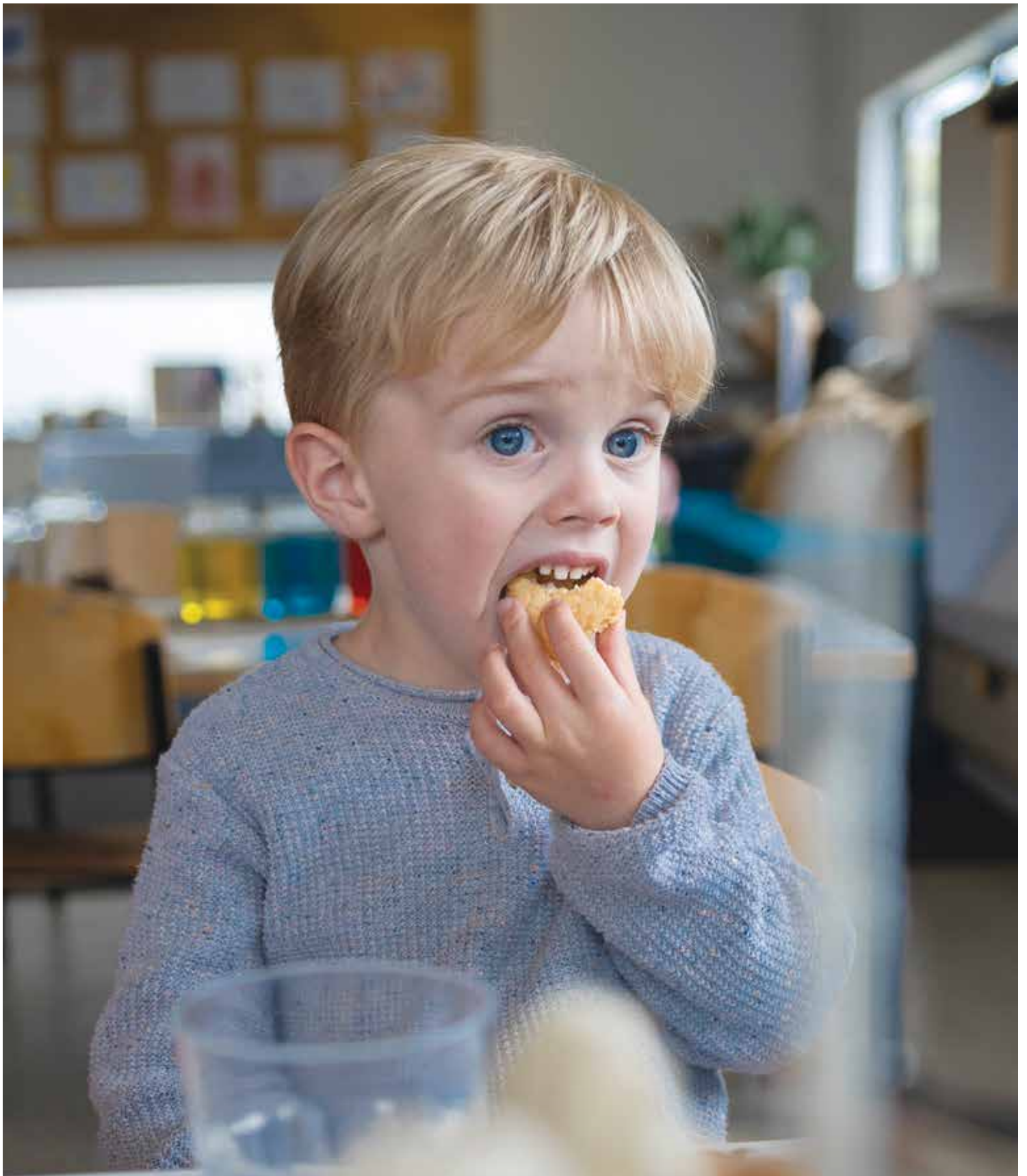


Recipe Book

He Pukapuka Tao Kai

Inspired by children

I hiringa nā ngā tamariki



Thank you to everyone involved in bringing this recipe book to fruition. The team at New Shoots The Lakes for letting us use your kitchen when trialling recipes and the children at Westgate for the lovely photos! Thanks to our many talented chefs who shared recipes and tips, and a special thank you to our chef at The Lakes, Eliza Dimmock and Jayne and Mike King for your lovely kitchen and cooking inspiration! And most of all, thanks to the wonderful New Shoots whanau and tamariki - you are the inspiration behind this book.

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This recipe book has been inspired by you - our New Shoots whānau.

This recipe book is for you - our New Shoots whānau. The mums and dads, the grandparents and caregivers, the aunties and the uncles. Anyone struggling to find a healthy dinner for a picky eater, and anyone who simply wants some fresh kitchen inspiration. Those of you who tell us, “my son doesn’t like vegetables,” or “my daughter won’t eat curry,” only for us to smile and say, “actually, they do!” You asked for the recipes you were surprised to hear your children love - so here they are, plus many more!

In every single New Shoots Children’s Centre, the kitchen is at the heart of the building. You are welcomed by delicious scents of home baking, freshly cut fruit, and simmering sauces. A home-like environment, holistic early childhood education, and nutritious food - this is what we stand for.

New Shoots is here for busy families. You can rest assured that even if you don’t get around to the perfectly balanced meal at home, your tamariki will be fuelled with natural, healthy, and unprocessed food during the day.

We know how challenging it can be to keep meal time at home relaxed, nutritious, and fun. That’s why we wanted to share our family-friendly and child-approved recipes with you. This book is filled with everything from simple breakfasts to plant-based nibbles, scrummy snacks to delicious dinners. Over 100 tried and true recipes from the many chefs across our New Shoots centres. There are tips and tricks, and some of our weekly menus.

We hope you enjoy our first New Shoots Recipe Book! It was inspired by children and created for families. We encourage you to try some of the recipes at home and discover - or perhaps, rediscover - the joy of spending quality time together in the kitchen.

*"If you really want to make a friend,
go to someone's house and eat with him..."*

*The people who give you their food
give you their heart."*

CESAR CHAVEZ



About us



Michelle Pratt

As one of the owners of New Shoots, Michelle is always looking for new ways to support and empower parents and caregivers. Her vision for this recipe book is to give whānau a resource of much-loved recipes as well as practical tips to help busy families carve out time together in the kitchen to cook and bake, laugh and explore. Oh, and did we mention she's also a trained chef?! Michelle's input in this project was truly invaluable!



Evette Chauvineau

Our marketing manager Evette was a driving force behind our first New Shoots recipe book. In true marketing style, she understood that every recipe book needs beautiful images. As a keen photographer, she took to her camera, studying up on lighting and food styling, to capture the breakfasts and bikkies, salads and soups. Evette's creativity, passion, and love for food shine through the pages of this book.



Eliza Dimmock

When Eliza - the chef at our centre at The Lakes, Tauranga heard about this project she put up her hand and shouted, 'Pick me! Pick me!' Drawing on her love of healthy food, her experience cooking for tamariki and her occasional sweet tooth, Eliza has been instrumental in bringing this recipe book to life. She even got the Lakes whānau involved, asking what they'd love to see and trialling some of her delicious creations on them.





Amanda Aitken Photography

new
shoots

CHILDREN'S CENTRE



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DAIRY
FREE



EGG
FREE



GLUTEN
FREE



VEGAN



VEGETARIAN

This book caters to all sorts of diets, allergies and food preferences. Whether you are dairy free or vegan, can't eat eggs or steer clear of gluten, you'll find plenty of recipes to suit. Just look out for the symbols on the top left hand side of each page.

Breakfast



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Breakfast parfait



EGG
FREE



VEGETARIAN



Preparation time:
15 minutes



Serves:
4

For a dairy free option, use coconut yoghurt.

There are some lovely gluten free cereal options at the supermarket or try making it with quinoa puffs.

Ingredients

- 400g reduced fat Greek yoghurt (for dairy free use coconut yoghurt)
- 100g frozen berries
- Assortment of fresh fruit; sliced banana, fresh diced pineapple, chopped peaches, slices of kiwifruit.
- 1 c granola or Weet-Bix

Method

1. Pour yoghurt and berries into a processor and blitz together. Alternatively, layer the berries on the yoghurt.
2. To create the breakfast parfait, layer in a jar or a glass cup with $\frac{1}{2}$ the yoghurt at the bottom, the granola (cooled) on top of the yoghurt, then half of the fruit on top of the granola. Repeat the process.

For the granola recipe see page 14.

*Breakfast is the most
important meal of the day*



Egg and soldiers with seeds



DAIRY
FREE



VEGETARIAN



Preparation time:
5 minutes



Cooking time:
15 minutes



Serves:
2

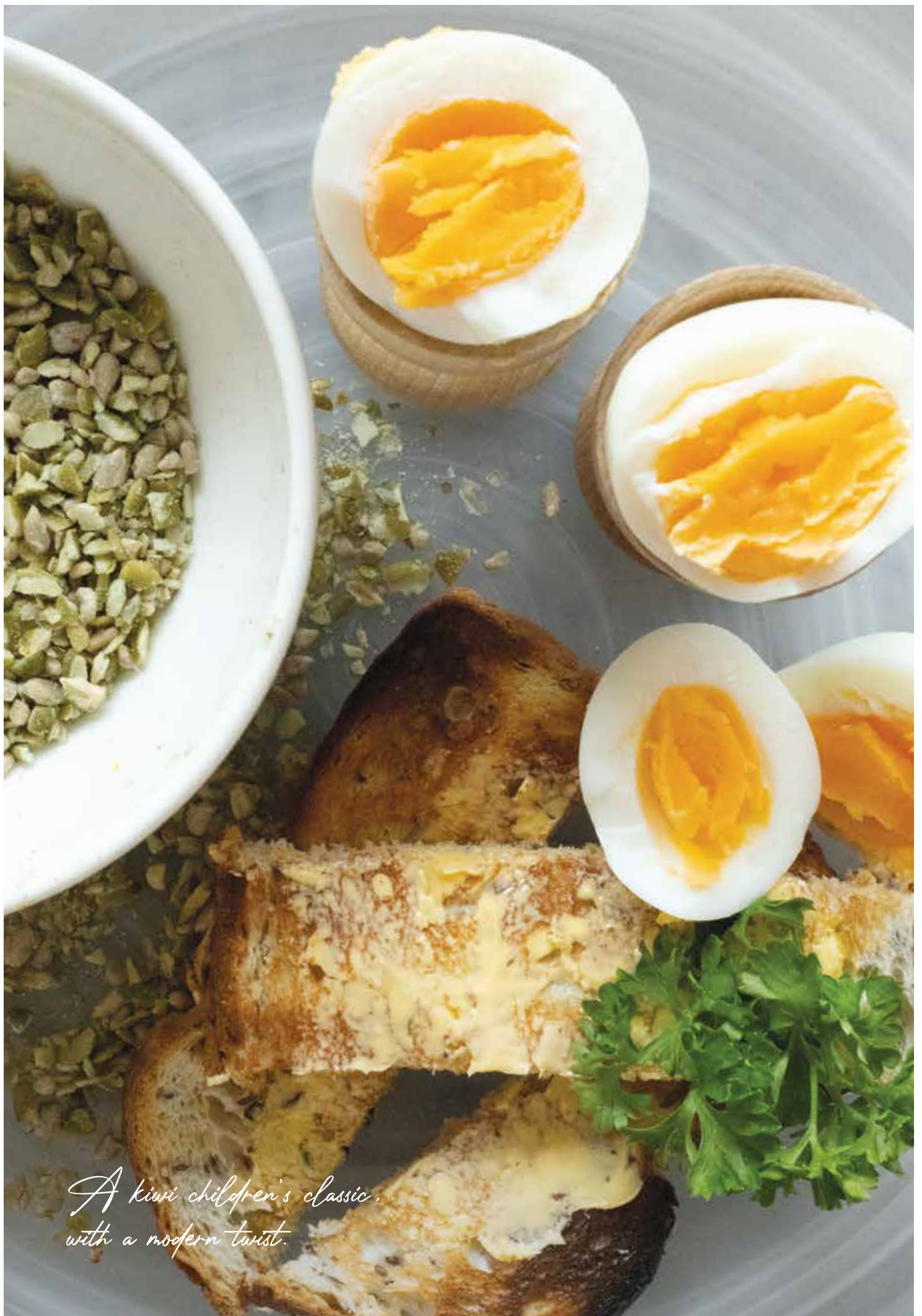
**Gluten free if you use
gluten free bread.**

Ingredients

- 4 eggs
- 2-4 slices of wholemeal bread
- 10g of spread
- 1 TBSP pumpkin seeds
- 1 TBSP sunflower seeds
- 1 tsp sesame seeds

Method

1. Place pumpkin and sunflower seeds into a food processor and blitz until well chopped.
2. Place a pot of water on to boil, once boiling cook the eggs for 7 minutes for parboiled (slightly yolk in the centre).
3. Once the eggs are cooked, put the toast down to cook.
4. Peel the eggs carefully under running cold water.
5. Slice the eggs in half and put onto egg stands if you have them.
6. Once the toast is cooked, butter with spread and slice into finger length sizes.
7. Place the seeds on the plate and demonstrate to dunk the toast into the egg yolk and then into the seeds.
8. Enjoy.



*A kiwi children's classic,
with a modern twist.*

Eliza's bubble and squeak



DAIRY
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4

Not vegetarian? Add leftover meats from a roast or corned beef to the meal.

Ingredients

- 500g baby new potatoes, halved.
- 1 TBSP oil
- 1 red onion diced
- 1 spring onion stem, chopped into rounds
- 1 capsicum, diced
- 2 tomatoes diced or handful of cherry tomatoes sliced in half
- 4 eggs

Method

1. Boil potatoes for 8 minutes or until soft. (unless using leftovers, then grab out of the fridge).
2. Heat a non stick frying pan with a drizzle of oil, preheat oven to 200 degrees Celsius fan-bake. Fry off the onions, capsicum and potatoes.
3. Once the vegetables have some colour, you can add the meat if using, otherwise, add the tomatoes. Once tomatoes are soft, crack the eggs into the pan and place in the oven for 5-6 minutes until the egg white is cooked.
4. Serve with wholemeal or gluten free toast.



Crunchy granola



DAIRY
FREE



EGG
FREE



VEGAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
2 cups

To make this gluten free, use a mix of 1/4 cup of puffed rice and 1/4 cup of puffed amaranth.

Ingredients

- 2 TBSP sunflower seeds
- 2 TBSP pumpkin seeds
- ½ c oats
- 1 TBSP shredded coconut
- ½ tsp cinnamon
- ½ tsp ginger
- ¼ c dried fruit (sultanas, dates, apricots, raisins)
- 2 TBSP maple syrup
- 2 TBSP oil
- 2 tsp vanilla

Method

1. Blitz sunflower seeds and pumpkin seeds together in a food processor or chop until they are fine.
2. Add all ingredients into a bowl and mix everything together.
3. Spread ingredients over a greased oven tray and bake at 165 degrees Celsius for 15-20 minutes or until golden brown. Once cool, mix up slightly to break up the clumps.



Cheese and courgette scones



EGG
FREE



Preparation time:
15 minutes



Cooking time:
15 minutes



Makes:
18 medium scones

**To make it gluten free,
use gluten free flour.**

Ingredients

- 4 c of flour
- 4 tsp baking powder
- 2 c of grated courgette
- Pinch of pepper
- 1 ½ TBSP mixed herbs
- 2 c milk
- 1 c grated cheese

Method

1. Sift flour and baking powder in a bowl.
2. Add grated courgette, pepper, mixed herbs, milk and cheese to the flour.
3. Fold together until just combined. If mix looks too dry add a splash more milk.
4. Place big spoonfuls straight onto a greased oven tray lined with baking paper.
Cook at 200 degrees Celsius on fan-bake for approximately 15 minutes.

Michelle's blueberry loaf



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
25 minutes



Makes:
8-10 mini loaves

Make this gluten free by using gluten free flour, or dairy free with alternative milk ie: soy or almond.

Ingredients

- ⅓ c canola oil
- 2 eggs
- 80ml milk
- 60ml maple syrup or honey
- 2 tsp vanilla essence
- 2 mashed ripe bananas
- 1 c self raising flour
- 1 tsp baking powder
- 1 c blueberries
- 3 TBSP desiccated coconut
- 3 TBSP sunflower & pumpkin seeds

Method

1. Beat oil, eggs, milk, maple syrup, vanilla and banana together.
2. Mix the flour and baking powder together and then add wet ingredients to the flour with the blueberries and fold together.
3. Pour into sprayed mini loaf tins – also makes one loaf.
4. Blitz sunflower and pumpkin seeds together.
5. Sprinkle the blitzed seeds and coconut over the loaves and bake at 180 degrees Celsius for 20-25 minutes or until the skewer is clean. Cook mini loaves for 15-20 minutes.

Epic pancakes



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Serves:
4

To make gluten free, ensure flour and baking powder are gluten free. To make the recipe dairy free, use alternative milk.

Ingredients

- 1 c flour
- 1 tsp baking powder
- 1 pinch salt
- 2 eggs, beaten
- 1 c milk
- 1 TBSP water
- 1 TBSP oil

Method

1. Sieve flour, baking powder and salt into a bowl. Make a well.
2. Add the eggs, milk and water to the well and beat gently until just combined.
3. Set batter aside.
4. Heat a frying pan with oil.
5. Pour in just enough batter to cover the pan, cook until golden on underside.
6. Flip and cook the other side.
7. Sprinkle with lemon juice and sugar.
8. Serve.



Scrambled eggs, rocket, and parmesan



GLUTEN
FREE



VEGETARIAN



Preparation time:
5 minutes



Cooking time:
5 minutes



Serves:
4

Ingredients

- 8 eggs
- ½ c cream or milk
- 100g rinsed and dried rocket
- 2 TBSP olive oil
- Salt and pepper
- 50g grated parmesan

Method

1. In a large bowl, whisk eggs and cream well until bubbles have formed.
2. Prepare four plates with a few scattered leaves of rocket around the centre of each plate. (Children may find this easier to eat if the rocket is chopped into smaller pieces).
3. Heat a large non stick frying pan with oil. Once hot, season the egg mixture and add to pan. Using a spatula, occasionally move the eggs around. Remove from heat before fully cooked. They will continue to cook once taken off of the heat.
4. Place even amounts of egg between each plate.
5. Garnish with a few additional rocket leaves, cracked pepper and a sprinkle of parmesan.



Sarah's breakfast burritos



GLUTEN
FREE



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
10 minutes



Serves:
4

To make your burrito dairy free, use vegan cheese.

For mini mouths, cut the burrito into 5cm rings to make it easier to eat. You can also lightly toast the wraps so they are softer to eat.

Ingredients

- 1 capsicum (can also use mushrooms, zucchini or eggplant)
- 1 red onion
- ½ c corn kernels frozen or canned in spring water
- 1 avocado
- 4 eggs
- 1 c cheese
- 4 wholegrain or gluten free burritos

Method

1. Prepare the vegetables by slicing into thin strips (or dice if it is easier for your child to eat).
2. Slice the avocado into strips and set aside.
3. Beat the eggs until just fluffy. Cook the eggs like you would scrambled (to see how to make great scrambled eggs see page 44), take them out as soon as they're cooked.
4. Place all ingredients into the centre of the burritos except the avocado.
5. Fold the bottom of the burrito up and then the two sides.
6. Place into a toastie maker or if you don't have one, blast the oven on grill 200 degrees Celsius and place the folded sides of the burrito on a greased baking tray. Grill until the burrito blisters or is golden brown.
7. Serve with the sliced avocado.



Healthy style!

