



COMMUNITY RECIPE BOOK

Montrose Community Cupboard

Community Recipe Book

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COMMUNITY RECIPE BOOK

From the Cupboard

Welcome to the Montrose Community Cupboard Cookbook

This cookbook was created with the amazing community in mind, by someone who understands how much a service like this can mean.

Every recipe here uses simple, affordable ingredients, the kind you might already find at the Cupboard and takes the guesswork out of mealtimes. It also invites a little creativity into your kitchen.

Measurements are flexible: a little extra of this, a little less of that, it won't matter one bit! Just cook with what you've got and trust yourself.

Good food should be accessible to everyone, so whether you're cooking for a family, cooking for one, or just starting out, there's something here for you. No complicated techniques, no expensive ingredients, just real, delicious food.



Handy Cooking Techniques

Cooking Rice

1. Add 1 cup of rice and 2 cups of water to a microwave safe dish (Add ½ tsp salt or powdered stock powder for extra flavour)
2. Cook for 15 minutes on high
3. Fluff rice with a fork once finished to avoid it clumping
4. Let stand for 5 minutes before serving



Making Bread Crumbs

Use stale bread or bread rolls to make breadcrumbs for meatballs, patties, crumbed meats or toppings for pasta bakes

1. Tear rolls or slices in to a food processor, whizz up until fine in texture
2. Feel free to add some dried herbs, spices or salt and pepper for extra flavour
3. Freeze portions in zip lock bags to make it last longer



Cooking Pasta

1. Bring a large pot of water to the boil
2. Add 1 tsp of salt
3. Add pasta
4. Cook for 10–12 minutes (check the packet first)
5. Drain carefully with a colander/strainer over the sink
6. Add sauce or toppings





Good to have in the Pantry

Flavour Boosters

- Garlic
- Onion
- Stock Cubes
- Soy Sauce
- Curry Powder
- Tinned Tomatoes
- Tinned Soups
(Tomato soup makes a great pasta sauce base)

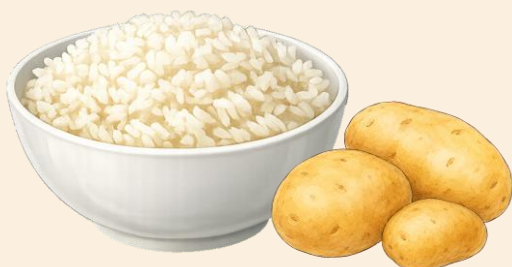


Pantry Staples

- Flour
- Tinned Tomatoes
- Long-life Milk
- Salt
- Pepper

Protein

- Eggs
- Lentils
- Chickpeas
- Tuna
- Peanut Butter
- Beans (Kidney, Cannellini, Baked beans)



Carbohydrates

- Rice
- Pasta
- Oats
- Potatoes
- Bread



Low Cost Cooking Tips

- Beans and lentils are low-cost sources of protein
- Packets of dried pulses are cheap and go further than tins
- Cooking extra portions can save time and money, if you cook a bit extra you have lunch and dinner for the next day
- Leftovers can often be frozen for another meal
- Tinned foods are great pantry staples

Recipe Measurements

To help make these recipes easier to follow, here are some common cooking measurements used throughout this cookbook.

tsp = teaspoon (5 mL)	ml = millilitres
tbsp = tablespoon (20 mL)	L = litres (1,000 ml)
cup = standard metric measuring cup (250 ml)	Degrees (°C) = degrees Celsius



COMMUNITY RECIPE BOOK

Recipe Basics



How to: Build a Soup

Make it your way! Soups are an amazing way to use up excess veggies at the end of the week and makes one nourishing meal.



INGREDIENTS

- ❖ 5-7 vegetables (good ones to use are potato, sweet potato, pumpkin, carrot, capsicum, zucchini, corn, swede, parsnip, bok choy, spinach)
 - ❖ 1.5L-2L Stock (any variety works well)
 - ❖ Any protein (finely chopped cooked chicken, lamb or beef, tinned or cooked chickpeas, kidney beans, lentils)
 - ❖ ½ cup of uncooked rice, pasta or barley
 - ❖ Handful of chopped fresh herbs (thyme, parsley or 3 sprigs of rosemary is yum or 1 tsp of dried herbs)
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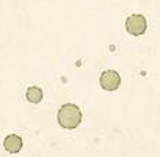
METHOD



1. Simmer together until vegetables are soft and the pasta, barley or rice cooked through.
 2. Serve with buttered bread or toast
 3. Add 1 cup of leftover cooked chopped chicken, beef or lamb if you have it
 4. Just use veggies and stock if you don't want to include the rest. Soup is simple and easy to make your way
 5. Serve with toast, bread rolls or buttered bread
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EXTRA IDEAS

- ❖ A flexible recipe that helps you make the most of whatever vegetables, beans or grains you have on hand.
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How to: Build a Stir Fry



Make it your way with this easy to use, stir fry formula!



INGREDIENTS

- ❖ 1 protein chicken, beef, eggs, tofu, tuna or beans
 - ❖ 3-6 vegetables, or more if you like! (zucchini, carrot, broccoli, broccolini, capsicum, corn, cabbage, bok choy, pumpkin, frozen veggies are good)
 - ❖ 1 sauce (jarred or pouch sauce, or make an easy stir fry sauce using 3 tbsp soy sauce, ½ tsp curry powder + 1tbsp soy sauce, 3 tbsp sweet chilli sauce, 1tsp minced ginger (optional))
 - ❖ Rice or noodles (instant noodles, rice noodles or any kind of rice works well)
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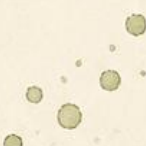
METHOD



1. Cook your rice or noodles according to the packet instructions.
 2. Heat a little oil in a large frying pan over medium-high heat.
 3. Cook your chosen protein until cooked through.
 4. Add your vegetables and stir-fry for 5-7 minutes, or until cooked to your liking, some prefer crisp veggies and others enjoy them softer.
 5. Stir through your chosen sauce and cook for another 1–2 minutes.
 6. Serve with the cooked rice or noodles.
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EXTRA IDEAS

- ❖ Truly, anything goes in a stir fry, you can use a combination of meats and veggies. Get creative, even left over sausages or BBQ meats works!
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Use What You Have Formula

Every good meal needs five things:

Base

This is what fills you up. Think pasta, rice, oats, bread, potato, or tinned legumes like lentils or chickpeas. This is the foundation of a meal



Vegetable

Fresh, frozen, or tinned, it all works. Even a tin of tomatoes or a handful of frozen peas counts. Vegetables add colour, nutrients and bulk to stretch a meal further.

Protein

Eggs, tinned tuna, tinned beans, lentils, meat or cheese. Protein keeps you full and turns a side dish into a proper meal.



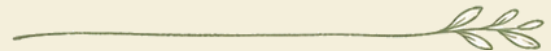
Flavour

This is where the magic happens. A tin of tomatoes, a tbsp of soy sauce, a spoonful of peanut butter, garlic, onion, stock, or even just salt and pepper can completely transform simple ingredients into something delicious.



Fat

Oil, butter, or even a scrape of margarine. Fat carries flavour and helps everything cook properly in a pan or pot.



