Cooking From the Cupboard
Easy, healthy meals
Recipes from Renae Smith, Masterchef Finalist 2014
If you can only buy 4 things for dinner get:
1. Pasta
2. Tinned tomatoes
3. Spinach
4. Mince

Did you know?
• Tomatoes and spinach have a lot of vitamins!
• Pasta will give you energy for your brain and body.
• Mince is a cheap meat and has good protein which also helps keep you full for longer!

I believe better nutrition helps behaviour and school results, as well as gives children a sense of worth and purpose which helps the entire community.

I hope you enjoy cooking these recipes at home with your family.

Love Renae
Cheesy Fish Cakes

You will need:

1 big tin of tuna or salmon (about 1 cup)  
A handful of frozen corn (about 1/4 cup)  
3 big potatoes  
1 handful of grated cheese (about 1/4 of a cup)  
A handful of frozen peas (about 1/4 cup)  
1 egg

Directions:

1. Peel the potatoes and boil them until they are soft.
2. Drain them and mash them with a fork until they are “mashed potato” - let them cool down until it doesn’t burn if you touch it.
3. Add in the frozen peas and corn and then the tinned fish (make sure the liquid is drained off).
4. Roll into little balls and then fry them in a pan with a tiny bit of oil on medium heat for about 3 minutes on each side.
Pizza (on a yoghurt dough base)

You will need:

Flour - Self raising wholemeal (or plain flour)  
Yoghurt - Plain low fat Greek style yoghurt

Pizza Toppings:

Any vegetable make sure cut to a similar size  
Mushroom
Tomato paste (can substitute tomato sauce, or BBQ sauce)  
Ham (cut into strips)
Mozzarella (can substitute tasty cheese, or other type of cheese)  
Olives
Cherry tomatoes  
Onion
Capsicum  
Herbs like basil, rosemary
Snow peas  
Nutella, banana, and hazelnuts

Directions:

1. Put flour in a bowl add yoghurt, mix together to make a dough. Knead and roll to form a ball. Put flour on the surface when kneading to avoid sticking, keep dough moving.
2. When the dough has been set aside it will grow slightly larger.
3. Divide in two. Using a rolling pin, roll into a circle which is even all the way through.
4. Spread oil on a baking tray and make the pizza base fit the shape.

**Topping the pizza:**
5. Tomato paste
6. Cheese
7. Strips of ham
8. 4 strips of capsicum
9. Add any toppings that you like and then finish off with some extra cheese.

**Cooking the pizza:**
10. Place on top shelf of a hot oven, 220˚c for 12-15mins or until the edges go crisp.
11. Put the other pot on the heat and let the water boil.
12. Break pasta noodles in half add to boiling water that has a teaspoon of salt added.
13. Add tinned tomatoes to the mince mixture. The pasta should be ready after about 8mins in the boiling water. Add the cooked pasta noodles into the mince meat mixture, stir this through and enjoy!
Spaghetti Bolognese

You will need:

- 500g mince meat
- 1 packet of spaghetti pasta
- 1 large onion
- Some cooking oil
- 2 tins of tomatoes
- 1 tsp salt
- 2 carrots
- 2 cooking pots
- 1 green capsicum

Directions:

1. Chop onion add to cooking pot with some oil (pot should be on a fairly low heat setting).
2. Add mince to the onion and oil, wait until the onion has turned clear (see through) keep cooking mince until all the pink colour changes to brown.
3. Grate the carrot and add to the mince mixture.
4. Put the other pot on the heat and let the water boil.
5. Break pasta noodles in half add to boiling water that has a teaspoon of salt added.
6. Add tinned tomatoes to the mince mixture. The pasta should be ready after about 8mins in the boiling water. Add the cooked pasta noodles into the mince meat mixture, stir this through and enjoy!
Rainbow Slice

You will need:

- 6 eggs
- 1 capsicum - finely chopped
- 1 zucchini - grated
- 1 handful of mushrooms - finely chopped
- 1 carrot - grated
- 1/2 cup of cheese

Directions:

1. Preheat the oven to 180 degrees and put baking paper into a slice tin (or a cake tin is fine)
2. Whisk the eggs until frothy and add the vegetables and cheese.
3. Pour the mixture into the cake tin and bake it for about 25 minutes (it will be golden brown and not watery in the middle)
4. Serve with salad or cherry tomatoes.
Beef and Vegetable Curry with Cous-Cous

You will need:

- Topside steak cut into cubes
- 2 onions
- 1 sweet potato
- 1 carrot
- Broccoli
- Grean beans
- Curry powder: according to taste (about a desert spoon and a bit more)
- 2 tins of tinned tomatoes
- A packet of cous-cous

Directions:

1. Chop and fry onions in a big pot.
2. Fry sweet potato which has been cubed. Cube the meat fry in oil. Chop and fry carrot
3. Add onions, sweet potato and meat into cook pot with curry powder.
5. Prepare cous-cous in a bowl with equal amounts of couscous to boiling water. Fork through and allow to stand with a lid on the bowl.
Butter Chicken and Rice

You will need:

- 2 chicken breasts
- 700g tomato pasata
- Greek style yoghurt
- Garlic - crushed
- 1 white onion cut into chunks
- Cooking oil
- Green beans
- Spices - garamasala, ground cumin, turmeric
- 1 tub tomato paste
- 1 cup of rice (brown or white)

