

Minto Multicultural Healthy Community Kitchen Recipe Book

The Minto Multicultural Health Community Kitchen is a partnership between South Western Sydney Local Health District Health Promotion Service and South West Multicultural and Community Centre Inc.



Health
South Western Sydney
Local Health District



NSW COUNCIL FOR
Pacific Communities



Cultural Diversity a Collective Strength
South West Multicultural and Community Centre Inc.



South West Youth Peer Education
MISSION
AUSTRALIA
together we stand

Acknowledgements

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Introduction

MINTO MULTICULTURAL HEALTHY COMMUNITY KITCHEN

The Minto Multicultural Healthy Community Kitchen is a partnership between South Western Sydney Local Health District and South West Multicultural Community Centre Inc. (SWMACC)

The aim of the Minto Multicultural Healthy Community Kitchen was to promote access to healthy, nutritious and affordable food and share knowledge about cooking skills through exchanging recipes. The kitchen also promoted modification of traditional multicultural meals to make them healthier as well as creating opportunities for friendships and social support amongst the Pacific Islander communities in Minto.

Families from Fiji, Cook Islands, New Zealand, Samoa, Tonga, Hawaii, Spain, and Vietnam who live around Minto gathered weekly to prepare good, affordable, culturally appropriate and healthy food.

The Pacific Islanders come from close-knit families where cooking and social interaction is based on sharing and caring relationships and building strong family ties between the elders, children, young people, aunties, uncles and their extended families. The families were welcomed into the class to share a meal together as well as taking recipes and leftover food home to enjoy with their extended families and friends.

The families participating in the community kitchen reported positive changes in a range of factors including improved access to food, increased cooking skills, better understanding of modifying recipes, greater motivation to cook at home, reduced intake of takeaway food, improved budgeting as well as promoting healthy cooking habits.

The community kitchen also addressed some of the key health issues reported in the NSW Health *Policy and Implementation Plan for Healthy Culturally Diverse Communities 2012-2016*³ which found certain diseases are more prevalent among Culturally and Linguistically Diverse (CALD) communities. It highlights that compared with those born in Australia, people born overseas including the Pacific Islander communities, self-reported higher rates in diabetes, coronary heart diseases, or were overweight or obese.

A number of other health programs such as Go4Fun and social activities were also run alongside the cooking sessions. The participants were involved in creating Pacific Islander arts and crafts, sharing grandmother's and auntie's kitchen stories and formed friendships which bonded the participants from all backgrounds.

The participants reported benefiting from the healthy workshop topics covered throughout the program and they came up with the idea to promote the recipes in a cooking book for their communities and extended families.

Australian Guide to Healthy Eating

HEALTHY EATING

Healthy eating means enjoying a variety of nutritious foods from each of the Five Food Groups. These Five Food Groups make up the “plate” (or main circle) on the Australian Guide to Healthy Eating.

Foods are grouped by their type and their contribution of nutrients to our diets. Eating a variety of nutritious foods from the Five Food Groups can protect our bodies from chronic disease and may also increase quality of life and longevity.

The Five Food Groups are:

- Vegetables
- Fruit
- Grains (cereals)
- Lean meats, poultry, fish, eggs, nuts, seeds, legumes/beans and tofu
- Milk, yoghurt, cheese and/or alternatives.





Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



AUSTRALIAN DIETARY GUIDELINES

Guideline 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your needs

- ▶ Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- ▶ Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

Guideline 2

Enjoy a wide variety of nutritious foods from these five food groups every day:

- ▶ Plenty of vegetables, including different types and colours, and legumes/beans.
- ▶ Fruit.
- ▶ Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley.
- ▶ Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
- ▶ Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat.
- ▶ Drink plenty of water.

Guideline 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of two years.
- Limit intake of foods and drinks containing added salt
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

Guideline 4

Encourage, support and promote breastfeeding.

Guideline 5

Care for your food; prepare and store it safely.

SALADS



Salsa



Preparation time: 5 minutes

Salsa is the Mexican word for sauce. It usually refers to a tomato-based condiment used to dip or to add flavour to dishes.

Ingredients

- 2 ripe tomatoes, chopped
- 1 Lebanese cucumber, chopped
- ½ red onion, finely chopped
- 1 teaspoon lemon juice
- 2 teaspoons olive oil
- 1 tablespoon chopped parsley



Method

Combine all ingredients and toss well. Makes 2 cups.

Serves 4.

Hint

Salsa will keep for 3-4 days, covered, in the refrigerator.

