

# Saagwala



**Serves 2**

## Ingredients

- 2 teaspoons oil
- ½ onion, finely diced
- 1 clove garlic, crushed
- 1 teaspoon crushed ginger
- 1 teaspoon curry powder
- 1 teaspoon garam masala
- 1 tomato, diced
- 300 grams fresh spinach, chopped
- ½ cup water
- ¼ cup plain, unsweetened yoghurt








## Method

1. Heat oil in a large saucepan.
2. Add onion and cook over a low heat until soft.
3. Add garlic, ginger, curry powder and garam masala. Stir and cook for 1 minute.
4. Add tomato, spinach and water and cover with a lid. Simmer over a low heat for approximately 15-20 minutes or until spinach is very soft. Remove from heat and stir through yoghurt.
5. Serve or add one of the options listed below, heat through and serve.

## Options to add to sauce:

- 100 grams paneer, grilled and diced.
- 1 cup chopped cooked chicken (be sure to cook until the chicken is heated through).

## Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large saucepan with lid
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Chop, blend, dice, simmer, stir, use spices to flavour dishes.

## Nutrition

- Saagwala curry is an Indian dish made with cream, spinach and spices. This is a healthier version that uses yoghurt in place of cream.

## Serving suggestions

- Serve with ½ cup cooked diced potato and/or kūmara.
- Serve with ½ cup cooked rice.

## Variation

- For a dairy free option, remove yoghurt and add ½ cup grated cauliflower.

# The recipe

Recipe reading is important for the success of your food product. It is essential to read the recipe before you start. **Look** at the following recipe, paying attention to all the important parts.

**Serves/  
makes**

The number of people the dish serves.

**Title**

The title is the name of the dish or a description of the dish.

**Recipe image**

A photo of what the dish looks like.

Colourful fruit jars

**Serves 2**

**Ingredients**

- 1/4 cup blueberries
- 1/4 kiwifruit, peeled and sliced
- 1/4 banana, peeled and sliced
- 1/4 cup diced rock melon or 1/4 orange, peeled and sliced
- 1/4 cup raspberries, strawberries or halved grapes
- 1/4 cup reduced-fat yoghurt
- mint sprigs to garnish (optional)

**Method**


1. Layer blueberries in the bottom of a glass or jar. Top with kiwifruit, banana and rock melon.
2. Finish with raspberries, garnish with mint (if using) and serve with yoghurt.

**Variation**

- Use fresh, thawed frozen, drained canned or poached dried fruit.

**Tips**

- Choose fruits that are in season and readily available to reduce cost of the recipe.
- Use fruits canned in water or juice.



**Equipment**

- Cutting board and knife
- Measuring cups
- Spoons
- 2 glasses or jars

**Preparation and cooking skills**

Dice, peel, slice.

**Nutrition**

- Eating a 'rainbow' of colourful vegetables and fruit everyday will help you get a wide range of nutrients to grow and stay healthy.

**Choose fruits that are in season during each school term**

Term 1	Term 2	Term 3	Term 4
Apple	Apple	Apple	Banana
Apricot	Banana	Banana	Kiwifruit
Banana	Feijoa	Kiwifruit	Orange
Berries (strawberry, raspberry, blueberry)	Kiwifruit	Mandarin	Pear
Melon	Mandarin	Orange	Canned plums
Peaches	Orange	Pear	Canned pineapple
Watermelon	Pear	Frozen berries	Frozen berries
	Frozen berries		

**Ingredients**

A list of foods in the order they are used.

**Equipment**

List of equipment that you need to make the dish.

**Preparation and cooking skills**

The skills you will use to make this dish.

**Nutrition**

Information about some of the nutrients in the dish.

**Method**

Step by step instructions to make the dish.



**Variations and tips**

Variations show how you can change the recipe to make a different meal. Tips help make it easier for you to make the dish.

**Seasonality chart**

Information about fruits that are in season during each school term.

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## Ingredients and Healthier Alternatives

Ingredient/ food	Suggested alternatives	Result
<b>Bread, Pita Bread</b>	-Whole meal bread or pita	More fibre
<b>Breadcrumbs (white)</b>	-Whole meal breadcrumbs	More fibre
<b>Butter</b>	-Unsaturated margarine/oil and lite margarines. Reduce amount needed, if possible	Less saturated fat
<b>Braises/Stews</b>	-To thicken and extend – add rice, barley, oats, red lentils	More fibre
<b>Cheddar Cheese</b>	-Lower-fat hard cheese, e.g. edam or mozzarella -Add cheesy flavour with a small amount of parmesan	Less fat
<b>Coconut Cream/Milk</b>	-Use lite coconut cream/milk or lite evaporated milk with coconut essence -Use low-fat yoghurt and small amounts of desiccated coconut -Dilute with low-fat milk	Less fat Less fat Less fat
<b>Corn Chips</b>	-Specify weight of chips or number of tacos per serving -Toast pita bread chunks or tortilla wraps and cut to use with dipping sauces	Less fat
<b>Cream</b>	-Reduced-fat cream if it doesn't require whipping -Substitute or use with low-fat natural yoghurt	Less fat
<b>Cream Cheese</b>	-Low-fat soft cheese, e.g. cottage cheese, ricotta, quark or lite cream cheese	Less fat
<b>Fish – Canned</b>	-Canned in water (not brine or oil)	Less fat and salt
<b>Flour</b>	-Wholemeal flour or ½ white, ½ wholemeal	More fibre
<b>Fruit</b> – Canned – Fresh – Frozen	-Lite syrup, non-sweetened or canned in own juice -Peel only when necessary and limit the amount of added sugar or honey	Less sugar More fibre

