

Cheap Eats

Easy, tasty and
economical
family meals



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Cheap Eats is a joint Heart Foundation and FinCap project. Cheap Eats is a collection of recipes designed to feed your family for less than \$3 per serving, without losing taste, quality or nutrition.

For help to make your food budget stretch, talk to **MoneyTalks**, Fincap's free financial helpline. They offer free, confidential and non-judgemental advice from more than 200 locations across New Zealand.

Free phone 0800 345 123, or visit their website moneytalks.co.nz.





Cost saving tips

Food shopping

► Be organised

Check to see what needs to be used up before you shop, then write a shopping list.

► Plan your meals

Plan meals so you know what you'll be cooking and only buy what you need.

► Look for a bargain

Vegetables and meat on special can save you money. Look for the food with the cheapest price per 100g or kilogram.

► Shop in season

Fruit and vegetables in season will be cheaper. When out of season use frozen or canned.

► Buy in bulk

If you can afford to buy in bulk, you can get items for lower prices. This can be useful for dry goods, products with a long shelf life and cleaning products.

► Shop around

Fruit and vegetable shops, local markets, or butchers can sometimes be a cheaper option than the supermarket.

Grow your own

► Vegetables

Growing your own vegetables like tomatoes, lettuce and beans is easy and will save you money.

► Herbs

Growing your own herbs like parsley, rosemary and basil helps add flavour to your meals for a cheaper price than any packet sauce.

When cooking

► Cook once, eat twice

Plan meals that will last for two or three nights. See pages 23-24 for three meals from a whole chicken and page 43 for food safety advice.

► Consider portions

Only cook what your family will eat so that you don't have to throw away any food.

► Veg up meals

Extend the meat in your meals by adding extra vegetables like grated carrot or legumes like lentils.

► Go meat-free

Meals without meat are a heart-healthy option and save you money.

In the kitchen

► Check your fridge

The temperature should be between 1°C and 4°C for storing food.

► Stock up on cupboard and freezer foods

See page 5 for a list of foods.

► Store food carefully

Find out the best place to store food at lovefoodhatewaste.org.nz.

► Avoid throwing it out

'Use by' dates mean a food shouldn't be eaten past a certain date, but a 'best before' date usually means the food is still fine to eat.

Leftovers

► 'Do-over' your leftovers

Give your leftovers a second chance by making them into a whole new meal the next day. See page 43 for food safety advice.

► Cook in bulk

Double the recipe and freeze the leftovers for a later date. **Look out for this icon.**



Cupboard and freezer foods

Keep these foods in your food cupboard or freezer. They can be used to bulk out a meal or make a meal when fresh foods aren't available.

Legumes, fish, seafood, eggs, poultry and meat

- Baked beans
- Canned kidney beans, chickpeas, butter beans
- Dried beans or lentils
- Eggs
- Canned fish
- Frozen fish
- Frozen whole chicken or pieces
- Fresh meat bought in bulk and frozen into meal-sized amounts



Vegetables and fruit

- Canned fruit (drained)
- Canned vegetables
- Frozen vegetables
- Canned tomatoes
- Tomato purée/paste
- Frozen fruit



Grain foods and starchy vegetables

- Frozen or canned sweet corn
- Kūmara, potatoes and taro
- Oats
- Rice and barley
- Dried pasta
- Couscous
- Dried noodles i.e. vermicelli



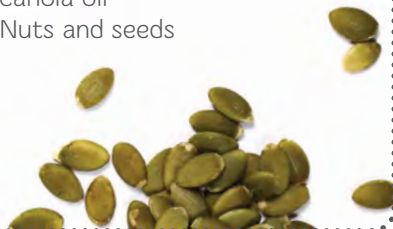
Herbs, spices and sauces

- Dried herbs i.e. ground coriander
- Spices i.e. chilli, curry powder
- Pepper
- Vinegar
- Soy sauce



Healthy oils, nuts and seeds

- Peanut butter
- Vegetable oils i.e. olive oil, canola oil
- Nuts and seeds



Milk, yoghurt, cheese

- Milk powder

Healthy heart visual food guide

eat most

vegetables
& fruit

eat some

grain foods &
starchy vegetables

legumes, fish, seafood,
eggs, poultry & meat

milk, yoghurt
& cheese

healthy oils,
nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats





Label reading

While we recommend that you eat mostly whole foods like vegetables (many of which don't have a food label), in a busy world, processed foods can be a quick and easy option.

Taking a little time to read food labels when you're buying food can have big pay-offs, but it can be hard to make sense of all those numbers.

To make things easy, we recommend that you look for **less of the three S's** – that is products which contain less **S**aturated fat, **S**ugar and **S**odium per 100g.

We recommend comparing the **'per 100g'** column when comparing packaged products and choosing foods that are:

- ▶ lower in saturated fat
- ▶ lower in sodium
- ▶ lower in sugar
- ▶ higher in fibre.