Variation

- For a spicy Mexican Salsa add 1 ripe avocado, 1 small red chilli, seeded and chopped (or pinch of dried chilli flakes) and 1 tablespoon fresh coriander.
- Add 4 tablespoons of tahini (sesame oil) mixed with 4 tablespoons of water and 2 tablespoons of lemon juice.

Serving Suggestion

Spoon over grilled fish or chicken. A delicious topping on bread.

HEALTHY TIP: Eat fruit and veggies in season, they are cheaper, plentiful and of the best quality.

Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

Sang choy bow



Preparation time: 15 minutes

Cooking time: 5 minutes

Ingredients

- 1 tablespoon sesame oil
- 500g minced lean pork
- 6 spring onions, sliced
- 2 cloves garlic, crushed
- 1 small piece ginger, peeled and chopped
- 1 stick celery, diced
- 1 medium red capsicum, seeded and chopped
- 100g mushrooms, diced
- 1 cup cooked basmati or long grain rice
- 1 teaspoon cornflour
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon chilli sauce
- 1 tablespoon rice wine vinegar or dry sherry
- 1 cup mung bean shoots
- 8 large iceberg lettuce leaves



Method

Heat oil in wok or frypan. Cook pork quickly, separate and cook through then set aside leaving oil in pan. Place onions, garlic, ginger, celery, capsicum, mushrooms and rice into the hot pan and cook gently, stirring until softened. Return the pork to the pan and mix well. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly. Place two crisp lettuce leaves on each serving place and spoon the filling onto each leaf. Serve immediately.

Serves 4.

Serving suggestion

Place leaves on a plate and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.

Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

Bean, chickpea and sweet corn salad



Preparation time: 5 minutes

Ingredients

- 1 large can of four beans
- 1 large can of chickpeas
- 1 large can of corn
- 50g dry sultanas
- 50g dry bananas
- 50g dry apricots
- A squeeze of lemon juice
- 2 tablespoons of balsamic white vinegar
- Bunch of parsley (optional)



Method

Wash well and drain the 3 cans of chickpeas, four beans and corn into a bowl. Mix all components in the bowl well. Add all dry fruits (dry sultanas, banana and apricot) into the bowl. Add vinegar and lemon juice as dressing for the salad. Sprinkle a pinch of parsley for garnishing. **Serves 6-8 people.**

Green salad



Preparation time: 15 minutes

Ingredients

- 1kg ripe tomatoes
- 4 Lebanese cucumbers
- 3 types of mixed lettuces e.g. cos, butterhead, radicchio
- 1 red capsicum
- 1 green capsicum
- 1 bunch of green shallots
- 100g broccoli
- 200g snow peas
- Bunch of parsley
- 4 tablespoons of lemon juice
- 4 tablespoons of balsamic white vinegar
- 200g mushrooms



Method

Wash all the vegetables and drain to dry. Chop all the vegetables in large pieces and put aside. Stack the lettuce mix inside the bowl. Mix all the chopped vegetables well and place in the bowl. Add lemon juice and vinegar for seasoning. Sprinkle the parsley for garnishing. **Serves 8-10 people.**

Tofu salad



Preparation time: 10-15 minutes

Cooking time: 3-5 minutes

Ingredients

- 1kg ripe tomatoes
- 4 Lebanese cucumbers
- 500g tofu cubed
- 1 large lettuce
- 1 red capsicum
- 1 green capsicum
- 1 green shallots
- 200g snow peas
- Bunch of mint
- 4 tablespoons of lemon juice
- 4 tablespoons of balsamic white vinegar (optional)



Method

Chop tofu into cubes. Stir tofu in the wok until golden and then put aside. Chop all the vegetables and put aside. Stack the lettuce inside the bowl. Mix all the chopped vegetables and place in the bowl. Add tofu to top of the vegetables. Add lemon juice and vinegar for seasoning as desired. Sprinkle the mint for garnishing. **Serves 8-10 people.**

SOUPS



Pumpkin soup



Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- 750g pumpkin, peeled and cubed
- 1 large potato, peeled and cubed
- 4 cups vegetable or chicken stock
- ¼ cup low-fat natural yoghurt



Method

Heat oil in a large pot and cook onion and garlic over low heat until onion is translucent. Add pumpkin, potato and stock and bring to the boil. Reduce heat and simmer for 20 minutes or until pumpkin is tender. Remove from heat and cool slightly. Puree in a blender until smooth. Add yoghurt to serve. **Serves 4.**

Hint

If the soup is too thick add a little low-fat milk to make desired consistency.

