

# White fish

Hoki, Red Cod, Moki,  
Lemonfish, Mullet, Gurnard

## Available

All year round.

## Buy

Filletts that are semi-transparent and glossy.

## Store

Best cooked on the day of purchase.  
In the fridge, covered, for several days.



## Prepare



Whole fillet.



Slice into small pieces.



Slice into bite size pieces.

## Cook

Can be:



Pan-fried



Fish cakes



Pie



Marinated



# Vegetable pasta salad with fish

(serves 4)

## Ingredients

¼ packet pasta shapes  
 2 carrots, grated  
 2 courgettes, grated  
 2 tomatoes, diced  
 1 avocado, diced (optional)  
 3 tablespoons vinegar  
 4 tablespoons oil  
 600 grams fish fillets  
 ⅓ cup flour

## Method

1



Boil pasta for ten minutes and then drain and set aside.

2



Mix drained pasta with carrot, courgette, tomato, avocado, vinegar and half of the oil. Refrigerate until ready to serve.

3



Lightly coat fish fillets in flour. Heat remaining oil in a large pan.

4



So the pan is not crowded, fry in batches until golden brown. Serve with pasta salad.

For more easy, fast and affordable food ideas visit  
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# Eggplant

## Available

October to April.

## Buy

Blemish free and firm to touch.

## Store

In the vegetable bin in the fridge.



## Prepare



Remove the top.



Cut in half.



Slice into discs.



Roughly chop into cubes.

## Cook

Can be:



Grilled



Curry



Stuffed



Pureed



## Meatballs with summer ratatouille (serves 4)

### Ingredients

500g mince  
 2 tablespoons tomato sauce  
 ¼ cup dry breadcrumbs  
 Pinch of salt  
 Pepper  
 2 eggplants, roughly diced  
 2 onions, roughly diced  
 2 cloves garlic, sliced  
 ¼ cup oil  
 1 ½ cups diced tomatoes  
 2 courgettes, roughly diced  
 1 tablespoon vinegar  
 4 pita breads

### Method



1 Heat oven to 200°C. Mix mince, tomato sauce, breadcrumbs, salt and pepper together. Shape the mixture into balls and refrigerate.



2 Put the eggplant, onions, and garlic in a roasting dish. Add oil and toss the vegetables to coat. Roast for 20 minutes.



3 Take vegetables out of the oven and add tomatoes, courgettes and vinegar. Place the meatballs on top.



4 Return to the oven and cook for 20 minutes. Serve the meatballs and ratatouille with warm pita bread.

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# Asparagus

## Available

From September through to December.

## Buy

Firm green stems with green and purple tips.

## Store

In the fridge with the stems wrapped in wet paper towels.



## Prepare



Wash.



Snap or slice off tough ends.



Whole stems.



Slice into pieces.

## Cook

Can be:



Blanched



Used in salads



Roasted / barbecued



Stir-fried



## Asparagus slice (serves 4)

### Ingredients

6 eggs  
 $\frac{2}{3}$  cup plain yoghurt  
 (or milk)  
 $\frac{1}{4}$  cup grated cheese  
 2 spring onions, sliced  
 $\frac{1}{2}$  cup chopped fresh herbs  
 2 bunches asparagus  
 spears (or 2 cups peas  
 or 400g green beans)  
 2 slices wholemeal bread,  
 shredded

### Method



1 Preheat the oven to 180°C. Oil a baking dish. Mix the eggs, yoghurt, cheese, spring onion and herbs in a large bowl.



2 Remove the tough ends from the asparagus. Slice  $\frac{3}{4}$  of the asparagus into small pieces and mix with the shredded bread.



3 Place the asparagus and bread mixture in the baking dish. Lay the remaining asparagus spears over the top.



4 Pour over the egg mixture. Let it stand for 10 minutes to soak into the bread. Bake for 30 minutes or until the egg has set.

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# Leek



## Available

All year round. Limited supply from November to February.

## Buy

Choose medium stems with fresh green tops and lots of white stem.

## Store

In the vegetable bin in the fridge.

## Prepare



Wash to remove any soil.



Slice off the root end.  
Cut in half.



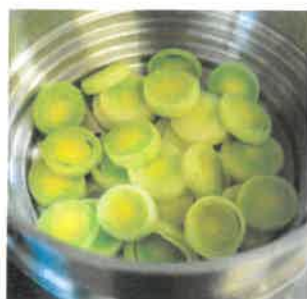
Cut into even lengths.



