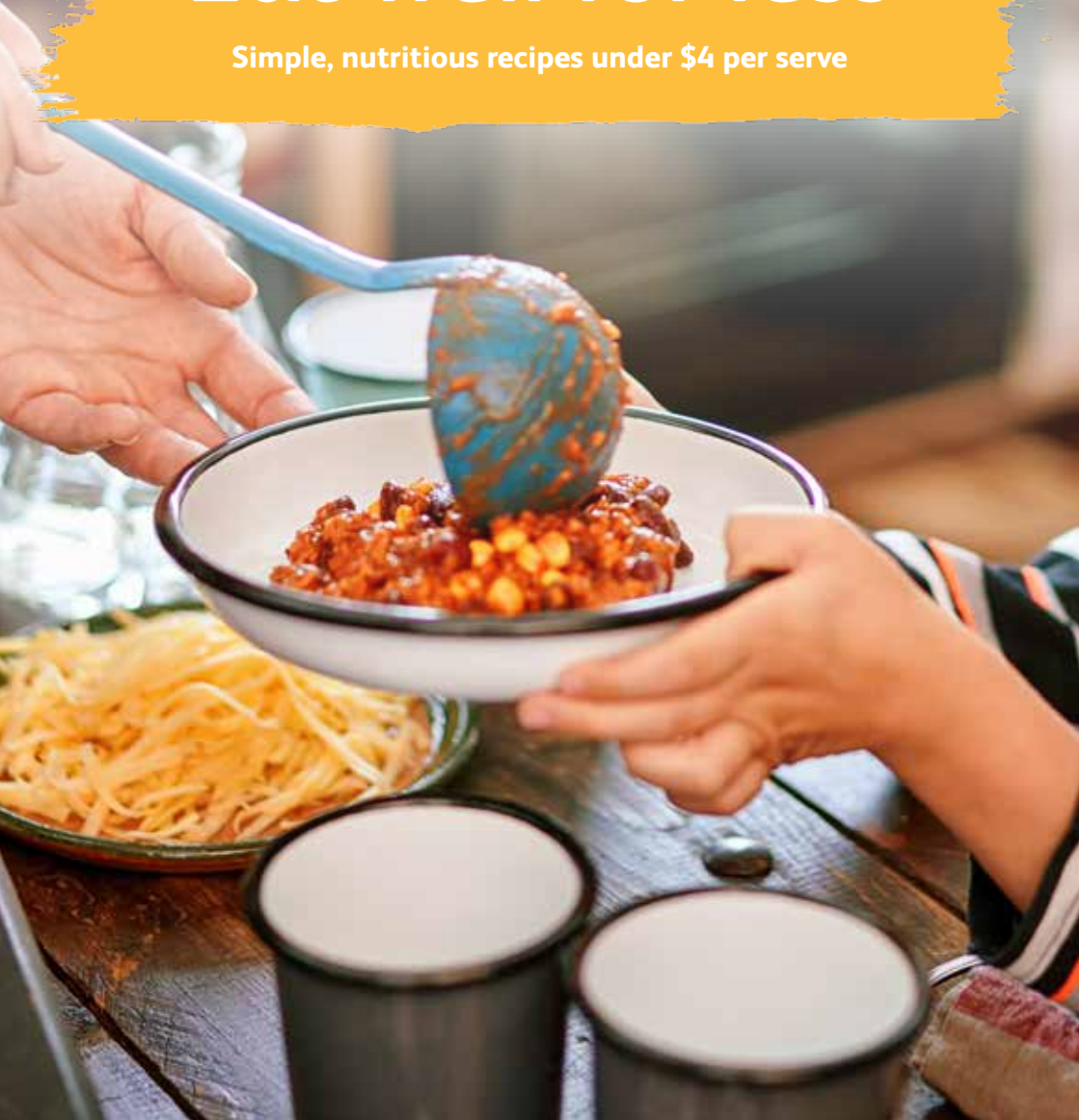




Eat well for less

Simple, nutritious recipes under \$4 per serve



Welcome

We're here to help make healthy eating easier and more affordable!

