

Fresh, delicious 5+ A Day recipes for one



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Just for you!

When you live alone, it can be tempting to eat one of two ways: eating the same food all week long so you use everything up, or grazing and eating toast for dinner because cooking seems like too much bother if it's 'just for me'.

This book is to help solo cooks break out of that rut! Here's a simple, delicious week of food, packed with the goodness of fresh vegetables and fruit, that's inexpensive, doesn't repeat the same meal over and over, and will inspire you to take the time to cook **'just for you'**.

How to use this book

This book is to help solo cooks eat 5+ A Day every day. You'll notice a couple of the recipes serve two; this is so you can have a friend over for dinner, or have nice leftovers for lunch the next day. The servings are generous.

This is a weekly menu, so if you use the shopping list and cook all the recipes, you should use up all the fresh ingredients over the week. That's why there are instructions to cook extra meat and vegetables in two recipes. But you can of course just dip in and cook one or two recipes.

Shopping list

Here's what you'll need for the dinners for the week.

Vegetables and fruit:

3 medium kūmara
3 parsnips
2 red or brown onions
½ bunch celery
4 carrots
1 head garlic
1 large head broccoli
1 bunch silver beet or spinach
(or a bag of baby spinach)
1 avocado
1 head cauliflower
2 potatoes
1 bag salad leaves or rocket leaves
2 lemons
1 cucumber
Oranges
Kiwifruit
Tamarillos
1 piece ginger

Herbs (optional):

Coriander leaves
Coriander
Rosemary
Parsley
Basil

Meat:

300g beef, pork or chicken mince
300g chicken thighs

Chilled:

Plain yoghurt
Tasty, blue cheese or
parmesan cheese
Eggs
Milk

PLUS: check you have these ingredients in the pantry:

Smoked paprika
Ground cumin
Chicken or vegetable stock
1 can chopped tomatoes
Italian herb mixture
Dried breadcrumbs
1 pack dried pasta shapes
1 can chilli or baked beans
Tortillas or wraps
Chicken or vegetable stock
Tabasco sauce
Small bag almonds
Peanut butter
Soy sauce
Honey



Breakfast ideas

These simple meals are full of nutrients to start your day.

- 2 pieces wholegrain toast spread with avocado; topped with 2 eggs.
- Bowl of porridge made with milk, coconut, cinnamon and topped with winter fruit compote (see page 11).
- Frittata made with leftover roast vegetables.

Lunch ideas

If you make this week of food, you'll likely have leftovers for lunch on a couple of days. On other days, mix and match these yummy ideas:

