

13 BEEF & NOODLE STIR-FRY



SERVES 4



INGREDIENTS

- 2 Red Onions
- 1 Green Capsicum
- 1 Carrot
- 1 bunch baby Pak Choy
- 200g Snow Peas
- 1 tablespoon Canola Oil
- 2 tablespoons Ketjap Manis
- Packet Rice Noodles
- 500g Beef Strips



COOKING UTENSILS

- Fry-pan or Wok
- Chopping board
- Wooden spoon
- Peeler
- Knife
- Strainer
- 1 Tablespoon
- Large bowl



1 Soak rice noodles in boiling water, 20 minutes



2 Peel and chop carrot and onions. Slice capsicum. Separate pak choy and beans



3 Drain and rinse rice noodles



4 Heat oil in fry-pan, medium heat



5

Add onions. Stir-fry medium heat, 2 minutes



6

Add beef strips. Stir fry high heat, 2 minutes



7

Add capsicum and carrot. Stir-fry medium heat, 2 minutes



Add snow peas, pak choy and ketjap manis. Stir-fry medium heat, 2 minutes. Serve with rice noodles.

14 JAM & RICOTTA PANCAKES



MAKES 6



INGREDIENTS

- 1 Egg
- 1 cup Self-raising Flour
- 1½ cups Milk
- 2 teaspoons Canola Margarine
- ½ cup Jam
- ½ cup Ricotta cheese



COOKING UTENSILS

- Fry pan
- Mixing bowl
- Flipper
- Wooden spoon
- 1 Cup
- ¼ cup
- Plate
- 1 Teaspoon
- Sifter
- Knife
- Fork

1

Mix egg and milk in mixing bowl



2

Sift flour into bowl



3

Mix well



4

Melt 1 teaspoon margarine in fry pan, low heat



5

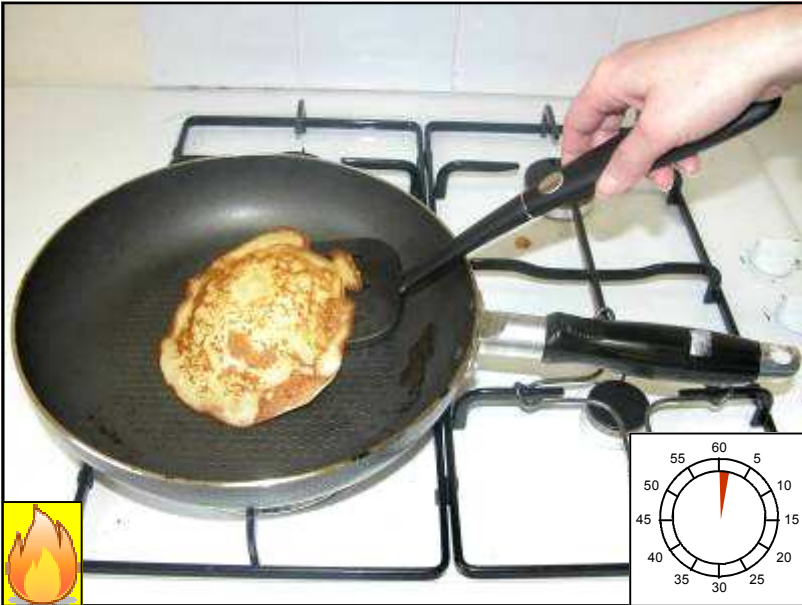
Pour ¼ cup mixture into fry pan



6

Cook medium heat, 2 minutes. Flip over





7

Cook medium heat,
2 minutes



8

Spread jam onto
pancake.
Spread ricotta cheese
in middle



9

Roll up and serve

OAT COOKIES



MAKES 16



INGREDIENTS

- 1 cup Quick Cooking Oats
- 1 tablespoon Canola Margarine
- 1 tablespoon Sugar
- ½ cup Self-raising flour
- ½ teaspoon Cinnamon (2)
- 1 teaspoon Sugar
- ½ cup Mixed dried fruit
- ¼ cup boiling Water



COOKING UTENSILS

- | | |
|----------------|-------------------|
| Chopping board | Wire rack |
| Knife | Mixing bowl |
| Wooden spoon | Greaseproof paper |
| Baking tray | ½ teaspoon |
| 1 Cup | 1 Tablespoon |
| ½ Cup | |
| ¼ Cup | |
| 1 Teaspoon | |

1

Combine flour, sugar, oats, margarine, cinnamon and dried fruit. Mix well

**2**

Add boiling water and mix

**3**

Knead mixture with hands

**4**

Sprinkle flour onto board

**5**

Roll out mixture (1cm thickness)