Breakfast bagels



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
10 minutes



Serves:
4

Ingredients

- 4 bagels
- 250g ricotta
- Handful of blueberries or any berries desired
- Sliced banana
- Diced kiwifruit
- 1 TBSP honey
- 1 pickled red onion

For savoury bagels:

- 250g cottage cheese
- Pre-smoked sliced salmon or tinned salmon
- OR BLT bagels with bacon (or ham), lettuce and cherry tomatoes

Method

1. To prepare the sweet bagels: Set oven on 200 degrees Celsius fan bake. Slice apart and lay onto baking tray with baking paper.
2. Toast for approximately 4-6 minutes until it has softened and coloured.
3. Once out of the oven, spread on the ricotta, garnish with a selection of different fruit and drizzle with honey. They can be cut into smaller wedges if need be.

For the savoury bagels: toast the bagels like in step 1-2. Spread on the cottage cheese and place on salmon.

For BLT: place on cooked bacon with shredded lettuce and quartered cherry tomatoes.

4. Serve and enjoy!



Evette's fruity pikelets



DAIRY
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Serves:
4

Gluten free flour can be substituted for this recipe.

Soy milk can be substituted for a dairy free option also.

Remove sugar from the recipe for a healthier option.

Ingredients

- 1 egg
- ¼ c sugar
- ½ c flour
- 1 ½ tsp baking powder
- ¾ - 1 c milk
- 3 bananas
- ¼ c blueberries
- 2 TBSP canola oil
- Greek yoghurt (optional)

Method

1. Prepare the fruit by slicing the banana into thin rounds and if using frozen blueberries, defrost in the microwave for 40 seconds and then drain well on a paper towel.
2. To make the pikelet batter, whisk the egg and the sugar in a bowl until pale and thick. Sieve the flour and baking powder in a separate bowl. Add the egg mix and the ¾ c milk to the drys.
3. Mix together until just combined, it may require more milk if too thick. Heat a non stick pan with a small amount of oil. Once hot, spoon batter into pan. Once bubbles begin to form, place the fruit onto the batter, and flip.
4. Serve hot with a dollop of Greek yoghurt.

Family favourite



Berry banana smoothie



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Makes:
2-4 glasses

**For dairy free smoothies,
use alternative milk such
as coconut or soy in place
of yoghurt and milk.**

**Remember to always freeze
bananas coming to the
end of their life to not
waste them - always good
for smoothies.**

Ingredients

- 2 ripe bananas, fresh or frozen
- ¼ c frozen or fresh berries

Method

1. Blitz all ingredients together in a jug blender/
stick blender, serve in glasses.
2. Serve.

Other smoothie combos:

- spinach and banana
- fresh mango and banana
- peaches in light juice and bananas.



Banana berry chia pudding



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



VEGAN



Preparation time:
10 minutes



Chilling time:
4 hours



Serves:
4

A healthy, easy on the go fave for you and the children. Mix this recipe up with different flavour combos i.e. mangos and shredded coconut, pineapple and banana, kiwifruit and banana. Chia seeds are an excellent source of protein and fibre.

Add a spoonful of cocoa for a great chocolate pudding.

Ingredients

- ¼ c chia seeds
- 1 c light coconut milk
- 1 banana + extra for garnishing
- ½ c berries frozen or fresh
- ¼ c coconut yoghurt

Method

1. Blitz together chia seeds, coconut milk and the banana, pour into 3-4 glass cups or jars evenly.
2. Decorate the top with berries, slices of banana, extra chia seeds and yoghurt.
3. Chill in fridge for 4 hours or overnight to allow the chia seeds to swell.

*Chia seeds, packed with essential
minerals and antioxidants.*



Coconut and cranberry bliss balls



DAIRY
FREE



EGG
FREE



VEGAN



Preparation time:
10 minutes



Set time:
1 hour



Makes:
**10-15 medium
size balls**

Ingredients

- ¼ c cranberries (soaked in boiling water)
- 3 c desiccated coconut + extra (optional for rolling)
- 1 c puffed rice
- 1 c oats
- 4 TBSP coconut oil or olive oil
- 2 TBSP maple syrup
- 4 TBSP coconut milk

Method

1. Soak cranberries in boiling water. Drain the cranberries once softened.
2. Place coconut, puffed rice, oats, cranberries and oil in a food processor blitz until very fine.
3. Add honey or maple syrup and coconut milk and blitz until it starts to come together. If the mix is too dry, add an extra dollop of oil.
4. Roll into small golf ball sizes, roll through coconut if desired.
5. Refrigerate for 1h and serve.

Bliss balls are fantastic with a smoothie in the afternoon. They can also be rolled in freeze dried cranberries for extra colour. Find our awesome smoothie recipe on page 28.



Nikki's granola bars



EGG
FREE



VEGAN



Preparation time:
15 minutes



Set time:
2 hours



Makes:
12 bars

Ingredients

- 2 ½ c rolled oats
- ½ c pumpkin and sunflower seeds - roughly chopped
- ¼ c butter or vegan butter
- ⅓ c maple syrup
- ½ tsp vanilla
- ¼ c cranberries chopped

Method

1. In a bowl, combine rolled oats and seeds (coarsely chopped).
2. In a pot, melt butter and honey together.
3. Add the melted butter mix and vanilla to the seeds and oats.
4. Add the cranberries to the mix and press into a lined and sprayed tin.
5. Press firmly into the tin with the back of a spoon or bottom of a glass.
6. Sprinkle extra seeds or coconut over the top if desired, press onto top and set for 2 hours in the fridge.
7. Once firm, bring up to room temperature slightly and then cut into desired shapes.

Egg and cheese muffins



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
12 mini muffins

Ingredients

- ¼ c grated onion
- ½ c pumpkin, finely grated (or any grated veges you like)
- 2 eggs lightly beaten
- ½ c cottage cheese, drained if needed
- ¼ c shredded cheddar cheese
- 2 TBSP grated parmesan cheese

Method

1. Preheat the oven to bake 190 degrees Celsius and grease 12 mini muffin cups with spray oil.
2. In a medium bowl, mix all ingredients together. Spoon into muffin cups, filling almost to the brim.
3. Bake for 12-15 minutes or until firm to the touch and golden brown around the edges.
4. Let the muffins cool slightly in the pan before serving to allow them to firm up a bit.

Banana and avocado dairy free muffins



DAIRY
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
12 muffins

**To make this gluten free, use
gluten free self raising flour.**

Ingredients

- 2 ripe avocados
- 3 small bananas
- 3 eggs
- ¼ c honey or maple syrup
- 1 tsp vanilla
- 2 c self raising flour
- ¼ c dark choc chips (optional)

Method

1. Preheat the oven to 200 degrees Celsius bake.
2. Add the avocado, banana, eggs, honey or maple syrup and vanilla to a blender. Blitz until smooth.
3. In a large bowl sift the flour. Add the avocado and banana mix to the flour with the chocolate chips, folding until just combined.
4. Spoon into a greased tin.
5. Bake for approximately 12 minutes or until they spring back when touched. Leave to cool slightly before turning out.



Baked banana porridge



VEGAN



Preparation time:
5 minutes



Cooking time:
25 minutes



Serves:
4-6

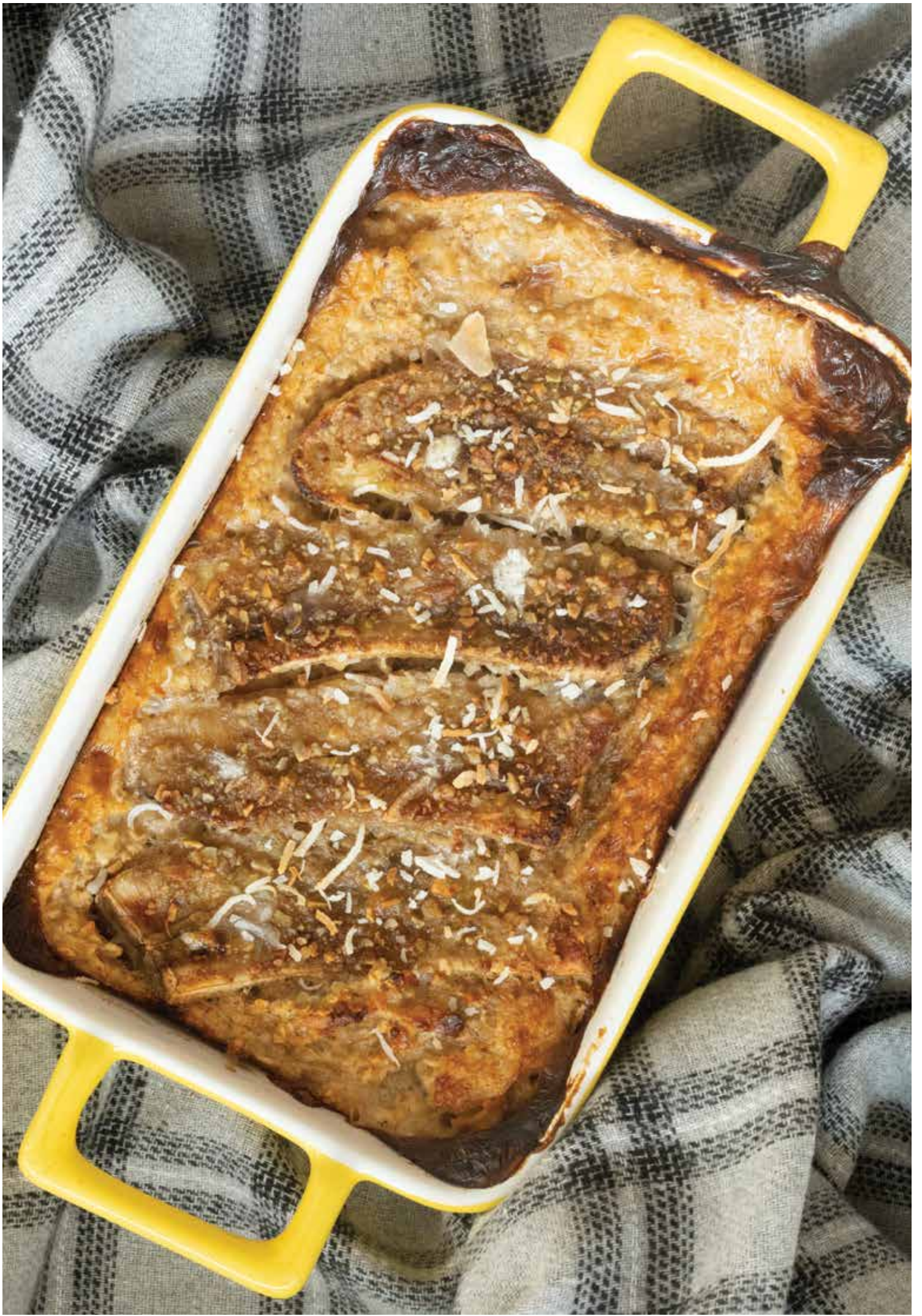
This recipe can be served with plain dairy free yoghurt and pureed berries if desired.

Ingredients

- 3 small bananas, halved lengthways
- 100g rolled oats
- ½ tsp cinnamon
- 200ml dairy free milk ie: coconut/soy/almond
- 200ml water
- 3 TBSP pumpkin seeds, blitz in food processor

Method

1. Heat oven to 180 degrees Celsius. Mash up two banana halves, mix together with the oats, cinnamon, milk, water and pour into a baking dish. Top with the remaining banana halves and scatter over the seeds.
2. Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.



Kerry's overnight oats



VEGAN



Preparation time:
10 minutes



Chilling time:
Overnight



Makes:
4 small snack sizes

If dairy free use coconut milk or milk of choice and coconut yoghurt.

Ingredients

- 1 c rolled oats
- 1 c milk of your choice
- 1 c reduced fat Greek yoghurt or coconut yoghurt
- 2 TBSP honey or maple syrup
- 1 tsp vanilla
- **Flavour combos;** 1 banana and 1 TBSP cocoa OR ¼ c berries and 5 peaches diced OR 1 banana and 2 TBSP chia seeds

Method

1. Combine all ingredients together in a bowl. Choose your flavour combo and add to the base mixture.
2. Portion between 2-4 jars or serving cups. Chill for 4 hours or overnight.
3. If desired, add more milk to thin it down before serving. Can be enjoyed hot or cold. If heating, place in microwave for 2-3 minutes.
4. Stir and enjoy. Keep in fridge for up to 5 days.



Yoghurt fruit pops



VEGETARIAN



EGG
FREE



GLUTEN
FREE



Preparation time:
Overnight



Freeze time:
2 hours



Makes:
6 fruit pops

**Donna from New Shoots
Papamoa loves making
these for the children at
the centre because they're
yummy and healthy.**

**Swap out yoghurt for
coconut yoghurt to make
this recipe dairy free.**

Ingredients

- 2 bananas
- 2 c Greek yoghurt
- 1 c blueberries (can be fresh or frozen)
- 1 TBSP chia seeds

Method

1. Cut the bananas into three, and put an ice block stick into the banana.
2. Place the bananas on a tray with tin foil, and put in the freezer until frozen. I normally leave over night.
3. Put the blueberries and chia seeds into in the food processor and blitz until smooth. Mix with yoghurt.
4. Dip the frozen bananas into the yoghurt, mix and place back on the tray and into the freezer to freeze.
5. Once the yoghurt is solid, serve.

While we find banana works best, these can be made with kiwifruit, oranges, apple and pear.

*Easy and refreshing for those hot afternoons.
The children will be in for a nutritious delight.*



How to cook the perfect egg

Scrambled:

1. Whisk approximately 1-2 eggs per person until fluffy. For extra creaminess, add 2 TBSP cream to eggs when whisking. Season with salt and pepper.
2. Heat pan with oil and butter.
3. Pour eggs into hot pan.
4. Using a spatula, break up egg mix quickly
5. Once eggs have mostly cooked, remove from heat as they will continue to cook.

For extra indulgence, cook bacon in the pan before eggs, drain fat into a ramekin, add back in when cooking eggs.

Fried eggs:

1. Heat pan on medium with 1 TBSP oil.
2. Once hot, crack eggs into pan.
3. Place a lid on top of the pan and cook until the top of the eggs white is cooked.

Poached:

1. Bring large pot of water to a simmer (at least 10cm deep).
2. Crack egg into ramekin or small bowl. Add 1 TBSP vinegar to pot. Stir to create a vortex.
3. Pour ramekin with egg into middle of vortex gently - set timer for 3 minutes.
4. Use slotted spoon to remove and dab with paper towel.

Boiled:

Put a pot of water on to boil. Once boiling, reduce to rolling boil and gently place eggs into pot. For soft boil; 5 minutes, for semi soft boil; 6 minutes and for semi hard boil 7 minutes. As soon as timer goes off, refresh eggs under cold water. Peel once shell is cool.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Kumara and cumin hummus



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Cooking time:
10-15 minutes



Makes:
1 cup

Ingredients

- ½ brown onion
- 1 large or 2 small golden kumara cut into small cubes
- 1 TBSP canola oil
- 1 can chickpeas
- 2 tsp minced garlic
- Juice and zest of 1 lemon
- 2 TBSP olive oil
- 2 tsp salt and pepper
- 3 TBSP tahini
- 1 tsp paprika
- 3 tsp cumin

Method

1. Set the oven to 220 degrees Celsius fan bake.
2. While the oven is preheating, cut the onion in half and then into thirds. Place on a tray with the cubed kumara pieces and toss with 1 TBSP of canola oil. Cook until soft and coloured, approximately 8 minutes. Allow to cool slightly.
3. Drain and rinse the chickpeas, place in food processor with garlic, lemon, olive oil, salt and pepper, tahini, paprika, cumin and roasted kumara and onion. Blitz until desired consistency.
4. Refrigerate for 10 minutes to cool. Serve with vege sticks or corn thins.



Gill's beetroot pesto



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
20 minutes



Cooking time:
1 hour 30 minutes



Makes:
1 cup

This beetroot pesto is super simple, healthy and there are so many ways to enjoy it. Serve on salads or as a dressing for pan fried fish. Getting children used to the colour and the taste of beetroot is a great way to introduce them to new flavours, and so good for them!

Ingredients

- 4 large beetroot (1 tin reduced salt beetroot drained)
- ¼ c sunflower seeds
- 180g cheddar cheese (or parmesan)
- ¼ c oil
- Pepper to taste

Method

1. Preheat the oven to 200 degrees Celsius bake. Cut the bottom of the beetroot off and rub with a little bit of oil. Place in tinfoil leaving the stem of the beetroot exposed.
2. Roast for approximately 1 hour 30 minutes, until there is no resistance when prodded with a knife.
3. Once cooked, peel off the skin carefully, it should come off fairly easily. Slice in half and place into a food processor. Blitz until all broken up.
4. Add the remaining ingredients.
5. Season to taste with more pepper if required.
6. Serve with carrot batons, cheese and crackers, celery or even with a quiche.

Terry's famous basil pesto



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
5 minutes

New Shoots is a nut-free centre, which is why we use sunflower seeds and pumpkin seeds rather than pine nuts in this recipe.

Ingredients

- 2 c fresh basil
- ¼ c olive oil
- ¼ c toasted sunflower seeds, pumpkin seeds
- ¼ c grated parmesan
- Salt and pepper

Method

1. Set oven to 200 degrees Celsius bake.
Toast seeds on a tray until golden, 3-5 minutes.
Allow them to cool slightly.
 2. Place basil and seeds into a food processor and pulse until mostly combined.
 3. Add the parmesan cheese, a pinch of salt and pepper and pulse to combine.
 4. Gradually add the oil with the processor on until the pesto has become thick.
- Serve on baked salmon, as a pizza sauce, on a roasted vegetable salad, or with cheese and crackers.

Home-made tomato relish



GLUTEN
FREE



VEGAN



Preparation time:
1 hour



Cooking time:
1 hour 20 minutes



Makes:
1 large jar full

Ingredients

- 8 tomatoes
- 1 c chopped onion
- ¼ c crushed garlic
- ½ c raisins
- 1 ½ c apple cider vinegar
- 1 lemon zested and juiced
- 1 TBSP ground ginger
- ½ tsp ground cumin
- ½ tsp pepper

Method

1. Slice the tomatoes in half and remove the eye. Put all ingredients into a pot. Bring to a boil over high heat, reduce heat and cook low for 1 hour 20 minutes.
2. Once reduced, blitz in a food processor or using a stick blender.
3. Ladle into jars and seal or chill and serve with crackers and cheese.

French onion dip



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
5 minutes



Serves:
15

Ingredients

- 2 tbs butter
- ½ cup Greek yoghurt
- ½ cup cream cheese
- 1 onion, chopped
- ½ tbs minced garlic
- ½ tbs cumin ground
- 1 tbs lemon juice
- Salt and pepper as per taste

Method

1. Heat a pan with butter, add/fry onion, salt, pepper and garlic until light golden for about 5 mins on medium heat.
2. In a separate bowl mix yoghurt, cream cheese, lemon juice and cumin. Add onion paste and mix until combined.
3. Garnish with some freshly chopped chives.

Alison's guacamole



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Makes:
1-2 cups

Ingredients

- 3-4 ripe avocados
- 2 tsp garlic
- 2 TBSP lemon juice
- 2 tsp cumin
- Pinch of pepper
- 1 red onion
- 5 cherry tomatoes

Method

1. Coarsely mash avocado with garlic, lemon juice, cumin, salt and pepper. Add diced onion and chopped cherry tomatoes.
2. Serve with vegetable chips.

Garlic aioli



DAIRY
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Makes:
1 large jar full

Many people find making their own aioli daunting, but it is super easy and quite an accomplishment once achieved. Give this one a go when you have a spare 10 minutes up your sleeve. Serve with our versatile coleslaw (see page 156).

