EASY COOKING

BUDGET MEALS

RECIPE BOOK
Celebrate our workplace diversity through food.

Help us celebrate our people and their culture, and promote a culturally inclusive workplace environment.
CONTENTS

CLAY POT RICE ......................................................................................... - 2 -
LAO BING (CHINESE CREPES) ................................................................. - 3 -
EGGPLANT AND CHICKEN COUSCOUS .............................................. - 4 -
POTATO AND GARLIC SOUP ................................................................... - 5 -
NIKUJAGA (Japanese style beef & potato stew) ................................... - 6 -
TONJIRU (miso soup with pork) .............................................................. - 7 -
CLASSY PUMPKIN PASTA ................................................................. - 8 -
MEDITERRANEAN GREEK SALAD .......................................................... - 9 -
UDON NOODLES .................................................................................. - 10 -
CHINESE CABBAGE WITH BACON ..................................................... - 11 -
CREAMY VEGETABLE SOUP ................................................................. - 12 -
FRITTATA ............................................................................................... - 13 -
PARMESAN-COATED CHICKEN WITH ROSTI .................................. - 14 -
FAST MINCE .......................................................................................... - 15 -
STIR FRY TURKEY WITH LYCHEE AND CAPSICUM ....................... - 16 -
FAJITAS .................................................................................................. - 17 -
SPLIT PEA VEGETABLE SOUP ............................................................. - 18 -
WHOLE WHEAT BANANA NUT BREAD .............................................. - 19 -
FRUIT SALAD .......................................................................................... - 20 -
TRIFLE ..................................................................................................... - 21 -
Evaluation .............................................................................................. - 22 -
CLAY POT RICE

Serves 4

Ingredients

500gms chicken, diced (pork/beef/lamb/sausage)
1 tsp sesame oil
1 tbsp Chinese wine
2 tsp cornflour
2 tsp oyster sauce
¼ tsp pepper
1 onion
250gms mixed vegetables (frozen)
3 cups Chinese jasmine rice (any long grain)
2 tbsp light soya sauce
1 tbsp oil
3 cups water

Method

1. Mix first six items and leave aside in fridge to marinate.
2. Wash, slice top and bottom of onion, slice onion lengthwise.
3. Rinse rice and drain.
4. Heat up pan, add tablespoon of oil and fry onions till soft, add marinated meat and allow to brown slightly. (do not cook through)
5. Add in rice and mix. Put into rice cooker.
6. Add in frozen vegetables and soya sauce and stir well.
7. Add water and switch on rice cooker.
8. When rice cooker turns off to warm, stir through gently once to mix all ingredients. Cover for 5 mins before serving.

Per serve
Energy  839 cal  3441 kj
Protein   36 g   612 kj
Fat    15 g   555 kj
Carbohydrate 130 g  2080 kj

Recipe from Karen Yeoh
LAO BING (CHINESE CREPES)

Serves 4

Ingredients

2 eggs
200gms plain flour
250gm shredded ham (tuna/chicken)
1½ cups spring onions, sliced (1 bunch)
2½ cups water
¼ tsp pepper
½ tsp salt
2 tbsp oil (for frying)

Method

1. Wash spring onions, cut off roots and dried ends, slice up as finely.
2. Put flour in a mixing bowl, crack eggs into flour, stir in water slowly to prevent lumps. Using a whisk may be helpful.
3. When mixture is smooth, add in the rest of the ingredients (exclude oil) and stir.
4. Heat frying pan with ½ teaspoon of oil. Scoop about a tablespoon of mixture onto to pan, gently tilt pan to allow mixture to thinly cover pan base.
5. When mixture surface turns almost solid, turnover to brown lightly on other side for 1 minute. (should take about 1 minute to cook each side)

Per serve

<table>
<thead>
<tr>
<th>Energy</th>
<th>296 cal</th>
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<tbody>
<tr>
<td>Protein</td>
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Recipe from Karen Yeoh
EGGPLANT AND CHICKEN COUSCOUS

Serves 4

Ingredients

2 tbsp curry powder
1 clove garlic, crush
1 large onion, chopped
2 tbsp water
1 eggplant, diced
1 x 425g can salt reduced tomato puree
1 cup skinless chicken
2 tbsp chopped fresh parsley
¾ cup low fat natural yogurt
1 tbsp corn flour
3 cups cooked couscous, for serving

Method

1. Heat curry in a non stick frying pan, add garlic, onion, water and cook for 2 minutes.
2. Add eggplant and sauté for 2 minutes or until soften.
3. Add tomato puree and bring to the boil.
4. Reduced heat and simmer for 10 minutes or until thickened.
5. Add the chicken, parsley and combined yogurt and corn flour and stir until heated through.

