

Food in the Hood

Classic Family (serves 4-5)






Meals	Ingredients	Instructions						
Meal 1 (Monday) Prawns in Feta Cheese and Tomato Sauce  <table> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> <tr> <td>15m</td><td>25m</td><td>40m</td></tr> </table>	Prep	Cook	Total	15m	25m	40m	600g prawns 300g feta cheese 150g pitted black olives 2 cans of tomatoes in juice 2 tbs extra virgin olive oil 1 bunch parsley 8 cloves garlic Staples: Salt Cayenne pepper	<p>Peel and finely chop garlic gloves. Chop parsley and fry in a deep pan with garlic and one tablespoon olive oil. Add the tomatoes and blend, preferably in a food processor or with an electric blender. Season with salt, pepper and cayenne.</p> <p>Using another pan, fry the prawns with the remaining olive oil. Add to the tomato mixture. Slice the olives and dice the feta cheese. Add to the prawns and tomatoes and simmer over low heat for 15 min. Serve with basmati rice.</p>
Prep	Cook	Total						
15m	25m	40m						
Meal 2 (Tuesday) Chicken Noodle Stir Fry  <table> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> <tr> <td>15m</td><td>25m</td><td>40m</td></tr> </table>	Prep	Cook	Total	15m	25m	40m	2 gloves garlic, crushed 5 tbs sweet chilli sauce 2 tbs peanut or sunflower oil 500g skinless boneless chicken breasts, sliced 500g chunky stir-fry vegetables 2 stalks celery, sliced 250g mung bean sprouts 350g fresh Singapore or other egg noodles Staples: Salt and ground black pepper, to taste 3 tbs salt reduced soy sauce	<p>To make stir-fry sauce, in a small bowl mix garlic, soy sauce and sweet chilli sauce together. Set aside. Add 1tbs oil to a hot wok or hot deep frying pan. Add half of the chicken slices and stir-fry quickly until lightly golden on both sides. Transfer to a plate, cover and keep warm. Repeat with the remaining chicken.</p> <p>Reheat wok or frying pan and add the remaining oil. In a very hot pan add vegetables and celery. Cook over a hot heat, stirring, for 2-3 min. Add stir-fry sauce, bean sprouts and noodles. Stir through to cook evenly for 2 more minutes. Add cooked chicken and toss through until well mixed. Serve in bowls.</p>
Prep	Cook	Total						
15m	25m	40m						
Meal 3 (Wednesday) Hoki Fillets with Salad  <table> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> <tr> <td>10m</td><td>15m</td><td>25m</td></tr> </table>	Prep	Cook	Total	10m	15m	25m	1 packet (480g) Sealord Crumbed Hoki Fillets 1 packet of rocket leaves 2 pears 0.5 half shaved parmesan 4tbs balsamic vinegar 2 tbs seed mustard Staples: 8 tbs olive oil	<p>Preheat oven to 200 degree. Place hoki fillets on oven tray and cook as per packet instruction. Meanwhile, mix together rocket leaves, sliced pear and parmesan shavings in a large bowl. In a container shake together olive oil, balsamic and seed mustard. Pour over salad and gently fold through. Divide salad between four plates. Place cooked Hoki on</p>
Prep	Cook	Total						
10m	15m	25m						

		plate and serve with fresh lemon or lime wedges.						
Meal 4 (Thursday) Mediterranean Soup with Sourdough Rolls <div>  <table> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> <tr> <td>15m</td><td>15m</td><td>30m</td></tr> </table> </div>	Prep	Cook	Total	15m	15m	30m	2 onion, chopped 4 cloves garlic, crushed 2 carrots sliced 6-7 rashers of bacon, chopped 1 tbsp of rosemary, chopped 2 can tomatoes 1 can red kidney beans 5 cups chicken stock 500g frozen spinach leaves Par-Baked Artisan Sourdough rolls or bread Staples: 5 tbsp olive oil Salt and pepper, to taste	Pour olive oil and sauté onion, garlic, carrot, bacon and rosemary in a large heavy-based pot. Cook for about 10 min or until onion is softened. Add the tomatoes, kidney beans, chicken stock and seasoning and cook for 10-12 min. Lastly add the spinach and heat through. Preheat oven and bake the rolls or bread in oven for 5 min. Serve soup with grated Parmesan cheese and sourdough rolls.
Prep	Cook	Total						
15m	15m	30m						
Meal 5 (Friday) Chicken and Spinach Enchiladas <div>  <table> <tr> <th>Prep</th><th>Cook</th><th>Total</th></tr> <tr> <td>20m</td><td>20m</td><td>40m</td></tr> </table> </div>	Prep	Cook	Total	20m	20m	40m	0.5 onion, finely sliced 300g chicken breast, thinly sliced 180g frozen free flow spinach 250g cottage cheese 520g box Old El Paso Enchilada Kit 1 cup grated Edam cheese Staples: 2 tbs olive oil Salt and pepper, to taste	Preheat oven to 180C degree. Heat a dash of oil in a non-stick frying pan and cook onion and chicken pieces together for a 2-3 minutes. Add spinach and continue cooking for another 2 min. Remove from heat and cool. Stir cottage cheese through mixture. Squeeze a little of the Enchilada kit sauce in the base of a medium-sized ovenproof dish. Place tortillas in the dish, fill with the chicken and spinach mixture, fold and enclose and pour remaining enchilada sauce and grated cheese over top. Bake for 15-20 min or until cheese melts.
Prep	Cook	Total						
20m	20m	40m						

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Meal	Tick	Grocery items to buy
		Produce
1		1 bunch parsley
1,2,4		14 cloves garlic
2		2 stalks celery
2		250g mung bean sprouts
3		1 packet of rocket leaves
3		2 pears
4,5		3 onion
4		2 carrots
4		1 tbsp of rosemary
		Meat and Seafood
1		600g prawns
2,5		800g skinless boneless chicken breasts
4		6-7 rashers of bacon
		Refrigerated
1		300g feta cheese
3		0.5 half shaved parmesan
5		250g cottage cheese
5		1 cup grated Edam cheese
		Frozen
2		500g chunky stir-fry vegetables
3		1 packet (480g) Sealord Crumbed Hoki Fillets
4,5		680g frozen spinach leaves
		Meal ingredients/Packaged and canned
1		150g pitted black olives
1		2 cans of tomatoes in juice
2		5 tbs sweet chilli sauce
2		350g fresh Singapore or other egg noodles
3		4tbs balsamic vinegar
3		2 tbsp seed mustard
4		2 can tomatoes
4		1 can red kidney beans
4		5 cups chicken stock
5		520g box Old El Paso Enchilada Kit
Approximate cost NZ\$120-\$150		

[illegible]