Slice stems and leaves.

## Cook

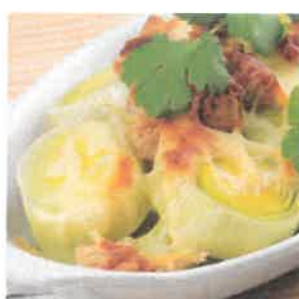
Can be:



Steamed



Stir-fried



Baked



Soup



## Leek and lemon risotto (serves 4)

### Ingredients

6 cups water  
2 stock cubes  
2 tablespoons oil  
1 leek, washed and chopped  
2 cloves garlic, crushed  
1 cup short grain rice (risotto rice)  
1 tablespoon lemon zest  
2 tablespoons lemon juice

### Method



1 In a pot boil the water. Add the stock cubes. In a separate pot, heat the oil and gently cook the leeks and garlic until soft.



2 Increase the heat and add the rice to the leeks. Continue to cook for 2 minutes. Then add 1 cup of stock.



3 Once the stock is absorbed, add the next cup. Continue to add until the rice is cooked and has a thick consistency.



4 Add the lemon zest and juice and stir through. Serve.

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# Sweetcorn

## Available

Summer months January to April.

## Buy

Corn with **fresh green husks** (outer leaves) and **yellow to light brown tassels** (inner strands). The darker the tassel the riper the corn. The kernels should be fat and juicy.

## Store

In the vegetable bin in the fridge.



## Prepare



Remove the tassel from whole corn cobs.



Place into boiling water for 2 minutes, with or without husks.



Slice off the top and remove the husks.



Use a sharp knife to remove the kernels from the cob.

## Cook

Can be:



Boiled



Barbecued



Cut off the cob and add to salad



Soup



# Corn fritters

(serves 4)

## Ingredients

4 corn cobs, cooked or  
2 cans whole kernel corn,  
drained  
1 capsicum, finely chopped  
(optional)  
4 eggs  
 $\frac{1}{2}$  cup flour  
1 teaspoon baking powder  
Pinch of salt  
Pepper  
3 tablespoons oil

## Method

1



Remove the corn kernels from the cob.

2



Place corn, capsicum, eggs, flour, and baking powder in a bowl.

3



Mix well and season with salt and pepper.

4



Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into pan to form fritters. Cook in batches until browned on each side.

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# Spinach

## Available

All year round.

## Buy

Choose crisp green leaves with no damage.

## Store

In plastic bags in the fridge.



## Prepare



Remove the ends.



Rinse well.



Remove the stems.



Slice leaves roughly or finely.

## Cook

Can be:



Steamed



Salad



Stirred into stew



## Sardines, spinach and tomatoes on toast (serves 2)

### Ingredients

1 bag or 3 bunches spinach leaves  
1 can sardines  
1 tablespoon vinegar  
4 slices wholemeal toast  
2 tomatoes, diced  
2 teaspoons lemon juice  
Pepper to taste

### Method

1



Wash the spinach, break off ends and discard. Place in a saucepan with a little water over a high heat with lid for 5 minutes.

2



Remove from the heat and drain well – squeezing the water out with the back of a spoon. Once drained, roughly chop and season.

3



Drain the sardines and mash with vinegar. Mix the diced tomato with lemon juice.

4



Place spinach, mashed sardines and tomatoes on toast. Sprinkle with more pepper.

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# Potatoes

## Available

All year round.

## Buy

With no cuts, bruises, green patches or shoots.

## Store

In a well-ventilated, cool, dark place.



## Prepare



Wash to remove the soil.



Peel the potato.



Chopped into quarters.



Slice into wedges.

## Cook

Can be:



Boiled



Mashed



Wedges



Baked with beans



# Potato wedges

(serves 4)

## Ingredients

4 potatoes, skins on,  
cut into wedges  
2 tablespoons oil  
Pinch of salt  
Pepper

## Method



Heat oven to 225°C. In a large bowl mix together the potato wedges and oil.



Spread evenly on a low sided roasting tray. Bake for approximately 30 minutes or until crispy and golden brown.



Season with salt and pepper.



Serve with chilli beans and cheese.