Lots of Kiwi household budgets are feeling the pinch right now, so we've created this recipe book to offer practical shopping and money-saving tips, share seasonal eating advice and ideas on how to reduce food waste ... and much more.

This book showcases six simple, budget-friendly recipes that are packed with nutrition. From favourites to family feasts using pantry staples like canned foods, we've got you covered!

For loads more recipes, healthy eating advice and meal planning ideas visit: sanitarium.com/nz/eatwellforless

All the best,

The Sanitarium team

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How to feed your *whānau* for less

Don't feel pressured to always buy fresh

Even produce experts can rely on a freezer stash of frozen fruit and veg. Green peas, corn and berries are a great convenient option for families and are often a cheaper choice.

Eat seasonally

This simply means eating what is being harvested or in abundance right now. You don't need to know the seasons, just look for the fruit and veggies that are great quality and are well stocked.

Meal plan with a catalogue in hand

Easing the mental load and financial burden of grocery shopping starts with meal planning. Take a moment to look through the supermarket catalogue to see what is on special for the week, then plan your meals around those sale items.

Cook once, eat twice

Limit your time in the kitchen and avoid wasting leftovers by cooking once but eating two or even three times. Try roasting some vegetables,

then using them to top a pizza for one meal or mix with pasta and your favourite sauce for another meal.

Practice 'Meat-free Monday'

An easy way to make meals more affordable is to rely on legumes over meat to help stretch your meals further. They're budget friendly, nutritious and delicious.

Shop the 'dodgy' bin

There's always going to be some produce that looks a bit sad. If you're doing a last-minute shop for tonight's dinner, try shopping discounted produce first. Use your other senses when reviewing them, not just your eyes, but smell and touch too.

Don't go hungry

If pressures are getting too tight to put enough food on the table, or you find yourself skipping meals, don't hesitate to get help. You can check out the Aotearoa Food Rescue Alliance (AFRA) website to find your local food pantry for support.



Tips to reduce *food waste*

Top to tail

With fruits and veggies, try cooking 'root to stem' where you use every part of the ingredient, including the leaves, stems, stalks and skins.

Scrap hacks

Use stale bread to make croutons and dry out leftover fresh herbs to use later.

Know your dates

Knowing how long your food should last can help you avoid throwing out food unnecessarily.

Keep the skins

Leaving the skins on fruits and vegetables provides added nutrients and flavour! Plus, veggie scraps and peels can be simmered into a delicious stock.



Canned foods are a great choice, especially when fresh fruit and veggies aren't in season.

The benefits of *canned foods*

Many of us throw the occasional tin of tomatoes in a pasta sauce, or can of corn in a salad. But canned foods can be used widely as cheap, pantry staples that can help you meet your daily nutrition goals and veg intake.

Accessibility to fresh fruit and veg may sometimes be difficult, so canned foods with a long shelf life are a great option.

How healthy are they?

Canned foods are packed with nutrients because they pack the cans almost immediately after the produce is picked.

Minerals, such as iron and zinc are not affected by the canning process. Protein and carbohydrates are maintained, as are antioxidants. The only vitamin possibly affected would be your water-soluble vitamins, such as vitamin C and B vitamins, although in a balanced diet that is not going to be an issue.

Any other benefits?

Canned food also has lots of benefits when it comes to reducing food waste. If you buy fresh fruit or

veg, you often end up throwing stuff out. But you tend to use an entire can of food, meaning no waste. And for those on a strict budget, canned foods are generally cheaper than fresh fruit and veg, making them an economical option.

Full of beans

Legumes and beans are a great addition to a healthy, balanced diet. Canned legumes and beans – such as kidney beans, chickpeas, lentils and even borlotti beans – can sit for long periods on your pantry shelf, ready to use for a quick, healthy meal or even a snack.

Just remember when cooking with legumes to drain the liquid from the can before adding to your dish.

What to look for when it comes to canned food?

Canned foods with no added sugar and salt are going to be best for maintaining a healthy diet. Make sure you read the labels and check for the use-by date. Also look for fruit in natural juice, not syrup.