Ingredients

- 1 egg yolk
- 500ml olive oil (mildly flavoured)
- 1 tsp wholegrain mustard
- 1 TBSP crushed garlic
- Juice of 1 small lemon
- 2 TBSP boiling water
- 1 tsp salt
- 1 tsp cracked pepper

Method

1. Put egg yolk into a food processor OR use a stick blender.
2. Once processor is going, slowly add a little oil.
3. The yolk should begin to thicken, continue to add remainder of the oil and the garlic.
4. Add the lemon juice, salt and pepper and mix together, pour the aioli into a bowl and add the hot water if the aioli is super thick.

Home-made tomato sauce



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Cooking time:
10 minutes



Makes:
1 medium pot

This recipe can also work well with canned tomatoes if you don't have fresh tomatoes in the house.

Ingredients

- 1 tsp olive oil
- 2 tsp crushed garlic
- 1 brown onion, diced
- 1 TBSP reduced salt tomato paste
- 1 TBSP brown sugar
- 5 ripe tomatoes roughly diced
- 1 TBSP balsamic vinegar
- ½ c water
- 1 tsp pepper

Method

1. Heat olive oil in the pan. Once hot, sauté garlic and onion until translucent.
2. Add the tomato paste, mix well. Add the tomatoes and cook until most of the juice is released from the tomatoes.
3. Add the balsamic vinegar to deglaze any tomato juices stuck to the bottom, cook the vinegar taste out slightly and season with pepper.
4. For a smooth consistency, blitz the sauce.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Crackers, baking and desserts

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Easy chocolate mousse



GLUTEN
FREE



VEGETARIAN



Preparation time:
15 minutes



Chilling time:
3 hours



Serves:
4-6

Ingredients

- 500ml cream
- 60ml vanilla essence
- 250g 72% chocolate
- 2 eggs (separated)

Method

1. Melt the chocolate over a double boiler, once most of the chocolate has melted, remove from the heat and leave the bowl over the pot.
2. Whip the cream until it forms a soft peak when the beater is held up.
3. Take the chocolate off of the heat.
4. Whip the egg whites to small peaks.
5. Once the chocolate has cooled slightly, add the yolks and the vanilla essence. Beat well.
6. If the chocolate starts to seize, don't panic, just put the bowl back on the pot until it just starts to melt again, once it is softer, quickly add the whites, whisking until combined.
7. Whisk in half of the cream, once it starts to come together, fold in the remaining cream until all incorporated.
8. Spoon into serving glasses or bowls and garnish with anything you like, cocoa, chocolate shards, coconut, freeze dried raspberries, banana chips. Or let it sing for itself.
9. Chill for a minimum of 3 hours.

*There is nothing better than a friend,
unless it's a friend with chocolate!*



Trish's vegetable chips



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Cooking time:
15 minutes



Serves:
6

Ingredients

- 1 small kumara
- 1 small beetroot
- 1 TBSP canola oil
- 1 tsp cracked pepper
- 1 tsp lemon pepper seasoning (optional)

Method

1. Prepare the vegetables by washing and scrubbing any excess dirt from the skin.
2. Using a sharp knife, slicer attachment of food processor or a mandolin, thinly slice the beetroot and the kumara into rounds.
3. Spread the chips onto a tray, brush with olive oil, cracked pepper and lemon pepper seasoning if desired. Bake for 15 minutes until golden and crisp.
4. Serve with guacamole, recipe can be found on page 54.

Savoury rosemary shortbread



EGG
FREE



VEGETARIAN



Preparation time:
10 minutes



Set time:
35 minutes



Makes:
18 shortbread

This is a fun recipe to create with your children as they can get stuck into rolling out the dough and cutting the shapes out. Serve these with a dollop of home-made tomato relish (recipe can be found on page 52) and some grated cheese!

Ingredients

- 1 ¼ c flour
- 1 c grated Edam cheese
- 2 TBSP finely chopped rosemary
- ¼ tsp cracked pepper
- ½ c butter

Method

1. Put all ingredients except butter into a food processor and pulse ingredients to combine.
2. Gradually add the butter and pulse to combine.
3. If all of the butter is added and it hasn't formed into a dough, add a drop of water to bind it.
4. Put dough ball onto glad wrap and roll out into a smooth disk approximately 1cm thick between two sheets of cling film or baking powder.
5. Wrap up and place into fridge for 35 minutes, preheat the oven to 190 degrees Celsius.
6. Pull dough out of the fridge and cut using a small or medium round cutter or whatever shape you desire.
7. Bake for 10-15 minutes until golden around the edges. Cool and serve.

Eliza's healthy bikkies



VEGAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
15-20 cookies

Most plain dark chocolate with over 50% cocoa is vegan but always double check the packaging.

Our chef Eliza from New Shoots, The Lakes Tauranga recommends replacing half of the pumpkin/sunflower seed measurement with dried fruit. To get the children involved, you can decorate the cookies before they are baked with seeds or cranberries. Or once they are cooked, melt a ¼ cup of chocolate, dollop on the top, and sprinkle on freeze-dried berries, seeds or even banana chips.

Ingredients

- 1 ½ c oats
- 1 c coconut
- 1 TBSP linseeds
- ¾ c pumpkin and sunflower seeds finely chopped
- 1 TBSP maple syrup
- 75g oil
- 1 tsp vanilla essence
- 2 bananas, mashed
- ½ c berries
- ¼ c vegan chocolate chips (for special occasions)

Method

1. Preheat the oven to 175 degrees Celsius. Line trays with baking paper.
2. Mix oats, coconut, linseeds, pumpkin & sunflower seeds together.
3. In a medium bowl, soften the honey in the microwave.
4. Add the oil, vanilla and bananas to the honey, mix well.
5. Pour the honey mixture into the seed mixture and mix to combine. Fold in the berries and the chocolate chips if you are using them.
6. Roll into balls, place on tray and press down gently with a fork. You may find the mixture to be quite wet and crumbly but when baked, they will firm up. Bake for 12-15 mins or until just golden.



Sesame tahini crackers



DAIRY
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
10-15 minutes



Makes:
20 crackers

**To make this recipe gluten free,
use a gluten free flour blend.**

Ingredients

- ½ c hulled tahini at room temp
- 40g dairy free spread
- 2 eggs lightly beaten
- 1 TBSP wholegrain mustard
- ⅓ c sesame seeds
- ½ c coconut or plain white flour

Method

1. Preheat the oven to 180 degrees Celsius bake. Line a tray with baking paper.
2. Place tahini, spread, eggs, mustard, sesame seeds and the flour in a bowl. Stir until well combined.
3. Place mix between two sheets of baking paper. Roll out to a 3mm thickness (cracker thickness).
4. Roll mix in between sheets of paper. Remove top sheet and trim the edges to make it a tidy rectangle.
5. Cut the dough into approximately eight rectangles. Place on a tray and bake for 12 minutes or until crisp and golden.

Date and oat slice



VEGAN



Preparation time:
30 minutes



Cooking time:
15 minutes



Serves:
6

Ingredients

- 2 c dates
- 2 c rolled oats
- 1 tsp cinnamon
- 1 grated apple or pear

Method

1. Firstly, soak the whole dates in boiling water for 10 minutes.
2. Drain the dates, saving some of the soaking liquid, and place into a food processor. Blitz until dates become a paste.
3. Add the remaining ingredients and blitz until well combined.
4. Press into a lined and greased slice tray and bake for 15mins on 180 degrees Celsius.
5. Once cooked, leave to cool for 5 minutes before cutting and tucking in!

Chocolate chip cookies



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
15 minutes



Makes:
24 cookies

Ingredients

- 2 ½ c flour
- 1 tsp baking soda
- 1 tsp salt
- 230g butter, softened
- 1 c brown sugar
- 1 c white sugar
- 2 tsp vanilla essence
- 2 eggs
- 1 ½ c semi-sweet chocolate chips

Method

1. Heat oven to 180 degrees Celsius bake. Grease a baking tray with spray oil.
2. In a bowl, sieve flour, salt and baking soda together.
3. In a large bowl, cream the butter and both sugars until thick and pale. Use a spatula to push down sides. Add eggs and vanilla essence and beat well.
4. Add flour to the wet ingredients and mix to combine.
5. Roughly spoon a tablespoon of the batter onto the tray leaving a reasonable gap between each cookie.
6. No need to press the batter down, place in the oven and bake for roughly 13 minutes.



Bliss ball slice



VEGAN



Preparation time:
20 minutes



Set time:
30 minutes



Makes:
One long loaf tin

This is always a popular choice in our centres for morning or afternoon tea. Another option is to swap the raisins out for fresh fruit like mashed banana or an orange.

Ingredients

- 2 c rolled oats
- 1 c coconut
- 2 c dates soaked in boiling water (for 10 minutes)
- ½ c raisins soaked with dates

Method

1. In a food processor, blitz together oats and coconut.
2. Drain the dates and raisins, reserving some of the soaking liquid, and add to the food processor. Blitz until all ingredients are bound together. You may need to add some of the soaking liquid if it is slightly dry.
3. Using clean hands, remove the blade from the food processor and press into a slice tin. Sprinkle with additional coconut and freeze dried berries if desired.
4. Set for 30 minutes in the fridge or freezer.
5. Cut and serve.

Puffed rice slice



EGG
FREE



VEGETARIAN



GLUTEN
FREE



Preparation time:
10 minutes



Chilling time:
20 minutes



Serves:
4-6

For a gluten free option you can also use gluten free corn flakes.

Ingredients

- 100g butter
- 100g sugar
- 1 ½ TBSP honey
- 3 ½ c rice bubbles (check they're gluten free)

Method

1. Melt butter, sugar and honey in a pot
2. Once melted, boil gently for 3 minutes
3. Remove from heat and add the rice bubbles
4. Pour into a greased slice tin
5. Cool in the fridge for 20 minutes and cut.

Tim's crunchy lemon muffins



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
10 minutes



Makes:
12 medium muffins

Ingredients

- 2 c self raising flour
- ½ c sugar
- 75g butter
- 1 c milk
- 2 eggs
- Grated rind of 1 large lemon

For the topping

- ¼ c lemon juice
- ¼ c sugar

Method

1. In a large bowl, mix together the flour and the sugar.
2. In another bowl, melt the butter add the milk, egg and lemon rind. Beat well with a fork to combine. The butter may seize slightly, that's okay.
3. Add liquids to the dry ingredients and fold together until just incorporated, don't over-mix.
4. Divide the mixture evenly between muffin tins.
5. Bake at 200 degrees Celsius for 10 minutes. Stir together lemon and sugar without dissolving. Drizzle over hot muffins as soon as they come out of the oven.
6. Leave to stand for a couple of minutes, then enjoy warm!

*Afternoon tea with muffins is
a great little ritual for family time*



Best blackberry muffins



VEGAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
12 medium muffins

**Could be made gluten free
by replacing flour with
gluten free flour blend.**

Ingredients

- 2 c flour
- 4 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- ½ c castor sugar
- 100g butter
- 1 c milk
- 1 egg
- ½ c blackberries (or any other berry)

Method

1. Sieve first five ingredients into large bowl.
2. In another bowl melt butter, then add the milk and the egg, beat well.
3. Lightly defrost frozen blackberries then tip into the bowl with the dry mixture. Without over-mixing, fold everything together.
4. Divide the mix evenly between greased muffin tray. Mix 1 tsp of cinnamon and 1 TBSP sugar together and sprinkle over the muffins.
5. Bake at 220 degrees Celsius for 12-15 minutes until muffins spring back when pressed.

Eliza's ANZAC biscuits



EGG
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Makes:
25 cookies

Ingredients

- 1 c oats
- 1 c flour
- 1 c coconut
- ¼ c brown sugar
- ¼ c roughly blitzed sunflower seeds
- ¼ c roughly blitzed pumpkin seeds
- 125g butter
- ¼ c golden syrup
- ½ tsp baking soda and ½ c water
- 1 tsp pepper

Method

1. Preheat oven to 160 degrees Celsius fan-bake.
2. Mix oats, flour, coconut, sugar and seeds in a large bowl. Heat butter, golden syrup and water until butter has melted. Stir in baking soda then add to the dry ingredients and mix until all incorporated.
3. Roll into small golf ball sizes and place on a greased tray with some space between.
4. Press centre with a fork and bake for 20-25 minutes.
5. Allow to cool on the tray and serve.

Kelly's banana chocolate chip muffins



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
15 minutes



Makes:
12 medium muffins

Ingredients

- 2 c self raising flour
- ½ c castor sugar
- ½ c chocolate chips
- ½ tsp salt
- 100g butter
- 1 c milk
- 1 egg
- 1 tsp vanilla essence
- 1 c mashed bananas

Method

1. With a fork, stir together flour, sugar, chocolate and salt.
2. In another container melt the butter, add egg, milk, vanilla essence and beat well.
3. Mash the bananas and stir them into the liquid. Tip all liquid into the dry ingredients and fold until just incorporated.
4. Spray a 12 pan muffin tin and put mix into each pan. Bake at 220 degrees Celsius for 12-15 minutes or until muffins spring back when pressed in the centre.



Soft and scrumptious savoury muffins



Preparation time:
10 minutes



Cooking time:
20 minutes



Makes:
6-8 muffins

**Skip the bacon or ham for
a vegetarian option or
make two types of muffins
by halving your mix.**

Ingredients

- 1 ½ c flour
- 3 tsp baking powder
- 60g baby spinach, chopped finely
- ¼ c cherry tomatoes OR sun-dried tomatoes, diced
- 2 leaves spring onion, sliced
- ½ brown onion, diced
- ¼ c cooked, diced bacon or diced ham
- 1 c grated cheese
- ¼ c feta
- 2 eggs, lightly beaten
- 1 c milk
- 70g melted butter
- 2 TBSP extra feta

Method

1. Set oven to 200 degrees Celsius. Line tins with muffin liners or spray.
2. In a bowl, mix flour and baking powder together. Make a well and add the prepared vegetables, bacon or ham and both cheeses, mix until all is incorporated.
3. In a separate bowl, beat eggs, milk and butter together.
4. Add the wet ingredients into the dry. Fold with a spatula by mixing around the edge and cutting through the centre of the bowl, picking up the ingredients on the bottom, do not over-mix.
5. Spoon into prepared tin and place the extra feta on top.
6. Cook for 15-18 minutes, to check they are cooked, they should spring back with a touch or a skewer should come out clean.



Ari's gluten free berry muffins



DAIRY
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Makes:
12 medium muffins

Lovely Ari, our chef at New Shoots Sandhurst love sharing this-quick and easy recipe. You can also find her delicious gluten free banana bread on page 88.

Ingredients

- 1 c chickpea flour
- ½ c gluten free flour
- 1 tsp baking soda
- 2 tsp cinnamon
- ¼ c sugar
- 3 medium ripe bananas, mashed
- 2 eggs
- 1 tsp apple cider vinegar
- 2 TBSP oil
- 1 c berries
- 1 tsp vanilla essence

Method

1. Preheat the oven to 170 degrees Celsius bake.
2. Mix the first 5 dry ingredients together.
3. Mix the remaining 5 wet ingredients in a separate bowl.
4. Add wet into dry ingredients and fold until just incorporated. Don't overmix.
5. Bake for 16-20 minutes.

Double chocolate muffins



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
15-20 minutes



Makes:
12 medium muffins

Ingredients

- 2 eggs
- ½ c oil
- 1 c milk
- 1 tsp vanilla essence
- 1 ¾ c flour
- ½ c sugar
- ¼ c cocoa
- 1 TBSP baking powder
- ½ c chocolate chips

Method

1. Preheat oven to 200 degrees Celsius.
Grease a 12 pan muffin tin.
2. Whisk eggs, oil, milk and vanilla essence well in a bowl.
3. In a separate bowl, mix the flour, cocoa, sugar, baking powder and chocolate chips together. Add the wet mixture to the drys and fold together gently until just incorporated. Spoon into the prepared tin and bake at 200 degrees Celsius for 20 minutes.
4. Allow to cool slightly before turning out of tin.

Meg's chocolate cake



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
1 ½ hours



Makes:
1 large cake

Get the whole family involved in decorating the cake, this is sure to become a memorable family tradition, also licking the bowl mum!

Ingredients

- 1 ¼ c flour
- 1 c coconut sugar
- ¾ c cocoa
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- ½ tsp salt
- 3 eggs
- 1 c milk
- ½ c oil
- 1 tsp vanilla essence

Method

1. Mix the flour, sugar, cocoa, baking powder, baking soda and salt together.
2. In a separate bowl beat the eggs and then add the milk, oil and vanilla essence.
3. Add the dry ingredients to wet ingredients. Beat well with electric mixer on high for 2 minutes.
4. Add 1 c boiling water to the batter, using a spoon mix to combine.
5. Spray cake tin and fill ¾ full.
6. Drop tin from low height to expel air bubbles.
7. Fan bake at 160 degrees Celsius for 1 - 1 ½ hours or until a skewer comes out clean. Cool for 10-15 minutes before turning out.

*Baking with children is so important for
development and self confidence, it's delicious too!*



Nik's raspberry scones



EGG
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
15-20 minutes



Makes:
12 scones

**To make this recipe gluten free,
use a gluten free flour blend.**

Ingredients

- 1 c flour
- 1 c wholemeal flour
- 2 TBSP self raising flour
- ¼ c milk powder
- 80g spread i.e. Olivani
- 1 c buttermilk (to make buttermilk mix 2 tsp white vinegar with 1 c milk, stir and allow to sit until slightly lumpy)
- 100g raspberries
- 2 TBSP buttermilk, extra for brushing on top

Method

1. Preheat the oven to 200 degrees Celsius bake. Line a tray with baking paper and spray oil.
2. Combine both flours and milk powder in a large bowl. Add spread using your finger tips and rub until resembles breadcrumbs. Make a well add the buttermilk until almost combined. Add raspberries and mix until just combined.
3. Put mix onto floured surface, lightly knead to bring together. Roll out until 1 ½ cm thick. Cut into wedges, place on tray brush with extra buttermilk and cook for 12 minutes.
4. Serve.

Quirina's cheese scones



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
20 minutes



Makes:
8 scones

Ingredients

- 2 c flour
- 2 tsp baking powder
- ½ tsp salt
- Pinch paprika
- 2 c grated cheese
- 1 c milk
- 120g butter

Method

1. Sift flour, baking powder, paprika and salt into a bowl.
2. Rub butter into the flour mixture.
3. Mix in the grated cheese, make a well and add the milk. Mix lightly then turn out onto a floured bench (mixture should be moist).
4. Shape into a rectangle about 3cm thick.
5. Cut into 8 squares or any shape desired and transfer onto a baking sheet.
6. Bake at 220 degrees Celsius for 15-20 minutes.

Carroty carrot cake



VEGETARIAN



Preparation time:
20 minutes



Cooking time:
45-50 minutes



Makes:
1 large cake

This yummy cake is dairy free but the icing isn't, so to make it completely dairy free, you'll need to find a dairy free icing recipe.

An easy carrot cake recipe is always a must have in any household. This can also be made in mini loaf tins, just be sure to line the base with greaseproof paper.

Ingredients

- $\frac{3}{4}$ c oil
- 1 c sugar
- 2 eggs
- 1 c flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ c chopped walnuts
- $1\frac{1}{2}$ c grated carrots
- 1 tsp baking soda
- $\frac{1}{2}$ tsp cinnamon

Icing

- 110g cream cheese
- 110g icing sugar
- 1 tsp vanilla essence
- 1 TBSP butter

Method

1. Heat oven to 180 degrees Celsius bake. Prepare a cake tin with greaseproof paper on the bottom and on the sides.
2. In a large bowl, mix the oil, sugar and egg together, beating until combined. Add remaining ingredients and mix well.
3. Bake at 180 degrees Celsius for 45 minutes or until a skewer comes out clean.
4. For the icing, blitz everything together and spread over cake once cooled. Garnish with spare walnuts and assorted seeds if desired.