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# Eggs – poached

## Available

All year round.

## Buy

Check each egg inside the carton.  
Eggs should be clean and free from cracks.

## Store

In the fridge.



## Prepare



Half fill a pot with water.  
Add about 1 tablespoon  
vinegar per litre of water.



Bring the water to  
boil. Reduce heat until  
simmering.



Carefully crack the  
egg into a cup.



Slowly slide the egg  
into simmering water.



Allow the egg white to  
set around the yolk.  
The egg should float  
to the top when the  
white is set.



Use a large spoon to  
remove the egg from  
the water, drain.



Serve on wholemeal  
toast or steamed  
seasonal vegetables.



## Chilli beans with eggs

(serves 4)

### Ingredients

1 tablespoon oil  
 1 onion, diced  
 1 can chilli beans  
 1 can chopped tomatoes or  
 4 tomatoes, chopped  
 2 cups corn kernels  
 1 green capsicum, sliced  
 4 eggs

### Method



Heat oil in a large pan. Add chopped onion and cook until soft.



Add chilli beans, tomatoes, corn and capsicum and cook until the sauce has reduced and thickened.



Make 4 holes in the mixture and break an egg into each.



Cover with a lid and cook over low heat until the eggs are cooked, 7-10 minutes. Serve with brown rice.

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# Iceberg Lettuce

## Available

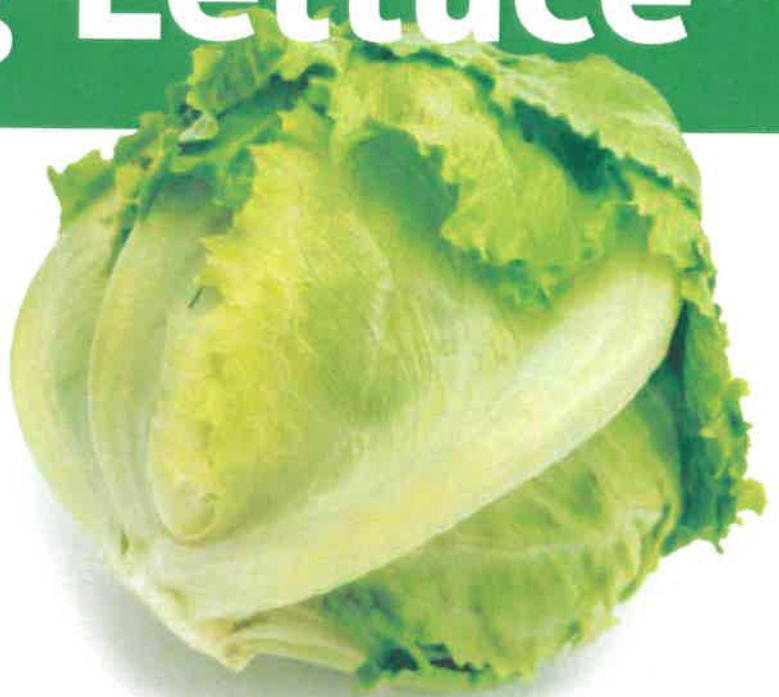
All year round.

## Buy

Clean, crisp leaves.

## Store

In plastic bags in the fridge.



## Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

## Cook

Can be:



Shredded salad



Chopped salad



Leaf cups



## Vegetable and bean burgers

(serves 4)

### Ingredients

1 can butter beans, drained and rinsed  
 2 carrots, grated  
 2 courgettes, grated  
 1 clove garlic, crushed  
 2 eggs  
 ½ cup dry breadcrumbs  
 1 tablespoon oil  
 4 wholemeal burger buns  
 4 tablespoons tomato sauce  
 1 lettuce  
 2 tomatoes, sliced

### Method



Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



Cook on both sides until golden brown and cooked through.



Serve on burger buns with tomato sauce, lettuce and tomato.

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# Courgette

## Available

October to April.

## Buy

Glossy, blemish free skins.

## Store

In the vegetable bin in the fridge.



## Prepare



Cut in half.



Slice into discs.



Slice into sticks.



Peel into ribbons.