Directions:

1. Wash the chicken breast under cold water and dry with a paper towel.
2. Cut the chicken breasts into chunks of similar size. (Now wash the chopping board before using it again)
3. Chicken Marinade: Mix these together in a large bowl, yoghurt Greek style natural 500gm, tomato pasata 700gm, 1 tsp of garamarsala, 1 tsp ground coriander seeds, 1 tsp turmeric, 1 spoon cumin.
4. Add chunks of chicken to the marinade and set aside while you make the beans and rice.
5. Cook Rice: Follow directions on the packet. Sometimes you can cook in the microwave, if cooking on the stove you will need an adult to supervise you.
6. Prepare the Green Beans: Wash beans in the kitchen sink. (On a clean chopping board) cut off the top and tail of the beans. Put beans into a large bowl, pour boiling water over them, cover the beans. Place a plate on top of the bowl as a lid. This will keep the heat on the beans and allow them to soften. Keep in the bowl until the chicken is cooked and ready to serve.

**Serving suggestion:**

7. You can eat your chicken with: Zucchini or carrot, tomato, potato, cous-cous (instead of rice)

8. Cooking the Chicken: In a large cooking pot pour two table spoons of cooking oil (add some more if the onion sticks to the bottom of the pot). As the cooking pot heats up, add the onion or garlic, use a wooden spoon to stir the onion around the bottom of the pot. Take care to avoid the onion sticking and burning. The onion is cooked enough when it changes to translucent or (see through) Add marinated chicken to the cooked onion in the big pot. Keep moving chicken around the pot allowing it to cook and not stick and burn. (The chicken is cooked when it turns white, don’t eat pink chicken!). Simmer in the pot for about 30 mins or until the meat is white inside.

9. Serving the dish: Place a small amount of rice on the plate. Add the green beans neatly beside the rice.

10. With a serving spoon put a pile of Butter chicken and sauce on to the plate. You can add a spoonful of yoghurt with the meal to make it not so hot and extra creamy.
Lettuce Wraps

You will need:

1 green lettuce  
300g mince meat  
1 green capsicum  
1 cup of green beans  
1 carrot  
Soy sauce for flavour

Directions:

1. Fry mince in a flat pan, add soy sauce.
2. Add capsicum (cut into strips and seeds removed)
3. Grate carrot, add to the cooking pan
4. Add green beans and mix through mince mixture.
5. Gently peel just one lettuce leaf off, keeping it whole.
6. Put the lettuce flat on a plate, spoon some cooked mince mixture into the sheet of lettuce.
7. Roll it up, keeping the mince mixture inside!
Eating vegetables is important!

You should always make half of your plate vegetables or fruit, and the other half everything else.

Try not to fry the vegetables (like potato chips) because this makes them pretty unhealthy.

**REMEMBER - not all vegetables have to be peeled!** Just make sure you give them a good wash.

Try carrot, potato, sweet potato or pumpkin.

All the good stuff is actually just under the skin, and it tastes pretty nice!
Pancakes - Sugar Free

You will need:

1 1/2 cups of milk
1 egg
2 cups of self raising flour
25g melted butter

Directions:

1. Mix the milk and eggs together until the egg is mixed in.
2. Pour the milk and eggs over the flour and mix it GENTLY until it's just mixed together - don't mix it too much or your pancakes won't puff up.
3. Put a pan on medium heat and put a tiny bit of the butter in the pan and pour the pancakes on.
4. Cook them for about 3 minutes, or you will see the bubbles starting to pop like crumpets.
5. Turn over and cook for another 3 minutes.
6. Serve with fresh fruit, berries and cream.
Stir-Fry with Rice Noodles and Vegetables

You will need:

Packet of rice noodles
Soy sauce
Tofu or chicken fillet or beef - cut into cubes
Carrots
Capsicum
Snow peas
Bok-choy or pak choy
Green beans
Broccoli

Onion
Cabbage
Asian leafy greens like Chinese broccoli
For a tasty variation add a spoonful of peanut butter
Honey
Oyster sauce
Best pot to use is a wok
Directions:

1. Cook noodles - take rice noodles from packet, place in a bowl. Pour boiling water over them and cover.

2. Chop vegetables into similar sized pieces - onion, carrot, cabbage, capsicum, zucchini, broccoli, corn.

3. Tip - Cook quickly over a hot pan, cooking slowly will give a boiled flavour.

4. Pour about one tablespoon oil in a pan, let the pan warm up. When you add the vegetables, keep stirring. Add the hardest veggies first, the ones you don't mind eating raw can go in last. Veggies will be cooked when they still have a bit of a crunch still in them, not too floppy or soft.

5. Drain the water from the noodles (after about 7 minutes).

6. Add the noodles to the stir fried vegetables with some soy sauce.

7. Enjoy in a bowl!
Special treat!
Renae’s Mars Bar Slice

You will need:

- 2 Mars Bars
- 150g butter
- 3 cups of Rice Bubbles

Directions:

1. Melt the Mars Bars and butter in the microwave for about 30 seconds, give it a stir, and then another 20 - 30 seconds.
2. When stirred it should get smooth (like melted chocolate).
3. Stir over the Rice Bubbles and then put them in a container and in the fridge to set!!!

Delish! - but it’s only for special treats!