



Winter Warmers

Palmerston North, 23 June 2022

When the days are short and the nights are cold, comfort yourself with delicious and nourishing foods





Hearty, Wholesome Meatloaf

Ingredients:

- 400g mince
- 400g can lentils, drained
- 1 egg
- 1/2 onion, peeled and finely chopped
- 1 carrot, grated
- 1/2 cup wholemeal dried bread crumbs or quick cook rolled oats
- 1/2 cup parsley, chopped
- 1/4 cup tomato sauce
- 1 packet reduced sodium onion soup mix
- Black pepper

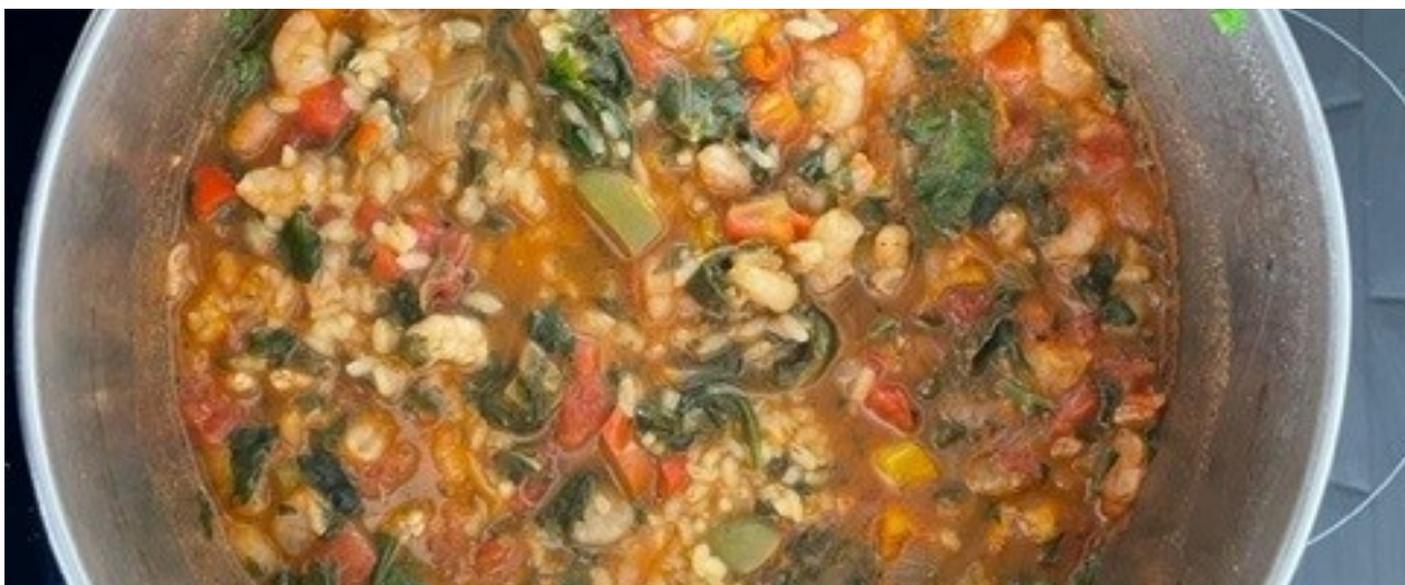
What to do:

1. Pre heat oven to 180°C.
2. Mix together the mince, lentils, egg, breadcrumbs, carrot, onion, parsley, tomato sauce, onion soup mix and pepper until thoroughly mixed.
3. Press mixture into a greased loaf tin or similar sized baking dish (or can be free formed into a loaf shape and placed in a small roasting dish).
4. Bake for approximately 45 minutes or until cooked through.
5. Remove from oven and allow to cool, before slicing.

Serve with green veggies and a roast pumpkin for a complete and colourful meal.