## Cook

Can be:



Boiled



Baked



Stir-fried



With noodles



## Courgette pasta carbonara (serves 4)

### Ingredients

¼ packet dry fettuccini  
 (or spaghetti)  
 2 tablespoons oil  
 2 cloves garlic, crushed  
 4 courgettes, cut into  
 ribbons  
 2 carrots, cut into ribbons  
 ½ can evaporated milk  
 1 cup grated cheese  
 Pinch of salt  
 Pepper

### Method



1 Into a large pot of boiling water add the pasta. Stir to stop it sticking. Boil for 10 minutes then drain and set aside.



2 In a large pot add oil and garlic and cook briefly.



3 Add courgette and carrot, stirring for 1 minute. Add evaporated milk and bring to a boil.



4 Add drained pasta and cheese, mix well. Season with salt and pepper.

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# Cauliflower

## Available

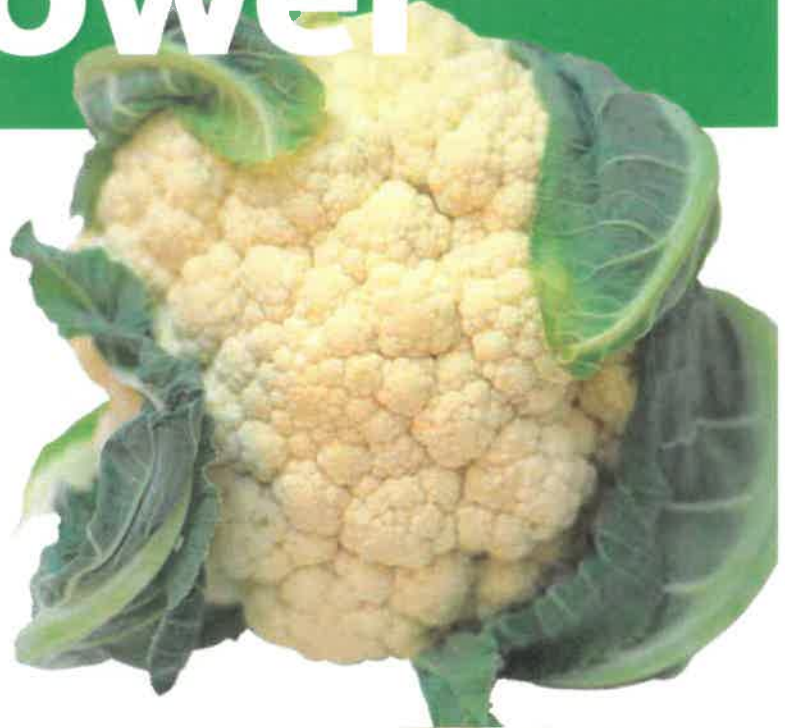
All year round.

## Buy

Heads are clean and compact.

## Store

In vegetable bin in the fridge.



## Prepare



Remove leaves.



Remove core.



Separate the cauliflower heads into florets.



Chop into smaller florets.

## Cook

Can be:



