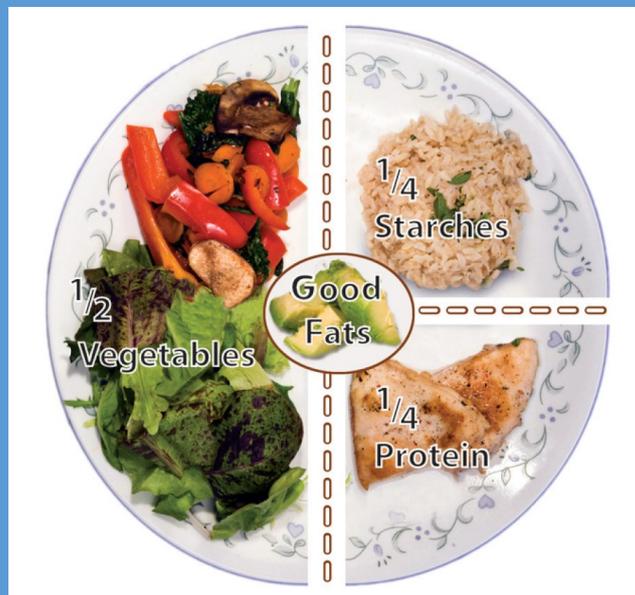




Summer Eats

Palmerston North Tuesday 1st December,
Dannevirke 7th December
www.Diabetestrust.org.nz

The silly season is upon us which can mean there is an increase in social activities centred around food. Try to focus on making vegetables the main component of your meal to keep it light and healthy.





Thai beef Salad

Serves 4

Recipe adapted from countdown.co.nz

Ingredients

100gm bean thread/rice vermicelli
500gm rump steak/beef schnitzel sliced thinly
2 tsp fish sauce
2 Tbsp. crushed ginger
2 Tbsp. reduced salt soy sauce
1 Tbsp. white vinegar
1 tsp brown sugar
1 Tbsp. olive oil

Dressing

Juice of 1 large lime
2 tsp fish sauce
1/4 cup reduced sugar sweet chilli sauce e.g. Barkers
1tsp brown sugar

Salad

60g salad leaves
1/4 cup shredded mint
1/4 cup shredded coriander (optional)
1 carrot, grated or chopped into matchsticks
1/2 cucumber, chopped into matchsticks
1 red or yellow capsicum, chopped into matchsticks
1/4 cup raw peanuts (toasted and chopped)



Thai beef Salad

Method

1. Soak vermicelli in water as per packet instructions. Drain and set aside.
2. Place beef into a bowl with the fish sauce, ginger, soy, vinegar and brown sugar. Stir to combine then leave to sit for 20minutes.
3. To make the dressing. In a small bowl mix with lime juice, fish sauce, chilli sauce. Stir well to combine.
4. Dry fry peanuts in hot pan until golden. Remove and cool before chopping finely.
5. Heat oil in a frying pan or wok to a high heat. Fry beef until golden and brown but do not overcook! Set aside to cool slightly.
6. In a large bowl or platter place vermicelli, salad leaves, herbs, carrot, cucumber and capsicum and dressing. Stir to combine. Top with beef and garnish with chopped peanuts.

Nutrition Information, per serve: 1731kj, Fat: 12.3g, Carbohydrate: 40gm, Protein: 31gm, Sodium: 1094mg



Lentil & Feta Tart

Serves 6

Recipe adapted from Nadia Lim Bargain box

Ingredients

- 1.5 sheets Edmonds reduced fat flaky puff pastry**
- 1/2 Red onion, finely diced**
- 1 large carrot, grated**
- 1 can of brown lentils, drained and rinsed**
- 1 drizzle of oil**
- 1 tsp Italian/mixed herbs**
- 1 can chopped tomatoes**
- 1/2 cup vegetable stock**
- 1 medium courgette**
- 100gm feta cheese**
- 1/3 cup sliced almonds**

Method

1. Preheat oven to 220°C Fan bake. Line an oven tray with baking paper. Press 2 sheets of pastry together and score a 1cm border around the outside and prick inside the border with a fork. Cook for 12 minutes until puffed and golden.
2. Heat oil in a medium frying pan on a medium heat. Cook onion and carrot for a few minutes until starting to soften. Add spices and cook for 1 minute, until fragrant. Add tomatoes, stock and lentils and simmer for about 8 minutes, until thickened. Season to taste with salt and pepper.
3. Press down in the centre of the pastry so it is flat. Spoon approx. 2/3 of the veggie mix onto the pastry. Top with courgette ribbons, then crumble over the feta and almonds. Return to the oven for 5-8min until almonds are toasted. Drizzle with balsamic glaze if desired.

Nutrition per serve : Energy: 1150kj Protein: 9.5gm Fat: 13gm, Carbohydrate: 30gm , Sodium: 355mg



Crumbed Mushrooms

Serves 4, (5 mushrooms)

Recipe adapted from errenskitchen.com

Ingredients

3/4 cup wholemeal breadcrumbs
4 Tbsp. grated parmesan
1/2 tsp paprika
1/2 tsp salt
1/2 tsp black pepper
2 eggs
2 tsp crushed garlic
20 white button mushrooms cleaned
1/2 cup all purpose flour
Cooking oil spray

Method

1. Preheat oven to 200 degrees Celsius. Line an oven tray with baking paper and set aside
2. In a shallow dish combine the breadcrumbs, parmesan, paprika, salt and black pepper
3. In a separate bowl whisk the egg and garlic together
4. Add flour to a shallow dish and season with salt and pepper
5. Make sure mushrooms are completely dry and coat in a light coating of flour
6. Dip each floured mushroom in egg mix, then fully coat in breadcrumb mix and place in baking sheet.
7. Lightly spray with oil and bake for 12-16mins or until golden brown. Serve warm.

Nutrition per serve: Energy: 1020kj Protein: 14.5gm Fat: 8.4gm, Carbohydrate: 30gm