Some examples

Egg Fried Rice

Base	Rice
Vegetable	Frozen veg
Protein	Egg
Flavour	Soy sauce
Fat	Oil



Tuna Pasta

Base	Pasta
Vegetable	Tinned Tomatoes
Protein	Tinned Tuna
Flavour	Garlic
Fat	Cheese





COMMUNITY RECIPE BOOK

Dinner Recipes

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Curried Sausages

A classic comfort meal that's easy to make and perfect for the whole family or as meal prep as this freezes really well



INGREDIENTS

- ❖ 6-8 sausages
 - ❖ 1 tablespoon oil
 - ❖ 1 onion, sliced
 - ❖ 2 carrots, sliced
 - ❖ 2 tablespoons curry powder (add more to taste)
 - ❖ 1 ½ tablespoons cornflour
 - ❖ 2 cups water
 - ❖ 1 beef or chicken stock cube (or 1 teaspoon stock powder)
 - ❖ 1 cup frozen peas (optional)
 - ❖ Salt and pepper, to taste
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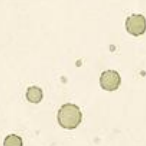
METHOD



1. Cook the sausages in a large frying pan over medium heat until browned on all sides. Remove from the pan and slice into bite-sized pieces
 2. In the same pan, cook the onion and carrots for 4–5 minutes until softened. Add a little oil if needed
 3. Stir in the curry powder and cook for 1 minute until fragrant.
 4. In a small bowl, mix the cornflour with ¼ cup of the water until smooth.
 5. Add the remaining water and stock cube (or stock powder) to the pan and bring to a gentle simmer.
 6. Stir in the cornflour mixture and cook for 2–3 minutes until the sauce thickens.
 7. Return the sliced sausages to the pan and add the peas, if using. Simmer for 10 minutes, stirring occasionally.
 8. Season with salt and pepper to taste. Serve with mashed potato, rice or steamed vegetables.
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EXTRA IDEAS

- ❖ Stir through frozen corn or green beans
 - ❖ Swap the peas for broccoli, zucchini or cauliflower
 - ❖ Add sliced potato, sweet potato or pumpkin for a heartier meal
- 

Roast Vegetables

Roasting is one of the easiest ways to use up vegetables. There are no rules, simply use whatever you have on hand!



INGREDIENTS

- ❖ 6–8 cups chopped vegetables of your choice (suggestions below)
 - ❖ 2 tablespoons oil
 - ❖ 1 teaspoon dried mixed herbs (optional)
 - ❖ Salt and pepper, or 1tsp stock powder to taste
 - ❖ **Great vegetables to roast:**
 - ❖ Potatoes
 - ❖ Pumpkin
 - ❖ Carrots
 - ❖ Onion
 - ❖ Zucchini
 - ❖ Capsicum
 - ❖ Cauliflower
 - ❖ Beetroot
 - ❖ Parsnips
- 

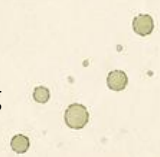
METHOD



1. Preheat the oven to 200°C.
 2. Wash and chop the vegetables into similar-sized pieces so they cook evenly.
 3. Place the vegetables onto a large baking tray.
 4. Drizzle with the oil and sprinkle with the herbs, stock powder or salt and pepper.
 5. Toss well until the vegetables are evenly coated.
 6. Spread into a single layer, leaving a little space between the vegetables where possible.
 7. Roast for 35–50 minutes, turning halfway through, until the vegetables are tender and golden. Cooking time will vary depending on the vegetables you use and how large they're cut
 8. Serve warm as a side dish or use leftovers in salads, wraps, soups or frittata
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EXTRA IDEAS

- ❖ Add whole garlic cloves while roasting for extra flavour.
 - ❖ Sprinkle with grated cheese or Parmesan during the last 10 minutes of cooking.
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Roast Veggie Frittata

A simple and delicious way to turn your leftover roast vegetables into a satisfying meal.



INGREDIENTS

- ❖ 2-3 cups leftover roast vegetables, chopped
 - ❖ 6-8 eggs
 - ❖ ½ cup milk
 - ❖ 1 cup grated cheese
 - ❖ 2 tbsp plain flour
 - ❖ 1 teaspoon dried mixed herbs
 - ❖ Salt and pepper, to taste
 - ❖ 1 tablespoon oil or butter
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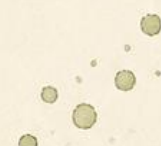
METHOD



1. Preheat the oven to 180°C.
 2. Lightly grease a baking dish or ovenproof frying pan with the butter or oil
 3. Spread the roast vegetables evenly over the base
 4. In a bowl, whisk together the eggs, milk, flour, mixed herbs, cheese, salt and pepper
 5. Pour the egg mixture over the vegetables
 6. Bake for 30–35 minutes, or until the centre is set and the top is lightly golden
 7. Allow to cool for 5 minutes before slicing and serving
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EXTRA IDEAS

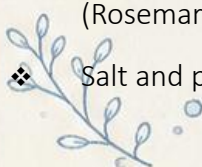
- ❖ Add leftover cooked chicken, ham or bacon
 - ❖ Serve with a fresh side salad or toast
- 

Vegetable Soup

Don't feel you have to use the veggies listed, you can use what you have on hand as this soup is yummy and super flexible!



INGREDIENTS

- ❖ 1 onion
 - ❖ 2 tbsp oil (olive, vegetable or coconut oil)
 - ❖ 2 carrots (can substitute for sweet potato)
 - ❖ 2 potatoes (any type works)
 - ❖ 1 zucchini
 - ❖ 2 sticks of celery (or 1 bunch of parsley, chopped)
 - ❖ 1 capsicum
 - ❖ 1 tin tomatoes
 - ❖ 1 litre stock, this can be from stock powder or liquid stock packet
 - ❖ ½ tsp dried herbs or a small handful of fresh herbs (Rosemary works really well!)
 - ❖ Salt and pepper to season
- 

METHOD



1. Chop vegetables in to small cubes
2. Add all ingredients aside stock to a large pot and sauté over high heat for 4-5 mins
3. Add stock, bring to the boil
4. Lower heat and simmer gently for 30 minutes
5. Season with salt and pepper
6. Serve warm with bread or toast



EXTRA IDEAS

- ❖ Add any extra veggies you have or a bag of coleslaw mix
 - ❖ Add a handful of dry pasta or rice to make it more filling
 - ❖ Add dry or tinned beans, barley or lentils for protein
- 

Easy Tomato Pasta

A simple recipe that's delicious as is or loaded with extra vegetables



INGREDIENTS

- ❖ 1 packet of pasta
 - ❖ 1 tin tomatoes or tin of tomato soup
 - ❖ 1 onion
 - ❖ 2 cloves of garlic or 1.5 tsp minced jarred garlic
 - ❖ 2 tbsp tomato paste (optional)
 - ❖ 1 tablespoon oil
 - ❖ cheese (optional)
 - ❖ ½ tsp dried herbs or a small handful of fresh herbs (Rosemary works really well!)
 - ❖ Salt and pepper to season
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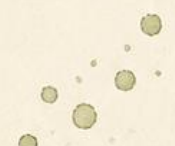
METHOD



1. Cook the pasta according to the packet instructions. Drain and set aside.
 2. Finely dice the onion.
 3. Heat a little oil in a large frying pan or saucepan over medium heat. Cook the onion and garlic for 3–4 minutes, or until softened.
 4. Stir in the tomato paste and cook for 1 minute.
 5. Add the tinned tomatoes or tomato soup. Simmer for 5–7 minutes, stirring occasionally.
 6. Add the cooked pasta and stir until well coated in the sauce.
 7. Sprinkle with grated cheese, if available, and serve warm.
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EXTRA IDEAS

- ❖ Add tuna or beans for protein.
 - ❖ Add 1 cup of frozen veggies or fresh grated veggies after the onion is cooked
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Instant Noodle Upgrade

A quick, filling meal that turns instant noodles into something a little more nutritious.