Nutrition per serve (4) : 1488kJ energy, 32g protein, 28g carbohydrate, 4.3g sat fat, 614mg sodium

Adapted from a Heart Foundation recipe: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/meatloaf>



Mediterranean Prawn Soup

Ingredients

- 2 tbsp olive oil
- 650 g prawns, bought frozen cooked and peeled, then thawed before using
- 1 green capsicum, cored and chopped
- 1 red capsicum, cored and chopped
- 1 medium onion, peeled and chopped
- 6 cloves of garlic, peeled and chopped
- 3 tbsp tomato paste
- 1 tbsp dried oregano, divided
- 7 cups vegetable or chicken broth, low sodium
- 1 400g tin pureed or chopped tomatoes
- 1 cup orzo pasta (could also use short grain rice or any fast cooking grain as an alternative)
- 180 g baby spinach
- 1 cup fresh parsley leaves, chopped
- 2 tsp dried dill (or 1 cup if you have fresh)
- Juice of 1 lemon

What to do:

1. Heat the oil in a large pot. Sear the prawns for 1 to 2 minutes on both sides. Remove from heat and sprinkle with a generous pinch of dried oregano.
2. Heat the pot again with 1 tbsp of olive oil. Add the chopped peppers, onions, garlic, tomato paste, salt and the remaining dried oregano. Cook for 5 minutes stirring occasionally.
3. Add the vegetable broth and bring to a boil. Add the tin of tomatoes. Cook for 3 to 5 minutes.
4. When the liquid returns to a boil, add the orzo pasta. Turn the heat down to medium and cook for 8 minutes or until the orzo is tender.
5. Stir in the baby spinach, parsley, dill and lemon juice.
6. Add shrimp and warm through. Taste and adjust the seasoning to your liking. Serve with a whole grain bread roll if desired.

Nutrition per serve (6) : 1283kJ energy, 27g protein, 33g carbohydrate, 1.7g sat fat, 300 mg sodium



Mushroom & Herb Pasta with Cashew Cream

Ingredients:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 500g mushrooms (button or Swiss brown), sliced
- 2 cloves garlic, chopped
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
- 1–2 sodium soy or tamari sauce
- 1 cup vegetable stock
- 250g dried wholemeal (or other kind of) pasta or 400 g fresh pasta
- 150g fresh, chopped spinach or kale leaves
- 1 1/2 cup Cashew Cream (recipe on next page)
- 1/4 cup chopped chives
- 3– 4 tablespoons chopped parsley (optional)

What to do:

1. Bring large pot of salted water to a boil. Heat olive oil in large fry pan on medium heat. Cook onion, mushrooms, garlic and thyme with a pinch of salt for 5 to 10 minutes until the mushrooms and onions are soft.
2. Add soy sauce and vegetable stock to the mushrooms and cook for another 5 minutes until the mushrooms have soaked up most of the stock.
3. Cook the pasta until al dente. Add the spinach/kale to the water for the last 1—2 minutes.
4. Stir the cashew cream and chives into the mushrooms and bring to a gentle simmer to heat through. Season with salt and pepper as needed.
5. Drain pasta and greens and tip back into the pot. Add creamy mushroom sauce and toss together. Divide into bowls, top with parsley and serve.

Nutrition per serve (4) : 1697 kJ energy, 16.6g protein, 33g carbohydrate, 3.5 g sat fat

Source: *Vegful Cookbook*, by Nadia Lim

Cashew Cream

Cashew cream is a tasty substitute for cream in curries or creamy pasta sauces. Although still higher in fat and calories, cashew cream is mostly made of unsaturated fats, which is better for heart health than dairy cream or coconut oil.

Ingredients:

- 1 cup raw cashews
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1 1/2 cups cold water or unsweetened almond milk.



What to do:

1. Place cashews in bowl and add enough cold water to completely cover. Leave in the fridge for 6 to 8 hours. If short on time, pour boiling water (instead of cold) over the cashews and leave for 15 minutes.
2. Drain cashews and rinse well. Place in a high-speed mixer or food processor with a pinch of salt, 1 cup of water/almond milk and lemon juice. Blend for a few minutes until very smooth and creamy. (this takes a few minutes).
3. Scrape down the sides of the processor/blender with a spatula as needed and add more water as needed to achieve a pouring cream consistency.

Makes 2 to 3 cups

Source: *Vegful Cookbook*, by Nadia Lim