**6**

Sprinkle sugar and cinnamon on top





7 Cut into squares



8 Place onto baking tray on greaseproof paper



9 Bake in oven (160°C) 12 minutes



10 Remove from oven and place on wire rack to cool, 5 minutes

16 CHOC – BANANA MUFFINS



MAKES 24



INGREDIENTS

- 3 Bananas
- 1½ cups Self-raising flour
- ¼ cup Cocoa powder
- 1 teaspoon Baking powder
- ½ cup Sugar
- ¼ cup Natural Yoghurt
- 3 Eggs
- 2 teaspoons Canola Oil



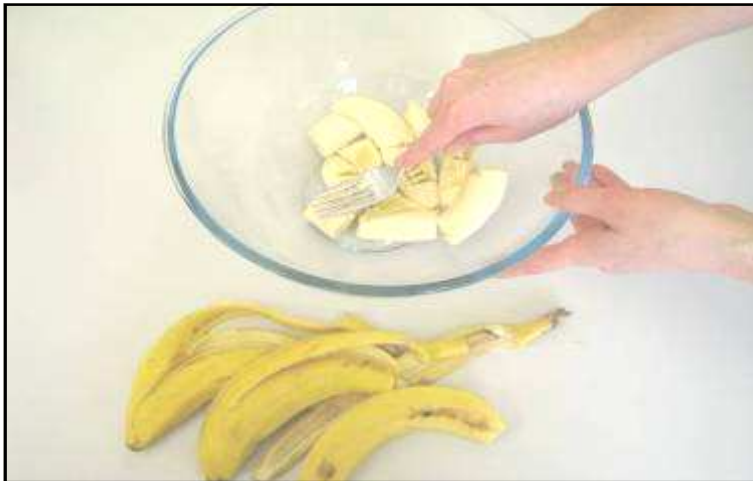
COOKING UTENSILS

- Mixing bowl
- Muffin Tray
- ½ cup
- 1 cup
- ¼ cup
- 1 Teaspoon
- Fork
- Brush
- Spoon