Nutritional Information		
Servings per package: 3		
Serving Size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kj	405kj
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg

Nine steps for heart healthy eating

By making small changes to what you eat, you can help your health and wellbeing. Here's nine simple steps for heart-healthy eating, designed to suit any budget or eating pattern.

1

Share and enjoy meals with family and friends that focus mostly on foods close to how they are found in nature.



2



Include plenty of colourful non-starchy vegetables and/or fruit at every meal and for most snacks.

3

Choose whole grain foods in place of refined grains.*



4



Include some legumes, fish or seafood, eggs, skinless chicken or lean meat at one or two meals each day.



5

Use mostly reduced-fat or low-fat milk and milk products (or non-dairy options with calcium added).*



6



Choose healthy oils, nuts and seeds instead of animal and coconut fats.



7

Drink water to quench thirst, and limit sugary drinks and alcohol.



8



When preparing meals, snacks or drinks, use pepper, herbs, spices or fruit to add flavour rather than using salt or sugar.

9

Cut back on junk foods, takeaways and foods high in sugar, salt or saturated and trans fats.



*People with an allergy or intolerance to gluten or dairy need to choose allergy-friendly options which may cost more. See page 43.



Vegetables

Aim to fill half your plate with non-starchy vegetables or salad.

Buying vegetables

Look for what's on special. Choose fresh vegetables when in season and use canned and frozen vegetables as much as possible when they're not.

Preparation

Vegetables are great raw or cooked. To prepare vegetables, wash and cut them into evenly sized pieces so they cook at the same time. Keep the skins on where possible so you don't miss out on nutrients and dietary fibre.

Cooking

Boiling – bring water to the boil in a pot. Add vegetables and bring back to the boil as quickly as possible. Boil until soft when tested with a fork.

Steaming – place chopped vegetables into a steamer or colander above a pot of boiling water. Steam with a lid on until just soft.

Stir-frying – cut vegetables into small pieces. Put 1 teaspoon of oil into a heated pan or wok and add vegetables with 1 teaspoon of water. Stir-fry until vegetables are cooked.

Baking – cut vegetables into evenly-sized pieces. Bake in preheated oven at 180°C for about 25-30 minutes or until soft.

Microwaving – put chopped vegetables into a microwave-safe dish with 1-2 tablespoons of water. Cover and cook on high for 2-3 minutes. Remember some harder vegetables like carrot may need longer.



Legumes

Legumes and beans are full of goodness as well as being cheap and tasty.

Buying legumes

Canned legumes like lentils and chickpeas are quick and easy to use. Keep them in the cupboard and add to vegetarian or meat dishes to make them go further. They don't need pre-cooking. Just rinse under water to get rid of the salty liquid.

When cooking dry legumes some types (see below) need pre-soaking to shorten the cooking time and make them more digestible.

Soak dry legumes overnight in a big bowl of water or cover with boiling water and leave for a couple of hours. Always drain and rinse before cooking.

Cooking

Cook legumes using the stovetop, microwave or pressure cooker. One cup of dry legumes makes 2-3 cups cooked.

Cooking times on the stove:



15 minutes: unsoaked red lentils.



45 minutes – 1 hour: soaked pinto beans and unsoaked split peas.



1 hour: soaked black beans and azuki beans.



1-1½ hours: soaked borlotti beans, cannellini beans, chickpeas, lima beans and red kidney beans and unsoaked brown lentils.



Legumes are cooked when they are soft and easily squashed between your fingers. Never eat legumes that are still hard inside. Under-cooked legumes (especially red kidney beans) can make you very sick.





Potatoes and kūmara

Cooking

Boiling

Wash and dice the potatoes or kūmara. Place in a pot and cover with cold water.

Bring to the boil and cook for 10-15 minutes until soft. Drain. To make mashed potato or kūmara, add a little milk and mash with a potato masher or fork.

Oven-baked

Preheat oven to 180°C. Choose large or medium-sized potato or kūmara. Scrub well, pierce with a sharp knife or fork. Bake potatoes or kūmara for 45-60 minutes, or until cooked.

Microwave-baked

Choose potatoes or kūmara of a similar size. Wash and prick well with a knife or fork. Cook on high for 3-4 minutes.

Stuffed

Cut an oval piece from the baked potato or kūmara or cut in half. Scoop out the warm potato or kūmara into a bowl and mix with fillings of your choice.

Spoon the mixture into the shell and reheat in an oven, preheated to 180°C.



Stuffing suggestions

- **Add vegetables:** diced tomato, onion, gherkin, chopped herbs or chopped leftover vegetables.
- **Add protein:** chilli beans, baked beans or canned fish.
- **Add dairy:** grated cheese, cottage cheese or sour cream.



Pasta

Pasta is quick and easy to cook, and it can be used in soups, stews, salads, casseroles and pasta bakes. Wholemeal pasta has more fibre and nutrients than white pasta.