Gluten free banana bread



VEGETARIAN



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
60 minutes



Serves:
8

Ingredients

- 1 c gluten free flour
- ½ c blitzed sunflower and pumpkin seeds
- 1 ¼ tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 1 c mashed ripe banana
- 60g butter at room temperature
- 80g sugar
- 2 eggs
- 1 tsp vanilla essence
- 2 TBSP milk (of your choice)

Method

1. Preheat oven to 175 degrees Celsius.
Put baking paper in loaf tin and spray.
2. In a medium bowl, whisk together first 5 dry ingredients.
3. In a separate bowl, mash the bananas well and set aside.
4. Put butter and sugar into a large bowl and beat with electric mixer until fluffy and combined.
5. Add the eggs, vanilla essence and milk.
Beat for 1-2 minutes until light and combined.
6. Add ½ dry ingredients to the wet and mix to combine. Add half the bananas and mix to combine. Repeat with remaining dry ingredients and bananas.
7. Pour the batter into a prepared tin. Bake for 50-60 minutes until skewer comes out clean, or loaf bounces back.
8. Cool for 5 minutes in pan. Gently turn out on a cooling rack, cool completely. Serve.

Nan's chocolate self saucing pudding



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
40 minutes



Serves:
4-6

Ingredients

- 60g butter
- ½ c sugar
- 1 egg
- ½ tsp vanilla essence
- 1 c self raising flour
- 1 TBSP cocoa
- ½ c milk

For the top:

- ½ c sugar
- 1 TBSP cocoa
- 1 ½ c boiling water

Method

1. Cream butter and sugar together until light and fluffy.
2. Add egg and vanilla essence and beat well.
3. Fold in sifted flour and cocoa alternatively with the milk.
4. Place in a greased oven dish. Sprinkle with extra sugar and cocoa.
5. Pour over hot water gently (pour over the back of spoon). Bake at 160 degrees Celsius for 40 minutes.
6. Serve with a generous helping of vanilla ice cream.

White chocolate and macadamia brioche



VEGETARIAN



Preparation time:
2 hours



Cooking time:
25 minutes



Makes:
1 cake tin

“My nan and pop had a macadamia orchard when I was growing up. They loved to involve me in harvesting, roasting, and eating them. With these happy memories in mind and an appreciation for their nutritious value, I now love to use macadamias whenever I can. I know making bread can be a daunting task but just take your time, be patient with the dough, and enjoy the final product. Keri i roto - dig in!”

Eliza, chef, New Shoots

Ingredients

- 250 ml milk
- 40g castor sugar
- 1 ½ tsp yeast
- 500g flour
- 2 eggs
- 70g butter, softened or at room temperature
- 80g macadamia nuts, lightly toasted
- 150g white chocolate cut up
- Extra 100g butter and 4 TBSP brown sugar mixed together
- 1 portion of caramel sauce (find me on page 92)

Method

1. Warm the milk and sugar to lukewarm in the microwave. Mix in the yeast and set aside for 5 minutes.
2. Put the flour into your mixing bowl and add the milk mixture and the eggs.
3. Put the bowl onto the dough hook and mix to combine. Or use your hands to knead. Keep kneading for 10 minutes until dough is elastic. With the mixer still going or by hand, gradually add cubes of butter until combined. It is quite a wet and sticky dough. The rule is it should be sticky but not stuck. If it is getting stuck and not coming together, add a sprinkling more flour.
4. Cover the bowl and leave to prove until doubled in size will take about 1 ½ hours.
5. Once the dough has doubled in size, knock back the air and pour out onto a floured surface. Roll out into an even rectangle. Cut the rectangle into two.
6. Spread the butter and brown sugar over the two rectangles. Along the centre, sprinkle the macadamia and white chocolate. Spread over caramel sauce.
7. Roll up into a log and cut 8cm chunks off the log, place into a greased cake tin with the spiral facing upwards.
8. Bake at 180 degrees Celsius for approximately 20-25 minutes until the dough is cooked through.



Leanne's caramel sauce



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
5 minutes



Cooking time:
10 minutes



Makes:
1 cup of sauce

Ingredients

- 2 c white sugar
- 100g butter
- 500ml cream

Method

1. Place the sugar into a pot and put onto a medium heat. Using a whisk keep moving the sugar until it has all melted. If it starts to go lumpy, don't panic, it will all just melt down eventually.
2. Add the butter and whisk to melt and combine.
3. Add the cream to the pot whisking together and allow to gently boil away for 2 minutes.
4. Pour into a metal bowl and allow to cool. It will thicken once cooled down.
5. Use this recipe as a treat with yoghurt and it goes especially well with the brioche recipe on page 90.

**Caution: Sauce will bubble when cream is added.
Be careful of any hot splatters.**



Michelle's caramel slice



Preparation time:
30 minutes



Cooking time:
20 minutes

This slice is well known as a thank you gift for teachers, home-made by Michelle, Director at New Shoots, herself.

Ingredients

- 300g Super Wine Biscuits, ground into crumbs
- $\frac{1}{3}$ c plain flour
- $\frac{1}{2}$ c cocoa
- $\frac{3}{4}$ c desiccated coconut
- 300g unsalted butter, melted and 100g unsalted butter
- 1 x 395g tin sweetened condensed milk
- $\frac{1}{2}$ c soft brown sugar
- 3 TBSP golden syrup
- 1 tsp coffee

Topping:

- 200g dark chocolate, melted
- 1 TBSP vegetable oil

Method

1. Preheat oven to 180 degrees Celsius and move the oven rack to the top position. Grease a 20x30cm slice tin and line with baking paper.
2. In a large bowl, combine the biscuit crumbs, flour, cocoa, coffee, coconut and melted butter until well incorporated. Empty this into the slice tin and press with the back of a metal spoon to flatten. Cover and refrigerate.
3. In a saucepan over a low to medium heat, combine the condensed milk, brown sugar, butter and golden syrup. Stir constantly with a wooden spoon as this mixture catches easily. Mix until thickened. Pour over the chilled base. Bake on the top rack for approximately 20 minutes or until the caramel has bubbled and browned. Chill completely before icing.

To prepare the topping:

Melt the chocolate and oil together. Pour carefully over the chilled caramel, smoothing with a spatula. Refrigerate until chocolate has set and slice.



Easy ganache



EGG
FREE



VEGETARIAN



Preparation time:
10 minutes



Set time:
1 hour



Makes:
1 cup of ganache

You can substitute coconut cream and dark chocolate to make it vegan.

This ganache is pretty straight forward and the perfect icing on the chocolate cake.

Ingredients

- 290g pack of milk chocolate melts
- ½ c cream

Method

1. On ½ power in the microwave, gently melt the chocolate and cream for 40 second increments, stirring between each 40 seconds.
2. Repeat until the chocolate is soft enough to beat. Then beat until all chocolate lumps have melted.
3. Place in the fridge to firm up slightly, mixing occasionally (approximately 1 hour).
4. Ice cooled cake.
5. If you have chilled it for too long, soften in microwave for 10 seconds until it is easy to use again.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

Chicken meals

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Lee's coconut chicken



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4-6

“For a family who struggles with dairy free and gluten free alternatives, this recipe is fantastic for providing just that, plus heaps of veggies and something a little different, enjoy!”

Lee, Hamilton

Ingredients

- 600g diced chicken (thigh or breast)
- 1 TBSP crushed garlic
- 2 TBSP oil
- 1 brown onion diced
- 2 carrots peeled and diced
- 2 courgettes diced
- 1 c frozen mixed vegetables
- 1 400g can coconut cream
- 2 TBSP cornflour mixed with 4 TBSP water
- Season to taste

Method

1. Put a pan on medium heat with the oil. Once hot, put the chicken and garlic in the pan and cook. Once the chicken is fully cooked through, remove from the pan and add all of the vegetables. Once the vegetables are soft, add the chicken back into the pan and give it a good mix.
2. Add the seasoning, coconut cream and simmer until the sauce has slightly reduced, add the cornflour mix and stir in well.
3. Allow the cornflour 3 minutes to cook out, then serve on rice.

Buttermilk baked chicken



EGG
FREE



Preparation time:
Overnight



Cooking time:
45 minutes



Serves:
4-6

This baked chicken is delicious as a burger filling or cut up and served with the coleslaw on page 156.

Great to make extra for salad, toasted sandwiches, or even on home-made pizza.

Ingredients

- 4-6 large pieces of chicken thigh bone out
- 500ml buttermilk (to make buttermilk, mix 500ml milk with 4 tsp white vinegar and allow to go lumpy)
- 300g plain flour
- 2 tsp paprika
- ½ tsp garlic powder
- 2 tsp cayenne pepper
- 1 c canola oil

Method

1. Place chicken and buttermilk into a bowl. Mix, cover and place in fridge overnight.
2. Pre-heat the oven to 180 degrees Celsius fan bake.
3. Preheat the oil in a pan on a medium heat.
4. Mix all spices together with flour. Bring the chicken up to room temperature.
5. Place the chicken into the flour and then gently into the oil.
6. Colour each side of the chicken pieces in the oil then place onto an oven tray.
7. Place the chicken in the oven and cook for a further 10 minutes until the chicken is cooked. The juices should run clear once cooked.

Chicken pad thai



GLUTEN
FREE



DAIRY
FREE



Preparation time:
15 minutes



Cooking time:
20 minutes



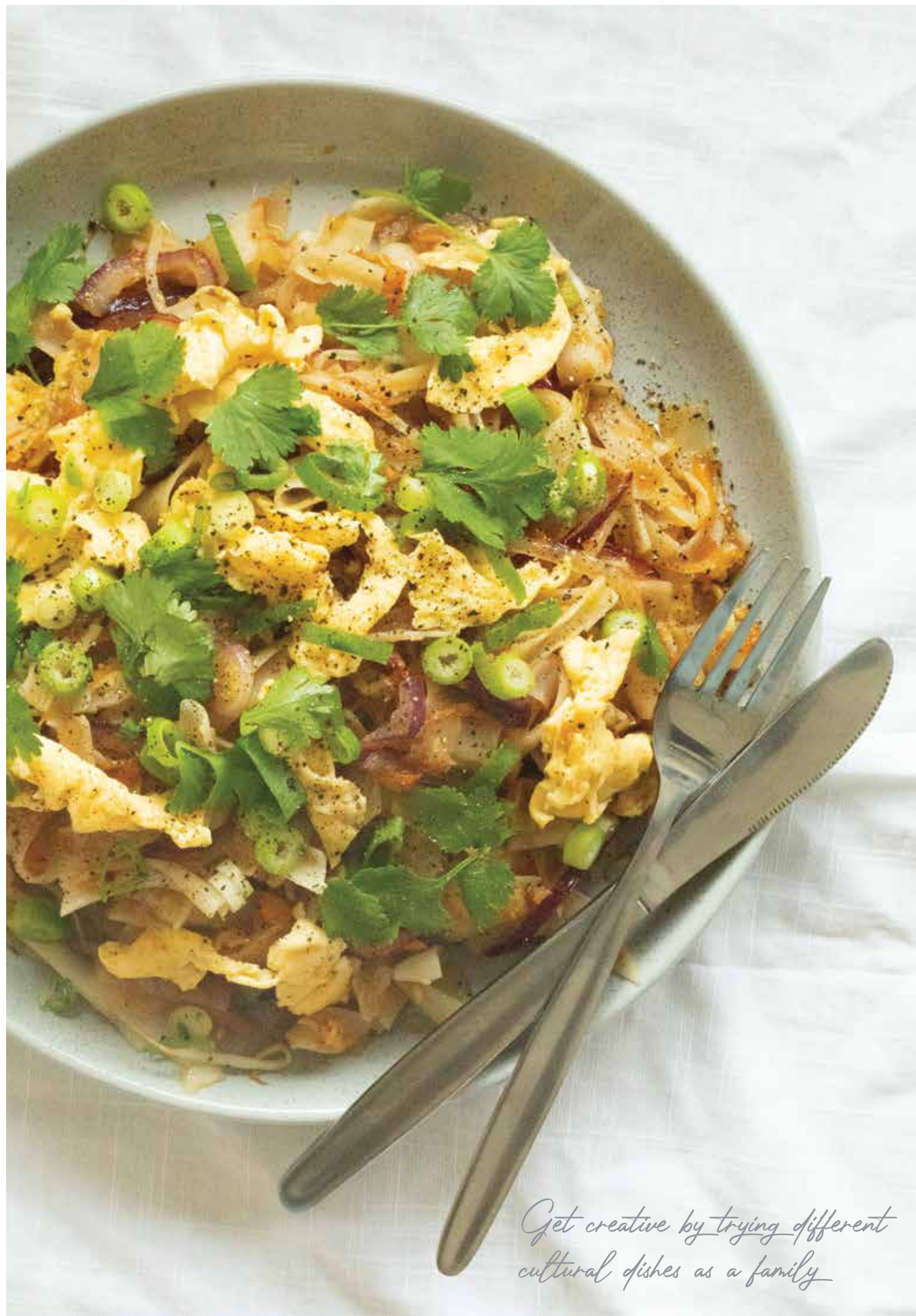
Serves:
4-6

Ingredients

- 125g pad thai rice noodles
- 1 ½ TBSP tamarind paste
- 1 TBSP brown sugar
- 2 TBSP fish sauce
- 2 TBSP peanut butter
- 1 ½ TBSP oyster sauce
- 2 tsp crushed garlic
- 2 tsp crushed ginger
- 3 chicken breasts
- 2 TBSP canola oil
- 2 eggs
- 1 brown onion diced
- 1 ½ c mung beans and 100g of mung beans
- 2 spring onions chopped
- 1 carrot, peeled and grated
- 2 limes

Method

1. Place noodles in a large bowl pour over boiling water, cover with lid and soak for 5 minutes. Drain in a colander and quickly rinse under cold water to refresh the noodles and to stop them from sticking.
2. Mix tamarind paste, brown sugar, fish sauce, peanut butter, oyster sauce, garlic and ginger together in a bowl.
3. Prepare the chicken by removing skin, and cutting into 2cm diced cubes.
4. Heat oil in a non stick frying pan over a high heat. Cook eggs to scramble. Remove cooked eggs from pan and cook chicken until fully cooked. Remove from pan. Sauté onions, spring onions, carrots and mung beans until onion is translucent. Add the noodles, chicken and the sauce, cook until thick. Serve with a squeeze of lime juice and chopped peanuts.



*Get creative by trying different
cultural dishes as a family*

Jo's chicken lettuce burritos



EGG
FREE



DAIRY
FREE



Preparation time:
15 minutes



Cooking time:
15 minutes



Serves:
5

Make this recipe gluten free using gluten free bread and checking all sauces are gluten free.

Ingredients

- 2 tsp crushed garlic
- 1 TBSP hoisin sauce
- 3 TBSP reduced salt soy sauce
- 2 tsp sesame oil
- 600g chicken mince
- 200g diced mushrooms
- ½ red capsicum diced
- ¼ c freshly chopped chives (keep some for garnishing)
- 1 iceberg washed and peeled into cup shapes
- 1 slice bread cut into cubes, keeping the crust on.
- 2 tsp oil

Method

1. In a bowl mix garlic, hoisin sauce and soy sauce together.
2. Cook the chicken mince in a pan with the sesame oil until it has all broken up.
3. Add the mushrooms and capsicums, cooking until soft.
4. Add the sauce and mix it into the mince. Cook for 3 minutes allowing sauce to thicken slightly.
5. Put the croutons onto a tray and toss with the oil. Fan bake on 200 degrees Celsius for 8-10 minutes until toasted.
6. Remove from the heat and mix in the fresh chives. Using a spoon, carefully put some of the mince into the lettuce cups. Place croutons on top of the lettuce cups, serve.



Fried rice



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
20 minutes



Serves:
6

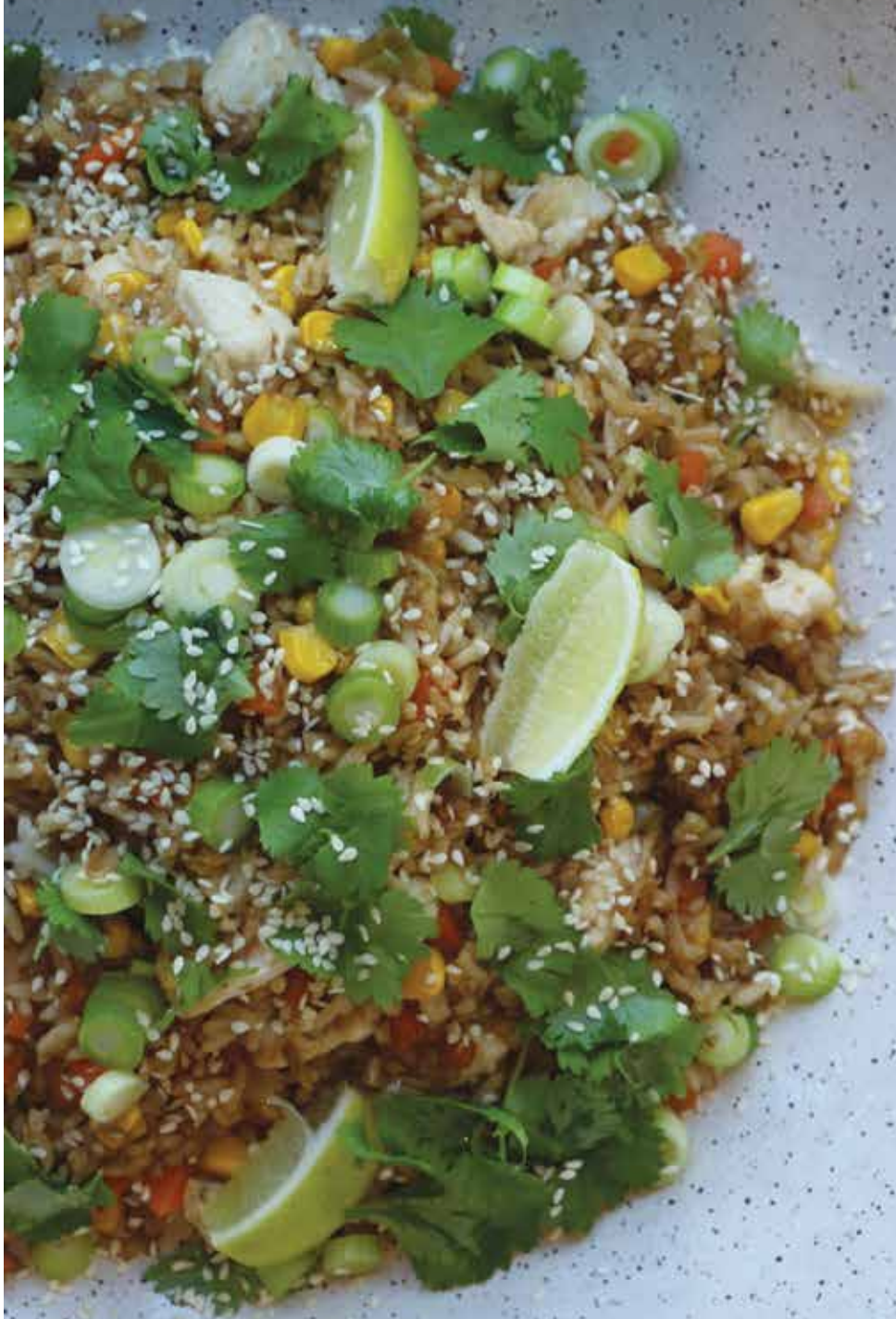
Ingredients

- 1 TBSP gluten free oyster sauce
- 1 TBSP reduced salt gluten free soy sauce
- 2 TBSP rice wine vinegar
- 1 tsp brown sugar
- 2 TBSP garlic
- 1 tsp ginger
- 2 TBSP sesame oil
- 2 carrots peeled and grated
- 1 brown onion
- 1 red onion
- 3 sprigs of spring onion sliced (save some for a garnish)
- 1 c of corn kernels
- 4 c cooked brown or white rice
- 2 TBSP canola oil
- 400g chicken or beef diced

Method

1. Mix oyster, soy, rice wine vinegar, brown sugar, ginger, garlic and sesame oil together in a bowl and set aside.
2. Prepare all vegetables and set aside.
3. Either in a large frying pan or an electric frying pan, heat the canola oil. Once hot, sweat the vegetables until carrots are translucent.
4. Add the cooked rice to the vegetables, mix together well and then add the sauce, mix together well and then serve.
5. To mix it up you can also add: canned mini corns, chopped broccoli, mung beans, cabbage, edamame beans or even scrambled eggs.