INGREDIENTS

- ❖ 1 packet instant noodles
 - ❖ 1 egg
 - ❖ ½ cup frozen or fresh vegetables (pak choy or bok choy is delicious in this)
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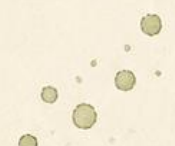
METHOD



1. Bring water and frozen veggies to the boil (cook fresh veggies in a separate pot if using)
 2. Add noodles and strain when ready
 3. Crack in egg and mix in to the veggies and noodles with the flavour sachet
 4. Stir over medium heat for 1 minute
 5. Serve
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EXTRA IDEAS

- ❖ Add leftover cooked meat or ham
 - ❖ Add soy sauce or chilli to taste
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Bolognese Sauce

(adaptable to be vegetarian)

A comforting pasta sauce that's easy to make with mince, lentils or a combination of both



INGREDIENTS

- ❖ 500g mince or 1 tin of brown lentils + 200g finely diced mushrooms
 - ❖ 1 tbsp tomato paste
 - ❖ 1 tin of tomato soup
 - ❖ 1 onion
 - ❖ 2 carrots (or ½ a sweet potato)
 - ❖ 1 stick of celery or ¼ cup of fresh chopped parsley (or both!)
 - ❖ 1 zucchini
 - ❖ 2 tsp dried herbs (mixed, Italian or oregano works well)
 - ❖ 1 beef or vegetable stock cube
 - ❖ Salt and pepper
- 

METHOD



1. Dice or grate the onion, carrots, zucchini and celery. If using parsley, roughly chop it. A food processor is a great time-saver if you have one
 2. Brown the beef mince in a saucepan over medium-high heat, breaking it up with a wooden spoon as it cooks. *For the vegetarian version, cook the mushrooms for 3–4 minutes until softened*
 3. Add the vegetables and stock cube. Cook for 5–10 minutes, stirring occasionally, until the vegetables soften
 4. Stir in the tomato paste and dried herbs. Cook for 1 minute
 5. Add the tomato soup and ½ cup water and stir well to combine
 6. Reduce the heat and simmer for 20–30 minutes, stirring occasionally until the vegetables are tender and the sauce has thickened, add salt and pepper to your taste
 7. If making the vegetarian version, stir through the drained lentils and heat for 2–3 minutes. Stir through the fresh parsley (if using) just before serving
- 



EXTRA IDEAS

- ❖ Add a tin of tomatoes when you add the vegetables to make it go further
- ❖ Add 2 cubes of frozen spinach and 200g finely diced mushrooms to make mince go further
- ❖ Serve with pasta or use as a filling for lasagna, baked potatoes or toasted sandwiches or make a cheats risotto by serving with rice and mixing in 1 cup of shredded cheese

Mac and Cheese

A quick, filling meal that turns instant noodles into something a little more nutritious.



INGREDIENTS

- ❖ 1 packet of pasta of your choice (doesn't have to be macaroni)
 - ❖ 2 tbsp butter
 - ❖ 2 tbsp plain flour
 - ❖ 400ml milk
 - ❖ 1.5 cups grated cheese (cheddar works best)
 - ❖ 1 pinch salt and pepper
- 

METHOD



1. Cook the pasta according to packet or page 2 instructions
 2. Make the roux: In a medium saucepan over low-medium heat, melt butter. Once melted, add the plain flour and stir constantly with whisk for about 1 minute until it forms a pale paste, don't panic if it's more a crumb like texture
 3. Add the milk, a little at a time, whisking constantly as you go. Adding the milk gradually and stirring the whole time stops lumps from forming. Keep stirring over medium heat until the sauce thickens enough to coat the back of a spoon.
 4. Remove from heat and stir through cheese until melted and smooth
 5. Combine and serve: Add the drained pasta to the cheese sauce, add salt and pepper to taste and stir gently until everything is well coated
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EXTRA IDEAS

- ❖ Stir 1 tsp of seeded or Dijon mustard into the sauce before adding the cheese
- ❖ Pour into a baking dish, top with extra cheese and breadcrumbs, and bake at 200°C fanforced for 15 minutes for a pasta bake option

Corn and Veggie Fritters

A colourful, flexible recipe that's perfect for using up vegetables and makes a great snack or meal.



INGREDIENTS

- ❖ 2 cups corn kernels (tinned, frozen or fresh, if you add more or less it won't matter, this is a very flexible recipe)
 - ❖ ½ cup plain flour
 - ❖ 2 eggs
 - ❖ ½ cup milk
 - ❖ 1 small onion, finely diced (optional)
 - ❖ 2 grated carrots (or 1 sweet potato)
 - ❖ Pinch of salt and pepper
 - ❖ ½ cup grated cheese
 - ❖ 1 tablespoon oil for frying
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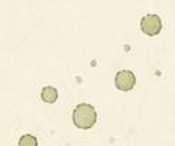
METHOD



1. If using tinned corn, drain well. If using frozen corn, thaw before use.
 2. In a large bowl, combine the flour, eggs and milk. Mix until smooth.
 3. Stir through the corn, grated cheese, carrot and onion (if using), salt and pepper.
 4. Heat the oil in a frying pan over medium heat. Spoon heaped tablespoons of mixture into the pan and flatten slightly.
 5. Cook for 3–4 minutes on each side, or until golden brown and cooked through.
 6. Serve with salad mix and rice. Or just enjoy them on their own as a snack.
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EXTRA IDEAS

- ❖ Add leftover cooked meat or ham
 - ❖ Add soy sauce or chilli to taste
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Rice Recipes



Rice is a healthy pantry staple that goes with almost anything.

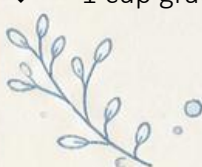
Whether you're making a quick dinner, using up leftovers or creating a hearty one-pot meal, it's a simple way to stretch a meal further.

Creamy Chicken and Rice Bake

Using tinned soup, create a comforting, delicious and easy meal



INGREDIENTS

- ❖ 300 g chicken breast or thigh, diced (or 2 cups cooked shredded chicken)
 - ❖ 1 cup of rice
 - ❖ 1 tin cream of chicken soup
 - ❖ 2 cups chicken stock (made from stock cubes, powder or liquid)
 - ❖ 1-2 cups frozen or cooked fresh mixed vegetables (optional)
 - ❖ 1 tsp dried mixed herbs (optional)
 - ❖ Salt and pepper, to taste
 - ❖ 1 cup breadcrumbs (optional)
 - ❖ 1 cup grated cheese (optional)
- 

METHOD



1. Preheat the oven to 180°C.
 2. Put rice and veggies (if using) into a baking dish
 3. Mix cream of chicken soup and stock together and pour over the rice. Stir to combine
 4. Add the chicken on top and season with 1 pinch salt and pepper
 5. Cover tightly with foil and bake for 50-60 mins until chicken is cooked through and rice has absorbed the liquid, you can reduce cooking time if rice is cooked through and you are using shredded leftover chicken
 6. Take off foil, add breadcrumbs and cheese, then bake for a further 10-15 mins
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EXTRA IDEAS

- ❖ Replace chicken for cooked chicken mince, this will reduce the cooking time while still tasting super delicious
- ❖ Veggies that work well are corn, peas, zucchini, carrot, potato, broccoli and cauliflower

Vegetarian Fried Rice

A quick and delicious meal that's perfect for busy days



INGREDIENTS

- ❖ 4 cups cooked rice (2 cups dry rice, 4 cups water)
 - ❖ 2 eggs
 - ❖ 1 cup frozen vegetables (peas, corn and carrot mix works well)
 - ❖ 2 tablespoons soy sauce
 - ❖ 1 tablespoon oil
 - ❖ 2 tsp sesame oil if available
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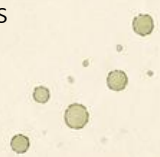
METHOD



1. Cook rice according to instructions
 2. Heat oil in a pan
 3. Add vegetables and cook for 5 minutes
 4. Crack eggs into to a small bowl, scramble up with a fork
 5. Add eggs to heated frypan, scramble in the pan (does not need to be perfect)
 6. Add rice, eggs and soy sauce (and sesame oil if using) to vegetables
 7. Stir well over heat for 2 mins, add more soy sauce if needed
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EXTRA IDEAS

- ❖ Add leftover chicken, bacon, ham or a tin of beans
 - ❖ Add chilli sauce if you like an extra kick
 - ❖ Substitute frozen veggies for fresh
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Lentil Curry

A nourishing, healthy curry that's easy to adapt with whatever vegetables you have.