Boiled



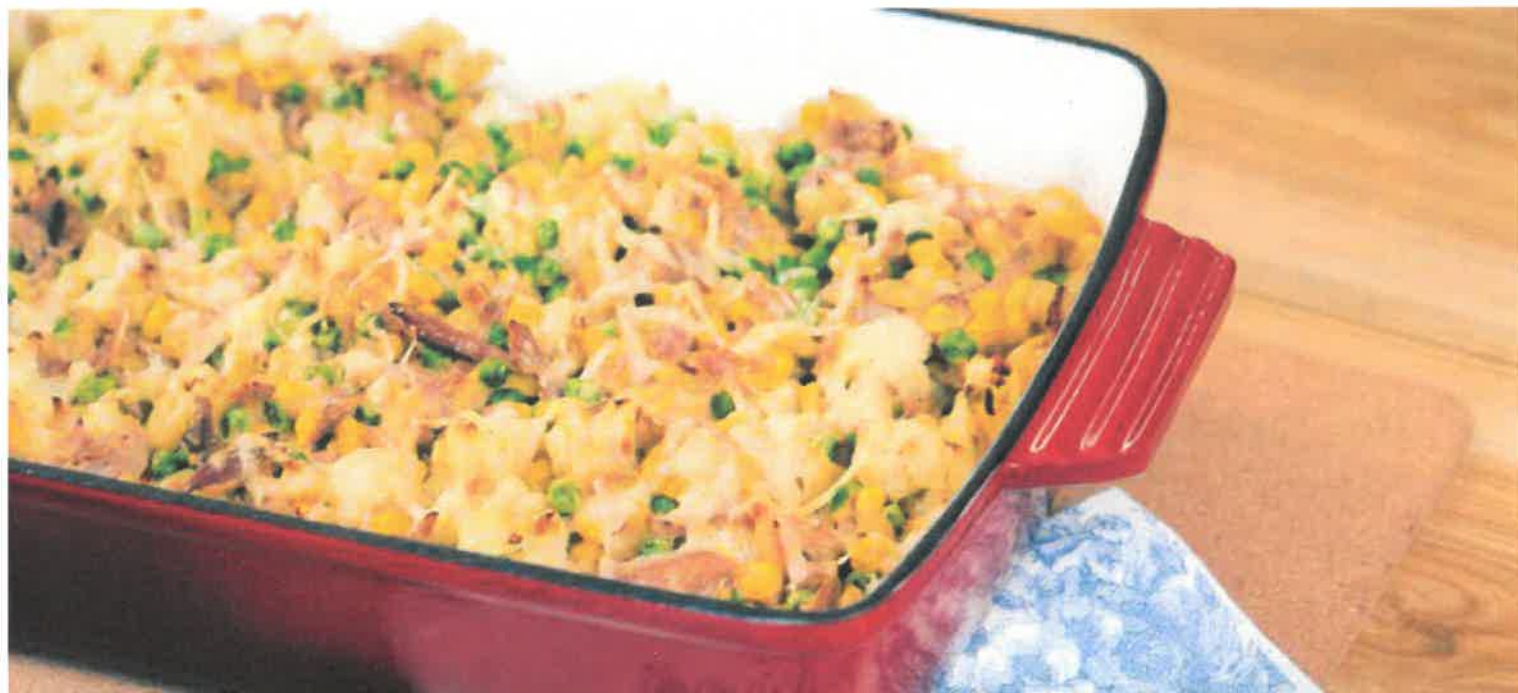
Steamed



Stir-fried



Add to sauce



# Tuna cauliflower mac n cheese

(serves 4)

## Ingredients

¼ packet macaroni pasta  
 ½ head cauliflower, chopped  
 1 can creamed corn  
 ½ cup milk  
 1 cup grated cheese  
 1 cup peas  
 400g can tuna, drained

## Method



Heat oven to 200°C. Boil the macaroni for 8 minutes.



Add cauliflower to pasta and boil for a further 3 minutes. Drain and set aside.



Mix together creamed corn, milk and half the cheese. Then add the peas, tuna, pasta and cauliflower.



Place in a large roasting dish and sprinkle with remaining cheese. Bake for 30 minutes and until top is golden.

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# Broccoli

## Available

All year round.

## Buy

Head should be dark green with compact buds.

## Store

In the vegetable bin in the fridge.

## Prepare



Whole head.



Seperate the broccoli head into florets.



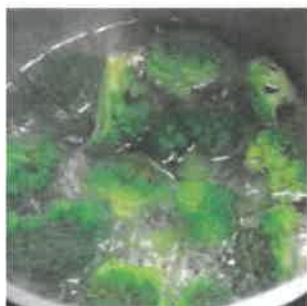
Chop into smaller florets.



Grate the stalks.

## Cook

Can be:



