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BASICS

recipe book **2**



Partner:



Government of Western Australia
Department of Health



You don't need to spend a fortune or hours in the kitchen to feed your family healthy meals. The recipes in this booklet are quick to make and use common and cheap ingredients.

All the main meals serve 4-6 people. If you have more mouths to feed, extend the recipe by adding more vegetables and serve with wholemeal bread or a salad. Left-overs can be frozen in portions for up to 3 months, or kept in the fridge for 2 days.

Fresh fruit and vegetables can be swapped for canned or frozen. For more ideas on adapting recipes to ingredients you already have, see page 36.

You can find even more recipes at livelighter.com.au

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Muesli Muffins

Preparation time: 10 minutes | **Cooking time:** 25 minutes | **Serves:** 12

Ingredients

Spray oil or margarine
1 cup rolled oats
1 cup natural low-fat yoghurt
2 apples, skin on, grated
½ cup sultanas
3 teaspoons cinnamon
3 tablespoons sugar
3 tablespoons canola oil
2 eggs
¼ cup low-fat milk
1 cup self-raising flour

Method

1. Preheat oven to 180°C and lightly grease a 12-hole muffin tray with oil spray or margarine.
2. Mix the oats and yoghurt together, then add all remaining ingredients to the bowl and mix well.
3. Divide the mixture evenly between the 12 muffin holes.
4. Bake for 25-30 minutes, until the tops are golden and a skewer inserted into the middle of a muffin comes out clean.

Hint: These muffins freeze well for up to 3 months. Pack one in a lunchbox in the morning and it will be defrosted and ready to eat by morning tea time!



Egg in a Basket

Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Serves:** 4

Ingredients

- 4 wholemeal or multigrain bread rolls
- 1 spring onion, sliced
- 1 medium tomato, chopped
- 2 mushrooms, sliced
- Handful of spinach leaves (optional)
- 4 small eggs
- Pepper
- 2 tablespoons reduced-fat cheese, grated

Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Slice off the top of each roll and scoop out the soft bread inside, leaving the bottom and sides of the roll intact. Arrange the rolls on the baking tray. Reserve the tops and middles.
3. Divide the spring onion, tomato, mushroom and spinach between the rolls.
4. Crack an egg into each roll. Season with pepper. Sprinkle the eggs with the grated cheese.
5. Bake for 10 minutes or until eggs are to your liking. Add the tops and middles during the last 5 minutes of cooking time.



Breakfast Toastie

Preparation time: 5 minutes | **Cooking time:** 5 minutes | **Serves:** 1

Ingredients

Spray oil
1 egg
1 tomato, sliced
2 slices wholemeal bread
1 tablespoon reduced-fat
cheese, grated

Method

1. Lightly spray a frying pan with oil and place on a medium heat.
2. Crack the egg into pan and add the tomato slices.
3. Cook the bread in a toaster or under a grill until golden-brown.
4. When the egg white has cooked and yolk set (about 2 minutes) remove and place it on a slice of toast. Top with the tomato, grated cheese and the other slice of toast.



Yoghurt Cups

Preparation time: 5 minutes | **Serves:** 4

Ingredients

- 4 cups low-fat yoghurt
- 2 cup fresh or canned fruit, chopped
- 1 cup untoasted muesli or unsweetened breakfast cereal

Method

1. Line up 4 glasses.
2. Spoon yoghurt, fruit and muesli into each glass in layers until all ingredients are used.

Hint: This can be prepared at night in a plastic container for a quick grab-and-go breakfast.



Tomato Soup

Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Serves:** 4

Ingredients

- 2 x 400g cans tomatoes (no-added-salt)
- 2 tablespoons tomato paste (no-added-salt)
- 1 reduced-salt vegetable stock cube (or 1 teaspoon powder)
- 400g can kidney beans (no-added-salt), drained and rinsed
- ½ cup frozen corn kernels
- 2 teaspoons paprika
- ½ teaspoon cumin (optional)
- ½ teaspoon ground coriander (optional)

Method

1. Add all ingredients plus one can filled with water (1½ cups) to a medium saucepan.
2. Cook over high heat until the soup boils. Stir for 5 minutes.
3. Reduce heat to medium and simmer for 20 minutes or until the soup reduces and thickens.

