



HE KAI
kei aku ringa

Cottage Pie

with Crispy Fried Green Beans & Spinach



Sneak peek



Beef Mince



Potatoes



Mushrooms



Garlic



Canned Tomato



Carrots



Courgettes



Onion



Spinach



Green Beans

Have at home

Milk, Butter, Olive Oil, Salt & Pepper, Soy Sauce, Tomato Sauce, Cheese.

Rich in Veges | Whānau

Eating fibre-rich foods like vegetables, fruit, legumes (beans and peas), wholegrain breads or cereals will keep our bowel working properly. These foods can also be protective against heart disease, diabetes and some cancers. Including lots of veges and other fibre-rich foods in meals throughout the day will help keep the whole whanau healthy.

Nutrition



TOI TANGATA

Cottage Pie with Crispy Fried Green Beans & Spinach

Serves: 4
Cooking time: 30 minutes

Recipe provided by Health Promotion Agency

Ingredients

4 potatoes
½ cup milk
Knob of butter
1 Tbsp olive oil
2 cloves garlic
1 white onion
2 carrots
1 cup mushrooms
2 courgettes
500g beef mince
1 can chopped tomatoes
½ cup water
2 Tbsp tomato sauce
Salt and pepper
Soy sauce
¼ cup grated cheese

Green Beans & Spinach

2 cloves garlic
200g green beans
60-80g spinach leaves (can alternatively use 2 handfuls of silverbeet)

To serve

Parsley (optional)



HE KAI
kei aku ringa

hekai.co.nz



1. Prepare Potatoes & Veges

Preheat the oven to 200°C. Peel and chop the potatoes into medium sized chunks. Boil the potatoes in water for 15 - 20 minutes until soft. Drain, add the milk and butter and mash. Finely chop the garlic, onion and mushrooms. Grate the carrot and courgettes. Squeeze out the excess water from the courgettes.



2. Prepare Veges & Mince

Add oil to pan and bring to medium heat. Add onions and carrots, cook for 5 minutes until soft. Add the mince to the pan and brown. Add mushrooms, courgettes, tomatoes, water and tomato sauce to the pan. Simmer for 20-25 minutes. Add salt and pepper or soy sauce to taste.



3. Bake Pie

Place the mince mixture into a baking dish. Spread the potato over the top and sprinkle with cheese. Bake for 20 - 30 minutes or until the mince mixture is bubbling and the top is golden (Set some mince aside to cool for 9 month - 2 year olds).



4. Crispy Fried Beans

With ten minutes remaining, chop the garlic. Add garlic to a pan with oil. Cut the beans at each end to remove the tips. Add the cut beans to the pan. Once beans are browned add spinach and cook until wilted. Set to the side.



5. Plate & Serve

Once the pie is golden on top, sprinkle with chopped parsley. Serve the pie onto plates with a side of greens.



Tamariki Meal

For 2 - 4 year olds: Remove bean ends and any stringy bits. Cut beans into 4 - 6cm long strips and finely slice spinach leaves. Cook all veges until soft. Serve 1/2 - 2 Tbsp of the beans and cooked spinach with 1/4 - 3/4 cup of the cottage pie.



TOI TANGATA®



HE KAI
kei aku ringa

Crunchy Tuna Pasta Bake

with Garlic Fried Broccoli



Sneak peek



Penne Pasta



Broccoli



Canned Tuna



Breadcrumbs



Peas



Carrots



Canned Sweetcorn



Garlic

Have at home

Olive Oil, Flour, Salt & Pepper, Milk, Cheese, Mustard.

Rich in Calcium | Tamariki, Rangatahi, Kuia Koroua

Calcium is essential for maintaining healthy bones and teeth. It also has key roles in blood clotting and normal heart, muscle and nerve activity. Include at least two different calcium-rich sources of food a day from foods such as reduced-fat dairy foods, calcium-fortified tofu or soy milk, nuts, seeds, fish, prawns, coconut milk, parsley, bok choy, leeks, pumpkin, silverbeet, celery, cooked broccoli, beans, and peas. Calcium requirements are greater in tamariki and rangatahi to support growth and in kuia koroua to help maintain bone strength.

Nutrition



TOITANGATA

Crunchy Tuna Pasta Bake with Garlic Fried Broccoli

Serves: 6
Cooking time: 30 minutes

Recipe provided by Health Promotion Agency

Ingredients

3 cups penne pasta
1 Tbsp olive oil
3 Tbsp flour
2 tsp dried mustard (optional)
3 cups warm milk
2 carrots
1 cup frozen peas
1 can of sweetcorn
1 large can tuna in water, drained
½ cup cheese
½ cup breadcrumbs
Salt and pepper

Garlic Fried Broccoli

2 cloves garlic
1 broccoli



1. Prepare Penne Pasta

Preheat oven to 180°C. Bring a large pot of water to the boil. Add a pinch of salt to the boiling water. Cook pasta by following the directions on the packet. Once cooked, drain pasta, transfer to a large baking dish with a little of the cooking water and set aside.



2. Prepare Sauce

Heat a non-stick pan and add a little oil. Add the flour and mustard and cook, stirring, for 1 minute. Gradually add the milk, stirring constantly to make a smooth sauce. Grate carrot. Add peas, carrot, sweetcorn and tuna to the pan. Mix well and cook for a few minutes.



3. Assemble Pasta Bake

Pour the sauce mixture into the baking dish and mix well. Add salt and pepper to taste. Grate cheese. Sprinkle breadcrumbs and cheese on top. Cook in oven for 15 minutes or until crispy and golden on top.



4. Prepare Broccoli

Cut broccoli into long thin florets. Fry garlic in pan with oil until fragrant. Add broccoli until browned a little. Add a splash of water and cover with a lid for 4 - 5 minutes. Add salt and pepper to taste.



5. Plate & Serve

Once the pasta bake is ready serve with broccoli on the side.



Tamariki Meal

For 2 - 4 year olds: Ensure broccoli and corn are cooked until soft. Serve ½ - 2 Tbsp of the broccoli (cut into small florets) with ½ - ¾ cup of the pasta bake. Pasta may need to be cut into smaller pieces. Creamed rather than whole kernel corn may be a better option for 2 year olds.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Grilled Beef Kofta

with Pita & Homemade Potato Chips



Sneak peek



Beef Mince



Potatoes



Bread Crumbs



Pita Bread



Tomatoes



Carrots



Cucumber



Onion



Lettuce



Red Onion



Eggs



Fresh Parsley

Have at home

Olive Oil, Tomato Sauce/
Puree, hummus or preferred
condiments, Salt & Pepper

Rich in Zinc | Tamariki, Rangatahi, Hapūtanga

Zinc helps support the body's growth, immunity, wound healing and is important for healthy skin, hair, taste and appetite. Include at least two different zinc-rich sources of food a day from foods such as reduced-fat dairy foods, lean meats, eggs, tofu, fish, prawns, seafood, nuts, seeds, courgettes, corn, broccoli, rice, mushrooms, chickpeas, wholegrain breads, pastas and cereals. Zinc requirements increase during times of growth, while breastfeeding, for males 14+ and for those on vegetarian or vegan diets.

Nutrition



TOI TANGATA

Grilled Beef Kofta with Pita & Homemade Potato Chips

Serves: 4

Cooking time: 30-45 minutes

Recipe provided by The Heart Foundation

Ingredients

4 medium potatoes

1 Tbsp olive oil

Salt and pepper

500g beef mince

1 egg

½ cup breadcrumbs

2 carrots

1 small white onion

½ cup parsley

1 Tbsp tomato sauce or puree

1 Tbsp olive oil

4-8 pita bread

1 cup shredded lettuce

1 tomato

½ red onion

½ cucumber

Pot of hummus or preferred condiments



1. Prepare the Chips

Soak wooden skewers in water for 10 minutes. Preheat the oven to 200°C. Wash the potatoes. Slice the potatoes into long thick chips. Place on an oven tray, drizzle with olive oil and toss. Roast for 25 minutes until cooked through. Add salt and pepper to taste.