INGREDIENTS

- ❖ 1 cup dried lentils or 1 tin lentils, drained and rinsed
 - ❖ 1 tablespoon oil (vegetable, canola, olive, coconut)
 - ❖ 1 onion, diced
 - ❖ 2 cloves garlic, minced or 2 tsp jarred minced garlic
 - ❖ 2 cups fresh or frozen vegetables (pumpkin, cauliflower, potato, capsicum, zucchini & carrot all work well)
 - ❖ 1 tablespoon curry powder
 - ❖ 1 tin coconut milk
 - ❖ 2 cups water
 - ❖ Salt and pepper, to taste
 - ❖ 1½ cups rice
- 

METHOD



1. Cook onion and garlic in a pot until soft with oil
 2. Add curry powder and veggies, stir for 1-2 mins
 3. Add lentils, coconut milk, salt, pepper and water
 4. Simmer for 30 minutes
 5. While curry is simmering, cook your rice
 6. Mix rice and curry together and serve
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EXTRA IDEAS

- ❖ Most veggies go well in this so feel free to get creative
- ❖ Add chilli and fresh coriander when serving for extra depth
- ❖ Add a tin of diced tomatoes to stretch the recipe further for a tomato-based curry

Chickpea Curry

A colourful, flexible recipe that's perfect for using up vegetables and makes a great snack or meal.



INGREDIENTS

- ❖ 1–2 tins chickpeas, drained and rinsed (or prepare dried chickpeas according to packet instructions to make approximately 2½ cups)
 - ❖ 1 onion, diced
 - ❖ 2 cloves garlic, minced or 2 tsp jarred minced garlic
 - ❖ 2 potatoes, diced (white potato, sweet potato or a combination)
 - ❖ 1 tin diced tomatoes
 - ❖ 1 tablespoon curry powder
 - ❖ 1 tablespoon oil (vegetable, canola, olive, coconut)
 - ❖ 1 cup stock (any kind works well, or use water instead)
 - ❖ Salt and pepper, to taste
 - ❖ Cooked rice, to serve
- 

METHOD



1. Heat the oil in a large saucepan over medium heat. Add the onion and cook for 3–4 minutes until softened.
2. Add the garlic and potatoes and cook for a further 5 minutes, stirring occasionally.
3. Stir in the curry powder and cook for 1 minute until fragrant.
4. Add the diced tomatoes, chickpeas and water. Season with salt and pepper.
5. Bring to a simmer and cook for 20–25 minutes, or until the potatoes are tender. If the curry becomes too thick, add a little extra water.
6. Serve with cooked rice.

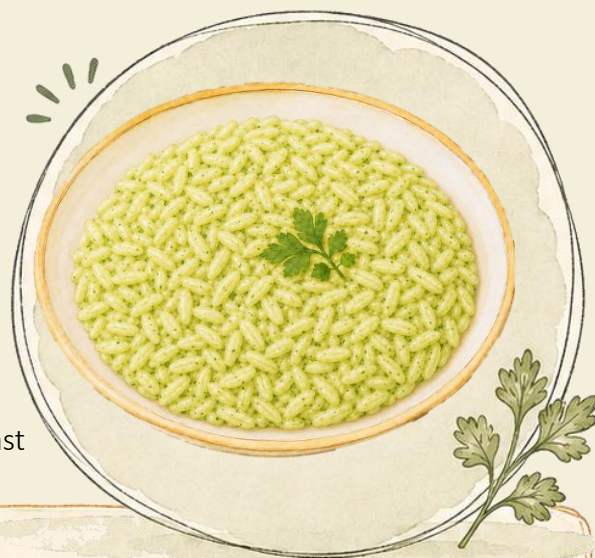


EXTRA IDEAS

- ❖ Stir through a handful of spinach or frozen peas during the last few minutes of cooking.
- ❖ Add a carrot, zucchini or cauliflower for extra vegetables.
- ❖ For a creamier curry, stir through ½ cup coconut milk or a spoonful of Greek yoghurt before serving.

Creamy Green Rice

A creamy, visually appealing side dish that's delicious with roast meats, frittata, sausages or on its own!



INGREDIENTS

- ❖ 1 bag mixed salad leaves
 - ❖ 2 cups cooked rice
 - ❖ ½ cup milk
 - ❖ ½ cup grated cheese
 - ❖ 1 garlic clove, crushed or 1 tsp minced garlic
 - ❖ 1 tbsp butter or margarine
 - ❖ Salt and pepper, to taste
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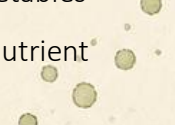
METHOD



1. Heat the butter in a frying pan over medium heat
 2. Add the garlic and cook for 30 seconds
 3. Add the bagged salad and cook for 3–5 minutes until completely wilted
 4. Transfer the salad mixture to a blender or food processor. Add the milk and blend until smooth
 5. Return the mixture to the pan and stir through the grated cheese until melted
 6. Heat and add the the cooked rice and stir until evenly coated and heated through
 7. Season with salt and pepper before serving
- 



EXTRA IDEAS

- ❖ Stir through cooked chicken or leftover roast vegetables
 - ❖ Add spring onion, peas and broccoli for a green nutrient packed boost
- 

Tomato and Veggie Rice

A simple one-pot meal that's full of flavour and easy to adapt with whatever vegetables you have.



INGREDIENTS

- ❖ 1½ cups uncooked rice
 - ❖ 1 tbsp oil
 - ❖ 1 onion, diced
 - ❖ 2 cloves garlic, crushed (or 1 tsp minced garlic)
 - ❖ 1 tin diced tomatoes
 - ❖ 2½ cups any kind of stock
 - ❖ 2 tsp mixed herbs or Italian herbs
 - ❖ 1 tsp paprika (optional)
 - ❖ 2 cups vegetables (fresh, frozen or tinned all work well)
 - ❖ Salt and pepper, to taste
- 

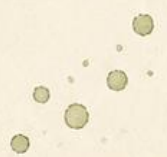
METHOD



1. Heat the oil in a large saucepan over medium heat
2. Cook the onion for 3–4 minutes until softened. Add the garlic and cook for another minute
3. Stir in the rice and cook for 1 minute
4. Add the diced tomatoes, stock, herbs and paprika (if using)
5. Stir in the vegetables and bring to a gentle boil
6. Reduce the heat, cover and simmer for 18–20 minutes, or until the rice is tender and the liquid has been absorbed
7. Fluff with a fork and season with salt and pepper before serving



EXTRA IDEAS

- ❖ Add a tin of beans or chickpeas for extra protein.
 - ❖ Stir through spinach just before serving
 - ❖ Sprinkle with grated cheese for a cheat's risotto
- 



COMMUNITY RECIPE BOOK

Bagged Salad Recipes



Don't let a bag of salad fool you!

It's one of the most versatile ingredients in the fridge. These recipes will show you just how much you can do with it.



COMMUNITY RECIPE BOOK

Easy Stir-Fry

A simple and delicious way to add extra vegetables to your diet



INGREDIENTS

- ❖ 1 bag coleslaw mix, Asian salad mix or Mexican salad mix
- ❖ 2 cups cooked rice
- ❖ 2 eggs, beaten
- ❖ 3 tablespoons soy sauce or teriyaki sauce (or use a jarred/pouch stir fry sauce if you have it)
- ❖ 1 tbsp sweet chilli sauce
- ❖ 1 tin of corn
- ❖ 1 tablespoon oil (vegetable, canola, olive, coconut)



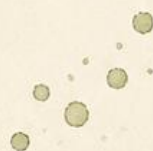
METHOD

1. Heat the oil in a large frying pan or wok over medium-high heat
2. Add the salad mix and cook for 3–4 minutes until slightly softened
3. Push the vegetables to one side of the pan and pour in the beaten eggs. Stir until cooked, then mix through the vegetables
4. Add the cooked rice and sauce of choice, stirring until heated through
5. Serve and enjoy!