Variation

Replace yoghurt with ¼ cup reduced-fat coconut milk and heat through. Sprinkle with coriander.

Optional

Crisp bread with a spread of avocado. Top with cubed tomato and sprinkle with dried oregano.



Wonton chang Thai soup



Preparation time: 20 minutes

Cooking time: 5-10 minutes

Ingredients

- 1kg chicken breasts, trimmed of fat and cubed (or pork mince)
- 250g small to medium shrimp, deveined with tails off
- 1 cup fresh spinach, torn into small pieces
- 1 cup mushrooms, sliced
- 1 can water chestnuts
- 1 teaspoon brown sugar
- 1 tablespoon salt-reduced soy sauce
- 1 teaspoon finely chopped scallion (see below)
- 1 teaspoon finely chopped fresh ginger
- 6 cups chicken stock



Method

Bring chicken stock to a rolling boil then add all the ingredients. Cook until chicken/pork and shrimp are cooked through for about 10 minutes. In a bowl, mix the chicken/pork, ground shrimp, brown sugar, soy sauce, scallions and chopped ginger. Blend well and set aside for 25-30 minutes for flavours to blend. Place 1 teaspoon of the filling in the centre of each wonton wrapper. Wet the edges of each wonton with a little water and press them together with your fingers to seal, and then fold each wonton over. To cook, add wontons to the boiling chicken stock and cook for 4-5 minutes. Transfer to individual soup bowls and serve. **Serves 8.**

Hint

Scallions are considered younger than a green onion because they should not have a bulb, while green onions should have a miniature bulb.

Veggie lentil soup



Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients

- 1 brown onion, chopped
- 1 clove garlic, crushed
- 1 carrot, diced
- 1 potato, diced
- 1 parsnip, peeled and diced
- 1 stick celery, diced
- 125g red lentils
- 6 cups chicken stock or water
- 1 tablespoon tomato paste
- 2 or 3 sprigs parsley, chopped



Method

Sauté onion and garlic in a large pot with a little water until onion is translucent. Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock and tomato paste. Bring to boil, cover and simmer for 30–35 minutes, stirring occasionally. When lentils and vegetables are just cooked, add parsley. **Serves 4.**

Hint

One teaspoon of dried herbs may be substituted for fresh herbs.

Radish, olives, shallots, mint and lemon are nice appetisers with soups.



Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

RICE



Plain rice



Preparation time: 2 minutes

Cooking time: 10-15 minutes

Ingredients

- 1kg basmati or long grain/jasmine rice
- 4 cups of water (250ml per cup)

Method

Add water to rice and cook in a rice steamer. **Serves 8-10.**

Variations

Add stews/meat dishes to the rice.



Fried rice



Preparation time: 10 minutes

Cooking time: 15 minutes
(plus cooking and cooling rice)

Ingredients

- 1 cup basmati or long grain rice
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced
- 1 brown onion, diced
- 1 red or green capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns (optional)
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce



Method

Cook rice following packet directions, drain and cool completely. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside. Lightly spray the same pan with oil and cook ham and onion until golden brown. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes. Add remaining ingredients, except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot. **Serves 6.**

Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

Couscous



Preparation time: 2 minutes

Cooking time: 6-8 minutes

Ingredients

- 500g couscous
- 12 cups boiled water
- 2 tablespoons olive oil
- 2 teaspoons margarine
- Bunch of parsley, washed and chopped
- Pinch of mixed spices and black pepper



Method

Place water in a saucepan and add oil. Bring to the boil and remove from the heat. Stir and pour in couscous. Cover and allow standing for 2-3 minutes. Add margarine and heat again on very low heat for 3-5 minutes while stirring with a fork to separate the grains.

Optional

Sprinkle with parsley, black pepper and mixed spices as desired. Add couscous to vegetables, meat or fish, served hot or cold. **Serves 6-8.**

N.B. Couscous is produced from durum wheat milled into fine semolina.