2. Prepare the Kofta

While the potatoes are cooking, grate the carrots. Finely dice the onion and chop the parsley. Place mince, egg, bread crumbs, carrots, onion, parsley, a pinch of salt and pepper and tomato sauce into a bowl and mix until combined.



3. Shape & Bake Kofta

Mould a heaped Tbsp of beef mixture into a kofta shaped sausage or ball. Place in an oiled baking dish. Complete this process with the remaining mixture. Add to the oven and cook for 15 minutes or until cooked right through.



4. Prepare Vegetables

Thinly slice tomato, cucumber and red onion and prepare any additional salad toppings



5. Plate & Serve

Warm pita's in the microwave at 20 seconds each. Add lettuce, tomato, cucumber, kofta and hummus to pita. Serve kebabs with warm potato chips



Tamariki Meal

For 2 - 4 year olds: Finely slice tomato, cucumber and lettuce leaves and serve as 1/2 cup salad. Mashed or wedges of avocado rather than sliced salad is preferable for pēpē. Plate up 2 - 4 chips, 1/2 - 3/4 of one kofta mashed or cut into 8mm cubes.



HE KAI
kei aku ringa

he kai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Teriyaki Tofu & Veggie Bowl



Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition

Sneak peek



Tofu



Rice



Bok Choy



Green Beans



Teriyaki Sauce



Carrots



Garlic

Have at home

Olive Oil, Soy Sauce, Lemon, Cornflour, Water, Coriander.



TOI TANGATA

Teriyaki Tofu & Veggie Bowl

Serves: 4

Cooking time: 30 minutes

Ingredients

1 cup water
1 ½ cups long grain rice
2 bok choy
200g green beans
2 carrots
1 Tbsp olive oil
2 cloves garlic
Dash soy sauce
600g firm tofu (or chicken breast if preferred)
2 Tbsp cornflour
1 ½ cups teriyaki sauce
Water

To serve

Lemon wedges
Chopped coriander (optional)



1. Prepare Rice

In a medium pot, bring the water to the boil. Add rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Prepare Vegetables

Roughly chop the bok choy, cut the ends off the green beans, and cut in half. Cut the carrots at each end and in half lengthways. Then cut into thin half-moon slices.



3. Saute Vegetables

Heat a frying pan over a medium-high heat. Add oil and garlic. Add the carrots and beans to the pan for 1 minute. Add bok choy and cook for 2 minutes. Add a dash of soy sauce to the vegetables to flavour. Set vegetables aside on a plate.



4. Fry Tofu

Drain the tofu and cut into medium-sized cubes. Coat the tofu in the cornflour. Return pan to the heat. Add another dash of oil, add the tofu to the pan turning until browned and heated through. Once browned add a dash of water and then the teriyaki sauce. Let sauce heat for a couple of minutes in the pan.



5. Plate & Serve

Divide the rice, tofu and vegetables into each bowl. Top with coriander and a wedge of lemon



Tamariki Meal

For 2-4 year olds: Remove bean ends and any stringy bits. Cut beans and carrots into 4 - 6cm long strips and finely slice bok choy. Cook all veges until soft. Serve 1/2 - 2 Tbsp of the veges with 1 - 3 Tbsp of each of the tofu (cut into 8mm cubes) and rice.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Vegetable Fritters

with Kūmara Chips & Green Salad



Sneak peek



Sweet Corn



Feta Cheese



Courgettes



Kūmara



Garlic



Carrots



Cherry Tomatoes



Spring Onions



Lettuce



Cucumber



Eggs



Red Onion

Have at home

Olive Oil, Salt & Pepper, Flour, Milk, Honey, Balsamic Vinegar, Seeds.

Rich in Veggies | Whānau

Eating fibre-rich foods like vegetables, fruit, legumes (beans and peas), wholegrain breads or cereals will keep our bowel working properly. These foods can also be protective against heart disease, diabetes and some cancers. Including lots of veges and other fibre-rich foods in meals throughout the day will help keep the whole whanau healthy.

Nutrition



TOI TANGATA

Vegetable Fritters with Kūmara Chips & Green Salad

Serves: 4
Cooking time: 35 minutes

Ingredients

2 medium kūmara
1 Tbsp olive oil
Salt and pepper
2 courgettes
2 carrots
1 can sweet corn
Spring onions
2 cloves garlic
1 cup flour
2 eggs
1/3 cup milk

Salad

60g baby spinach leaves or cos lettuce
1/2 red onion, thinly sliced
1/2 cucumber
Cherry tomatoes
Handful toasted pumpkin seeds
80-100g feta cheese, crumbled
1/2 tsp runny honey
4 tsp olive oil
2 tsp balsamic vinegar



1. Prepare Kūmara Chips

Preheat the oven to 200°C. Cut the kūmara into long chips. Place kūmara on an oven tray. Drizzle with olive oil, salt and pepper and toss. Roast kūmara 15 – 20 minutes until tender.



2. Prepare & Combine Veges

Grate the courgette and carrots. Squeeze the excess moisture out of the courgette with your hands or a tea towel. Thinly slice the spring onion and chop the garlic. In a medium bowl whisk eggs and milk. Add courgette, sweet corn, carrot, garlic and spring onion and stir well. Add flour, salt and pepper. Mix well to combine.



3. Cook Fritters

Heat a large frying pan over medium-high heat and add enough oil to coat the base of the pan. When the oil is hot, add 2 Tbsp of fritter mixture to the pan. Repeat with some of the remaining mixture. Cook until golden, 3-4 minutes each side. Transfer to a plate lined with a paper towel. Repeat with the remaining fritter mixture.



4. Prepare Salad & Dressing

In a small jar, combine oil, honey and vinegar. Season to taste with salt and pepper. Mix cooled spinach, feta, red onion and toasted pumpkin seeds in a bowl and toss. Drizzle dressing over the salad mixture just before serving.



5. Plate & Serve

Divide the salad, kūmara chips and courgette and carrot fritters between plates. Serve with sweet chilli sauce and remaining lemon wedges.



Tamariki Meal

For 2-4 year olds: Finely slice spinach/ lettuce leaves and cucumber. Seeds are not recommended for preschoolers but if adding to the tamariki meal, finely cut the seeds into very small pieces.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Chicken, Leek & Mushroom Pie

with Greens



Sneak peek



Chicken Thigh Fillets



Potatoes



Mushrooms



Leeks



Green Beans



Garlic



Spinach



Mustard

Have at home

Olive Oil, Salt & Pepper, Butter, Milk, Cornflour, Worcester Sauce.

Rich in Veges | Whānau

Eating fibre-rich foods like vegetables, fruit, legumes (beans and peas), wholegrain breads or cereals will keep our bowel working properly. These foods can also be protective against heart disease, diabetes and some cancers. Including lots of veges and other fibre-rich foods in meals throughout the day will help keep the whole whanau healthy.

Nutrition



TOI TANGATA

Chicken, Leek & Mushroom Pie with Greens

Serves: 4

Cooking time: 30-35 minutes

Recipe inspired by The Heart Foundation

Ingredients

4 medium potatoes
Knob of butter
2 Tbsp olive oil
2 leeks
400g mushrooms
3 cloves garlic
600g chicken thigh fillets
2 Tbsp Dijon mustard
1 tsp Worcester sauce
Salt and pepper
2 ½ cups milk
4 ½ Tbsp cornflour
Few Tbsp warm water

Greens

2 cloves garlic
200g green beans
60-80g Spinach or 2 big handfuls of silverbeet
Small knob of butter

To serve

Chopped parsley



1. Prepare Potatoes

Preheat the oven to 200°C. Peel and chop the potatoes into medium-sized chunks. Boil the potatoes in water for 15-20 minutes until soft. Drain the potatoes, add the milk and butter, and mash.