To cook pasta bring a pot of water to the boil, add 30g of dried pasta per person, stir and boil for about 10 minutes or until just soft. Drain and use.



Rice

Use brown rice or long grain rice for savoury dishes and salads and short grain rice for sushi. Use $\frac{1}{4}$ cup dried rice per person and wash rice in water before cooking.

Use a rice cooker or one of the following methods.

Absorption method

- Put the rice into a saucepan that has a tight-fitting lid.
- Add $1\frac{1}{2}$ times the amount of cold water e.g. 1 cup of rice with $1\frac{1}{2}$ cups of water.
- Cover with lid and bring to the boil.
- Turn heat down to very low.
- Cook for 20 minutes or until the water is absorbed and the rice is soft.

Boiling method

- Bring a pot of water to the boil.
- Add rice and stir.
- Boil for 20 minutes until the rice is cooked.
- Pour the rice straight into a colander.
- Cover and leave to stand for 10 minutes.



Couscous

Couscous is quick to cook. Place $\frac{1}{4}$ cup of couscous per person in a bowl.

Cover the couscous with boiling water. Cover with a lid or plate and leave to absorb for about 5 minutes. Once the water has been absorbed mix the couscous with a fork to break it apart.

Other ideas:

- add chopped fresh or dried herbs
- add grated courgette or cooked frozen mixed vegetables
- add sautéed onion and chopped capsicum or tomato (summer months).





Homemade pasta sauce Serves 2

Ingredients

1 Tbsp oil
 1 onion, diced
 1 clove garlic, crushed
 400g can tomatoes
 2 Tbsp tomato paste
 ¼ tsp chilli (optional)
 1 tsp dried or
 1 Tbsp fresh herbs
 (optional)



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Method

1. Heat oil in a large saucepan.
2. Cook onion until soft.
3. Add garlic, tomatoes, tomato paste and chilli and cook until thickened.
4. Serve over pasta or brown rice (see pages 12-13).

Other ideas

- Add 1-2 cups of fresh, frozen or canned vegetables like peas, green beans or spinach.
- Homemade pasta sauce is an ingredient in the following recipes: Chicken drumsticks (page 25) and Meatballs (page 40).

Tip

Homemade pasta sauce is great for using up leftover vegetables. Leave them whole, mash or blend them into the sauce.

Homemade chicken stock

Ingredients

1 chicken carcass
1 onion, diced
2 cloves garlic
1 carrot, diced
½ cup chopped parsley
(optional)
Celery leaves
6 cups water



Method

1. Cover the bones and vegetables in water and bring to a simmer.
2. Continue to simmer for about 1 hour.
3. Drain and keep in the fridge for up to 3 days or store in the freezer.

Tips

Cooked chicken bones create the most flavour. Use leftover bones from a roast chicken or cooked chicken drumsticks.

Use chicken stock to add flavour to soups, casseroles and risottos.

See page 23 for a Chicken vermicelli soup recipe.

Other ideas

- Make vegetable stock by leaving out the chicken bones and adding 1 cup of extra vegetables.





Corn fritters Serves 4

Makes 8 large or 12 medium sized fritters

Ingredients

3 cups corn kernels
1 capsicum, diced
(optional)
4 eggs
½ cup flour
1 tsp baking powder
3 Tbsp oil



Method

1. Mix corn kernels, capsicum, eggs, flour and baking powder together in a large bowl.
2. Heat oil in a large frying pan.
3. Place 3-4 spoonful's of the mixture into the pan.
4. Cook until browned on each side.
5. Repeat until mixture is finished.

Tips

Serve for breakfast, lunch or dinner.
 Great cold or served warm with a salad.

Other ideas

- Add 1 cup chopped fresh spinach or silverbeet.



View a video of this recipe at
heartfoundation.org.nz/cheap-eats

Dahl curry Serves 4

Ingredients

2 Tbsp oil
1 onion, chopped
Pinch of salt
3 cloves garlic, crushed
1 Tbsp grated fresh ginger
2 Tbsp curry powder
1 cup red lentils
6 cups water
2 tomatoes, diced
½ cauliflower, cut into florets
½ bag spinach, washed and roughly chopped
Pinch of pepper



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Method

1. Heat oil in a large pot.
2. Cook onion and salt over a low heat until soft.
3. Add garlic, ginger and curry powder. Cook for 1 minute.
4. Add lentils, water and tomatoes. Cook for 30 minutes or until the lentils are soft.
5. Add cauliflower and cook for 5 minutes.
6. Mix spinach through and cook for 1 minute.
7. Add pepper.

Other ideas

- If cauliflower isn't in season use any seasonal or frozen vegetables, like diced carrot, frozen cauliflower, frozen mixed vegetables, green beans, peas or broccoli.
- Use frozen spinach or chopped silverbeet instead of fresh spinach.
- Use tofu or drained, rinsed canned chickpeas instead of lentils.



