Vegetable Cookbook

Tasty vegetable recipes for your family/whānau from the Heart Foundation
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If veges tend to go off in the bottom of your fridge because you don’t know what to do with them, this cookbook is for you. Get inspired to cook tasty and healthy vege dishes for you and your family/whānau. Why bother? Vegetables are packed full of the goodness you need to live a healthy life. An added bonus is they can fill you up without many calories, so they’re great if you want to watch your weight.

These shortcuts can help you save time when preparing veges:

• Make life easier and throw away the vege peeler. Leaving the skin on veges like carrots and potatoes saves time. Some of the goodness is in or just below the skin, so it’s a shame to throw it away. Just give them a scrub instead.

• Mix and match fresh and frozen. Bulk up fresh veges with frozen or canned vegetables. For example canned tomatoes can be a quick way of adding more veges to meals.

• It doesn’t get much quicker than a simple salad. Top your favourite salad leaves with colourful salad veges or roasted vegetables, or try the tomato and avocado salsa on page 9.

• Cook extra to use the next night. For example, leftover kumara can be used to make soup or vegetable patties.

• Get the kids involved and helping out – or let them choose a couple of vegetables to try each week.
## Availability

Buying vegetables that are in season is cheaper and better for the environment. This chart identifies when NZ-grown vegetables are in plentiful supply.

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A balanced meal

The plate below shows the ideal proportion of non-starchy vegetables in your main meal. It applies whether foods are served separately or mixed in together. Enjoy half of your meal as non-starchy vegetables. Another quarter of the meal is starchy vegetables or grainy foods like potato, kumara, sweetcorn, cassava, taro, or green banana, bread, rice, or pasta (about a tight fist-sized amount). The remaining quarter of the meal is protein foods like chicken, fish, meat, eggs, or legumes (about a palm-sized amount).

Photo courtesy of www.vegetables.co.nz
Ingredient tips

**Substitute:** use what you’ve got on hand – if you don’t have some of the herbs or spices, substitute them with something similar, or experiment and become your own Masterchef!

**Buttermilk:** cultured buttermilk gives a similar flavour to sour cream, with a lot less fat. Buttermilk works well in sauces, mashed potato, mixed half and half with mayo for a tangy dressing, or instead of cream in a crustless quiche.

**Coriander leaf:** coriander can be tricky to grow. A handy solution is using jars of minced coriander, which tastes almost as good as fresh.

**Fish sauce:** typically used in Asian cooking. It is very salty, but only a little is needed to add flavour.

**Ginger (root):** fresh root ginger gives a wonderful flavour to dishes. Store it in the freezer and you’ll always have some on hand.

**Mint:** incredibly easy to grow. Pop a plant in a pot or in the garden and you’ll soon have more than you know what to do with.

**Miso paste:** a savoury paste used in Asian cooking and as the basis of miso soup.

**Oil spritzer:** put your favourite oil in a pump action oil bottle, and you’ll find spritzing a small amount of oil goes a lot further.

**Rosemary:** sprigs of rosemary are fantastic with roast vegetables. Rosemary is easy to grow, just break a small twig off an existing plant, pop it in the ground and keep watered.

**Sesame oil:** a dash of sesame oil near the end of cooking adds a tasty nutty flavour.

**Smoked paprika:** gives a smoked barbecue flavour to food.

**Soy sauce:** typically very high in salt. Salt-reduced soy sauce has half the salt content, but still use small amounts.
Soups

Thai kumara soup

Serves 2

Ingredients

1 large kumara (450g), peeled
350ml boiling water
½ can crushed or chopped tomatoes
1 tsp red curry paste
1 tsp coconut essence
100ml lite evaporated milk

Method

1. Cut kumara into small chunks.
2. Add to saucepan with boiling water. Bring to the boil, then reduce heat and simmer for 10 minutes or until tender.
3. Add tomatoes to saucepan and heat through. Remove from heat.
4. Add curry paste and coconut essence, then mash or blend into a soup.
5. Stir through evaporated milk.