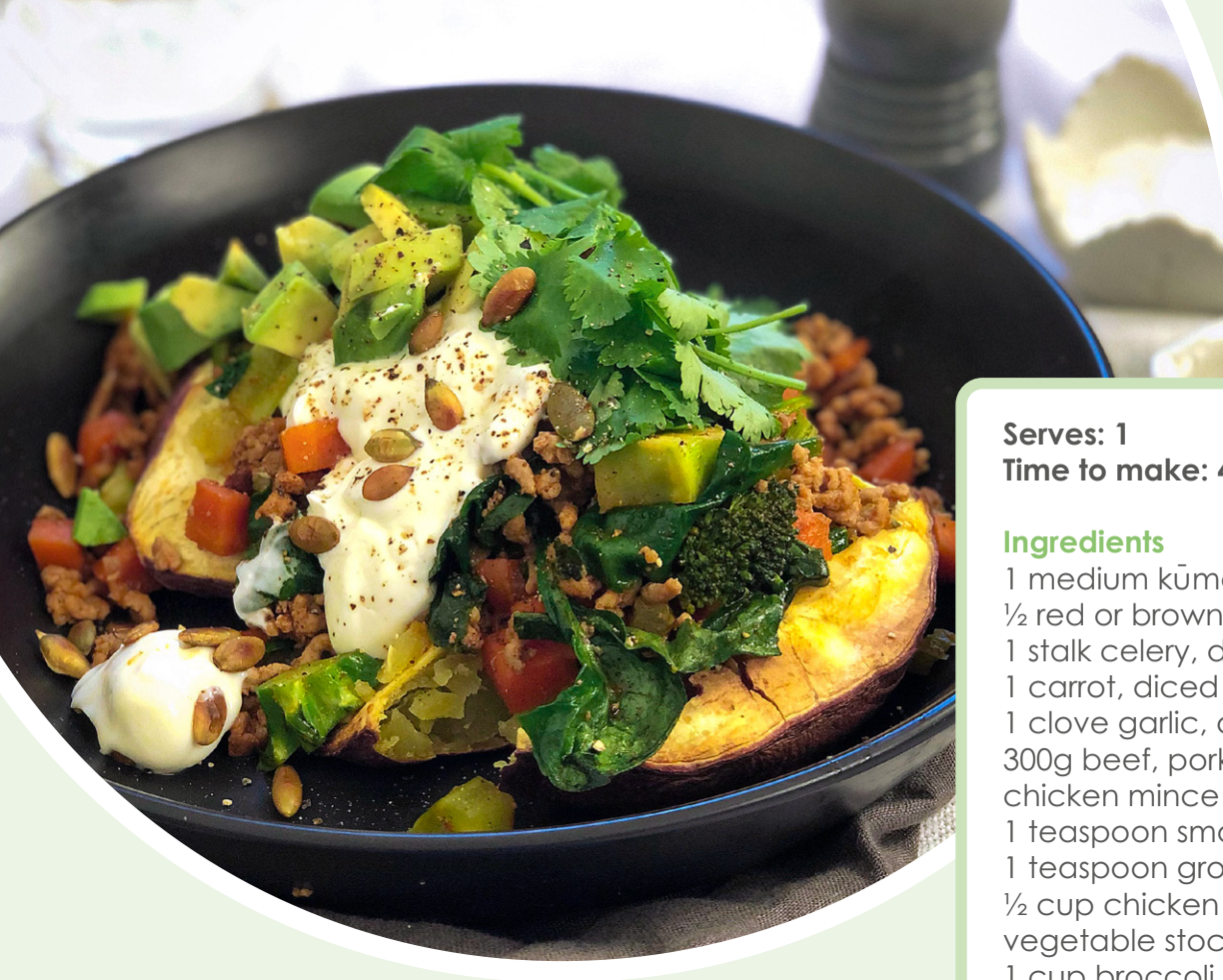
- **Tuna melt sandwich:** two slices of wholegrain bread, filled with small can flavoured tuna, slice of cheese and salad greens, toasted. I use a hot pan for this, with the sandwich weighted down with a heavy pot lid. If you have a sandwich press, even better.
- **Taco bowl:** Use up little bits of leftovers in a pretty bowl of goodness. Warm chilli or baked beans (you'll have half a can left over on Tuesday) and place in a bowl. Add salad leaves, grated carrot, sliced avocado and plain yoghurt. Toast a couple of tortillas and make your own tacos; top with barbecue or chilli sauce if you like.
- **Roast vege wrap:** Use some of your leftover roast veges inside a tortilla or wrap, with salad leaves, nuts and dressing of your choice. Add cheese and toast wrap if you like.



Star ingredient: Smoked paprika

This Spanish superstar is nothing like the paprika of old which gave colour, but not much flavour. Smoked paprika adds a deep, smoky flavour without heat, adding interest to almost any kind of dish. Try it as a rub for meat or chicken; an addition to soups and stews; a sprinkle on eggs or a flavour boost for pasta sauce.





Monday

Loaded roast kūmara with veggie-ful mince

Make this mince mixture today and use half of it in this recipe. Set aside the other half to be used on Wednesday. You can also make this with a baked potato.

Method

- Preheat the oven to 200°C. Cut the kūmara in half lengthwise and place in a baking dish. Roast kūmara for 20-30 minutes, until cooked through.
- While kūmara is cooking, make mince mixture. Heat a large pan over a medium-high heat and add a little oil. Cook onion, celery, carrot and garlic for 3-4 minutes. Add mince and cook, stirring, for 5 minutes, until browned. Add spices and stock and bring to a simmer. Season with salt and pepper. Simmer for 10 minutes, then add broccoli and spinach and cook a further 2 minutes until greens are tender.
- Remove kūmara from the oven and cut top in a cross, then squeeze to open (watch the steam). Place kūmara halves on a plate and spoon over mince mixture. Top with yoghurt, avocado and coriander.

TIP: Left over kūmara, if you have any, is delicious for breakfast with an egg, avocado and stir-fried spinach.

Serves: 1

Time to make: 40 minutes

Ingredients

1 medium kūmara
 ½ red or brown onion, diced
 1 stalk celery, diced
 1 carrot, diced
 1 clove garlic, diced
 300g beef, pork or chicken mince
 1 teaspoon smoked paprika
 1 teaspoon ground cumin
 ½ cup chicken or vegetable stock
 1 cup broccoli, finely chopped (use the stalks in this dish)
 1 cup spinach or silver beet leaves, roughly chopped
 ¼ avocado, diced
 ¼ cup plain yoghurt or Sour cream
 Oil
 Salt & pepper to taste

To garnish

Top with yoghurt (or sour cream)



Tuesday

Rancher-style eggs with tortillas

This is a tasty egg-based dish that can be eaten for any meal of the day. If you're not keen on tortillas, try it with toasted whole grain bread instead.

