

PORK & VEGE BOIL UP

The more coloured veges you add to your meals the better, boil ups are no exception. Recipe adapted from www.radionz.co.nz

INGREDIENTS:

- 1kg pork bones
- 2 medium potatoes, washed and cubed
- 3 medium kumara, washed and cubed
- ½ pumpkin, peeled and cubed
- 4 kamokamo, peeled and cubed (deseeding optional)
- 5 large carrots, peeled and chopped into rounds
- 3 large bunches puha (*can soak in cold water to remove bitterness*)



Put the pork bones in a very large pot and fill with enough water to cover the bones. Bring to the boil, reduce heat and simmer (covered) for approx. 1.5-2 hours. If there is lots of fat on the surface of the water, skim some of this off. You can also change the water. Add more water to the pot and return to the heat. Add the potatoes, kumara, pumpkin, kamokamo and carrots. Cook until the vegetables are tender (approx. 35-45 min). Add watercress and cook until tender (approx. 15 min). Serve!

ROAST VEGES

These roast veges go with the vegetable stuffed roast chicken recipe over the page.

INGREDIENTS:

- 1 large kumara, washed and chopped into cubes
- 3 large carrots, peeled and sliced into rounds
- ½ pumpkin, peeled and chopped into cubes
- 2 large potatoes
- 1 kamokamo, washed and chopped into cubes
- 3 red onions, chopped into quarters or smaller
- 2tbsp Oil



Place all veges in a large lined roasting (might need 2), drizzle oil over the top and toss so all the vegetables are coated. Place the stuffed chicken on top and roast at 200°C for approx. 1-1.5 hours.

VEGETABLE STUFFED ROAST CHICKEN

Recipe adapted from Stephen Cameron for HEHA. This recipe goes with the roast vege recipe on the opposite page.

INGREDIENTS:

2tbsp oil

1 large onion, diced finely

4 cloves garlic, smashed

4 slices bread, crumbed

2 carrots grated

1 small kumara, grated

¼ of a small pumpkin, grated

Pinch of pepper and salt

Large handful of chopped mixed herbs (sage, coriander, parsley) or 1
tbsp of dried herbs

1 egg

1 whole chicken

Moroccan spice mix



Heat oven to 200 °C. Heat a medium sized saucepan, add oil and cook onions and garlic until clear (about 2 minutes). Add all grated veges and crumbed bread. Cook for 5 minutes. Add the egg and mix very well. Stuff the chicken and fold the skin over the opening. Rub the chicken in Moroccan spices, place on a roasting tray with roast veges underneath (see *roast vege recipe*) and cook for approx. 1-1.5 hours (depending on size of chicken). To test if the chicken is done, pull a leg away from the body (juices should run clear), if it is still pink, put back in the oven for 10-15 minutes.

PUHA SMOOTHIE

A different take on the green smoothie! Recipe adapted from www.smarterfitter.com



Place ½ avocado, ½ frozen banana, ¼ apple, handful of puha (soak in water for 10 minutes to remove bitterness), a few ice cubes and a splash of water in a blender. Blend until ingredients are well combined.

FISH HEAD SOUP

A delicious and cheap way to make use of every part of the fish (not just the fillet) recipe adapted from www.nzwomansweekly.co.nz

INGREDIENTS:

1tbsp oil
1 large onion, finely diced
2 carrots, sliced into rounds
2 celery sticks, sliced
3 sprigs parsley
1tsp fennel seeds (optional)
1 bay leaf
3 gloves garlic, crushed and sliced
1 can to tinned tomatoes
1 tbsp white vinegar
200ml water
Small can/packet of tomatopuree
1kg fish heads (and/or skeletons)



Heat the oil in a large pot, cook the onions, carrot, celery and feneel seeds for about 5 minutes so they are fragrant and coloured. Add the bay leaf, parsley, garlic and canned tomatoes. Add the vinegar and tomato puree. Leave to cook for a few minutes. Add the fish head (and bones), cover with water and leave to simmer for 20 minutes exactly (if you leave longer the soup will develop a bitter taste). If you can leave overnight the flavours will develop. Strain the soup, saving the broth. Remove most of the meat from the heads and return to the broth. Gently reheat and serve.

WHOLE BAKED FISH



WBOF PHO

This recipe makes use of the whole fish! Mix up the vegetables you lay the fish on to whatever is in season. Recipe adapted from www.anamericaninitaly.com

INGREDIENTS:

- 1tbs oil
- 1 whole fish (cleaned and scales removed)
- 1 large potato, washed and sliced into flat rounds
- 4 tomatoes, sliced into flat rounds
- 1 lemon, sliced into rounds
- 1 onion, sliced into rings
- 2 carrots chopped into large chunks
- 2 capsicums, deseeded and sliced
- 6 cloves garlic (peeled)
- Handful of fresh parsley
- 1 tsp paprika



Preheat the oven to 200°C. In a large lined roasting dish, layer down the potatoes and onions and drizzle with 1 tbsp of oil, toss the vegetables. Place slices of lemon inside the fish. Rub the fish with some oil and paprika. Lay the whole fish over the first layer of vegetables. Add remaining vegetables around the fish with a little bit of oil. Cook for 1 hour. If the vegetables need a bit of moisture you can add a little bit of vegetable stock liquid or water and cover with foil for the last 15 minutes.