Best bang for your *buck* veggies

Turning to easy, veggie-loaded home cooking is one way to put healthy meals on the table, for less. Better still, there are some standout vegetables that are affordable, super versatile and punch well above their weight in the nutrition stake. Here's five of our favourites.



- ✓ *Ease of use*
- ✓ *Budget-friendly*
- ✓ *Long storage life*

Carrot: There's good reason you were told to eat your carrots when you were younger! Rich in beta-carotene, carrots contain antioxidants to help your body fight off infections, such as the common cold. Beta-carotene can also be converted into vitamin A in the body, which is an important vitamin for eye health and good vision.

Tip: Eat or cook your carrots with the peel on to reap the fibre benefits and minimise food waste. You can even use the carrot tops to make a great pesto.

Chickpeas: They are budget-friendly nutrition at its best. Not only cheap to buy, but they are low in fat, low GI and a good source of B group vitamins, iron, zinc, folate and magnesium. Also they are an excellent way to add amino acids to your diet. Mix them with tahini (sesame paste) to make a hummus and you'll tick the box for a nutritious spread that is a complete protein – a reason to eat more hummus.

Tip: When you drain a can of chickpeas, save the liquid as it can be used as a plant-based egg replacement. Just 2-3 tablespoons will substitute one egg.



- ✓ *Long storage life*
- ✓ *Versatility*
- ✓ *Budget-friendly*



- ✓ *Versatility*
- ✓ *Use it all*
- ✓ *Long storage life*

Cauliflower: Far from humble, cauliflower is one of the best bang-for-buck veggies and delivers some impressive health benefits. A member of the cruciferous vegetable family, which also includes broccoli, bok choy, brussels sprouts and kale, cauliflower is an excellent source of vitamin C, B vitamins and vitamin K, which is best known for its crucial role in bone health. It also contains phytochemicals that may have anti-bacterial and anti-viral effects in the body.

Tip: You can use the entire vegetable, even the stems and leaves can be chopped and added to dishes like stir-fries or slaws for extra crunch.

Green peas: While they may be small in size, peas pack a big nutritional punch - they provide a good source of fibre, folate and vitamin C, and are packed full of phytonutrients. They are also one of the best vegetable sources of protein, with just 1/2 a cup providing around 4g of protein.

Tip: In the cooler months, frozen and tinned peas are a great cost-effective option to boost the veggie and nutritional content of your meals.



- ✓ *Versatility*
- ✓ *Budget-friendly*
- ✓ *Long storage life*



- ✓ *Long storage life*
- ✓ *Versatility*
- ✓ *Budget-friendly*

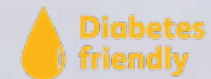
Pumpkin: It is a great pantry staple. Pumpkins are a good source of vitamin A and vitamin C, containing high levels of carotenoids (compounds which the body turns into vitamin A). The stronger the colour of the flesh, the more carotenoids the pumpkin will contain.

Pumpkin not available? No problem - pumpkin, squash and mature kamo kamo can be used interchangeably in most recipes.

Tip: Store in a cool, dark place. Once cut, scoop out the seeds and store in an airtight container in the fridge.

Recipes

Get more veggies in your diet with these delicious recipes that tick the box on quick, easy and affordable nutrition!





Rainbow veggie slice



SERVES
6



PREP
5



COOK
35



COST PER SERVE
under \$2

A simple twist on an old favourite, this quick and easy slice is great for midweek meals. Also you can use the leftovers in school lunchboxes.

INGREDIENTS

4 Weet-Bix™, crushed
6 large eggs
1/2 cup milk
Salt and pepper
3 cups frozen stir-fry
veggies such as green
beans, broccoli, carrot,
capsicum, slightly
thawed
3/4 cup grated Edam
cheese

1. Preheat oven to 180°C. Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through veggies. Fold in cheese and crushed Weet-Bix wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35 - 40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.

Tips:

- Can be enjoyed hot or at room temperature, so are perfect for lunchboxes.
- Great for using up leftover veggies so they don't go to waste. You can also change up the veggie options to suit your personal preferences or what is available.