Hint: Use any canned beans or bean mix instead of kidney beans.



Spicy Pumpkin Soup

Preparation time: 10 minutes | **Cooking time:** 15 minutes | **Serves:** 4

Ingredients

- 1 teaspoon canola oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 tablespoon ground cumin
- 2 tablespoons curry powder
- 3 cups of pumpkin, peeled and chopped into 2cm chunks ($\frac{1}{2}$ a small butternut)
- 1 small sweet potato, peeled and chopped into 2cm chunks
- 2 medium potatoes, chopped into 2cm chunks
- 1 apple, peeled, cored and quartered
- 1 reduced-salt vegetable stock cube (or 1 teaspoon powder)
- 1 litre water
- 4 tablespoons natural low-fat yoghurt, to serve
- 4 slices multigrain toast, to serve

Method

1. Heat oil in a large pot and fry onion, garlic, cumin and curry powder for 2 minutes.
2. Add the rest of the ingredients and simmer for 10 minutes or until the vegetables are just soft.
3. Use a stick blender, normal blender or food processor to blitz the soup till smooth. Add more water if you prefer a runnier soup.
4. Serve with a slice of grainy toast and a spoonful of yoghurt.

Hint: If you are making the soup to freeze, use less water and make a very thick soup. When cooled, put a big ladleful in a freezer bag, squeeze out all the air and then freeze. To defrost, put in the microwave or a pot with a ladleful of water.



Spinach and Cheese Rolls

Preparation time: 30 minutes | **Cooking time:** 20 minutes | **Serves:** 4

Ingredients

- 2 x 250g packs frozen spinach
- 1 teaspoon canola oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 medium zucchini, grated, moisture squeezed out
- 200g tub low-fat cottage cheese
- 2 tablespoons sweet chilli sauce
- 1 teaspoon Worcestershire sauce
- Pepper, to taste
- 8 sheets filo pastry (about 160g)
- Spray oil
- 2 tablespoons low-fat milk

Variation: Experiment with different sizes and shapes.
Mini triangles or rolls make a great party dish!



Method

1. Pre-heat oven to 180°C and line a large baking tray with baking paper.
2. Defrost the spinach in the microwave – about 5 minutes on HIGH (100%) – and use your hands or a sieve to squeeze as much water as you can out of the spinach.
3. Heat oil in a large frypan and cook onion, garlic, spinach and zucchini for about 5 minutes, stirring, until soft.
4. Add the cottage cheese, sweet chilli sauce, Worcestershire sauce and pepper. Mix well and take off the heat.
5. Place a single layer of filo pastry down on a bench and spray lightly with oil. Lay another sheet of filo over the top.

It doesn't matter if there are cracks or holes in the pastry, just try to line up the sheets so the cracks are covered. Cover the unused filo with a damp tea towel so it doesn't dry out while you're working.
6. Spoon a quarter of the filling in a line along the short edge of the pastry. Tuck in the edges and roll it up almost all the way. Seal the edge by wetting it with a little milk and pressing it down. Place the roll edge-side down on the baking tray and use a brush or your fingers to wet the top of the pastry with milk.
7. Bake for 20 minutes or until the pastry is golden and crispy.





Roast Potato Salad

Preparation time: 15 minutes

Cooking time: 30 minutes | **Serves:** 4

Ingredients

- 1 medium sweet potato, peeled and chopped into 3cm cubes
- 4 medium potatoes, skin on, chopped into 3cm cubes
- 2 tablespoons olive or canola oil
- Pepper, to taste
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon wholegrain mustard
- 1 clove of garlic (optional)
- 2 stalks celery, finely sliced
- 2 spring onions, finely chopped
- 1 handful baby spinach leaves

Method

1. Preheat oven to 200°C and cover a large baking tray with baking paper.
2. Spread the sweet potatoes and potatoes on the tray, add the oil and pepper and mix around so they are all coated. If using garlic, wrap in foil and add to the tray. Roast for 30 minutes until vegetables are soft in the middle and browning on the outside. Take out of the oven to cool.
3. In a large bowl mix together the mayonnaise, mustard and roasted garlic (if using). Add the celery, spring onions and baby spinach.
4. Once the potatoes and sweet potatoes have cooled, add to the other ingredients and mix well.