Per serve:

Energy 1465kJ; Fat 1g; Saturated fat 0.2g; Carbohydrate 82g; Fibre 9g; Sodium 89mg
Watercress and pea soup  Serves 2

Ingredients
1 tsp oil
1 onion, finely diced
2 cloves garlic, crushed
1 medium potato, peeled
2 tsp vegetable stock powder
500ml boiling water
1 cup frozen peas
2½ cups or 100g watercress (or puha)
½ cup cultured buttermilk

Method
1. Heat saucepan over medium heat.
   Wipe oil over bottom of pan.
   Add onion and garlic and cook until opaque, about 4–5 minutes.
2. Rinse and remove watercress leaves from main stems.
3. Cut potatoes into 1cm cubes.
   Add potatoes, stock and water to saucepan and cook over medium heat until tender, about 10 minutes.
4. Add peas and watercress, cook 3 minutes.
5. Puree or blend mixture, and stir through buttermilk.

Per serve:
Energy 591kJ; Fat 3.4g; Saturated fat 1.2g; Carbohydrate 18g; Fibre 6.2g; Sodium 530mg
Salads and salsas

Beetroot and carrot salad  Serves 2

Ingredients
1 beetroot, peeled and grated
1 carrot, grated
1 lemon, squeezed
1 Tbsp sesame seeds (optional)

Method
Mix beetroot and carrot together in a bowl, and toss through squeezed lemon. If adding sesame seeds, sprinkle them over the top.

TIP: If you prefer it cooked, cover it and pop it in the microwave on high for two minutes.

Per serve:

Energy 125kJ; Fat 0.2g; Carbohydrate 6g; Fibre 2.5g; Sodium 67mg
Tomato and avocado salsa  Serves 2

**Ingredients**
- 2 medium tomatoes, diced
- 1 avocado, diced
- 1 tsp dried tarragon
- 2 Tbsp balsamic vinegar

**Method**
Mix all ingredients together in a bowl. Allow to sit for a couple of minutes before serving. Serve as an accompaniment to a meal or on top of salad leaves.

**Per serve:**
- Energy 464kJ; Fat 10.6g;
- Saturated fat 1.7g; Carbohydrate 2.2g;
- Fibre 2.6g; Sodium 13mg

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Tomato and cucumber salad  Serves 2

**Ingredients**
- 2 medium tomatoes, sliced
- ½ short cucumber, sliced
- 1 lemon, squeezed
- ½ red onion, finely sliced (optional)

**Method**
Place slices of tomato, cucumber and red onion in alternate layers then drizzle with lemon juice and serve.

**Per serve:**
- Energy 211kJ; Fat 0.5g;
- Carbohydrate 9g; Fibre 3g
Potato, cauliflower and watercress salad  Serves 4

**Ingredients**

¼ cauliflower (approx. 200g), cut into small florets  
Oil spritzer  
1 Tbsp lemon juice  
2 medium potatoes, scrubbed and cut into quarters  
1 stalk celery, finely sliced (optional)  
½ red capsicum, finely diced  
2 Tbsp lite salad or coleslaw dressing  
¼ cup lemon juice  

Either:  
1 cup watercress or puha leaves, stalks removed; or  
¼ cup mint leaves, finely sliced

**Method**

1. Preheat oven to 160°C. Drizzle cauliflower with lemon juice, spritz with oil and bake for 20 minutes, or until tender.  
2. Heat a saucepan with boiling water. Add potatoes. Gently boil until cooked, about 15 minutes.  
3. Roughly chop watercress and mix in a bowl with other vegetables.  
4. Mix together salad dressing, lemon juice and mix through salad.  

**TIP:** to turn this into a light meal, add diced eggs or canned tuna, and serve on a bed of salad leaves, with tomato wedges on the side.

