



HE KAI
kei aku ringa



TOI TANGATA

Week 1 Recipe Ingredients

Pantry

Breadcrumbs (1 cup)
Can chopped tomatoes (1)
Can of sweetcorn (2)
Large can tuna (1)
Long grain rice (1 ½ cups)
Penne pasta (300g) or 1 packet
Pita bread (4-8)
Teriyaki sauce (1 ½ cups)

Produce

Baby spinach leaves (120g)
Bok choy (2)
Broccoli (1)
Carrots (6)
Cloves of garlic (8-10)
Courgettes (4)
Cucumber (1)
Eggs (3)
Green beans (400g)
Medium kumara (2)
Medium potatoes (8)
Mushrooms (1 cup)
Parsley (½ cup)
Red onion (1)
Shredded lettuce (1 cup)
Spring onions (1)
Tomato (1)
White onion (2)

Fridge/Freezer

Frozen peas (1 cup)
Feta cheese (100g)
Pot of Hummus
Firm Tofu (600g)
Beef mince (1kg)

Serves Four

Balsamic vinegar
Corn flour (2 Tbsp)
Flour (2 cups)
Honey (½ tsp)
Mustard powder
Salt & Pepper
Soy sauce
Olive oil
Tomato sauce (1 Tbsp)

Chopped coriander
(optional)
Chopped parsley (optional)
Lemon wedges (optional)
Pumpkin seeds

Butter
Cheese (1 cup)
Milk (1 litre)

Have at Home Items



HE KAI
kei aku ringa



TOI TANGATA

Week 2 Recipe Ingredients

Pantry

Long grain rice (3 cups)
1 bag preferred pasta
(1 bag)
Breadcrumbs (½ cup)
Can chickpeas, rinsed and
drained (1)
Can chopped tomatoes (3)
Can coconut milk (3)
Chili powder (1 tsp)
Curry powder (2 tsp)
Dijon mustard (2 Tbsp)
Fish sauce (2 Tbsp)
Garam masala (2 Tbsp)
Ground cayenne pepper
(2 tsp)
Ground cumin (2 tsp)
Jar tomato pasta sauce
(500g)
Laksa paste (2 Tbsp)
Noodles (250g soba
noodles or ramen noodles)
Oregano (1 tsp)
Turmeric (1 tsp)
Vegetable stock (1 litre)

Produce

Baby spinach (120g)
Bok Choy (2)
Broccoli (1)
Carrots (2)
Cloves of garlic (13)
Courgettes (2)
Egg (1)
Fresh ginger (1 Tbsp)
Green beans (200g)
Leeks (2)
Medium kumara or
pumpkin (2 cups)
Medium potatoes (4)
Mushrooms (400g)
Spring onion (1)
White onion (3)

Fridge/Freezer

Beef mince (500g)
Chicken breast (500g)
Chicken thigh fillets (600g)
Prawns (200g)
Tofu (300g)

Serves Four

Olive oil
Brown sugar (1 Tbsp)
Cashews (optional)
Cornflour (5 Tbsp)
Salt and pepper
Soy sauce
Worcester sauce (1 tsp)

Chopped coriander
(optional)
Chopped parsley (optional)

Cheese
Butter
Milk (2 ½ cups)
Plain yoghurt (optional)

Have at Home Items



HE KAI
kei aku ringa


TOI TANGATA

Week 3 Recipe Ingredients

Pantry

Burger buns (4)
Can coconut milk (1)
Can chopped tomatoes (1)
Can sliced beetroot (1)
Curry powder (2 heaped Tbsp)
Dried oregano (2 Tbsp)
Dried penne, rigatoni pasta (500g)
Fennel seeds or ground fennel (½ tsp)
Chilli powder (1 Tbsp)
Ground cumin (1 tsp)
Tomato pasta sauce (600g)
Taco-size corn or flour tortillas (10-12)
Tomato paste (2 Tbsp)
Vegetable broth (1 cup)

Produce

Baby spinach or silver beet (3 cups)
Green beans (200g)
Capsicums (3)
Carrots (2)
Celery (½)
Cloves of garlic (5)
Cos lettuce (2)
Courgette (3)
Cucumber (1)
Eggs (6)
Lemon juice (1)
Medium potatoes (6)
Mushrooms (250g)
Portobello mushrooms (6)
Punnet cherry tomatoes (1)
Red onion (1)
Spring onion (2)
Tomatoes (2)
White onion (4)

Fridge/Freezer

Feta (1)
Frozen peas (1 cup)
Cooked chicken breast (1)
Ground pork (500g)
Whole raw chicken (1)

Serves Four

Honey
Olive oil
Salt and pepper
Self-raising flour (½ cup)
Dijon mustard (1 tsp)
Toasted seeds (50g)

Lemon
Avocado

Butter
Sour cream
Cheese (2 ½ cups)
Mayonnaise

Have at Home Items



HE KAI
kei aku ringa



TOI TANGATA®

Week 4 Recipe Ingredients

Pantry

Can coconut cream (1)
Can coconut milk (1)
Can diced tomatoes (2)
Couscous (300g)
Dried cranberries (50g)
Dried oregano (1 tsp)
Dry spaghetti pasta (300g)
Long grain rice (4 ½ cups)
Oyster sauce (2 Tbsp)
Paprika (1 tsp)
Garam masala (1 Tbsp)
Sweet chilli sauce (2 Tbsp)
Teriyaki sauce (300g)
Tomato paste (2 Tbsp)
Chilli powder (½ tsp)
Cinnamon (½ tsp)
Curry powder (2 tsp)
Ground cumin (2 tsp)
Ground turmeric (2 tsp)
Vegetable stock cube (1)

Produce

Cos lettuce (1)
Bok choy (2)
Broccoli (3)
Carrots (5)
Cloves of garlic (12)
Courgettes (2)
Grated fresh ginger (2 Tbsp)
Green beans (400g)
Handful cherry tomatoes (1)
Handful fresh coriander (1)
Handful fresh parsley (1)
Large red onion (1)
Large white onion (2)
Lemons (2)
Red onion (1)

Fridge/Freezer

Beef schnitzel (500g)
Chicken drumsticks (8)
Lamb chops or cutlets (6-8)
Monk fish (800g)
Prawns (300g)

Serves Four

Olive oil
Honey (½ tsp)
Balsamic vinegar
Salt and pepper
Cornflour (1 Tbsp)
Soy sauce
Cider vinegar (½ Tbsp)
Toasted seeds or nuts (50g)

Coriander (optional)
Lemon (optional)
Chopped parsley (optional)
Spring onions (optional)

Butter
Cheese (1 cup)
Milk (1 litre)

Have at Home Items