2. Prepare Veges & Chicken

Roughly slice the leeks and mushrooms. Mince the garlic. Remove the skin of the chicken breast and dice into cubes. Heat oil in a pan on medium heat. Add garlic and chicken and continue to cook until chicken is cooked through. Add the leeks and mushrooms until wilted and soft. Add mustard and Worcester sauce, salt and pepper to taste and set aside.



3. Make Sauce

Mix the milk and cornflour together. Slowly add milk-cornflour mixture to heated milk and stir constantly until thickened. Add thickened milk to leek, mushroom and chicken mixture. Set to the side. Pour chicken mixture into a casserole dish. Top with mashed potato and sprinkle with grated cheese, salt and pepper. Bake pie for 20 minutes.



4. Saute Greens

With ten minutes left to cook the pie, add oil to a medium pan and add minced garlic. Once fragrant add spinach or silverbeet. Add a small knob of butter, salt, pepper and a pinch of nutmeg at the end.



5. Plate & Serve

Once cooked let the pie cool for a couple of minutes. Add parsley to the top, and then dish out the pie and greens into bowls.



Tamariki Meal

For 2-4 year olds: Remove bean ends and any stringy bits. Cut beans into 4 - 6cm long strips and finely slice spinach/silverbeet leaves. Cook all veges until soft. Cut the chicken into 8mm cubes and cook until tender or serve mashed. Serve ½ - 2 Tbsp of the veges with ½ -¾ cup of the pie.



HE KAI
kei aku ringa

he kai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Pumpkin & Chickpea Curry



Sneak peek



Rice



Kūmara



Canned Tomato



Chickpeas



Tomatoes



Coconut Milk



Spinach



Onion



Garlic

Have at home

Olive Oil, Salt & Pepper, Spices.

Rich in Calcium | Tamariki, Rangatahi, Kuia Koroua

Calcium is essential for maintaining healthy bones and teeth. It also has key roles in blood clotting and normal heart, muscle and nerve activity. Include at least two different calcium-rich sources of food a day from foods such as reduced-fat dairy foods, calcium-fortified tofu or soy milk, nuts, seeds, fish, prawns, coconut milk, parsley, bok choy, leeks, pumpkin, silverbeet, celery, cooked broccoli, beans, and peas. Calcium requirements are greater in tamariki and rangatahi to support growth and in kuia koroua to help maintain bone strength.

Nutrition



TOI TANGATA

Pumpkin & Chickpea Curry

Serves: 4

Cooking time: 30-45 minutes

Ingredients

1 ½ cups long grain rice
2 cups water
2 medium kūmara or 2 cups pumpkin
1 white onion
3 cloves garlic
2 Tbsp olive oil
1 Tbsp garam masala
1 tsp curry powder
1 tsp ground cumin
1 tsp ground cayenne pepper
(Optional for spice)
1 can chickpeas, rinsed and drained
1 can chopped tomatoes
1 cup water or vegetable stock
1 can coconut milk
Salt and Pepper
60g Spinach

To serve

Plain yoghurt (optional)
Chopped coriander (optional)
Cashews (optional)



1. Prepare Rice

In a medium pot, bring the water to the boil. Add in the rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Prepare Vegetables

Cut the kūmara or pumpkin into 2cm sized chunks. Dice the onion and mince the garlic. Bring a pot to medium heat. Add oil, garlic and onions cooking until fragrant. Add all of the spices and cook for 30 seconds.



3. Saute Veges & Chickpeas

Add kūmara or pumpkin and tin of chickpeas. Stir to coat in spices. Add in canned tomatoes and water or stock until kūmara is covered. Leave for 10-15 minutes to cook, until kūmara is tender.



4. Add Coconut Milk & Heat

Stir in coconut milk, add salt and pepper to taste. Leave to heat through for another 5 minutes, and then add in spinach with 1 minute to go.



5. Plate & Serve

Once the curry is heated through and the spinach wilted, dish the rice and curry into bowls. Top curry with a dollop of plain yoghurt, cashews and coriander.



Tamariki Meal

For 2-4 year olds: Finely slice the spinach leaves and cook until soft. Cooked pumpkin/kūmara may need to be cut into smaller pieces. Nuts are not recommended for preschoolers but if adding to the tamariki meal, finely cut the cashews into very small pieces. Serve 2 - 4 Tbsp rice with ½ - ¾ cup of the curry.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Prawn & Vegetable Laksa



Sneak peek



Courgette



Fish Sauce



Bok Choy



Tofu



Spring Onion



Carrots



Laksa Paste



Prawns



Coconut Milk



Noodles

Have at home

Vege Stock, Brown Sugar, Spices.

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition



TOI TANGATA

Prawn & Vegetable Laksa

Serves: 4

Cooking time: 25 minutes

Ingredients

2 Tbsp Laksa paste (can substitute Thai red curry paste). Use less to make less spicy.

1 tsp curry powder

1 Litre vegetable stock

1 cup coconut milk

2 Tbsp fish sauce

1 Tbsp brown sugar

250g noodles (soba noodles or ramen noodles)

300g tofu

1 courgette

1 carrot

200g prawns

2 bok choy

1 spring onion

Chopped coriander (optional)



1. Prepare Curry/Laksa Paste

Heat a large pot on the stove on medium-high heat. Add curry powder and let toast for 15 seconds. Add the laksa paste and cook for a couple of minutes.



2. Prepare Tofu & Veges

Cut the tofu into cubes. Slice the bok choy lengthways into 6 pieces. Peel the courgettes and carrots into strips. Thinly slice spring onions.



3. Assemble Laksa

Add the stock to pot and cook for a couple of minutes. Add coconut milk, fish sauce and brown sugar to the pot and bring to a boil mixing everything together. Cover and let simmer for 5 minutes.



4. Add Tofu, Noodles, Prawns

Add the prawns and let cook for an additional 5 minutes bringing to the boil. Add the cooked noodles, tofu, courgettes and bok choy to the soup and bring to a boil letting everything cook together for 5 minutes.



5. Plate & Serve

Divide the soup and noodles into bowls and serve with coriander and spring onion on top.



Tamariki Meal

For 2-4 year olds: Cut the courgettes and carrots into 4 - 6cm long strips and finely slice the bok choy. Cook all veges until soft. Use only the prawn meat (remove shell etc) and cut the prawns and tofu into 8mm cubes.

Serve 2 - 4 Tbsp noodles with $\frac{1}{2}$ - $\frac{3}{4}$ cup of the soup.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Meatballs and Pasta



Sneak peek



Beef Mince



Pasta



Bread Crumbs



Eggs



Canned Tomato



Carrots



Garlic



Onion



Tomato Pasta
Sauce

Have at home

Olive Oil, Salt & Pepper, Soy Sauce, Dried Herbs, Grated Cheese.

Rich in Zinc | Tamariki, Rangatahi, Hapūtanga

Zinc helps support the body's growth, immunity, wound healing and is important for healthy skin, hair, taste and appetite. Include at least two different zinc-rich sources of food a day from foods such as reduced-fat dairy foods, lean meats, eggs, tofu, fish, prawns, seafood, nuts, seeds, courgettes, corn, broccoli, rice, mushrooms, chickpeas, wholegrain breads, pastas and cereals.

Zinc requirements increase during times of growth, while breastfeeding, for males 14+ and for those on vegetarian or vegan diets.

Nutrition



TOI TANGATA

Meatballs and Pasta

Serves: 4

Cooking time: 30 minutes

Recipe provided by Health Promotion Agency

Ingredients

- 1 white onion
- 2 cloves garlic
- 1 carrot
- 500g beef mince
- 1 tsp soy sauce
- 1 egg
- ½ cup breadcrumbs
- 1 Tbsp olive oil
- 1 jar tomato pasta sauce (500g jar)
- 1 can chopped tomatoes
- 1 tsp oregano
- ½ cup water
- 1 bag pasta

To serve

- Handful grated cheese



1. Prepare Meatball Ingredients

Bring a large pot of water to the boil with a pinch of salt. Dice the onion and mince the garlic cloves. Grate the carrot. Mix together beef mince, onion, garlic, soy sauce, egg, bread crumbs and grated carrot.