Boiled



Stir-fried

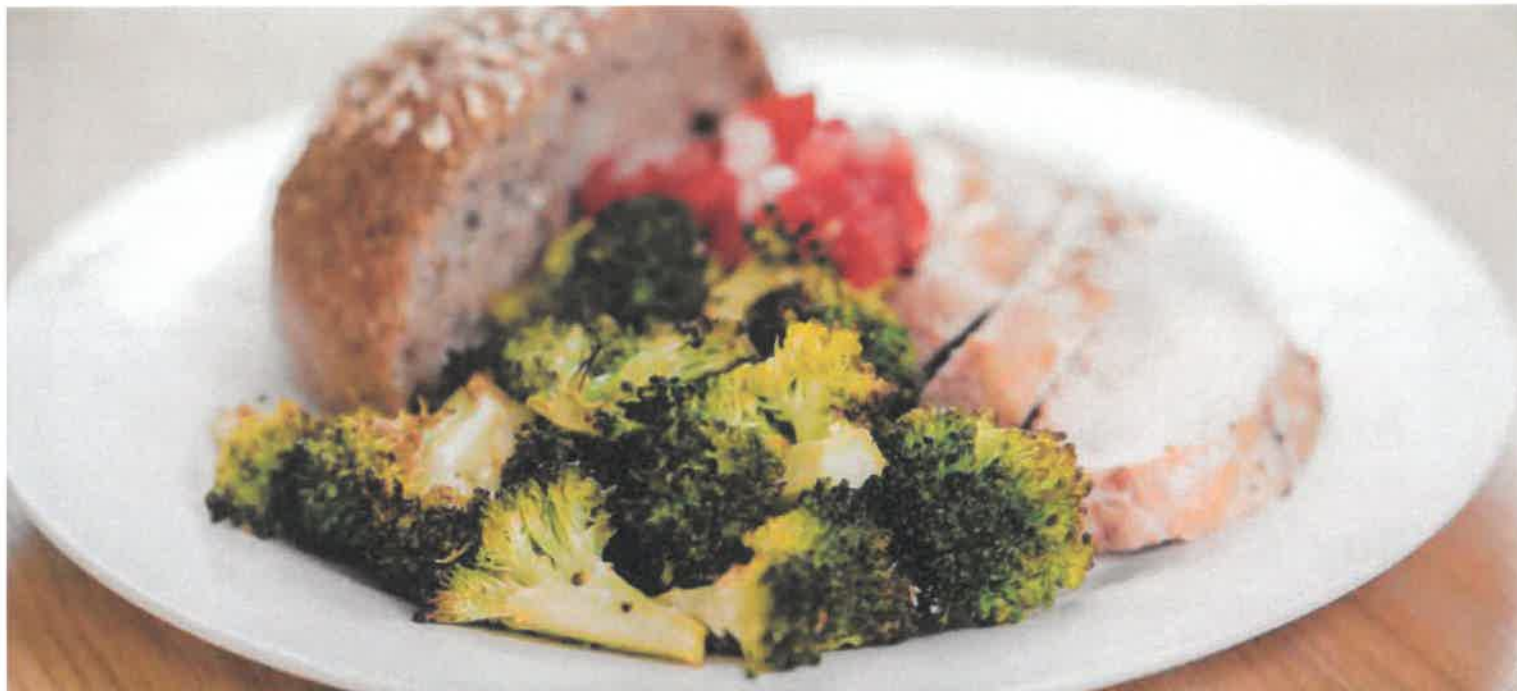


Stalk salad



Pasta





## Roasted broccoli salad (serves 4)

### Ingredients

2 heads broccoli, cut into florets  
4 cloves garlic, sliced  
4 tablespoons oil  
4 tablespoons lemon juice (2 lemons)  
2 tablespoons lemon zest (2 lemons)  
Season with pepper

### Method

1



Heat oven to 200°C.  
In a large bowl mix all ingredients together.

2



Spread out evenly on a roasting dish. Roast in oven for 15 minutes.

3



Serve with grilled chicken, bread roll and salsa.

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# Mince

## Buy

'Lean' or 'prime' mince are usually lower fat choices.

## Store

Store mince covered in the refrigerator.

## Prepare



Place the mince in the frying pan.



Cook the mince until brown.



Drain the fat from the pan and throw away.

**Tip** Place a little oil in the frying pan and heat before adding the mince.

## Cook

Can be:



