

Meal Date	Meal Name	Servings	Notes
19-09-2011 Mon	Meatballs With Rice	4	
20-09-2011 Tue	Chicken Lasagne	4	
21-09-2011 Wed	Choc Chip Muesli Slice	4	Baking
22-09-2011 Thu	Fried Rice	4	
23-09-2011 Fri	Baked Penne With Bacon	4	
24-09-2011 Sat	Whole Roasted Chicken with lemon a	4	
25-09-2011 Sun	Beef and Vegetable Pasties	4	

Instructions for Meatballs With Rice - 4 servings only

Rice White	3	Cup
Tomato Sauce	3	Tablespoon
Onion Brown	2	Large
Stock Beef	250	ML
Tomato Soup	1600	ML
Beef Mince	750	Gram
Oil Vegetable	100	ML

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Porcupine Meatballs with Rice

Weird name I know, but this is what my mum used to call this meal and it has always stuck with me. The Porcupine reference is to the dry rice that you add to the meatballs, which then make little spikes com out around the ball.

A very simple dish that is a favourite with the children.

1. In a large bowl mix the minced beef, onion, parsley, sauces and rice.
2. Once well combined, roll a tablespoon of mixture into a ball. I usually sit hem on a chopping board and wait until I have enough for to cook a large batch.
3. Pour oil in to a large pan, so that the surface of the pan is well covered then place at a medium heat
4. Add a large number of meatballs to the pan, turning every few minutes to ensure that the balls are browned all over.
5. Place cooked balls into a large saucepan and cook another batch of meat balls.
6. Repeat this process until all meat mixture is cooked.
7. Add beef stock and tomato soup to the saucepan stirring gently to combine the ingredients.
8. Cook on a high heat for a few minutes, then reduce heat and allow to simmer for approx 15 minutes.
9. Whilst this is simmering cook the rice and serve into balls. Top with meatballs and enjoy.

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Instructions for Chicken Lasagne - 4 servings only

Capsicum Red	2	Large
Capsicum Green	2	Large
Onion White	2	Large

Tomato Paste Herb And Garlic	375	Gram
Chicken Breasts	500	Gram
Oil Olive	2	Tablespoon
Butter	75	Gram
Cheese Tasty Grated	200	Gram
Cheese Mozzarella Grated	200	Gram
Flour Plain	0.5	Cup
Milk	750	ML
Pasta Lasagne	500	Gram

1. Preheat oven to 180 degrees Celsius.
2. Pre heat oil in a large frying pan.
3. Brown chicken in pan, stirring constantly.
4. Add onion, when clear, add capsicums and stir for two minutes.
5. Add tomato paste and mix well.
6. Spray lasagne dish with olive oil spray.
7. Start making the white sauce (see below for instructions on white sauce).
8. Lay lasagne sheets on bottom of dish. Break bits up so entire bottom is covered.
9. In the pan divide the chicken mixture into half.
10. Spread one half of the chicken mixture over the lasagne sheets.
11. Sprinkle half the tasty and mozzarella cheese on top of this.
12. Add next layer of lasagne sheets.
13. Spread remaining chicken mixture onto lasagne sheets,
14. Sprinkle remaining half the tasty and mozzarella cheese on top of this.
15. Place final layer of lasagne sheets.
16. Pour white sauce evenly over lasagne sheets.
17. Cover with aluminum foil (arch foil over the top).
18. Bake for 40 minutes.
19. Take off foil, turn off oven and turn on grill.
20. Grill for 5 minutes or until golden on top. **MONITOR CLOSELY.**
21. Take out of the oven and allow to sit for 10 minutes before serving.

White Sauce Instructions

1. Chop butter roughly and place in a microwave jug and add flour.
2. Cook for approx 45 seconds on high in microwave.
3. Stir vigorously to make a smooth paste.
4. Add milk, stir again and cook in microwave for 5 minutes.
5. Stir again, getting lumps out, particularly from the bottom.
6. Cook for approximately another 2 minutes.
7. Keep going like this until the mixture is smooth and thick.

