

Vegetable potato top pie

Serves 2

Ingredients

2 medium potatoes, peeled and sliced in half
1 tablespoon milk
1 teaspoon margarine
2 teaspoons oil
½ onion, chopped
1 carrot, chopped
1 stalk celery, sliced
½ cup grated pumpkin
1 clove garlic, crushed
½ can chopped tomatoes
½ stock cube or ½ teaspoon stock powder
½ can lentils, drained and rinsed
½ tablespoon vinegar
½ teaspoon chopped fresh herbs
pinch pepper
chopped fresh parsley to garnish (optional)

Method

1. Preheat oven to 180°C.
2. Place potatoes into a medium saucepan, adding enough cold water to cover potatoes.
3. Bring to the boil, then reduce heat and simmer until potatoes are tender (about 10 minutes). Remove from heat and drain.
4. Mash with milk and margarine.
5. While potatoes are cooking, heat oil to medium heat in a large saucepan, add onion, carrot, celery, pumpkin and garlic, and stir fry until soft.
6. Add tomatoes, stock powder, lentils, vinegar, fresh herbs and pepper. Cook gently for 10 minutes, stirring. Remove from heat.
7. Divide vegetable mixture into two small pie dishes, then spread mashed potato over the top of each.
8. Place in preheated oven and bake for 25 minutes until golden brown.
9. Carefully remove from oven, allow to cool slightly.
10. Garnish with parsley (if using) and serve.



Equipment

- Colander or sieve
- Cutting board and knife
- Measuring cups
- Measuring spoons
- Medium saucepan
- Large saucepan
- 2 small pie dishes
- Potato masher
- Serving spoon
- Small saucepan
- Wooden spoon

Preparation and cooking skills

Bake, brown, chop, crush, dice, drain, grate, mash, mix, pan-fry, rinse, simmer, slice.

Nutrition

- Potato, yam, taro, green banana, corn and kūmara are all starchy vegetables.
- Starchy vegetables are a source of carbohydrate which helps to fuel your body and brain.

Serving suggestion

- Serve with a green salad.

Sweet and sour chicken stir-fry

Serves 2

Ingredients

- 200 grams canned pineapple pieces in juice, drained with juice reserved
- 1 tablespoon cornflour
- 1 tablespoon soy sauce
- 1 tablespoon tomato sauce
- 1 tablespoon white vinegar
- 2 teaspoons oil
- 1 clove garlic, crushed (optional)
- 1 teaspoon crushed ginger (optional)
- 200 grams chicken breast, skinned and thinly sliced
- 1 carrot, sliced
- ½ broccoli, sliced into bite-sized pieces
- ½ capsicum, deseeded, sliced
- 1 spring onion, sliced

Method

1. For the sauce: whisk pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce and vinegar and stir. Set aside.
2. Heat oil in a large frying pan over medium heat.
3. Add garlic and ginger and stir fry for 1 minute.
4. Add chicken and stir fry for 5 minutes.
5. Add carrot, broccoli and capsicum.
6. Stir through sauce and pineapple pieces. Bring to the boil, then reduce heat and simmer for 10 minutes.
7. Add spring onion and mix through, then remove from heat.
8. Spoon into serving bowls, then serve.

Variation









- Use 2 cups frozen mixed vegetables in place of carrot, broccoli and capsicum.

Serving suggestion

- Serve with ½ cup cooked brown rice.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large frying pan
-  Measuring spoons
-  Serving spoon
-  Small bowl
-  Whisk
-  Wooden spoon

Preparation and cooking skills

Cut, deseed, make sauce, mix, slice, stir fry, whisk.

Nutrition

- Lean chicken contains protein, iron and B-vitamins which help you to grow and build strong muscles and stay healthy.

