

HEALTHY EATING

VANTAGE POINT COMMUNITY



2022

HEALTHY EATING

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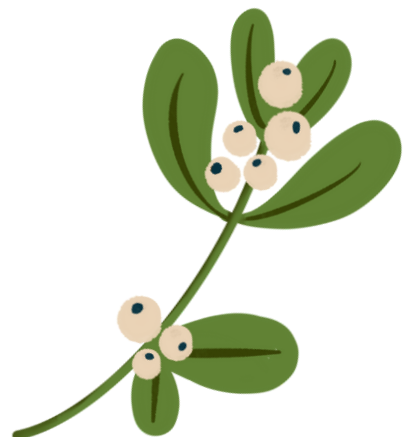
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INTRODUCTION

“The Vantage Point Community Foodbank has welcomed families with their whole heart and extended grace and provided beautiful cooking experiences and recipes in order to inspire the creation of healthy and delicious family meals. It is wonderful to watch the presenters and engage in these heart-warming experiences. Well done!”

-Penny

‘Our time spent with the team at Vantage Point has been amazing and then they go beyond all efforts by introducing us to kitchen night. Learning easy go to recipes and then taste testing dinner is awesome. Thank you team for a great healthy approach to encourage us to use everything we are gifted with.’

- Tiffany

“I’m from a hospitality background, so great eating experiences are important. The community cooking class experience was both enjoyable and fun. The food was wonderful and delicious. I appreciated the new recipes encouraging us to eat healthy (without the grease!)”

-Andrew



SAVOURY RECIPES

Our savoury recipes promote healthy eating and simple cooking. These recipes can be used for healthy snacks or a simple meal



GUACAMOLE

INGREDIENTS :

1 x Avocado
1 x Teaspoon of Sour Cream
1 x wedge of Lime [or Lemon]
Pepper and Salt to taste
OPTIONAL – 2 to 5 drops of Tabasco Sauce
[WARNING – HOT, HOT, HOT!!]

HOW TO MAKE :

Peel the Avocado, removing the pip and place in a bowl.
Mash the avocado with a fork
Add the Sour Cream and Lime [or Lemon]
Salt and pepper to taste
ADD THE TABASCO SAUCE IF YOU WANT THE HEAT!!
SERVE WITH
Corn Chips
Nacho's [Melted cheese on Corn Chips, with Salsa and Sour Cream
Quesadilla [Tortillas with melted cheese & Salsa



SPINACH RICOTTA ROLLS

INGREDIENTS :

Filling

- 250g frozen chopped spinach (thawed) – if using fresh spinach chop and blanch in a bowl of boiling water for 4-5 minutes. Drain, cool, and squeeze out excess liquid.
- 500g firm Ricotta Cheese
- $\frac{3}{4}$ cup grated Parmesan
- 1 $\frac{1}{2}$ cups shredded cheese (tasty, cheddar)
- 1 egg
- 1 large garlic clove
- Pinch Nutmeg
- $\frac{1}{2}$ tsp Salt
- Black Pepper

Rolls

- 3 sheets puff pastry
- 1 egg (beaten)
- Sesame Seeds

HOW TO MAKE :

1. Take pastry from freezer.
2. Place spinach in a colander and use a wooden spoon or your hands to press out excess water. Place in bowl.
3. Add remaining ingredients. Mix to combine.
4. Place pastry on work surface and cut in half to create 2 rectangles – you should have 6 in total.
5. Divide filling between pastries, brush edge with egg and roll up, finishing with seam down.
6. Cut rolls in 4 and place on greased baking trays.
7. Refrigerate for 15 minutes. Meanwhile, preheat oven to 180 degrees C.
8. Brush tops with egg then sprinkle with sesame seeds.
9. Bake 35 mins until golden.
10. Serve warm. Can be frozen – Cool and place in airtight container.



