

# QUICK & EASY BUDGET-FRIENDLY RECIPES



# BREAKFAST

- **BANANA AND SPINACH SMOOTHIE**
- **BERRY AND BANANA SMOOTHIE**
- **CHIA SEED PUDDING**
- **PORRIDGE**
- **FILLED OMELETTE**
- **BREAKFAST BURRITO**
- **TOFU SCRAMBLE**

# WANAKIA'S BANANA & SPINACH SMOOTHIE



serves 1

## Ingredients

- 1 banana
- 1 handful spinach
- 1 cup milk of choice
- 1 handful ice



## Method

- Add all the ingredients to a blender or food processor and blend for 2 minutes or until creamy and smooth



(HEALTHY LIFESTYLE ADVISOR)

# RUBY'S BERRY & BANANA SMOOTHIE



serves 1

## Ingredients

- 1 banana
- 1 cup frozen berries
- 1 cup of milk of choice
- 1/2 cup ice



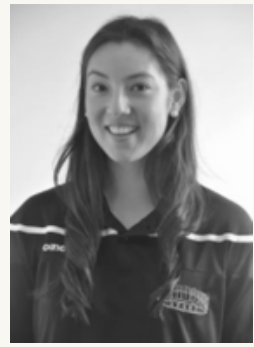
(OTAGO UNIVERSITY SPORT AND EXERCISE NUTRITION MAJOR)

## Method

- Add all the ingredients to a blender or food processor and blend for 2 minutes or until creamy and smooth



# SARAH'S CHIA SEED PUDDING



(ACTIVE FOR LIFE MANAGER KI WAITEMATĀ)



serves 1

## Ingredients

- ½ cup chia seeds
- 1 cup milk of choice (oat, almond, soy, dairy)
- Any additional toppings for the morning, including fresh or frozen fruit, yoghurt, nut butter, granola, chopped nuts or honey



## Method

1. Combine the chia seeds and milk into a container of your choice and leave in the fridge overnight
2. Add your choice of toppings in the morning

# EMILY'S PORRIDGE



(SPORT DEVELOPMENT ADVISOR, WOMEN AND GIRLS LEAD)



serves 1

## Ingredients

- ½ cup of oats
- 1 and ½ cups of water or milk
- 1 banana
- 1 cup of mixed frozen berries
- ½ cup of mixed nuts/dried fruit



## Method

1. Add oats and water (or milk) in a saucepan on a mid-heat
2. Put mixed berries in the microwave to warm while the oats cook
3. Once the porridge is ready transfer to a bowl, place berries on top and slice banana on top
4. Add a splash of milk to finish



# PAT'S FILLED OMELETTE



serves 1

## Ingredients

- 3 eggs
- 1 Tbsp milk of choice
- 1 tsp oil
- 1 onion, finely chopped
- 1 tomato, diced
- 1/2 capsicum, diced
- 1 cup baby spinach

Note: feel free to choose veggies you enjoy to make it your own!

## Method

1. Whisk the eggs together with the milk. Season with salt and pepper to taste
2. Heat oil in a large pan over medium-high heat. Add onions for one minute or until soft, stirring frequently. Add tomato, capsicum and spinach, cook for a further 1 minute or until very soft, stirring frequently.
3. Lower heat to medium. Pour egg mixture into pan with veggies; spread evenly. Cook until edges begin to set (about 2 minutes). Slide the spatula between edge of omelet and pan. Gently lift edge of omelet, tilting pan to allow some uncooked egg mixture to come in contact with pan. Repeat procedure on the opposite edge.
4. Continue cooking until centre is just set (about 2 minutes). Loosen omelet with a spatula, and fold in half. Carefully slide omelet onto a plate. Enjoy!



(HEALTHY ACTIVE LEARNING  
COMMUNITY CONNECTOR &  
SPORT CAPABILITY SUPPORT)



# WANAKIA'S TOFU SCRAMBLE

 serves 1



(HEALTHY LIFESTYLE ADVISOR)

## Ingredients

- 150g tofu, firm style
- 1/4 tsp salt
- 1/4 tsp turmeric powder
- 1/8 tsp ground black pepper
- 2 pieces of wholegrain or wholemeal bread toasted

Note: feel free to add your favourite spices, lean meat and veggies to your scramble