Per serve

Energy 1202 kJ
Protein 8 g
Fat 8 g
Carbohydrate 25 g
Calcium 134 mg
Total sugar 11 g

Recipe from Grace Lai
POTATO AND GARLIC SOUP

Serves 4

Ingredients

½ knob garlic, peeled and roughly chopped (or use prepared in bottle)
6 large potatoes, peeled and chopped
6 cups vegetable/chicken stock
¼ cup milk
¼ cup snipped chives
salt and pepper to taste
1 tsp oil

Method

1. Heat 1 teaspoon oil in saucepan and sauté garlic for 1 minute. Add potatoes and cook stirring for 1 minute.
2. Blend in stock, bring to boil. Reduce heat, simmer for 20 minutes or till potatoes are tender.
3. Puree mixture using a hand blender. Stir in milk. Bring back to boil and serve immediately with chopped chives.

Per serve
Energy 626 kj
Fat 14 g
Sfat 0.0 g
Sodium 478 g
Fibre 4.5 g

Recipe from Grace Lai
NIKUJAGA (Japanese style beef & potato stew)

Serves 4

Ingredients

300gms beef
400gms potatoes
200gms carrots
100gms onions
500 mls water
50 mls soy sauce
30 mls mirin
30 mls sugar

Method

1. Cut beef, potatoes, carrots and onions into small pieces
2. Cook in pan for a few minutes
3. Add sugar, mirin, soy sauce and water. Cover the pan with a lid and bring to boil.
4. Cook for about 10 minutes. Remove aku (bubbles and vegetable/meat debris/fat floating on the surface).
5. Stir occasionally and cook for a further 10 minutes or till potatoes are soft.

Recipe from Yoshihiro SHISHIDO

http://www.japan-guide.com/r/e103.html
TONJIRU (miso soup with pork)

Serves 4

Ingredients

200gms pork  
100gms radish
100gms burdock (is available frozen in chinatown)
100gms carrots
100gms potatoes
(or add any other vegetables you prefer)
dashi (soup stock)
miso

Method

1. Put dashi in water and bring to boil in a saucepan.
2. Cut ingredients into small pieces, add to stock and simmer.
3. Cook for 10 minutes and remove aku (bubbles and vegetable/meat fat floating on top)
4. Cook for a further 10-20 minutes, add miso, cook (simmer not boil) for a few minutes until miso dissolves.

Recipe from Yoshihiro SHISHIDO

http://www.japan-guide.com/r/e103.html
CLASSY PUMPKIN PASTA

Serves 4

Ingredients

280gms dry fettuccini noodles
1 tbsp vegetable oil (fat content can be reduced by using cooking spray)
500gm peeled, seeded and grated pumpkin
2½ tablespoons tomato paste
4 tablespoons lite sour cream
1 tsp chilli powder

Method

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve
2. In a large skillet over medium heat, warm oil and cook pumpkin for about 10 minutes or until it begins to break apart.
3. Add tomato paste, sour cream and chilli powder to taste; mix well. The mixture should be mushy and an even golden-orange colour.
4. Scoop spoonfuls of the pumpkin mixture over the pasta; mix well to coat and serve.

Per Serve
Energy: 341 cal
Total Fat: 7.1 g
Cholesterol: 6 mg
Sodium: 98 mg
Total Carbs: 61.3 g
Dietary Fiber: 3.6 g
Protein: 11.3 g

Recipe from Chin Ting

Magdalene from www.allrecipes.com
MEDITERRANEAN GREEK SALAD

Serves 4

Ingredients

1-½ cucumbers, seeded and sliced
100gms crumbled feta cheese
½ cup black olives, pitted and sliced
1-½ cups diced roma tomatoes
2 tbsp and 2 tsp diced oil packed sun-dried tomatoes, drained, oil reserved
¼ red onion, sliced

Method

1. In a large salad bowl, toss together the cucumbers, feta cheese, olives, roma tomatoes, sun-dried tomatoes, 2 tablespoons reserved sun-dried tomato oil, and red onion.
2. Chill until serving