Mixed rice with vegetables and nuts



Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

- 1kg basmati or jasmine rice
- 1 cup of mixed almonds, sultanas and unsalted cashew nuts
- 1 large bag frozen mixed vegetables
- 1kg lean beef mince



Method

Spray the wok with oil. Cook lean meat for 10 minutes until brown. Cook the rice separately and put aside. Add the frozen vegetables to the mince to cook. Add rice and stir all components well for 10 minutes. Serve on plate with light yoghurt or salad on the side. Add raw cashew nuts, almonds and sultanas for garnishing. **Serves 8-10.**



Prawn rice paper rolls



Preparation time: 15-20 minutes

Wrapping time: 2 minutes

Ingredients

- 70g dried rice vermicelli
- 2 tablespoons sweet chilli sauce, plus extra to serve
- 1 tablespoon fish sauce
- 1 lime, juiced
- 8 (22cm) square rice paper sheets
- 500g cooked prawns, peeled, deveined
- 1 cup fresh mint leaves
- 50g snow pea sprouts
- 1 carrot, peeled, cut into matchsticks
- Lime wedges, to serve



Method

Place the noodles in a heatproof bowl and cover with boiling water. Set aside for 15 minutes to soften, drain well. Cut into shorter lengths. Add the sweet chilli sauce, fish sauce and lime juice to noodles and combine. Fill a shallow bowl about half-way with warm water. Dip one wrapper in the water until it is just soft, then drain excess water. Place on a clean surface. Place a few of the noodles across the rice paper, about 3cm in from the edge. Top with a few prawns, mint leaves, snow pea sprouts and carrot. Fold over the bottom of the wrapper to enclose the filling. Fold in the sides and roll up firmly to enclose. Place on a plate and cover loosely with damp paper. Repeat with remaining wrappers and filling. Serve with extra sweet chilli sauce and lime wedges. **Serves 6-8.**

Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

Rice with meat



Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients

- 1kg basmati or long grain/jasmine rice
- 1kg lean beef mince
- Pinch of mixed spices
- Pinch of black pepper
- Pinch of dry chillies
- Olive oil spray



Method

Cook 1kg jasmine rice in a rice steamer. Seal the wok with olive oil spray. Cook mince for 10 minutes until brown. Add the cooked rice to the meat. Stir all components well for 10 minutes. Add a pinch of mixed spices and black pepper for seasoning. Serve on plate with low-fat yoghurt or salad on the side. **Serves 8-10.**



HEALTHY TIP: Choose brown rice, lean meat and low-fat yoghurt for a healthy option.

GRILLED/ BAKED DISHES



Baked eggplant and lamb stew



Preparation time: 10-15 minutes

Cooking time: 1 hour

Ingredients

- 1kg lamb (with bones)
- 4 big eggplants, peeled, washed and cubed
- 500g tomato sauce (concentrated)
- 1 bunch of parsley, washed and chopped finely
- 3 cloves of garlic, peeled and diced
- 2 brown onions, peeled, washed and diced
- 2 red capsicums, seeded and cut
- Pinch of black pepper
- Pinch of mixed spices



Method

Preheat the oven to 250°C for 10 to 15 minutes. Add the cubed eggplants, capsicum, diced onions and garlic into a baking dish. Mix together tomato sauce and 2 cups of water well and add to baking dish. Sprinkle a bit of black pepper and mixed spices to the mixture. Cover the baking tray with aluminium foil and bake for one hour at 180°C. Remove foil and bake for another 5 minutes. **Serves 6-8.**

Hint

If you put this dish in the fridge overnight, scrape the fat off the top of the dish the next day.

Optional

Eat with plain rice or brown/grain bread.



BBQ skewers



Preparation time: 30 minutes

Cooking time: 10-15 minutes

Ingredients

- 1kg meat, diced and cubed (lean beef/lamb)
- 1kg brown onions, peeled, washed and cubed
- 2 red capsicums, washed and cubed
- 2 green capsicums, washed and cubed
- 1 eggplant, peeled, washed and cubed
- 1 zucchini, washed and cubed
- 1kg tomatoes, washed and cubed



Method

Soak the wooden skewers in cold water - this will prevent the skewers from burning and getting splinters in your hands. Arrange on skewers – 1 cubed meat, 1 cubed eggplant, 2 cubed red & green capsicum, 1 cubed zucchini, 1 cubed tomato (average of 5 cubed vegetables and 2 cubed pieces of meat). Bake under the grill for 5 minutes, and then turn over.

Repeat process until the meat and vegetables are cooked. **Serves 10-12.**

Optional

Add low-fat yoghurt and couscous.