EXTRA IDEAS

- ❖ Add leftover cooked chicken, beef or pork
- ❖ Stir through frozen peas or corn
- ❖ Sprinkle with sesame seeds if available



Hearty Coleslaw Soup

A warming, nourishing soup that's easy to make and perfect for cooler days. This freezes really well so feel free to portion it up to use throughout a month.

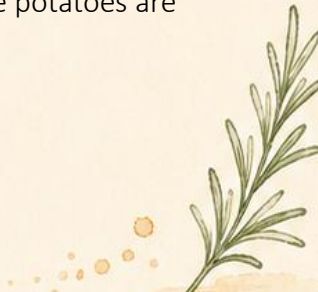


INGREDIENTS

- ❖ 1 tablespoon oil (vegetable, canola, olive, coconut)
 - ❖ 1 large bag (or 2 small ones) coleslaw mix (discard dressing sachet if your bag has one) or ½ a cabbage shredded
 - ❖ 1 large onion, diced
 - ❖ 2-4 medium potatoes, peeled and diced (alter depending on how much you want to make)
 - ❖ 1 clove garlic, minced (optional)
 - ❖ 2L vegetable or chicken stock, from powdered stock, cubes or liquid
 - ❖ 2 teaspoons dried mixed herbs or Italian herbs
 - ❖ Salt and pepper to taste
- 

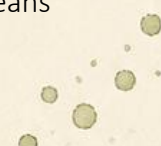
METHOD



1. Heat the olive oil in a large saucepan over medium heat
 2. Add the onion and garlic (if using) and cook for 3-4 minutes until softened
 3. Stir in the potatoes and coleslaw mix, cooking for a further 5 minutes
 4. Pour in the stock and add the dried herbs, pepper and salt
 5. Bring to the boil, then reduce the heat and simmer for 20–25 minutes, or until the potatoes are tender
 6. Serve hot with bread or toast
- 



EXTRA IDEAS

- ❖ Stir through a tin of lentils or cannellini/kidney beans for extra protein
 - ❖ Add leftover cooked chicken or shredded BBQ chicken
- 

Garden Greens Frittata

A simple savoury frittata that uses up leftover salad, packed with vegetables that's perfect for lunch or dinner



INGREDIENTS

- ❖ 1 bag mixed salad leaves (spinach, rocket or mixed salad all work well)
 - ❖ 4-6 eggs, depending how big you want it to be
 - ❖ 1 cup grated cheese
 - ❖ 1 onion, finely diced
 - ❖ 2 tbsp plain flour
 - ❖ 1 tsp dried mixed herbs (optional)
 - ❖ Salt and pepper, to taste
 - ❖ 1 tbsp oil or butter
- 

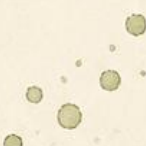
METHOD



1. Preheat the oven to 180°C and lightly grease a pie dish, cake tin or baking dish
 2. Heat the oil or butter in a frying pan over medium heat. Cook the onion for 3–4 minutes until softened
 3. Add the bagged salad and cook for 3–5 minutes until wilted. Allow to cool slightly
 4. In a large bowl, whisk together the eggs, plain flour, mixed herbs, salt and pepper
 5. Stir through the cooked salad mixture and grated cheese until well combined
 6. Pour into the prepared baking dish and smooth the top
 7. Bake for 30–35 minutes, or until golden and set in the centre
 8. Allow to cool for 5 minutes before slicing and serving
- 



EXTRA IDEAS

- ❖ Add cooked bacon, ham or shredded chicken
 - ❖ Stir through leftover roast vegetables
 - ❖ Sprinkle extra cheese over the top before baking
- 

Instant Noodle Veggie Bowl

A creative way to jazz up instant noodles, boosting nutritional value and flavour



INGREDIENTS

- ❖ 2 packets instant noodles
 - ❖ 1 bag of salad (any will do)
 - ❖ 1 cup of corn or capsicum (or both! Can be fresh, frozen or tinned)
 - ❖ 2 eggs
 - ❖ Seasoning sachets from the noodles
- 

METHOD



1. Cook noodles according to the packet instructions, drain and set aside
 2. In a separate pot, add a little oil and bagged salad mix, cook for 3-4 minutes or until wilted
 3. Add noodles to the cooked salad and then add the flavour sachets
 4. Crack the eggs into the pan, mix around and simmer for 2–3 minutes until cooked
 5. Divide between bowls, top with the corn or capsicum and serve immediately
- 



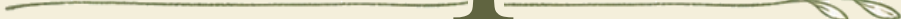
EXTRA IDEAS

- ❖ Add any salad veggies you like, cucumber, corn, spinach, carrot all work well
 - ❖ Add a dash of soy sauce or sweet chilli sauce
- 



COMMUNITY RECIPE BOOK

Potato Recipes



Simple, comforting and endlessly versatile!
Potatoes are perfect for creating satisfying
meals with ingredients you probably already
have at home.

Super Simple Potato Bake

A comforting family favourite side dish made with just a few simple ingredients.



INGREDIENTS

- ❖ 6 large potatoes
- ❖ 3 onions
- ❖ 1L stock, or enough to cover your onion and potato mix (anything is fine, beef, vege, chicken from cube, powder or liquid)

METHOD

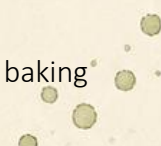


1. Preheat oven to 180°C fan forced or 200 no fan
2. Grease a baking dish grease with margarine, butter or oil
3. Slice potatoes and onions thinly, this takes a while but it's so worth it
4. Layer potatoes and onion in a baking dish alternating potato 1 layer, onion the next. I like to start with onions to keep the potatoes sticking to the bottom
5. Pour stock over the whole thing
6. Bake in oven at 180 degrees covered with foil for 40 mins
7. Take foil off and bake for a further 20 mins until the top crisps up
8. Enjoy!

The potatoes thicken up the stock to make a saucy, delicious potato bake



EXTRA IDEAS

- ❖ Use sweet potato and white potato
 - ❖ Top with shredded cheese for the last 10 mins of baking
- 

Mashed Potato

Creamy, comforting and made with just a handful of simple ingredients.



INGREDIENTS

- ❖ 4 large potatoes, chopped into 2 inch chunks
 - ❖ 1 teaspoon stock powder or ½ a stock cube (any flavour works)
 - ❖ 1 tablespoon margarine or butter
 - ❖ 2 tablespoons milk
 - ❖ Salt and pepper (optional)
- 

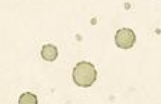
METHOD



1. Place the potatoes in a large saucepan and cover with water. Add the stock powder or stock cube
 2. Bring to the boil, then reduce the heat and simmer for 15–20 minutes, or until the potatoes are tender when pierced with a fork
 3. Drain the potatoes and return them to the saucepan
 4. Add the margarine or butter and milk
 5. Mash it all together until smooth and creamy. Season with salt and pepper to taste, then serve.
- 



EXTRA IDEAS

- ❖ Mix through chopped fresh parsley, chives or spring onions
 - ❖ Add grated cheese for extra creaminess
 - ❖ Stir through 1 teaspoon of seeded mustard for a delicious tangy flavour
- 

Bubble and Squeak

A clever way to turn leftover mashed potato and vegetables into a crispy, tasty meal.