Cheese and Salad Sandwich

Preparation time: 10 minutes | **Serves:** 4

Ingredients

- ½ avocado, peeled and stoned
- ½ teaspoon lemon juice
- 8 slices multigrain or wholemeal bread
- 4 slices reduced-fat cheese
- 1 small carrot, peeled and grated
- ¼ cucumber, sliced thinly
- 2 lettuce leaves, shredded
- 2 medium tomatoes, sliced

Method

1. Put the avocado in a small bowl and mash well with a fork. Add lemon juice and mix well.
2. Spread avocado mix onto four slices of bread.
3. Top remaining slices of bread with cheese, carrot, cucumber, lettuce and tomato.
4. Top with avocado-spread bread slices and serve.



Chicken and Salad Sandwich

Preparation time: 5 minutes | **Serves:** 2

Ingredients

- 160g cooked leftover chicken (or see tip)
- 1 stalk celery, finely chopped
- ¼ cup frozen corn kernels, defrosted
- 1 tablespoon low-fat mayonnaise (or natural low-fat yoghurt)
- 2 lettuce leaves
- 4 slices wholemeal bread

Method

1. Shred or finely chop chicken.
2. Put the chicken in a small bowl and add the celery, corn and mayonnaise (or yoghurt) and mix well to combine.
3. Spread the mixture evenly over two slices of bread.
4. Top each with a lettuce leaf and another slice of bread.

Tip: To cook chicken, place 200g raw chicken breast in a small saucepan with enough water to cover. Bring to the boil, reduce heat to medium and simmer for 5 minutes. Check meat is cooked through, with no pink colour, and allow to cool in the fridge before using.





Stuffed Potatoes

Preparation time: 5 minutes

Cooking time: 25 minutes | **Serves:** 4

Ingredients

- 4 medium potatoes (skin on)
- $\frac{3}{4}$ cup reduced-fat cheese, grated
- $\frac{1}{2}$ cup frozen peas and corn
- 1 tomato, chopped
- 1 spring onion, finely sliced
(or $\frac{1}{2}$ onion, chopped)
- 2 tablespoons low-fat milk
- 2 tablespoons low-fat mayonnaise

Method

1. Preheat oven to 180°C.
2. Wash the potatoes and pierce all over with a fork.
3. On a plate, microwave the potatoes on HIGH (100%) for 10 minutes or until soft. Leave to cool for a few minutes before handling.
4. Gently slice the top of each potato off and keep each 'lid' to the side.
5. Scoop the flesh out of each potato into a medium bowl. Be careful to leave a wall of flesh around the potato skin so it doesn't tear.
6. Add the rest of the ingredients to the potato flesh. Mix well to combine. Spoon the mixture back into the potatoes, pressing down gently with each spoonful.
7. Top each potato with the 'lid' and bake for 15 minutes until the top is golden and the mixture is heated through.

Lamb and Barley Soup

Preparation time: 10 minutes + overnight

Cooking time: 1 hour 10 minutes | **Serves:** 6

Ingredients

500g lamb offcuts (on the bone)
1 carrot, chopped
1 stalk celery, including the leaves, chopped
1 potato, chopped
1 onion, chopped
1 teaspoon dried Italian herbs
½ cup pearl barley
1 reduced-salt vegetable stock cube (or 1 teaspoon powder)
Pepper, to taste

Method

1. Cut any visible pieces of fat off the meat and discard.
2. Place all ingredients in a medium saucepan.
3. Add 1.5 litres of water to completely cover the ingredients. Add more if needed.
4. With a lid on, place the pan on a high heat until boiling.
5. Reduce the heat to low and cook for 1 hour or until the meat is easily pulled from the bone.
6. Take off the heat and allow pot to cool for 20 minutes.
7. Place the covered pot in the fridge to cool overnight. Remove the visible fat from the top with a spoon and discard.
8. Remove the meat from the bones and discard the bones.
9. To serve, warm the soup over medium heat for 10-15 minutes until heated through.