Instructions for Choc Chip Muesli Slice - 4 servings only

Oats	2.5	Cup
Coconut Desicated	0.75	Cup
Chocolate Chips Milk	1	Cup
Sugar Brown	0.66	Cup
Flour Plain	0.66	Cup

<http://planningwithkids.com/2010/04/19/choc-chip-muesli-slice/>

1. Preheat oven to 180°C. Line tray with baking paper.
2. In a large bowl add oats, coconut, choc buttons and brown sugar.
3. Combine plain flour and baking powder, then sift onto mixture in bowl.
4. In a small jug whisk oil, milk and egg together.
5. Pour contents of jug into the large bowl and combine with oat mixture.
6. Pour out into prepared pan and press mixture into the pan.
7. Bake for 20 minutes or until the top is golden.
8. Allow slice to stand in the pan for 15 minutes, before moving to a wire rack to cool.
9. Cut into pieces and store in an air tight container.

Instructions for Fried Rice - 4 servings only

Rice White	3	Cup
Carrot	3	Large
Capsicum Red	1	Large
Eggs	4	Large
Spring Onion	10	Thick
Bacon Shortcut Rindless	8	Rash
Oil Olive	2	Tablespoon
Tomato Sun Dried	250	Gram
Pastry Short Crust	5	Sheets
Garlic Fresh	3	Clove
Cheese Fetta	75	Gram
Cream	400	ML

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Although we call this dish fried rice, the rice is not actually fried so it quite healthy and the kids love it.

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1. Put rice on to cook by your preferred method. We have a rice cooker and I use that.
2. While rice is cooking I tend to get each ingredient ready. Firstly I crack all eggs into a bowl and beat lightly.
3. Chop bacon into even pieces, about 1.5cm x 1.5cm.
4. Peel and grate carrots.
5. Finely chop capsicum
6. Slice finely the spring onions
7. Heat a large non stick frying pan to a medium temperature and then pour egg mixture into pan. Cook this like an omelet, pulling away the sides to enable all of the mixture to cook. Once the mixture has firmed and looks like it has browned slightly on the bottom, then using an egg lifter, divide the egg into four parts. This makes it easier to turn each section over to cook the other side. Once the second side has browned, remove from the pan and allow to cool.
8. Add oil to the pan and turn up heat slightly. Once oil is hot, add the bacon and cook to desired taste. I like it to be crispy.
9. Leaving the bacon in the pan, add spring onions and cook, stirring constantly for about a minute.
10. Add the capsicum and carrot, cooking and stirring frequently for about 2-3 minutes.
11. Chop egg into pieces of about 2cm x 2 cm.
12. Turn heat down on pan to low and add rice, mixing the ingredients through.
13. Finally add egg to the pan and mix through evenly.
14. Season with salt and pepper if required.

My children love to have this with some sweet chilli sauce or soy sauce drizzled on top.

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Instructions for Baked Penne With Bacon - 4 servings only

Pasta Penne	500	Gram
Oil Olive	2	Tablespoon
Bacon Shortcut Rindless	8	Rash
Cream	300	ML
Pasta Sauce	500	ML
Onion Brown	1	Large
Garlic Minced	2	Teaspoon
Cheese Parmesan Grated	70	Gram

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This is a very quick to cook dish, that will feeds a lot of people and it reheats quite well.

1. Boil water for pasta
2. Finely chop onion.
3. Cut bacon into thin strips approx 2cm x .1 cm.
4. Heat oil in a large frying pan (I use an electric frying pan.)
5. When heated to a moderate heat cook bacon to desired taste. I like it a bit crispy.
6. Add onion and garlic and cook for another couple of minutes.
7. Place pasta into boiling water.
8. Add pasta sauce to frying pan and turn down heat slightly. Allow to simmer for 3 ☐ 4 minutes.
9. Add cream to frying pan and mix well. Turn up heat slightly allow to bubble then reduce heat and allow to thicken.
10. Heat grill on high.
11. Drain pasta.
12. Add pasta to the frying pan and combine well.
13. Pour contents of the pan into a lasagna style dish and even out as required.
14. Top with grated parmesan and place under the grill until cheese has melted as is a golden brown colour.
15. Serve with some warm garlic bread!