INGREDIENTS

- ❖ 3 cups mashed potato (can be from leftovers if you have it)
 - ❖ 2 cups bagged salad or coleslaw mix
 - ❖ ½ cup frozen vege
 - ❖ 1 tablespoon oil
 - ❖ ½ cup shredded cheese (any is fine)
 - ❖ Salt and pepper, to taste
- 

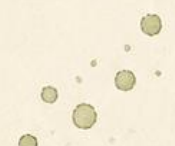
METHOD



1. Heat a frying pan over medium heat with a little oil. Add the bagged salad/coleslaw mix and frozen vege and cook for 4–5 minutes until softened
 2. Mix with the mashed potato and cheese. Season with salt and pepper
 3. Shape the mixture into 8 patties.
 4. Heat the remaining oil in a frying pan and cook the patties for 4–5 minutes on each side, or until golden brown and heated through.
 5. Serve warm on their own or with a salad
- 



EXTRA IDEAS

- ❖ Add chopped spring onions or fresh herbs
 - ❖ Mix through leftover cooked bacon or ham
 - ❖ Halve the recipe for smaller quantities
- 

Loaded Baked Potatoes

A filling meal that's easy to customise with your favourite toppings.



INGREDIENTS

- ❖ 4 large potatoes
 - ❖ 1 bag mixed salad (any variety works well)
 - ❖ ½ tsp stock powder
 - ❖ Leftover chicken, ham, cooked bacon or baked beans
 - ❖ 1 cup grated cheese
 - ❖ ½ cup sour cream (optional)
 - ❖ Salt and pepper, to taste
- 

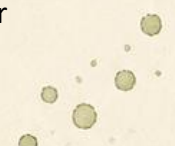
METHOD



1. Preheat the oven to 200°C
 2. Prick the potatoes with a fork and microwave for 8–10 minutes in a covered microwave safe dish, turning halfway. Finish cooking them in a 200°C oven for 15–20 minutes to crisp the skins
 3. While the potatoes are baking, cook the bagged salad with the stock powder in a frying pan for 4–5 minutes until wilted
 4. Cut each potato open and fluff the centre with a fork
 5. Fill each potato with the cooked salad, meat of choice and grated cheese. Add a spoon of sour cream if using
 6. Season with salt and pepper and serve warm
- 



EXTRA IDEAS

- ❖ Add sweet corn or diced tomato for extra flavour
 - ❖ Sprinkle with spring onions or fresh herbs
 - ❖ Swap the salad for coleslaw mix
- 

Crispy Potato Cakes

Golden and crispy on the outside, soft and fluffy on the inside.



INGREDIENTS

- ❖ 5 large potatoes, peeled and grated
 - ❖ 1 ½ tbsp plain flour
 - ❖ ½ tsp salt
 - ❖ ¼ tsp black pepper
 - ❖ 2 tbsp oil for frying
- 

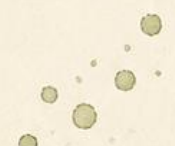
METHOD



1. Peel and grate the potatoes (and extra veggies if you like, carrot and sweet potato work well). Place them in a bowl and squeeze out as much excess moisture as possible
 2. Transfer the grated potato to a large bowl and mix with the flour, salt and pepper until well combined
 3. Divide the mixture into 8 equal portions and shape into flat patties
 4. Heat the oil in a large frying pan over medium heat
 5. Cook the potato cakes for about 5 minutes on each side, or until golden brown and crispy, add more oil between batches if needed
 6. Serve warm
- 



EXTRA IDEAS

- ❖ Add 1 grated onion for more flavour
 - ❖ Mix through grated carrot, zucchini or cheese
- 



COMMUNITY RECIPE BOOK

Bread Recipes

A decorative flourish consisting of a horizontal line with a small leafy branch on the right side, positioned below the title.

Whether it's fresh or stale, bread can be turned into comforting meals and sweet treats with a little bit of creativity.

Garlic Bread

A simple side dish that's full of flavour and perfect with soups, pasta or casseroles.



INGREDIENTS

- ❖ 4 tablespoons butter or margarine, softened
- ❖ 1–2 cloves garlic, crushed, or 1½ teaspoon minced garlic
- ❖ 1 teaspoon dried parsley or mixed herbs
- ❖ 8 slices of bread or 4 bread rolls

METHOD



1. Preheat the oven to 200°C
2. In a small bowl, combine the butter, garlic and dried herbs
3. Spread the garlic butter over each slice of bread. If using bread rolls, cut several slices into each roll (without cutting all the way through) and spread the garlic butter between the slices
4. Place on a baking tray and bake for 10 minutes, or until the bread is lightly golden and the butter has melted
5. Serve warm



EXTRA IDEAS

- ❖ Sprinkle with grated cheese before baking for cheesy garlic bread.
 - ❖ Use fresh parsley instead of dried herbs if available.
- 

Cheese and Vege Quesadillas

A quick and cheesy meal that's so versatile. You can put just about anything in these, leftover vegetables, cooked meat, so much can be tucked inside!



INGREDIENTS

- ❖ 8 tortillas or wraps
 - ❖ 1 bag mixed salad or coleslaw mix, or leftover veggies
 - ❖ 2 cups grated cheese
 - ❖ 1 tablespoon oil or butter
 - ❖ Jar of salsa or tinned tomatoes (optional)
- 

METHOD



1. Heat a frying pan over medium heat with a little oil. Add the bagged salad or coleslaw mix, cook for 4–5 minutes until softened. Warm leftover veggies in pot or microwave if using.
 2. Lay four tortillas on a clean surface. Divide the cooked salad mix (of leftover veggies) evenly between them and sprinkle with the grated cheese.
 3. Top each with another tortilla
 4. Heat a frying pan over medium heat with oil or butter
 5. Cook each quesadilla for 2–3 minutes on each side, or until golden brown and the cheese has melted
 6. Cut into wedges and serve warm with salsa or warmed tinned tomatoes (if using)
- 



EXTRA IDEAS

- ❖ Add leftover chicken, ham or cooked mince
- ❖ Stir through canned corn or black beans for extra protein
- ❖ Add cooked sliced mushrooms, capsicum or spinach

Mini Pizzas

A quick and customisable meal that's perfect for lunch, dinner or an easy snack.



INGREDIENTS

- ❖ English muffins, wraps, pita bread or bread slices
- ❖ Tomato paste, pizza sauce or jar of pasta sauce
- ❖ Cheese
- ❖ Toppings of choice

METHOD



1. Preheat oven or grill to 180°C
2. Spread sauce onto bread/wrap/muffin half
3. Add cheese and toppings
4. Bake or grill until melted

Toppings

Meats

Ham
Salami
Cooked chicken
Bacon
Pepperoni
Tuna
Sliced roast beef

Vegetables

Tomato
Mushroom
Capsicum
Onion
Corn
Pineapple
Spinach
Bagged salad mix
Olives



EXTRA IDEAS

- ❖ Use whatever cheese, sauce and toppings you have on hand. There's no wrong combination!
 - ❖ Mix it up with sweet toppings for a dessert pizza
- 

Cheesy Pull-Apart Rolls

Soft, cheesy bread rolls that are perfect for a side dish or sharing with family and friends



INGREDIENTS

- ❖ 4-6 bread rolls (fresh or stale, there's no difference after it's all baked)
 - ❖ 4 tablespoons butter or margarine, softened
 - ❖ 1-2 cloves garlic, crushed, or 1 teaspoon minced garlic (optional)
 - ❖ 1 teaspoon dried parsley, mixed herbs or Italian herbs
 - ❖ 1½ cup grated cheese (mozzarella, pizza cheese, colby or tasty)
- 

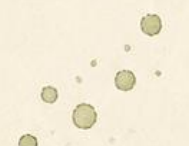
METHOD



1. Preheat the oven to 180°C
 2. Cut several slices into each bread roll, being careful not to cut all the way through
 3. In a small bowl, combine the butter, garlic (if using) and herbs
 4. Spread the butter mixture between each slice of the bread rolls
 5. Sprinkle the grated cheese between the slices, saving ½ cup to spread over the top once arranged
 6. Arrange the bread rolls snugly together in a small baking dish so they are touching, sprinkle remaining cheese over the top
 7. Baking the rolls close together helps keep them soft in the centre while creating a delicious cheesy topping
 8. Bake for 15-20 minutes, or until the cheese has melted and the rolls are warmed through.
 9. Serve warm
- 



EXTRA IDEAS

- ❖ Add sliced ham or cooked bacon between the cuts
 - ❖ Mix chopped spring onions into the cheese.
- 

Bread and Butter Pudding

A comforting dessert that transforms stale bread into a delicious custardy dessert.