Tip: Use any cheap cut of meat with the bone in (chicken wings, chicken drumsticks, lamb neck, lamb shank, soup bones).



Mixed Bean Salad

Preparation time: 10 minutes

Serves: 4

Ingredients

- 400g can four bean mix (no-added-salt), drained and rinsed
- ½ cup frozen peas, defrosted
- 1 spring onion, sliced (or ½ onion, chopped)
- 2 tomatoes, chopped
- ¼ cup fresh parsley, chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (or vinegar)
- 1 clove garlic, crushed

Method

1. Combine the beans, peas, onion, tomatoes and parsley in a salad bowl.
2. In a small bowl, mix the oil, lemon juice and garlic until combined.
3. Pour the dressing over the bean mix and toss well to coat in the dressing.







Sausage Burger

Preparation time: 10 minutes

Cooking time: 15 minutes | **Serves:** 4

Ingredients

- Spray oil
- 4 sausages
- 4 large multigrain or wholemeal rolls, cut in half
- 2 medium tomatoes, chopped
- ¼ cup frozen corn kernels
- ½ onion, peeled and chopped
- ⅓ cup taco salsa
- 225g can sliced beetroot, drained
- 1 medium carrot, peeled and grated
- 4 lettuce leaves, shredded

Method

1. Lightly spray a non-stick frypan with oil and place on medium to high heat. Cook sausages, turning frequently, for 10 minutes or until just cooked through. Remove from pan and set aside to rest for 2 minutes before cutting into long diagonal slices.
2. In a bowl, mix tomato, corn kernels, onion and taco salsa. Spread the salsa mix over the four bottoms of the rolls.
3. Top each roll with beetroot, sausages, carrot and lettuce. Cover with top of the rolls and serve.

Hint: Look for low-fat or lean sausages on special and freeze the extras.

Tip: For a crunchy texture, lightly toast the rolls before assembling.





Sausage Casserole

Preparation time: 10 minutes + overnight soaking time

Cooking time: 20 minutes | **Serves:** 4

Ingredients

- 1 cup dried lentils (or see variation)
- 1 teaspoon canola oil
- 8 sausages
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3 carrots, chopped
- 2 stalks celery, chopped
- 1 cup water
- 1 tablespoon ground cumin
- 1 reduced-salt vegetable stock cube
(or 1 teaspoon powder)

Method

1. Soak the lentils in a large bowl of water for about 8 hours. Drain the lentils just before using them.
2. Heat oil in a large pot with a lid.
3. Gently fry the sausages for 5-10 minutes to give them a brown colour.
4. Add the onions and garlic and cook for another 5 minutes.
5. Add the rest of the ingredients, put the lid on and simmer for 10-15 minutes or until the lentils and vegetables are tender and the sausages are cooked through.

Variation: Replace the dried and soaked lentils with 2 x 400g cans of lentils, rinsed and drained. If using canned lentils don't add the cup of water.



Burrito Style Mexican Mince is a variation of Mexican Mince. See over for more.



Mexican Mince

Preparation time: 10 minutes

Cooking time: 20 minutes | **Serves:** 6

Ingredients

- 1 teaspoon canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 250g beef mince
- 1 medium zucchini, grated
- 2 medium carrots, grated
- 400g can kidney beans (no-added-salt), drained and rinsed
- 400g can tomatoes (no-added-salt)
- 1 tablespoon sweet chilli sauce
- 2 tablespoons paprika
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon chilli flakes (optional)

Method

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, till onions are clear and meat is browned.
2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.

Hint: Double the recipe and freeze individual portions for an easy dinner another day.

Burrito Style

Roll up the Mexican Mince in a tortilla with tomato, corn, onion, cucumber and lettuce. Add a spoonful of natural low-fat yoghurt and some chilli flakes for extra kick.



Loaded Potato

Prick potato (leave the skin on) all over with a fork and wrap in aluminium foil. Bake in the oven for 45 minutes at 220°C.

OR Prick potato (leave the skin on) all over with a fork. Put in a microwave safe container and cook for 5 minutes on HIGH (100%). Flip over and microwave for another 5 minutes. If still hard in the middle, microwave for a minute at a time, till soft.

