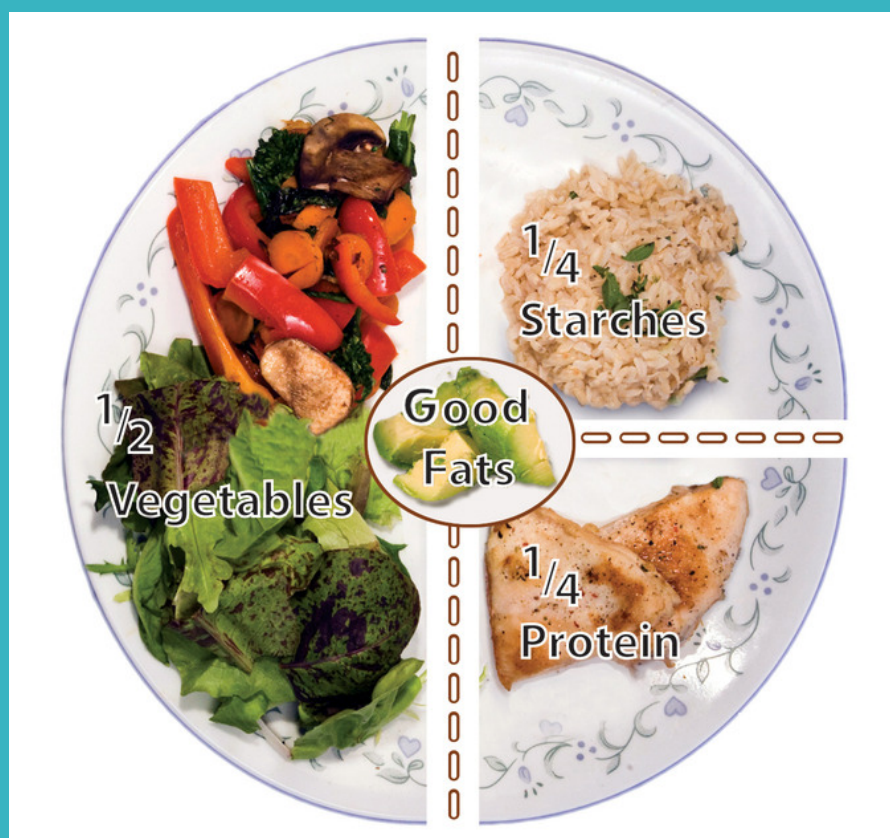




# Budget Friendly Meals

PALMERSTON NORTH 20TH MARCH



## The healthy plate model



# Thai Fish Cakes

SERVES 4, RECIPE ADAPTED FROM [HEALTHYFOODGUIDE.CO.NZ](http://HEALTHYFOODGUIDE.CO.NZ)

## Ingredients

1 cup of breadcrumbs  
2 cups of mashed potato or kumara  
2 x 180 g cans tuna in spring water, drained  
1 onion  
1 teaspoon of red curry paste  
1 tablespoon water  
salt and pepper  
1 egg  
1/2 cup of chopped green beans  
1 medium carrot grated  
Oil or oil spray

## Method

1. Boil kumara or potato in a pot until soft and mash
2. Drain water from tuna cans
3. Combine tuna, mashed kumara, onion, parsley, salt and pepper into a bowl
4. Beat egg and water together
5. Then dip the fish cake in the egg and roll in breadcrumbs
6. Heat pan and spray oil and cook fish cakes for around 2- 3 minutes changing sides.
7. Serve with a side salad of your choice!

Nutrition Info per serve :

Energy: 1195 KJ, Protein: 22.4g, Total fat: 7.2g (2.6g saturated fat), Carbohydrates: 33.4g, Fibre: 3.2g, Sodium: 655 mg  
Price per serve: \$2.00



# White bean hummus

SERVES 4, RECIPE ADAPTED FROM [HEALTHYFOODGUIDE.CO.NZ](http://HEALTHYFOODGUIDE.CO.NZ)

## Ingredients

1 can of cannellini beans  
2 tablespoon of olive oil  
2 gloves of garlic  
1 tsp of smoked paprika  
1 tsp of oregano  
1 tsp of cold water  
1/4 teaspoon of salt

## Method

1. Heat oil over medium.
2. Add onion and cook for 3 - 4 minutes
3. Add garlic and chilli and cook for 2 minutes
4. Add passata and 1/3 cup of water
5. Increase heat and bring to the boil for 30 seconds
6. Reduce heat and simmer for 5 minutes
7. Add basil, salt and sugar and cook for 1 minute
8. dollop spoonful's of sauce and enjoy with the white bean patties

Nutrition Info per serve (Patties and Sauce):

Energy: 1060 KJ, Protein: 13g, Total fat: 12g (2g saturated fat),

Carbohydrates: 20g, Fibre: 11g, Sodium: 530 mg



# Chicken and Tofu Satay Curry

SERVES 4, RECIPE ADAPTED FROM [HEALTHYFOODGUIDE.CO.NZ](http://HEALTHYFOODGUIDE.CO.NZ)

## Ingredients

2/3 cup of brown rice  
2 tablespoons of peanut butter  
2 teaspoons curry powder  
1/3 cup of light coconut milk  
1 teaspoon reduced salt soy sauce  
2 teaspoons oil (can use sesame oil for taste)  
2 spring onions chopped  
2 carrots chopped  
2 courgette chopped  
2 cups of prepared slaw mix  
250 g chicken breast, cubed  
200g of firm tofu, cut into 2 cm cubes  
Coriander and chilli flakes to garnish

## Method

1. Mix peanut butter, curry powder, coconut milk and soy sauce with a fork and set aside
2. Heat 1 tsp oil over medium to high heat in a pan
3. Add spring onions, courgette, carrot and slaw and cook for 3 - 5 minutes and set aside
4. Heat 1 tsp of oil in pan and cook tofu until browned
5. Add cooked veges and coconut milk mixture back into pan and 1/2 cup of water
6. Bring to a simmer and cook until curry sauce has thickened slightly
7. Add coriander and chilli flakes
8. Serve and enjoy with brown rice!

Nutrition Info per serve (Chicken tofu curry AND brown rice):

Energy: 2390 KJ, Protein: 31g, Total fat: 21g (5g saturated fat), Carbohydrates: 70g,  
Fibre: 13g, Sodium: 280 mg

Price per serve: \$5.35