

Scrambled tofu - Egg free

Serves 2

Ingredients

- 1 tablespoon oil
- 300 grams tofu
- 2 cups frozen vegetables (peas, corn mixed vegetables)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- 1 teaspoon miso paste
- 1 tablespoon water

Method

1. Heat oil in a large frying pan.
2. Add vegetables to the pan and stir-fry for one minute.
3. Add spices and continue to cook, stirring frequently.
4. Break up tofu into small pieces using clean hands and add to the pan.
5. Mix miso with water in a small bowl and add to the pan.
6. Cook for 3-4 minutes until hot. Remove from heat then serve.

Serving suggestions

- Serve on top of whole grain toast or in a wrap.
- Serve with 1 cup baby spinach, ½ tomato sliced and ½ cup sliced cooked mushrooms.

Tip

- The type of tofu you use will affect the texture of the final product. For soft scrambled tofu use a soft or silken tofu, for a firmer texture use a medium or firm tofu.



Equipment

- 📏 Kitchen scales
- 🍳 Large frying pan
- 📏 Measuring cups
- 🥄 Measuring spoons
- 🥄 Serving spoon
- 🥄 Wooden spoon

Preparation and cooking skills

Mix, stir, stir-fry.

Nutrition

- Tofu is made from the curds of soy milk and is common in Asian cuisine and vegetarian meals.
- In this recipe, tofu is used in place of egg which makes it suitable for people with an egg allergy.

Tofu mayonnaise - Egg free



Makes 400 grams

Ingredients

300 grams silken tofu
2 tablespoons white vinegar
1 teaspoon mustard
¼ cup oil
pinch salt

Method

1. In a food processor blend tofu, vinegar and mustard until smooth.
2. Add oil and salt and continue to blend until combined.
3. Place in a clean sealable container. Use immediately or store in the refrigerator until ready to serve.







Serving suggestions

- Use as a dip with raw vegetables such as carrot and cucumber sticks.
- Use in place of mayonnaise for a salad dressing.
- Use as a spread for sandwiches.

Tips

- Store in a refrigerator in a clean sealed container.
- Use within 2-3 days.

Equipment

-  Bowl
-  Food processor
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

Preparation and cooking skills

Blend, measure.

Nutrition

- Traditional mayonnaise is made using egg yolks. This egg-free recipe is a great alternative for people who have an egg allergy, but it is tasty enough to be enjoyed by all.
- Tofu has a neutral flavour and is a good source of plant-based protein. It can be used to replace meat, chicken or fish and add variety to your meals.

Corn chowder - Dairy free

Serves 2

Ingredients

- 1 teaspoon oil*
- ½ onion, diced*
- ½ carrot, diced*
- 1 cup fresh/frozen corn kernels*
- 1 clove garlic, crushed*
- ½ stock cube or ½ teaspoon stock powder*
- 1 ½ cups water*
- ⅓ cup soy cream*
- 2 tablespoons finely chopped parsley*

Method

1. Heat oil in a large saucepan.
2. Add onion, carrot and corn to saucepan and cook over a medium heat, stirring regularly until softened.
3. Add garlic and cook while stirring for a further minute.
4. Add stock cube, water and soy cream and bring to a gentle simmer for approximately 20-30 minutes.
5. Remove from heat. Use a ladle to evenly divide chowder between serving bowls, then garnish with parsley.

Variation







- For a smooth textured chowder, blend until smooth before serving. Remember to garnish with parsley.

Nutrition

- Corn contains dietary fibre which helps to keep things moving in your digestive tract.
- The bright yellow colour of corn means that it is rich in nutrients that are especially good for your eyes.



Equipment

-  Cutting board and knife
-  Ladle
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

Preparation and cooking skills

Chop, dice, stir, simmer.

Find the gluten

Gluten is a protein found in grain foods like breads and cereals. It helps foods keep their shape and texture, for example, the elastic texture of dough.

1 Select or circle the foods that usually contain gluten.

Hint: gluten is found in wheat, rye, barley and oats.



Potatoes



Plain yoghurt



Bread



Red lentils



Chinese egg noodles



Kimchi



Pasta



Sweet corn



Beef mince



Vegetable oil



Pizza dough



Oats



Rice



Rye bread



Kidney beans



Barley

Find the gluten

Gluten is a protein found in grain foods like breads and cereals. It helps foods keep their shape and texture, for example, the elastic texture of dough.

1 **Select or circle** the foods that usually contain gluten.

Hint: gluten is found in wheat, rye, barley and oats.