Kebab skewers



Preparation time: 10–15 minutes

Cooking time: 10 minutes

Ingredients

- 1kg mince (lean beef/lamb)
- 2 bunches of parsley, washed and chopped finely
- 2 brown onions, peeled, washed and chopped finely
- 1 tablespoon of pomegranate sauce
- Pinch of black pepper
- Pinch of mixed spices



Method

Add onion and parsley to the minced meat and mix well together. Season the mixture with mixed spices and black pepper. Add pomegranate sauce to mixture and mix well together. Soak skewers in cold water before use, this will prevent skewers from getting burnt and getting splinters in your hands. Put the mixture on the skewers tightly. Bake under the grill or BBQ grill for 5 minutes, and then turn over. Repeat process until the meat is cooked. **Serves 10-12.**



Chicken kebab rolls



Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

- 1kg chicken breast, fat removed and cut into strips
- 1kg tomatoes
- 1kg cucumbers
- 1 large lettuce washed
- 2 Lebanese bread (bunch of 6 loaves)
- 2 tablespoons pomegranate
- 1 lemon
- 250g garlic sauce
- Pinch of dry chillies (optional)
- Pinch of mixed spices



Method

Marinate strips chicken with lemon juice, pomegranate, mixed spices, black pepper and leave for 15 minutes. Spray the wok with oil and fry chicken and toss until chicken is cooked well and has a golden colour for 10-15 minutes. Cut tomatoes and cucumber into rings. Spread the garlic sauce on the Lebanese bread. Design lettuce, tomato and cucumber on bread then add strips of chicken. Roll the bread and enjoy. **Serves 10-12.**

Optional

Add low-fat yoghurt on top of the chicken before rolling the bread.

Kofta in the oven with tahini



Preparation time: 20 minutes

Cooking time: 1 hour

Ingredients

- 1kg potatoes (medium sized), peeled, washed and chopped into rings and soaked in water
- 3 brown onions, peeled, washed and chopped into rings
- 2 brown onions, peeled, washed and diced (to mix with meat)
- 1kg tomatoes, washed and chopped into rings
- 1kg lean beef mince
- 3 bunches of parsley, washed, dried and chopped finely
- 1 cup tahini (sesame oil) dissolved in 2 cups of water
- Pinch of black pepper
- Pinch of mixed spices



Method

Preheat oven at 250°C for 10-15 minutes. To thin the tahini (sesame oil) add water and mix well and set aside. Place minced meat in a bowl, add chopped parsley, onions, black pepper, mixed spices and mix well. Spread the seasoned minced meat onto an oven tray evenly until it covers the tray. Add onion rings, then layer the rinsed potatoes rings and add tomato rings on top. Add the mix of tahini sauce on top of the whole tray. Cover tray with aluminium foil and bake at reduced temperature of 160°C in the oven for 50 minutes, then take the foil off and bake for another 10 minutes until light brown. **Serves 8-10.**

Kofta in the oven



Preparation time: 20 minutes

Cooking time: 1 hour

Ingredients

- 1kg potatoes (medium sized), peeled, washed and chopped into rings and soaked in water
- 3 brown onions, peeled, washed and chopped into rings
- 2 brown onions, peeled, washed and diced
- 1kg tomatoes, washed and chopped into rings
- 1kg mince (lean beef/lamb)
- 3 bunches of parsley, washed, dried and chopped finely
- Pinch of black pepper
- Pinch of mixed spices
- 3 cups of beef stock



Method

Preheat oven at 250°C for 10-15 minutes. Place minced meat in a bowl, add chopped parsley, onions, black pepper, mixed spices and mix well. Spread the seasoned minced meat onto an oven tray evenly until it covers the whole tray. Add onion rings, then layer the rinsed potato rings and add tomato rings on top and 3 cups of beef stock. Cover tray with aluminium foil and bake at reduced temperature of 160°C in the oven for 50 minutes, then take the foil off and bake for another 10 minutes until light brown. **Serves 8-10.**

Hint

This meal can be divided in serving portions and placed in the freezer for later.

Meatballs with potato stew



Preparation time: 20 minutes

Cooking time: 45 minutes

Ingredients

- 1kg potatoes (medium sized), peeled, washed and chopped then soaked in water
- 3 brown onions, peeled, washed and chopped into cubes
- 2 brown onions, peeled, washed and diced
- 2 x 250g pasta sauce bottle
- 1kg mince (lean beef/lamb)
- 3 bunches of parsley, washed, dried and finely chopped
- Pinch of black pepper
- Pinch of mixed spices



Method

Fry potato first then onions second in the same electric frying pan or wok until golden brown and set aside. In a bowl add chopped parsley, onions, black pepper and mixed spices to the minced meat and mix well together. With the palm of the hands make minced meat into round balls. Toss or fry the meatballs then put aside. Place the meatballs and potatoes in a saucepan and add pasta sauce. Heat until the pasta sauce boils and is cooked. Serve in a deep dish.

