

GOOD QUICK TUKKA COOKBOOK

DEADLY RECIPES FOR MOB



Deadly Choices

coles



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You can get all the ingredients for these delicious and nutritious recipes at your local Coles supermarket!

BERRY STORM SMOOTHIE

1 serve

Ingredients

1 banana
1 cup mixed frozen berries
1/2 cup greek yoghurt
1 cup milk or water
Dash of cinnamon

Equipment

Blender
Measuring cups

Method

1. Cut banana in halves and place into blender.
2. Place berries, yoghurt and cinnamon into blender.
3. Add liquid of choice and blend until smooth.

“You can use any milk of choice - including oat, rice, almond or soy!”





OVERNIGHT OATS – 3 WAYS

3 Serves

Choc Banana Flavour

1 banana mashed
1/2 tsp cinnamon
1/2 tsp vanilla essence
1/2 tsp cacao
1½ tsp honey
60g oats
100g yoghurt
100ml milk

Peanut Butter & Jelly Flavour

4-5 strawberries, diced
2 tsp peanut butter
2 tsp strawberry jam
1 tsp honey
60g oats
100g yoghurt
100ml milk

Vanilla Blueberry Flavour

1/2 cup of blueberries
1/2 tsp vanilla essence
1/2 tsp cinnamon
1½ tsp honey
60g oats
100g yoghurt
100ml milk

Equipment

Containers or jars
Measuring cup
Teaspoon
Chopping board
Sharp small knife
Mixing spoon

Method

1. In a container or jar, add all ingredients for one recipe together and stir well.
2. Keep in fridge at least overnight to allow liquid to absorb. Each recipe will keep up to 5 days in the fridge.

“Oats are a great source of slow release energy that keep our guts happy!”

6.





MICROWAVE PANCAKES

Serves 4

Ingredients

1 cup wholemeal flour
1 cup milk
4 eggs
4 bananas
Greek yoghurt
Strawberries

Equipment

Large bowl
Whisk
Microwave
Greaseproof paper
Fork

Method

1. Add banana to a small bowl and mash with fork (it's okay if small chunks remain).
2. Place flour, milk and eggs into a bowl and whisk together with fork/whisk. Then stir in mashed banana.
3. Put oil, butter or a sheet of greaseproof paper on to plate.
4. Pour a heaped spoonful of pancake mixture on top of paper.
5. Microwave for approximately 2 minutes.
6. Peel away greaseproof paper and place pancakes on to a plate.
7. Repeat cooking instructions for remaining mixture.
8. Serve with a spoonful of yoghurt and berries.

“Choosing wholemeal flour rather than white flour offers more fibre, minerals and nutrients. This means that our blood sugars remain more steady and we feel fuller for longer.”





KEBABS WITH NOODLE STIR FRY

Serves 4

Ingredients

750g packet Coles Chicken Honey and Soy Kebabs
450g packet of Hokkein noodles
Coles Kitchen Ready Stir Fry Mix
Teriyaki sauce
Sesame seeds
1 tbsp vegetable oil
1 bunch coriander

Equipment

Frying pan or BBQ/grill
Tongs
Mixing bowl
Medium pot
Colander/strainer

Method

1. Heat the frying pan or grill. Cook kebabs for 15 mins or until cooked through, turning them throughout. Set aside covered in foil, to keep warm.
2. Cook noodles according to packet instructions.
3. Heat pan and cook stir fry mix until heated through.
4. Serve kebabs with the noodle stir fry. Drizzle teriyaki sauce, sesame seeds and coriander over stir fry noodles.

“This balanced meal has all the good bits - protein, carbs, veggies.”





VEGGIE QUICHE

Serves 4

Ingredients

2 sheets of reduced-fat puff pastry
½ onion
½ capsicum
6 mushrooms
4 eggs
½ cup reduced-fat milk
1 zucchini
¾ cup small broccoli florets
½ cup reduced-fat grated cheese
Olive oil
Dried beans, rice or lentils (for blind baking)

Equipment

Glass oven dish
Large bowl
Large knife
Chopping board
Cup measures
Baking paper
Frying pan

Method

1. Preheat oven to 200 degrees Celsius.
2. Blind bake the pastry by greasing the oven dish with oil or use baking paper to line the dish. Place the pastry in the dish. Gently prick the pastry with a fork and place another sheet of baking paper over the top. Weigh down the paper with uncooked rice. Bake for 15 minutes or until slightly puffed.
3. Whilst the pastry is blind baking, heat the olive oil in the frying pan on medium heat. Add the onions and cook for 2 minutes. Then add the capsicums and mushrooms and cook for another 2-3 minutes.
4. Crack the eggs into the large bowl. Add milk, then whisk to combine.
5. Add the pan-cooked ingredients, broccoli and zucchini into the large bowl and mix well. Add cheese and season with salt and pepper.
6. Take the pastry from the oven and remove the top layer of baking paper, careful not to spill the rice from blind baking.
7. Pour the egg mixture into the pastry. Place in oven and bake for 30 minutes or until fully set.
8. Serve.

