

ROAST VEGGIE PASTA

VEGAN, KID FRIENDLY

Delight in a wholesome and flavourful dish of roasted capsicum, eggplant and zucchini in a rich tomato based sauce.

You can actually use any pasta you like, but as a vegetarian dish, I would recommend opting for protein or pulse pasta.

Time:	45 min
Serves:	4
Cost per serve:	~\$2.45



Ingredients

- 375g protein/pulse pasta
- 400g tinned tomato
- 170g tomato paste
- 1 eggplant
- 1 zucchini
- 1 capsicum
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1 tbsp dried Italian herbs
- 2 tbsp extra virgin olive oil

1. Cut eggplant, zucchini and capsicum into even pieces. Coat with the extra virgin olive oil, oregano and basil. Bake for 40 minutes @180C.
2. In the meantime, add the tinned tomatoes and tomato paste to a pot with the Italian herbs on low heat. Stir occasionally.
3. Cook pasta per packet instructions. Save 2 tbsp of the pasta water before draining and add to the tomato pasta sauce.
4. Once the vegetables are cooked, add to the pasta and pasta sauce.

MEAL PREP TIP:

Pasta makes a fantastic meal prep option as it's easy to store and tastes the same once re-heated.

If you have extra sauce ingredients, make extra and freeze in individual portions. You can then add to a pasta dish for a quick 10 minute meal.

ORZO AND MEATBALLS

DAIRY FREE, VEGAN (WITH SUBSTITUTIONS)

These veggie packed meatballs are the perfect addition to any dish. The orzo adds fantastic texture and the sauce is also boasting with veggies making this dish an absolute winner.

You can use whatever mince you like for these meatballs, but I've included my favourite below.

Time:	45 min
Serves:	5-6
Cost per serve:	~\$2.75



Ingredients

- 500g turkey mince*
- 1 cup lentils^
- 1 zucchini
- 1 carrot
- 1 capsicum
- 1 brown onion
- 2 eggs
- 1 cup breadcrumbs
- 1.5 cups orzo/risoni
- 400g tinned tomatoes
- 1 tbsp dried oregano
- 1 tbsp dried rosemary
- 1 tsp extra virgin olive oil

*You can use any mince (or combination) depending on your preferences, including TVP or other plant-based meat products.

^You can use rehydrated dried lentils, or ready-to-eat lentils straight from a can.

Method

1. Prepare the vegetables: grate zucchini and carrot; dice capsicum and brown onion.
2. Make the meatballs: mix together mince, lentils, zucchini, carrot, breadcrumbs, eggs and herbs until well combined. Form into golf ball sized balls.
3. Heat 1 tsp of oil in a pan. Add onion and lightly brown off (approx. 5 minutes).
4. Add meatballs to the pan and lightly sear (approx. 2 minutes).
5. Add capsicum, tinned tomatoes and orzo to the pan. Add water until the orzo is completely covered (about 1 cup).
6. Remove from the stove, cover in aluminium foil and bake in the oven for 20-30 minutes (depending on meatball size) or until the orzo is cooked through.

MEAL PREP TIP:

Double the meatball recipe and cook the remainder at the same time as the orzo dish. You'll then have another 5 servings of meatballs to freeze and add to meals for a quick dinner!

PEANUT BUTTER NOODLES

VEGAN, 10 MINUTE RECIPE

Satisfy your taste buds with peanut butter noodles. Simple and perfect to whip up as a lazy dinner.

No noodles? Use pasta or rice. This dish is incredibly versatile and if you love peanut butter, you're going to want this sauce on everything.

Time:	10 min
Serves:	3-4
Cost per serve:	~\$2.85



Ingredients

- 400g fresh noodles*
- 1/2 cup peanut butter
- 1/3 cup soy sauce
- 1/2 cup soy milk
- 1/2 cup boiling water
- 1 clove garlic^ (crushed)
- (optional) chilli flakes

* Any noodles will work. I have recommended fresh as these will cook in the sauce itself.

^You can substitute for crushed garlic in a jar

Method

1. Combine peanut butter, soy sauce, soy milk, boiling water and garlic together. You can do this in a jar by adding all the ingredients and shaking until mixed.
2. Once combined, add the sauce to a pan on low heat. Once bubbling, add noodles and cover for approximately 5 minutes or until the noodles are cooked. You may need to stir occasionally to make sure all of the noodles are covered in the sauce.

MEAL PREP TIP:

If you want to make this a meal for multiple days of the week, i would suggest adding veggies. Most veggies would go well with this, but if you're running short on time, add in some frozen stir-fry veggies to the cooked meal - they'll cook when you microwave to re-heat.

SATAY TOFU & COCONUT RICE

VEGAN, TAKEAWAY INSPIRED

Calling all Thai flavour lovers: this is the dish for you.

The satay flavours of the tofu (or protein of your choice) and the coconut rice is a familiar flavour for anyone who loves their Thai takeaway. But now, you can make it at home, for a fraction of the price.

