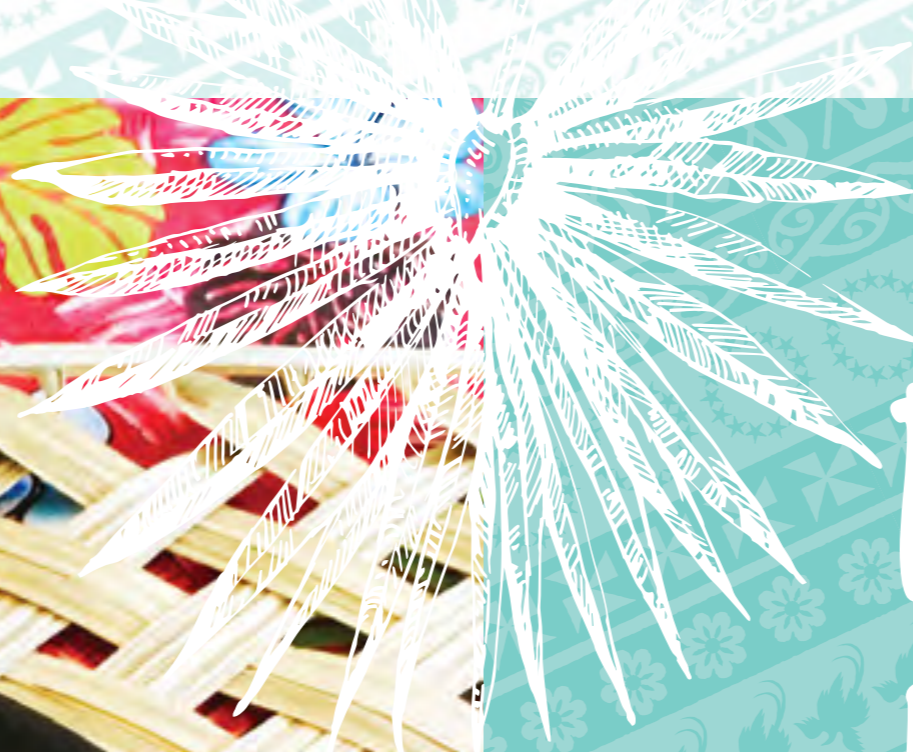
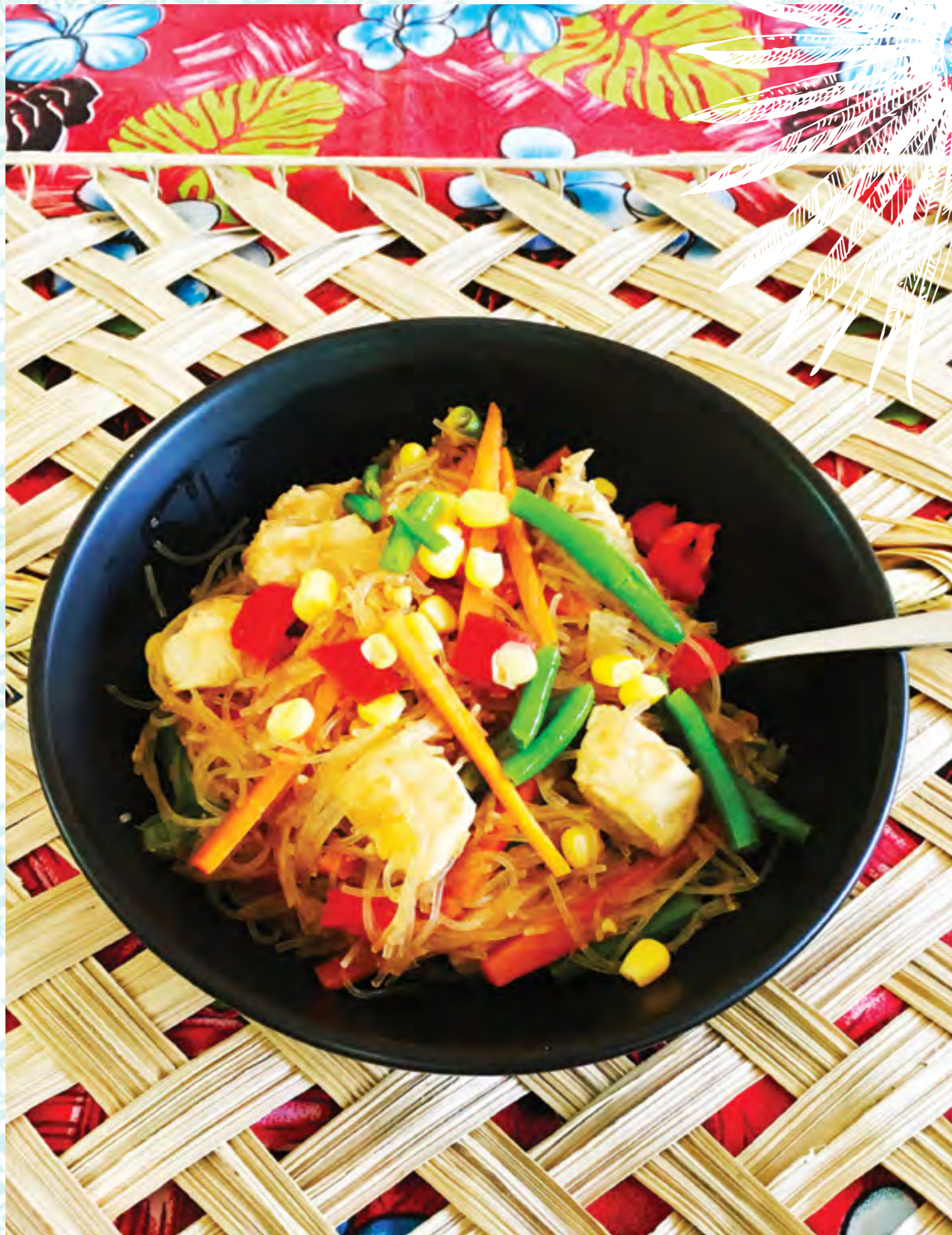




