

Veg-up noodles

Serves 2

Ingredients

50 grams noodles. Please select one.

- Soba noodles
- Chinese egg noodles
- Udon noodles
- Rice noodles
- 2-minute noodles

1 tablespoon oil

½ onion, diced

1 clove garlic, finely chopped

1 teaspoon grated fresh ginger

100 grams firm tofu, cut into cubes (optional)

½ capsicum, carrot or courgette, sliced

½ cup bite-sized pieces of broccoli or cauliflower

½ cup sliced green beans

1 tablespoon soy sauce

1 tablespoon lemon juice

¼ cup roughly chopped coriander (optional)

Method

1. Cook noodles following the appropriate method on the back of this recipe.
2. Heat oil in a wok or large frying pan over low heat, add onion and cook until softened.
3. Add garlic and ginger and cook for 2-3 minutes.
4. Add tofu (if using) and stir fry over medium heat until tofu begins to brown.
5. Add capsicum, broccoli, green beans, cooked noodles, soy sauce and lemon juice, and stir fry for 2-3 minutes.
6. Spoon an even amount into two bowls, garnish with coriander (if using) and serve.

Nutrition

- Adding plenty of different coloured vegetables to your favourite meals will help you to eat a wide range of nutrients and stay healthy.



Equipment

-  Colander or sieve
-  Cutting board and knife
-  Kitchen scales
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wok or large frying pan
-  Wooden spoon

Preparation and cooking skills

Boil, chop, cut, dice, drain, grate, simmer, slice, soak, stir fry, rinse.

Noodles – cooking methods

Dry soba, udon, rice or Chinese egg noodles

Makes 1 cup

Ingredients

50 grams dry noodles

1 teaspoon oil



Method

1. Bring a large saucepan of water to boil, then reduce heat to simmer.
2. Carefully add noodles and cook until the noodles are tender (see table for cooking times).
3. Remove from heat, drain, and rinse under cold running water. Toss with oil and set aside.

Approximate cooking times for:

Soba noodles	3-4 minutes
Udon noodles	8-10 minutes
Rice noodles	2-3 minutes
Chinese egg noodles	10 minutes or until tender

Fresh or pre-cooked soba, udon, rice or Chinese egg noodles

Makes 1 cup

Ingredients

50 grams fresh or pre-cooked noodles

hot water to cover

1 teaspoon oil

Method

1. Place noodles in a large bowl.
2. Cover with boiling water and soak for approximately 1-2 minutes, drain, and rinse under cold running water. Toss with oil and set aside.



2-minute noodles

Makes 1 cup

Ingredients

1 packet of instant noodles (flavour sachet discarded)

1 cup water



Method (choose one option below)

Stove top

1. Bring a saucepan of water to the boil, then reduce heat to simmer.
2. Carefully add noodles and cook until noodles are tender, about 2 minutes.
3. Remove from heat, drain, and rinse under cold running water. Set aside.

Microwave – about 850 watts

1. Break noodle cake into quarters and place in a medium microwave-safe bowl.
2. Cover with boiling water, place in a microwave oven on HIGH for about 2 minutes.
3. Carefully remove from microwave, (use oven mitts as they will be very hot), drain, and rinse noodles under cold running water. Set aside.

Eating your colours

Different coloured vegetables give you different health benefits, which is why it is important to eat plenty of different vegetables in a variety of colours.

1 List your favourite vegetables under each colour.

Hint: use our vegetable colours posters to help you.

Green

Red

Orange/yellow

Purple

Brown/white

2 List the vegetables that you would like to try under each colour.

Hint: use our vegetable colours posters to help you.

Green

Red

Orange/yellow

Purple

Brown/white

Eating your colours

Different coloured vegetables give you different health benefits, which is why it is important to eat plenty of different vegetables in a variety of colours.

1 List your favourite vegetables under each colour.

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Green

e.g. spinach, broccoli, lettuce

Red

e.g. tomato, capsicum, radish

Orange/yellow

e.g. pumpkin, corn, carrot

Purple

e.g. beetroot, eggplant, purple kūmara

Brown/white

e.g. potato, mushroom, brown onion

2 **List** the vegetables that you would like to try under each colour.

Hint: use our vegetable colours posters to help you.

Green

e.g. artichoke, okra

Red

e.g. red kūmara, rhubarb

Orange/yellow

e.g. yellow carrot, kumi kumi, yam

Purple

e.g. purple beans, purple cauliflower

Brown/white

e.g. daikon radish, turnip

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?

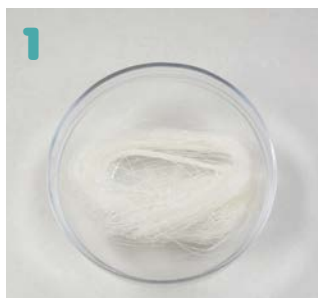
Food skills

Vermicelli noodles

Vermicelli is a traditional type of pasta that is thinner than spaghetti. In Asian countries, vermicelli noodles are described as a variety of thin noodles made with rice and mung bean starch. Mung bean starch produces transparent (see through) noodles known as Chinese vermicelli or cellophane noodles. Whereas, rice vermicelli is creamy in colour. There are many types and brands of noodles available in supermarkets and retail food stores.