Time:	40 min
Serves:	4
Cost per serve:	~\$2.15



Ingredients

Satay tofu

- 350g firm tofu
- 1 broccoli (head & stalk)
- 4 carrots
- 1/4 cup peanut butter
- 1/4 cup + 2 tbsp soy sauce
- 1 tbsp sweet chilli (optional)
- 2 tbsp crushed garlic
- 1/2 tsp crushed ginger
- 1/4 cup hot water

Coconut rice

- 1 cup rice
- 100ml coconut milk
- 100ml coconut cream
- 100ml water

Method

1. Press the tofu for at least 20 minutes using a tofu press or wrapping in paper towels/tea towel and placing something heavy on top.
2. Cut tofu into 1 inch cubes, dip into the 2 tbsp of soy sauce and place on a baking tray and bake for 20 min @180C until golden brown.
3. In the meantime, slice carrots and broccoli into even pieces.
4. Add rice, coconut milk, cream and water to a large pot on medium-low heat. Instead of a lid, add a cooling rack and place the carrots and broccoli on top to steam. Once the liquid has been absorbed, the rice (and veggies) will be done.
5. Mix the satay sauce ingredients together then add to a pan on low heat with the cooked tofu. Once the sauce starts to thicken and stick to the tofu, you can remove from the heat and add to the rice.

TACO CASSEROLE

VEGAN

This taco casserole is packed with all of your favourite mexican flavours, as well as extra veggies and legumes to keep your family full and healthy.

It can easily be bulked out with extra ingredients of your choosing, plus it freezes well so you can keep it for lazy nights when you don't want to cook

Time:	65 min
Serves:	4
Cost per serve:	~\$1.75



Ingredients

- 375g tinned corn
- 420g tinned black beans
- 400g diced tomatoes
- 1 cup brown rice
- 400g tinned lentils
- 1 packet taco seasoning
- 3 cups veggie stock

Method

1. Add all ingredients to one large dish. Combine well.
2. Place in oven for 60min @180C or until the rice is tender.
3. Serve as is, in a taco, burrito, on bread etc.

MEAL PREP TIP:

This is a recipe you can make in bulk at the beginning of the week and use it as a base to have something different every night of the week. Some ideas include:

- Tacos; burritos; quesadillas
- On toast with avocado and sourcream
- With pasta
- Lasagne
- Shepherd's pie

You could also freeze in single/family-sized portions to use as a base for nights when you don't want to cook.

BURRITO BOWL

VEGAN

A burrito bowl meal prep offers a satisfying and customisable option normally including rice, protein, black beans and fresh vegetables.

You can mix-and-match to suit your flavour and dietary preferences to make a variety of burrito bowls (or just a goodness bowl).

Time:	45 min
Serves:	4
Cost per serve:	~\$3.95



Ingredients

- 1 1/2 cups brown rice
- 1/2 cups quinoa*
- 1 vegetable stock cube
- 400g tin black beans
- 400g tin corn
- 2 capsicums^
- 350g firm tofu~
- 2 tbsp burrito seasoning+
- 1 avocado
- 2 tomatoes
- 1 lime
- 2 tbsp extra virgin olive oil
- hot sauce (optional)

*1 use a combination of brown rice and quinoa for a nuttier flavour, but you can replace the quinoa with another 1/2 cup rice.

^where possible, use 2 different colours.

~or protein of choice.

+you can make your own burrito seasoning, but there are great ones on the market which makes your job easier.

1. Press the tofu for at least 20 minutes using a tofu press or wrapping in paper towels/tea towel and placing something heavy on top.
2. In the meantime, Cook rice and quinoa with the stock cube per your usual method (I do mine in a rice cooker with 2 parts water/stock to 1 part grains until tender).
3. Cut/break tofu into even-sized chunks. Slice capsicum. Place on a baking tray and pour over oil and burrito seasoning. Bake in the oven for 20min @180C.
4. Drain and rinse black beans and corn. Dice avocado and tomatoes.
5. Add everything to a meal prep container with a wedge of lime to drizzle upon serving

MEAL PREP TIP:

To ensure your fresh avocado and tomatoes stay that way when reheating, remove from the container (or pack them separately). Add when eating.

Method

VEGETARIAN LASAGNA

VEGETARIAN, VEGAN (WITH SUBSTITUTIONS)

Vegetarian lasagna is a classic Australia cafe lunch. Pair with a delicious, fresh salad, and you have a winning meal.

Lasagna (whether you have it with meat or without) can easily be made in bulk for a meal prep or even frozen for lazy dinners where you don't feel like cooking.

Time:	75min
Serves:	6
Cost per serve:	~\$3.70



Ingredients

- 1/2 eggplant
- 1/2 brown onion
- 1/2 pumpkin
- 1 tomato
- 300g spinach
- 500g passata
- 500g bechamel*
- 1 cup cheese^
- 300g lasagna sheets
- 1 tbsp extra virgin olive oil

*To make this dairy-free, you can make a vegan bechamel by soaking cashews in water for 4 hours and then blending with nutritional yeast.

^substitute for lactose-free or vegan cheese to suit your preferences.