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Instructions for Whole Roasted Chicken with lemon and shallot aspar - 4 servings only

Butter	45	Gram
Garlic Fresh	12	Clove
Oil Olive	4	Tablespoon
Lemon	2	Large
Chicken Whole	1	Large
Carrot	6	Large
Celery	6	Sticks
Onion Brown	2	Large
Asparagus	700	Gram
Shallot	1	Sticks
Cheese Parmesan	30	Gram

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You can see a video of how to cook this meal by Curtis Stone here

<http://recipes.coles.com.au/videos/page-1/?v=qzdAF3r-LPc>

- Preheat oven to 190°C.
- In a medium mixing bowl, combine the butter, garlic, zest of one lemon and thyme. Mix well with wooden spoon and season with salt and pepper.
- Beginning at the neck end of the chicken, use your fingers to carefully make a pocket between the flesh and skin of the chicken breasts and top of the legs.
- Gently slide enough of the garlic butter into the pocket under the skin to evenly coat the breasts and legs.
- Stuff the cavity of the chicken with enough of the chopped carrots, celery, onion and 1 half of the garlic.
- Using butchers' string, tie the legs of the chicken together and tuck the wings under the body.
- Place the remaining chopped vegetables into a roasting tray and set the chicken on top. Rub the tablespoon of olive oil (1 tbsp) over the chicken. Season with salt and pepper.
- Roast for 1 hour and 15 minutes or until an instant read thermometer placed into the thigh of the chicken reads 75°C.
- Remove the chicken from the oven and let rest at room temperature for 10-15 minutes lightly covered with foil. Discard vegetables from pan but reserve pan juices.
- While the chicken is resting, toss the asparagus on a baking tray with 1 teaspoon of oil and toss to coat. Season with salt and pepper and roast for 10 minutes or until tender but crisp.
- To make the dressing, whisk the shallots, lemon zest and juice in a medium mixing bowl. While whisking, slowly add the remaining 2 tablespoons of oil. Season to taste with salt and pepper.
- Arrange the asparagus on a platter, drizzle with the vinaigrette and garnish with the shaved parmesan. Serve with the chicken and pan juices.

Instructions for Beef and Vegetable Pasties - 4 servings only

Oil Olive	4	Tablespoon
Beef Mince	800	Gram
Onion Brown	2	Large
Potato	2	Large
Corn	1	Large
Tomato	2	Large
Spinach Baby	200	Gram
Parsley Fresh	0.5	Cup
Pastry Short Crust	8	Sheets
Eggs	1	Large
Cheese Parmesan	45	Gram
Garlic Fresh	6	Clove
Carrot	2	Large

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You can see a video by Curtis Stone on how to cook this dish here http://recipes.coles.com.au/videos/page-1/?v=sdoDUHJT1_g

Preheat the oven to 200°C.

□ Heat 1 tbsp oil in a large fry pan over high heat and sauté the beef for 5 minutes, breaking up any large clumps. Strain the beef and discard liquid from pan.

Place the pan back on heat and add 1 teaspoon of oil.

□ Add the onion, garlic, and cook for 3 minutes. Add the carrot and potato to the pan and cook for an additional 3 minutes stirring often.

□ Return beef to the pan, add the corn, tomato and spinach and cook a further minute or until the spinach has wilted. Remove from heat and stir through the parsley, season to taste with salt and pepper and let cool for 7 minutes.

□ Lay the 4 rounds of pastry onto a clean work surface and divide the filling evenly between the centre of each round of pastry. Brush the edges of the pastry with the egg wash and carefully fold and crimp the edges together to seal the pasties. Remove the plastic and poke several small holes with a knife in the pastry to allow steam to escape whilst cooking.

□ Place pasties onto a baking tray lined with baking paper, brush with a little of the remaining egg wash. Sprinkle the parmesan evenly over the pasties.

□ Bake for 18-20 minutes or until the pastry is golden brown and the filling is cooked through.

□ Let sit at room temperature for 5 minutes before serving .

□ Serving suggestion: For extra flavour, serve with Coles tomato sauce.

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