Serves 6-8.

Optional

Serve with plain steamed rice.

PASTAS AND STIR FRIES



Creamy veggie pasta



Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

- 350g penne pasta
- 1 brown onion, diced
- 2 cloves garlic, chopped
- 150g lean leg ham, sliced
- 250g mushrooms, sliced
- 1 bunch English spinach, thoroughly washed, drained and chopped
- 1 red capsicum, seeded and sliced
- 375ml can low-fat evaporated milk
- 2 teaspoons parsley, chopped
- 40g grated parmesan cheese
- 2 teaspoons cornflour



Method

Cook pasta according to packet directions and drain. Sauté onion and garlic in a non-stick pan with a little water until onion is soft. Add ham and mushrooms and cook until mushrooms are golden brown, adding a little water if necessary. Add spinach and capsicum, cooking until spinach is wilted. Add milk to vegetables and heat through. In a small bowl mix cornflour with a little water to make a smooth paste. Add to vegetable mixture. Place pasta in a large serving bowl. Pour over vegetable mixture, add parsley, cheese and toss well. Serve immediately.

Serves 4.

Hint

For a vegetarian meal, substitute extra mushrooms for ham.

Serving suggestion

Serve with a green salad.

Reference: Healthy Food Fast, Australian Government, Department of Health and Ageing Publication.

Pasta with red sauce



Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

- 350g penne pasta
- 375g can of diced tomatoes
- 1 brown onion, diced
- 1 bag of frozen mixed vegetables
- 2 teaspoons parsley, chopped
- 40g grated parmesan cheese
- 2 cloves garlic, chopped



Method

Cook pasta according to packet directions and drain. Sauté onion and garlic in a non-stick pan with a little water until onion is soft. Add frozen vegetables and tinned tomatoes and heat through. Place pasta in a large serving bowl. Pour over vegetable mixture, add parsley, cheese and toss well. Serve immediately. **Serves 4.**

Chicken stir fry with rice

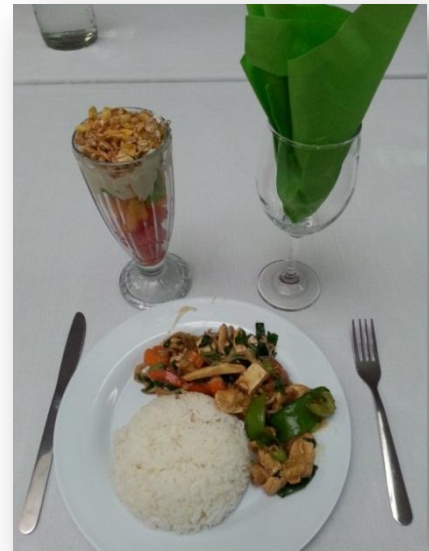


Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

- 2 cups of basmati or long grain rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into strips
- 1-2 cloves of garlic, crushed
- 1 medium brown onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick of celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce



Method

Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir fry chicken until almost cooked. Set aside. Add celery, onions, carrots, garlic and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to form a small paste then stir in stock and chilli sauce. Pour into stir fry and heat through. Serve with rice. **Serves 4.**

Variation

Use lean pork loin instead of chicken. Try noodles instead of rice.



Paella



Preparation time: 25 minutes

Cooking time: 40-50 minutes

Ingredients

- 1 brown onion
- 2 cloves of garlic
- 1 carrot
- 15g fresh flat-leaf parsley
- 70g chorizo
- 2 skinless, boneless higher-welfare chicken thighs
- 2 tablespoons of olive oil
- 1 teaspoon sweet smoked paprika
- 1 red pepper, deseeded
- 1 tablespoon tomato purée
- 6 cups of chicken stock
- 300g paella rice
- 100g frozen peas
- 200g frozen peeled cooked prawns
- 1 lemon



Method

Peel and finely slice the garlic, peel and roughly chop the onion and carrot. Finely chop the parsley stalks and then roughly chop the chorizo and chicken thighs. Put olive oil into the large lidded shallow casserole or paella pan on medium heat. Add the garlic, onion, carrot, parsley stalks, chorizo, chicken and paprika, and fry for around 5 minutes, stirring regularly. Deseed and chop the pepper, then add to the pan for a further 5 minutes.