## Method

1. Chop the tofu and use a fork to crumble it into bite-sized pieces
2. Heat some oil in a pan or a large skillet and add the tofu and all the remaining ingredients. Stir and cook over medium-high heat for 5 to 10 minutes
3. Serve your tofu scramble immediately over some wholegrain toast and season with salt and pepper to taste

# WANAKIA'S BREAKFAST BURRITO

 serves 1



(HEALTHY LIFESTYLE ADVISOR)

## Ingredients

- 1 or 2 eggs, scrambled
- 1/4 cup mild cheese, grated
- 1/2 cup Mexican bean mix
- 1 wholegrain or wholemeal wrap
- Optional – add rice or lean protein, such as chicken



## Method

1. Heat a tablespoon of oil in a large pan over medium heat
2. Whisk together the eggs, then stir in the cheese
3. Reduce the heat to low and add eggs, scrambling until cooked through, about 3-5 minutes
4. Heat the Mexican bean mix in the microwave for 1 minute
5. Layer the scrambled egg and Mexican bean mix into the wrap. Season to taste with hot sauce or chilli flakes
6. Roll-up burrito-style and serve



# LUNCH

- CHICKPEA CURRY
- COURGETTE FRITTER
- TUNA & RICE SALAD
- VEGGIE FRITTATA
- BURGER SALAD

# EMILY'S CHICKPEA CURRY



serves 2



(SPORT DEVELOPMENT  
ADVISOR, WOMEN AND GIRLS  
LEAD)

## Ingredients

- 2 cans of chickpeas
- 2 cans of tomatoes
- 1/2 red onion
- 1 capsicum
- 1 tsp crushed garlic
- 1 tsp ground coriander
- 1 tsp ground parsley
- 1 tsp curry powder
- 2 tsp cumin



## Method

1. Heat up oil in a pan
2. Chop up the red onion and capsicum and then transfer to the pan
3. Add garlic to the pan, cook for 2 minutes
4. Add the canned tomatoes to the pan. Drain the chickpeas and add to the pan, cook for 2 minutes
5. Add coriander, parsley, curry powder, cumin to the pan and mix into the other ingredients
6. Cover the pan with a lid and cook until the chickpeas are soft
7. Serve over rice or enjoy as is

# PAT'S COURGETTE FRITTER



servings: 8 fritters

## Ingredients

- 400 g courgette (approx 3-4 courgette grated)
- 2 tsp salt
- ½ cup self raising flour
- ½ cup parmesan or other mild cheese, grated
- 1 egg whisked
- 2 tsp minced garlic optional
- Salt and pepper to season
- 2 tbs olive oil



(HEALTHY ACTIVE LEARNING  
COMMUNITY CONNECTOR &  
SPORT CAPABILITY SUPPORT)



## Method

1. Place grated courgette into a strainer and add the salt. Stir then leave for 10 minutes. Squeeze out all of the excess liquid. Place the zucchini into a bowl.
2. Add the self-raising flour, parmesan, egg, garlic into the bowl and season with salt and pepper. Stir until well combined.
3. Heat 1 tbs of the oil in a frying pan over medium-high heat. Place tablespoons of the mixture into the pan.
4. Flatten out with a spatula and cook for 2 minutes on either side or until golden and crispy on the outside
5. Repeat with the remaining mixture.



# RUBY'S TUNA & RICE SALAD



serves 1



(OTAGO UNIVERSITY SPORT  
AND EXERCISE NUTRITION  
MAJOR)

## Ingredients

- 95g can lemon-pepper-flavoured tuna (or your favourite flavoured tuna)
- ½ packet 90-second brown rice, cooked
- 1 cup baby spinach
- 1 tomato, chopped
- ½ red capsicum, chopped
- ½ lemon, juice
- 1 teaspoon olive oil
- chilli flakes (optional)



## Method

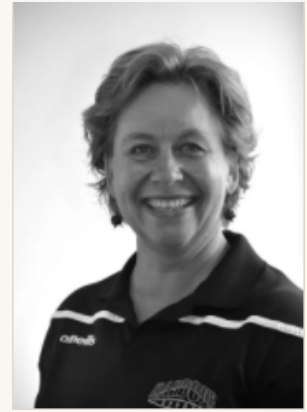
1. In a large bowl, combine tuna, rice, spinach, tomato and capsicum. Mix well.
2. Add lemon juice and oil. Gently mix to combine.
3. Add chilli flakes if preferred.