**Per serve:**

Energy 376kJ;  Fat 1.6g;  Saturated fat 0.5g;  Carbohydrate 15g;  Fibre 2.4g;  Sodium 93mg
Warm pumpkin salad  Serves 2

Ingredients

½ butternut or buttercup pumpkin (approx. 400g)
2 tsp sesame oil
2 tsp ground cumin
100g baby spinach or other dark green lettuce leaves
2 Tbsp pumpkin seeds, toasted (optional)
50g salt-reduced feta cheese, crumbled

Method

1. Heat oven to 180°C.
2. Peel, de-seed, and cut pumpkin into chunks or slices and place on a non-stick baking tray. Brush lightly with sesame oil and sprinkle with cumin.
3. Bake for 20–30 minutes, until tender.
4. Serve warm pumpkin on a bed of baby spinach leaves. Top with pumpkin seeds and feta, and drizzle with vinaigrette of choice or lemon juice.

Per serve:

Energy 1034kJ; Fat 14g; Saturated fat 5g; Fibre 5g; Sodium 440mg
Hearty salsa  Serves 8 as a side dish

**Ingredients**
1 cup cooked kidney beans (canned is fine)
1 mango, peeled, seeded and diced
1 avocado, diced
2 large tomatoes, diced
1 capsicum diced
¼ – ½ cup red onion, finely diced
(or 2 spring onions)
1 cup cooked corn
½ cup chopped fresh coriander
3 cloves garlic, crushed
3 Tbsp fresh lime or lemon juice
1 Tbsp oil
1 chilli, seeded and sliced

**Method**
Mix all the ingredients together and chill before serving.

**Per serve:**
- **Energy** 575kJ;  **Fat** 7.6g;  **Saturated fat** 1.5g;
- **Carbohydrate** 13g;  **Fibre** 4.3g;  **Sodium** 11mg

Photo courtesy of www.vegetables.co.nz
Moroccan carrot salad  Serves 2

Ingredients
1 large carrot, grated
2 Tbsp lemon juice
1 tsp cumin
1 tsp paprika
½ tsp cinnamon
1 Tbsp vegetable oil

Method
Place carrot in a bowl. Whisk together all the other ingredients and mix in with carrot. Allow it to rest before serving so that the flavours blend.

Per serve:

Energy 322kJ; Fat 7g; Saturated fat 2.5g; Carbohydrate 2.3g; Fibre 2g; Sodium 16mg

Warm vermicelli salad  Serves 2

Ingredients
1 medium onion, sliced
70g dry vermicelli
1 large carrot, grated
1 red capsicum, finely sliced
½ half cabbage (approx. 250g), sliced
2 cloves garlic, crushed
¼ cup lite coconut milk
1 tsp red curry paste
1 Tbsp lime juice

Method
1.  Boil a jug of water and pour over vermicelli in a bowl. Leave to soak for around 5 minutes, until soft. Drain, then snip with scissors into smaller strands.
2.  Cook onion for about 3 minutes until softened. Add other vegetables, garlic, coconut, and red curry paste. Cook until tender. Add vermicelli.
3.  Stir through lime juice and serve.

Per serve:

Energy 903kJ; Fat 2.7g; Saturated fat 1.4g; Carbohydrate 46g; Fibre 5.8g; Sodium 48mg
Stir or pan-fry

Homemade pasta sauce  Serves 2

**Ingredients**
1 onion, diced
1 can crushed tomatoes
1 clove garlic, crushed
2 Tbsp salt-reduced tomato paste
(add extra to thicken sauce more)
½ tsp chilli

**Method**
1. Cook onion in a non-stick pan with a dash of water until soft.
2. Add crushed tomatoes, garlic, tomato paste and chilli and cook until thickened.

**TIP:** Add other veges like mushrooms and capsicum to the sauce. Herbs like basil or oregano also taste great.

**Per serve:**

- **Energy** 280kJ;
- **Fat** 0.5g;
- **Carbohydrate** 12g;
- **Fibre** 3.2g;
- **Sodium** 234mg
Caramelised parsnip  Serves 2

**Ingredients**
- 3 small or 2 large parsnips
- 2 tsp oil

**Method**
Heat non-stick frying pan over medium heat. Grate parsnip (this is easier in a food processor). Add oil to pan and cook parsnip for 8–10 minutes, until browned.