Potatoes



Plain yoghurt



Bread



Red lentils



Chinese egg noodles



Kimchi



Pasta



Sweet corn



Beef mince



Vegetable oil



Pizza dough



Oats



Rice



Rye bread



Kidney beans



Barley



Evaluation

Name:

Name of food product:

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

What went well?

What did not go well?

What could be improved?

Carrots



Available

All year round.

Buy

Choose carrots that are firm and bright orange.

Store

In plastic bags in the fridge.

Prepare



Wash and trim ends, peel if required.

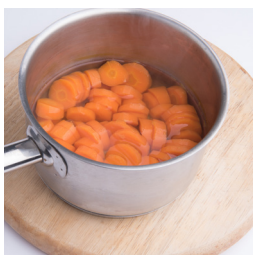
Can be:



Whole, sliced, grated, chopped into sticks, diced

Cook

Can be:



Boiled



Steamed



Stir-fried



Eaten raw

Other suggestions:

Roasted
Microwaved
Mashed



Carrot, chicken and corn soup

(serves 4)

Ingredients

8 cups water
1 teaspoon stock powder
2 large carrots, diced
1 cup brown rice
1 large onion, finely chopped
2 corn on the cob, cooked and kernels removed (or 2 cups frozen corn kernels)
1 cup cooked chicken, shredded
parsley, chopped

Method



1

Place water and stock in a large saucepan.



2

Add the carrots, brown rice and onion. Cook for 30 minutes until rice is soft.



3

Add corn and chicken and cook for 5 minutes, add extra water if required.



4

Sprinkle with parsley to serve.

For more easy, fast and affordable food ideas visit myfamily.kiwi/foods or vegetables.co.nz



My Family Food

Easy, fast and affordable food ideas

Onions



Available

All year round.

Buy

Choose onions with firm flesh and dry papery outer skin
Red, pink and white varieties are available.

Store

In a cool, dark place with good air flow.

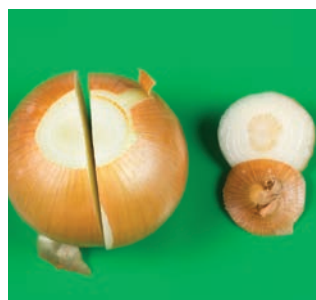
Prepare



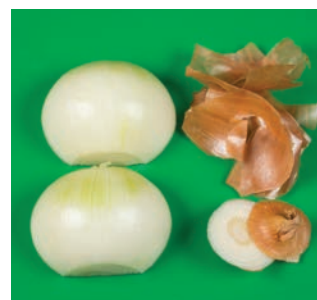
Whole brown onion.



Cut the top and root off the onion. Cut as close as you can to the onion root.



Cut the onion through the middle.



Peel off the papery layers and discard.



Lay the onion flat on a board.



Hold the root end and cut vertically through the onion.



Hold the slices firmly together and cut down across them.



Cut close together for a fine dice or further apart for a large dice.



Bean sprout, onion and cabbage fritters (serves 4)

Ingredients

8 eggs
2 onions, chopped finely
¼ cup flour
4 cups bean sprouts
4 cups cabbage, shredded finely
1 cup cooked meat, diced finely (optional)
4 tablespoons oil

Method



1 Mix together the eggs, onions, flour and bean sprouts.



2 Add the cabbage and meat. Mix well.



3 Heat oil in a large frying pan. Spoon a quarter of the mixture into the middle of the pan.



4 Cook slowly on each side until golden brown and cooked through. Serve.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes

Sweetcorn

Available

Summer months January to April.

Buy

Corn with fresh green husks (outer leaves) and yellow to light brown tassels (inner strands). The darker the tassel the riper the corn. The kernels should be fat and juicy.

Store

In the vegetable bin in the fridge.



Prepare



Remove the tassel from whole corn cobs.



Place into boiling water for 2 minutes, with or without husks.



Slice off the top and remove the husks.



Use a sharp knife to remove the kernels from the cob.

Cook

Can be:



Boiled



Barbecued



Cut off the cob and add to salad



Soup



Corn fritters

(serves 4)

Ingredients

4 corn cobs cooked or
2 cans whole kernel corn,
drained
1 capsicum, finely chopped
(optional)
4 eggs
½ cup flour
1 teaspoon baking powder
Pinch of salt
Pepper
3 tablespoons oil

Method



1 Remove the corn kernels from the cob.



2 Place corn, capsicum, eggs, flour, and baking powder in a bowl.



3 Mix well and season with salt and pepper.



4 Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into pan to form fritters. Cook in batches until browned on each side.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

Easy, fast and affordable food ideas