**View a video of this recipe at
heartfoundation.org.nz/cheap-eats**





Stuffed kamo kamo serves 4

Ingredients

1 kamo kamo
 1 Tbsp oil
 ½ onion, diced
 1 clove garlic, crushed
 1 cup finely diced mushrooms
 ½ red capsicum, diced
 1 Tbsp tomato paste
 ½ cup cooked rice
 (see page 13)
 1 tomato, diced or ½ can
 chopped tomatoes
 ¼ cup grated cheese
 ¼ cup dry breadcrumbs

Method

1. Preheat oven to 180°C.
2. Cut kamo kamo in half lengthways. Scoop out the insides leaving a hollowed-out centre.
3. Heat oil and cook the onion in a frying pan until soft.
4. Add garlic, mushrooms, capsicum and tomato paste and continue to cook until soft.
5. Remove from heat and add cooked rice, tomato and cheese.
6. Fill each half of the kamo kamo with the vegetable and rice mixture and sprinkle with breadcrumbs.
7. Bake for 45 minutes.

Tip

Serve with a salad and some cooked rice or whole grain bread.

Other ideas

- Use eggplant, marrow or capsicum if kamo kamo is not available.



View a video of this recipe at
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Roast vegetables with chickpeas

serves 4

Ingredients

1 kūmara, peeled
¼ pumpkin, peeled
2 carrots, peeled
1 red onion, chopped roughly
3 cloves garlic, peeled and roughly chopped
1 Tbsp cumin seeds
1 Tbsp oil
1 can chickpeas, drained and rinsed
Ground pepper
1 can chopped tomatoes
1 cup spinach leaves

Method

1. Preheat oven to 225°C.
2. Cut the kūmara, pumpkin and carrots into chunks and place into a shallow roasting dish.
3. Add red onion, garlic, cumin seeds, oil and chickpeas, mix well.
4. Season with pepper and bake for 25 minutes.
5. Add tomatoes and bake for a further 15 minutes.
6. Remove from the oven and serve over spinach leaves.

Other ideas

- Add other in-season, cheap vegetables, like chopped cauliflower, broccoli, mushrooms, potatoes, courgette (summer months) or capsicum (summer months).



View a video of this recipe at
heartfoundation.org.nz/cheap-eats



Pumpkin and potato soup serves 4

Ingredients

1 onion, diced

1 Tbsp oil

4 cups peeled and diced pumpkin

1 potato, peeled and diced

2 cups water

1 cube chicken stock powder (or 1 tsp stock powder)

Method

1. In a large pot gently cook the onion in the oil until soft.
2. Add remaining ingredients and simmer until potato and pumpkin are soft.
3. Mash to make a smooth soup and serve.

Tip

This easy one-pot soup is perfect for adding almost any fresh vegetables you need to use up, i.e. sliced celery, kūmara, carrots, or green beans.



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Other ideas

For more flavour add:

- 2 cloves crushed garlic
- 1 tsp fresh or dried ginger
- Sprinkle 1 Tbsp grated cheese on top.





Beetroot, carrot and apple salad Serves 4

Ingredients

2 beetroot, grated
3 carrots, grated
2 apples, grated
¼ cup orange juice
¼ cup oil
1 tsp paprika
¼ tsp ground cumin

Method

1. Toss together grated beetroot, carrots and apples in a large bowl.
2. In a separate small bowl mix orange juice, oil, paprika and ground cumin.
3. Pour the dressing over the salad and combine.

Other ideas

- Use canned sliced beetroot (drained) instead of fresh beetroot.



View a video of this recipe at
heartfoundation.org.nz/cheap-eats

Green bean salad Serves 4

Ingredients

2 cups sliced green beans
1 can 4 bean mix, drained and rinsed
1 can chickpeas, drained and rinsed
1 capsicum, diced
½ red onion, finely diced
½ cup chopped parsley
¼ cup vinegar
2 Tbsp oil

Method

1. Bring a saucepan of water to the boil and cook green beans for 2 minutes.
2. Drain and cool under cold water, set aside.
3. In a large bowl, mix canned beans, chickpeas, capsicum, onion, parsley, green beans, vinegar and oil.

Other ideas

- Use cooked frozen green beans instead of fresh green beans.



View a video of this recipe at
heartfoundation.org.nz/cheap-eats

Chop Suey Serves 4

Ingredients

125g rice vermicelli
noodles
1 Tbsp oil
1 onion, finely chopped
2 cloves garlic, finely
chopped
2 tsp fresh grated ginger
500g chicken breast,
chopped (1cm squares)
4 cups frozen mixed
vegetables
2 Tbsp soy sauce
2 Tbsp lemon juice
½ cup chopped
coriander (optional)

Method

1. Place vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes.
2. Heat oil in a large pot, add onion and cook until soft.
3. Add garlic and ginger and cook briefly then add the chicken and cook through.
4. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid.
5. Add vermicelli and ½ cup of soaking liquid to the chicken mix.
6. Add vegetables, soy sauce and lemon juice and simmer for 5 minutes.
7. Add chopped coriander and serve.

