



# Winter Warmers

*Thursday 25th June— Palmerston North*

*Winter meals don't need to be rich and stodgy to be comforting.*

*Try to sneak more vegetables into stews, soups and curries to add extra nutrients to your diet*





# Red Lentil Dahl

*Serves 4 (recipe adapted from taste.com.au)*

## *Ingredients*

- 1 TBSP OLIVE OIL
- 1 BROWN ONION (DICED)
- 1 GRATED CARROT
- 2 GARLIC CLOVES, CRUSHED
  - 1 TSP CUMIN
- 1 TBSP CURRY POWDER
- 1 CUP RED LENTILS (RINSED)
- 1 CM FRESH GINGER (GRATED)
- 3.5 CUPS REDUCED SALT VEGETABLE STOCK
  - 1/2 CUP LOW FAT COCONUT MILK
- 1/2 BAG OF BABY SPINACH/1 CUP FROZEN SPINACH CUBES
  - FRESH CORIANDER (OPTIONAL)

## *Method*

1. Heat oil in a saucepan over a medium heat. Cook onion for 5 minutes or until tender. Add carrot, garlic, cumin and curry powder. Cook for 2 minutes or until fragrant.
2. Add lentils, ginger, and stock. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until lentils have softened and thickened. Add coconut milk and spinach and cook, uncovered, stirring occasionally, for 10-15 minutes or until desired texture is achieved. Serve warm with coriander.

Nutrition per serve: 900kj, 11gm protein, 23gm carbohydrate, 6gm fibre, 8gm fat, 400mg sodium



# *Mushroom Cannellini Bean stroganoff*

*Serves 4 (recipe adapted from nine.com.au)*

## *Ingredients*

- 2 TBSP OLIVE OIL
- 1 ONION, THINLY SLICED
- 750G MUSHROOMS SLICED
  - 2 TSP PAPRIKA
- 1/2 CUP VEGETABLE STOCK
- 1 TBSP WORCHESTER SAUCE
  - 1 TSP ENGLISH MUSTARD
- 2 X 400GM TINS CANNELLINI BEANS
  - 125GM LIGHT SOUR CREAM
  - 4 TBSP PARSLEY , CHOPPED
  - 1 TBSP. THYME LEAVES
- TO SERVE WHOLEGRAIN PASTA OR RICE. 1/2-1CUP COOKED PER PERSON + BEANS/BROCCOLI

## *Method*

1. Heat oil in a saucepan over a medium heat. Cook onion and mushrooms until golden brown. Add paprika, Worcester sauce and mustard and stir through
2. Add stock, beans, sour cream parsley and thyme. Stir occasionally
3. Serve with prepared rice/pasta and vegetables.

Nutrition per serve: 823kj, 12.7gm protein, 21gm carbohydrate, 11gm fibre, 7gm fat, 650mg sodium



# Green pea Soup

*Serves 4 (recipe adapted from frommybowl.com)*

## *Ingredients*

- 1 TBSP OLIVE OIL
- 1/2 MEDIUM ONION
- 3 CLOVES OF GARLIC FINELY CHOPPED
- 1/3 CUP OF FRESH PARSLEY CHOPPED
  - 5 CUPS OF FROZEN PEAS
  - 1 CAN OF LIGHT COCONUT MILK
- 4 CUPS OF REDUCED SALT VEGETABLE STOCK
  - SALT AND PEPPER TO TASTE

## *Method*

1. Heat oil in a saucepan over a medium heat. Add onion and garlic and sauté until soft (about 2-3minutes)
2. Add the parsley to the pot and Sautee another minute. Add all of the remaining ingredients then cover the pot and bring to the boil over a high heat. Once boiling, uncover and reduce the heat to low while you let the soup simmer for 8-10minutes.
3. Transfer soup to a blender or use a stick blender to blend the soup on high until it is smooth and creamy. Serve.

Nutrition per serve: 1045kj, 11gm protein, 30gm carbohydrate, 8gm fibre, 9gm fat, 350mg sodium