



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Chicken Mushroom Pasta

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open pasta packet.
- Empty half into a microwavable bowl, save the rest for another time.
- Cover with cold water.
- Put a plate on top of the bowl to keep the steam in while cooking.



STEP 2

- Microwave the pasta and water for 10 minutes on high.
- Carefully take out the bowl (it will be HOT).
- Stir the pasta.
- Put in the microwave for another 5 minutes on high.
- Test a piece of pasta to make sure it's cooked otherwise microwave for another 5 minutes. Drain water.



STEP 3

- Open the can/s of peas and chicken. You can also use frozen peas (1 ½ cup)
- Carefully drain the liquid.
- Open the can of mushroom soup.



STEP 4

- Add peas, chicken and mushroom soup to the hot pasta. Stir together.



STEP 5

- Put in microwave for another 5 minutes or until hot.
- Serve and enjoy.



Quick, cheap, easy, tasty and healthy meals for your family and whānau

Kai ora, hāpori ora! Healthy food, healthy community!

These recipes are designed to be utilised by food banks, community organisations and for whānau to have on hand in preparation for emergencies.

Te Whatu Ora
Health New Zealand



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Kete kai i roto i ngā meneti

Fried Rice

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



You may substitute canned vegetables with frozen vegetables. 1 can = 1 1/2 cups of frozen

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open the cans of peas and corn.
- Carefully drain the liquid.
- Open the can of tuna (185g).



STEP 3

- Microwave for 3 minutes on high.
- Take the bowl out and stir.
- If it's not hot enough, microwave for another couple of minutes.



STEP 2

- Open rice packet, break up the rice and empty into a microwavable bowl.
- Add tuna, peas and corn.
- Stir together.



STEP 4

- Add 1 Tablespoon soy sauce to the rice mix.
- Stir together.
- Serve and enjoy.



TIP: If sweet chilli tuna is too spicy you can use a plain flavour

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Lemon Pepper Tuna Pasta Salad

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI

(Also great as a cold pasta or potato salad)



OR



Or swap pasta out for tinned whole potatoes (no cooking required)

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open pasta packet. Empty half into a microwavable bowl, save the rest for another time.
- Cover with cold water. Put a plate on top of the bowl to keep the steam in while cooking.



STEP 2

- Microwave the pasta and water for 10 minutes on high. Carefully take out the bowl (it will be HOT).
- Stir the pasta. Put in the microwave for another 5 minutes on high.
- Test a piece of pasta to make sure it's cooked otherwise microwave for another 5 minutes. Drain water.



STEP 3

- Open the can/s of peas, corn and tuna.
- Carefully drain the liquid.



STEP 4

- Add peas, corn and tuna to the hot pasta. Stir together.



STEP 5

- Put in microwave for another 5 minutes or until hot. Serve and enjoy.



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Kete kai i roto i ngā meneti

Nachos

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



TIP: Add cooked mince to the bean mixture.

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open can of corn.
- Drain the corn.
- Open the cans of tomatoes and chilli beans.



STEP 2

- Empty the chilli beans, tomatoes and corn into a microwavable bowl.
- Stir together.



STEP 3

- Microwave for 3 minutes on high or until hot.



STEP 4

- Serve the bean mix in bowls with 170g bag of nacho chips.



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Kete kai i roto i ngā meneti

Peri Peri Chicken & Coconut Rice

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI

(Also great as a cold rice dish)



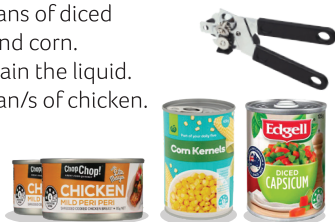
(2 tins)

Or swap capsicum out for green beans

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open the cans of diced capsicum and corn.
- Carefully drain the liquid.
- Open the can/s of chicken.



STEP 3

- Microwave for 3 minutes on high.
- Take the bowl out and stir.
- If it's not hot enough, microwave for another couple of minutes.



STEP 2

- Open rice packet, break up the rice and empty into a microwavable bowl.
- Add chicken, capsicum and corn.
- Stir together.



STEP 4

- Serve in bowls and enjoy.



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Sweet Chilli Chicken Noodles

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



You may substitute with tinned fish

You may substitute canned vegetables with frozen vegetables. 1 can = 1 1/2 cups of frozen

INSTRUCTIONS / TOHUTOHU TAO KAI

(3 packets)

STEP 1

- Open 3 noodle packets, save flavour sachets for another time and empty plain noodles into microwavable bowl.
- Cover noodles with water.



STEP 2

- Microwave noodles and water for 2 minutes on high.
- Carefully drain HOT water from the noodles.



STEP 3

- Open cans of green beans and corn.
- Drain the cans.
- Open the cans of chicken.



STEP 4

- Add green beans, corn and chicken to the noodles.
- Stir together.
- Microwave for 3 minutes on high or until hot.



STEP 5

- Add 1 Tablespoon sweet chilli sauce to the noodle mix. Stir together.
- Serve and enjoy



TIP: Chilli sauce is spicy so leave it out if you don't want it too spicy.

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Teriyaki Chicken

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open the cans of beans and corn.
- Carefully drain the liquid.
- Open the cans of chicken.



STEP 3

- Microwave for 3 minutes on high.
- Take the bowl out and stir.
- If it's not hot enough, microwave for another couple of minutes.



STEP 2

- Open rice packet, break up the rice and empty into a microwavable bowl.
- Add chicken, green beans and corn.
- Stir together.



STEP 4

- Serve in bowls and enjoy.



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