Tip

Be careful not to stir this dish too much, or the vermicelli will become mushy.

Other ideas

- To make it vegetarian add cooked tofu and 1 cup fresh or frozen chopped vegetables in place of chicken.



Poached chicken

Ingredients

2.3kg whole frozen chicken (thawed)
2 cloves garlic, chopped
2 Tbsp chopped ginger
2 Tbsp soy sauce
2 Tbsp white vinegar
Water to cover



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Method

1. Place all ingredients into a large pot and cover the chicken with water.
2. Simmer for 1-1½ hours until the chicken is cooked.
3. Remove chicken flesh from the bone and divide into three portions.
4. Place chicken bones back into the poaching liquid and simmer for a further 1-2 hours.
5. Strain liquid and use for chicken vermicelli soup or freeze as stock.

Tip

Defrost a whole frozen chicken at the bottom of the fridge for 1-2 days.

Poached chicken can be used in the following ways:

Chicken vermicelli soup Serves 4



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Method

1. Simmer 4 cups chicken stock with 2 Tbsp soy sauce, 2 tsp white vinegar and 1 Tbsp crushed ginger.
2. Add 2½ cups shredded cooked chicken, 2 diced spring onions and 4 cups sliced silverbeet and simmer for 5 minutes.
3. Place vermicelli in a large bowl. Cover with hot water and soak for 10-15 minutes. Drain.
4. Spoon the soup over the vermicelli and serve.

Poached chicken can be used in the following ways:



**View a video of this recipe
at [heartfoundation.org.nz/
cheap-eats](https://heartfoundation.org.nz/cheap-eats)**

Chicken pasta salad Serves 4

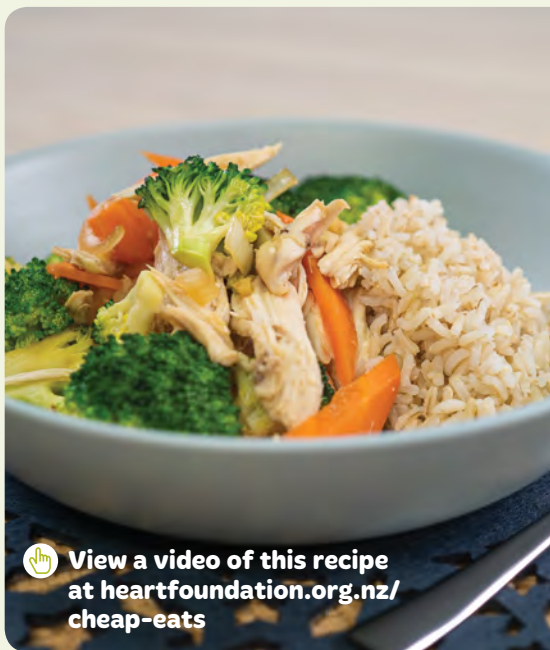
Method

1. Cook $\frac{1}{4}$ packet of pasta (see page 12).
2. In a large bowl mix $2\frac{1}{2}$ cups shredded chicken, $\frac{1}{2}$ cup grated cheese, $\frac{1}{2}$ cup chopped fresh herbs, 2 cups shredded lettuce, $\frac{1}{4}$ red onion and 2 diced tomatoes.
3. Mix with 2 Tbsp lemon juice and 3 Tbsp plain yoghurt.

Chicken stir-fry Serves 4

Method

1. Stir-fry 1 onion, 2 chopped carrots, 1 head chopped broccoli, 1 Tbsp chopped ginger, 3 cloves crushed garlic in 1 Tbsp oil.
2. Add 2 Tbsp soy sauce, 1 Tbsp white vinegar and $2\frac{1}{2}$ cups shredded cooked chicken.
3. Mix 2 Tbsp cornflour with $\frac{1}{2}$ cup of water. Add to the pan while stirring and cook until the sauce thickens.
4. Serve with rice (see page 13).



**View a video of this recipe
at [heartfoundation.org.nz/
cheap-eats](https://heartfoundation.org.nz/cheap-eats)**

Chicken drumsticks in tomato sauce Serves 4

Ingredients

8 chicken drumsticks

1 Tbsp oil

2 cups homemade tomato sauce recipe (see page 14)

3½ cups chopped seasonal vegetables, fresh or frozen

Method

1. In a large pan brown the drumsticks in oil over a medium heat.
2. Add the tomato sauce and vegetables.
3. Cover with a lid or tin foil.
4. Cook gently for about 30 minutes or until the chicken is thoroughly cooked.
5. Serve over either potatoes, couscous, brown rice or pasta (see pages 11-13)

Tip

To check if the chicken is cooked, insert a skewer into the thickest part and when removed the juices should run clear.

Other ideas

- To make it cheaper use 4 drumsticks and a can of drained, rinsed chickpeas.
- To make vegetarian use 2 cans of drained, rinsed chickpeas instead of chicken.