Kai for the whānau

.....
Famili meals





Famili Meals



CARROT



CELERY



CHILLI



CORN



BEANS



TOMATO



CAPSIUM

Tips for famili cook ups

1. Famili cook ups are great for cooking in bulk and storing leftovers in the freezer.
2. These are good recipes to try new and different types of veggies.
3. Involve the children in cooking such as washing vegetables and grains.



To'onai'

To'onai' refers to a Sunday lunch in the Samoan language. This recipe is a chicken roast with vegetables.

Serves 4 | Prep time: 20 mins | Cook time: 30 mins per 500 grams

Ingredients:

- 1 fresh chicken
- 1 butternut pumpkin
- 2 potatoes
- 1 sweet potato
- 1 carrot
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 lemon cut in quarters
- 1 pkt frozen peas

Step 1

Prepare ingredients. Cut pumpkin, potato, sweet potato and carrot into serving pieces.



2

Step 2

Line baking tray with baking paper and add vegetable pieces. Pour 1 tbsp olive oil over vegetables. Add salt and pepper to taste.



3

Step 3

Cook in oven for 1 hour at 180 deg.



4

Step 4

Prepare chicken. Place chicken in oven dish and pat dry with paper towel.



5

Step 5

Add salt, pepper and squeeze lemon juice over chicken. Stuff with remaining lemon pieces.



6

Step 6

Place in oven and cook at 180 deg. Cook 30mins per 500 grams.



7

Step 7

Remove from oven when golden brown.



8

Step 8

Place frozen peas in boiling water on stove and boil until tender.



9

Step 9

Cut up chicken in serving sizes and arrange on dinner plate with vegetables and serve.





Tuna and pele

Pele is a green leafy vegetable that is commonly used in Pacific cultures and recipes.
Serves 4-6 | Prep time: 10 mins | Cook time: 30 mins

Ingredients:

- 1 x 400g tin of tuna in springwater, drained
- 1 red capsicum, diced
- 2 onions, diced
- 2 bunches of pele (you can use silverbeet or bok choy)
- 3 carrots, diced
- 1 tbsp olive oil
- 1 tbsp minced ginger
- 1 tbsp minced garlic

Step 1
Prepare ingredients. Dice the carrots and capsicum



Step 2
Roughly chop the greens (pele in this recipe)



Step 3
Dice the onion



Step 4
Heat oil in a pan to a medium heat. Add ginger and garlic and cook for 2-3 mins.