**Note:** This salad also works well with other types of canned fish such as salmon, and other types of salad greens such as baby leaf lettuce and mesclun

# PAULA'S VEGGIE FRITTATA



serves 6



(DIGITAL SYSTEMS MANAGER)

## Ingredients

- 1 tbsp Olive Oil
- 1 Onion, finely chopped
- 1 tsp Garlic, minced
- 1 capsicum, finely chopped
- 1 carrot, grated
- 190g (1 bunch of 8 stems) broccolini (can replace with broccoli)
- 1 cup peas
- 6 eggs
- 2 tbsp low-fat milk
- 1/2 cup cheddar cheese
- 1 tsp dried oregano
- 1/2 tsp pepper
- Salt (to taste)



## Method

1. Preheat oven to 220°C
2. In a mixing bowl, whisk together the egg, milk, cheese, herbs and seasoning.
3. Heat oil in a large deep skillet/pan, add the onion and garlic and cook for approximately 5 mins. Add the capsicum and carrot and cook for a further minute. Add the broccolini and cook for a further min. Stir in the peas.
4. Give your egg mixture a final whisk and pour the mixture over the vegetables. Stir briefly to distribute the mixture evenly across the pan.
5. Cook on the stove top for approximately 1-2 minutes. Just until the edge of the frittata has turned lighter in colour.
6. Transfer to the oven and bake for approximately 8-10 mins, ideally, you should take the frittata out of the oven when the middle still has a SLIGHT jiggle to it or when it is just set
7. Cool in the pan for 5 mins and then slice and serve with a side salad

# GRACE'S BURGER SALAD



serves 4



(ACTIVE FOR LIFE MARKETING AND COMMUNICATIONS CO-ORDINATOR)

## Ingredients

- 4 Mince burger patties
- Half a head lettuce
- Whole cucumber
- Whole capsicum
- 1 tin canned beetroot
- Garlic or normal Pita (optional)
- 1 cup Greek Yoghurt
- Coriander
- Feta Cheese



## Method

1. Cook your mince patties in a pan or BBQ, you can hand make these if you like.
2. Chop up lettuce, cucumber, capsicum, beetroot and coriander. Make sure to save a small bit of the cucumber to grate into your tsatziki
3. In a bowl place your chopped ingredients minus the coriander
4. Put some greek yoghurt into a separate bowl and add chopped coriander and shaved cucumber. Mix.
5. Once the mince patties have cooked, take them out of the pan and break up over the salad
6. Top salad with tsatziki and crumbles feta cheese
7. (optional) add one pita on the side or chop up and add into the salad.



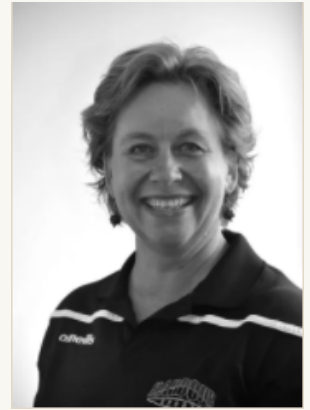
# DINNER

- **BAKED CHICKEN & BROCCOLI**
- **BAKED & STUFFED KUMARA**
- **CURRIED SAUSAGES**
- **CHICKEN FRIED RICE**
- **LAZY MEXICAN PORK & BEANS**

# PAULA'S BAKED CHICKEN & BROCCOLI



serves 6



(DIGITAL SYSTEMS MANAGER)

## Ingredients

- 4 chicken breasts
- 1 bay leaf
- 1 cup (250ml) chicken stock
- 500g broccoli, chopped (can use frozen, but defrosted and chopped into smaller pieces)
- 1 x 400g tin cream of chicken soup
- 1/4 cup lite mayonnaise
- 1/4 cup low-fat yoghurt
- 1/2 cup grated mild cheese
- 2 tbsp wine vinegar or lemon juice
- 1 tsp curry powder
- Panko breadcrumbs for topping (optional)



## Method

1. Cook the chicken breasts with the stock and bay leaf at medium-high heat top of the stove or on high in the microwave for 7-10 minutes until just done
2. Slice the chicken into slivers. Discard bay leaf, but reserve the stock
3. Mix together the chicken pieces and broccoli and place in an ovenproof casserole dish
4. Mix together the chicken soup, reserved stock, mayonnaise, yoghurt, cheese, vinegar and curry powder. Pour over the chicken and broccoli
5. Top with panko breadcrumbs (optional) and more cheese
6. Bake at 190°C for 25-35 minutes or until the broccoli is tender
7. Serve with a tossed salad