Soak vermicelli noodles in hot water for 10-15 minutes or until the noodles have expanded and turned transparent, then briefly cook for 1-2 minutes.

How to cook



1 Place vermicelli noodles into a bowl.



2 Cover the noodles in hot water. Leave to soak for 10-15 minutes.



3 Place a colander or sieve over a pot and pour the noodles into the colander.



4 Drain the noodles thoroughly. Set aside.

Dishes that include noodles



Stir-fry



Rice paper rolls



Soup



A side dish



Sapasui – chop suey (serves 4)

Ingredients

125g vermicelli noodles
1 tablespoon oil
1 onion, chopped finely
2 cloves garlic, chopped finely
2 teaspoons crushed ginger
500g lean beef, stir-fry cut
1 red capsicum or carrot, chopped finely
1 head broccoli, cut into bite-size pieces
1 cup green beans, sliced
2 tablespoons soy sauce
2 tablespoons lemon juice
1/2 cup coriander, roughly chopped (optional)

Method



Place the vermicelli in a bowl and add hot water until it's just covered. Soak for 10-15 minutes.



Heat oil in a large pot. Add onion, garlic and ginger and cook until onion is soft. Add the beef and stir until cooked.



Drain the vermicelli over a bowl, saving 1/2 cup of the soaking liquid. Add the vermicelli and reserved soaking liquid to the beef mix.



Add the vegetables and soy sauce, simmer for 2-3 minutes. Add the lemon juice and the coriander (if using). Mix carefully.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz

Capsicum

Available

All year round.

Buy

Smooth, well-shaped capsicums with skins that are firm and shiny. Avoid soft spots or a shrivelled appearance.

Store

In the vegetable bin in the fridge.



Prepare



Whole.



Remove the core and seeds. Using the point of a knife gently cut around the core. Remove and shake out the seeds.



Or slice the capsicum in half and remove the core and seeds.



Slice into strips.

Cook

Can be:



Stuffed



Salad



Roasted



Stir-fried



Sweet and sour chicken stir-fry

(serves 4)

Ingredients

- 1 can pineapple pieces in juice (440 gram), drained, juice saved
- 2 tablespoons cornflour
- 2 tablespoons soy sauce
- 2 tablespoons tomato sauce
- 2 tablespoons white vinegar
- 1 tablespoon oil
- 2 cloves garlic, peeled and crushed
- 1 tablespoon finely chopped ginger
- 500 grams chicken breast, thinly sliced
- 2 carrots, sliced
- 1 head broccoli, sliced into florets
- 1 capsicum, deseeded and sliced
- 2-3 spring onions, sliced

Method



1 Prepare the sauce by whisking pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce, vinegar and stir. Set the sauce aside.



2 Heat oil in frying pan over medium heat. Add garlic and ginger, stir-fry for one minute. Add chicken and stir-fry for 5 minutes.



3 Add carrots, broccoli, and capsicum. Stir through the sauce and pineapple pieces.



4 Bring to the boil and simmer for 10 minutes. Add spring onions and serve with brown rice.

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

Courgette



Available

October to April.

Buy

Glossy, blemish free skins.

Store

In the vegetable bin in the fridge.

Prepare



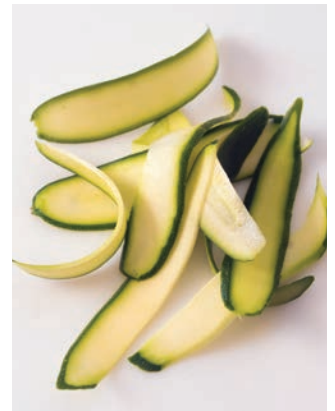
Cut in half.



Slice into discs.



Slice into sticks.



Peel into ribbons.

Cook

Can be:



Boiled



Baked



Stir-fried



With noodles



Courgette pasta carbonara

(serves 4)

Ingredients

¼ packet dry fettuccini
(or spaghetti)
2 tablespoons oil
2 cloves garlic, crushed
4 courgettes, cut into
ribbons
2 carrots, cut into ribbons
½ can evaporated milk
1 cup grated cheese
Pinch of salt
Pepper

Method



1 Into a large pot of boiling water add the pasta. Stir to stop it sticking. Boil for 10 minutes then drain and set aside.



2 In a large pot add oil and garlic and cook briefly.



3 Add courgette and carrot, stirring for 1 minute. Add evaporated milk and bring to a boil.



4 Add drained pasta and cheese, mix well. Season with salt and pepper.

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

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.