“Use whatever veggies are available to you in your fridge or locally - some ideas include corn, tomatoes, grated carrot or cauliflower!”





BEETROOT, CHICKPEA AND FETA SALAD

Serves 4

Ingredients

- 2 x 250g Coles Baby Beetroot Prepacked
- 1 pack Coles Feta
- 1 red onion
- 1 can chickpeas
- ½ packet or 280g of baby spinach
- 1 bunch of fresh basil
- 4 tbsp pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp dijon mustard
- 2 tsp maple syrup or honey

Equipment

- Chopping board
- Large sharp knife
- Large bowl
- Small bowl
- Colander
- Spoon measures

Method

1. Open packets of beetroot and dice into 2cm cubed pieces. Place in the large bowl.
2. Peel outer layers off red onion. Cut in half and slice finely. Add to the salad bowl.
3. Strain chickpeas and rinse under water. Add to bowl.
4. Rinse basil leaves and chop coarsely. Add to bowl, alongside baby spinach.
5. Use small bowl to make dressing. Add all ingredients (olive oil, balsamic vinegar, Dijon mustard, maple syrup) and mix well. Then add to the salad and mix through.
6. Top with pumpkin seeds and serve.

“Beetroot is a deadly veggie. It’s in season all year round and is available in convenient pre-cooked packets at Coles. Beetroot contains a compound that is beneficial for reducing blood pressure.”





VEGGIE FRITTERS

Serves 5

Ingredients

- 1½ cups wholemeal self-raising flour
- 1x 420g can corn kernels
- 2 carrots
- 2 zucchinis
- ¼ red cabbage
- 1 cup low fat cheese
- 4 eggs
- 1 cup low fat milk
- 2 teaspoons vegetable oil

Equipment

- Large bowl
- Small bowl
- Spatula
- Fry Pan
- Large Knife
- Grater
- Measuring Cup
- Fork
- Tablespoon

Method

1. Finely chop cabbage and grate carrots and zucchini into large bowl. Add cheese, flour and corn.
2. Crack eggs into small bowl and beat, then add milk.
3. Combine all ingredients and mix.
4. Heat oil in fry pan, scoop mixture (making 5 fritters), pour spoonfuls into pan, and cook until golden on both sides or mixture is cooked through.
5. Serve.



“These fritters are perfect for breakfast, lunch, dinner or as a snack! Protein packed, with a serve of veggies in each one.”





CHICKEN BURGERS WITH STORM COLESLAW

Serves 4

Ingredients

500g chicken mince
1 egg
1 cup of breadcrumbs
1 garlic clove
1 spring onion or ½ brown onion, finely chopped
½ red cabbage
3 carrots
1 bunch herbs (parsley, coriander or dill)
1 apple
1 cup lite mayonnaise
2 tbsp dijon mustard
2 tbsp apple cider vinegar
Pepper
4 x wholemeal burger buns
1 tbsp vegetable oil
Optional: pickles + juice (2 tbsp)

Equipment

Chopping board
2 large bowls
Small bowl
Sharp knife
Frying pan
Mixing spoon
Spoon measures
Grater

Method

1. Finely dice onion and garlic.
2. Place chicken mince, egg, breadcrumbs, garlic and onion in a bowl and combine.
3. Divide burger mix into 4 and shape into patties.
4. Finely shred the cabbage with the large sharp knife. Place the cabbage in a very large bowl.
5. Peel then grate the carrot and place in bowl.
6. Wash apple and grate into bowl.
7. Wash the herbs well to remove grit. Chop roughly and add to bowl.
8. Toss all ingredients together in the bowl.
9. In a small bowl, add mayonnaise, Dijon mustard, apple cider vinegar and pickle juice, with cracked pepper and mix.
10. Add dressing to large bowl with coleslaw ingredients and mix. Set aside.
11. Heat fry pan and add oil. Cook chicken patties in the pan on one side until golden and flip, repeat on the other side.
12. Prepare burgers. Cut the buns in half and place chicken patty on one bun half, place coleslaw on top, then top with sliced pickles.
13. Serve.



“You can swap out coleslaw ingredients for any of your favourite salad vegetables”

CHICKEN CURRY WITH RICE

Serves 4

Ingredients

- 1 tbsp vegetable oil
- 2 cloves garlic, minced or 1 tbsp garlic paste
- 2 tsp ginger, grated or 1 tbsp ginger paste
- 1 onion
- 500g chicken thighs
- 3 tbsp curry powder
- 1 can low fat coconut milk
- 1½ cups low salt chicken stock
- 2 carrots, chopped into 0.5cm cubes
- ¾ cup of frozen peas
- 1 bunch of coriander
- 1½ cups cooked or ½ cup uncooked basmati or brown rice

Equipment

- Saucepan or pot
- Mixing spoon
- Large knife
- Chopping board
- Spoon measures
- Cup measures

Method

1. Dice onion and carrot, grate or mince garlic and ginger.
2. Cut chicken thighs into bite-sized pieces.
3. Heat oil in saucepan over medium-high heat. Add onion, garlic and ginger to pan and cook for 2-3 minutes, until onion turns translucent.
4. Add chicken into pan and cook until it turns from pink to white on each side.
5. Add curry powder and carrot into pan and cook for 2 minutes.
6. Add coconut/evaporated milk and chicken stock to the pan and stir. Reduce heat slightly, and cook for 10-15 mins, simmering until sauce thickens.
7. Meanwhile, cook rice as per instructions on the packet.
8. Add peas to the curry and cook for a further 2 minutes. Garnish with coriander.
9. Serve.