<b>Icing</b>	-Dust with icing sugar	Less sugar
<b>Ingredient/ food</b>	<b>Suggested alternatives</b>	<b>Result</b>
<b>Icing – Cream Cheese</b>	-Use ricotta cheese, yoghurt and honey, lite or extra lite cream cheese	Less sugar and fat
<b>Margarine or Oil</b>	-Lite margarines, oil sprays -Reduce amount, if possible	Less fat
<b>Mayonnaise, Salad Dressings</b>	-Use reduced fat mayonnaise -Dilute with low-fat yoghurt or milk	Less fat Less fat
<b>Meat</b>	-Choose lean meats, remove visible fat -Reduce quantity and extend with dried beans, peas or lentils, rice, pasta or vegetables	Less fat
<b>Milk</b>	-Low-fat skim milk, trim milk (1.5% fat or less)	Less fat
<b>Offal Meats</b>	-Small servings	Less fat
<b>Pasta</b>	-Wholemeal pasta	More fibre
<b>Pastry – Savoury Dishes</b>	-Mini serves, use one pastry crust. Use filo pastry lightly brushed with oil/water/egg white -Bread cases -Potato/pumpkin/kumara/rice bases -Top with vegetable puree	Less fat Less fat Less fat Less fat
<b>– Sweet Dishes</b>	-Dust with icing sugar -Layer with fresh fruit	Less fat More fibre
<b>Peanut Butter</b>	-Use low-salt varieties -Use in small amounts	Less salt and fat Less salt and fat
<b>Poultry</b>	-As skin is removed, sprinkle with chopped fresh herbs	Less fat
<b>Rice</b>	-Brown rice (requires longer cooking)	More fibre
<b>Salad Dressing</b>	-Choose lite dressings	Less fat
<b>Salami/Bacon</b>	-Use very small amounts to flavour dishes	Less fat and salt
<b>Salt</b>	-Reduce amount -Use iodised salt if required -Add flavour with herbs, spices, lemon juice, pepper	Less salt
<b>Sauces</b>	-Use low salt/sodium stocks, water, fruit juice, wine, low-fat milk, yoghurt and thicken with flour, cornflour or arrowroot	Less salt and less fat
<b>Sauces – Commercial</b>	-Use very small amounts -Use low-fat or low salt/low sodium varieties	Less salt Less fat and salt
<b>Sausages/Sausage Meat</b>	-Reduce amount, extend with rice, pasta, legumes or vegetables	Less fat, more fibre
<b>Shortening/Lard</b>	-Margarine or healthy oil	Less saturated fat

<b>Sour Cream</b>	-Reduced-fat sour cream, or unsweetened low-fat yoghurt	Less fat
<b>Ingredient/ food</b>	<b>Suggested alternatives</b>	<b>Result</b>
<b>Soy, Fish, Oyster and Other Asian Sauces</b>	-Use low-salt varieties -Reduce amount used	Less salt Less salt
<b>Stock Cube</b>	-Use home-made stock -Reduced vegetable cooking water -Low salt stocks	Less salt Less salt
<b>Sugar/Honey/Golden Syrup</b>	-Reduce, if possible -Use natural fruit, fruit puree or fruit juice to sweeten	Less sugar
<b>Taco Shells</b>	-Use with low-fat toppings and plenty of vegetables	Less fat and salt
<b>Vegetables</b> – Fresh – Canned – Frozen	-Peel, only when necessary -No added salt -Use a variety of colours	More fibre Less salt More antioxidants
<b>Yoghurt</b>	-Reduced-fat -Natural, unsweetened	Less fat Less sugar

# Evaluation

Name: .....

Name of food product: .....

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

**What went well?**

**What did not go well?**

**What could be improved?**



# Onions



## Available

All year round.

## Buy

Choose onions with firm flesh and dry papery outer skin  
Red, pink and white varieties are available.

## Store

In a cool, dark place with good air flow.

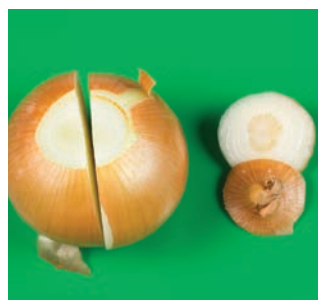
## Prepare



Whole brown onion.