Tip

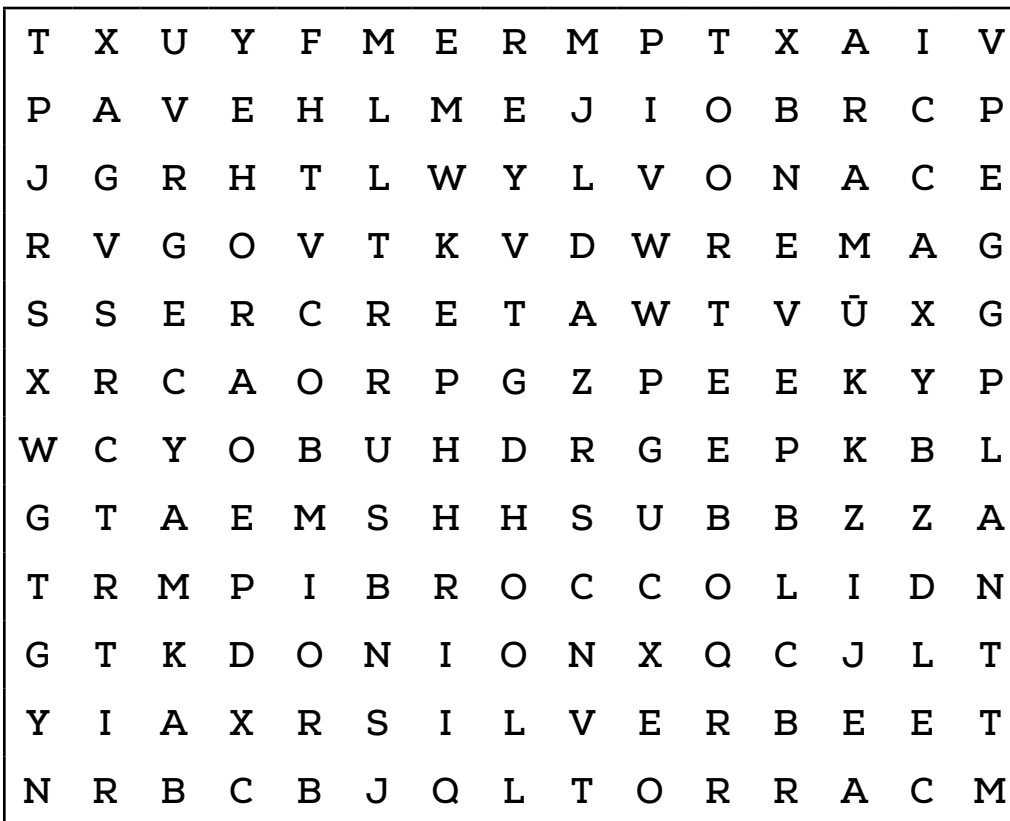
- Remember to wash and dry cutting boards after each task and especially after slicing raw chicken.

Word search – vegetables



Eating plenty of different kinds of vegetables can help you grow and stay healthy.

1 Can you **find** all the vegetables?



Beetroot
Broccoli
Carrot
Courgette
Eggplant
Kūmara
Onion
Pumpkin
Radish
Silverbeet
Taro
Watercress
Yam

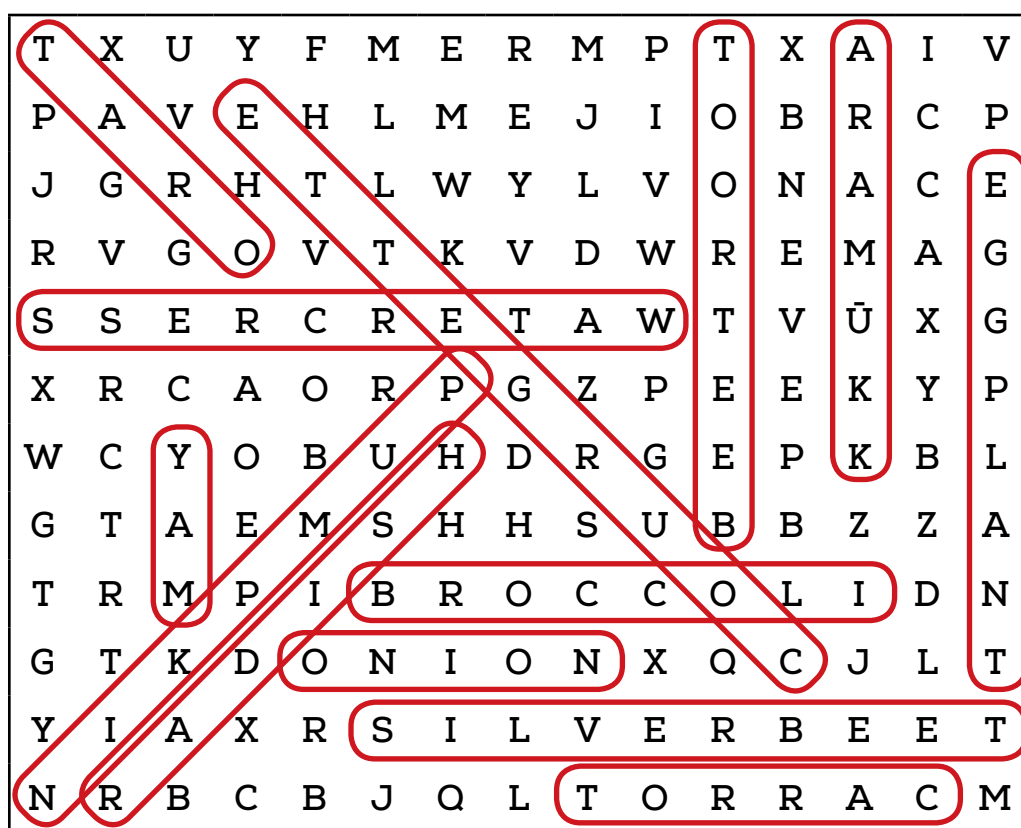
2 Name a recipe which features at least **two** of the vegetables above.