Roast chicken drumsticks with vegetables Serves 4

Ingredients

7 cups mixed seasonal vegetables, e.g. carrots, potatoes, kūmara, onion, pumpkin, beetroot

2 Tbsp oil

2 Tbsp curry powder

8 chicken drumsticks

Method

1. Peel if necessary and slice seasonal vegetables into 3cm pieces
2. Heat oven to 200°C.
3. Mix all ingredients together in a large bowl.
4. Spread out on a roasting dish so there is one layer of ingredients. If all the ingredients don't fit into the roasting dish, use another dish for the chicken.
5. Bake for approximately 45 minutes or until the chicken is thoroughly cooked and the vegetables are soft. Turn them over in the roasting pan a couple of times while they are cooking.
6. Serve with a salad or steamed frozen vegetables.

Baked chicken Serves 4

Ingredients

8 chicken drumsticks
1 Tbsp oil
1 Tbsp lemon juice
1 Tbsp soy sauce
1 tsp ground coriander
½ tsp black pepper

Method

1. Heat oven to 225°C.
2. Place chicken drumsticks in a roasting dish.
3. Drizzle with oil, lemon juice and soy sauce.
4. Sprinkle with coriander and pepper.
5. Roast for approximately 35 minutes or until cooked through and golden brown.

Tips

Serve with green vegetables like peas, green beans, spinach, or silverbeet.

While the oven is on, cook some carrot, potato or kūmara wedges.



View a video of this recipe at
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Smoked fish potato cakes Serves 4

Ingredients

4 potatoes

½ cup dry breadcrumbs

2 eggs

450g can smoked fish,
drained

2 Tbsp oil



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Method

1. Peel the potatoes and boil them until a fork can be inserted easily.
2. Drain and mash the potatoes.
3. Mix the mashed potato with the breadcrumbs, eggs and drained smoked fish.
4. Form the mixture into eight balls and flatten to make patties.
5. Heat oil in a large frying pan and brown the patties on each side ensuring they are hot through to the middle.
6. Serve the patties with a salad.

Other ideas

- To make this recipe vegetarian replace the smoked fish with grated courgette, corn, or chopped cooked spinach and add ½ cup grated cheese.
- Use mashed kūmara or pumpkin instead of potato.
- To add extra flavour, add fresh or dried herbs like basil, coriander or parsley.
- Use cooked chicken instead of smoked fish.



Tuna Cauliflower Mac 'n Cheese

Serves 4

Ingredients

¼ packet macaroni pasta (or other bite sized pasta)

½ head cauliflower, chopped

1 can creamed corn

½ cup milk

½ cup grated cheese

1 cup peas

400g can tuna, drained

¼ cup grated cheese



Method

1. Heat oven to 200°C.
2. Boil the macaroni for 8 minutes.
3. Add cauliflower to pasta and boil for a further 3 minutes.
4. Drain and set aside.
5. Mix creamed corn, milk and cheese together in a large bowl.
6. Add the peas, tuna, pasta and cauliflower.
7. Place in a large roasting dish and sprinkle with second quantity of cheese.
8. Bake for 30 minutes or until hot through and golden on top.

Other ideas

- To make this recipe vegetarian leave out the tuna and add 1 cup chopped green beans and ½ cup cottage cheese.
- To add extra flavour, add fresh or dried herbs like basil or parsley.
- Use canned mackerel instead of tuna.



View a video of this recipe at heartfoundation.org.nz/cheap-eats



Tuna, corn and mayo mix Serves 4

Ingredients

185g can tuna, drained
2/3 cup corn kernels
(canned, fresh or cooked from frozen)
3 Tbsp mayonnaise
or unsweetened plain
yoghurt

Optional

1/2 small red onion, chopped
1-2 spring onions, chopped
2 Tbsp chopped parsley

Method

Mix all the ingredients together in a bowl and keep in the fridge until ready to use.

Tuna, corn and mayo mix can be used in the following ways:

Tuna pasta salad

Method

1. Prepare the pasta (see page 12).
2. Leave pasta to cool and then mix with the tuna, corn and mayo mix.
3. Add precooked seasonal vegetables like chopped broccoli, cauliflower or green beans.
4. Mix well.



Tuna, corn and mayo mix can be used in the following ways:

Tuna baked potato or kūmara

Method

1. Bake the potato or kūmara (see page 11).
2. Cut an oval piece from the baked potato or kūmara.
3. Scoop out the warm potato or kūmara into a bowl and add the tuna, corn and mayo mix.
4. Stuff the potato or kūmara shells with tuna mixture.

More ways to use Tuna, mayo and corn mix

- in a filled roll or as a sandwich filling
- as a topping for toast
- in a toasted sandwich with cheese
- in a wholemeal pita bread or wrap.