SPICY TOMATO PASTA SAUCE

INGREDIENTS :

- 50g butter
- ½ tsp dried chilli flakes
- 2 cloves garlic, sliced
- 500g cherry tomatoes, halved
- ¼ cup (60ml) chicken stock

HOW TO MAKE :

1. Heat a non-stick frypan over medium heat.
2. Add the butter, chilli and garlic and cook 1 minute. Add the tomato and stock and cook for 5-8 minutes until tender. Set aside and keep warm.
3. Cook desired pasta in boiling salted water and drain.
4. Top with sauce, parmesan and basil leaves. Serves 4.



VEGETABLE SALAD

SERVE HOT OR COLD

INGREDIENTS :

3 x medium Potatoes
1 x Sweet Potato or 500g Pumpkin
1 x Red Onion
1 x Zucchini
1 x Red Pepper
1 x Cup Green Beans (can use frozen)
1 x Cup Snow Peas

Dressing

1 x Tablespoon olive oil
1 x Tablespoon lemon juice
1 x tsp red wine vinegar
1 x tsp seeded mustard
1 x tsp honey
¼ tsp cumin

HOW TO MAKE :

1. Preheat oven to 200°C.
2. Cut potato/pumpkin into small cubes. Dice onion. Combine on oven tray and drizzle with olive oil. Bake for approximately one hour until vegetables are browned and crispy.
3. Cube zucchini and red pepper. Stir fry zucchini and red pepper with a little olive oil in frying pan. Add beans and snow peas – just blanch.
4. Remove from heat and combine all vegetables in serving dish and toss with dressing.
5. To make dressing, whisk all ingredients together



CRANBERRY TURKEY MEATLOAF

INGREDIENTS :

- 1kg turkey mince
- 1 egg, lightly beaten
- 1 small brown onion, grated
- 1 granny smith apple, grated
- 2 x garlic cloves, crushed
- ¼ cup shredded fresh sage leaves
- 2 tbsp chopped fresh flat-leaf parsley leaves
- ¾ cup dried breadcrumbs
- ½ cup cranberry jelly, melted

HOW TO MAKE :

1. Preheat oven to 180 degrees C/160 degrees C fan-forced.
2. Grease a 6cm deep, 14cm x 21cm loaf pan. Line with baking paper, leaving a 5cm overhang at both long sides.
3. Using hands, combine turkey, egg, onion, apple, garlic, sage, parsley and breadcrumbs in a bowl. Press mixture into prepared pan.
4. Brush top with 2 tablespoons cranberry jelly. Bake for 1 hour or until cooked through.
5. Stand in pan for 5 minutes. Using paper lining remove from pan. Transfer to a platter.
6. Brush with remaining jelly. Serves 8.



NEPALISE CHICKEN CURRY

INGREDIENTS :

- 1 x Kg Chicken Thigh sliced
- 1 x tin crushed tomatoes
- 250 ml chicken stock
- 1 Brown Onion sliced
- 1 Tsp Minced Garlic
- 1 Tsp Minced Ginger
- 1 Tsp Turmeric Powder
- 2 Tsp Cumin Powder
- 2 Tsp Coriander Powder
- 1 Tsp Chilli Powder
- 2 Tsp Curry Powder
- 2 Tsp Salt
- ¼ Tsp Pepper
- 2 Bay Leaf
- 1 Cinnamon stick
- Pinch Cinnamon powder
- Oil

HOW TO MAKE :

1. Add 1 Tblsp oil in pan
2. Fry 2 bay leaves and one cinnamon stick
3. Add sliced onion and sauté until golden
4. Add ginger and garlic
5. Sauté for 1 minute
6. Add tomatoes, stir and mix together for 2 minutes
7. Add chicken thighs, cook for 5 minutes
8. Place lid on and cook for 6-7 minutes
9. Add turmeric, coriander, chilli, cumin, cinnamon, salt, pepper
10. Stir and cook with lid on 12-15 minutes
11. Add chicken stock and bring to boil and simmer stirring occasionally until chicken is cooked.
12. Serve with Basmati Rice