Step 5
Add tuna and mix well.



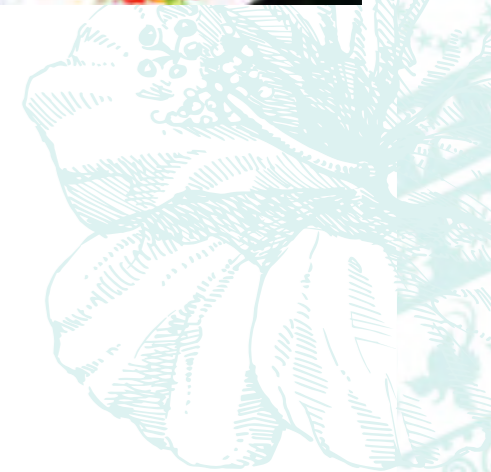
Step 6
Add the capsicum and carrot and cook for 5 mins.



Step 7
Add the pele and cook for 1 min



Step 8
Serve with brown or basmati rice.





Vegetable lasagne

Serves 4 | Prep time: 15mins | Cook time: 1hour

Ingredients:

- 400g tin red kidney beans (washed)
- 2 red onions, thickly sliced
- 1 red capsicum, cut in strips
- 1 eggplant, sliced lengthways
- 1 sweet potato, sliced lengthways
- 1 zucchini, thickly sliced
- 1 tbsp garlic
- 1 tbsp mixed herbs
- 1 vegetable stock cube
- 1 jar passata
- 2-3 fresh lasagne sheets
- 1 tsp pepper
- 1 cup cheese

Step 1

Prepare all the vegetables. Place sliced sweet potato, red onion and eggplant in oven dish that has been lined with baking paper. Add oil and pepper and place in preheated oven of 180 degrees for 15 mins.



Step 2

Add oil to heated pan. Add garlic and herbs, stock cube and cook for 2 mins over medium heat.

Step 3

Add washed kidney beans, passata, mixed capsicum and cook until soft.

Step 4

Layer half of kidney bean and tomato mix, followed by zucchini slices, then lasagne sheet.

Step 5

Layer roast vegetables, followed by remainder of kidney bean and tomato mix. Place another lasagne sheet and sprinkle grated cheese on top.

Step 6

Bake in preheated oven for 30mins at 180 deg.

Step 7

Cut in serving slices and place on dinner plate.

2



3



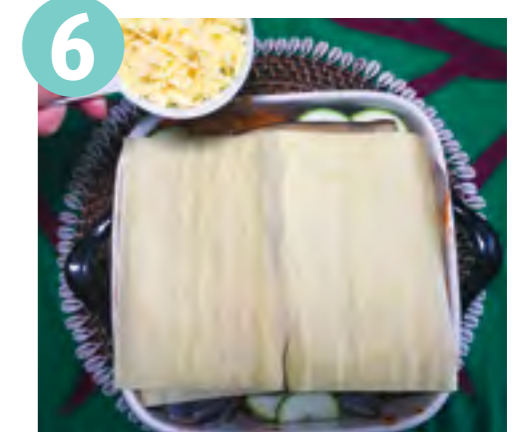
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5



6



7



8





Pork chow mein

Serves 4 | Prep time: 20mins | Cook time: 30mins

Ingredients:

- 500g pork strips
- 2 tbsps soy sauce
- 1 tbsp olive oil
- 1 tbsp ginger
- 1 tbsp oyster sauce
- 1 tsp Chinese Five Spice
- 2 carrots, sliced diagonally
- 1 capsicum, sliced diagonally
- 1 cup frozen beans
- 1 onion, sliced
- 1 pkt dry egg noodles

Step 1

Marinate the pork strips in soy sauce, garlic, ginger and Five Spice for 20mins.



Step 2

Cook the noodles according to packet instructions. Set aside.