2. Shape and cook meatballs

Shape the mince and vegetable mixture into meatballs with damp, clean hands. Add oil to a pan, bring to medium heat. Add to pan and cook until brown. Turn a few times so meatballs are browned all over.



3. Pasta Sauce

Add pasta sauce, canned tomatoes, oregano and water to pan. Simmer for around 15 minutes or until meatballs are no longer pink in the middle. Shake pan occasionally while cooking.



4. Cook Pasta

While meatballs are cooking, cook pasta in boiling water according to the instructions on the packet. Drain pasta, leaving a small amount of water in the bottom of the pot.



5. Plate & Serve

Add meatballs and sauce to pasta. Mix gently so the meatballs don't break apart. Divide the meatballs and pasta onto dishes, add salt and pepper to taste, and top with grated cheese.



Tamariki Meal

For 2 - 4 year olds: Prepare as for family. Serve 1 - 4 Tbsp pasta with ½ - ¾ cup of the meatball mix and top with grated cheese. If firm, meatballs may need to be cut in quarters or can be mashed.



HE KAI
kei aku ringa

he kai.co.nz



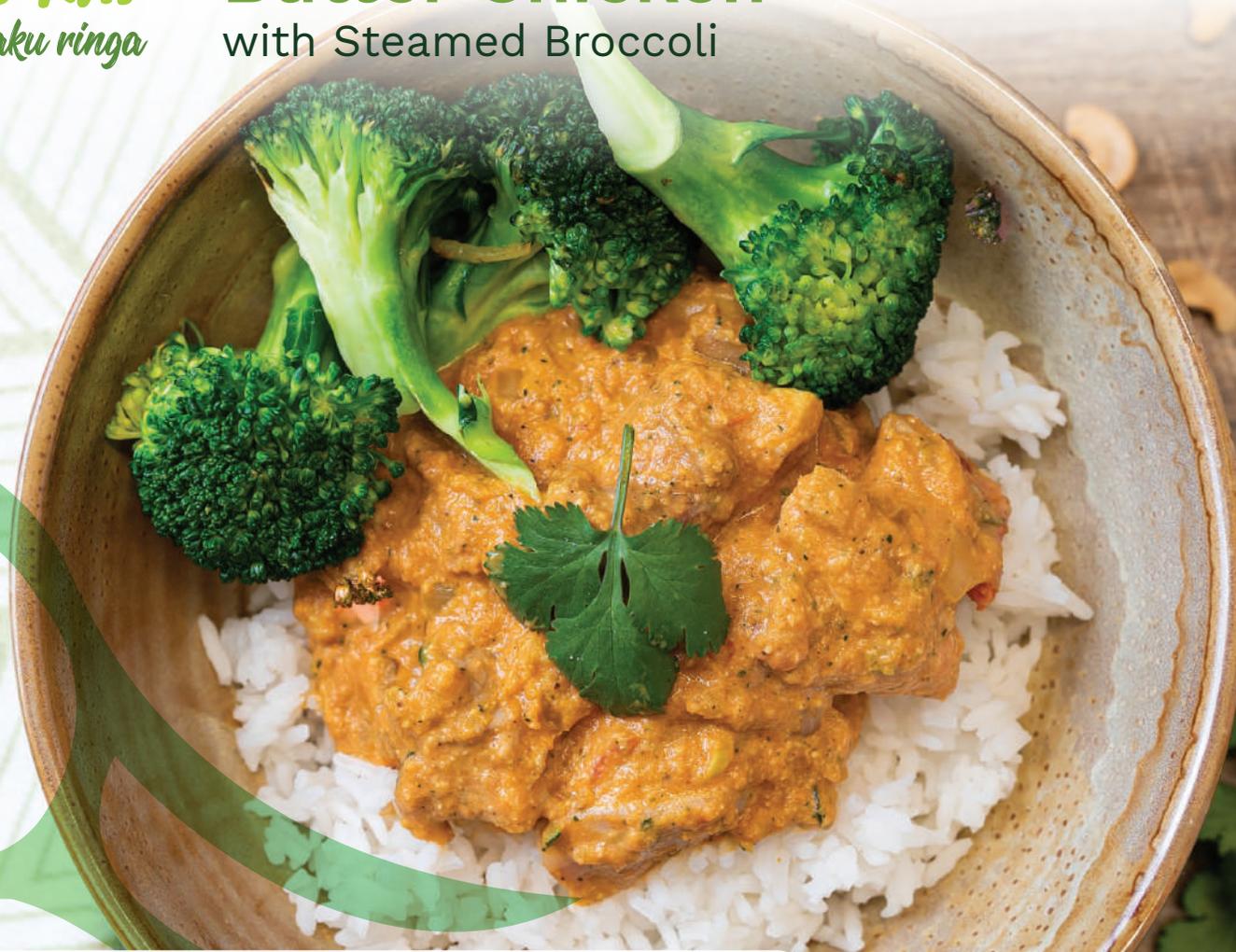
TOI TANGATA®



HE KAI
kei aku ringa

Butter Chicken

with Steamed Broccoli



Sneak peek



Rice



Chicken Breast



Courgette



Coconut Milk



Fresh Ginger



Garlic



Canned Tomato



Onion



Broccoli



Cashews

Have at home

Olive Oil, Salt & Pepper,
Spices, Coriander.

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition



TOI TANGATA®

Butter Chicken with Steamed Broccoli

Serves: 4
Cooking time: 30 minutes

Ingredients

1 ½ cups long grain rice
2 cups water
1 tsp olive oil
500g chicken breast
1 white onion
1 courgette
3 cloves garlic
1 Tbsp fresh ginger
1 Tbsp garam masala
1 tsp chili powder
1 tsp turmeric
1 tsp ground cumin
½ tsp cayenne pepper (optional)
1 can chopped tomatoes
½ cup water
1 can coconut milk
Handful of cashews
Steamed broccoli

To serve

Chopped coriander



1. Prepare the Rice

In a medium pot, bring the water to the boil. Add in the rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Cook Chicken

Heat oil in a pan at medium heat. Add chicken seasoned with salt and pepper and cook until cooked through and browned on the outside. Set to the side.



3. Butter Chicken Sauce

Finely chop the onion, grate courgette and mince the garlic. Grate the ginger. Return frying pan to medium heat. Add oil, onion, garlic, courgettes and grated ginger. Fry until soft. Add the spices and cook for a minute. Add the chopped tomatoes, cashews, coconut milk and water. Bring to a simmer and leave to cook for 7-10 minutes.



4. Prepare Vegetables

Whiz the sauce with a hand held blender until it reaches an even consistency. Add the chicken to the sauce and return to the stove top for about 5-10 minutes until sauce is reduced and chicken is heated through. Add the broccoli to the steamer and steam for 5 minutes or until tender.



5. Plate & Serve

Divide the rice into bowls with the butter chicken and broccoli. Serve topped with chopped coriander.



Tamariki Meal

For 2-4 year olds: Cut broccoli into small florets and steam until soft. Nuts are not recommended for preschoolers but if adding to tamariki meal, finely cut cashews into very small pieces and cook until soft. Chop chicken into 8mm cubes and cook until tender or serve mashed. Serve ½ - 2 Tbsp broccoli with 1 - 3 Tbsp rice and ¼ - ¾ cup of the butter chicken.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Pork Enchiladas and Green Salad



Sneak peek



Pork/Beef
Mince



Cherry
Tomatoes



Courgette



Tomato Paste



Tortillas



Lettuce



Cucumber



Canned Tomato



Onion

Have at home

Olive Oil, Salt & Pepper,
Spices, Dried Herbs, Vege
Broth, Grated Cheese, Lemon.