Method

- Heat a large pan over a medium heat and spray or drizzle with oil. Add onion and cook, stirring, for 2 minutes. Add potato and broccoli and cook, stirring, for 3 minutes. Add $\frac{1}{2}$ cup water to pan and let simmer until water has evaporated and potatoes are cooked through. Add spinach and cook for a minute or two, until wilted. Season with salt and pepper. Set vegetables aside and keep warm.
- Warm beans in a pot or microwave until warmed through.
- Return pan to heat. Mix eggs, milk and paprika with a little salt and pepper. Scramble eggs gently until just cooked. Set aside.
- Warm tortillas according to pack instructions.
- Place tortillas on plate and top with beans, vegetables and egg. Garnish with avocado and herbs, and chilli flakes or sauce and yoghurt if you like.

TIP: Use the leftover beans for breakfast or lunch, on toast topped with an egg or grated cheese.

Serves: 1

Time to make: 20 minutes

Ingredients

$\frac{1}{4}$ red or brown onion, diced
 1 small potato, cut in small dice
 1 cup broccoli florets
 1 cup silver beet or spinach leaves
 $\frac{1}{2}$ can chilli beans
 2 eggs, lightly beaten
 2 tablespoons milk
 $\frac{1}{2}$ teaspoon smoked paprika
 2 small tortillas or wraps (or use 1 larger one)
 $\frac{1}{4}$ avocado
 Oil

To garnish

Coriander, parsley or basil
 Chilli flakes, chilli sauce and unsweetened yoghurt to garnish (optional)



Wednesday

Beef & vege pasta bake with cauliflower cheese crust

You can put any veges you like into this bake, along with the mince mixture. If you have leftovers, enjoy it for lunch tomorrow.

Serves: 1 – 2

Time to make: 30 minutes

Ingredients

1 quantity of mince mixture
(see Monday)
1 can chopped tomatoes
1 teaspoon Italian herb mixture
½ cup dried pasta shapes
e.g. penne, fusilli or macaroni
¼ head cauliflower
½ cup grated tasty or
parmesan cheese
¼ cup dried breadcrumbs
Oil

To garnish

Fresh rosemary, parsley or basil

Method

- Preheat oven to 200°C.
- Heat a pan over medium-high heat. Add mince mixture and tomatoes and bring to a simmer. Add pasta and ½ cup water. Cook for about 10 minutes, until mixture has reduced a little and pasta is cooked.
- Place mince mixture in a small baking dish. Grate cauliflower. Mix cauliflower with cheese, breadcrumbs and a little chopped parsley in a bowl. Add salt and pepper. Spread cauliflower crumbs on top of mince mixture. Drizzle or spray with a little oil.
- Bake mix for 15 -20 minutes, until top is browned and crispy. Serve with a spinach or rocket salad on the side.
- Garnish with fresh herbs.

TIP: This cauliflower topping works just as well on other bakes such as lasagne and fish pie.



Serves: 1

Time to make: 20 minutes

Ingredients

¼ onion or 2 spring onions, diced
 1 clove garlic, finely chopped
 1 stalk celery, diced
 1 potato, diced (leave skin on)
 ½ head broccoli, roughly chopped, including stalks
 1 ½ cups chicken or vegetable stock
 1 cup silver beet or spinach leaves
 ¼ cup crumbled blue cheese or other tasty cheese
 Butter or oil
 Salt and pepper to taste

To garnish

Fresh herbs and yoghurt or sour cream
 2 small tortillas
 ½ teaspoon smoked paprika

Thursday

Super greens soup with smoky toast triangles

Don't be daunted by the blue cheese, but if you really don't like the flavour, use another tasty cheese instead. You can pop in any green veges you have on hand, and the recipe is easily expanded to make more so you can have leftovers in the fridge or freezer.

Method

- Place a pot on the stove over medium heat and add a little butter or oil. Add onion, celery, garlic and potato and cook, stirring, for 3 minutes. Add broccoli and stock. Bring to a simmer. Cover and cook for 5-6 minutes, until broccoli is just tender. Add spinach or silver beet and cook for 2 minutes more.
- To make toast triangles, preheat the grill and line a tray with baking paper. Slice tortillas into triangles, spray or drizzle with oil and sprinkle with smoked paprika, salt and pepper. Place under the grill and cook for 5 minutes, until crispy and brown. Set aside.
- Remove soup pot from heat. If you have a stick blender, blend soup until smooth. Add cheese and stir to combine. Taste and season with salt and black pepper.
- Serve soup with toast triangles, garnished with herbs, yoghurt and black pepper.

TIP: Got leftover soup? Turn it into dinner by cooking a serving of pasta with extra broccoli and peas, and spoon through soup as a sauce. Serve with some extra cheese and black pepper.