Nutrition information (per serve): Energy (810kJ, 194 calories), Protein (15g), Fat (9g), Saturated fat (4g), Carbohydrate (12g), Sugars (4g), Fibre (3.5g), Sodium (293mg), Potassium (346mg), Calcium (192mg), Iron (2.5mg).



Lentil burger patties



SERVES
14



PREP
10



COOK
20



COST PER SERVE
under \$1

Whip up some delicious and healthy lentil burgers for a lunch or weekday meal. They'll be a stand-out hit at your next barbecue too!

INGREDIENTS

1 onion, finely chopped
430g can brown lentils
1 tsp Marmite™
2 tbsp Sanitarium crunchy peanut butter™
2 tbsp tomato paste
1/2 tsp salt
1/2 tsp mixed herbs
1/2 tsp dried basil leaves
1/2 cup carrot, grated
1/2 cup celery, finely chopped
1 egg, lightly beaten
1 cup breadcrumbs
2 cups cooked brown rice
1/2 cup breadcrumbs, extra
2 tbsp oil

1. Place all ingredients, except the extra breadcrumbs and oil, in a large bowl. Mix well.
2. Using a 1/4 cup measure, shape the mixture into 14 burger patties. Coat with the extra breadcrumbs and refrigerate for 30 minutes.
3. Heat 1 tbsp oil in a non-stick frying pan and cook half the patties over medium heat, for 5 minutes each side, until golden and crisp.
4. Repeat with the second batch of patties, using the remaining oil.
5. Serve in burger buns with salad, coleslaw or cooked veggies on the side.

Tips

- Make an extra batch of lentil burger patties and freeze them for later use.
- Once cooked, lentil burger patties can be kept refrigerated for up to 4 days.

Nutrition information (per serve): Energy (718kJ, 171 calories), Protein (6g), Fat (6g), Saturated fat (0.7g), Carbohydrate (22g), Sugars (2g), Fibre (2.9g), Sodium (302mg), Potassium (202mg), Calcium (31mg), Iron (1.4mg).



Uses pantry staples

Nepalese vegetable curry



SERVES
6



PREP
15



COOK
30



COST PER SERVE
under \$3

Comforting, fragrant, and a great source of protein and fibre. Made with convenient pantry staples, curry night has never looked so good!

INGREDIENTS

2 tbsp oil
2 medium onions, finely chopped
2 cloves garlic, crushed
1 tsp ginger
1 tsp turmeric
1 tsp ground cumin
1 tsp curry powder
1/2 cauliflower, cut into florets (650g)
825g can crushed tomatoes
1 cup frozen peas
425g can chickpeas, drained and rinsed
1 tsp salt
1/2 cup light coconut milk

1. Heat oil in a large saucepan and sauté onion and garlic over medium heat until soft.
2. Add spices and sauté for a minute. Fold through cauliflower.
3. Add tomatoes and bring mixture to the boil, reduce heat and simmer until cauliflower is just tender.
4. Add peas, chickpeas, coconut milk and season with salt, to taste. Heat through and serve with boiled brown rice.

Tips

- To add extra flavour to this curry, squeeze some lime juice over the top just before serving.
- Also great served with roti or naan bread.

Nutrition information (per serve): Energy (1080kJ, 257calories), Protein (10g), Fat (12g), Saturated fat (5g), Carbohydrate (23g), Sugars (13g), Fibre (9.9g), Sodium (487mg), Potassium (864mg), Calcium (108mg), Iron (4.3mg).



No prep
needed

Satay stir-fry



SERVES
4



PREP
0



COOK
15



COST PER SERVE
under \$3

This peanut flavoured stir-fry is a meal in minutes. No prep required and the result is a healthy, quick and easy family friendly meal.