1

Pre-heat oven to 180°C



2

Peel bananas and mash with fork



3

Add flour, sugar, cocoa powder, baking powder, yoghurt and eggs to bowl



4

Mix well



5

Brush muffin tray with oil



6

Place 1-2 tablespoons of mixture into tray



7

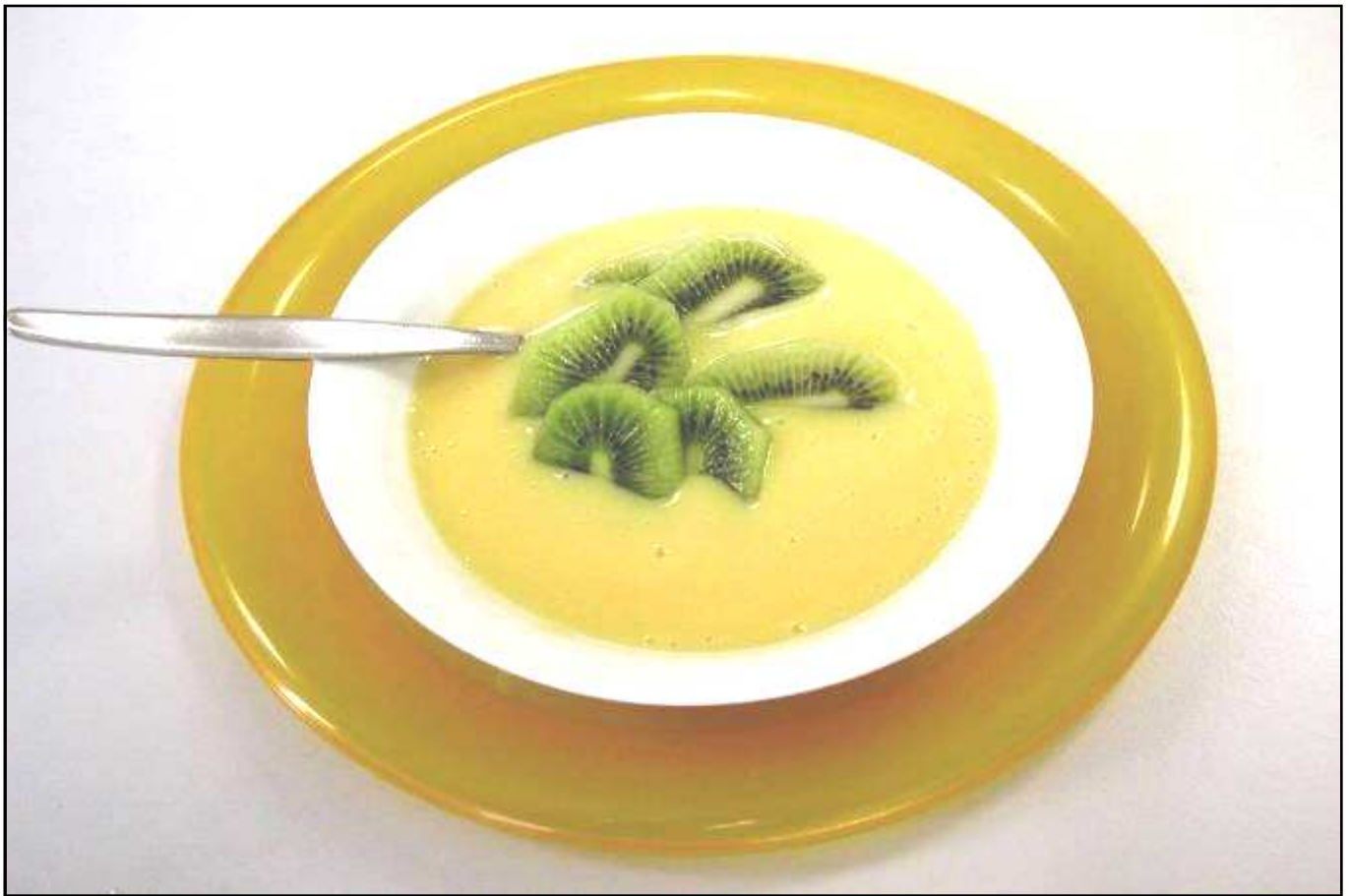
Bake in oven (180°C)
8-10 minutes



8

Let muffins cool,
5 minutes

17 CUSTARD AND KIWI FRUIT



SERVES 1



INGREDIENTS

- 1 tablespoon White Sugar
- 1 tablespoon Custard Powder
- 1 cup Milk
- 2 Kiwi Fruit



COOKING UTENSILS

- Small saucepan
- 1 Tablespoon
- 1 Cup
- Wooden Spoon
- Knife
- Chopping Board
- Bowl
- Spoon