“Using low fat coconut milk adds a creamy texture to this curry, but reduces the fat content of the dish.”





LENTIL BOLOGNESE

Serves 4

Ingredients

- 1 can lentils
- 1 can diced tomatoes
- 3 tbsp tomato paste
- 1 packet spaghetti
- 1 brown onion
- 2 garlic cloves or 1 tsp garlic paste
- 3 mushrooms
- 1 carrot
- 2 tbsp olive oil
- Salt and pepper
- 1 tbsp each of dried oregano and basil or
- 2 tbsp Italian herb mix

Equipment

- Large knife
- Chopping board
- Large bowl
- Large saucepan
- Mixing spoon
- Large pot
- Colander/strainer

Method

1. Dice onion, cut carrot and mushrooms into small pieces and finely cut or crush garlic.
2. Heat 1 tbsp of oil in large frying pan on medium-high heat. Add onion, carrot, herbs and spices and cook for 5-10 minutes. Then add garlic and mushrooms and cook for another 3-5 minutes.
3. Rinse lentils in colander well and add them to pan. Turn to medium heat, add tomato paste and stir.
4. Add diced tomatoes and salt. Bring to boil, stir then turn down to low heat and simmer for 20-25 minutes. Stir occasionally and add small amounts of water if needed.
5. Boil water in the large pot with 2 tsp salt. Cook pasta as per the packet instructions. Once pasta is cooked and soft to bite, drain in colander and return to pot. Mix 1 tsp of olive oil through pasta to reduce sticking/clumping.
6. Serve sauce and pasta together and garnish with fresh basil.

“Lentils are a great source of plant-based protein that are also high in fibre!”





BLACK BEAN POWER BURRITOS

Serves 4

Ingredients

1 onion
2 cloves garlic or 1 tbsp garlic paste
1 tin Coles Black Beans
1 capsicum (red or green)
1 corn cob or 1 cup frozen corn
4 tomatoes or can diced tomatoes
1 avocado
Juice of 1/2 lemon
1/2 tsp salt
Coles 4 Leaf Salad Mix
Cheese, shredded
4 tortillas
1 tsp vegetable oil
1 tbsp each of paprika and cumin
or a mexican spice mix

Equipment

Fry pan
Mixing spoon
Large knife
Chopping board
Strainer/colander
Small bowl

Method

1. Dice onion, garlic and capsicum and prepare corn on chopping board. Rinse black beans in colander until water runs clear.
2. Heat pan over medium-high heat, add oil and wait a minute to allow it to heat. Add in onion and garlic, and cook until onion for 3-5 minutes, stirring regularly.
3. Add corn and capsicum, stirring for 3-5 minutes.
4. Add the spices, beans and tomatoes. Mix and cook for 7-10 minutes, until tomatoes start to break down. Note: add some water to the pan if spices dry out the mix and it starts to stick/burn.
5. Meanwhile, mash the avocado in a small bowl. Add lemon juice and salt, and stir to combine.
6. Prepare tortillas with 1 tbsp of avocado spread in centre of tortilla.
7. When bean mix is finished cooking, add approximately 2-3 heaped tablespoons of mix to tortilla. Top with cheese and a handful of leaves.
8. Wrap tortilla tightly and serve!



MEAT AND VEGETABLE RISsoles

Serves 4

Ingredients

500g lean beef mince
2 potatoes
2 carrots
2 onions
1 green capsicum
1 egg
2 tbsp flour
1 tbsp vegetable oil
Salt and pepper

Equipment

Fry pan
Spatula
Large knife
Grater
Mixing spoon
Large bowl
Chopping board

Method

1. Peel and grate potatoes.
2. Very finely dice carrots, onions and capsicum.
3. Mix all ingredients (except the flour) in a bowl, so they stick together.
4. Take small handfuls of the meat and vegetables and roll into balls.
5. Sprinkle flour onto a plate and roll the balls through it to coat them.
6. Heat fry pan and add a small spoonful of oil.
7. Cook rissoles on one side until cooked half way through and flip with spatula to repeat on the other side.
8. Once cooked all the way through, let the rissoles cool slightly before serving.

“This is a great and delicious way to get the whole family to increase their veggie intake!”

“Serve with roast veg, mash or a side salad!”





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