*A quick and easy weeknight favourite
enjoyed by all! Even better the next day.*



Angela's chicken fajita wraps



EGG
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4-5

Ingredients

- 500g chicken breast boneless skinless
- 1 tsp paprika
- 1 tsp crushed garlic
- 1 tsp cajun season
- 1 tsp cumin
- ½ tsp turmeric
- 2 TBSP oil
- 1 capsicum, diced
- 1 red onion, diced
- ½ spring onion, sliced
- 1 carrot peeled and grated
- 250g bag baby spinach chopped
- 1 TBSP reduced salt tomato paste
- 1 can chopped tomatoes
- 1 can black beans - squashed
- 1 c grated Edam cheese
- 4-5 wholemeal wraps
- ½ c Greek yoghurt

Method

1. Slice chicken into tiny strips and mix in a bowl with the paprika, garlic, cajun, cumin and turmeric.
2. Heat the oil in a pan, once hot sear off all of the chicken until cooked.
3. Once the chicken is cooked, add all of the vegetables and sauté until the onion is translucent. Add the tomato paste, squashed beans and chopped tomatoes, mix well and allow the liquid to reduce.
4. Put a large spoonful of the mixture onto wraps and roll up. Line up in a sprayed dish, sprinkle with cheese. Once all wraps are full, fan bake at 200 degrees Celsius until cheese is golden. Slice down the middle of the wraps and serve with a dollop of yoghurt if desired.



Tandoori chicken with pickled vegetables



EGG
FREE



GLUTEN
FREE



Preparation time:
Overnight



Cooking time:
20 minutes



Serves:
4-6

It sounds technical, but it's not. Give the chicken the night to marinate, and it won't disappoint. It's soft, it's different and is sure to impress the youngest members of your family.

Ingredients

- 400g plain Greek yoghurt
- 1 tsp yellow food colouring
- Handful of coriander roughly chopped (including stems)
- 2 tsp cumin
- 2 tsp paprika
- 2 tsp coriander ground
- 2 tsp turmeric
- 1 tsp garam marsala
- 2 tsp minced ginger
- 4 chicken breasts or thighs cut to portions
- ½ c white vinegar
- ½ c apple cider vinegar
- 2 tsp white sugar
- 2 red onions, thinly sliced rounds
- 1 cucumber

Method

1. Place the first 10 ingredients into a bowl with the chicken. Cover and put in the fridge overnight.
2. To make the pickling liquid combine white and apple cider vinegar and sugar into a bowl or jar. Place finely sliced red onion rounds and slice cucumber rounds into the liquid. Overnight is best for these too.
3. The next day, preheat the oven to 220 degrees Celsius fan bake. Place tinfoil over a baking tray with a rack that sits flat over the top of it. Spray the rack well.
4. Place each piece of chicken over the oven rack and once the oven is hot, blast the chicken until it forms blisters and chars slightly. (this is traditional tandoori chicken). Cook the chicken until the centre is opaque and the juices run clear, or until it has reached 75 degrees Celsius. Serve the chicken on a bed of rice with the pickled red onion, pickled cucumber, a dollop of Greek yoghurt and coriander.



Mandeep's chicken chow mein



EGG
FREE



DAIRY
FREE



Preparation time:
15 minutes



Cooking time:
20 minutes



Serves:
4-5

**To make this recipe gluten free,
use rice noodles and make sure
sauces are gluten free.**

Ingredients

- 1 TBSP oyster sauce
- ¼ c reduced salt soy sauce
- 1 tsp honey
- 2 tsp sesame oil
- 2 tsp cornflour
- 500g chicken breast, diced
- 1 TBSP oil
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 carrots grated
- Chopped bok choy
- 1 c frozen peas
- 400g cooked udon noodles

Method

1. Place first 5 ingredients into a bowl with the diced chicken, set aside to marinate while preparing other ingredients.
2. Heat a frying pan with oil. Cook the chicken until brown. Add the garlic, ginger and cook for 1 minute until fragrant.
3. Add carrots to the pan and cook for 1-2 minutes. Add the bok choy and peas and sauté until the chicken is fully cooked through.
4. Add cooked noodles and warm them through.
5. Serve.

Cheesy chicken risotto



EGG
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
45 minutes



Serves:
4-6

Ingredients

- 2 chicken breasts, skin removed and diced
- 2 TBSP oil
- 50g butter
- 400g Arborio rice
- ¼ pumpkin cut into cubes
- 1 brown onion, diced
- 2 tsp minced garlic
- 800ml chicken stock
- 200ml water mixed with the stock
- 1 c peas
- 1 c baby spinach
- 50g grated parmesan
- 50g grated cheddar

Method

1. Sear the diced chicken in a large non stick frying pan, once coloured, remove from the pan.
2. Heat oil and butter in the pan used for chicken. Once hot, add rice and mix until all rice is coated.
3. Add the pumpkin, onion and garlic. When the onion is translucent, reduce heat.
4. Add a cup of stock to the rice, mix well and place the lid back on. Let the rice absorb the stock then repeat.
5. Once the final cup of stock is added, add the peas.
6. By this stage, the rice should be cooked. If not add another cup of water, put the lid on and let it cook for a further 5 minutes.
7. Add the baby spinach and grated cheese, then serve with grated parmesan on the top.

Smoked chicken lasagne



Preparation time:
25 minutes



Cooking time:
35-40 minutes



Serves:
5-6

**To make this gluten free,
use gluten free flour and
lasagne sheets.**

Ingredients

- 25g butter
- 1 onion
- 2 cloves of garlic, crushed
- 1 small leek, sliced
- 2 stalks celery, sliced
- 2 carrots, sliced
- 2 courgettes, sliced
- 2 TBSP flour
- 1 bunch spinach washed and sliced
- 1 c milk
- ½ c cheese
- Pepper
- 250g lasagne sheets
- 2 eggs
- 200g plain yoghurt
- 1 c cheese
- 2 pre-smoked chicken breast, diced

Method

1. Melt butter in large saucepan. Add onion, garlic and leek. Cook until onion is clear. Add celery, carrots and courgettes. Cover and cook until the carrot is tender.
2. Add flour and cook until frothy, gradually add the milk.
3. Add the chicken, spinach and ½ c of cheese, season to taste, remove from heat.
4. Place sheets of lasagne on bottom of dish, place the vegetable mixture evenly over top. Repeat until mix has gone, finishing with sheets on top. Mix yoghurt and eggs together. Pour over the top and sprinkle over cheese.
5. Bake for 35-40 minutes on 180 degrees Celsius.



Winter warmer

Chicken meatballs on rice



EGG
FREE



DAIRY
FREE



Preparation time:
20 minutes



Cooking time:
35-40 minutes



Serves:
5

***You can change tamarind paste for 1 TBSP of lime juice and ½ tsp sugar to reduce the sodium content in the recipe.**

You can also serve the meatballs with the home-made tomato sauce recipe (on page 56) rather than the sticky soy sauce. This will also reduce the sodium content.

To make it gluten free, use gluten free breadcrumbs and check sauces are gluten free.

Ingredients

- 800g chicken mince
 - 1 carrot, peeled and grated
 - ½ tsp sweet chilli
 - 1 tsp ginger
 - 2 tsp garlic
 - 1 tsp tamarind paste*
 - 3 sprigs spring onion
 - 2 TBSP sesame seeds
 - ½ c bread crumbs
- Sauce:**
- 2 TBSP no salt soy sauce
 - 1 TBSP honey
 - 1 TBSP rice vinegar
 - 1 tsp sesame oil

Method

1. Set the oven to 180 degrees Celsius.
2. Cut spring onion into fine rounds. Set some aside for the garnish.
3. In a bowl, mix chicken mince, prepared carrot, chilli, ginger, garlic, tamarind paste, spring onion and breadcrumbs together.
4. The mix needs to be able to hold its shape. If it is too wet, add more bread crumbs.
5. Roll into desired size.
6. Set up a frying pan with a small amount of oil. Sear off the balls until they have a nice colour. If you are cooking for under 2's, I recommend not searing off the meatballs and putting them straight in to bake. This avoids the crust forming, making them softer to eat.
7. Bake in the oven until cooked, approximately 18-20 minutes. If you have made them into large meatballs, they may take up to 35-40 minutes.
8. Cook rice and serve with soy sauce reduction, sesame seeds and spring onion.

For the sauce:

1. Put soy, honey, rice vinegar and sesame oil into a pot, reduce until the sauce coats the back of the spoon.
2. Glaze over the meat balls as desired.

Everyone loves food on a stick



Chloe's chicken parmigiana



Preparation time:
20 minutes



Cooking time:
30 minutes



Serves:
5

To make this gluten free, use gluten free flour and breadcrumbs.

Ingredients

- 3 chicken breasts, skinless
- 2 eggs beaten with a TBSP of water
- 2 c flour
- 2 c breadcrumbs
- 1 onion
- 1 carrot
- Few sprigs of thyme
- 15g butter
- 2 tsp garlic
- 2 TBSP tomato paste
- 2 cans of chopped tomatoes
- 1 ½ c grated cheese (can use a mixture of parmesan and cheddar)

Method

1. Set the oven onto 190 degrees Celsius fan bake.
2. To crumb the chicken; put the flour, breadcrumbs and eggs into 3 separate bowls.
3. Cut the chicken breast in half and then into thick strips.
4. Taking a few pieces at a time, place the chicken in the flour shake off well, then dip into egg, and then coat in the breadcrumbs.
5. To make the sauce, dice the onion and the carrot and place in a pot with the butter, thyme and garlic.
6. Once the onion is translucent, add the tomato paste, give it a mix then add the canned tomatoes, simmer on a low heat.
7. Put a frying pan on a medium heat with some oil. Sear the crumbed chicken on both sides until coloured.
8. Place into a roasting casserole dish.
9. Spoon the tomato sauce over the chicken until just covered.
10. Sprinkle cheese over the dish.
11. Bake for approximately 25 minutes, or until the chicken is fully cooked.
12. To check if the chicken is cooked, either use a temperature probe, the internal of the chicken should be at 75 degrees Celsius or take the largest piece out and slice open to check the juices are running clear and the meat is opaque.



Jaimee's chicken and pumpkin curry



EGG
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
30 minutes



Serves:
5

*How to cook perfect rice:

Place 1 ½ c rice into a pot with 3 c of water, bring to boil, reduce to a simmer and cook for 15-20 minutes.*

Useful tip: You want the sauce to be thick, buttery and orange – if yours looks a bit thin just reduce it a bit longer. Serve with roti (recipe on page 190).

Options:

- Use a spread i.e. Olivani rather than butter.
- Replace the chicken stock with water to reduce the sodium content.

Ingredients

- 500g chicken thigh
- 1 TBSP oil
- ¼ medium pumpkin skinned and diced into bite size cubes
- 1 brown onion
- 4 button mushrooms
- 2 tsp garlic
- 50g butter
- 1 tsp turmeric
- 2 tsp paprika
- 1 tsp cumin
- 1 tsp garam marsala
- ½ tsp cinnamon
- 1 tsp fresh or dried ginger
- 1 tsp curry powder
- 3 TBSP reduced salt tomato paste
- 2 cans chopped tomatoes
- 2 TBSP brown sugar
- 60g baby spinach, washed
- 650ml chicken stock
- 80ml cream or Greek yoghurt (optional)

Method

1. Firstly, prepare the vegetables. Cut the pumpkin by making a square around the core. Bang the centre of the core in with the knife or your hand. Once you have an opening in the top of the pumpkin, tilt the pumpkin on the side and use it as a lever to put the knife in and pull down. Take the opposite corner and do the same thing to cut the whole pumpkin in half. Then cut off a quarter. Skin by slicing off bits at a time, pushing the knife away from you. Once all the skin is removed, break the pumpkin down until you have bite sized pieces. Dice the mushrooms and onions, and finely slice the baby spinach.
2. Cut the chicken into pieces and sear in a hot pot or frying pan with oil.
3. Once all chicken pieces have some nice colour, add the pumpkin, onion, mushrooms and garlic with the butter. Sweat off the vegetables until the onions are translucent.
4. Mix all spices together in a bowl, add these to the chicken and the vegetables. The idea is to release the fragrances and bitterness from the spices.
5. Once cooked out, add the tomato paste, give this a bit of cooking then add the chopped tomatoes, brown sugar, baby spinach and the chicken stock. Place a lid on the pot and allow the pumpkin to cook through (approx 15 minutes). Remove the lid, give it a stir and allow to reduce by half to thicken. Finish with cream if desired.
6. Serve on rice* with a dollop of cream or Greek yoghurt.



Keep calm and curry on!

[illegible]

Vegetarian meals



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Mandeep's mediterranean pasta bake



EGG
FREE



VEGETARIAN



Preparation time:
20 minutes



Cooking time:
40 minutes



Serves:
6

**To make this gluten free,
use gluten free pasta.**

Ingredients

- 1 c eggplant diced
- 500g courgette/ zucchini diced
- 500g kumara diced
- 500g whole meal penne
- 1 tbs garlic minced
- 1 tin (800g) diced tomato
- 2 tbs tomato paste
- 1 tbs dried thyme
- 1 tbs dried oregano
- 1 tin (400 ml) cannellini beans
- ½ cup grated cheese

Salt as per taste.

Method

1. Preheat oven to 200 degrees Celsius. In a baking tray spread eggplant, courgette, kumara and drizzle with olive oil. Bake for 25 mins or until softened.
2. While the veggies are baking. Cook pasta as per the packet instructions. Drain the water.
3. Place the tinned tomatoes, garlic, herbs, tomato paste and cannellini beans into a jug. Using hand mixer process until smooth. Transfer to the pasta saucepan and add the roasted veggies and gently stir to combine.
4. Transfer the pasta mixture to a large baking tray and top with the grated cheese.
5. Bake in the oven for 10 to 15 minutes or until the cheese has melted and turned golden.

Sweet corn fritters



DAIRY
FREE



VEGETARIAN



Preparation time:
8 minutes



Cooking time:
15 minutes



Makes:
12 fritters

Once the fritters are browned, put them on a paper-lined tray to finish cooking in the oven. That way, they'll be hot and ready at the same time!

For gluten free fritters, use gluten free flour.

Ingredients

- 1 can creamed corn
- 1 can corn kernels - drained
- 2 lightly beaten eggs
- 2 c self raising flour
- ½ c cold water
- 1 finely diced onion (optional)
- Vegetable oil

Method

1. Mix all ingredients together except for the water.
2. Add water a little at a time until just mixed into a thick batter.
3. Cover the bottom of your frypan with oil and turn on medium heat. Once heated spread your fritters onto the pan to a pikelet size as they do rise and thicken while cooking. Once browned turn fritter over.
4. Lay cooked fritters onto paper towels to soak up excess oil.
5. Serve warm with your favourite relish, smoked salmon, sour cream and chives or simply on its own.

Vegetarian polenta and roasted tomatoes



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
30 minutes



Serves:
4-6

Ingredients

- 4 c vegetable stock
- 1 c polenta
- 2 TBSP butter
- 4 vine tomatoes
- Small handful of basil
- 1 large mozzarella ball
- 2 TBSP olive oil

Method

1. Set the oven to 200 degrees Celsius fan bake.
2. Cut the tomatoes in half and place on a tray. Once the oven is up to temperature, roast the tomatoes until blistered and slightly charred. Reserve all of the tomato juices. Chop the basil up roughly, keep some of the nice leaves for garnish.
3. Bring stock to the boil. While whisking, gradually pour polenta into the water. Reduce the heat to low and continue to whisk for another minute.
4. Continue to cook for another 15-20 minutes stirring every 5 minutes, making sure to scrape the bottom of the pot.
5. Remove the polenta from the heat when tender and creamy.
6. Add the butter and the spare tomato juices, mix well.
7. Dollop the polenta between plates, serve with $\frac{1}{2}$ a tomato on each, break the mozzarella ball into 4-6 portions and drizzle with olive oil. Alternatively, ensure the polenta is quite thick by cooking for longer if needed, roll into rough balls and serve mini polenta bites with some mozzarella, olive oil, a tomato and a basil leaf.

*Great little healthy bites - perfect to
brighten up any dinner party*



Nikita's simple quiche



Preparation time:
10 minutes



Cooking time:
30 minutes



Serves:
4-6

**For a gluten free quiche,
use gluten free flour.**

Ingredients

- 5 eggs
- ½ c oil
- 4 c of vegetables*
- 1 brown onion, diced
- Small handful of parsley - chopped
- 1 c self raising flour
- 1 c grated edam cheese
- 3 rashers bacon or 150g ham, diced

Method

1. Put oven on 190 degrees Celsius.
2. Beat eggs and oil well, add the vegetables.
3. Fold cheese, meat and flour into egg mix.
4. Bake in the oven until the egg is set and the top of the quiche is golden, approximately 30 minutes.

* In summer I use zucchini but when in season, you can do a mixture of the following;

- pumpkin 1 cm diced and cooked slightly
- grated carrot
- cherry tomatoes - cut in half
- baby spinach - chopped

Robin's falafel patties



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Cooking time:
10-15 minutes



Serves:
8

**Serve these as a healthy
meat alternative with a
fresh garden salad.**

Ingredients

- 1 c chickpeas in spring water, drain
- 1 large onion chopped
- 2 garlic cloves
- ¼ c fresh parsley chopped
- 1 tsp cumin
- 1 tsp coriander
- Pepper to taste
- 4 TBSP gluten free flour

Method

1. Add all ingredients into a food processor and blitz until a thick paste has formed.
2. Form the mixture into balls about the size of a golf ball.
3. Flatten into patties and fry the falafel for 5-7 minutes until golden brown.
4. Alternatively, bake in oven at 220 degrees Celsius for 10-15 minutes until golden.

Ultimate crispy potatoes



GLUTEN
FREE



VEGAN



Preparation time:
15 minutes



Cooking time:
45-50 minutes



Serves:
4-6

“There is nothing quite like good ol’ roasties. The trick is to soften them first to form the crust. A perfect side dish!”

Michelle Pratt, Director, New Shoots.

Ingredients

- 6-8 large agria potatoes
- 100 ml olive oil
- 3 tsp salt

Method

1. Peel and wash potatoes. Cut in half lengthways, then into thirds.
2. Place potatoes in a large pot and bring to boil.
3. Once the potatoes begin to boil, time for 15 minutes.
4. Set the oven to 220 degrees Celsius fan bake.
5. The potatoes should be soft and just starting to flake around the edges.
6. Drain the water and lightly shake the pot to form a fluffy crust.
7. Place potatoes onto an oven tray, rub with oil and salt.
8. Bake for 45 minutes, turning every 15 minutes to ensure an even golden glow.



Ricotta and zucchini cannelloni



GLUTEN
FREE



VEGETARIAN



Preparation time:
25 minutes



Cooking time:
30 minutes



Serves:
4-6

Alternatively use grated Edam cheese instead of mozzarella and replace the tomato puree with our home-made tomato sauce recipe on page 56.