Rich in Zinc | Tamariki, Rangatahi, Hapūtanga

Zinc helps support the body's growth, immunity, wound healing and is important for healthy skin, hair, taste and appetite. Include at least two different zinc-rich sources of food a day from foods such as reduced-fat dairy foods, lean meats, eggs, tofu, fish, prawns, seafood, nuts, seeds, courgettes, corn, broccoli, rice, mushrooms, chickpeas, wholegrain breads, pastas and cereals.

Zinc requirements increase during times of growth, while breastfeeding, for males 14+ and for those on vegetarian or vegan diets.

Nutrition



TOI TANGATA®

Pork Enchiladas & Green Salad

Serves: 4
Cooking time: 35 minutes

Ingredients

1 Tbsp olive oil
500g ground pork (or beef)
1 white onion
2 medium courgette
3 Tbsp olive oil
1 Tbsp ground chili powder (optional)
1 tsp ground cumin
¼ tsp dried oregano
2 Tbsp tomato paste
1 can chopped tomatoes
1 cup vegetable broth
Salt and pepper
10-12 taco-sized corn or flour tortillas
50g grated cheese

Salad

1 cos lettuce
½ cucumber
Handful cherry tomatoes
Juice of half a lemon
Olive oil

To serve

Sour cream (optional)
Avocado (optional)



HE KAI
kei aku ringa

hekai.co.nz



1. Cook Pork

Preheat the oven to 180 degrees. Bring a large pan to medium-high heat with the oil. Add the ground pork breaking it apart with a spoon. Season with salt and pepper. Brown the meat for about 5 minutes or until cooked. Set to one side.



2. Prepare & Cook Veges

Dice the onion, and courgette into small cubes. Return the pan to medium heat, and add the onion and courgette. Brown until just softened, about 5 minutes. Remove the vegetables from the pan and add to the meat mixture.



3. Prepare Sauce

Make the sauce by adding the additional olive oil to the pan. Wait until the oil is heated through then add the chilli powder, cumin, oregano and tomato paste and stir. Add the tin of crushed tomatoes and the vegetable broth. Cook for 5-7 minutes until slightly thickened.



4. Assemble Enchiladas

Add a little sauce to the casserole dish so it coats the bottom of the dish. Assemble the enchiladas by placing a tortilla on a chopping board. Spoon 1/4 cup of the meat mixture down the middle. Wrap the tortilla around the filling tightly and place it seam down in the casserole dish. Repeat with remaining tortillas and filling until you have finished filling 12 tortillas and packed them into the dish.



5. Plate & Serve

Pour the enchilada sauce over the top of the enchiladas. Sprinkle with cheese. Cover the dish with foil and bake for 30 minutes. While the enchiladas are baking prepare a simple lettuce and cucumber salad. Drizzle with a little lemon juice and olive oil. Remove the enchiladas from the oven and let cool for 5 minutes. Then scoop two enchiladas onto each plate with some salad. Top with sour cream and avocado.



Tamariki Meal

For 2-4 year olds: Remove any skin from the crushed tomatoes before cooking. Cook courgettes until soft. If serving the salad, finely slice the cucumber and lettuce leaves and quarter the cherry tomatoes. Serve 1/2 - 2 Tbsp salad or steamed peas with ¼ - ¾ of one enchilada (cut into bite-sized pieces), 1-2 small wedges of avocado and 1 Tbsp sour cream.



TOI TANGATA®



HE KAI
kei aku ringa

Curried Chicken Soup



Sneak peek



Chicken



Potatoes



Garlic



Carrots



Frozen Peas



Onion



Celery



Coconut Milk

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition

Have at home

Olive Oil, Salt & Pepper,
Spices, Dried Herbs.

Curried Chicken Soup

Serves: 4

Cooking time: 1 ½ Hours

Recipe inspired by Charlie Rahiri
(Ngāti Ranginui, Ngāi Te Rangī, Ngāti Pukenga)

Ingredients

1 white onion
2 Tbsp olive oil
2 carrots
3 cloves garlic
½ celery
2 potatoes
2 heaped Tbsp curry powder
1 Tbsp dried oregano
8 cups boiling water
1 whole raw chicken
1 cup frozen peas
1 can coconut milk
Salt and pepper



1. Prepare Vegetables

Roughly chop onion. Mince the garlic cloves. Slice carrots and celery. Dice potato into equal or similar sized cubes.



2. Fry Vegetables

Add oil to a large pot and heat. Add garlic, onions, carrots, celery and herbs, frying for about 7 minutes until soft. Add curry powder and oregano until fragrant, stir so it doesn't burn.



3. Soup

Add two litres of water to the mixture and the whole chicken and potatoes. Bring to the boil and turn temperature down to a slow simmer. Cook for 1 hour.



4. Debone Chicken

Once cooked remove the chicken to a chopping board. Let cool for a minute and pull the meat from the bones using two forks. Return meat and bones to the pot. Taste the broth and adjust with salt and pepper. Add the frozen peas and the can of coconut milk. Bring to the boil and cook for 10 more minutes.



5. Plate & Serve

Serve the soup into bowls and season/garnish.



Tamariki Meal

For 2-4 year olds: Cut carrots and celery into 4 - 6cm long strips. Remove any stringy bits and cook all veges and chicken until soft. Serve ½ - ¾ cup of the chicken soup.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Chicken & Vegetable Baked Pasta

with Green Beans



Sneak peek



Chicken Breast



Penne Pasta



Pasta Sauce



Mushrooms



Capsicums



Onion



Green Beans

Have at home

Olive Oil, Salt & Pepper,
Fennel Seeds, Cheese.

Rich in Calcium | Tamariki, Rangatahi, Kuia Koroua

Calcium is essential for maintaining healthy bones and teeth. It also has key roles in blood clotting and normal heart, muscle and nerve activity. Include at least two different calcium-rich sources of food a day from foods such as reduced-fat dairy foods, calcium-fortified tofu or soy milk, nuts, seeds, fish, prawns, coconut milk, parsley, bok choy, leeks, pumpkin, silverbeet, celery, cooked broccoli, beans, and peas. Calcium requirements are greater in tamariki and rangatahi to support growth and in kuia koroua to help maintain bone strength.



Chicken and Vegetable Baked Pasta with Green Beans

Serves: 4
Cooking time: 30 minutes

Recipe provided by Health Promotion Agency

Ingredients

500g dried penne, or rigatoni pasta
1 Tbsp olive oil
½ white onion
2 capsicums
250g mushrooms
½ tsp fennel seeds or ground fennel
500-600g tomato pasta sauce
1 cooked chicken breast
1 cup cheese
Salt and pepper

Greens

200g green beans or 1 head broccoli



1. Prepare Pasta

Preheat the oven to 180°C. Prepare a large casserole dish by lightly greasing with olive oil. Bring a large pot of salted water to a boil, add penne pasta to the boiling water until al dente according to package instructions. Drain the pasta leaving about half a cup of the hot water in the bottom of the pot to prevent sticking.



2. Prepare & Saute Veges

While the pasta cooks, slice the onions and capsicums into thick slices or smaller if preferred. Slice the mushrooms. Heat a large pot over medium-high heat. Add the oil and the onions and cook until soft. Add the mushrooms and capsicums. Cook for 3 to 5 minutes or until the veggies are starting to soften.



3. Add Sauce & Pasta

Season to taste with salt and black pepper. Stir the fennel, marinara sauce into the vegetables. Tip the pasta into the sauce and fold until the pasta and sauce are well incorporated. Add the sliced chicken breast.



4. Cook Pasta Bake

Tip mixture into the casserole dish. Add a splash of the reserved pasta water or milk if the mix seems dry. Add salt, pepper and cheese to the top of the casserole and put into the oven. Bake for 10-15 minutes until golden brown. Steam the greens beans or broccoli.