1

Mix a small amount of milk with the custard powder

**2**

Slowly add the remaining milk, stir well

**3**

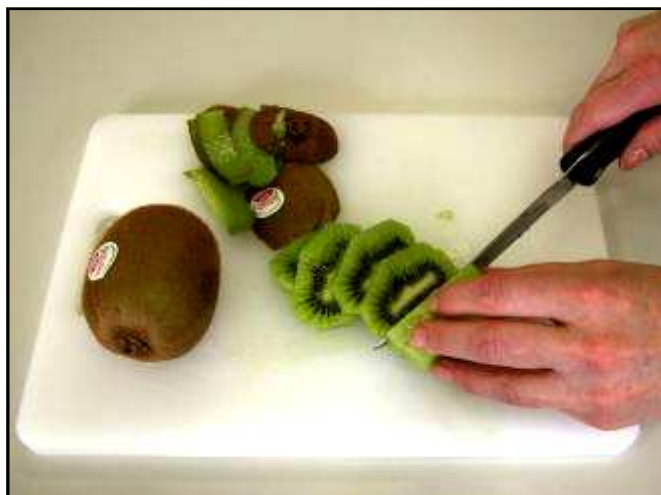
Mix in sugar

**4**

Bring mixture to the boil, stir continuously

**5**

Peel and slice kiwi fruit

**6**

Pour custard into bowl. Serve with kiwi fruit



18 FRUIT SKEWERS & YOGHURT



MAKES 10



INGREDIENTS

- 2 Bananas
