



Winter Warmers



Best Care Whakapai Hauora 23rd August

These winter meals are great to make and freeze and heat during the weeknights for an easy quick dinner. These recipes aren't only tasty but are high in fibre and very filling to keep you fuller for longer in the evening.





Pumpkin and Spinach Lasagne

Serves 6
Cooking Time: 40 minutes

Prep Time: 20 minutes
Recipe adapted from (foodinaminute.co.nz)

Ingredients:

- 700g Pumpkin, skin removed and cut into pieces
- 1 tsp Oil
- 1/2 tsp of Nutmeg
- Salt and Pepper
- 500g Cottage cheese
- 2 Eggs
- 350g Packed frozen spinach, thawed
- 400-500mL Passata sauce
- 6 Wholegrain lasagne sheets, large dried sheets
- 1 Cup Tasty cheese, grated

Method:

1. Preheat oven to 180 degrees Celsius
2. Chop pumpkin and roast in the oven until soft and golden. When cool, mash and add nutmeg + salt and pepper.
3. In a colander, remove as much liquid as possible from the thawed spinach.
4. In a bowl mix cottage cheese, eggs and 1/2 cup of grated cheese.
5. Pour a small amount of Passata in the base of a lasagne dish. Top with 2 dried lasagne sheets and then evenly spread the mashed pumpkin on top. Add half of the spinach and then half of the cottage cheese mix. Top with another layer of lasagne sheets followed by Passata then the remaining spinach and cottage cheese mix. Finally top with remaining lasagne sheets and Passata sauce.
6. Top with grated cheese and cook for 40 minutes or until golden and the pasta is tender.



Lentil Cottage Pie

Serves 4-6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- Extra virgin olive oil
- 1 onion, finely diced
- 2 cloves garlic, minced
- 1 carrot, peeled and finely diced or grated
- 1 TSBP dried mixed herbs
- 2 TBSP flour
- 1 x 400g tinned tomatoes
- 2 x 400g tinned lentils, drained
- 1/2 cup vegetable stock
- 2-3 large orange kumara, peeled and cut into chunks
- 25g butter
- Grated cheese to finish (Optional)

Method:

1. Preheat the oven to 180-190 degrees Celsius fan bake.
2. In a heavy based pan, bring a generous drizzle of olive oil to a medium heat.
3. Once hot, sauté the onion, garlic, carrot, and dried herbs for 4-5 minutes or until the vegetables have begun to soften.
4. Stir the flour into vegetable mixture, then add the tinned tomatoes, lentils and vegetable stock.
5. Bring to a simmer, then cook for 5-10 minutes or until the liquid has reduced slightly and the sauce has thickened. Season to taste with salt and pepper.

6. While the lentils are cooking, boil the kumara pieces in water until tender. Test with a knife. Drain the kumara then mash with the butter.
7. Once the lentil sauce has reduced, place it into a pie or baking dish.
8. Carefully top with the mashed kumara and spread evenly over the lentils.
9. Bake for 30 minutes or until golden and bubbling. Leave to set for 5 minutes then serve.

Optional: Top with grated cheese before placing the pie in the oven.



Mexican Style Eggs

Serves 4

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 1 large red capsicum
- 300g extra lean beef or lamb, mince
- 3 tsp mild paprika
- 1 x 400g can four bean mix, rinsed and drained
- 1 x 400g can finely chopped tomatoes
- 60g baby spinach leaves
- 4 eggs
- 4 tortillas, warmed (Optional)

Method:

1. Heat 1 TBSP olive oil in a frying pan over medium to high heat.
2. Add capsicum and beef or lamb and cook, breaking up the mince with the cooking spoon for 5 minutes or until browned.
3. Add paprika and stir for 1 minute.
4. Add the can of beans, tomatoes and 1/2 cup of water then bring to a boil.
5. Reduce heat to medium and simmer for 5-7 minutes or until sauce reduces slightly.
6. Stir in the spinach and cook until the leaves have wilted.
7. Using your cooking spoon make 4 indents into the mince.
8. Crack 4 eggs into each indent, then cover pan and simmer for 5 minutes or until the eggs whites are set and the yolk is cooked as desired.

Optional: Serve with tortillas warmed in the oven or a frying pan.