INGREDIENTS

- ❖ 8-10 slices of bread
 - ❖ 2 tablespoons butter
 - ❖ 3 eggs
 - ❖ 350 mL milk
 - ❖ ¼ cup of sugar
 - ❖ ½ tsp cinnamon
 - ❖ 1 tsp vanilla essence
- 

METHOD



1. Preheat the oven to 180°C
 2. Spread the butter over each slice of bread. Cut or tear into triangles and arrange in a greased baking dish
 3. In a bowl, whisk together the eggs, vanilla essence, cinnamon, milk and sugar
 4. Pour the mixture evenly over the bread, ensuring all pieces are lightly coated
 5. Leave to soak for 20 minutes
 6. Bake for 25 minutes, or until golden brown on top and set in the centre
 7. Allow to cool slightly before serving
 8. Serve warm as is or with custard, cream, ice cream or stewed fruit
- 



EXTRA IDEAS

- ❖ Sprinkle with brown sugar before baking for a caramelised topping
- ❖ Spread jam on every 2nd slice of bread for a twist
- ❖ Add a handful of raisins, sultanas or chocolate chips between the bread layers

Chocolate Bread & Butter Pudding

A warm, chocolatey dessert that starts as stale bread and becomes a hug in a bowl.



INGREDIENTS

- ❖ 8 slices of bread
 - ❖ 2 eggs
 - ❖ 2 cups milk
 - ❖ ¼ cup of sugar (white or brown works)
 - ❖ 2 tbsp cocoa powder
 - ❖ 1 tsp vanilla essence (optional)
 - ❖ 2 tbsp butter or margarine, softened
 - ❖ ½ cup chocolate chips or chopped chocolate (optional)
- 

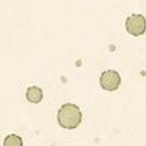
METHOD



1. Preheat the oven to 180°C and lightly grease a baking dish with butter or oil
 2. Spread the butter or margarine over each slice of bread. Cut the bread into triangles or tear into pieces and arrange in the baking dish
 3. In a bowl, whisk together the eggs, milk, sugar, cocoa powder and vanilla (if using) until smooth
 4. Pour the mixture evenly over the bread, making sure all the pieces are lightly coated
 5. Sprinkle over the chocolate chips, if using
 6. Leave to soak for 15–20 minutes
 7. Bake for 30–35 minutes, or until set in the centre and slightly crisp on top
 8. Allow to cool slightly before serving
- 

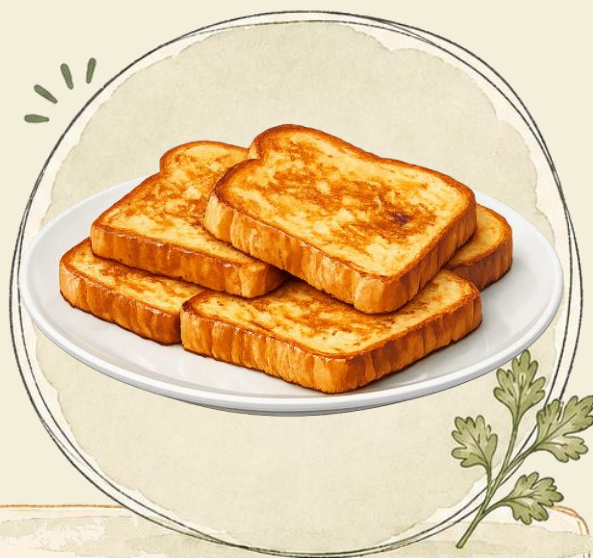


EXTRA IDEAS

- ❖ Add sliced banana or strawberries before baking.
 - ❖ Sprinkle with icing sugar before serving.
 - ❖ Add a pinch of cinnamon for a richer flavour.
- 

French Toast

A quick and easy meal that can be enjoyed sweet or savoury using everyday ingredients.



INGREDIENTS

- ❖ • 8 slices of bread
- ❖ • 2 eggs
- ❖ • ½ cup milk
- ❖ • 1 teaspoon vanilla essence (optional for sweet French toast)
- ❖ • 1 tablespoon butter or oil, for cooking

METHOD



1. In a bowl, whisk together the eggs, milk and vanilla, if using
2. Heat a large frying pan over medium heat and add a little butter or oil
3. Dip each slice of bread into the egg mixture, coating both sides. Allow excess mixture to drip off
4. Cook the bread for 2–3 minutes on each side, or until golden brown and cooked through
5. Serve warm with your favourite toppings

Topping Ideas

Sweet:

- Cinnamon and sugar
- Jam
- Honey or golden syrup
- Peanut butter
- Fresh, frozen or stewed fruit
- A dusting of icing sugar

Savoury:

- Scrambled, fried or poached eggs
 - Grated cheese
 - Sliced tomato and cheese
 - Ham and cheese
 - Avocado and tomato
 - Baked beans
 - Cooked mushrooms
- 



EXTRA IDEAS

- ❖ Slightly stale bread works best for French toast because it absorbs the egg mixture without falling apart
- 



COMMUNITY RECIPE BOOK

Tinned Fish Recipes

Whether it's fresh or stale, bread can be turned into comforting meals and sweet treats with a little bit of creativity.

Fish and Rice Bowl

A fresh, filling meal that comes together in just a few minutes.



INGREDIENTS

- ❖ 2 small tins or 1 large of tuna or salmon, drained
 - ❖ 2 cups cooked rice (leftover plain or fried rice works well)
 - ❖ 1 cup shredded lettuce, salad leaves or spinach leaves
 - ❖ 3-4 salad vegetables of your choice (such as cucumber, tomato, capsicum, carrot or corn)
 - ❖ Lemon juice
 - ❖ Mayonnaise
 - ❖ Pinch of salt and pepper
- 

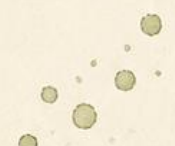
METHOD



1. Cook the rice according to the packet instructions
 2. Wash and chop the lettuce and any fresh salad vegetables. If using frozen vegetables, cook according to the packet instructions. If using tinned vegetables, drain before use
 3. Divide the rice between serving bowls. Top with the tuna or salmon, lettuce and vegetables.
 4. Season and serve: Drizzle with lemon juice and mayonnaise to your liking and season with salt and pepper to taste
 5. Serve
- 



EXTRA IDEAS

- ❖ Mix through sweet chilli sauce, soy sauce and sesame oil to change the flavour
 - ❖ Add a boiled or fried egg, or some avocado
 - ❖ Sprinkle with sesame seeds if available
- 

Crispy Fish Patties

Crispy on the outside and soft on the inside, these veggie packed fish patties are an easy and healthy meal that's super yummy for lunch or dinner.