Word search – vegetables



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- Beetroot
- Broccoli
- Carrot
- Courgette
- Eggplant
- Kūmara
- Onion
- Pumpkin
- Radish
- Silverbeet
- Taro
- Watercress
- Yam

2 Name a **recipe** which features at least **two** of the vegetables above.

For example:

- *Kūmara and watercress salad*
- *Veg-up noodles*
- *Build a salad bowl*
- *Curried pork lap lap*

Tip: visit Vegetables.co.nz or the [Heart Foundation](http://HeartFoundation.org.nz) website to find the recipes.

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?

Broccoli

Available

All year round.

Buy

Head should be dark green with compact buds.

Store

In the vegetable bin in the fridge.

Prepare



Whole head.



Separate the broccoli head into florets.



Chop into smaller florets.



Grate the stalks.

Cook

Can be:



Boiled



Stir-fried



Stalk salad



Pasta



Roasted broccoli salad

(serves 4)

Ingredients

2 heads broccoli, cut into florets
4 cloves garlic, sliced
4 tablespoons oil
4 tablespoons lemon juice (2 lemons)
2 tablespoons lemon zest (2 lemons)
Season with pepper

Method



Heat oven to 200°C.
In a large bowl mix all ingredients together.



Spread out evenly on a roasting dish. Roast in oven for 15 minutes.



Serve with grilled chicken, bread roll and salsa.

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

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.

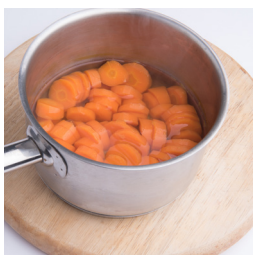
Can be:



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

Celery



Available

All year round.

Buy

Bunches with firm tight packed stems and fresh leaves.

Store

In the vegetable bin in the fridge.

Prepare



Slice off the root end.



Wash to remove any soil.



Cut lengthwise into sticks.



Slice crosswise into half-moons.

Tip To revive limp celery stand the base ends in water.

Cook

Can be:



Snacks



Soup



Salad



Stir-fried



Celery and apple salad

(serves 4)

Ingredients

1 apple, sliced thinly
4 stalks celery, sliced
½ cup parsley, chopped roughly
½ red onion, peeled, sliced
2 tablespoons oil
2 tablespoons lemon juice

Method



1 In a bowl add the apple, celery, parsley and red onion.



2 Mix well to thoroughly combine.



3 Add the oil and lemon juice, mix well.



4 Served with chicken drums and corn or serve with cooked pasta and canned tuna.

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

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.



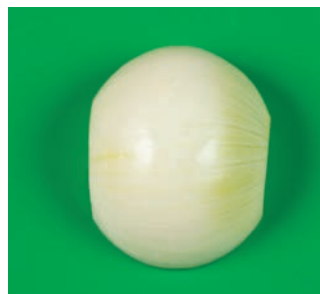
Cut the top and root off the onion. Cut as close as you can to the onion root.



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

Potatoes



Available

All year round.

Buy

With no cuts, bruises, green patches or shoots.

Store

In a well-ventilated, cool, dark place.

Prepare



Wash to remove the soil.



Peel the potato.



Chopped into quarters.



Slice into wedges.