FESTIVE MOROCCAN COUS COUS

SERVED WITH

SPICED CHICKEN BALLS & MINT YOGHURT

INGREDIENTS :

Cous Cous

- 4 cups Cous Cous
- 6 cups boiling water (1 ½ cups of water for every cup of cous cous)
- 30g butter or Nuttalex
- Dressing of choice or lemon juice

Spiced Chicken balls

- 500gm chicken mince
- 1 cup breadcrumbs
- 1 egg yolk
- 1/3 cup fresh coriander
- 3 tsp Harissa paste
- 1 onion finely chopped
- 1 tsp ground turmeric
- ½ teaspoon Cinnamon
- 1 tsp ground ginger
- 2 cloves garlic finely chopped
- Plain flour for dusting

Mint Yoghurt

- 4 sprigs of fresh mint finely chopped
- 1 lemon - grate zest and squeeze juice
- ¼ clove garlic finely chopped
- 200g natural yoghurt
- Sea salt and freshly ground pepper

Stir all ingredients together

HOW TO MAKE :

Cous Cous

1. Place cous cous into a plastic container with lid (approx. 18cm x 22cm)
2. Pour over boiling water
3. Add butter and stir
4. Place lid on While cous cous is expanding prepare other ingredients – a tablespoon of each of vegetables which have been finely diced and cooked.
5. Add all ingredients with spices and stir
6. Add lemon juice or dressing just before serving

Spiced Chicken balls

1. Combine ingredients in a bowl
2. Using floured hands roll tablespoons of mixture into balls
3. Heat oil in a large deep frying pan over medium to high heat
4. Cook meatballs turning for 4-5 minutes or until brown

Serve cous cous in individual serving dishes with skewered meatballs and a dollop of dressing and mint leaf to garnish!

This is a list of ingredients which you can add for more taste

- SWEET POTATO
- CAPSICUM – RED AND GREEN
- GREEN PEAS, CORN, CARROTS
- SPRING ONION
- SULTANAS/ CURRANTS
- FRESH MINT AND PARSLEY
- 1/4 TEASPOON CINNAMON
- DRIED CRANBERRIES
- 1 X TABLESPOON TURMERIC
- FRESH CORIANDER
- GARLIC
- 1 X TEASPOON CUMIN
- PEPPER



SWEET RECIPES

Our sweet recipes make for a delicious treat. They are simple to replicate and a perfect accompanying dish to our savoury meals



PEACH CAKE

INGREDIENTS :

- 1 x Pkt vanilla cake mix
- ½ cup coconut
- 125g butter, melted
- 800g tin of sliced peaches (drained)
*pie apple could also be used
- 300g sour cream
- 1 x egg
- Cinnamon

HOW TO MAKE :

1. Lightly grease a slice tin with butter or line with baking paper.
2. Pre-heat oven to 160 Degrees.
3. Place cake mix into a bowl with coconut and melted butter and stir until well combined.
4. Press mixture into base of slice tin.
5. Bake for 10 minutes or until golden brown
6. Arrange peaches across the cake base.
7. Whisk sour cream and egg together and pour over the peaches
8. Sprinkle with cinnamon
9. Bake for 15 minutes



CARAMEL TARTS

INGREDIENTS :

- 2 Packets Butternut Snaps biscuits
- 1 Tin Nestle Top 'n' Fill Caramel
- 300 ml cream, whipped
- Nutmeg

HOW TO MAKE :

1. Place enough biscuits to sit around edge of a flat plate.
2. Microwave approx. 2 minutes or until just softened.
3. Quickly press into patty cake small dome shaped tin.
4. Fill with caramel and refrigerate.
5. Decorate with whipped cream and a springle of nutmeg.



COMMUNITY POEM

Tiffany

The best way of bringing a community together is food

Tasting the end product entices your mood

Learning to cook simple dishes adds to the fun

Our time spent with friends has never been glum

The connections we make, the love that we share

Is all thanks to the team Vantage Point Care