Method

1. Peel and slice onion and pumpkin into approx. 1 inch pieces. Add to a baking dish with the oil and bake for 40minutes @180C or until the pumpkin is soft. Once cooked, separate the pumpkin and mash.
2. Begin the lasagna layers by firstly adding 1-2 tbsp of passata to coat the bottom of the baking dish. Alternate passata and bechamel each layer with the vegetables (I do layers of eggplant & onion, mashed pumpkin, tomato & spinach).
3. Finish the top layer off with passata and grated cheese, then cover with aluminium foil and place in the oven for 30 minutes @180C. After 30 minutes, remove the aluminium foil and bake for a further 15 minutes or until the cheese is golden brown and you can put a skewer through all the layers without resistance.

BROCCOLI & HALLOUMI FRITTERS

VEGETARIAN, KID FRIENDLY

Fritters are a family favourite recipe because they are easy to make and prepare, and you can mix-and-match with any leftover ingredients.

I've added halloumi to these ones to give an extra bite and cheesy-ness.

Time:	25 min
Serves:	4
Cost per serve:	~\$3 .15



Ingredients

- 1 broccoli (stalk and tree)
- 1 cup flour
- 2 eggs
- 1 cup corn kernels
- 180g halloumi
- 300g silken tofu
- 1 tbsp crushed garlic
- 2 tbsp dried basil
- 1 tbsp extra virgin olive oil

1. Grate broccoli (stalk and tree).
2. Crumble halloumi and silken tofu with your hands or a fork.
3. Add grated broccoli, crumbled halloumi and tofu, and corn, eggs, flour, basil and garlic into a bowl and combine well.
4. Heat extra virgin olive oil in a large pan over medium heat.
5. Form tablespoon sized balls of the mixture with your hands before flattening slightly on a pan (I like to use egg rings to ensure consistent sizes).
6. Cook for approximately 3 minutes each side or until golden brown.

MEAL PREP TIP:

To make this into a balanced meal, I would suggest adding some grains. For example, a mixture of potato and pumpkin cubes, mashed potatoes, or even serve with rice or pasta.

CREAMY LEMON PASTA

VEGAN (WITH SUBSTITUTIONS)

You won't believe that the creaminess of this pasta is created by tofu. Not only does it add a great texture to the sauce, but it increases the protein of the dish.

If tofu isn't your jam, substitute with some milk or light cooking cream to get the same creaminess.

Time:	20 min
Serves:	3
Cost per serve:	~\$3.50



Ingredients

- 300g fettuccine
- 300g silken tofu
- 1 tbsp extra virgin olive oil
- 2 lemons (juice and zest)
- 2 tbsp crushed garlic
- 1 tbsp Italian herbs
- 1/2 cup loosely packed fresh parsley
- 1.5 cups peas

Method

1. Squeeze juice out of the lemon and grate the rind. Add to a small pot with the oil, garlic and Italian herbs. Cook on a low heat until it starts bubbling (approx. 5-10 minutes).
2. In the meantime, cook pasta as per packet instructions.
3. Once lemon mixture has finished bubbling, add to a blender with the silken tofu. Blend until smooth and then mix in finely cut parsley.
4. Once pasta is cooked, coat with the sauce and add the peas.
5. If you're eating immediately, I would suggest heating the sauce up with the peas before adding to the pasta.
6. If meal prepping, add the sauce and peas to the pasta as these will heat when you microwave.

CURRIED SAUSAGES

VEGAN (WITH SUBSTITUTIONS)

Curried sausages is an Australian favourite and can easily be made in one pan as a meal prep recipe.

I have added extra veggies to this recipe for a more balanced meal prep recipe. You can add whatever veggies you wish, and mix-and-match the sausage flavour to keep it interesting.

Time:	30 min
Serves:	6
Cost per serve:	~\$3



Ingredients

- 1 brown onion
- 12 sausages*
- 1 tbsp butter[^]
- 1 tbsp flour
- 1/2 cup milk[^]
- 1 tsp-1tbsp curry powder⁺
- 2 carrots
- 2 capsicums
- 1 tbsp extra virgin olive oil

*You can use any type of sausage. The price will vary depending on your preferences. I have estimated 2 sausages per serving, but you can easily decrease/increase the number of sausages.

[^]You can substitute with non-dairy butter and milk to make this plant-based.

⁺depending how flavoursome you want it.

Method

1. Peel and dice onion and carrot. Slice capsicum. Add onion to a pan on medium heat with the oil and cook until fragrant (approx. 5 minutes). Add carrot and capsicum and cook for a further 5 minutes. Remove from heat.
2. Place sausages in the pan and cook for approx. 10 minutes (turning every couple of minutes) or until cooked. Remove from the heat and cut into bite-sized chunks.
3. Create the roux by lowering the heat and add the butter to the pan. Let it melt gradually (otherwise it'll burn or split). Once melted, add flour and stir until combined. Then add the milk and curry powder and stir continuously until thickened.
4. Add sausages and vegetables into the curry mixture. Combine.
5. Serve with rice or bread.