Stir through the tomato puree and add 6 cups of chicken stock then add the rice and stir for a couple of minutes so the flavours combine well. Add a pinch of pepper. Pop the lid on and bring to a boil, then reduce to a simmer for 15 minutes, stirring regularly from the outside in and from the inside out. Add a splash of water if needed. Stir in the peas and prawns, replace the lid and cook for a further 5 minutes or until hot all the way through. Season to perfection, then chop the parsley leaves and scatter them over the paella. Serve with lemon wedges on the side to squeeze over the dish.

DESSERTS



Parfait



Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

- 1 rockmelon
- 5 kiwi fruits peeled and cut into wedges
- 500g low-fat vanilla yoghurt
- 250g natural muesli



Method

Layer fruit, yoghurt and muesli in tall glasses.

Variation

Substitute with fresh fruit in season for other combinations. Bananas, strawberries, mangoes, pineapples, apricots and grapes work well. **Serves 4.**



Kanafah



Preparation time: 5 minutes

Cooking time: 20 minutes plus 10 minutes baking

Ingredients

- 250g semolina
- 2 litres light milk
- ½ cup cornflour
- 300g light thickened cream
- 300g low-fat yoghurt
- 100g sweet breadcrumbs



Method

Preheat oven at 160°C. On very low heat on the stove add the semolina to cold milk. Add cream to milk and mix well together until the semolina is dissolved completely in the milk. Add the cornflour slowly into the semolina mixture. Keep the mixture on low heat and stir continuously until the mixture is thickened completely.

Spray baking tray with canola oil and sprinkle with breadcrumbs until the tray is covered. Pour the mixture over the breadcrumbs and distribute evenly in the baking tray. Add extra breadcrumbs sparingly on top to cover the mixture then bake in oven for 10 minutes. Remove from oven and let cool for 5-10 minutes.

Syrup

- 2 cups sugar
- 1 cup water
- 1 lemon zest
- 1 tablespoon rose water

Put the mixture on the stove on low heat until it boils. Remove from the stove and pour on the cooled kanafah. **Serves 15-20.**

Rice pudding



Preparation time: 2 minutes

Cooking time: 25-30 minutes

Ingredients

- 4 cups of rice
- 2 litres low-fat milk
- 1/2 cup of sugar/honey
- 1 can light coconut milk



Method

Boil 4 cups of rice in water for 15 minutes then drain. Warm 2 litres of milk with the coconut milk. Add the warm milk to the rice. Stir the milk and rice on low heat stove for 15 minutes. Add the sugar or honey into the mixture and stir well. Serve on small round dessert plates. **Serves 8-10.**

Optional

Garnish with cinnamon and dried nuts.

Quotes



Tina Lilo

“I enjoyed learning how to cook a healthy meal every week, something different and yummy, sharing with other family and friends what I learnt at our cooking classes and enjoyed making extra friends.”



Elaine Latli

“The kitchen is so good that I brought my whole extended family, my husband, my mum, my daughter, and my cousins, so they can share my happiness and learn about the new meals we shared together at the community kitchen.”



Gaby Silva

“The food was very interesting to me because of new, healthy and enjoyable recipes every week. I love the cooking class because we enjoy what we eat and at the same time learn how to look after our own health especially looking after our heart.”



John Dunne

“I come to cooking class every week. I enjoy the food and the people greatly and this is the best thing that has happened to me. I even took the leftovers for a meal for later. I enjoy the social aspect of the group and like to share and promote my artwork.”



Elder Layulava, Elder Rose, Elder Shelton and Elder Tuipubtu

“We couldn’t believe we learned to cook 3 meals from same ingredients with 3 fabulous tastes. Now we can budget better, eat less takeaway food, and enjoy more fresh food for the whole week. We thank god for nourishing our bodies and souls.”

Quotes



Mal Fruean, Coordinator, South West Multicultural and Community Centre

“Our community kitchen was all about sharing food, building communities and exchanging skills. It was certainly a pleasure for us, South West Multicultural and Community Centre to partnership on this project and to provide pathways for our community.”



Maureen Unasa

“The community kitchen has had a positive effect on my family, I enjoyed cooking each week with my new friends and my son would always ask when I would be returning to the kitchen because he wanted more of that yummy food. I enjoyed sharing my skills in arts and crafts with the group especially demonstrating the weaving of the 8 point star which is part of weaving one million stars to end violence.”



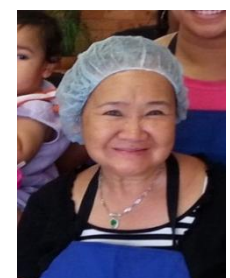
Jason Paulo

“The food is so yummy and too healthy! I enjoy it and enjoy blending the arts and food in the session. Music is the food for the soul and food is music for my stomach! There is nothing like sharing our joy and laughter with others.”