Per serve:
- **Energy** 620 kJ; **Fat** 5g; **Saturated fat** 1.6g; **Carbohydrate** 20g; **Fibre** 6g; **Sodium** 9mg

Kamo kamo fritters  Serves 4 (makes 12 fritters)

**Ingredients**
- ½ kamo kamo (about 600g), grated
- 1 egg, beaten
- ½ cup plain flour
- 2 tsp dill
- 2 cloves garlic, crushed
- 1 Tbsp vegetable oil

**Method**
1. Squeeze excess water out of kamo kamo and place in mixing bowl. Add egg and mix through well.
2. Mix through just enough flour to make kamo kamo start to stick together. Add dill and garlic, and stir through.
3. Cook in a non-stick frying pan over medium heat, with a little oil to help it go golden. Turn and cook on other side.

**TIP:** Kamo kamo (or kumi kumi) has a mild taste. It tastes great with the avocado and tomato salsa on page 9.

Per serve:
- **Energy** 365 kJ, **Fat** 4g, **Saturated fat** 1g, **Carbohydrate** 11g, **Sodium** 19mg
Cabbage and corn stir fry  Serves 4

**Ingredients**

¼ green or red cabbage, sliced  
1 corn cob, cooked and kernels sliced off  
1 ½ Tbsp lime juice  
1 tsp sesame oil  
1 tsp chopped red chilli  
2 tsp fish sauce  
2 Tbsp chopped coriander

**Method**

Heat non-stick frying pan over medium heat. Cook cabbage for 3 minutes or until wilted. Stir through other ingredients, heat and serve.

**TIP:** as an alternative use a can of baby corn instead of the corn cob. Serve as a side dish, or turn into a more substantial dish by adding minced chicken, extra corn, onion, mushrooms and celery. If you have leftovers, they can easily be turned into fritters by adding 1 egg + 2 Tbsp milk + 2 Tbsp flour to half the cabbage mix.

**Per serve:**

Energy 286kJ; Fat 2g; Saturated fat 0.3g; Carbohydrate 10.5g; Fibre 1.9g; Sodium 197mg
Taro stir fry with Indian spices  Serves 2

**Ingredients**

1 piece taro (approx. 350g)  
2 cups boiling water  
2 tsp vegetable oil  
1 tsp cumin seeds  
½ tsp chilli powder (or to taste)  
1 tsp turmeric  
1 onion, sliced  
1 Tbsp fresh ginger, finely diced  
1 tsp garam masala  

**Optional:**  
½ cup natural unsweetened yoghurt  
2 tsp lemon juice  
1 clove garlic, crushed

**Method**

1. Peel taro and cut in half horizontally, then into chunks.  
2. Put boiling water in a saucepan with a lid over medium heat. Add taro root, replace lid, and allow to steam until tender and well cooked (10–15 minutes). Remove from heat and drain. Once cool enough, cut chunks into slices.  
3. In a non-stick frying pan, gently heat oil. Add cumin seeds, chilli, turmeric, onion and ginger. Cook until onion is soft, about 5 minutes.  
4. Add garam masala and drained taro, and cook for a couple of minutes. Remove from heat and serve drizzled with a yoghurt dressing (yoghurt, lemon juice and garlic mixed together).

**TIP:** wear gloves when handling taro if you have sensitive skin as it can be an irritant. Taro must be well cooked. To save time, use an Indian spice paste instead of the spices.

**Per serve:**

**Energy** 983kJ; **Fat** 5g; **Saturated fat** 1.7g; **Carbohydrate** 45g; **Fibre** 5.4g; **Sodium** 12mg

Photo courtesy of www.vegetables.co.nz
Quick vege tomato curry  Serves 4

Ingredients
½ head of broccoli (approx. 200g), cut into florets
¼ cauliflower (approx. 200g), cut into florets
½ bag green beans (approx. 150g), sliced (alternative is to use frozen beans)
14 button mushrooms (130g)
1 can Indian flavoured tomatoes
2 Tbsp tomato paste
2 tsp garam masala (optional)

Method
1. Heat a non-stick frying pan over medium heat.
2. Add a little water, broccoli and cauliflower. Steam for 3 minutes.
3. Add beans, mushrooms, canned tomatoes, and tomato puree (to thicken it).
4. Add garam masala if you prefer a less sweet tasting dish. Cook 5 minutes until tender.