Cut the top and root off the onion. Cut as close as you can to the onion root.



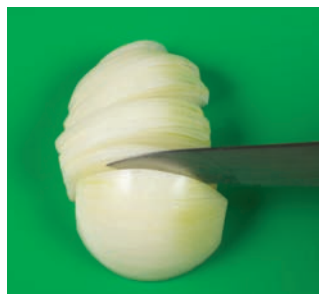
Cut the onion through the middle.



Peel off the papery layers and discard.



Lay the onion flat on a board.



Hold the root end and cut vertically through the onion.



Hold the slices firmly together and cut down across them.



Cut close together for a fine dice or further apart for a large dice.





# Bean sprout, onion and cabbage fritters (serves 4)

## Ingredients

8 eggs  
2 onions, chopped finely  
¼ cup flour  
4 cups bean sprouts  
4 cups cabbage, shredded finely  
1 cup cooked meat, diced finely (optional)  
4 tablespoons oil

## Method



1 Mix together the eggs, onions, flour and bean sprouts.



2 Add the cabbage and meat. Mix well.



3 Heat oil in a large frying pan. Spoon a quarter of the mixture into the middle of the pan.



4 Cook slowly on each side until golden brown and cooked through. Serve.

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# Spinach

## Available

All year round.

## Buy

Choose crisp green leaves with no damage.

## Store

In plastic bags in the fridge.



## Prepare



Remove the ends.



Rinse well.



Remove the stems.



Slice leaves roughly or finely.

## Cook

Can be:



Steamed



Salad



Stirred into stew





## Sardines, spinach and tomatoes on toast (serves 2)

### Ingredients

1 bag or 3 bunches spinach leaves  
1 can sardines  
1 tablespoon vinegar  
4 slices wholemeal toast  
2 tomatoes, diced  
2 teaspoons lemon juice  
Pepper to taste

### Method



1 Wash the spinach, break off ends and discard. Place in a saucepan with a little water over a high heat with lid for 5 minutes.



2 Remove from the heat and drain well – squeezing the water out with the back of a spoon. Once drained, roughly chop and season.



3 Drain the sardines and mash with vinegar. Mix the diced tomato with lemon juice.



4 Place spinach, mashed sardines and tomatoes on toast. Sprinkle with more pepper.

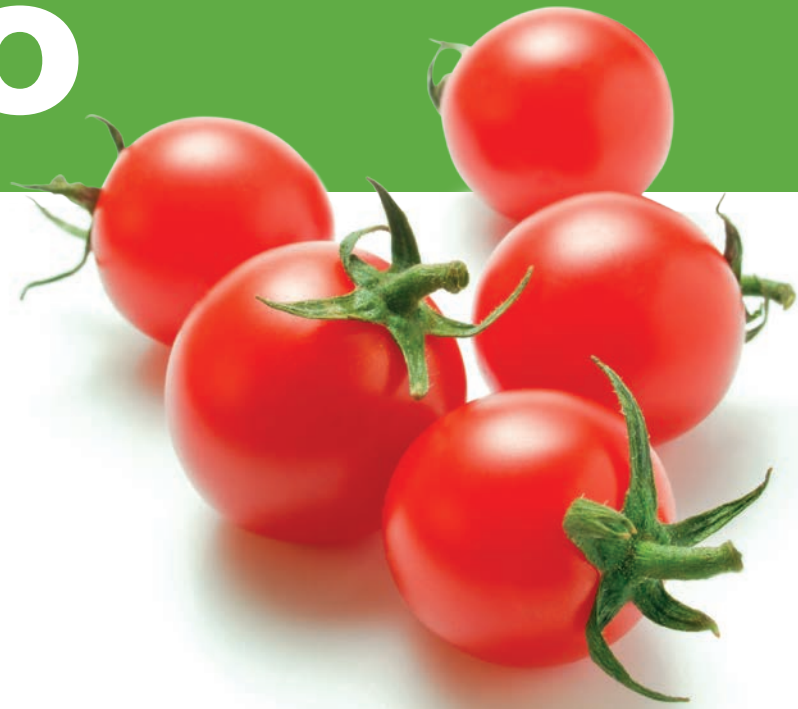
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# Tomato



## Available

All year round.

## Buy

Firm and ripe.

## Store

At room temperature.

## Prepare



Remove the stalks.



Slice into discs.



Cut into wedges.



Roughly chop into cubes.

## Cook

Can be:



Roasted



Salad



On toast



On pasta





# Tomato salsa

(serves 4)

## Ingredients

4 tomatoes, finely chopped  
½ onion, finely chopped  
¼ cup lemon juice/vinegar  
2 tablespoons oil  
Pinch of salt  
Pepper

## Method



1 Finely chop the tomatoes and onions.



2 Add lemon juice and oil.



3 Season and mix well. Keep refrigerated until ready to serve.



4 Serve with baked potato wedges.

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