INGREDIENTS

1 tbsp olive oil
850g packet frozen stir-fry vegetables
200g dried Pad Thai rice noodles
250ml can satay sauce
2 tbsp crushed peanuts

1. Heat oil in a large frypan or wok. Add vegetables and stir-fry for 5 minutes or until cooked through.
2. Cook rice noodles according to packet instructions. Drain.
3. Add rice noodles and satay sauce to pan. Stir-fry for 5 minutes, ensuring the sauce is well mixed through.
4. Serve topped with peanuts.

Tips

- You can find canned satay sauce in the Asian aisle in the supermarket.
- Substitute Pad Thai noodles for soba noodles or 2 cups of cooked brown rice.

Nutrition information (per serve): Energy (1960kJ, 469 calories), Protein (16g), Fat (16g), Saturated fat (4g), Carbohydrate (62g), Sugars (19g), Fibre (12.3g), Sodium (462mg), Potassium (674mg), Calcium (75mg), Iron (4.6mg).



Bolognaise sauce



SERVES
4



PREP
5



COOK
10



COST PER SERVE
under \$2

Using canned items and pantry staples this sauce is proper comfort food. Full of fibre and protein, this meat-free meal can be served in a variety of ways, see suggestions below.

INGREDIENTS

1 tbsp olive oil
1 onion, diced
2 garlic cloves, crushed
1 1/2 tsp curry powder
400g can diced tomatoes
400g can brown lentils, rinsed and drained

1. Heat oil in a saucepan. Add onion and sauté until translucent.
2. Add garlic and curry powder, sauté for a minute.
3. Add tomatoes and lentils. Bring to boil, reduce heat and simmer for 5 minutes or until the sauce has thickened.

Tips

- Serving suggestions: Mix through wholemeal pasta, top on baked potatoes or kūmara, place over wholegrain toast, or use as a filling for a vegetarian shepherd's pie.
- Add 1-2 cups vegetables of your choice for an extra nutrition hit. Also a great way of using up tired or leftover vegetables.

Nutrition information (per serve): Energy (692kJ, 165 calories), Protein (9g), Fat (4g), Saturated fat (0g), Carbohydrate (19g), Sugars (6g), Fibre (7.9g), Sodium (311mg), Potassium (540mg), Calcium (53mg), Iron (3.4mg).



Stir-fried brown rice and veggies



SERVES
4



PREP
10



COOK
15



COST PER SERVE
under \$4

This is a great recipe for increasing the amount of veg in your family's meals. Plus, it's high in fibre and a great source of iron.

INGREDIENTS

1 tbsp olive oil
2 brown onions, diced
2 cloves garlic, crushed
2 tsp fresh ginger, grated
1 carrot, diced
1 courgette, diced
1 broccoli, chopped
1 cup brown rice, cooked
3 cups (100g) english spinach leaves, sliced
2 tsp reduced salt soy sauce
2 tbsp vegetarian oyster sauce
1 tbsp sweet chilli sauce
juice of 1 lime
1 tsp sesame oil
2 eggs
2 tbsp sesame seeds, toasted (garnish)

1. Heat oil in a wok or large frypan over medium heat. Cook onion and carrot for 5 minutes until just starting to colour. Add garlic, ginger, carrot, courgette and broccoli.
2. Cook for 5 minutes or until slightly soft but still crunchy. Add cooked rice, spinach, sauces and lime juice.
3. In a separate dish, lightly whisk the eggs. Move the rice and vegetables to the side of the frypan to create space for the eggs. Drizzle in sesame oil and pour in the whisked eggs, allow to cook for 2 minutes.
4. Stir rice, vegetables and egg together. Garnish with toasted sesame seeds, optional.

Tips

- Vary veggies that are in season and which your family prefers for this recipe.
- Vegetarian oyster sauce can be found in some asian grocers and larger supermarkets.

Nutrition information (per serve): Energy (1745kJ, 420 calories), Protein (13g), Fat (13g), Saturated fat (2g), Carbohydrate (56g), Sugars (12g), Fibre (9.8g), Sodium (385mg), Potassium (780mg), Calcium (100mg), Iron (3.6mg).

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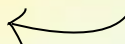
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Note: Our per serve costs are based on standard shelf prices as of October 2023.
Ingredient pricing may vary by retailer.