Bolognese sauce



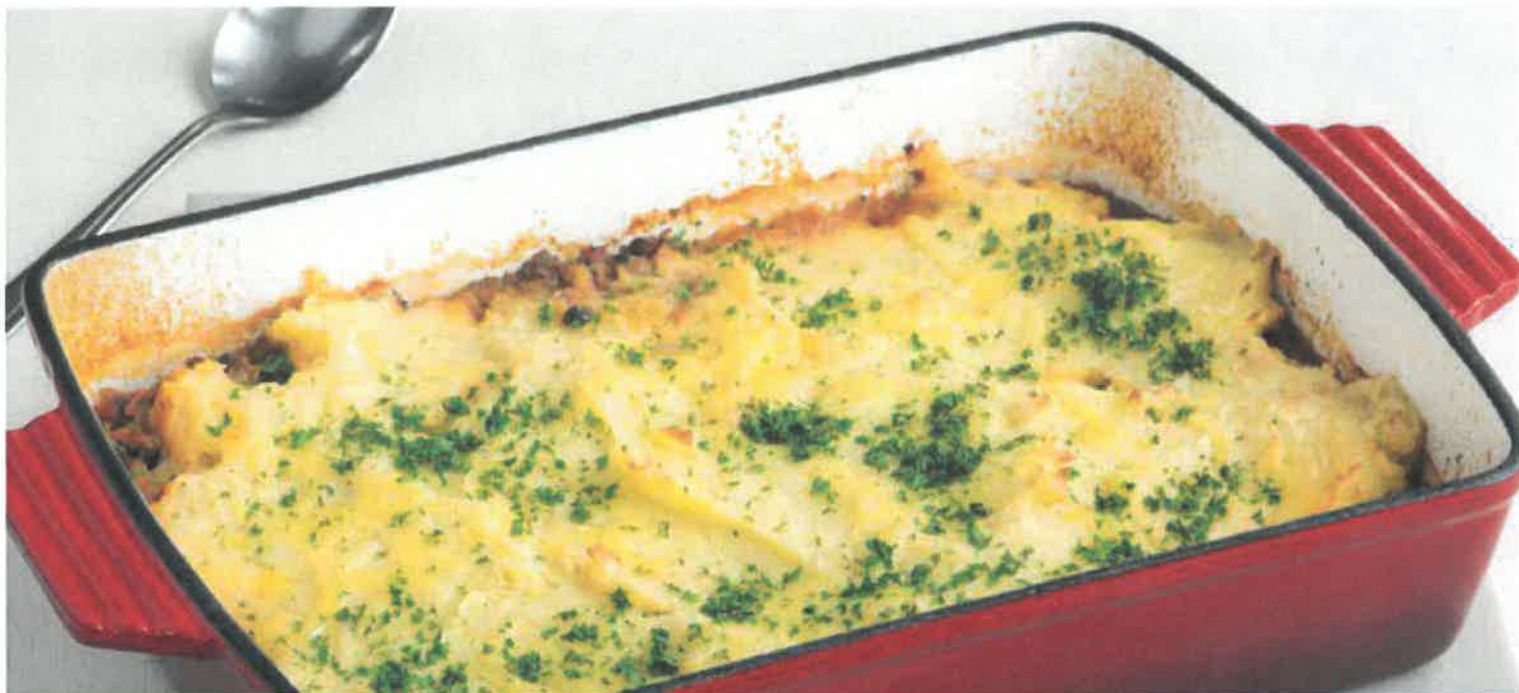
Meatloaf



Meatballs



Stew



## Cottage pie (serves 4)

### Ingredients

4 potatoes, peeled and chopped  
 ½ cup milk  
 1 tablespoon oil  
 1 onion, finely chopped  
 2 carrots, finely chopped or grated  
 500 grams beef mince  
 1 cup chopped mushrooms  
 2 courgettes, finely chopped or grated  
 1 can chopped tomatoes or 4 tomatoes, chopped  
 ½ cup water  
 2 tablespoons tomato sauce  
 ¼ cup grated cheese (optional)  
 Parsley for garnishing

### Method



1 Boil the potatoes until soft. Drain and add the milk, then mash.



2 Heat oil, onions and carrots in a pan. Cook for 5 – 10 minutes. Add the mince and brown.



3 Add mushrooms, courgettes, tomatoes, water and tomato sauce. Mix and simmer for 20 – 25 minutes.



4 Place mince mixture in a baking dish. Spread potato over the top, sprinkle with cheese. Bake at 200°C for 20 – 30 minutes.

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# Silverbeet

## Available

All year round.

## Buy

Choose crisp green leaves with firm stalks.  
Avoid leaves that are wilted or damaged.

## Store

In plastic bags in the fridge.



## Prepare



Wash stalks  
and leaves.



Slice stalks.



Remove centre  
stalks and slice.



Slice leaves.

## Cook

Can be:



Boiled



Steamed



Stir-fried

Added to:

- Soups
- Stews
- Baked dishes



## Baked frittata (serves 4)

### Ingredients

1 tablespoon canola oil  
1 onion, peeled and diced  
4 eggs  
1 cup milk  
4 cups grated kūmara  
2-3 leaves silverbeet, finely sliced  
Ground pepper to taste

### Method



1 Heat oil in a large pan, add onion and cook until clear.



2 Beat eggs and milk in a large bowl.



3 Add grated kūmara and cooked onion.



4 Add finely sliced silverbeet.



5 Mix well and place in an oven dish. Bake at 180°C for 1 hour or until the mixture is set and golden brown.

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# Pumpkin

## Available

All year round, limited supply in December and January.