Cut a cross across the cooked potato and top with Mexican Mince. Finish with a little reduced-fat cheese, natural low-fat yoghurt, spring onions and chilli flakes.



Mexican Toastie

Spoon the Mexican Mince onto a slice of wholemeal or multigrain bread and top with a little grated reduced-fat cheese and another slice of bread. Cook in a sandwich press or the oven until the cheese is melted and bread is crunchy.



Nachos

Use scissors to cut up a tortilla or flat bread into triangle shapes. Cook in the oven (10 minutes at 180°C) or in a sandwich press until golden and crunchy. Top these crispy triangles with a spoonful of Mexican Mince, a sprinkle of reduced-fat cheese and a spoonful of low-fat natural yoghurt. Add spring onions and chilli flakes for extra spice.



Chickpea Curry

Preparation time: 10 minutes | **Cooking time:** 20 minutes | **Serves:** 4

Ingredients

- 1 teaspoon canola oil
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon curry powder
- 400g can chickpeas, drained and rinsed
- ½ zucchini, chopped
- 3 carrots, chopped
- 1 cup frozen green beans
- 400g can tomatoes (no-added-salt)
- 165g can reduced-fat coconut milk
- 4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method

1. Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes.
2. Add the rest of the ingredients and simmer with the lid off for 15-20 minutes.
3. Serve with rice.

Variation: You can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.



Tuna and Lemon Pasta

Preparation time: 5 minutes | **Cooking time:** 20 minutes | **Serves:** 4

Ingredients

250g dried pasta

425g can tuna in springwater, drained

1 tablespoon olive oil

Rind and juice from 1 small lemon (or 2 tablespoons
lemon juice)

2 cups frozen green beans (or other frozen vegetables)

Pepper

Method

1. Add pasta to a pan of boiling water. Cook according to packet instructions (10-15 minutes) until almost cooked through. Add the green beans to the boiling water and cook for another 2 minutes. Drain pasta and beans.
2. Put pasta and green beans back into the saucepan over low heat and add the remaining ingredients. Stir until ingredients are mixed well and hot through.
3. Add pepper to taste and serve.

Lemon and Herb Roast Chicken with Vegetables

Preparation time: 15 minutes | **Cooking time:** 1 ½ hours | **Serves:** 4

Ingredients

Spray oil

1 whole chicken (1.8 kg)

2 cloves garlic, crushed

2 tablespoons dried mixed herbs

Pepper

2 lemons

4 medium potatoes, halved (skin on)

½ pumpkin (500g), cut into large chunks

4 brown onions, peeled and left whole

1 tablespoon canola oil

Method

1. Preheat the oven to 180°C. Lightly spray a large roasting tray with the oil.
2. Pat dry the chicken with paper towel.
3. In a small bowl, mix together garlic, mixed herbs and a generous amount of pepper.
4. Rub the mix all over the skin of the chicken and inside.
5. Pierce the lemons all over with a knife. Put the lemons inside the cavity of the chicken. Place the chicken, breast side up, onto the roasting tray and cook for 45 minutes.
6. In a large bowl, mix potato, pumpkin, onions and oil.
7. Remove chicken from oven. Carefully turn chicken over to cook breast side down. Add vegetable mix evenly around the chicken.
8. Bake for a further 40-45 minutes or until juices run clear when the chicken thigh is pierced with a skewer.
9. Remove chicken from oven, cover with foil and set aside to rest for 5-10 minutes before serving.

Tip: For an extra lemony flavour, squeeze the cooked lemon over the chicken just before serving.



Cauliflower and Broccoli Cheese

Preparation time: 10 minutes | **Cooking time:** 25 minutes | **Serves:** 4

Ingredients

- 1/2 cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 1/3 cup water
- 2 tablespoons plain flour
- 2 cups low-fat milk
- Pepper
- 1/2 cup reduced-fat cheese, grated

Method

1. Preheat the oven to 180°C.
2. Place cauliflower, broccoli florets and water into a microwave safe and ovenproof dish. Microwave on HIGH (100%) for 5 minutes. Carefully drain off the water and set aside.
3. Put flour into a tall microwave safe jug. Add 2 tablespoons of milk and whisk to a smooth paste with no lumps. Season with pepper. Add the remainder of the milk and stir.
4. Microwave the milk mixture on HIGH (100%) for 1 minute. Stir. Heat again for 1 minute and stir. If needed, heat again for 30 seconds and stir until thick and creamy.
5. Add grated cheese and stir until melted through.
6. Top cauliflower and broccoli with cheese sauce.
7. Bake in oven for 15 minutes, or serve immediately.