5. Plate & Serve

Dish out portions of the pasta with a side of greens. Once cooked, leave to cool for 5 minutes and divide into bowls.



Tamariki Meal

For 2-4 year olds: Remove bean ends and any stringy bits. Cut beans into 4 - 6cm long strips or broccoli into small florets. Cook all veges until soft. Cut chicken into 8mm cubes and cook until tender. Serve 1/2 - 2 Tbsp beans or broccoli with ½ - ¾ cup of the softer pasta bake.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Roasted Mushroom Burger and Wedges



Sneak peek



Portobello
Mushrooms



Potatoes



Tomatoes



Lettuce



Garlic



Beetroot



Burger Buns



Red Onion

Have at home

Olive Oil, Butter, Spices,
Dried Herbs, Salt & Pepper,
Mayonnaise, Cheese.

Rich in Veges | Whānau

Eating fibre-rich foods like vegetables, fruit, legumes (beans and peas), wholegrain breads or cereals will keep our bowel working properly. These foods can also be protective against heart disease, diabetes and some cancers. Including lots of veges and other fibre-rich foods in meals throughout the day will help keep the whole whanau healthy.

Nutrition



TOI TANGATA

Roasted Mushroom Burger and Wedges

Serves: 4

Cooking time: 30 minutes

Ingredients

1 Tbsp olive oil
4 medium size potatoes
6 portobello mushrooms
Salt and pepper
Small knob of butter
Pinch of paprika
2 cloves garlic
Pinch of oregano
1 can sliced beetroot
Cos or iceberg lettuce
2 tomatoes
50g cheese
1 red onion
4 Burger buns
Mayonnaise (or preferred condiments)



1. Prepare the Wedges

Preheat the oven to 200°C. Cut the potato into wedges. Place the fries on an oven tray lined with baking paper. Season with salt and pepper and drizzle with olive oil. Toss to coat, then spread out in a single layer and bake for 25-30 minutes until cooked through.



2. Prepare & Roast Mushrooms

While the fries are baking, lay the portobello open side up on a baking tray. Mince the garlic. Sprinkle a little olive oil, a small knob of butter, a pinch of minced garlic, oregano, paprika, salt and pepper onto each mushroom. Place in the oven and roast for 15 minutes.



3. Prepare Vegetables

Open the tin of beetroot, thinly slice the tomatoes and red onion. Grate the cheese and tear the lettuce into hand-sized pieces.



4. Burger Buns

Cut the burger buns in half. Add cheese to the bottom bun and add the buns to the oven until the buns are slightly browned and the cheese has melted. Remove the wedges and mushrooms from the oven.

Build your burgers with the roasted mushrooms, red onion, tomato, lettuce and mayonnaise (or any other preferred condiments).



5. Plate & Serve

Serve the burgers with the wedges.



Tamariki Meal

For 2-4 year olds: Finely slice tomatoes, cucumber, lettuce leaves and beetroot. Cut the cooked portobello mushrooms into bite-sized pieces. Prepare a mini bun or cut a prepared adult bun into 6 wedges and serve 2 - 5 bun wedges with 2 - 4 potato fries.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Self-crusting Vege & Feta Frittata

with Salad



Sneak peek



Spinach



Feta Cheese



Spring Onion



Eggs



Courgette



Cherry Tomatoes



Capsicum



Onion



Lettuce



Cucumber

Have at home

Olive Oil, Self-Raising Flour, Honey, Dijon Mustard, Lemon Juice, Salt & Pepper, Cheese, Toasted Seeds.

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition



TOI TANGATA

Self-crusting Vegetable & Feta Frittata with Salad

Serves: 4-6
Cooking time: 45 minutes

Recipe inspired by Health Promotion Agency

Ingredients

Frittata

1 Tbsp olive oil
1 red capsicum
1 white onion
1 courgette
3 cups baby spinach or silver beet
(Or 2 cups of whatever vegetables you can find in your fridge)
½ tsp salt
6 large eggs
½ cup self-raising flour
½ cup cheese
½ tsp pepper
2 medium spring onion
80g feta

Salad

1 cos lettuce
50g toasted seeds
½ cucumber
Handful cherry tomatoes
¼ tsp honey
1 tsp dijon mustard
4 tsp olive oil
2 tsp lemon juice



1. Prepare & Saute Veges

Preheat the oven to 200°C. Dice one capsicum and cube the courgette into pieces the size of your little finger. Cut the onion into cubes. Thinly slice the spring onions. Heat the oil in a large pan over medium-high. Add the capsicum, onion, and salt, and sauté until slightly softened, about 5 minutes. Add the courgette, spinach and cook until wilted, about 3 minutes. Set aside.



2. Egg Mix

Whisk the eggs, cheese and pepper together in a medium bowl until the eggs are broken up. Mix the self-raising flour with a dash of water, and whisk into the egg mix.



3. Assemble Frittata

Either spread the fried vegetables into an oiled casserole dish or leave in the cast iron pan. Pour the eggs into cast-iron pan or casserole dish over the vegetables. Sprinkle with the spring onions and feta. Bake until the eggs are almost set, about 8 minutes. Turn the oven on to grill on high and grill until the top is set and light golden-brown. Let cool 5 minutes before slicing and serving.



4. Prepare Vegetables

Chop the cos lettuce and slice the cucumber. Toss the lettuce, toasted seeds, sliced cucumber and cherry tomatoes in a salad bowl. Mix the honey, dijon mustard, olive oil, lemon juice and salt and pepper into a dressing and add to the salad.



5. Plate & Serve

Serve slices of your frittata with salad and preferred sauce on the side.



Tamariki Meal

For 2-4 year olds: Finely slice lettuce leaves and cucumber. Cut cherry tomatoes into quarters. Seeds are not recommended for preschoolers but if adding to tamariki meal finely cut seeds into very small pieces. Mashed or wedges of avocado rather than sliced salad is preferable for a pēpi. Serve ½ cup salad with child's hand-size piece of frittata.



HE KAI
kei aku ringa

hekai.co.nz



HE KAI
kei aku ringa

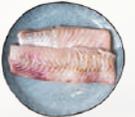
Fish Curry & Steamed Broccoli



Sneak peek



Rice



Fish Fillets



Broccoli



Canned Tomato



Garlic



Coconut Milk



Fresh Ginger



Onion

Have at home

Olive Oil, Spices, Lemon, Coriander.

Rich in Calcium | Tamariki, Rangatahi, Kuia Koroua

Calcium is essential for maintaining healthy bones and teeth. It also has key roles in blood clotting and normal heart, muscle and nerve activity. Include at least two different calcium-rich sources of food a day from foods such as reduced-fat dairy foods, calcium-fortified tofu or soy milk, nuts, seeds, fish, prawns, coconut milk, parsley, bok choy, leeks, pumpkin, silverbeet, celery, cooked broccoli, beans, and peas. Calcium requirements are greater in tamariki and rangatahi to support growth and in kuia koroua to help maintain bone strength.

Nutrition



TOI TANGATA

Fish Curry & Steamed Broccoli

Serves: 4

Cooking time: 40 minutes

Ingredients

- 1 ½ cups long grain rice
- 2 cups water
- 2 Tbsp olive oil
- 1 large white onion
- 3 cloves garlic
- 1 Tbsp grated fresh ginger
- ½ tsp chilli powder (optional)
- ½ tsp cinnamon
- 2 tsp ground cumin
- 2 tsp curry powder
- 2 tsp ground turmeric
- 1 Tbsp garam masala
- 1 can coconut cream
- ½ can chopped tomatoes
- 800g monk fish (or other type of fish fillets)
- ½ broccoli
- ½ cauliflower

To serve

- Chopped coriander
- Lemon wedges



1. Prepare Rice

In a medium pot, bring the water and salt to the boil. Add in the rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Prepare Vegetables & Saute

Finely dice the onion. Mince the garlic cloves and peel and dice the ginger. Heat the oil in a large frying pan over medium-low heat. Add the onion and cook for 3-4 minutes until soft. Add the garlic, ginger, chilli, cardamom, cumin, curry powder, turmeric and garam masala. Cook, stirring, for 1-2 minutes, or until the spices are fragrant.



