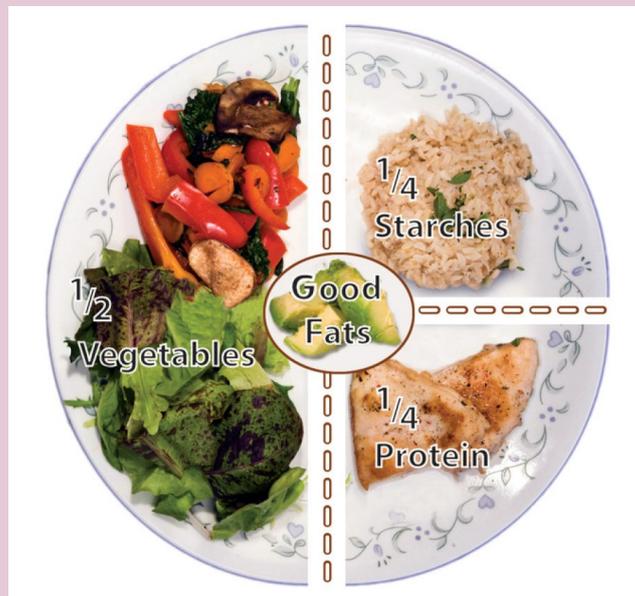




Budget Meals

Best care Whakapai Hauora Monday 24th August,
Otaki 22nd September, Palmerston North 15th October, Levin 31st October





Pumpkin & spinach lasagne

Serves 6 (recipe adapted from foodinaminute.co.nz)

Recipe cost estimate: \$16

Ingredients

- 700GM PUMPKIN, SKIN REMOVED AND CUT INTO PIECES
 - 1TSP OIL
 - 1/2 TSP OF NUTMEG
 - SALT AND PEPPER
 - 500GM COTTAGE CHEESE
 - 2 EGGS
 - 350GM PACKED FROZEN SPINACH, THAWED
 - 400-500ML PASSATA SAUCE
- 6 LARGE DRIED LASAGNE SHEETS, WHOLEGRAIN IF POSSIBLE (ABOUT 180GM)
 - 1 CUP TASTY CHEESE, GRATED

Method

1. Preheat oven to 180 degrees Celsius.
2. Chop pumpkin and roast in the oven until soft and golden. When cool, mash and add nutmeg + salt and pepper
3. In a colander, remove as much liquid as possible from the thawed spinach
4. In a bowl mix cottage cheese, eggs and 1/2 cup of grated cheese
5. Pour a small amount of passata in the base of a lasagne dish. Top with 2 dried lasagne sheets and then evenly spread the mashed pumpkin on top. Add half of the spinach and then half of the cottage cheese mix. Top with another layer of lasagne sheets followed by passata then the remaining spinach and cottage cheese mix. Finally top with remaining lasagne sheets and passata.
6. Top with grated cheese and cook for 40minutes or until golden and the pasta is tender.

Nutrition per serve: 1422kj, 24gm protein, 38gm carbohydrate, 5gm fibre, 11gm fat, 477mg sodium



Cheesy cauliflower and potato soup

Serves 6 (recipe adapted from budgetbytes.com)

Recipe cost estimate: \$7.5

Ingredients

- 1 TBSP OLIVE OIL
- 1 ONION (DICED)
- 1 GARLIC CLOVE (MINCED)
- 4 CUPS OF VEGETABLE STOCK
- 1 SMALL HEAD OF CAULIFLOWER (CUT INTO FLORETS) OR FROZEN 500GM
 - 3/4 CUP MILK
- 700GM POTATOES (PEELED AND DICED)
 - 1/2 TSP SMOKED PAPRIKA
 - 3/4 CUP CHEESE (GRATED)
 - SALT AND PEPPER TO TASTE

Method

1. Heat oil in a large pot over a medium heat. Add onion and sauté until translucent. Add garlic and sauté another 2minutes.
2. Add stock and stir. Gently add potatoes and cauliflower. Bring to the boil, then reduce to a simmer for 20min or until potatoes are soft.
3. Remove pot from the heat.. Cool. Add grated cheese and milk. Using an immersion blender, puree the mixture until smooth.
4. Season with paprika, cracked pepper and salt. The amount of salt required will depend of salt content of your stock. Enjoy

Nutrition per serve: 800kj, 8gm protein, 25gm carbohydrate, 3.2gm fibre, 7.6gm fat, 460mg sodium



Savoury Noodle Fritters

Serves 4 (recipe adapted from maggi.co.nz)

Recipe cost estimate: \$5.00

Ingredients

- 2 PACKETS OF MAGGI WHOLEGRAIN 2 MINUTE NOODLES
 - 1 FLAVOUR SACHET FROM NOODLE CAKES
 - 4-5 EGGS, LIGHTLY BEATEN
- 2 CUPS OF VEGETABLES CHOPPED E.G. COOKED BROCCOLI/PEAS/GRATED CARROT
 - OIL SPRAY FOR COOKING

Method

1. Cook noodles according to package instructions. Drain and cool.
2. Combine flavour sachet, eggs and finely chopped vegetables. Add noodles and mix well.
3. Heat oil in a frying pan and drop 1/4 cup amounts into the pan to form fritters. Cook 1 minute on each side and until golden and egg is set. Repeat with remaining mixture.

Nutrition per serve: 1075kj, 11.7gm protein, 27gm carbohydrate, 2.5gm fibre, 10gm fat, 600mg sodium