Per Serve

Energy 131 cal
Total Fat .9 g
Cholesterol 25 mg
Sodium 489 mg
Total Carbs 9.1 g
Dietary Fiber 2.3 g
Protein 5.5 g

Recipe from Chin Ting

Heather Shevln from www.allrecipes.com
UDON NOODLES

Serves 2

Ingredients

1 tsp fish stock (bonito powder)
3 cups water
2 tbsp soy sauce
½ tbsp sugar (or 1 tbsp Mirin)
one third tsp salt
2 packets Udon noodles
½ carrot
¼ bag beansprouts
4 pok choy leaves
2 eggs
(fish cakes, crab, other vegetables as desired)...

Method

1. Mix the soup ingredients (first five ingredients), bring to a boil
2. Chop carrot and pok choy thin and fine. Boil in the soup with beansprouts. When soft, take them out, and put aside.
3. Heat the udon noodles in the soup
4. Serve, place the cooked vegetables and break an egg on top

Recipes from Kato Emi
CHINESE CABBAGE WITH BACON

Serves 2

Ingredients

300gms Chinese cabbage
50gms bacon
1 tsp sesame oil
one third tsp salt
1 tbsp soy sauce,
1 tbsp cooking wine

Method

1. Chop the Chinese cabbage (6-7cm width for leaves, 3cm for stem), cut bacon (3cm width)
2. Heat bacon with sesame oil, until the fat starts to dissolve
3. Add chinese cabbage and ½ cup water, salt,soy sauce and wine. Bring it to a boil and count 5 seconds.
4. Serve

Recipes from Kato Emi
CREAMY VEGETABLE SOUP

Serves 4

Ingredients

500gm frozen/fresh vegetables (even vegetable trimmings)
500 mls chicken/vegetable stock (or water & stock powder)
1 peeled potato (cut into 4)
250 mls Milk
1 bay leaf (spice)
1 tbsp oil/butter
Salt & pepper to taste

Method

1. Heat oil/butter in a pot over medium heat.
2. Add vegetables including potato. Pour in stock and bay leaf. Cook with low heat
3. Cook till all vegetables are soft. Turn off heat. Allow to cool for 15 mins
4. Remove bay leaf. Blend with a blender. Beware soup is still hot!
5. When smooth, return to heat, stirring bottom or it will burn. Heat till small bubbles appear or steam rises. Turn off heat
6. Add milk. Season with salt and pepper to taste
7. Serve with bread

Per serve

Energy 142 cal 584 kJ
Protein 8 g 136 kJ
Fat 7 g 259 kJ
Carbohydrate 10 g 160 kJ

Recipe from Karen Yeoh
FRITTATA

Serves 4

Ingredients

2 tbsp oil/butter
150g ham/ shredded chicken/tuna (for vegetarian a can of drained beans)
400g pumpkin (grated)
2 stalks leek (sliced into half rings)
2 cloves garlic (small segments)
200g chedder cheese (grated)
8 eggs
1/2 cup water/milk
1/4 tsp pepper
1/4 tsp salt
1/4 tsp nutmeg (spice)

Method

1. Wash all vegetables, drain off excess water. Cut skin off pumpkin and grate with coarse grater. Cut the dried tops off leek and the roots, cut lengthwise into half, sliced each half to 1 cm slices across grain
2. Peel and finely chop garlic
3. Break eggs into bowl and combine with water/milk, pepper, salt and nutmeg by lightly beating with fork.
4. Heat oil/butter in a 32cm non-stick pan with heatproof handle. Add garlic,
5. Cook until pumpkin starts to soften (about 3mins). Lower heat.
6. Spread meat/beans over vegetables and sprinkle cheese on top.
7. Gently pour egg mixture over other ingredients, cook till almost set (about 10mins). Finish by putting under grill until light brown (about 5mins).
8. Serve in wedges and with a salad.
9. (Please Note- if without suitable saucepan, replace with ovenproof cookware large enough to hold all ingredients including egg mixture. Bake in oven for half hour or until almost set. Finish off under grill till light brown.)