3. Cook Fish

Cut the fish into medium-sized pieces. Add the tomatoes and coconut cream. Stir and bring to the boil, and then add the fish. Cook for 3-4 minutes, stirring gently, until the fish is cooked.



4. Steam Cauliflower & Broccoli

Chop the cauliflower and broccoli into bite-sized pieces and steam until just tender.



5. Plate & Serve

Divide rice, steamed vegetables and curry into bowls and top with chopped coriander and a lemon wedge.



Tamariki Meal

For 2-4 year olds: Remove any skin from chopped tomatoes before cooking. Cook fish until soft. Cut broccoli and cauli into small florets and steam until soft. Serve ½ - 2 Tbsp steamed vegetables with ½ - ¾ C fish curry.



HE KAI
kei aku ringa

he kai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Lamb Chops with Couscous



Sneak peek



Dried Cranberries



Cherry Tomatoes



Fresh Parsley



Lamb Chops



Fresh Coriander



Lettuce



Carrots



Couscous



Red Onion

Have at home

Olive Oil, Lemon, Seeds/Nuts, Honey, Balsamic Vinegar, Vege Stock

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition



TOI TANGATA®

Lamb Chops with Couscous

Serves: 4

Cooking time: 30 minutes

Ingredients

2 tsp olive oil
6-8 lamb chops or cutlets
300g couscous
1 vegetable stock cube
1 carrot
½ red onion
1 handful fresh parsley
1 handful fresh coriander
Zest and juice of 2 lemons
50g toasted seeds or nuts
50g dried fruit either cranberries or raisins

Salad

130g cos lettuce
½ tsp honey
4 tsp olive oil
2 tsp balsamic vinegar
1 handful cherry tomatoes



1. Cook Lamb

Heat the oil a large frying pan over a medium-high heat. Season the lamb with salt and pepper and lemon zest and cook for 3-5 minutes on each side (longer if you like your meat well done). After flipping, squeeze the juice of one lemon over top of the lamb chops. Once the lamb is cooked, set aside covering with tinfoil to keep warm.



2. Cook Couscous

Cook the couscous according to the pack instructions using hot vegetable stock instead of plain water.



3. Prepare Couscous Mix

Finely dice the onion and grate the carrot. Roughly chop the fresh herbs. Mix the couscous, toasted nuts, herbs, dried fruit, carrot, and red onion. Dress with a swig of olive oil and the juice of a lemon. Taste and season with salt and pepper.



4. Prepare Salad

Prepare a quick salad with the cos lettuce leaves, cherry tomatoes and dressing. Prepare a quick dressing in a jar by mixing the honey, balsamic vinegar olive oil, salt and pepper.



5. Plate & Serve

Divide the lamb chops, couscous and salad amongst the plates.



Tamariki Meal

For 2-4 year olds: Small dried fruit and nuts are not recommended for preschoolers but if using, finely cut dried fruit and nuts into very small pieces before adding to couscous. Finely slice lettuce leaves and quarter cherry tomatoes for salad. Remove the meat from the chop and cut into 8mm cubes. Serve ½ - 2 Tbsp each of the couscous and salad with ½ - ¾ cup chopped lamb.



HE KAI
kei aku ringa

hekai.co.nz



HE KAI
kei aku ringa

Tomato Prawn Pasta

with Garlic-fried Broccoli



Sneak peek



Prawns



Spaghetti Pasta



Tomato Paste



Coconut Milk



Garlic



Courgettes



Broccoli



Onion



Diced Tomatoes

Have at home

Olive Oil, Paprika, Oregano,
Cornflour, Salt & Pepper.

Rich in Iron | Rangatahi, Hapūtanga

Iron carries oxygen around in our blood and helps maintain a healthy immune system. Try and have at least three iron-rich sources of food a day. For example, one palm-sized serving from a meat source (lean meats, fish, seafood) and two servings from non-meat sources such as tofu, eggs, kūmara, canned tomatoes, courgettes, corn, seeds, nuts, leeks, avocado, broccoli, wholegrain cereals. Adding Vit C rich foods (kiwifruit, citrus, orange juice, capsicums, tomatoes) with your meal helps the body to better utilise iron from non-meat sources. Iron is an important mineral for rangatahi during times of rapid growth. Iron needs increase during menstruation and pregnancy. These needs can be met by eating more iron-rich foods or doctors may prescribe supplements where needed.

Nutrition



TOI TANGATA®

Tomato Prawn Pasta with Garlic-fried Broccoli

Serves: 4

Cooking time: 30 minutes

Ingredients

1 Tbsp olive oil
2 cloves garlic
1 white onion
2 courgettes
250-300g dry spaghetti pasta
1 tsp paprika
1 tsp oregano
1 can diced tomatoes
2 Tbsp tomato paste
½ cup water
Salt and pepper
300g prawns
1 can coconut milk
1 Tbsp cornflour
Warm water

Greens

2 cloves garlic
1 broccoli or 200g green beans

To serve

Chopped parsley or basil
Chilli flakes



HE KAI
kei aku ringa

he kai.co.nz



1. Prepare Pasta

Fill a pot with water and a big pinch of salt. Bring to the boil. Slice up the onion, grate the courgettes and mince the garlic cloves. Add spaghetti pasta to the boiling water until al dente according to package instructions.



2. Prepare & Saute Veggies

Chop the onion and grate the courgette. Squeeze the excess water out of the courgettes. Heat the oil in a large pan over medium heat. Add the onion, courgettes and garlic and fry until transparent. Add the paprika and oregano, stirring for a couple minutes. Add the tomatoes, tomato paste, water and salt and pepper to taste. Bring to the boil.



3. Cook Prawns

Add the prawns to the sauce and cook for 8-9 minutes. Add the coconut milk. Mix the cornflour with a little bit of warm water and mix until consistent. Add to the sauce and stir till dissolved and slightly thickened. Cook for a further 5 minutes to thicken the sauce and warm it through.



4. Combine Pasta & Sauce

Drain the pasta leaving a little hot water in the bottom of the pot to prevent sticking. Add the pasta to the sauce making sure to coat all of the pasta. Cut the broccoli long and thin. Fry with a dash of oil and minced garlic, salt and pepper.



5. Plate & Serve

Divide broccoli and pasta into bowls and top with fresh basil and chilli flakes (optional).



Tamariki Meal

For 2-4 year olds: Remove any skin from chopped tomatoes before cooking. Use only the prawn meat (remove shell etc), cut into 8mm cubes and cook until soft. Cut the broccoli into small florets and cook until soft. Serve ½ - 2 Tbsp broccoli with ¼ - ¾ cup prawn pasta.