Catherine Leota

“I can do basic cooking but this community kitchen has been great, I have learnt so much in these cooking sessions and even invited my boyfriend to taste some of the yummy food. I turn up every week to cook and learn about new recipes which I write down to share with the whole group.”



Net Thi Huynh

“I enjoy sharing my Vietnamese cooking with the rest of the group. I enjoy more when I see people enjoy the meals together and want to learn how to cook my Vietnamese recipes.”

Community visits



Visiting Warwick Farm, Food 4 Life Market and the Community Garden the participants learnt from the successful food security community project models for the best way to access food in their local neighbourhood.



Visiting Green Valley Corps/Food 4 Life Market.

Community visits



Visiting Glenquarie 'Break the Cycle' project including the community garden, cafe, pantry and the Men's Shed.



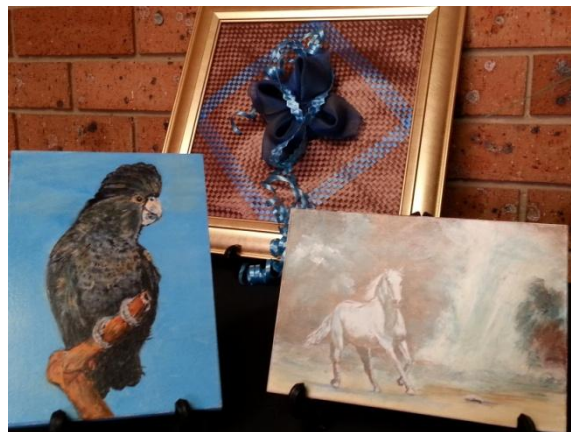
Net Thi sharing her banana tradition sweet treat for afternoon tea.



Visit to Mission Australia at Miller for the 'U-Turn Waka (Canoe) Project.'



Arts and crafts



Japanese students visit



Go4Fun

Pacific Kids 'Go4Fun' in Minto

South West Multicultural and Community Centre in Minto take pride in the fact that they were the first Go4Fun group to run a tailored Pacific Kids program in Sydney.

Go4Fun is a free program run by South Western Sydney Local Health District to help children aged seven to 13 who are above a healthy weight.

The 10-week program offers weekly workshops with information about how to live a healthy lifestyle as well as educating and positively effecting kids' attitude to food and exercise.

Minto mother Ema Zink's three children, aged 9, 12 and 13, enjoyed the program in 2014.

"It was great to see my kids involved in this project with other Pacific kids. I also loved the workshops for the parents and even made new friends," she said.

Community centre coordinator, Mal Fruean said the interest from the Pacific community had been positive, and they are looking for new opportunities to continue to run the tailored program in 2015.

The benefits of the program include: improved self-esteem and confidence, improved sporting skills and fitness, team work and communication and a healthier and happier child!

Registrations for the next school term are now open. To find out more call: Mal Fruean 02 9603 2500 or Leah Choi 02 9780 2811.

www.go4fun.com.au

1800 780 900



Healthy links

Villawood Arabic Women's Healthy Community cookbook

[http://www.sswahs.nsw.gov.au/PopulationHealth/content/pdf/Healthy%20Arabic%20Women%20Cookbook\(1\).pdf](http://www.sswahs.nsw.gov.au/PopulationHealth/content/pdf/Healthy%20Arabic%20Women%20Cookbook(1).pdf)

Australian Community Kitchens

www.communitykitchens.org.au

www.communitykitchens.org.au/Kitchens/Setup/

Heart Foundation recipes

Heart Foundation recipes www.heartfoundation.org.au/recipes/Pages/default.aspx

A Healthy and Active Australia

www.healthyactive.gov.au or 1800 020 103

More information

Contact Mary Enkababian on 02 8738 5908 or mary.enkababian@sswahs.nsw.gov.au

References

1. Australian Government 2006, Department of Health and Ageing, State of Western Australia, *Healthy Food Fast – Go for 2&5 campaign*
2. Australian Government, Department of Health, *Eat for Health* www.eatforhealth.gov.au
3. NSW Ministry of Health 2012, *Policy and Implementation Plan for Healthy Culturally Diverse Communities 2012-2016*
<http://www.mhcs.health.nsw.gov.au/policiesandguidelines/pdf/policyand-implementation-plan-for-healthyculturallydiverse2012-2016.pdf>