Ingredients

- 1 ½ c frozen peas
- 2 eggs
- 1 ½ c fresh firm low-fat ricotta
- 2 c baby spinach leaves
- ¼ c chopped mint leaves
- 2 tsp lemon rind
- 1 tsp pepper
- 3-4 zucchini thinly sliced lengthways
- 2 c tomato puree
- ½ c grated mozzarella

Method

1. Set the oven to 180 degrees Celsius.
2. Rinse peas in a sieve under hot boiling water until defrosted. Drain and place in a bowl. Using a fork, mush peas. Add cracked eggs and ricotta, spinach, mint, lemon rind, and pepper. Mix well.
3. Place 1 heaped TBSP of pea mix at one end of each slice of zucchini. Roll up slices to enclose filling.
4. Pour puree into an oven dish. Put the stuffed zucchini into the dish closely together.
5. Sprinkle with mozzarella and bake for 30 minutes or until golden brown.



Amy's carrot fritters



VEGAN



Preparation time:
10 minutes



Cooking time:
10 minutes



Makes:
8-10 fritters

Ingredients

- 3 eggs
- 2 spring onions, finely sliced
- 2 tsp ground cumin
- 2 tsp crushed garlic
- ¼ c wholemeal flour
- 1 tsp baking powder
- ¼ c parsley, finely chopped
- 3 carrots, peeled and grated
- 1 TBSP olive oil
- 1 lime (optional for serving)
- 2 TBSP Greek yoghurt (optional for serving)

Method

1. Beat the eggs in a large bowl. Add the spring onion, cumin, garlic, flour, baking powder and parsley. Fold together and set aside.
2. Place the grated carrot onto a clean tea towel and squeeze the excess water out. Add carrot to egg mix and fold it through.
3. Heat olive oil in a non-stick fry pan over medium heat. Using a tablespoon, spoon out the mixture and add to the fry pan. Cook the fritters for 3-4 minutes on each side or until golden. Serve fritters with Greek yoghurt and a squeeze of lime juice if desired.



Roasted pumpkin wedges



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4

A great roast dinner accompaniment.

Alternatively, remove the feta from this recipe to reduce sodium.

Ingredients

- 1 pumpkin
- ¼ c sunflower seeds
- 10g feta
- 10g flat leaf parsley

Method

1. Set oven to 220 degrees Celsius fan bake.
2. Prepare pumpkin by cutting a square around the top of the core.
3. Smack the core in using the back of the knife.
4. Use the hole as an anchor point, pulling down from the corner. Repeat on the other side.
5. Remove seeds and string from one half of the pumpkin.
6. Carefully cut into wedges about 1.5cm thick.
7. Place on a baking tray and roast for 20 minutes.
8. Check softness by using a fork.
9. Once cooked, place nicely on a platter or plate and garnish with feta, sunflower seeds and flat leaf parsley, serve.

Notes

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Brussel sprout salad



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4-6

Ingredients

- 500g brussel sprouts
- 150g baby spinach
- 2 TB oil
- 2 tsp garlic
- ½ tsp ginger
- 60g grated cheese (can use parmesan, Edam is recommended)

Method

1. Wash brussel sprouts and spinach, dry thoroughly.
2. Slice the core off the end of the brussel sprouts and remove the outer leaves. Cut in half.
3. Boil a pot of water, once water is boiling. Blanch brussel sprouts for 1 ½ minutes in hot water then cool under cold water to stop the cooking process.
4. Place a pan on the stove, heat the oil.
5. Once hot, put the garlic and ginger into the oil with the well drained brussel sprouts. Just let them sit there without moving to create blisters and charring. Place cheese over them.
6. Remove from the heat and stir in spinach briefly then serve straight onto a platter.



Easy chicken salad



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
10-15 minutes



Serves:
4

Ingredients

- 3-4 slices of wholemeal gluten free bread
- 2 TBSP oil
- 2 thyme leaves
- 4 eggs
- 1 Cos lettuce or fancy lettuce
- 1 c cherry tomatoes
- 60g parmesan
- 1 avocado
- 1 red onion
- ½ c aioli (see page 55)
- Cracked pepper
- 2 chicken breasts cut into strips mixed with 2 tsp cajun seasoning, 2 tsp cumin, and 1 tsp paprika (disregard if you are after a vegetarian caesar salad).

Method

1. Put oven onto 200 degrees Celsius fan-bake.
2. Slice bread into bite sized cubes. Once the oven is up to temperature, drizzle with oil and thyme and toast for 5 minutes or until crunchy and golden.
3. Boil a pot of water. Once boiling, place in eggs and cook for 7 minutes, rinse under cold water and peel.
4. Prepare the lettuce by rinsing thoroughly. Slice into 2cm strips and set aside. Cut the cherry tomatoes into halves. Grate the parmesan either finely or, using a peeler, carefully grate ribbons. Cut the avocado into wedges or diced. Slice the red onion finely.
5. To put the salad together: place lettuce in a bowl, top with cherry tomatoes, croutons, onion and boiled eggs cut in half. Place the avocado and parmesan over the top. Drizzle aioli over the top and finish with cracked pepper. Add chicken if desired.
6. To cook chicken, rub in cajun, cumin and paprika, place on a tray and roast until chicken is cooked (12 minutes).



Sandra's roasted vegetable salad



EGG
FREE



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
30 minutes



Makes:
Large side for a BBQ

Honey, wholegrain mustard, apple cider vinegar oil and salt and pepper makes for a nice home made vinaigrette

Tracey, Centre Director,
New Shoots Hamilton.

Ingredients

- 2 beetroot
- 2 carrots
- ½ pumpkin
- 1 onion red
- 125g baby spinach
- 2 TBSP sunflower seeds
- 60g feta
- 2 TBSP oil
- Salt and pepper to taste

Method

1. Set the oven onto 210 degrees Celsius fan bake.
2. Prepare the vegetables by peeling, rinsing and cutting into bite sized shapes that are similar in size. The beetroot needs to be a bit smaller than the rest to cook evenly. Season with salt and pepper and rub over oil.
3. Bake for approximately 30 minutes.
4. Use a knife to check that it is soft.
5. Once soft, either let it cool or serve hot.
6. Before serving, mix baby spinach through it.
Place on a platter or in a bowl and top with more baby spinach, sunflower seeds and crumbled feta.

Useful tip: did you know by using fan bake rather than bake it removes the moisture from the oven to give your food more colour and crunch? This is ideal for this salad because it prevents the beautiful fresh vegetables from turning to mush.



Potato salad



GLUTEN
FREE



DAIRY
FREE



Preparation time:
15 minutes



Cooking time:
15 minutes



Serves:
4-6

Ingredients

- 700g potatoes (can use mini red potatoes, these don't require peeling), peeled and diced into bite sized cubes
- 300g bacon diced (optional)
- $\frac{3}{4}$ c aioli
- 1 TBSP wholegrain mustard
- 2 tsp sugar
- 1 tsp cracked pepper
- 2 spring onions finely sliced
- 1 red onion diced

Method

1. Boil the potatoes until tender.
2. Cook the bacon in a pan or in the oven until crispy. Drain bacon on a paper towel.
3. Mix together aioli, mustard, sugar and pepper to form the dressing.
4. Mix the potatoes, dressing, bacon and onions together in a large bowl. Cover and chill for an hour before serving.

Chickpea salad



GLUTEN
FREE



VEGETARIAN



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
4-6

Ingredients

- 1 tbs olive oil
- 1 onion diced
- 2 cloves garlic minced
- ½ green capsicum
- ½ red capsicum
- 2 fresh tomatoes chopped
- 2 cans chickpea (400g each) rinsed
- 2 tbs lemon juice
- ¼ cup of fresh coriander chopped
- 2 tbs garam masala
- 1 tbs turmeric
- 1 tbs salt
- 1 tbs pepper

Method

1. Heat olive oil in a pot, add onion and cook until onion becomes translucent and begins to brown, about 5 mins.
2. Add garlic, green chili and capsicum over medium heat until fragrant about 5 mins.
3. Add garam masala, turmeric, salt, pepper.
4. Add tomatoes, chickpea and a little bit of water.
5. Stir gently all together and cover with a lid on medium heat. Add more water if required, stirring occasionally for 10 mins.
6. Remove lid, reduce heat to low, add in the lemon juice and chopped coriander.
7. Serve.

Jo's chorizo pasta salad



Preparation time:
20 minutes



Cooking time:
10 minutes



Serves:
6

You can make this gluten free with gluten free penne.

Ingredients

- 375g dried penne pasta
- 1 large chorizo, skin removed and diced
- 6 cherry tomatoes cut in half
- 80g feta crumbled
- Basil pesto (recipe can be found on page 51)
- 1 red onion diced
- 1 spring onion, cut into rounds
- 125g bag baby spinach, roughly cut

Method

1. Boil large pot of water. Once boiling, add pasta and cook for 8 minutes or until soft. Once cooked, drain and run under cold water to stop the pasta from over cooking and breaking up.
2. Prepare all ingredients and put all into a bowl except the feta. Add the cooked and cooled pasta and mix well.
3. Once mixed well, put onto a platter or into a serving bowl, garnish with feta over the top.
4. Serve.

The chorizo sausage can be swapped out for any other typer of meat, even vegetarian sausages.



Kumara and quinoa salad



GLUTEN
FREE



VEGAN



Preparation time:
20 minutes



Cooking time:
20 minutes



Serves:
5

Use water rather than stock to make it sodium safe for children.

Ingredients

- 2 medium kumara, bite sized diced pieces
- 1 ½ TBSP olive oil
- 1 c raw quinoa
- 2 c water or vegetable stock
- 125g bag baby spinach
- 1 large avocado, diced
- ⅓ c dried cranberries
- 8 cherry tomatoes sliced in half
- 1 red onion diced

Lemon Vinaigrette

- 4 TBSP balsamic vinegar
- 2 TBSP wholegrain mustard
- ½ tsp dried oregano
- Small bunch fresh basil
- 1 tsp crushed garlic
- ½ c olive oil
- 1 large lemon (3 tablespoons juice)

Method

1. Preheat oven to 200 degrees Celsius fan bake. Toss the kumara with oil and pepper on a tray, roast until soft.
2. Rinse the quinoa and put into a pot. Add water or stock. Bring to a boil, reduce heat to low, cover and cook for 15 minutes or until the water has completely absorbed in the quinoa. Turn off the heat and let stand covered for 5 minutes. After 5 minutes, remove the lid and fluff the quinoa gently with a fork. Set aside. Toss the cooked quinoa and kumara in a large bowl. Allow to cool.
3. Meanwhile, prep the dressing. Whisk the balsamic vinegar, wholegrain mustard, dried oregano, basil, garlic, and pepper together in a small bowl.

Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar or cup and store in the fridge while you finish the salad.

Chop spinach and add to the salad along with the avocado, cranberries and the tomatoes. Toss everything together. Garnish with fresh basil. Toss with dressing and enjoy.

Lee's tomato soup



EGG
FREE



GLUTEN
FREE



VEGETARIAN



Preparation time:
15 minutes



Cooking time:
40 minutes



Serves:
8-10

We recommend replacing stock with water to make it sodium-safe for children, and to replace butter with spread such as Olivani.

Ingredients

- 8 fresh tomatoes, eye removed
- 4 fresh garlic cloves
- 1 tsp pepper
- 2 TBSP olive oil
- 20g butter
- 1 brown onion, diced
- 1 carrot peeled and diced
- 4 tsp fresh thyme leaves
- 2 cans chopped tomatoes
- 800ml vegetable stock

Method

1. Turn oven onto 220 degrees Celsius fan bake.
2. Place tomatoes and garlic cloves on a roasting dish with pepper and olive oil. Mix everything together.
3. Roast for 10-12 minutes until tomatoes have softened.
4. Melt butter in a large pot. Sauté onion, carrot and thyme until the onion has become translucent.
5. Add the roasted tomatoes and the canned tomatoes to the pot, mix well and then add the stock.
6. Cook on a low heat for approximately 25 minutes to release flavours and to allow the carrot to soften.
7. Using a stick blender, puree until the soup is smooth. Serve with a toasted cheese sandwich or garlic bread.

Broccoli salad



GLUTEN
FREE



DAIRY
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
5

Ingredients

- 2 broccoli heads
- 2 red onions, diced
- ½ c cranberries (save a few for garnish)
- 2 sprigs spring onion (save a few for garnish)
- 300g bacon, diced

Dressing:

- 1 c mayonnaise
- 3 TBSP apple cider vinegar
- 2 tsp honey
- Salt and pepper to taste
- 1 TBSP lemon juice
- 3 tsp wholegrain mustard

Method

1. Cut the broccoli into bite sized pieces, the stem can also be used by dicing a similar size. Dice the red onion, spring onion and bacon.
2. Boil a large pot of water, once boiling add the broccoli for 4 minutes until it is fluorescent green and a knife isn't resisting when prodded. Immediately drain the boiling water and run under cold water to "refresh" the broccoli which stops the cooking process. Once it is cold, thoroughly dry the broccoli to avoid the dressing going watery.
3. Fry the bacon in a pan with some oil. Drain the bacon on a paper towel.
4. To make the dressing put all ingredients into a bowl and mix well. Combine salad ingredients to the dressing and toss.
5. Once all is combined, place onto a platter or a serving bowl and garnish with spare cranberries and spring onion. Remember: the broccoli is the hero of the salad, treat it with love to maintain its glorious fluorescent colour once cooked. This recipe is the ideal salad all year round. Serve with a roast meal, a steak or with meat off the BBQ!



Michelle's pumpkin soup



EGG
FREE



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
30 minutes



Serves:
5

Options:

- **Replace stock with water to make it sodium-safe for children.**
- **Swap cream for lite coconut milk and reduce by half.**
- **Roast the pumpkin whole and once soft, peel the skin off with a spoon.**

Ingredients

- 1 large pumpkin cut into chunks
- 2 TBSP oil
- 1 tsp cracked pepper
- 3 tsp crushed garlic
- 1 brown onion diced
- 2 tsp paprika
- 1 tsp cajun seasoning
- 2 tsp cumin
- 500ml chicken stock or vegetable stock
- 100ml fresh cream or coconut cream
- 2 TBSP green pumpkin seeds (optional)

Method

1. Pre heat the oven to 210 degrees Celsius fan bake. Place the cut pumpkin on an oven tray and rub with oil, and pepper. Roast for 20 minutes or until soft.
2. In a large pot, sweat garlic and onion. Once the onion is translucent, add paprika, cajun and cumin to remove bitterness and release fragrances. Add roasted pumpkin and mix well. Reduce the heat and add stock. Cook for 8 minutes on medium heat. Blitz soup and return to a low heat.
3. Finish with cream if desired and serve with pumpkin seeds on top.



The versatile coleslaw



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Serves:
4-6

For a more colourful salad option add some sweetcorn to the salad.

Ingredients

- 350g vermicelli noodles
- 2 carrots shredded
- 2 cucumbers seeded and shredded
- 4 spring onions chopped
- 1 c mung beans
- ½ c chopped coriander
- 2 TBSP fish sauce
- ½ c rice wine vinegar
- 3 TBSP sugar
- 3 tsp crushed garlic
- 1 lime, juice and zest

Method

1. Soften the vermicelli noodles in a large bowl by covering with boiling water and soaking for 3-4 minutes or until tender. Rinse under cold water, drain, and add to a large bowl. Add the shredded carrots, cucumbers, spring onions, mung beans and coriander to the noodles.
2. In a glass jar fitted with a lid or a bowl, mix together the fish sauce, rice vinegar, sugar, lime zest and garlic and pour $\frac{3}{4}$ of the dressing over the noodles and toss to coat. Sprinkle with more coriander and spring onion and a squeeze of lime if desired. Salad can be made ahead and refrigerated overnight, however if making ahead, add the coriander just before serving.



Vegetable and bacon hock soup



EGG
FREE



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
2 hours 45 minutes



Serves:
6-8

This recipe is such a winter warmer, it is filling and delicious.

Ingredients

- 2 carrots, peeled and diced
- 2 brown onions, diced
- ¼ pumpkin, peeled and diced
- 3 kumara, peeled and diced
- 3 potatoes, peeled and diced
- 3 L water
- 1 bacon hock
- King Vegetable soup mix (hearty veg low salt, gluten free options available)

Method

1. Place all vegetables, bacon hock and water into a pot.
2. Simmer for 2 hours on a low heat. (If using a slow cooker, simmer for 8 hours).
3. Remove the hock and carve meat off of the bone.
4. Place meat back into pot and discard bone. Add the soup mix and cook for another 45 minutes. (for slow cooker, cook the soup mix for 2 hours).
5. Serve with crispy wholemeal bread.

Notes

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Fish / bacon meals

**Born
to play**

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Crispy salmon with pomegranate and cucumber salad



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
10 minutes



Serves:
4

Ingredients

Vinaigrette

- 1 tsp apple cider vinegar
- 1 tsp wholegrain mustard
- 1 tsp honey
- 1 tsp boiling water

Salad

- 1 cucumber
- 1 spring onion
- 1 carrot
- Handful of pomegranate seeds

Salmon

- 4 salmon fillets
- 2 TBSP olive oil
- Salt and pepper

Method

1. Firstly, make the vinaigrette: mix together apple cider vinegar, mustard, honey and boiling water.
2. Using a wide peeler, carefully peel cucumber to form ribbons. Cut spring onion into thin slices.
3. Repeat step 2 with carrot. Place cucumber, carrot and spring onion into a bowl and toss with vinaigrette.
4. Heat an oven proof fry pan with oil. Once hot, place salmon skin side down in the pan.
5. Once the skin has become crispy (approx. 4 minutes), place pan into the oven and bake for 10 minutes until salmon has cooked through fully.
6. Serve on plate with salad on the bottom, salmon on the top, pomegranate seeds and if you're after something else, find the basil pesto recipe on page 51.



Gluten free quinoa quiche



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
40 minutes



Serves:
5

Ingredients

- 1 ½ c quinoa
- 2 tsp olive oil
- 3 slices ham, diced
- 1 medium onion chopped finely
- 1 medium zucchini, grated
- 1 medium carrot, peeled and grated
- 1 c chopped baby spinach
- 5 eggs, beaten
- 1 c grated Edam cheese
- 1 ½ tsp Dijon mustard
- 250g cherry tomatoes

Method

1. Preheat the oven to 180 degrees Celsius bake. Grease a square cake tin or a ceramic dish with greaseproof and spray oil.
2. Rinse the quinoa in a sieve. Place it in a pot with 1 ½ c water and bring to the boil, once boiling, reduce the heat to low, cook covered for 15 minutes. Drain and cool slightly.
3. Heat oil in nonstick frying pan. Cook the ham and onion until the onion is translucent. Add zucchini and carrot, cook stirring for 3 minutes or until softened. Place quinoa in a large bowl, add remaining ingredients including cooked vegetables, except tomatoes. Stir until combined. Pour mix into pan, smooth the top. Press tomatoes on top. Bake slice for 40 minutes or until browned and firm to touch. Cool in pan. Cut into slices and serve.

Sandra's frittata



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
30 minutes



Serves:
4

“My Mum Jane’s go-to staple was always a frittata on a Monday night when there were always plenty of leftovers. The tasty dish covers all of the food groups and is easy to whip up after a busy day.”

Eliza, chef, New Shoots

Ingredients

- 1 brown onion, diced
- 2 handfuls of leftover or fresh meat i.e. roast beef or lamb, chicken pieces, sausages, bacon (optional)
- 2 c cooked, diced vegetables i.e. potatoes, kumara, carrots, courgettes or frozen veg
- 6 eggs
- ½ c milk
- ½ c grated Edam cheese

Method

1. Preheat the oven to 160 degrees Celsius fan bake. Heat a frying pan which can go in the oven. Cook off the onions until soft.
2. Add the meat and vegetables, toss to mix.
3. Reduce the heat and allow vegetables and meat to cook through.
4. Whisk eggs and milk together. Season with salt and pepper. Pour over the meat and vegetables.
5. Scatter cheese and bake for 25-30 minutes until eggs are cooked and the top is golden.