Serves: 1-2

Time to make: 30 minutes

Ingredients

1 small kūmara
 1 carrot
 1 large egg (or 2 small)
 1 teaspoon ground cumin
 ½ teaspoon smoked paprika
 ¼ cup flour
 Handful chopped parsley and mint
 ½ avocado
 ¼ cup blue cheese (or other tasty cheese)
 Squeeze of lemon juice
 Dash of tabasco sauce
 Salt and pepper to taste
 Oil

Spinach, orange & almond salad:

1 cup baby spinach leaves
 ½ orange, sliced into thin wedges
 Small handful almonds, toasted and roughly chopped
 Vinaigrette made from lemon juice and olive oil

Friday

Carrot & kūmara fritters with avocado and blue cheese dip

Fritters are a delicious and interesting way to eat your veges. You can make these with any 'grate-able' vegetable; try them with whatever you have on hand.

Method

- Grate kūmara and carrot. Place in a large bowl with egg, spices, herbs and flour, and seasoning of salt and pepper. Mix well.
- Combine avocado and cheese with lemon juice and tabasco. Mash together with a fork, taste and season with salt and pepper.
- Heat a pan over a medium-high heat and drizzle or spray with oil. Form kūmara mixture into patties and cook, turning, for about 3-4 minutes on each side, until golden and cooked through. Keep warm in a low oven while you make remaining fritters.
- Combine salad ingredients and toss to coat with dressing.
- Serve fritters with avocado dip and salad on the side.

TIP: Leftover fritters? They're great for breakfast, topped with an egg, mushroom and tomatoes.



Saturday

Chicken and vegetable tray bake with creamy lemon yoghurt sauce

This dish will make enough for two, plus gives you leftover vegetables for tomorrow's dinner.

Serves: 2

Time to make: 1 hour

Ingredients

2-3 chicken thighs (about 300g)
 3 parsnips, sliced lengthwise
 2 carrots, sliced
 1 small red or brown onion, sliced
 1 kūmara, cut in wedges
 2 cups cauliflower florets
 1 lemon
 1 teaspoon ground cumin
 Handful fresh herbs: try mint, basil, parsley or coriander
 ½ cup plain yoghurt
 1 small cucumber
 Salt and pepper to taste
 Oil

Method

- Preheat oven to 200°C. Line a large oven tray with baking paper. Prepare vegetables and lay out on tray. Drizzle with oil and toss (use your hands) to coat.
- Cut chicken thighs into three pieces. Add to tray. Sprinkle with salt and pepper and cumin, and add the zest of the lemon. Cut lemon in half and squeeze over the juice from one half. Slice the other half thinly and scatter lemon slices over baking tray. Place tray in oven and bake for 40 minutes, until chicken is cooked and vegetables are soft. When they're cooked, remove 2 cups vegetables and set aside for tomorrow's dinner.
- While vegetables cook, make sauce. Dice cucumber finely. Add to yoghurt in a bowl along with a squeeze of lemon and some of your choice of chopped fresh herbs, along with seasoning of salt and pepper.
- Serve chicken and vegetables with yoghurt sauce.



Sunday

Roast vege salad with peanut ginger dressing

Enjoy this zesty salad warm or cold. If you have leftover chicken from yesterday, you can add that in, too.

Serves: 1-2

Time to make: 10 minutes

Ingredients

2 cups cooked roast vegetables (use leftovers from last night: carrots, kūmara, parsnip, cauliflower and red onion)

2 cups salad or baby spinach leaves

¼ cup peanut butter

1 teaspoon soy sauce

1 teaspoon honey

1 teaspoon minced or finely chopped ginger

To garnish:

Fresh herbs, toasted seeds or nuts

Optional: cooked chicken, meat or tofu

Optional: chilli flakes or fresh chilli

Method

- Chop vegetables into bite-sized pieces and warm in the oven or microwave. Add salad leaves to bowl.
- To make dressing, combine peanut butter, soy sauce, honey and ginger in a bowl and add a dash of hot water to blend. Stir well and mix, adding more water if needed to make a smooth consistency.
- Add dressing to salad and gently mix. Serve salad garnished with nuts or seeds, chilli flakes and fresh herbs. If you have leftover meat, add this on top.

TIP: You can make a roast vegetable salad like this with all sorts of veges, so it's worth cooking a couple more than you need when you're making dinner earlier in the week. They also work well in a frittata for breakfast or lunch.



Easy dessert

Quick winter fruit compote

Make the most of the punchy vibrant flavours of winter fruit with an easy fruit compote.

Slice orange, kiwifruit and tamarillo. Place in a pot with a little maple syrup or brown sugar and a dash of water. Heat gently until just simmering, then turn off. Add a little cinnamon if you like. Serve warm or cold, for breakfast, a snack or dessert.



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