TIP: change the flavour of the canned tomatoes to have the dish a different way, eg. Moroccan or Mexican. To turn into a full meal, serve with rice and chicken.

Per serve:
Energy 252kJ; Fat 0.8g; Saturated fat 0.1g; Carbohydrate 8g; Fibre 4.8g; Sodium 126mg
**Vege potato top pie**  Serves 4

**Ingredients**

**Potato topping:**  
3 medium potatoes (approx. 440g), peeled and cut into chunks  
1 Tbsp margarine  
2 Tbsp low-fat milk  
1–2 Tbsp wholegrain mustard  

**White sauce:**  
1 Tbsp margarine  
1½ Tbsp flour  
1 cup low-fat milk  
½ cup grated Edam cheese  
1 Tbsp Dijon mustard  

**Vegetables of your choice eg:**  
100g button mushrooms, halved  
1 small leek or courgette, sliced  
¼ broccoli (approx. 100g), cut into small florets  
1 carrot, sliced

**Method**

1. Preheat oven to 180°C.  
2. Put potatoes in a saucepan half full with boiling water. Cook about 10 minutes, until tender. Drain and leave in saucepan to dry out a little. Mash with 1 Tbsp margarine and 2 Tbsp milk, then stir through wholegrain mustard.  
3. Make a white sauce by melting 1 Tbsp margarine in the bottom of a saucepan. Add flour and stir to form a crumbly mixture. Add half the milk and mix continuously with a whisk or fork until there are no lumps and the sauce is starting to thicken. Add remaining milk and stir until it starts to thicken. Remove from heat and add Dijon mustard and cheese.  
4. Add chopped vegetables to white sauce and mix through. Place in the bottom of a baking dish. Top with mashed potato and bake for 30 minutes.

**Per serve:**  
**Energy** 390kJ; **Fat** 4.6g; **Saturated fat** 2g; **Carbohydrate** 8g; **Fibre** 1.4g; **Sodium** 122mg

Photo courtesy of www.vegetables.co.nz
Roasted vegetable stack  Serves 2 (as a main)

Ingredients

1 medium kumara or potato, scrubbed and sliced
1/4 butternut pumpkin, de-seeded and cut into wedges
1 carrot, scrubbed and sliced
1 beetroot, scrubbed and cut into eighths
1 courgette, sliced thickly
4 whole garlic cloves (optional)
Handful of rosemary sprigs
Vegetable oil
1/2 bag baby spinach leaves or rocket
1 capsicum, sliced
1/2 punnet cherry tomatoes, halved
2 Tbsp lite balsamic vinaigrette

Method

1. Preheat oven to 180°C.
2. Place vegetables on baking paper on a baking tray. Spritz with oil and toss through vegetables. Add garlic cloves and rosemary sprigs. Bake for 30 minutes or until tender.
3. Serve on a bed of baby spinach, layered with capsicum and cherry tomatoes. Drizzle lightly with vinaigrette.

TIPS: Use whatever vegetables you have available. Add cooked shredded chicken to turn it into a complete meal.