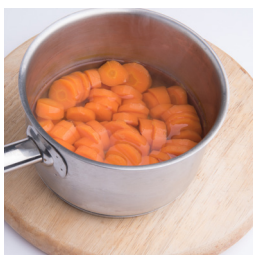
Can be:



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

Cauliflower



Available

All year round.

Buy

Heads are clean and compact.

Store

In vegetable bin in the fridge.

Prepare



Remove leaves.



Remove core.



Separate the cauliflower heads into florets.



Chop into smaller florets.

Cook

Can be:



Boiled



Steamed



Stir-fried



Add to sauce



Tuna cauliflower mac n cheese

(serves 4)

Ingredients

¼ packet macaroni pasta
½ head cauliflower, chopped
1 can creamed corn
½ cup milk
1 cup grated cheese
1 cup peas
400g can tuna, drained

Method



Heat oven to 200°C. Boil the macaroni for 8 minutes.



Add cauliflower to pasta and boil for a further 3 minutes. Drain and set aside.



Mix together creamed corn, milk and half the cheese. Then add the peas, tuna, pasta and cauliflower.



Place in a large roasting dish and sprinkle with remaining cheese. Bake for 30 minutes and until top is golden.

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

Green beans



Available

Fresh NZ beans are usually available from summer to autumn. Use frozen when fresh are not available.

Buy

Fresh and tender pods which make a snapping sound when broken.

Store

In the vegetable bin in the fridge.

Prepare



Whole.



Slice the tops off.



Slice across the bean into bite-sized pieces.



Cut diagonally into bite-sized pieces.

Cook

Can be:



Boiled



Baked



Salad



Stir-fried



Green bean salad

(serves 4)

Ingredients

2 cups green beans, sliced
1 can four bean mix, drained and rinsed
1 can chick peas, drained and rinsed
1 capsicum, diced
½ red onion, diced finely
½ cup parsley, chopped finely
¼ cup vinegar
2 tablespoons oil
1 French bread stick, sliced into 12 slices or 4 slices of toast bread, sliced in half

Method



1 Bring a saucepan of water to the boil and cook green beans for 2 minutes. Drain and cool under cold running water, set aside.



2 In a large salad bowl, mix together the four bean mix, chickpeas, capsicum, red onion, parsley, green beans, vinegar and oil.



3 Refrigerate until ready to serve.



4 Toast the bread in the toaster or under the grill. Serve with green bean salad.

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.

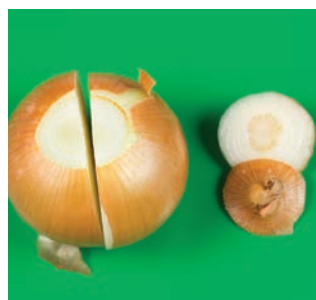
Prepare



Whole brown onion.



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



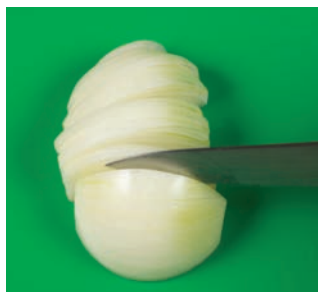
Cut the onion through the middle.



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

Food skills

Rice

Rice grains are seeds from a species of grasses. There are many varieties of rice available. They are divided into three basic groups, long grain, short grain and medium grain. Long grain rice grains are separate and fluffy when cooked. These tend to be used in salads and to accompany curries and stews. Short grain and medium grain rice has short grains which are soft and moist with grains that stick together when cooked.

Within each group there are aromatic (basmati and Jasmine) and speciality (risotto and pudding rice) rices. Rice is the most widely eaten staple food, especially in Asia.

Did you know

Over 90,000 different types of rice and wild species are stored at the International Rice Gene Bank and these are used by researchers all over the world.

How to cook rice using the absorption method



1 Place 1 cup of brown rice into a bowl and pour over cold water.



2 Let it stand for a minute. Then rinse under cold running water.



3 Drain the rice using a sieve.



4 Place the rice into a large pot.



5 Add 1½ cups of cold water.



6 Mix the rice and water.



7 Cover the pot with a lid. Bring water to the boil. Then turn the heat down to low.



8 Cook for 13-15 minutes until the water is below the level of the rice. Turn the heat off and leave covered for 10 minutes.



Stir-fried rice (serves 4)

Ingredients

1 cup dried brown rice
2 cups water
2 tablespoons vegetable oil
2 carrots, sliced
1 cup green beans, sliced
2 cups cabbage, chopped finely
2 cloves garlic, crushed
4 eggs
3 tablespoons soy sauce, reduced-salt
2 spring onions, diced

Method



1 Prepare the rice using the method on the front of this card. Set aside.



2 Heat a wok or large frying pan. Add the oil and vegetables along with the garlic. Stir-fry until nearly cooked.



3 Lightly beat the eggs. Add the eggs to the vegetables and cook until egg is lightly scrambled.



4 Add the rice and heat through. Then add the soy sauce and spring onions. Mix through. Serve.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz


vegetables
.co.nz


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