# PAT'S BAKED & STUFFED KUMARA



serves 4

## Ingredients

- 4 medium kumara
- 1 x 400g tin diced tomato
- 1 x 400g tin cannellini beans, drained
- 1 red onion, diced
- 1 head broccoli, chopped
- 2 tbsp grated parmesan cheese, optional
- 1 1/2 tbsp olive oil
- salt & pepper



(HEALTHY ACTIVE LEARNING  
COMMUNITY CONNECTOR &  
SPORT CAPABILITY SUPPORT)

## Method

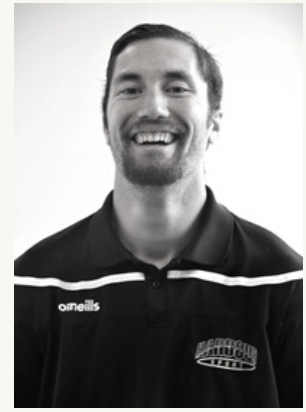
1. Preheat the oven to 200°C. Line an oven tray with baking paper.
2. Place kumara on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the kumara. Sprinkle with a pinch of salt.
3. Bake kumara approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while kumara roasts.
4. Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.
5. To serve, place kumara onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with parmesan if using.



# ERIC'S CURRIED SAUSAGES



serves 4



(ACTIVE FAMILIES MANAGER)

## Ingredients

- 6 thick Sausages
- 1 Onion sliced
- 1 Carrot chopped
- 1 Potato diced
- 1 tbsp Worcester Sauce
- 1 tbsp Tomato Paste
- 1 tsp Curry Powder
- 1 tbsp Brown Sugar
- 2 cups Water
- 1 cup Frozen Corn
- 1 cup Frozen Peas
- 2 tbsp Jam any type except for marmalade



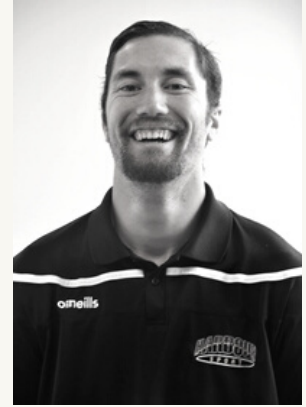
## Method

1. Cook sausages and drain fat from pan.
2. Slice and set aside.
3. Sauté carrot, onion and potato for 2 mins.
4. Add curry powder, brown sugar, Worcestershire sauce and tomato paste.
5. Cook for 2 minutes. Add water and stir.
6. Return sausages to pan and add corn and peas.
7. Bring to the boil and simmer for 15 mins.
8. Stir in jam and serve with rice.

# ERIC'S CHICKEN FRIED RICE



serves 4



(ACTIVE FAMILIES MANAGER)

## Ingredients

- 2 tsp Oil
- 300 grams Cubed Chicken Breast
- 1 Onion finely chopped
- 1 Garlic Clove crushed
- 2 cups Long Grain Rice cooked, drained and cooled
- 4 tsp Chicken Stock Powder
- 1 Red Capsicum diced
- 1 cup Frozen Peas
- 2 tbsp Soy sauce
- 2 Spring Onions sliced diagonally



## Method

1. Heat oil in a large frying pan.
2. Add the chicken, onion and garlic. Stir fry over a high heat until golden brown.
3. Add the rice, chicken stock powder, capsicum and peas.
4. Stir fry for 5-8 minutes.
5. Stir in the soy sauce and spring onions, just before serving.

# MINDY'S LAZY MEXICAN PORK & BEANS



serves 4



(ACTIVE FOR LIFE NUTRITIONIST)

## Ingredients

- 1/4 white cabbage, finely chopped
- 1 tsp oil
- 1 tsp butter
- 500g pork mince
- 1 can black beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1/3 packet of Mexican seasoning (e.g. burrito, fajita,taco)
- Salt and pepper to taste



## Method

1. Add butter and oil to a large pan or wok on a medium-high heat and add cabbage, tossing regularly until soft and slightly golden. Remove cabbage from pan.
2. Add pork mince and Mexican seasoning to pan and cook for about 5 minutes, until the meat is browned all over but not quite fully cooked.
3. Add the black beans and chickpeas and mix well.
4. Return the cabbage to the pan with the pork and mix through, ensuring that the pork mince is fully cooked.
5. Season to taste and serve with a side of your favourite veg.