Bacon, egg and vegetable pie



Preparation time:
30 minutes



Cooking time:
1 hour 30 minutes



Serves:
4-5

Ingredients

- 1 kumara, peeled and diced
- 2 potatoes, peeled and diced
- $\frac{1}{8}$ pumpkin, peeled and diced
- $\frac{1}{2}$ brown onion, peeled and diced
- 4 rashers bacon, cut into pieces
- 1 handful button mushrooms, sliced
- 2 handfuls baby spinach
- 8 eggs
- 3 TBSP milk
- 2 TBSP ricotta
- 2 sheets puff pastry
- 3 TBSP oil

Method

1. Preheat oven to 180 degrees Celsius bake.
2. Pull pastry out of the freezer.
3. In a roasting pan place kumara, potato and pumpkin with a splash of olive oil and roast for 30 minutes or until tender.
4. In a frying pan cook the onion until translucent, then add bacon and mushrooms and cook for a further 2 minutes. Add spinach and leave to cool.
5. Line an ovenproof dish with the pastry; prick the base with a fork. Add the roast vegetables, mushrooms, and bacon mix. Dollop on ricotta. Whisk eggs and milk and pour over the pie. Put lid of pastry on, and bake for 45 minutes - 1 hour.



*Leave the bacon and make
it a full vege feast*

Raw fish



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
15 minutes



Marination time:
Overnight



Serves:
6

Fish provides fantastic healthy fat called Omega 3. It helps to function children's developing brain, vision, and nervous system. This healthy, delicious recipe is a great alternative to fried fish.

“Having keen fishermen in the family means we have a constant influx of fresh snapper. When we have had enough of crumbed fish, we turn our beautiful fresh snapper into raw fish. It is super healthy and getting children into this kind of tucker showcases our beautiful kai moana of New Zealand.”

Leanne, New Shoots Whenuapai

Ingredients

- 500g fresh fish, best to use is snapper
- 4 c white vinegar
- 2 lemons
- 1 brown onion
- 60g fresh ginger, peeled
- 1 bunch spring onion only the leaves
- 2 mild chillies (optional)
- 1 can of coconut cream
- 1 tsp salt

Method

1. The night before serving raw fish, wash and cut fish into 3cm by 3cm cubes. Place in a bowl and pour over vinegar and the juice of 1 lemon. Make sure the fish is fully submerged in vinegar. This is the ‘cooking’ process for the fish, as the acidity helps to cook it. Soak overnight.
2. The next day, squeeze all of the liquid out of the fish and place into a fresh bowl.
3. In a blender, whiz the ginger and the brown onion together until it is all finely chopped. Prepare the spring onion by washing well and cutting the leaves into thin rounds and finely chop the chillies.
4. Add the blitzed ginger, onion and chillies to the fish. Mix well then add the spring onion and 1 can of coconut cream, sugar, salt to taste, and the juice of the second lemon. Serve.

Leanne's pineapple and prawn fried rice



GLUTEN
FREE



DAIRY
FREE



Preparation time:
20 minutes



Cooking time:
10-15 minutes



Serves:
4-6

“Having the ability to awaken the children's senses to new colours, flavours, and textures with my pineapple fried rice is all part of their fantastic journey to food discovery.”

Leanne, New Shoots Whenuapai

Ingredients

- 200g prawns
- 3 to 4 eggs, lightly beaten
- 3 TBSP oil
- 1 onion diced
- 1 carrot peeled and grated
- 3 TBSP crushed garlic
- 3 c finely sliced cabbage
- 1 c of frozen peas or corn
- ½ tsp turmeric
- ½ tsp coriander
- 1 tsp curry powder
- 2 lime leaves or lemon leaves
- 5 c of cooked rice
- 1400g can pineapple chunks drained the juice

Rice sauce

- 2 TBSP sweet chilli sauce
- 2 tsp fish sauce
- 2 TBSP gluten free soy sauce
- 1 tsp sesame oil

Method

1. Heat the oil in a frying pan and scramble the eggs, remove.
2. Fry all the vegetables for 5 minutes, or until soft and then remove.
3. Mix the rice with the sauce ingredients. Add more oil to the frying pan and cook the spices for 30 seconds. Once the spices are fragrant, add the rice and pineapple and stir fry 5 minutes, heat thoroughly and then toss through the cooked vegetables, egg and season.

Fish fingers



DAIRY
FREE



Preparation time:
10 minutes



Cooking time:
15 minutes



Serves:
4

Ingredients

- ½ c breadcrumbs
- 1 tsp dried mixed herbs
- Salt and pepper
- ⅓ c flour
- 2 eggs
- 450g fresh hoki

Method

1. Preheat the oven to 220 degrees Celsius.
2. Place the breadcrumbs, mixed herbs, salt and pepper into a shallow bowl. In a second bowl place the flour and in a third bowl place the eggs and beat them lightly with a fork and a TBSP of water.
3. Prepare the fish into finger length portions.
4. Take a piece of fish, coat it in flour, dip it in the egg and then roll it through the breadcrumb mixture. When it is fully coated place it into the baking tray and repeat.
5. Bake in the oven for 12-15 minutes or until the fish has fully cooked and the outside is golden brown.
6. Serve immediately with freshly steamed/boiled broccoli or mashed kumara, or versatile coleslaw on page 156.

Tania's seafood chowder



EGG
FREE



Preparation time:
10 minutes



Cooking time:
20 minutes



Serves:
6

Ingredients

- 70g butter
- ¼ c flour
- 2 ½ c milk
- 2 ½ c fish or chicken stock
- ½ c cream
- 1 brown onion
- 4 tsp crushed garlic
- 250g raw fish i.e. monkfish, snapper, tarakihi, hapuka cut into bite sized chunks
- 250g raw prawns
- 200g flaked fish or salmon
- 1 tsp lemon juice
- ¼ c chopped parsley

Method

1. Heat butter in a large saucepan over medium heat. Cook the onion and garlic until translucent.
2. Stir in the flour and cook.
3. Stir in ½ cup of the milk, stirring continuously to avoid lumps forming. Gradually add the rest of the milk, then the stock and cream. Simmer for about 10 minutes, stirring often, until slightly thickened.
4. Add raw fish, prawns and smoked fish and continue to simmer until fish is cooked through. Season with pepper and lemon juice. Stir in parsley.
5. Serve with wholemeal bread.

Mac and cheese



DAIRY
FREE



EGG
FREE



Preparation time:
5 minutes



Cooking time:
15 minutes



Serves:
6

For a vegetable cauliflower version, finely chop half a cauliflower into small florets. Boil until soft. Drain well and add to the tomato mix when cooking the macaroni. It can even be substituted for the macaroni elbows if desired, just be sure to use the whole cauliflower.

This is the ultimate comfort food for busy mums and children in need of feeding quickly! Mum could whip this up in 20 minutes flat - including prep time, and it never failed to fill our hungry tums after a busy day at school or play. All cooked in a frying pan with tomato and cheesy goodness, add a slice of bread with a bit of butter if you're feeding extras and need it to go a bit further. Happy days!

Make it gluten free by using gluten free pasta.

Ingredients

- 1 brown onion, diced
- 1 can diced tomatoes
- 2 c macaroni elbows
- 300g sliced Edam cheese pieces
- 4 rashers middle bacon, rind removed and diced, or ham (optional)

Method

1. Boil a large pot of water with a pinch of salt. Once boiling, add the macaroni elbows or penne and cook for 8-10 minutes or until al dente.
2. Once the pasta is cooked, drain and set aside.
3. Dice and fry the onions and bacon in a large frying pan. Once sautéed, add the tomatoes and allow the liquid to reduce slightly.
4. Add the pasta to the tomato mix. Once fully mixed in, reduce heat to low and place slices of cheese over the top of the whole dish.
5. Place the lid on the top and allow the cheese to fully melt 8-10 minutes.
6. Serve macaroni cheese with fresh vegetables.



Kerry's pizzas!



DAIRY
FREE



EGG
FREE



Preparation time:
3 hours



Cooking time:
10-12 minutes



Makes:
5 pizzas

Ingredients

- 2 c warm water
- 2 tsp yeast
- 2 tsp sugar
- 2 tsp salt
- 2 TBSP olive oil
- 5 c flour

Method

1. Mix water, yeast and sugar together. Set aside to allow the yeast to bubble.
2. Mix the oil in a bowl with the flour and salt.
3. Add the yeast mix to the flour.
4. Knead the dough for 5-8 minutes. Break the dough into 5 even balls. Cover and set aside for 2 hours somewhere warm.
5. Set oven to 220 degrees Celsius fan bake.
6. Flour bench and place a dough ball onto it. Using a rolling pin, evenly roll out until desired pizza shape is formed.
7. Place dough onto a greased tray and add toppings, cook for 10 minutes or until golden brown.

Pizza topping combos;

- 600g cooked Lamb mince with 2 tsp cumin seasoning, ¼ c Greek yoghurt, bunch mint leaves finely chopped, 1 c grated cheese.
- 300g fat free salami, 6 sliced black olives, 1 c grated cheese, ¼ c diced mushrooms
- ½ c fresh basil, ½ c cherry tomatoes sliced in half, 1 egg cracked in the centre before cooking, 1 c grated cheese.
- 400g sliced ham, 1 c sliced mushrooms, 1 c grated cheese, handful crushed pineapple.

Traditional macaroni cheese



EGG
FREE



Preparation time:
15 minutes



Cooking time:
15-20 minutes



Serves:
6

A fantastic, easy dish that's sure to satisfy little bellies.

For macaroni with a difference, try adding mashed pumpkin, cauliflower and carrot. You can also add some sautéed garlic, courgettes and leeks.

Ingredients

- 325g macaroni elbows
- 50g butter
- 400g diced bacon or ham
- 1 brown onion, diced
- 50g flour
- 600ml hot milk
- 2 tsp wholegrain mustard
- 1 tsp salt
- 1 TBSP cracked pepper
- 2 c grated Edam cheese
- $\frac{3}{4}$ c wholegrain breadcrumbs

Method

1. Boil pot of water and cook macaroni elbows until soft. Drain.
2. Melt butter in another pot, cook onion and bacon/ham in butter until translucent.
3. Add flour to the butter and cook out quickly.
4. Gradually add milk using a whisk, beat well after adding to prevent lumps.
5. Keep adding milk until a nice sauce consistency has formed, add a little more, thin it out slightly if desired. Add macaroni to sauce.
6. Season with salt, pepper, wholegrain mustard and $\frac{1}{2}$ c of the cheese.
7. Pour into an oven dish and sprinkle over cheese and breadcrumbs. Bake at 200 degrees Celsius for 15 minutes or until the cheese is golden.

Loreen's prawn and coconut curry



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
10-15 minutes



Serves:
5

Ingredients

- 2 TBSP oil
- 2 diced brown onions
- 3 tsp garlic
- 3 tsp mustard powder
- 2 tsp curry powder
- 1 tsp turmeric powder
- 3 tsp crushed ginger
- 400g can lite coconut cream
- ½ c shredded coconut
- 400g can chopped tomatoes
- 2 tsp tamarind paste
- 1 lemon juiced
- 1 TBSP brown sugar
- 600g prawns, raw shelled

Method

1. Heat oil in a frying pan on medium heat. Cook onion for a few minutes or until golden. Add garlic, mustard, curry powder, turmeric and ginger and continue cooking for 2 minutes, stirring constantly, until spices are fragrant.
2. Stir in coconut milk, shredded coconut, tomatoes, tamarind paste, lemon juice and sugar. Simmer for about 8-10 minutes to allow sauce to reduce slightly.
3. Add prawns and continue to cook for about 5 minutes or until prawns are just cooked through. Season to taste with pepper.
4. Garnish with some toasted shredded coconut, serve with rice.

Notes

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Beef / lamb meals

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Roast lamb



DAIRY
FREE



EGG
FREE



GLUTEN
FREE



Preparation time:
5 minutes



Cooking time:
30 minutes



Resting time:
30 minutes



Serves:
6-8

Ingredients

- 2 TBSP olive oil
- 1 TBSP salt
- 1 TBSP pepper
- 4 sprigs of rosemary
- 1 medium sized roasted lamb leg, bone in or rolled
- 6 cloves garlic

Method

1. Bring the lamb up to room temperature by removing from the fridge 30 minutes before preparation.
2. Preheat the oven or BBQ to 190 degrees Celsius.
3. Rub the salt, pepper and oil over the lamb leg. Cut slits in lamb, poke in rosemary stalks, leaves and garlic.
4. Cook 30 minutes at 180 degrees Celsius per 500g of lamb and 30 minutes resting. Makes the perfect roast.



Eliza's shepherd's pie



EGG
FREE



GLUTEN
FREE



Preparation time:
20 minutes



Cooking time:
40 minutes



Serves:
5

You can replace stock with water to make it sodium-safe for children and use Olivani instead of butter.

Ingredients

- 1kg lamb mince (for a cottage pie use beef mince)
- 1 brown onion, diced
- 2 carrots peeled and diced
- 1 TBSP reduced salt tomato paste
- 400g can chopped tomatoes
- 250 ml beef stock
- 2 TBSP fresh parsley
- Topping
- 1.2kg floury potatoes i.e. agria peeled and diced
- 200ml milk
- 25g butter
- 1 tsp paprika
- 1 c grated edam cheese

Method

1. Preheat oven to 190 degrees Celsius bake.
2. In a large pan, cook the onions and carrots. Add the mince and cook until all broken up. Add the tomato paste, mix well and then add the tomatoes and stock. Reduce heat and prepare the mashed potatoes.
3. Boil a pot of water and cook potatoes until soft.
4. Drain water and mash with milk, butter and paprika.
5. Pour the mince into a pyrex dish and then spoon over the mashed potato until it covers the top of the mince.
6. Use the back of the spoon to form peaks on the potato. Sprinkle with cheese and bake for 20 minutes or until the potato is golden.

Val's lamb burgers



GLUTEN
FREE



Preparation time:
15 minutes



Cooking time:
15-20 minutes



Makes:
4-5 buns

Use our home-made tomato relish recipe rather than a store bought one as they tend to be higher in sugar.

Ingredients - Pattie

- 600g lamb mince
- ½ large onion, diced
- 1 garlic clove crushed
- 1 egg lightly beaten
- ½ c fresh mint finely chopped
- 1 TBSP rosemary leaves finely chopped
- 1 TBSP reduced salt tomato paste
- 1 TBSP oil
- Zest of 1 lemon

To serve

- 4-5 gluten free buns
- Tomato relish or sauce (find my home-made tomato relish recipe on page 52)
- Lettuce leaves, rinsed
- Tinned beetroot
- 1 red onion finely sliced
- 4-5 fried eggs
- 2-3 tomatoes sliced
- ¼ c aioli mixed with mint leaves

Method

1. Preheat oven to 180 degrees Celsius. Mix all pattie ingredients together in a bowl. If the consistency won't hold its shape, add a ¼ cup gluten free breadcrumbs. Roll into balls and flatten using palms of hand. Place onto tray and bake for 15-20 minutes until the lamb is cooked.
2. To assemble, spread aioli onto both sides of buns. Place lettuce on bottom, pattie, relish, fried egg, beetroot, onion and lid. Enjoy!

Tim's lamb pita pockets



EGG
FREE



Preparation time:
15 minutes



Cooking time:
10-15 minutes



Serves:
4

**For a healthier option,
omit any extra salt.
To make it gluten free,
use gluten free pita
breads and breadcrumbs.**

Ingredients

- ½ c grated carrot
- ⅓ c wholemeal breadcrumbs
- 350g lamb mince
- 2 TBSP finely chopped mint
- 1 TBSP honey (optional)
- 1 tsp crushed garlic
- 1 tsp ground cumin
- Salt and pepper
- 1 TBSP olive oil
- 6 mini wholemeal pita pockets (gluten free if needed)
- ¾ c reduced fat thick Greek yoghurt with
½ grated cucumber added.
- ½ cucumber finely chopped.

Method

1. Place carrot in a large bowl. Using the back of a spoon, squeeze out the juices. Add breadcrumbs to absorb juices.
2. Add lamb, mint, honey, garlic, cumin, salt and pepper. With clean hands or a spatula, mix everything together.
3. Shape 1 heaped TBSP into an oval shaped ball.
4. Heat oil in a pan. Cook lamb in pan for 3-4 minutes or until golden brown and cooked through. Or bake in oven at 180 degrees Celsius for 10-15 minutes until cooked through.
5. Place lamb into pita pocket, put yoghurt and cucumber slices on top. Serve.



Beef and lentil crock pot stew



EGG
FREE



DAIRY
FREE



Preparation time:
20 minutes



Cooking time:
8 hours



Serves:
4-6

Ingredients

- 1 tsp paprika
- 1 tsp cumin
- 1 tsp oregano
- 3 tsp thyme
- ½ c flour (use gluten free when needed)
- 1 kg premium stewing beef diced
- 4 TBSP canola oil
- 2 ½ c reduced salt beef stock
- 2 ½ c water
- 2 carrots, grated
- 2 tsp crushed garlic
- 2 onions, chopped
- 2 tomatoes, diced or 1 tin chopped tomatoes
- 1 potato, peeled and diced
- 1 c brown lentils
- 2 TBSP reduced salt soy sauce (use gluten free when needed, brand Kikkoman)
- 1 handful of bay leaves

Method

1. Heat a pot with oil. Put the paprika, cumin, oregano, thyme and flour into a bowl.
2. Mix the beef around in flour and sear off in the hot oil.
3. Once all meat is seared off, put into the slow cooker.
4. Deglaze the pan with stock then add to the slow cooker with all remaining ingredients.
5. Slow cook on low over night or for a minimum of 8 hours.
6. Skim all visible fat and remove bay leaf before serving. Serve with rice or mashed potato.

Beef quesadillas



EGG
FREE



GLUTEN
FREE



Preparation time:
10 minutes



Cooking time:
25 minutes



Serves:
4

You can serve this with a dollop of Greek yoghurt, guacamole, or slices of avocado.

Ingredients

- 1 TBSP oil
- 1 brown onion, diced
- 1 carrot, peeled and grated
- 500g beef mince
- 1 tsp garlic
- 1 tsp cumin powder
- 1 TBSP gluten free soy sauce
- 1 tsp paprika
- 1 400ml can of mixed beans or Mexican beans
- ½ a 400ml can of tomato puree or our home-made tomato relish or sauce
- Small tortillas or wraps (can use gluten free)
- 1 c grated cheese

Method

1. Heat a frying pan with a dash of oil. Cook the onion and carrots until translucent.
2. Add the mince until broken up and cooked through.
3. Add the garlic, cumin, soy sauce and paprika and cook out for a couple of minutes, add the beans and tomato puree.
4. Keep cooking until the sauce has reduced to a thick consistency, season to taste.
5. Set a second frying pan on a low heat, place the tortilla on the pan once hot.
6. Put a moderate amount of the mince over half of the tortilla leaving a 1cm gap around the edge. Sprinkle some cheese over the mince.
7. Flip the other half of the tortilla over the mince.
8. Once the tortilla has some colour, flip and colour the other side. Cut in half and serve.

Nik's massaman curry



EGG
FREE



DAIRY
FREE



Preparation time:
15 minutes



Cooking time:
8 hours



Serves:
6-8

**To reduce salt and spice,
replace the beef stock with
water and use half of the
massaman paste sachet.**

Ingredients

- 600g beef steak diced
- 300g potatoes diced
- 200g diced carrots
- 1 brown onion roughly diced
- 210g massaman Thai curry paste
- 2 TBSP flour
- 2 c beef stock
- 400ml coconut cream
- 2 TBSP fish sauce
- 1 TBSP lemon juice
- 1 TBSP brown sugar

Method

1. Rub the meat in the flour and place in crockpot with everything else.
2. Cook on low for a minimum of 8 hours. Serve with rice.



