



Winter Warmers

Best Care Whakapai Hauora, 22 August 2022

When the days are shorter and the nights are cold, comfort yourself with delicious and nourishing foods





Hearty, Wholesome Meatloaf

Ingredients:

- 400g mince
- 400g can lentils, drained
- 1 egg
- 1/2 onion, peeled and finely chopped
- 1 carrot, grated
- 1/2 cup wholemeal dried bread crumbs or quick cook rolled oats
- 1/2 cup parsley, chopped
- 1/4 cup tomato sauce
- 1 packet onion soup mix (reduced sodium if possible)
- Black pepper to taste

What to do:

1. Pre heat oven to 180°C.
2. Mix together the mince, lentils, egg, breadcrumbs, carrot, onion, parsley, tomato sauce, onion soup mix and pepper until thoroughly mixed.
3. Press mixture into a greased loaf tin or similar sized baking dish (or can be free formed into a loaf shape and placed in a small roasting dish).
4. Bake for approximately 45 minutes or until cooked through.
5. Remove from oven and allow to cool, before slicing.

Serve with green veggies and a roast pumpkin for a complete and colourful meal.

Nutrition per serve (4) : 1488kJ energy, 32g protein, 28g carbohydrate, 4.3g sat fat, 614mg sodium

Adapted from a Heart Foundation recipe: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/meatloaf>



Mediterranean Prawn Soup

Ingredients

- 2 tbsp olive oil
- 500 g prawns, bought frozen cooked and peeled, then thawed before using
- 1 green capsicum, cored and chopped
- 1 red capsicum, cored and chopped
- 1 medium onion, peeled and chopped
- 5 cloves of garlic, peeled and chopped
- 2 tbsp tomato paste
- 1 tbsp dried oregano, divided
- 5 cups vegetable or chicken broth, low sodium
- 1 400g tin pureed or chopped tomatoes
- 3/4 cup orzo pasta (could also use short grain rice or any fast cooking grain as an alternative)
- 150 g baby spinach
- 3/4 cup fresh parsley leaves, chopped
- 2 tsp dried dill (or 1 cup if you have fresh)
- Juice of 1 lemon

What to do:

1. Heat the oil in a large pot. Sear the prawns for 1 to 2 minutes on both sides. Remove from heat and sprinkle with a generous pinch of dried oregano.
2. Heat the pot again with 1 tbsp of olive oil. Add the chopped peppers, onions, garlic, tomato paste, salt and the remaining dried oregano. Cook for 5 minutes stirring occasionally.
3. Add the vegetable broth and bring to a boil. Add the tin of tomatoes. Cook for 3 to 5 minutes.
4. When the liquid returns to a boil, add the orzo pasta. Turn the heat down to medium and cook for 8 minutes or until the orzo is tender.
5. Stir in the baby spinach, parsley, dill and lemon juice.
6. Add prawns and warm through. Taste and adjust the seasoning to your liking. Serve with a whole grain bread roll if desired.

Nutrition per serve (6) : 1283kJ energy, 27g protein, 33g carbohydrate, 1.7g sat fat, 300 mg sodium

Source: <https://www.themediterraneandish.com/mediterranean-shrimp-orzo-soup/#tasty-recipes-1066>

Savoury Cabbage Pancakes (Okonomiyaki)

Ingredients:

- 3 eggs
- 1/2 cup water
- 1 1/2 tbsp soy sauce
- 1 tbsp sesame oil (or other vegetable oil)
- 3/4—1 cup flour
- 4—5 cups shredded cabbage
- 1 carrot
- 3 spring onions or 1/4 cup red onion
- Oil for frying

Optional Topping—Okonomiyaki Sauce

- 4 tbsp reduced sugar tomato sauce
- 3.5 tbsp Worcester sauce
- 2 tbsp oyster sauce



What to do:

1. Remove wilted leaves from the outside of the cabbage. Cut into quarters and remove core. Thinly slice or shred half of the cabbage or until you have enough for 4 to 5 cups. Peel and grate the carrot. Slice the spring onions or chop the red onion.
2. In large bowl whisk together the water, eggs, soy sauce and sesame oil until smooth. Begin whisking in the flour 1/4 cup at a time, until it forms a thick smooth batter. Add cabbage, onion and carrot to the batter and mix until evenly covered.
3. Heat 1/2 tbsp oil in a non-stick pan over medium heat. Once hot, add 3/4 cup of batter and press into the pan to form a circle 1/2 inch thick. Cover the lid to help soften the cabbage as it cooks. Cook for 3—5 minutes or until golden brown then flip and brown the second side. Keep pancakes warm while you cook the remaining batter. Add oil as required.
4. Mix the sauce ingredients and drizzle over the pancakes before serving.

Instead of or in addition to cabbage, you could use kale, silver beet, bean sprouts, radish, shredded broccoli or courgettes. You can also top your pancakes with tinned fish, poached eggs, cooked prawns or shredded cooked chicken to make your meal a more substantial one.

Nutrition per pancake (6) : 593kJ energy, 6g protein, 18g carbohydrate, 1.2 g sat fat , 330 mg sodium

Source: <https://www.budgetbytes.com/savory-cabbage-pancakes-okonomiyaki/>