir to combine.
5. Reduce heat to low and simmer for 20–30 minutes until liquid thickened and flavours have developed.
6. Serve in bowls or transfer to containers for freezing (once cooled).

TIP: serve with ½ cup of cooked rice, couscous, or pasta to make it extra filling.

Nutrition Information Panel:

Kilojoules	907kJ
Carbohydrates	32g
Protein	10g
Total Fat	7g
Dietary Fibre	11g
Sodium	578mg

Recipe by Louise Miller

Freezing and Reheating:

Store in the fridge for up to 3 days. Store in the freezer for up to 3 months. Reheat in the microwave or on the stovetop until heated through, and steaming.

Mexican beef bowls with rice

Serves: 4 **Cooking: 25 minutes** **Cost per serve: $2.99**

Ingredients:

420g canned black beans
420g canned corn kernels
1 x beef stock cube
1 cup water
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoon oregano
2 teaspoon ground cumin
2 teaspoon smoked paprika
1.5 cups long grain white rice
1 tablespoon oil
2 teaspoon minced garlic
500g beef mince
salt and pepper to taste
400g canned diced tomatoes

Equipment:

2 x bowls (medium), 1 x bowl (small), measuring cups and spoons, large saucepan spatula/stirring spoon, bowls to serve and/or freezer friendly containers.

Method:

1. Drain black beans and corn kernels, set aside into separate bowls.
2. Crumble stock cube into 1 cup of water, set aside.
3. Combine dry spices into a small bowl, set aside.
4. Cook rice according to packet instructions. Whilst rice is cooking, prepare the beef.
5. Heat oil in large saucepan over medium-high heat. Add garlic, stir for 1 minute.
6. Add beef mince, garlic and onion powder, oregano, cumin, paprika, salt and pepper. Break down the mince with a spatula and stir until just cooked (no longer pink).
7. Add canned tomatoes and stock water into saucepan. Stir through.
8. Once bubbling, reduce heat to low and simmer gently for 10 minutes.
9. Add black beans to saucepan, stir and simmer for an additional 5 minutes until sauce has thickened.
10. Divide the rice and beef between bowls. Top with corn and serve or transfer to containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules:	2851kJ
Carbohydrates:	80g
Protein:	38g
Total Fat:	28g
Dietary Fibre:	5g
Sodium:	308g

Storage & Reheating

Store in the fridge for up to 3 days.
Store in the freezer for up to 3 months.
Reheat in the microwave or on the stovetop until heated through.

Recipe by Renae Young

Middle Eastern Shakshuka with beans

Serves: 4 **Cooking time: 25 minutes** **Cost per serve: $2.04**

Ingredients:

1 tablespoon oil
1 brown onion
1 teaspoon minced garlic
1 teaspoon ground cumin
1 teaspoon smoked paprika
½ teaspoon salt
800g canned diced tomatoes
400g canned cannellini beans
1 x chicken stock cube
1 cup water
4 large eggs
sourdough bread to serve

Equipment:

Chopping board, knife, measuring cups and spoons, large saucepan with lid, spatula/stirring spoon, bowls to serve or freezer friendly containers.

Method:

1. Crumble stock cube into 1 cup of water, set aside.
2. Drain and rinse beans and set aside.
3. Peel and cut onion into small cubes.
4. Heat oil in large saucepan over medium-high heat. Add onion and garlic, stir for 1 minute until onion is soft.
5. Add cumin, paprika, salt, canned tomatoes, drained beans and stock water into saucepan and mix well.
6. Once bubbling, reduce heat to medium-low and continue to simmer gently for 5 minutes.
7. Once mixture has thickened, carefully crack eggs into the mixture and place lid on pan.
8. Steam with lid on for around 5 minutes, or until eggs are cooked to your liking.
9. Spoon mixture and eggs between bowls and serve with sourdough bread.

Nutrition Information Panel:

Kilojoules:	1353kJ
Carbohydrates:	47g
Protein:	16g
Total Fat:	9g
Dietary Fibre:	6g
Sodium:	844g

Storage & Reheating

Store in the fridge for up to 3 days. Freeze tomato mixture for up to 3 months. Skip step 5 and only cook eggs when you plan to eat the meal. Reheat in the microwave or on the stovetop until heated through.

Recipe by Renae Young

Tuna rice bake

Serves: 4 **Cooking time: 20 minutes** **Cost per serve: $2.52**

Ingredients:

1 cup long grain white rice
1 x chicken stock cube
1 x cup water
1 tablespoon oil
1 onion
2 teaspoon minced garlic
2 teaspoon italian herbs
425g canned tuna, drained
400g canned diced tomatoes
100g baby leaf spinach
salt and pepper, to taste
250g cheese

Equipment:

Chopping board, knife, measuring cups and spoons, spatula/stirring spoon, large saucepan, large baking dish, bowls to serve and/or freezer friendly containers.

Method:

1. Preheat oven to 180 degrees.
2. Cook rice according to packet instructions.
3. Crumble stock cube into 1 cup of water, set aside.
4. Drain tuna, set aside.
5. Peel and cut onion into small cubes. Grate cheese.
6. Heat oil in large saucepan over medium-high heat. Add onion and garlic, stir for around 1 minute until onion is translucent.
7. Add Italian herbs, drained tuna, canned tomatoes, spinach, stock water and salt and pepper to saucepan.
8. Stir to combine and bring to a simmer for 3-5 minutes until spinach has wilted. The mixture should still be a little watery.
9. Remove from the heat and add in cooked, drained rice. Stir through.
10. Transfer mixture into an oiled baking dish. Top with cheese.
11. Place in the oven for 10-12 minutes, or until cheese is golden brown.
12. Divide between bowls and serve, or transfer to to containers for freezing (once cooled).

Nutrition Information Panel:

Kilojoules:	1857kJ
Carbohydrates:	18g
Protein:	37g
Total Fat:	26g
Sodium:	617g
Dietary Fibre:	3g

Storage & Reheating

Store in the fridge for up to 3 days.
Store in the freezer for up to 3 months.
Reheat in the microwave or on the stovetop until heated through.

Recipe by Renae Young