- ½ Pineapple
- ½ Cantaloupe
- 1 punnet Strawberries
- ½ cup Yoghurt



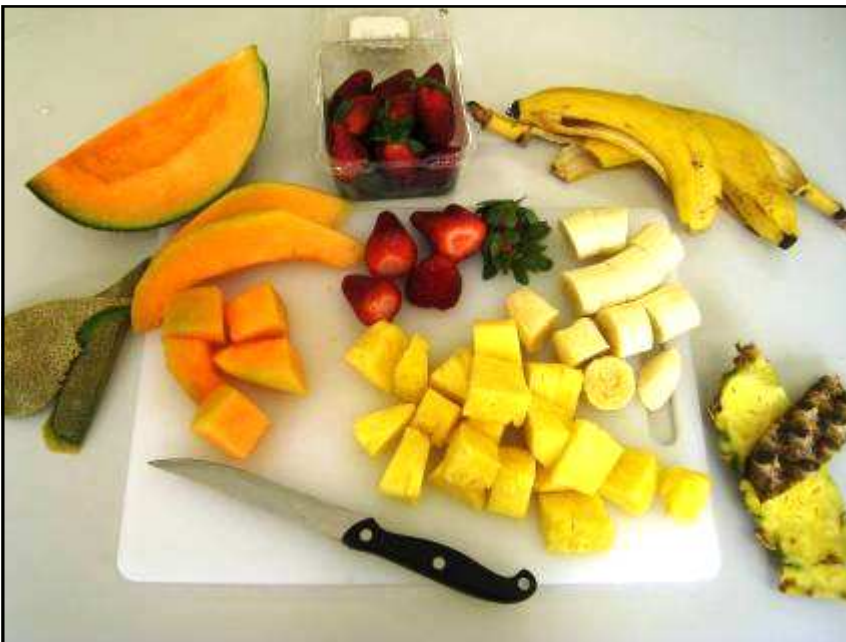
COOKING UTENSILS

- Chopping board
- Knife
- ½ cup
- 10 Skewers
- Plate
- Bowl



1

Wash strawberries



2

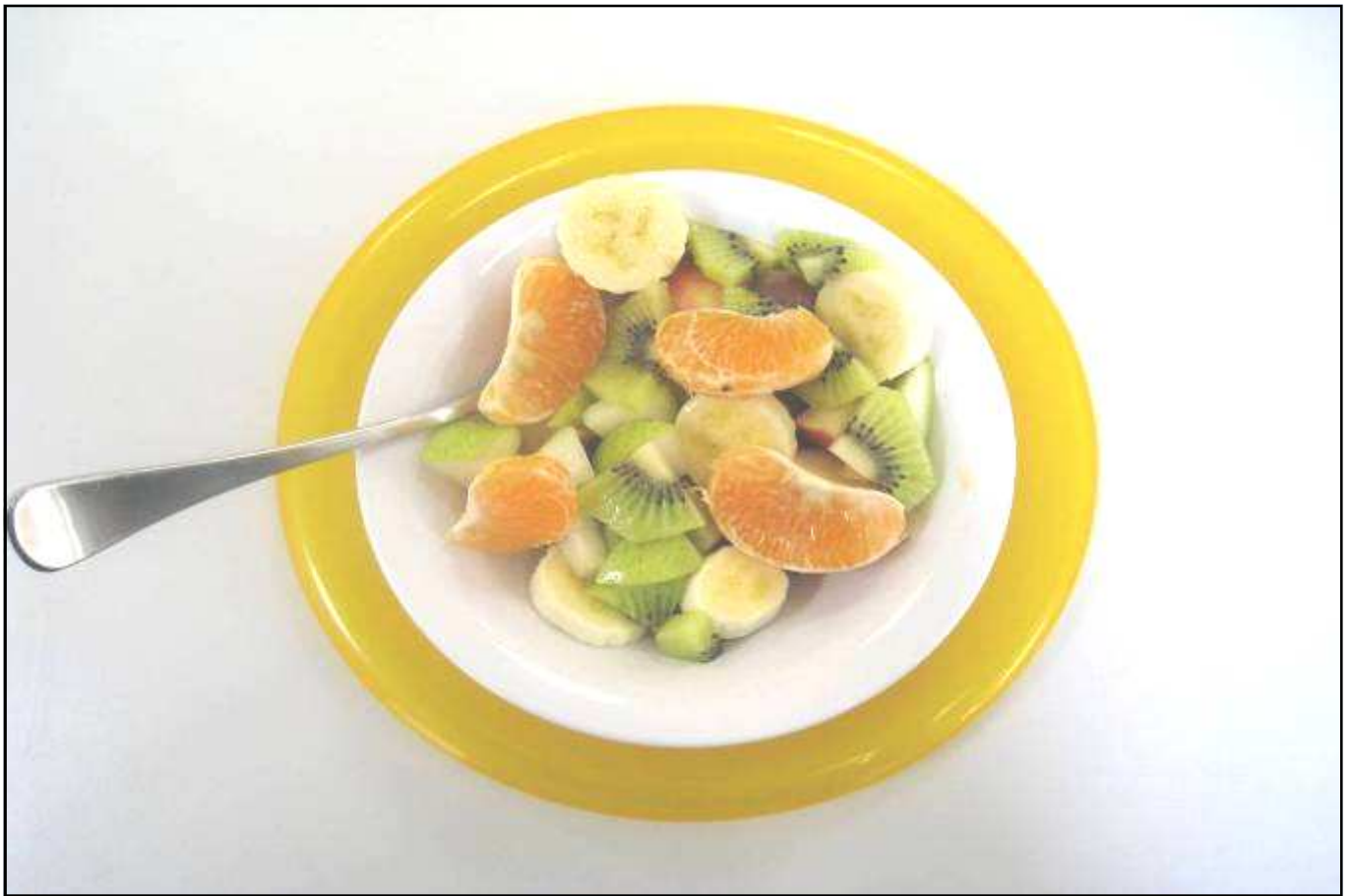
Remove skin from cantaloupe, bananas and pineapple. Slice into pieces. Remove tops from strawberries