Per Serve

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Recipe from Karen Yeoh
PARMESAN-COATED CHICKEN WITH ROSTI

Serves 4

Ingredients
125g grated parmesan cheese
½ cup freshly chopped parsley
1kg chicken tenderloins
Olive oil, cooking spray
750g Sebago potatoes, peeled, coarsely grated
2 tbsp olive oil
175g baby green beans, steamed to serve

Method
1. Preheat oven to 200 C.
2. Line baking tray with baking paper.
3. Combine parmesan, parsley, salt & pepper in a shallow dish. Coat chicken with parmesan mixture, pressing on with your fingertips. Place chicken onto prepared trays. Spray with oil. Bake for 15-18 minutes or until golden and cooked through.
4. Meanwhile, squeeze all the moisture from the potatoes. Heat oil in a non-stick frying pan over medium heat. Place heaped tablespoonful of grated potatoes into frying pan. Press down with a spatula to form patties.
5. Cook for 3-4 minutes each side or until golden brown and cooked through. Set aside.
6. Serve chicken with rosti and bean.

Recipe from Grace Lai
FAST MINCE

Serves 4

Ingredients

1 onion, chopped
1 tsp garlic, minced
500gms lean minced (beef or lamb)
2 tsp sugar
2 tbsp tomato paste
400gms canned tomatoes
Vegetables (e.g 1 chopped capsicum or 1 grated carrot or zucchini)

Method

1. Heat 2 tsp oil in a large deep pan. Fry chopped onion and minced garlic for 2 minutes.
2. Add minced meat, stir constantly and break up the mince with a spoon until the mince is well brown and no longer pink.
3. Stir in tomato paste, canned tomatoes, sugar & vegetables of your preference.
4. When boiling, reduce to low heat, cover and simmer for 20 minutes
5. Served with pasta, couscous, rice or split baked potato.

Recipe from Grace Lai
STIR FRY TURKEY WITH LYCHEE AND CAPSICUM

Serves 4

Ingredients

400 gms meat from one turkey leg / similar amount of diced chicken/ beef
One can lychee
2 capsicums, sliced thinly
2 tbs mushroom/ oyster sauce
Dash of soy sauce
2 thin slices of ginger
Ginger wine (Chinese rice wine can be used as well)
1 tsp garlic
1 tbsp oil/ cooking spray
Pepper
Garnish: coriander, spring onion

Method:

1. Prepare turkey meat and chop into bite sized pieces.
2. Marinate with 1 tbsp mushroom sauce, few slices of ginger and 1 tbsp ginger wine for 2 hours. (can be overnight as well)
3. Heat up wok on high heat. Add oil and garlic. Add turkey when garlic starts to brown, fry til medium rare. (Can see the outside is cooked but binside is still red) Add dash of ginger / Chinese wine.
4. Add lychee, capsicum, mushroom sauce and soya sauce.
5. Stir fry for 30 seconds.
6. Cover and simmer for 3-5 mins.
7. Add pepper to taste. Coriander and spring onions to garnish.

Recipe from Chin Ting
FAJITAS

Ingredients

Meat chicken/pork (Can be left over cooked meat or uncooked)
Fajita seasoning
Onion
Capsicum
Lettuce shredded
Tomato chopped
Graded cheese
\( \frac{1}{2} \) tbsp oil
Tortilla (flour of corn) (found in the Mexican food isle of the store)

Method

1. Slice chicken breast or cooked chicken in to thin strips
2. Mix a small amount of the fajita seasoning packet and pour over the raw chicken,
3. Let the mixture sit for a few minutes
4. Heat a small amount of oil in a skillet and saute' the chicken until cooked.
5. Slice onion and capsicum into thin strips and add to the chicken mixture
6. Heat a flour tortilla until warm (for a crisper fajita you can brown the tortilla in oil)
7. Fold over, add some of the chicken mixture, add some grated cheese and chopped tomato and lettuce.

ENJOY!

Recipe from Patricia Fordeny
SPLIT PEA VEGETABLE SOUP

Ingredients

2 tbsp oil
1 large onion, chopped
2 cloves garlic, chopped
2 carrots, chopped
2 sticks celery, chopped
2 large vegetable stock cubes, crumbled
2 litres hot water
1 cup (200gms) split peas, rinsed
400gms corn kernels
2 zucchini, chopped
½ red pepper, chopped
10 English spinach leaves, shredded

Method

1. Heat oil in large pan, add onion, garlic, carrots and celery, cook, stirring, until vegetables are tender.
2. Stir in stock cubes, water and peas, bring to boil and simmer covered for about 40 minutes or till peas are soft.
3. Stir in corn, zucchini and pepper, simmer covered for about 5 minutes or till vegetables are tender.
4. Just before serving, add spinach, stir till heated through.
5. Serve with crusty bread.