INGREDIENTS

- ❖ 1 large tin of tuna or salmon, drained
- ❖ 2 eggs
- ❖ 1/2 cup breadcrumbs
- ❖ 1 small onion, finely chopped (or 5 spring onions, or 3 tbsp of chopped chives)
- ❖ 1 grated carrot
- ❖ Pinch of salt and pepper
- ❖ ¼ cup Fresh chopped parsley or 1 stick of grated celery (optional)
- ❖ 1 lemon (juiced)
- ❖ Oil (vegetable, canola, olive, coconut) for frying

METHOD



1. In a large bowl, combine the ½ of the lemon juice, tuna or salmon, eggs, grated carrot, breadcrumbs, onion, parsley (if using) salt and pepper
2. Mix until well combined. If the mixture feels too wet, add a little more breadcrumbs
3. Divide the mixture into 8 patties and shape with your hands
4. Heat the oil in a frying pan over medium heat. Cook the patties for 4–5 minutes on each side, or until golden brown and heated through
5. Drizzle rest of the lemon over the top of the patties
6. Serve warm with salad, vegetables, rice, mashed potato or on a sandwich



EXTRA IDEAS

- ❖ No breadcrumbs? Plain flour works well, use 1/3 cup instead
- ❖ Coat patties in extra breadcrumbs before frying, this makes them extra crispy and a great way to use up excess bread
- ❖ Add a squeeze of lemon juice or a teaspoon of Dijon mustard to the mixture for extra flavour.

Tuna Pasta Bake

Fresh, delicious, filling, easy and always a crowd favourite!



INGREDIENTS

- ❖ 1 packet pasta
 - ❖ 1 large tin of tuna
 - ❖ 1 jar of any tomato or creamy pasta sauce
 - ❖ 1 cup of fresh or frozen veggies (peas, corn and carrot mix or any freshly cooked veggies)
 - ❖ 1 tin of corn
 - ❖ 1 cup shredded cheese (any kind will do)
 - ❖ Salt and pepper
- 

METHOD



1. Preheat the oven to 180°C
 2. Cook pasta and strain according to instructions
 3. Cook frozen or fresh veggies in a pot for 5 mins
 4. Mix pasta, tuna, tinned corn, veggies and sauce in a pot, heating through for 3-5 mins
 5. Place into baking dish
 6. Top with cheese
 7. Bake for 20 minutes
- 



EXTRA IDEAS

- ❖ Add more veggies to bulk it up, cauliflower, broccoli, capsicum, zucchini and onion are really good in it
- ❖ Use salmon instead of tuna for a variation, tastes just as good!



COMMUNITY RECIPE BOOK

Dessert Recipes

A decorative flourish consisting of a horizontal line with a small leafy branch on the right side.

Chocolate and classic bread and butter pudding, and sweet French toast can be found under “Bread recipes”.

Apple Crumble

The perfect excuse to use up a few apples to make a soft yet crunchy delicious dessert



INGREDIENTS

- ❖ 6-8 apples (any variety works) *or* 1 large tin of pie apples *or* 2 regular sized tins of pie apples
 - ❖ 1 cup oats (rolled or instant is fine)
 - ❖ ½ cup self raising flour *or* ½ cup plain flour and ¼ tsp bi-carb soda
 - ❖ 2.5 tbsp butter
 - ❖ ½ cup brown sugar
 - ❖ ½ tsp cinnamon (optional)
- 

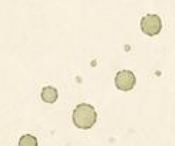
METHOD



1. Preheat the oven to 180°C
 2. Slice apples and cook on medium heat with 1 tsp butter for 7-10 mins *OR* empty tin of pie apples in to baking dish, sprinkle with cinnamon if using
 3. Place into baking dish
 4. Rub butter into oats, flour and brown sugar.
 5. Sprinkle on top of apples
 6. Bake for around 20 minutes or until the top is golden
- 



EXTRA IDEAS

- ❖ Add 1 tsp of cinnamon to the apples if you have it
 - ❖ Serve with ice cream or cream
- 

Chocolate Mug Cake

The quickest way to satisfy a sweet tooth with simple ingredients, a perfect accompaniment on a wintery night



INGREDIENTS

- ❖ 4 tablespoons self-raising flour
 - ❖ 2 tablespoons sugar
 - ❖ 2 tablespoons milk
 - ❖ 1 tablespoon melted butter or oil (vegetable, canola, olive, coconut)
 - ❖ 1-2 tsp cocoa, depending on how chocolatey you want!
- 

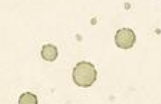
METHOD



1. Mix all ingredients in a mug
 2. Microwave for 1 minute
 3. Allow to cool slightly before eating
- 



EXTRA IDEAS

- ❖ Add 2 tbsp chopped nuts, chocolate chips or chopped chocolate
 - ❖ Add ½ tsp vanilla essence
 - ❖ Add a pinch of salt (really brings out the chocolate)
- 

Overnight Oats

A creamy, customizable, no-cook treat that's perfect to prepare ahead and enjoy any time of day.



INGREDIENTS

- ❖ 1 cup oats
 - ❖ 1 cup milk
 - ❖ 1 tbsp honey or 1 tsp sugar
 - ❖ Fruit if available
 - ❖ 3-4 tbsp yogourt
- 

METHOD



1. Mix oats and milk.
 2. Add honey or sugar.
 3. Refrigerate overnight.
 4. Add fruit and yogourt before serving.
 5. Tip: if using frozen fruit, add the night before so it thaws out in the mix
- 



EXTRA IDEAS

- ❖ Add peanut butter (melt in the microwave for 15 seconds so it's easier to drizzle on top)
- ❖ Add ¼ tsp cinnamon or 1 tsp powdered hot chocolate or cocoa to switch up the flavour

Lemon Slice

A zesty, no-bake treat that's easy to make and perfect for sharing or popping in the lunchbox



INGREDIENTS

- ❖ 1 can sweetened condensed milk
 - ❖ 2 tbsp butter, melted
 - ❖ ½ cup desiccated coconut (split in 2 as ¼ cup is used for topping)
 - ❖ Juice of 2 lemons
 - ❖ Finely grated rind (zest) of 2 lemons
 - ❖ 1½ packets plain sweet biscuits, crushed (Marie, Milk Arrowroot or Scotch Finger all work well)
 - ❖ ½ cup icing sugar (add a little more if needed)
 - ❖ Juice of 1 lemon (for the icing)
- 

METHOD



1. Line a slice tin or square baking dish with baking paper
 2. Crush the biscuits into fine crumbs using a food processor or by placing them in a sealed bag and crushing with a rolling pin
 3. In a large bowl, combine the condensed milk, melted butter, 1/4 cup desiccated coconut, lemon juice and lemon zest
 4. Stir through the crushed biscuits until well combined
 5. Press the mixture firmly into the prepared tin and smooth the surface. Refrigerate while you prepare the icing
 6. In a small bowl, mix the icing sugar with the juice of 1 lemon until smooth. If the icing is too runny, add a little more icing sugar until it reaches a spreadable consistency
 7. Spread the icing evenly over the slice and sprinkle with the remaining ¼ cup desiccated coconut
 8. Refrigerate for at least 2 hours, or until firm. Cut into squares before serving.
- 



EXTRA IDEAS

- ❖ Add a teaspoon of vanilla extract for extra flavour
- ❖ Swap the lemons for limes or oranges for a different citrusy treat



COMMUNITY RECIPE BOOK

Enjoy your meal!

This cookbook isn't about fancy ingredients or complicated techniques because good food shouldn't be hard! It should be accessible, nourishing and within reach, no matter what your week looks like.

Every recipe here was chosen with real budgets and real kitchens in mind. No specialty appliances, no ingredients you'll use once and forget about, no long cooking times and importantly, no stress!

To everyone who visits Montrose Community Cupboard, thank you for being part of such a wonderful community. I hope these recipes bring a little more ease to your table. Happy cooking!

With love, Chloe