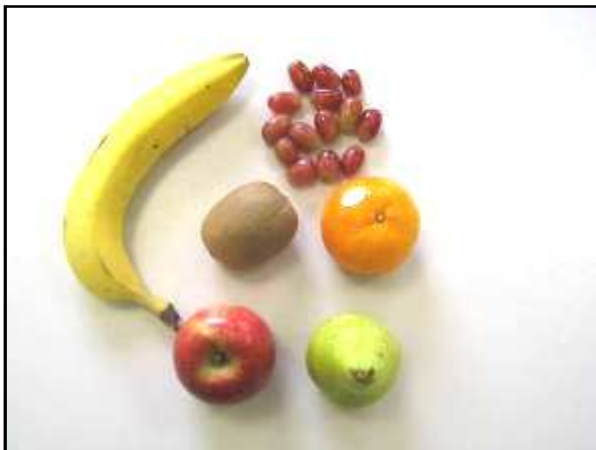
3

Put fruit pieces onto skewers

FRUIT SALAD



SERVES 4



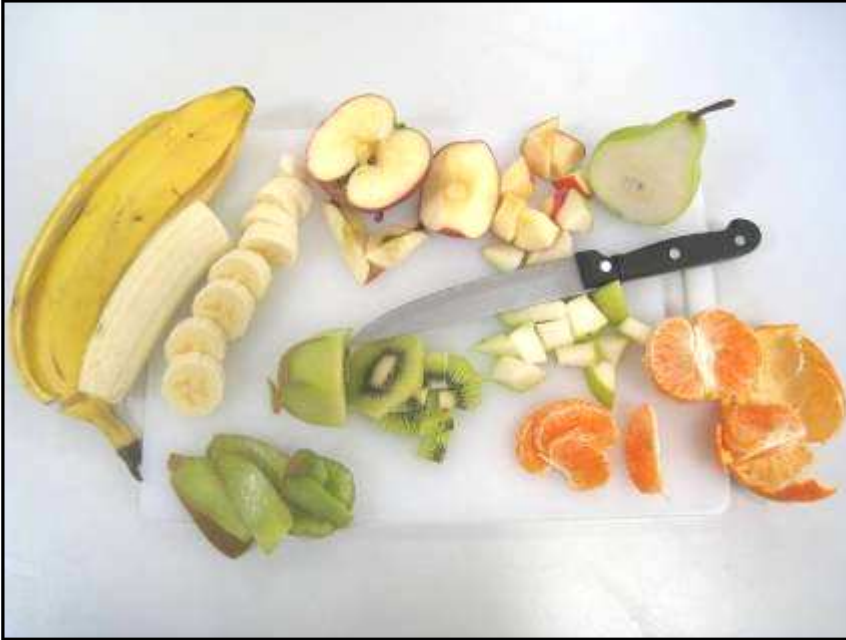
INGREDIENTS

1 Banana
1 Apple
1 Pear
1 Kiwi Fruit
1 Mandarin
Grapes



COOKING UTENSILS

Chopping board
Knife
Spoon
Fork



1

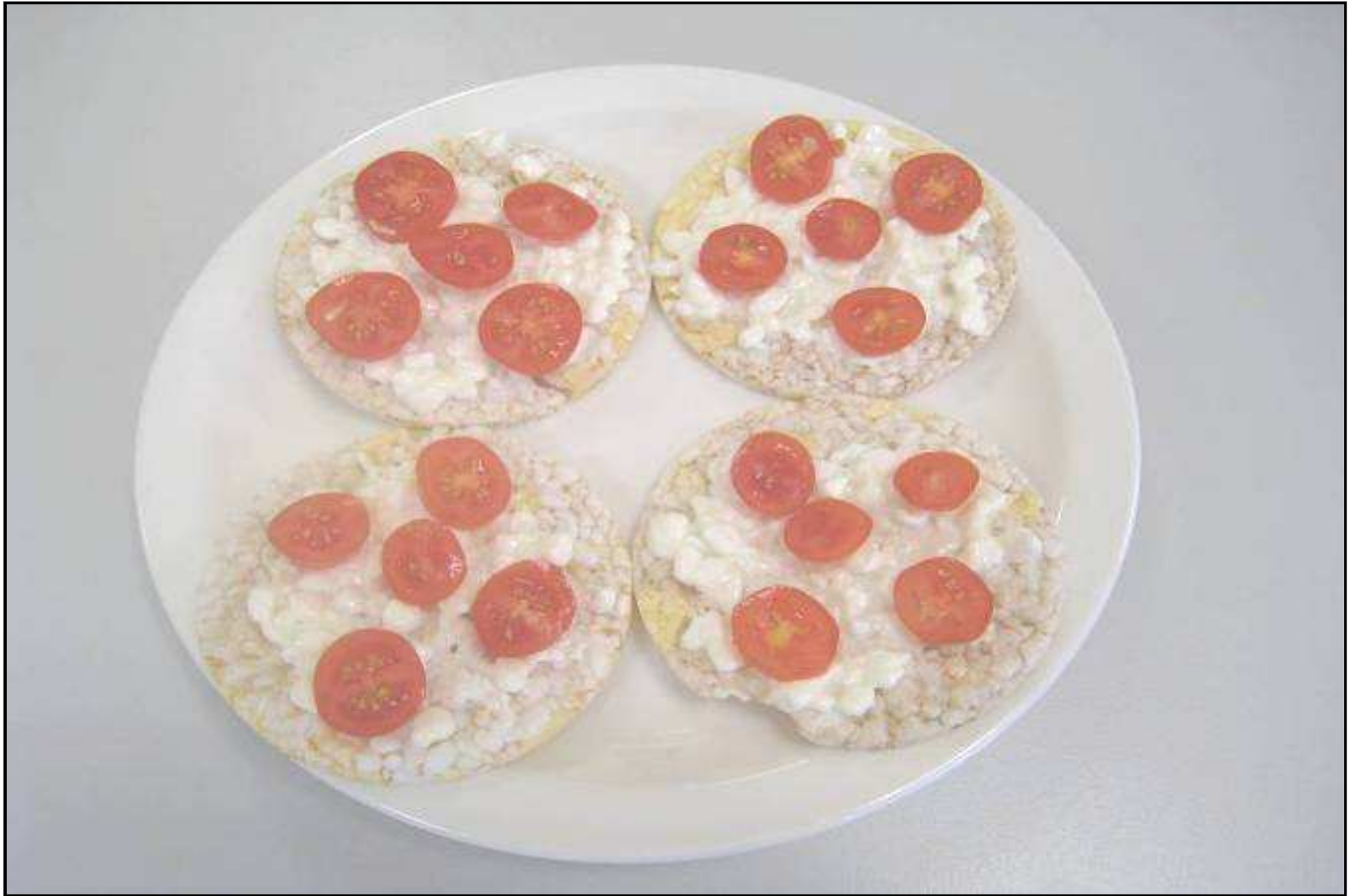
Peel and chop
apple, banana,
kiwi fruit, mandarin
and pear