Recipe from Pushpa Osborne
Origin unknown
WHOLE WHEAT BANANA NUT BREAD

(Original recipe yield: 1 - 9 x 5 inch loaf)

INGREDIENTS:

One third cup applesauce
½ cup honey
1 tspn vanilla extract
2 eggs
1 cup mashed bananas
1¾ cups whole wheat flour
½ teaspoon salt
1 teaspoon baking soda
¼ cup hot water
½ cup chopped walnuts

Method

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, beat oil and honey together. Add eggs, and mix well.
3. Stir in bananas and vanilla. Stir in flour and salt. Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts.
4. Spread batter into a greased 9x5 inch loaf pan
5. Bake for 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing.

Per serve
Energy 220 cals
Total Fat 10.6 g
Cholesterol 35 mg
Sodium 214 mg
Total Carbs 29.6 g
Dietary Fiber 2.9 g
Protein 4.4 g

Recipe from Chin Ting

Submitted by: Peggy from www.allrecipes.com

"This is a moist banana bread recipe that I make fairly often with leftover, very ripe bananas. I usually freeze my old bananas until I have enough for a recipe or two. Just peel, break in half, and freeze in a plastic bag. To use, just thaw and add to mixing bowl. I have also used applesauce in place of the oil to make this low fat. It is not quite as moist, but the flavor is still just as good."
FRUIT SALAD

Ingredients
Fresh fruit in season/canned fruit
2 kiwi fruit
1 punnet strawberries
Half pineapple/can of cubed pineapple in natural juice
Bunch of seedless green grapes

Dressing
¼ cup honey
¼ cup rum (optional)
¼ cup orange juice
¼ cup lime juice

Method
1. Mix ingredients for dressing and leave aside.
2. Peel pineapple and cut into cubes, top and tail strawberries and cut in half or quarter depending on size. Peel kiwi and cut into cubes. Separate grapes from stalk. Mix fruit gently in a deep bowl. If using canned fruit drain well.
3. Before serving, add dressing and stir through well.
4. Serve in individual bowls. May serve with ice cream if desired.

Recipe from Pushpa Osborne
Origin unknown.
TRIFLE
Serves 8

Ingredients
1 sachet low-joule raspberry jelly
2 cups skim milk
4 tbsp custard powder
2 tsp sugar
1 tsp vanilla essence
2 bananas
juice of ½ lemon
1 punnet strawberries (washed hulled and sliced)
1x 425gms can unsweetened sliced peaches (drained)
1x 425gms can unsweetened apricot halves (drained)
2 passionfruit (cut in half and scoop pulp with teaspoon)
1x 25gms can reduced cream (whipped) optional.

Method
1. Prepare jelly following packet directions. Pour into a shallow dish. Allow to set in the refrigerator.
2. Prepare custard. In a saucepan, mix a little of the milk into the custard powder to form a smooth paste. Add sugar. Pour in remaining milk. Stir well.
4. Peel banana and slice. Sprinkle with lemon juice to prevent browning. Set aside.
5. To assemble trifle. Arrange half the fruit in layers in the base of a serving dish. Chop jelly roughly. Sprinkle half over the fruit. Cover with half custard. Continue layering until all the ingredients are used, reserving some fruit for decoration.
6. Decorate with cream (optional) and fruit.
7. Chill before serving.

Per serve
Energy 824 kj

Family circle Jan 1989.
Evaluation

A response to this questionnaire will assist future satisfactory production of recipe books

1 Did you find the recipes easy to understand? Yes / No
any comments........................................................................................................
................................................................................................................................

2 Did the recipes provided help you cook meals for yourself? Yes / No
any comments........................................................................................................
................................................................................................................................

3 Did the food you cooked using the recipes taste good? Yes / No
any comments........................................................................................................
................................................................................................................................

4 Did you find cooking these recipes within your budget? Yes / No
any comments........................................................................................................
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5 What would you like added to this book for future updates?
................................................................................................................................
................................................................................................................................

Thank you for taking the time to fill in this evaluation sheet.
Please return your respond to
c/o Pushpa Osborne
Community Health Nurse
Health and Counselling Services
Level 3
Student Centre (next to Sports Centre)

FLINDERS UNIVERSITY DIVERSITY INITIATIVE GRANT PROJECT

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