Teriyaki Chicken Drumsticks with Brown Rice Salad

Preparation time: 10 minutes | Cooking time: 45 minutes | Serves: 4

Ingredients

Teriyaki Sauce

- 2 tablespoons plain flour
- 2 tablespoons cold water
- 1 tablespoon sugar
- ¼ cup soy sauce (reduced-salt)
- 2 cloves garlic, finely chopped
- 1 teaspoon ground ginger
- ½ teaspoon pepper
- 8 chicken drumsticks

Rice Salad

- 3 cups cooked brown rice
- 6 spring onions, sliced (or 1 onion)
- 1 green capsicum, finely chopped
- ¼ cup sultanas
- 1 cup frozen corn kernels
- 2 stalks celery, chopped
- 2 tablespoons soy sauce (reduced-salt)
- 2 tablespoons lemon juice
- 1 clove garlic, finely chopped



Method

1. Preheat oven to 180°C.
2. In a small saucepan, combine the ingredients for the Teriyaki sauce and mix well.
3. Over a low heat, cook the sauce, stirring frequently until it thickens and bubbles.
4. Place the chicken drumsticks in a large baking dish and pour over the sauce and mix so chicken is coated.
5. Bake for 20 minutes. Then turn the chicken over and bake for another 20 minutes or until no longer pink and juices run clear.
6. In a large salad bowl, place rice and remaining ingredients and mix well.



Variation: Substitute the chicken drumstick for boneless chicken thigh. Cook for 15 minutes before turning over to cook for another 15 minutes.

Hint: 1 cup uncooked rice will make 3 cups cooked rice.



Cinnamon Apples

Preparation time: 2 minutes | **Cooking time:** 2 minutes | **Serves:** 1

Ingredients

- 1 large apple, cored and chopped (leave skin on)
- ½ teaspoon water
- ¼ teaspoon cinnamon
- ¼ teaspoon sugar (optional)
- ¼ cup natural or flavoured low-fat yoghurt

Method

1. Place apple, cinnamon, water and sugar (if using) in a microwave safe mug or bowl and mix.
2. Cover with a plate or cling film with holes in it and microwave on HIGH (100%) for 1 minute. If you want softer apples, microwave in 30 second bursts until you get the right texture. Note: if there are several mugs in the microwave it will take longer to cook.
3. Serve with low-fat yoghurt.

Hint: This is delicious on cereal or pancakes.

Tip: Cook up a big batch in a large microwave safe container and keep in the fridge for up to 4 days.



Apple and Peach Pie

Preparation time: 10 minutes | **Cooking time:** 25 minutes | **Serves:** 4

Ingredients

2 medium apples, peeled and chopped
800g can peaches canned in juice, drained
6 sheets filo pastry (about 120g)
Spray oil
1 teaspoon sugar

Method

1. Preheat oven to 200°C.
2. Place apples in a microwave and oven proof dish and cover with a plate or cling film with holes in it. Microwave on HIGH (100%) for 1 minute. Carefully remove the plate or cling-film as the steam will be hot.
3. Add peaches to the oven-proof dish. Scrunch a sheet of filo pastry and arrange on top of the dish. Repeat with the rest of the filo sheets until the whole top of the dish is covered.
4. Lightly spray the pastry with oil, and sprinkle with sugar.
5. Bake for 25 minutes, until the pastry is golden and crispy.

Variation: This recipe works for any fresh, frozen or canned fruit. A scrunched up filo topping is also a great option for savoury pies.