2

Place all fruit in a
bowl

RICE CRACKER SNACKS



MAKES 4



INGREDIENTS

- 4 Rice Cakes
- 4 spoons Cottage cheese
- 4 Cherry tomatoes



COOKING UTENSILS

- Chopping board
- Knife
- Spoon
- Plate



1

Spread rice cakes with cottage cheese



2

Slice cherry tomatoes. Place on rice cakes

HOT MILO



SERVES 1



INGREDIENTS

1 tablespoon Milo
1¼ cups Milk



COOKING UTENSILS

Mug
1 Tablespoon
Spoon
1 cup
¼ cup
Microwave



1

Add milk and Milo into mug



2

Microwave on high for 1 minute



3

Stir

COLD MILO



SERVES 1



INGREDIENTS

1 tablespoon Milo
1 cup Milk



COOKING UTENSILS

Glass
1 Tablespoon
Spoon
1 cup



1

Add milk and Milo into mug



2

Stir

TUNA - SALAD WRAP



SERVES 1-2



INGREDIENTS

Wholemeal pita bread
1 Cucumber
1 Carrot
1 tin Tuna
Low fat grated Cheese



COOKING UTENSILS

Chopping board
Grater
Knife
Fork
Peeler
Plate



1

Grate carrot and cucumber



2

Open and drain tuna



3

Layer cucumber, carrot, tuna and cheese on pita bread



4

Roll the pita bread

24 CHICKEN - AVOCADO WRAP



SERVES 1-2



INGREDIENTS

Wholemeal pita bread
2 Lettuce leaves
¼ Avocado
Cooked chicken



COOKING UTENSILS

Chopping board
Knife
Plate



1

Cut and peel avocado.
Spread onto pita bread



2

Add lettuce leaves



3

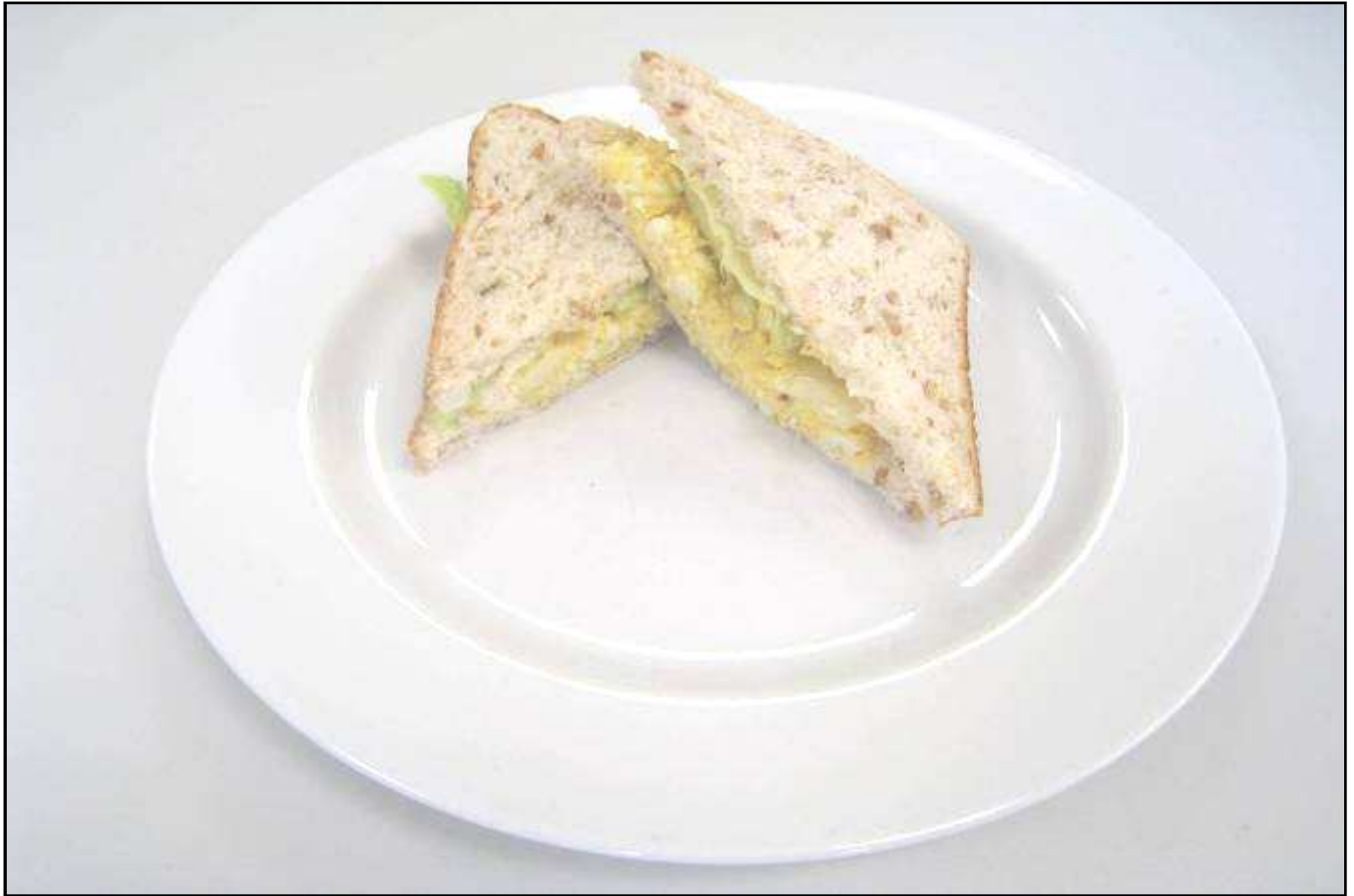
Slice chicken. Add to pita
bread



4

Roll pita bread

CURRIED EGG SANDWICH



SERVES 1



INGREDIENTS

- 2 slices Multigrain Bread
- 2 Eggs
- 2 Lettuce leaves
- ¼ teaspoon Curry Powder
- 1 tablespoon Natural Yoghurt



COOKING UTENSILS

- Small saucepan
- Chopping board
- Knife
- 1 Tablespoon
- ¼ Teaspoon
- Bowl
- Fork
- Plate
- Spoon



1

Add eggs to saucepan.
Fill with water



2

Bring water to boil.