Per serve:

Energy 1409kJ; Fat 12g; Saturated fat 3.2g; Carbohydrate 50g; Fibre 9.5g; Sodium 230mg
Spiced potato filo parcels  Serves 4

**Ingredients**

- 2 potatoes, diced into small squares
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 1 tsp oil
- ½ tsp chilli (optional)
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 cup frozen peas
- 8 sheets filo pastry
- Low-fat milk

**Method**

1. Preheat oven to 180°C.
2. Cook potato in a little water in the microwave until tender, about 6 minutes. Very lightly mash the potatoes with a fork so that potato is broken up.
3. Cook onion and garlic in a non-stick frying pan with a dash of oil until onion is opaque. Add spices and fry for two minutes.
4. Add potato and peas to the pan and mix through. Cook until peas are defrosted.
5. Make a layer of four sheets of filo, brushing lightly in between each sheet with milk. Cut pile in half lengthways to make a long thin strip. Put a spoonful of mixture in the corner of each strip and repeatedly fold over itself into a triangle shape. Brush the top of each triangle lightly with milk and bake for 20 minutes or until golden.

**TIP:** Serve as a starter or as a main served with non-starchy vegetables and a protein-containing food such as meat, chicken, or dhal.

**Per serve:**

- Energy 671kJ; Fat 2.2g; Saturated fat 0.6g; Carbohydrate 28g; Fibre 4.5g; Sodium 173mg
Vegetable bake  Serves 6

**Ingredients**

1 large potato, scrubbed  
1 medium orange kumara, scrubbed  
½ butternut pumpkin  
½ bag spinach, thinly sliced  
2 large courgettes  
4 medium/large tomatoes  
½ cup grated edam cheese  
1 tsp powdered vegetable stock  
Black pepper to taste

**Method**

1. Preheat oven to 180°C.  
2. Slice potato, kumara, pumpkin, courgettes and tomatoes into round slices.  
3. Layer vegetables in a greased casserole dish. Put potato first, followed by kumara, pumpkin, spinach, courgette and tomatoes on top.  
4. Sprinkle with stock and pepper, then finish with grated cheese.  
5. Bake until the vegetables are tender, about 35 minutes.

**Per serve:**

Energy 625kJ; Fat 6g; Saturated fat 3.7g; Carbohydrate 15g; Fibre 4g; Sodium 265mg
Roasted tomatoes
Serves 2

**Ingredients**
- 10 tomatoes, cut in half
- 1 Tbsp olive oil
**Optional:**
- 1 clove garlic, crushed
- 2 Tbsp balsamic vinegar
- 1 Tbsp fresh rosemary leaves, pulled off the stalk

**Method**
1. Heat oven to 160°C.
2. Place halved tomatoes on a baking tray lined with baking paper.
3. Mix other ingredients together then drizzle over the tomatoes. Bake for 1–1½ hours until tomatoes have shrunk a little and the vinegar has caramelised.

**TIP:** Roasted tomatoes can be served as a side dish, mixed in with a salad, tossed through pasta, or on top of wholegrain toast.

**Per serve:**
- **Energy** 740kJ; **Fat** 8.6g; **Saturated fat** 1.5g; **Carbohydrate** 18g; **Fibre** 8g; **Sodium** 31mg

Savoury vege cakes
Makes 4 patties/cakes

**Ingredients**
- 2 medium red kumara (purple skinned) (about 350g), peeled and cut into chunks
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 1 small carrot, grated
- 5 button mushrooms, finely diced
- ½ cup frozen peas
- 1 egg
- 1 Tbsp salt-reduced soy sauce
- 1 tsp chopped ginger root
- Bread crumbs

**Method**
1. Microwave (or steam) kumara in a little water until tender, about 5 minutes. Mash.
2. Cook onion in a pan or microwave.
3. Mix all ingredients together except breadcrumbs. Put breadcrumbs on a plate. Divide mixture into four. Put a quarter of the mix in a mound on the breadcrumbs and form into a circle about 2cm high. Lift carefully onto a sheet of baking paper. Sprinkle the top of the pattie with breadcrumbs then spritz with oil.
4. Once all patties are made, place in fridge to chill. Turn on oven and heat to 180°C. Once oven is heated, lift baking paper and patties onto an oven tray and cook for 20 minutes.