Fast Fruit and Custard

Preparation time: 5 minutes | **Cooking time:** 15 minutes | **Serves:** 4

Ingredients

- 2 cups low-fat milk
- 3 eggs
- ¼ cup sugar
- ½ teaspoon vanilla essence
- ¼ teaspoon sprinkle of cinnamon (optional)
- 800g can mixed fruit in juice, drained

Method

1. In a microwave safe jug heat the milk on HIGH (100%) for 90 seconds and then stir. Microwave for another 90 seconds.
2. In a separate bowl, beat the eggs, sugar and vanilla together. Gently whisk warmed milk into the egg mixture. Stirring all the time, strain this mix into a 2 litre microwave dish and sprinkle with cinnamon.
3. Cook in microwave on MEDIUM (50%) for 4 minutes. Stir and then cook on MEDIUM (50%) for another 5 minutes. Stand for 5 minutes.
4. Divide the mixed fruit between 4 bowls. Spoon custard over the top and serve immediately.

Variation: This custard can be baked in a preheated oven at 160°C in a single dish for 60 minutes or until a knife inserted in the centre comes out clean.

Hint: The cooking time may vary depending on your microwave. It is best to check your microwave guide for cooking guidelines.



Mini Carrot Cakes

Preparation time: 15 minutes | **Cooking time:** 25 minutes | **Serves:** 12

Ingredients

Spray oil, if using
1½ cups self-raising wholemeal flour
1½ teaspoons cinnamon
¼ teaspoon ground ginger
¼ cup sugar
1 egg, slightly beaten
3 tablespoons oil
½ cup low-fat milk
2 teaspoons vanilla essence
400g can crushed pineapple, drained
1½ cups grated carrots (squeeze out some of the moisture with hands)
¼ cup sultanas

Method

1. Preheat oven to 180°C. Line a 12-hole muffin tin with paper liners or spray tins with oil spray.
2. In a large bowl, mix together flour, cinnamon, ginger and sugar.
3. In a medium bowl, add the rest of the ingredients and mix well. Add this wet mixture to the flour mixture and stir until just combined.
4. Divide the mixture into the muffin tin. Bake for 20-25 minutes, or until a skewer inserted into the middle of a muffin comes out clean.

Variation: Use 2 teaspoons of mixed spice instead of the cinnamon and ginger mix.

Kitchen Hints

If you don't have...

a ...	then use a ...
garlic crusher	knife to finely dice
grater	peeler or knife to chop very finely
frying pan	a large saucepan
measuring cup	a small coffee mug - use the same mug to measure everything in the recipe
oven mitt	dry folded tea towel or hand towel
saucepan lid	cover with foil, a dinner plate or roasting pan
strainer	lid or plate over the pot with a small gap to pour the water out (watch out for the steam!)
whisk	fork

If you don't have...

any ...	then use ...
brown sugar	white sugar
caster sugar	white sugar
cinnamon	¼ the amount of allspice or nutmeg
cream	evaporated milk or milk with a little flour mixed in, natural low-fat yoghurt
fresh herbs	dried herbs (1 bunch fresh = 1 teaspoon dried)
honey	1¼ cup sugar dissolved in ¼ cup hot water
lemon juice	vinegar
margarine	vegetable oil, plain yoghurt (for baking)
mayonnaise	natural low-fat yoghurt with ½ teaspoon mustard or lemon juice mixed in
olive oil	vegetable oil
red wine	beef stock or water
salt	pepper, dried herbs, spices
sour cream	natural low-fat yoghurt
stock	water seasoned with pepper and dried herbs
white wine	apple juice, chicken stock or water

Temperature

The oven temperature in each recipe is in °C. To change to Fahrenheit use this table.

Celsius °C	Fahrenheit °F
160	325
180	375
200	400
240	475
250	500

Conversion Chart

Measurements in this book use the standard metric cup and spoon sets approved by the Standards Association of Australia.

A basic metric cup set consists of 1 cup, ½ cup, ⅓ cup and ¼ cup sizes.

Measurement	=	Volume
½ teaspoon	=	2.5mL
1 teaspoon	=	5mL
1 tablespoon	=	20mL
¼ cup	=	60mL
⅓ cup	=	80mL
½ cup	=	125mL
1 cup	=	250mL

Microwave

Microwave cooking times may vary depending on the wattage of your microwave. Follow the manufacturer's directions.

Acknowledgement

Food photography by Simon Westlake, Illustrations

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