Scrambled eggs

Method

1. Crack eggs into a bowl and break up with a fork.
2. Whisk to combine the yolks and whites.
3. Add 1 tsp oil to a frying pan on medium-high heat and pour in mixture slowly.
4. Bubbles will appear when it starts to set.
5. Lift and turn the mixture with a wooden spoon until there is no runny egg left.

Tips

To extend the recipe add 2 Tbsp of milk per egg.

To microwave, cook for 45 seconds on medium-high. Stir, cook for a further 45 seconds.

Scrambled eggs can be used in the following ways:

Egg and vegetable burrito

Ingredients

Scrambled egg (2 eggs)

1 large wrap

¼ cup cooked mushrooms

¼ cup chopped tomato

1 spring onion, sliced

Method

1. Place the scrambled egg, mushrooms, tomato and spring onion along the centre of a wrap.
2. Roll the wrap tightly, slice in half and serve.

Tips

Perfect for a lunchbox or breakfast on the run.

Warm the wrap before adding the fillings by placing in the microwave for 30 seconds.



View a video of this recipe at heartfoundation.org.nz/cheap-eats






Scrambled eggs can be used in the following ways:

Stir-fried rice Serves 4

Ingredients

1 cup dry brown rice
2 cups water
2 Tbsp oil
2 carrots, sliced
1 cup sliced green beans
2 cups finely chopped cabbage
2 cloves garlic, crushed
4 eggs
3 Tbsp soy sauce
2 spring onions, diced

 **View a video of this recipe at heartfoundation.org.nz/cheap-eats**

Method

1. Cook rice (see page 13).
2. Heat oil in a wok or large frying pan.
3. Add vegetables to the pan along with the garlic and stir-fry until nearly cooked.
4. Lightly beat eggs in a bowl.
5. Add in beaten egg and cook until lightly scrambled.
6. Add the cooked rice and heat through.
7. Add soy sauce and spring onions. Mix through.

Tip

To get the best texture use cold leftover rice.

Other ideas

- Use mixed frozen vegetables instead of fresh vegetables.
- Use tofu, cooked chicken, pork or beef instead of egg.

Boiled eggs

Hot water method

1. Use room temperature eggs.
2. Bring a saucepan of water to the boil.
3. Gently add eggs and reduce heat to a simmer.
4. Simmer to reach desired result (see timings below)

Cold water method

1. Place eggs in a saucepan of cold water.
2. Bring to the boil then reduce heat to a simmer.
3. Simmer to reach desired result (see timings below)

Soft boiled eggs



● 4½ minutes
hot water

● 3–4 minutes
cold water

Medium boiled eggs



● 7 minutes
hot water

● 5–6 minutes
cold water

Hard boiled eggs



● 11 minutes
hot water

● 8–10 minutes
cold water

Over boiled eggs



● 15 minutes
hot water

● 14 minutes
cold water



Time
from
simmer

Hard-boiled eggs can be used in the following ways:

Mashed egg sandwich

Method

1. Mash one hard-boiled egg with 2 tsp plain unsweetened yoghurt.
2. Spread the egg mixture evenly on one slice of whole grain bread.
3. Add sliced tomato, lettuce and second slice of whole grain bread on top.

Other ideas

- To add extra flavour, add chopped fresh or dried herbs, spring onions or diced capsicum to the egg mix.



Hard-boiled eggs can be used in the following ways:



Egg salad

Method

1. Add 1-2 chopped hard-boiled eggs to boiled potatoes (see page 11), salad greens and a little dressing.
2. To make it go further add canned sardines, sliced tomato, cooked peas and green beans.

Tuna and egg salad

Method

1. Add 1-2 chopped hard-boiled eggs to a can of drained tuna, salad greens, sliced tomato, cucumber and spring onions.
2. To make it go further add toasted whole grain bread broken into chunks or $\frac{1}{2}$ cup cooked couscous (see page 13).



EGG

Baked Frittata Serves 4

Ingredients

1 onion, peeled and diced

1 Tbsp oil

4 eggs

1 cup milk

4 cups grated kūmara

*2-3 leaves silverbeet,
finely sliced*

Pepper to taste

Method

1. Sauté the onion in the oil until just cooked and set aside.
2. Beat eggs and milk in a large bowl.
3. Add grated kūmara.
4. Add silverbeet and cooked onions.
5. Mix well and place in an oven dish.
6. Bake at 180°C for ¾-1 hour until the mixture is set and golden brown.



Tip

Great cold the next day in a lunch box, or served warm with a salad.

Other ideas

- To add extra flavour, add fresh or dried herbs.
- Add in any chopped leftover vegetables you need to use up instead of kūmara.



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Bolognese meat sauce Serves 4

Ingredients

2 Tbsp oil

2 onions, chopped

*2 carrots, grated
or chopped*

500g beef mince

*2 x 400g can chopped
tomatoes*



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Method

1. Heat oil in a large saucepan.
2. Gently cook onion until soft.
3. Add mince and brown stirring occasionally, once cooked drain off any extra fat.
4. Add carrot to the mince and stir well.
5. Add chopped tomatoes.
6. Cook gently until the sauce has thickened; about 30 minutes.