**Per serve:**
- **Energy** 750kJ; **Fat** 4.2g; **Saturated fat** 1.4g; **Carbohydrate** 30g; **Fibre** 4.9g; **Sodium** 237mg
Mash

Carrot and parsnip mash  Serves 4

Ingredients
4 carrots, peeled
3 parsnips, peeled
2 tsp margarine
2 pinches nutmeg

Method
1. Cut carrots and parsnips into chunks. Cook in the microwave with a little water for around 5 minutes.
2. Drain any excess water and mash with margarine. Sprinkle nutmeg on top.

Per serve:
Energy 419kJ; Fat 2.6g; Saturated fat 0.6g; Carbohydrate 17.5g; Fibre 6.1g; Sodium 36mg
Make it a meal

Vegetable frittata  Serves 4

Ingredients

3 small kumara (approx. 150g), sliced into thin rings or small cubes
1 red capsicum, diced
½ punnet cherry tomatoes (approx. 150g), sliced in half
5 button mushrooms, diced
1 Tbsp capers
1 tsp paprika
5 eggs, whisked
½ cup trim milk

Method

1. Heat non-stick pan over medium heat and cook kumara with a little water until tender and water has evaporated.
2. Turn to low heat and add capsicum, tomatoes, mushrooms, capers, and paprika.
3. Whisk together eggs and milk and add to pan. Allow to cook until egg is set around the edges. Place under a hot grill to cook the top of the tortilla. Grill for about 5 minutes or until lightly browned and egg has cooked.
4. Serve with a dark green leafy salad.

Per serve:

Energy 668kJ;  Fat 7.5g;  Saturated fat 2.3g;  Carbohydrate 13g;  Fibre 2g;  Sodium 192mg
Gado gado  Serves 4

Ingredients
2 potatoes, scrubbed
½ broccoli, cut into florets
1 packet green beans
2 carrots, cut into sticks
4 eggs, boiled and quartered
4 tomatoes, quartered

Sauce:
2 cloves garlic, crushed
2 tsp root ginger, finely chopped
1 tsp ground coriander
2 Tbsp salt-reduced soya sauce
2 Tbsp lemon juice
¼ tsp chilli powder (to taste)
1 Tbsp brown sugar
3 Tbsp crunchy peanut butter
¼ cup hot water

Method
1. Cook potatoes in the microwave, then cut into chunks when cooled.
2. Lightly cook the broccoli and green beans in the microwave until just tender.
3. To make the peanut sauce, mix all ingredients well in a microwave-proof bowl. Microwave on high, uncovered, until smooth and thickened, about 3–4 minutes. Thin with water if necessary.
4. Either serve arranged on a platter with the peanut sauce in the middle for dipping, or arrange on a plate and drizzle with peanut sauce (thin the sauce further for this).
5. Vegetables can be served warm or cool.

Per serve:
Energy 1207kJ; Fat 12g; Saturated fat 2.7g; Carbohydrate 26g; Fibre 12g; Sodium 414mg
Tangy spinach pasta  Serves 2

**Ingredients**
- 250g cooked chicken, shredded
- 2 cups cooked pasta
- 1 bag spinach (approx. 400g)
- 1 medium onion, finely diced
- 1 clove garlic, crushed
- ½ tsp chilli (optional)
- ½ cup cultured buttermilk
- 1 Tbsp lemon juice
- 1 medium tomato, finely diced
- Cracked black pepper

**Method**
1. Remove spinach stalks, cook in microwave on high for 3 minutes or until leaves are well wilted. Drain.
2. Cook diced onion in non-stick pan, until translucent. Add crushed garlic and chilli and cook for 2 more minutes.
3. Blend the onion mixture and spinach until a fine puree. Mix through buttermilk and lemon juice.
4. Stir through tomato and black pepper, then add chicken and serve on top of pasta.

**TIP:** Use frozen spinach if it’s cheaper. The sauce can be made into a dip by squeezing out the spinach before blending. If you can’t find buttermilk, natural yoghurt can be substituted.