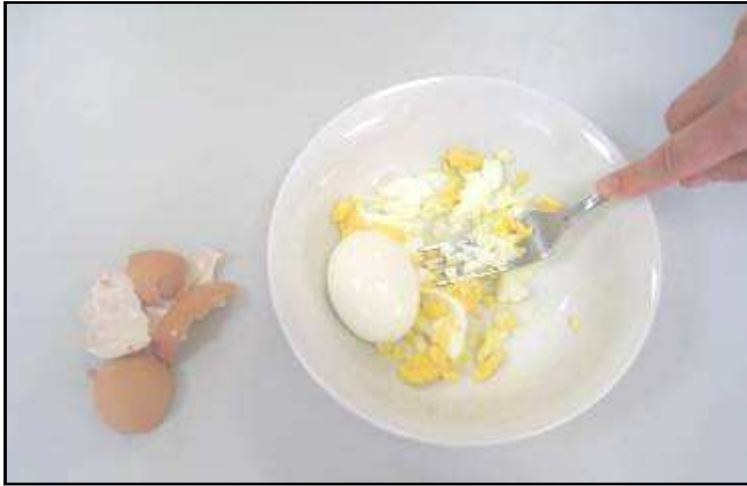
3

Reduce heat. Cook low
heat, 3 minutes



4

Drain hot water and fill
saucepan with cold water
to cool eggs



5

Remove shell from eggs.
Mash with fork



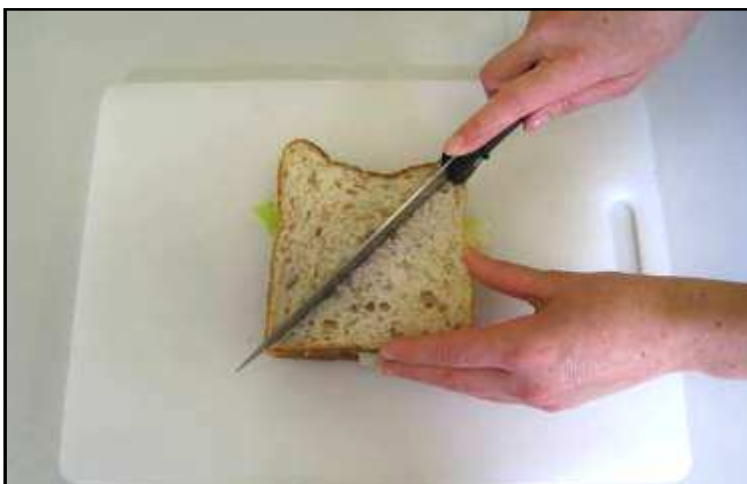
6

Add curry powder and
yoghurt. Mix



7

Spread egg on 1 slice of
bread. Add lettuce



8

Cover with other slice of
bread. Cut in half

26 HOW TO WRAP A PITA WRAP

1 Pull cling wrap from package



2 Place pita at corner of cling wrap. Roll half way



3 Fold over right corner



4 Continue to roll



5 Fold over left corner



6 Repeat with other half of wrap



27 HOW TO WRAP A SANDWICH

1 Pull cling wrap from package



2 Place sandwich in middle of cling wrap



3 Fold one half of cling wrap over sandwich



4 Fold over other half of cling wrap



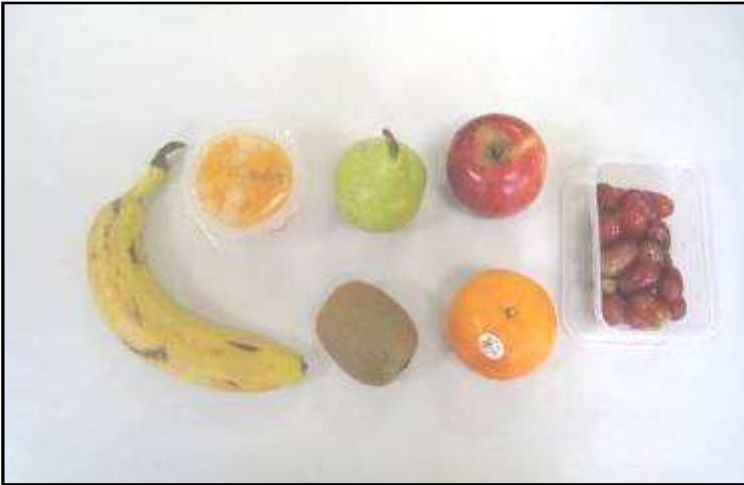
5 Fold the two sides over the sandwich



6 The sandwich is ready to be packed in a lunchbox



28 HOW TO PACK A LUNCHBOX



1 Choose 1-2 pieces of fruit



2 Choose a sandwich, pita wrap, baked beans or rice crackers



3 Choose 1-2 snacks or vegetables



4 Pack foods into a lunchbox

LUNCHBOX IDEAS



Pita Wrap
Yoghurt and Spoon
Pear
Water



Rice Cakes and Baked Beans
Kiwi Fruit
Vegetable sticks
Water



Sandwich
Oat Cookies
Diced Fruit Pack
Water



Sandwich
Yoghurt and Spoon
Grapes
Water

LUNCHBOX IDEAS



Pita Wrap
Vegetable Sticks
Sultanas
Banana
Water



Rice Cakes and Baked Beans
Vegetable Sticks
Kiwi Fruit
Water



Sandwich
Yoghurt and Spoon
Oat Cookies
Apple
Water



Sandwich
Oat Cookies
Apple
Sultanas
Water