Other ideas

- To make it vegetarian, use 2 cans drained, rinsed lentils, red kidney beans or black beans instead of beef mince.
- Use pork or chicken mince instead of beef mince.
- For extra flavour add ½ tsp vinegar, 2 crushed garlic cloves, fresh or dried herbs.
- To make it go further add ½ cup dried lentils and ½ cup of water.
- To make it cheaper add 2 cups frozen vegetables (i.e. peas, broccoli) or a can of drained, rinsed kidney beans and halve the beef mince.

The **bolognese meat sauce** can be used in the following ways:

Cottage pie

Serves 6

Method

1. Add a can of drained, rinsed lentils to the Bolognese meat sauce.
2. Place the Bolognese meat and lentil sauce in an oven proof dish.
3. Cover with mashed pumpkin, kūmara or potato.
4. Bake at 180°C for 30-40 minutes until hot.



Chilli beef

Serves 6

Method

1. Add a can of chilli beans to the Bolognese meat sauce.
2. Add a cup of whole kernel corn, or diced vegetables (like courgette or mushroom) and heat through.
3. Serve with rice (see page 13).

More ways to use Bolognese meat sauce

- Baked potato or kūmara
- Beef wraps
- As a stuffing for capsicum, marrow or kamo kamo
- Nachos
- Tacos
- Lasagne
- On toast.

Beef kofta mixture Serves 4

Ingredients

500g beef mince

1 egg

$\frac{1}{2}$ cup dry breadcrumbs

2 carrots, grated

$\frac{1}{2}$ onion, finely diced

$\frac{1}{2}$ cup chopped parsley

1 Tbsp tomato sauce/
paste/purée

2 tsp ground cumin
(optional)

1 clove crushed garlic
(optional)

Method

1. Place all kofta ingredients into a bowl and mix together.

Beef kofta with couscous Serves 4

Method

1. Soak wooden skewers in water for 10 minutes.
2. Mould a heaped tablespoon of beef kofta mixture around each skewer.
3. Brush koftas with oil and grill for 5-8 minutes until browned on all sides.
4. Serve kofta with coleslaw and couscous (see page 13).

Other ideas

- To make this recipe vegetarian use falafel premix instead of beef kofta mixture.
- Use pork or chicken mince instead of beef mince.
- Serve the kofta in lettuce cups.



The **beef kofta mixture** can be used in the following ways:

Beef burger

Method

1. Divide beef mixture into four, form into balls and flatten to make patties.
2. Pan-fry patties until they're brown on both sides and cooked in the middle.
3. Serve on whole grain burger buns with grated cheese, tomato and lettuce.

Other ideas

- To make this recipe vegetarian add hummus, cucumber and grated carrot instead of the beef patties.



**View a video of this recipe
at [heartfoundation.org.nz/
cheap-eats](http://heartfoundation.org.nz/cheap-eats)**



Meatballs

Method

1. Shape the beef mixture into small balls.
2. Prepare homemade pasta sauce (see page 14).
3. Simmer meat balls in pasta sauce for about 10 minutes until cooked.
4. Serve over pasta (see page 12) with a salad or cooked frozen mixed vegetables.

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Weights and measures

Abbreviations

Tbsp	tablespoon
tsp	teaspoon
°C	degrees Celsius
g	grams
mg	milligrams
ml	milliliter
L	litre

Kitchen measures

1 Tbsp	= 15 ml
1 tsp	= 5 ml
3 tsp	= 1 Tbsp (NZ)
1 cup	= 250 ml
½ cup	= 125 ml
4 cups	= 1 litre



Tips

You don't need measuring equipment to make these recipes. Use a tablespoon, teaspoon and small coffee mug to help you measure.

All recipes use temperatures for a fan-bake oven. For a conventional oven increase the temperature by 20 degrees e.g. 185°C to 205°C.

Allergy-friendly options

Dairy-free:

- Calcium-enriched plant-based milks e.g. soy milk.
- Dairy-free cheese and yoghurt.
- To get enough calcium eat tofu, sesame seeds, tahini, whole grain bread, sardines and almonds.

Gluten-free:

- Foods labelled as 'gluten free'.
- Check ingredients list and allergen warnings for 'hidden gluten'.
- Naturally gluten-free foods: rice, potato, kūmara, corn, quinoa, fruit, vegetables, meat, fish, eggs, cheese, milk, legumes.

Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*.

Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following simple food handling tips. Clean, cook and chill will help keep your friends and family safe from foodborne illness like vomiting and diarrhoea. Search 'clean, cook, chill' at [mpi.govt.nz](https://www.mpi.govt.nz).



The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work. We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community. Through our work with young children, we create a foundation for keeping hearts healthy into the future.

To make a donation, please go to
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