**Per serve:**
- Energy 1867kJ; **Fat** 7.3g; **Saturated fat** 2.3g; **Carbohydrate** 43g; **Fibre** 9.2g; **Sodium** 403mg
Stuffed kamo kamo (or marrow)

Serves 4

**Ingredients**

1 medium or 2 small kamo kamo
(or 2 marrow)
1 cup cooked rice (about ½ cup uncooked)
1 medium onion, diced
150g mushrooms, diced
1 red capsicum, diced
1 sachet (12g) instant mushroom
cup of soup
90g tin tuna in springwater, drained
Breadcrumbs (about 2 Tbsp)
½ cup edam cheese (35g), grated

**Alternative Stuffing:**

1 medium onion, diced and cooked
1 can Moroccan flavoured tomatoes
1 cup cooked rice
1 red capsicum, diced
½ cup edam cheese (35g), grated

**Method**

1. Preheat oven to 180°C.
2. Cut kamo kamo in half lengthways. Scoop out and discard the seeds and any stringy bits, leaving a hollowed out centre.
3. Cook the onion in a non-stick frying pan until translucent. Remove from heat.
4. Stir through mushrooms, capsicum, cooked rice, tuna, and mushroom soup sachet.
5. Fill each half kamo kamo with the vegetable, rice and fish mix. Sprinkle the top with breadcrumbs and cheese.

**TIP:** If you can’t find kamo kamo (or kumi kumi), use marrow instead. Kamo kamo is available in summer.

**Per serve:**

Energy 648kJ, Fat 3g, Saturated fat 1.7g, Carbohydrate 20g, Fibre 3g, Sodium 222mg

Photo courtesy of www.vegetables.co.nz
Fresh spring rolls Makes 16 (serves 4 as a snack)

**Ingredients**
- 2 tsp fish sauce
- 1 Tbsp sweet chilli sauce
- 3 Tbsp fresh lime juice
- Bunch coriander leaves (or 1 Tbsp minced coriander leaves – mix this in with sauce)
- 1 short cucumber, deseeded
- 1 large avocado
- 2 medium carrots
- 1 large red capsicum, deseeded
- 16 rice paper rolls

Optional:
- 100g cooked shredded chicken
- or cooked prawns

**Method**
1. Mix together the fish sauce, sweet chilli sauce, and lime juice in a shallow bowl.
2. Cut cucumber, capsicum and carrot into long thin strips. Cut avocado in half, then cut each half into eight strips. Place cucumber and avocado into the fish sauce mix and leave to marinade whilst preparing the rolls. If using chicken, also add it to the fish sauce mix.
3. Soak 1 sheet of rice paper in warm water. Once softened (about 1 minute) remove from the water and place flat on a tea towel. (Alternatively dip each sheet in cold water and lay out on the bench. By the time you roll them, they should have softened).
4. Place 2–3 coriander leaves, carrot, cucumber, capsicum and avocado in the middle top-half of the rice paper. Fold the bottom half of the rice paper up to make an envelope around the filling. Fold in one side of the envelope and roll up tightly. Repeat.

**Per serve:**
- **Energy** 1092kJ; **Fat** 11g; **Saturated fat** 1.8g;
- **Carbohydrate** 36g; **Fibre** 4.4g;
- **Sodium** 404mg
Weights and measures

Abbreviations

Tbsp  tablespoon  
tsp  teaspoon  
°C  degrees Celsius  
c  cup  
g  grams  
mg  milligrams

Kitchen measures

1 Tbsp  15ml  
1 dessertspoon  10ml  
1 teaspoon  5ml  
2 teaspoons  1 dessertspoon  
3 teaspoons  1 tablespoon (NZ)  
1 litre  1000ml  
½ litre  500ml  
1 cup  250ml  
½ cup  125ml  
4 cups  1 litre

Oven temperatures

Cool  150–160°C  
Moderate  170–190°C  
Hot  200–230°C  
Very hot  250–260°C

Five simple steps to eating for a healthy heart

1. Eat plenty of fruit and vegetables
2. If choosing meat, make it lean; including fish as an alternative
3. Choose low fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

More recipes are available at www.heartfoundation.org.nz/recipes
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