Roti - the perfect curry condiment



EGG
FREE



Preparation time:
10 minutes



Cooking time:
10 minutes



Serves:
6-8

Ingredients

- 2 c flour
- ½ tsp salt
- 1 c chilled water
- 30g butter
- 2 TBSP oil

Method

1. Combine flour and salt into a bowl. Make a well in the centre. Add the water and combine using your hands to bring the dough together.
2. Turn out onto a floured surface and knead for 5 minutes or until smooth. Flatten the dough into a disc and cut into 8 equal portions.
3. Shape each portion into a ball. Using a lightly floured rolling pin roll out into a 20cm diameter disc. Cover the remaining dough.
4. Brush the disc with melted butter.
5. Repeat with remaining portions.
6. Place a frying pan on medium heat and brush with a little oil. Cook roti for 1-2 minutes each side or until puffed and golden.
7. Serve with the chicken and pumpkin curry on page 120 or the massaman curry on page 188.



Carol's beef ragout



EGG
FREE



DAIRY
FREE



Preparation time:
30 minutes



Cooking time:
4 hours



Serves:
6-8

Ingredients

- 2 TBSP olive oil
- 1 kg rump steak cut into large cubes
- 3 cloves of garlic
- 1 carrot finely diced
- 2 celery sticks finely diced
- 2 TBSP fresh oregano
- 2 brown onions, diced
- 4 TBSP flour
- 2 tsp smoked paprika
- 1 TBSP tomato paste
- 2 bay leaves
- 1 c beef stock
- 2 c red wine
- 16 button mushrooms
- 10 prunes

Method

1. Preheat oven to 170 degrees Celsius. Heat olive oil in a cast iron casserole dish or frying pan. Dry meat with paper towels, then caramelise the meat.
2. Repeat in batches to avoid stewing the meat. Add garlic, carrot, celery, oregano and onions to the dish. Cook until golden and then add flour. Stir for a few minutes to cook out the flour.
3. Return beef to casserole dish. Add paprika, tomato paste, bay leaves, stock and red wine. Add mushrooms, prunes, salt and pepper.
4. Cover dish or put all ingredients into a casserole dish and place in oven for 2-3 hours. Serve with mashed spud, braised red wine, thyme, butter, garlic cabbage.



Basic mince recipe



EGG
FREE



DAIRY
FREE



Preparation time:
10 minutes



Cooking time:
30 minutes



Serves:
4

You can add beef stock powder to the recipe to make it sodium-safe for children.

Grating mushroom is a great way to hide it in the mince. The children will never find it!

Ingredients

- 500g prime mince
- 1 TBSP canola oil
- 1 onion
- 2 carrots
- 4 mushrooms
- 1 TBSP flour
- 3 tsp beef stock powder
- 1 can chopped tomatoes
- 1 c water

Method

1. Prepare all vegetables. Peel and dice the onion and the carrots, slice the mushrooms.
2. Pre heat a large frying pan with oil and put the vegetables in. Cook until the onion becomes translucent. Push the vegetables to the edges of the pan.
3. Roughly break up the mince and put it all into the pan. Keep the pan on a high heat and sear the mince as if you were cooking a steak to form a beautiful tasty crust on the mince. Once colour has formed on the bottom, roughly flip the mince and repeat on the other side. Once most of the mince has some caramelisation, break the mince up and remove any fat if visible. Add the flour, and cook slightly.
4. Add the beef stock and chopped tomatoes. Rinse out the tin with water and add this to the mince. Allow the mince to just sit and reduce on its own, don't mix it, just let the juices evaporate. This may take up to 15 minutes.
5. Season to taste with pepper and use the mince in one of the following recipes:
 - Spaghetti bolognese - add 3 TBSP fresh thyme and serve with cooked spaghetti.
 - Lasagne - add a handful of fresh basil, make a cheese sauce and layer with the mince.
 - Mexican mince - add 1 tsp cumin, 1 tsp cajun, 1 tsp paprika, 1 can corn and 1 can mixed beans to the base dish.
 - Spaghetti and meatballs - don't add water, or cook mince, just add 1 ½ c breadcrumbs, 1 egg and roll into balls. Serve with cooked spaghetti.
 - Burritos - add beans to the mince and make a fresh salsa, serve in soft burritos.

*Make some more for mince on toast the next morning...
Everything tastes better the next morning.*



Caitlyn's beef schnitzel



DAIRY
FREE



Preparation time:
20 minutes



Cooking time:
15 minutes



Serves:
5

Serve with mashed potato, carrot batons, cauliflower, broccoli.

Ingredients

- 5 pieces of beef schnitzel pieces
- 2 eggs
- 2 ½ c breadcrumbs
- 2 tsp salt
- 2 tsp pepper
- 2 c flour
- 2 TBSP oil

Method

1. Beat eggs in a medium bowl with a dash of water.
2. Put flour, salt and pepper into another medium bowl.
3. Put breadcrumbs into another medium bowl.
4. Place the schnitzel into the flour, then dip into egg then coat in the breadcrumbs, ensuring to wipe off any excess throughout each step.
5. Repeat until all pieces of schnitzel are crumbed.
6. Heat a large frying pan with oil, once hot, place schnitzel in and cook until golden, turn and cook other side.

Notes

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New Shoots weekly menus

OUR CHEFS' VISION

The New Shoots Menu has been created with your little ones at the forefront of our decisions around nutrition. We value introducing children to a wide variety of flavours and cultures, textures and experiences, which you will see represented throughout. Our menus are on a five weekly rotation, with three options for every lunchtime meal, this creates a different experience every week for the chefs and for the children.

VEGETABLES & FRUIT

The daily lunch meal is served with seasonal mashed vegetables for children under 3. For children over 3, a fresh seasonal vegetable option or a salad is served with their main lunch meal.

Morning and afternoon tea are served with a range of age appropriate fruit options, on a Tuesday and Thursday, fresh vegetables are also offered with fruit options. For example; carrot, cucumber, sliced cherry tomatoes, steamed broccoli florets, capsicum sticks, steamed beans.

FOOD ALLERGIES AND CULTURALLY SPECIFIC FOOD REQUIREMENTS

New Shoots Chefs can cater for many dietary or culturally specific requirements that your child may have. The recipes are designed to be adjusted to cater for many dietary requirements or an alternative meal will be provided. All allergies are managed via a medical health plan created in conjunction with a medical practitioner and the Centre Director. This menu has been designed without including nuts and to cater for egg, gluten and dairy free children. However, for a severe allergy, we cannot be sure that all foods are not made in a factory that also produces foods containing these allergens. Also, our kitchens do contain these allergens (except nuts). Children can also be allergic to sesame and soy, shellfish and fish, some foods within this menu contain these allergens.

Week 1

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Cinnamon pita crisps served with fruit and yoghurt Water/milk	Vegetarian: • Vegetarian frittata • Tofu and vegetable Pad Thai • Simple quiche with home-made relish Water	Avocado and tomato on toast/rice crackers served with fruit Water/milk	Home-made tomato relish and cheese rolls/avocado and scrambled egg rolls Water
TUESDAY	Fruit scones served with fresh fruit Water/milk	Beef/lamb: • Lamb, pumpkin and ricotta lasagne • Beef and lentil crockpot with rice • Lamb pita pockets Water	Fried cinnamon banana roll ups served with two fresh fruit options, grated carrot & cucumber Water/milk	Sandwich selection Water
WEDNESDAY	Coconut and sesame bar served with fruit Water/milk	Fish: • Squashed potato tuna bake • Salmon and pea fettuccine • Fish fingers with kumara chips Water	Cheese & crackers and home-made relish served with fruit Water/milk	Cheese on English muffins Water
THURSDAY	Rice cakes with ricotta and chia jam served with fruit Water/milk	Chicken: • Chicken, vegetable quinoa with broccoli • Pumpkin and chicken curry • Baked chicken meatballs with spaghetti Water	Mouse traps (using home-made relish and cheese) served with two fresh fruit options, grated carrot & cucumber Water/milk	Eliza's healthy biscuits Water
FRIDAY	Banana bran muffins served with fruit Water/milk	Beef/lamb: • Beef massaman curry with rice • Beef stir-fry with noodles • Slow cooked beef and harissa pizza Water	Triangle toasted wraps/wholegrain pita crisps, vegetable sticks and dips served with fruit (cucumber, carrot) Water/milk	Bliss ball slice Water

Week 2

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Gluten free banana bread served with fruit Water/milk	Fish: • Seafood chowder with bread • Saucy salmon lasagne • Prawn and coconut curry Water	Wholegrain wrap crisps and vegetables served with dips and fruit Water/milk	Sandwich selection Water
TUESDAY	Fruit toast with yoghurt & chia jam served with fruit Water/milk	Chicken: • Chicken pasta bake • Butter chicken with turmeric rice and cucumber salad • Chicken fajita wraps/pizzas Water	Coconut and sesame bar served with two fresh fruit options & grated carrot & cucumber Water/milk	Cheese and corn rolls Water
WEDNESDAY	Cheese scones served with fruit Water/milk	Vegetarian: • Stir-fried udon and tofu • Veggie loaded pasta bake • Vegetarian mac and cheese Water	Mighty savoury sandwiches served with fruit Water/milk	Extra mighty savoury sandwiches Water
THURSDAY	Peach and cottage cheese muffins served with fruit Water/milk	Beef/lamb: • Spaghetti bolognese • Lasagne • Spaghetti and meatballs Water	Bircher muesli served with two fresh fruit options & grated carrot & cucumber Water/milk	Vegetables and hummus Water
FRIDAY	Bliss ball slice/date and oat energy bars served with fruit Water/milk	Chicken: • Chicken, pumpkin and pea risotto • Chicken meatballs on rice • Chicken fried rice Water	Carrot, pineapple, lemon muffins served with fruit Water/milk	Fruit smoothies Water

Week 3

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Banana, carrot, apple chia muffins served with fruit Water/milk	Vegetarian: • Gourmet baked beans and potato top • Simple quiche • Kumara and chickpea curry Water	Fruit smoothie and bliss ball slice served with fruit Water/milk	Bliss ball slice Water
TUESDAY	Bircher and chia muesli served with fruit Water/milk	Beef/lamb: • Beef and lentil crockpot with rice • Veggie and lentil loaded spag bol • Sautéed Asian beef and vegetables Water	Blueberry and ricotta muffin served with two fresh fruit options with grated carrot & cucumber Water/milk	Cheese and sesame tahini crackers or rice crackers with home-made relish Water
WEDNESDAY	Gluten free banana bread served with fruit Water/milk	Fish: • Salmon, leek and potato bake • Fish kedgeree • Fish fingers with kumara chips Water	Banana, carrot, apple and chia seed muffin served with fruit Water/milk	Home-made tomato relish and cheese mousetraps Water
THURSDAY	Cheese and onion rolls served with fruit Water/milk	Chicken: • Chicken and noodle laksa • Whole roasted chicken and potatoes • Chicken chasseur with mashed potatoes Water	Spinach and sun-dried tomato wholegrain muffins served with two fresh fruit options & grated carrot & cucumber Water/milk	Spinach, sun-dried tomato muffins Water
FRIDAY	Crumbled Weet-Bix, yoghurt and berries served with fruit Water/milk	Beef/lamb: • Beef massaman curry with rice • Beef stir-fry • Beef fried rice Water	Savoury cheese and spinach pinwheel scones served with fruit Water/milk	Cheese on toast Water

Week 4

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Sunflower butter on fruit or normal toast served with fruit Water/milk	Fish: • Seriously good fish pie • Spiced fish and mango pizza • Prawn and coconut curry Water	Baked banana porridge served with fruit Water/milk	Rice crackers with avocado/tomato Water
TUESDAY	Bircher muesli served with fruit and yoghurt Water/milk	Chicken: • Chicken fried rice • Pumpkin and chicken curry • Baked chicken meatballs with spaghetti Water	Banana and cinnamon pinwheel scones served with two fresh fruit options & grated carrot & cucumber Water/milk	Crackers and dips Water
WEDNESDAY	Raspberry scones served with fruit Water/milk	Vegetarian: • Vegetarian mac and cheese • Quinoa quiche • Leek and vegetable bake Water	Cheese and rice crackers served with fruit Water/milk	Cheese and tomato toasties Water
THURSDAY	Date and oat energy bars served with fruit Water/milk	Beef/lamb: • Mexican mince on rice • Mexican quesadillas • Mexican potato top bake Water	Cinnamon pita crisps and yoghurt served with two fresh fruit options & grated carrot & cucumber Water/milk	Mighty savoury sandwiches Water
FRIDAY	Blueberry bran muffins served with fruit Water/milk	Vegetarian pizzas with a fried egg: • Mushroom, eggplant and rocket • Tomato delight with eggplant • Margarita pizza (tomato and basil) Water	Vegetable sticks, crackers and yoghurt, paprika aioli served with dips and fruit Water/milk	Wholegrain crisps with vegetable dips Water

Week 5

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Coconut and apple scones served with fruit Water/milk	Vegetarian: • Vegetarian nachos • Gourmet baked beans and potato top • Ricotta, zucchini and pumpkin lasagne Water	Healthy bikkies served with fruit Water/milk	Sandwich selection Water
TUESDAY	Carrot and pineapple muffins served with fruit Water/milk	Lunch box day: • Roast shredded chicken • Roast beef • Ham Water	Cracker selection, vegetable sticks and dips served with two fruit options Water/milk	Sandwich selection Water
WEDNESDAY	Egg and cheese muffins served with fruit Water/milk	Fish: • Fish sliders • Salmon, leek and potato pie • Saucy salmon lasagne Water	Breakfast parfait with yoghurt served with fruit Water/milk	Fruit scones with chia jam and yoghurt Water
THURSDAY	Mighty savoury sandwiches served with fruit Water/milk	Chicken: • Chicken pasta bake • Butter chicken with turmeric rice and salad • Chicken fajita wraps or pizzas Water	Cinnamon pita crisps and yoghurt served with two fresh fruit options & grated carrot & cucumber Water/milk	Fruit smoothie and bliss balls Water
FRIDAY	Breakfast parfait served with fruit Water/milk	Beef/lamb: • Lamb pita pockets • Shepherd's pie • Beef and lentil crockpot with rice Water	Raspberry scones with fruit Water/milk	Hummus and vegetable dips served with rice crackers and fruit Water

*Best childhood
memories: licking
the bowl.*



Tips and tricks

Dorothy Wade ‘The Baby Whisperer’ (babyhelp.co.nz) shares some helpful tips and tricks when it comes to food and babies:

Foods I find can affect reflux babies are:

- apple
- banana
- kiwifruit
- avocado
- potato
- carrot

For older babies tomatoes, capsicum and eggplant.

For SILENT reflux babies rice - why? It sits heavier and lower in the stomach and when they reflux in my experience it is a slower burn up and slower burn down due to the thickness.

After lunch for non sleepers I remove all fruit, processed sugars, cheese and yoghurt.

If it is food affecting babies then removing the food after lunch is a quick fix rather than having to investigate medical side of things.

Always check their daytime routine before looking at their night routine as it is their daytime routine that makes the night time routine.

20 kitchen hacks to save you time and energy

1. If your children loiter by the fridge as dinner looms, create a “Snack Zone” filled with parent-approved snacks, so they’ll be in and out in no time.
2. Need buttermilk for a recipe? Add a tablespoon of vinegar or lemon juice to one cup of regular milk. The mixture won’t get as thick and creamy as the real thing, but it will help to create fluffy baked goods.
3. If you have leftover birthday cake, save it from drying out by securing a slice of bread to the exposed portions with toothpicks. You can also add bread to a container of cookies to keep them fresh.
4. Spritz measuring glasses, cups, and spoons with nonstick cooking spray before filling with honey, maple syrup, and other sticky ingredients for less mess.
5. If you want to make the most of your broccoli, use the stems! Cut up small, they disguise well in any dish.
6. Need brown bananas for a recipe? Bake them on a foil-lined baking tray at 150 degrees Celsius for about 30 minutes, depending on size, until the skins are dark brown, and the fruit is soft.
7. Love your blender but hate washing it? Try blending soap and water in it for a quick and easy clean-up.
8. If you crack an egg and lose some shell, use a broken half eggshell to scoop it out. It’s a no-mess, no-tool strategy that attracts the wayward shell shards like a magnet.
9. Need to keep ice cream cold on the go? Wrap your tub in bubble wrap. It’s a powerful insulator that will keep it firm for hours.
10. Did you know spraying your cheese grater with cooking oil stops the cheese from sticking? Makes cleaning it a lot easier!
11. If you have an empty tomato sauce bottle, turn it into a pancake batter holder and dispenser.
12. Scrub your fresh produce with a mixture of baking soda and water to remove grit, grime, and pesticides.
13. Want more juice from your lemons and limes? Microwave them for 7-10 seconds then roll back and forth under your palm on the counter before squeezing.
14. Cutting gooey brownie into neat squares can be tricky. Use a plastic knife instead of your metal one for more luck.
15. Want a no-fuss way to peel garlic? Separate the cloves, pop them into a jar, and screw on the lid. Give the jar a good shake and the skins should slide right off, leaving you ready to mince.
16. Make your freezer your friend.
17. Accidentally bought too much basil or mint? Use an ice cube tray or muffin tin to freeze fresh chopped herbs in water, olive oil, or stock for later use as seasoning.
18. If you’re not likely to get through a giant bag of nuts quickly, freeze them to preserve their natural oils.
19. Love smoothies? Prep DIY freezer packs with fruit and vegetables so all you need to add is the liquid.
20. To avoid shriveled ginger in the produce drawer, freeze the leftover root in a plastic container.
21. Stir-fry on the menu? While the veggie part is easy, it can be hard to produce thinly sliced chicken or beef without an infomercial-level knife. Try partially freezing the meat for about 30 minutes before you cut it.

Cooking conversions

Abbreviations	
l	litre
ml	millilitre
cm	centimetre
mm	millimetre
g	gram
kg	kilogram

Standard Measures	
1 cup	250 millilitres
1 litre	4 cups
1 tablespoon	15 millilitres
1 dessertspoon	10 millilitres
1 teaspoon	5 millilitres
½ teaspoon	2.5 millilitres
¼ teaspoon	1.25 millilitres

Approximate metric/imperial conversions in common cooking use

Weight	
25g	1 ounce
125g	4 ounces
225g	8 ounces
500g	1 pound

Volume	
1kg	2 ¼ pounds
1 litre	1 ⅓ pints

Measurements	
1cm	½ inch
20cm	8 inches
30cm	12 inches

Endorsements



This book will become my favourite and will recommend it to all my clients. Can't wait for it to be published.

Dorothy Waide



As a busy working (and travelling mum), making sure I have quick healthy food at the end of the day is key in our whanau, including recipes that freeze well and can be easily defrosted. This recipe book offers plenty of variety and certainly has some of Olivia's favourites in here. Olivia even asked our Centre's chef if she would write her favourite recipes in her learning journal so I could make them when she graduated. We are so thankful to the all the Chefs who cooked food for Olivia from when she was 8 months old until her graduation. One of her best memories was home-made soup in the forest out of a thermos and bread rolls!

Please enjoy a favourite recipe and memory of Olivia's in the Tane Mahuta room making Dandelion Honey and cooking bread in the kitchen at New Shoots. This was a labour of love over days and we loved the lifelong skills she has gained in this memory and understanding the provenance of where food comes from. I love the collaboration on this recipe book project with Centre chefs, staff and whanau. This book allows for children to roll up their sleeves and work alongside you with prep and thus creating a healthy appreciation and relationship with food knowing it doesn't need to take hours to create something tasty! A staple recipe book in our kitchen for sure!

Sarah Rider
New Shoots Pakuranga

Having seen the amazing food that the children enjoy at New Shoots I am so pleased to now be able to recreate it at home. Making nutritious and delicious food that the whole family loves and the children will actually eat is a constant challenge. I've found the recipes in this book easy to follow and the meal planners are excellent for taking the stress out of a busy week. I never thought my 3 year old would be eating such a variety of veges! This is now my go-to recipe book.

Joanna Saunders
Parent

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