## Store



In a cool, dark, dry place. Once cut, scoop out the seeds, wrap and refrigerate.



## Prepare

To cut a pumpkin:



Place pumpkin on a non-skid board. Cut in half. Scoop out seeds with a spoon.



Slice each pumpkin half into half again.



Slice pumpkin into portions.



Remove the skins.

**Tip** Some pumpkin have tough skins. Try cooking with the skin on and then the flesh can be removed.



## Cook Can be:



Baked



Boiled or steamed



Mashed



Grated into soups and stews



# Pumpkin and chicken curry

(serves 8)

## Ingredients

1 tablespoon canola oil  
 2 onions, peeled and diced  
 1 tablespoon curry powder  
 Ground pepper to taste  
 3 cups water  
 1/4 cup coconut milk  
 1 stock cube  
 1/2 pumpkin, diced  
 1 cup frozen peas  
 1 cup sliced beans (fresh or frozen)  
 2 cups sliced cooked chicken

### To serve:

4 cups cooked brown rice  
 Fresh mint

## Method



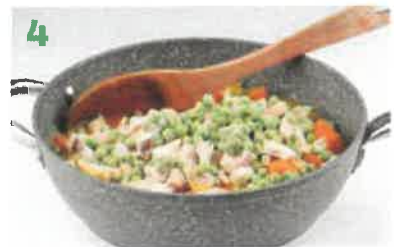
Heat oil in a large pan, add onion and cook until clear.



Add curry powder, pepper and mix well.



Add water, coconut milk, stock cube and pumpkin. Bring to the boil, reduce heat and simmer for 15 minutes, until pumpkin is soft.



Add peas, beans and chicken. Stir gently for 5 minutes, until steaming hot.

Serve with hot, cooked brown rice and garnish with mint.

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# Kūmara

## Available

All year round. Red, orange or golden kūmara.

## Buy

Choose kūmara that are firm with unbroken skin.

## Store

In a cool, dark cupboard.



## Prepare



Scrub well and remove any small roots, peel if required.

Can be:



Diced or grated



Sliced



Peeled



Chopped into wedges

## Cook

Can be:



Boiled



Mashed



Baked



Steamed



## Savoury vegetables and mince (serves 4)

### Ingredients

500 grams mince  
 2 cups grated kūmara  
 1 can (400grams)  
 tomatoes, or 4 fresh  
 tomatoes, chopped  
 1 large onion,  
 finely chopped  
 2 cups water  
 1 teaspoon stock  
 powder  
 1 cup frozen peas  
 2 cups sliced  
 silverbeet  
 To serve:  
 extra kūmara, diced  
 parsley, chopped

### Method

1



Brown mince in a large  
saucepan.

2



Add the kūmara, tomatoes,  
onion, water and stock  
powder. Cook for 10 minutes.

3



Add peas and silverbeet  
and cook for 5 minutes.

4



Serve with diced, boiled,  
red and orange kūmara  
and parsley.

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# Carrots



## Available

All year round.

## Buy

Choose carrots that are firm and bright orange.

## Store

In plastic bags in the fridge.

## Prepare



Wash and trim ends, peel if required.

Can be:



Whole, sliced, grated, chopped into sticks, diced

## Cook

Can be:



Boiled



Steamed



Stir-fried



Eaten raw

Other suggestions:

Roasted  
Microwaved  
Mashed



## Carrot, chicken and corn soup (serves 4)

### Ingredients

8 cups water  
1 teaspoon stock powder  
2 large carrots, diced  
1 cup brown rice  
1 large onion, finely chopped  
2 corn on the cob, cooked and kernels removed (or 2 cups frozen corn kernels)  
1 cup cooked chicken, shredded  
parsley, chopped

### Method



1 Place water and stock in a large saucepan.



2 Add the carrots, brown rice and onion. Cook for 30 minutes until rice is soft.



3 Add corn and chicken and cook for 5 minutes, add extra water if required.



4 Sprinkle with parsley to serve.

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