Cook

Can be:



Boiled



Mashed



Wedges



Baked with beans



Potato wedges

(serves 4)

Ingredients

4 potatoes, skins on,
cut into wedges
2 tablespoons oil
Pinch of salt
Pepper

Method



Heat oven to 225°C. In a large bowl mix together the potato wedges and oil.



Spread evenly on a low sided roasting tray. Bake for approximately 30 minutes or until crispy and golden brown.



Season with salt and pepper.



Serve with chilli beans and cheese.

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

Pumpkin

Available

All year round, but limited supply in December and January.

Store



In a cool, dark, dry place. Once cut, scoop out the seeds, wrap and refrigerate.



Prepare

To cut a pumpkin:



1 Place pumpkin on a non-skid board. Cut in half. Scoop out seeds with a spoon.



2 Slice each pumpkin half into half again.



3 Slice pumpkin into portions.



4 Remove the skins.

Tip Some pumpkin have tough skins. Try cooking with the skin on and then the flesh can be removed.



Cook Can be:



Baked



Boiled or steamed



Mashed



Grated into soups and stews.



Pumpkin and pea curry

(serves 8)

Ingredients

- 1 tablespoon canola oil
- 2 onions, peeled and diced
- 1 tablespoon curry powder
- Pinch salt
- Pepper to taste
- 1 kilogram diced pumpkin
- 3 cups water
- 1 cup frozen peas
- 1 cup sliced beans
- 2 cups sliced cooked chicken

To serve:

- 4 cups cooked brown rice
- Fresh mint

Method



Heat oil in a large pan, add onion and cook until clear.



Add curry powder, salt and pepper and mix well.



Add pumpkin and water, bring to the boil, reduce heat and simmer for 15 minutes (until pumpkin is soft).



Add peas, beans and chicken and cook, stirring gently for 5 minutes (until steaming hot).

Serve with hot cooked brown rice and garnish with mint.

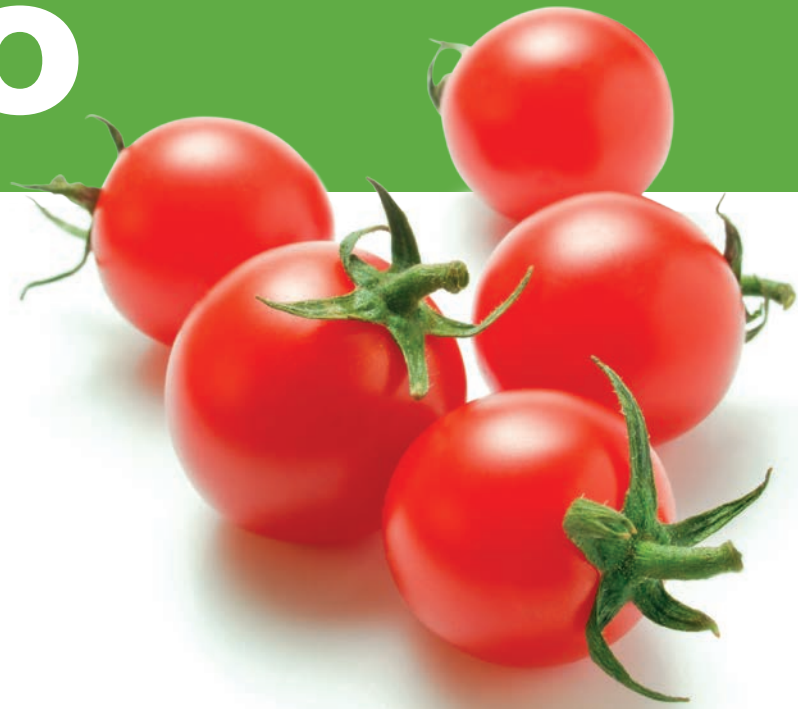
For more easy, fast and affordable food ideas visit myfamily.kiwi/foods or vegetables.co.nz



My Family Food

Easy, fast and affordable food ideas

Tomato



Available

All year round.

Buy

Firm and ripe.

Store

At room temperature.

Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

Cook

Can be:



Roasted



Salad



On toast



On pasta



Tomato salsa

(serves 4)

Ingredients

4 tomatoes, finely chopped
½ onion, finely chopped
¼ cup lemon juice/vinegar
2 tablespoons oil
Pinch of salt
Pepper

Method



1 Finely chop the tomatoes and onions.



2 Add lemon juice and oil.



3 Season and mix well. Keep refrigerated until ready to serve.



4 Serve with baked potato wedges.

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