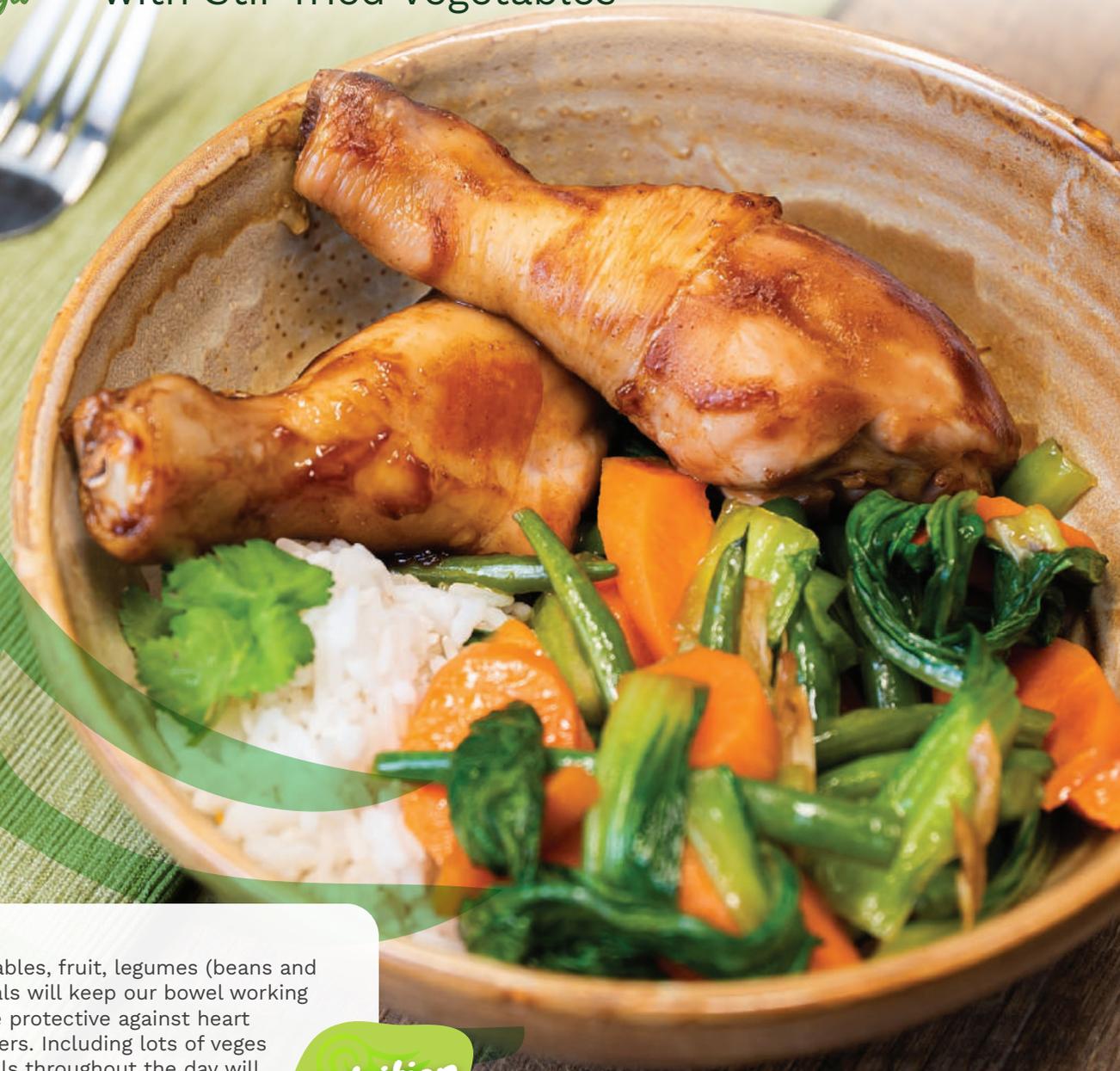
TOI TANGATA®



HE KAI
kei aku ringa

Teriyaki Chicken Drumsticks

with Stir-fried Vegetables



Sneak peek



Chicken Drumsticks



Teriyaki Sauce



Rice



Carrots



Bok Choy



Green Beans



Garlic

Have at home

Olive Oil, Salt & Pepper,
Soy Sauce

Rich in Veges | Whānau

Eating fibre-rich foods like vegetables, fruit, legumes (beans and peas), wholegrain breads or cereals will keep our bowel working properly. These foods can also be protective against heart disease, diabetes and some cancers. Including lots of veges and other fibre-rich foods in meals throughout the day will help keep the whole whanau healthy.

Nutrition



TOI TANGATA®

Teriyaki Chicken Drumsticks with Stir-fried Vegetables

Serves: 4

Cooking time: 30 minutes

Ingredients

- 1 cup water
- 1 ½ cups long grain rice
- 2 bok choy
- 200g green beans
- 2 carrots
- ½ Tbsp olive oil
- 2 garlic cloves
- Dash of soy sauce
- Teriyaki sauce
- 8 chicken drumsticks



1. Prepare Rice

Preheat the oven to 200°C. In a medium pot, bring the water to the boil. Add rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Prepare Vegetables

Roughly chop the bok choy, cut the ends off the green beans, and cut in half. Cut the carrots at each end and in half lengthways. Then cut into thin half-moon slices.



3. Cook Chicken Drumsticks

Cover the chicken drumsticks in the teriyaki sauce. Line an oven tray with baking paper and drizzle with a little olive oil. Turn the oven temperature down to 180°C. Place the drumsticks onto the tray and cook in the oven for 30 minutes.



4. Saute Vegetables

Heat a frying pan over a medium-high heat. Add oil and garlic. Add the carrots and beans to the pan for 1 minute. Add bok choy and cook for 2 minutes. Add a dash of soy sauce to the vegetables to flavour. Set vegetables aside on a plate.



5. Plate & Serve

Dish the chicken drumsticks, vegetables and rice into bowls and serve.



Tamariki Meal

For 2-4 year olds: Remove bean ends and any stringy bits. Cut beans and carrots into 4 - 6cm long strips and finely slice bok choy. Cook veges until soft and chicken until tender. Chicken meat may need to be removed from the drumstick and cut into 8mm cubes. Serve ½ - 2 Tbsp of the veges with 1 - 3 Tbsp rice and ¼ - ¾ cup chicken meat.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®



HE KAI
kei aku ringa

Beef & Broccoli Stir-fry



Sneak peek



Beef



Broccoli



Sweet Chilli
Sauce



Spring
Onions



Garlic



Carrots



Oyster Sauce



Fresh Ginger



Rice



Red Onion

Have at home

Olive Oil

Rich in Zinc | Tamariki, Rangatahi, Hapūtanga

Zinc helps support the body's growth, immunity, wound healing and is important for healthy skin, hair, taste and appetite. Include at least two different zinc-rich sources of food a day from foods such as reduced-fat dairy foods, lean meats, eggs, tofu, fish, prawns, seafood, nuts, seeds, courgettes, corn, broccoli, rice, mushrooms, chickpeas, wholegrain breads, pastas and cereals.

Zinc requirements increase during times of growth, while breastfeeding, for males 14+ and for those on vegetarian or vegan diets.

Nutrition



TOI TANGATA

Beef and Broccoli Stir-fry

Serves: 4

Cooking time: 20 minutes

Recipe provided by Health Promotion Agency

Ingredients

- 1 ½ cups long grain rice
- 2 cups water
- 500g beef
- 1 tsp ginger
- 3 cloves garlic
- 1 tsp oil
- 2 carrots
- 1 broccoli
- 1 large red onion
- 2 Tbsp oyster sauce
- 2 Tbsp Sweet chilli sauce
- ½ cup water
- Spring onions



1. Prepare Rice

In a medium pot, bring the water and salt to the boil. Add in the rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, about 15 minutes.



2. Prepare Beef & Veges

Thinly slice the beef. Mince the garlic and peel and grate the ginger. Cut the onion into wedges and thinly slice carrots. Cut broccoli into bite-sized pieces. Thinly slice the spring onion.



3. Saute Veges

Heat the oil in a wok or large frying pan on high heat. Add the garlic and ginger and cook until fragrant. Add the carrots and broccoli to the pan or wok and cook for 4 or so minutes.



4. Cook Beef

Add the beef and cook for 2 minutes or so stirring consistently before. Add the onion cooking for another 3 minutes. Add the oyster sauce and sweet chilli. Add a little water to loosen the sauce or if it starts to burn.



5. Plate & Serve

Divide the rice and stir-fry into bowls topping with spring onions.



Tamariki Meal

For 2-4 year olds: Cut the broccoli into small florets and the carrots into 4 - 6cm long strips. Finely dice onion. Cook all veges until soft. Cut the beef into 8mm cubes and cook until tender. Serve 1 - 3 Tbsp rice with ½ - ¾ cups of stir-fry.



HE KAI
kei aku ringa

hekai.co.nz



TOI TANGATA®