Step 3

Add olive oil to heated pan and cook marinated pork until brown.



Step 4

Add onion and cook until soft.



Step 5

Add carrot, capsicum and beans.



Step 6

Cook meat and vegetables for 5 mins.



Step 7

Add noodles and oyster sauce.



Step 8

Mix all ingredients in pan.



Step 9

Serve in bowl.





Garlic chicken and veggie pasta

Serves 6 | Prep time: 10mins | Cook time: 20 mins

Ingredients:

- 500g chicken breast, cut into bite-sized pieces
- 2 carrots, chopped into bite sized pieces
- 3 - 4 stalks celery, sliced
- 2 cups spinach
- 1 zucchini, chopped into bite sized pieces
- 3 cups cooked pasta
- 2 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp mixed herbs

Step 1

Prepare ingredients. Cut carrots and zucchini into bite sized pieces



Step 2

Slice the celery, into bite-sized pieces.

Step 3

Cut the chicken into bite-sized pieces.

Step 4

Heat oil in a pan. Add the chicken and cook for 10 mins or until golden. Add garlic and herbs.

Step 5

Add the carrots, celery and zucchini. Cook for another 5 minutes.

Step 6

Fold through the spinach and cooked pasta.

Step 7

Serve on a plate.

2



3



4



6



7





Sapa sui

Serves 6 | Prep time: 10 mins | Cook time: 25 mins

Ingredients:

- 1 tsp olive oil
- 1 onion, diced
- 1tbs ginger paste
- 1tbs minced garlic
- 500g chicken breast, diced
- 4 carrots, sliced thinly
- 600g green beans, chopped
- 1 med red capsicum, diced
- 500g corn kernels
- 1 packet (250g) Vermicelli noodles
- ¼ cup salt reduced soy sauce

Step 1

Prepare ingredients. Dice onion and capsicum



2

Step 2

Slice carrots, chop beans and dice chicken breast.



3

Step 3

Place vermicelli noodles in a bowl and cover with boiling water. Once soft, drain the boiling water and cut the noodles into shorter lengths.



4



5

Step 4

Heat oil in pan to a medium heat. Add onions, garlic and ginger and cook for 2-3 mins. Following this, add chicken and cook until brown all over.



6



Step 5

Add the carrots, beans, capsicum and corn kernels and cook for 3-5 minutes

Step 6

Stir in soy sauce and vermicelli noodles and cook for 2- 3 minutes.

7

Step 7

Serve in a bowl.





Polynaise

Polynaise is the Good Start version of traditional Bolognaise.
Serves 4 | Prep time: 15 mins | Cook time: 30 mins

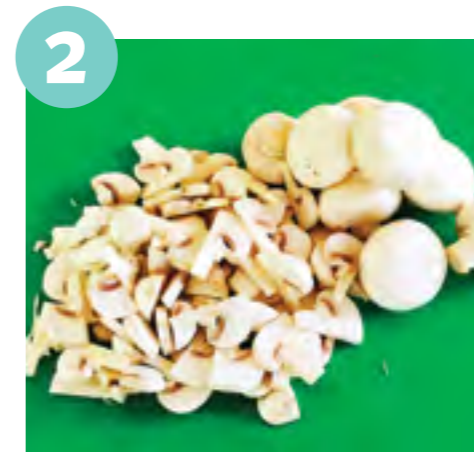
Ingredients:

- 400g lean beef mince
- 2 carrots, grated
- 1 zucchini, grated
- 5 mushrooms, sliced
- 1 onion, diced
- 400g can diced tomatoes or 1 jar of passata
- 1 tbsp of olive oil
- 1 tbsp of Italian herbs

Step 1
Prepare ingredients.
Grate the carrots and zucchini.



Step 2
Slice the mushrooms.



Step 3
Dice the onion.



Step 4
Heat oil in a pan to a medium heat. Add the mince and onion and cook until browned.



Step 5
Once browned, add the zucchini, carrots and mushrooms



Step 6
Add the Passata and herbs. Turn heat down to low and simmer for 10 minutes.



Step 7
Serve with wholemeal pasta of your choice.

