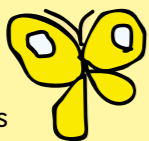


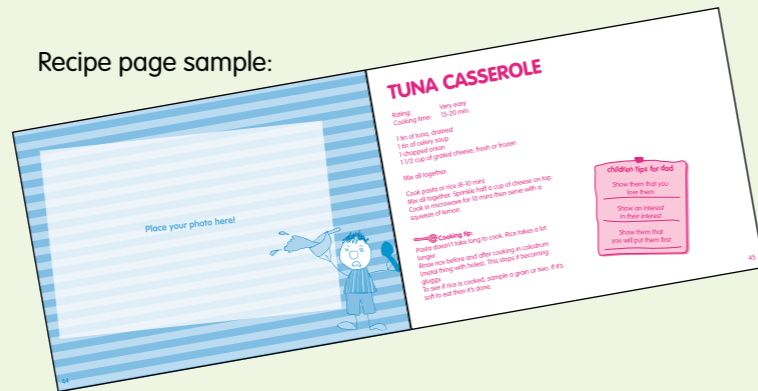
RECIPE LIST

Apple Crumble
Quick Pudding
Pan-Fried Bananas
Jam Rolly Polly
Muffins
Dumpling Pudding
Pancakes



Shepherd's Pie
Spinach and Leek Pie
Mushroom Meatball
Pasta Bake
Home Made Hamburgers
Scallop Dish
Fish Dish
Chicken Pie
Fish Patties
Grilled Pumpkin
Veggie Pasties
Creamy Potato
Tuna Casserole
Pizza
Chilli and Rice
Pasta with Vegies

Recipe page sample:



What's For Tea, Dad?

23 easy to follow recipes



ISBN 0-9757858-0-X



A Cookbook for Dad

a dad



Story

Age: about 40

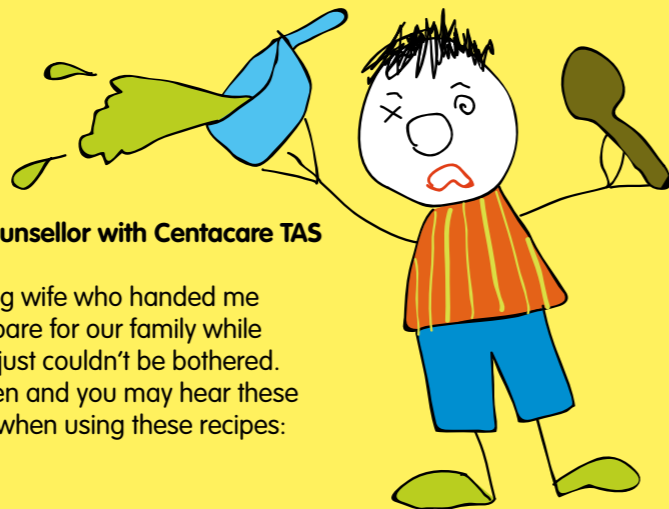
Father: of 4

Work: Men and family relationships counsellor with Centacare TAS

I owe my full appreciation to my amazing wife who handed me these recipes on scraps of paper to prepare for our family while she was at work, feeling a bit unwell or just couldn't be bothered. Our best critics are often our own children and you may hear these amazing words as I have several times when using these recipes: "This is not bad Dad!"

From a grateful husband.

David Nancarrow



Parenting web sites that help keep you on track.

www.parentingideas.com.au

order the newsletter

www.raisingchildren.net.au

www.kidscount.com.au

good reading

www.family.org

click on tips for dads

www.fatherhood.org.au

www.parenting.com.au

www.parentsinc.org.nz

Grocery Shopping list organizer downloads into your organiser or hand computer

www.downloadpipe.com.au

www.dvo.com/groceryshoppinglist.html

www.aislebyaisle.com

These programs help locate your grocery items in your local supermarket i.e. aisle number - when you forget - which happens to me all the time!

Once you have loaded in your grocery information - the shopping organizer will help you locate your groceries.





NEXT BOOK...

What Can I Do Dad? I'm Bored

- For those times when kids have nothing to do.

'What's For Tea, Dad?'

For those times when the cook's away!

By David Nancarrow

Designed by
Nova Design and Print Devonport Tasmania

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ISBN 0-9757858-0-X

www.whatsforteadad.com.au

email: orders@whatsforteadad.com.au
email: david@whatsforteadad.com.au (for comments or questions)

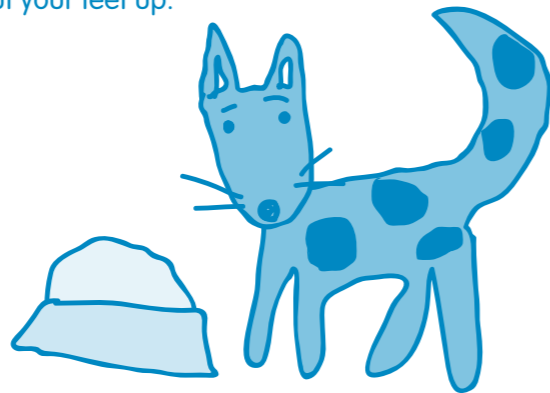
This cookbook is designed for those who say they can't cook to save themselves.

This is not just a cookbook, it could influence a lifestyle change. I hope it will change your outlook on yourself as a cook. Those of us who don't cook, need to see that cooking is possible, and that others can enjoy eating it!

This cookbook includes:

- Shopping list guide for your meals
- Easy to follow meal plan layout for 23 recipes
- Web sites on parenting

Please have some fun putting these meals together. Photograph yourself preparing the meals or the finished product. Place the photos in the places provided throughout the cook book. Enjoy eating them and get the kids to do the dishes while you put your feet up.



A special thanks also to Dr. Robin Wills and Mrs Nancy Bell for assisting with editing, Margaret and the team from Nova Design and Print for their special effort.

PASTA WITH VEGIES

Rating: Extremely easy

Cooking time: 10 min.

A good meal to have if you have no mince, or forgot to defrost it!

Cook some pasta (Experience will tell you how much your family can eat) Left over pasta is great with a little milk, sugar, and sultanas for a dessert.

Chop some broccoli.
Chop some carrots.
Chop some beans.
Select a pasta sauce or make your own.

Pasta Sauce:

To make your own sauce, chop up 5-10 tomatoes. Cook in a little olive oil with some chopped fresh herbs, like marjoram and basil and a splash of vinegar. It's that simple.

Cook vegies in sauce.
Stir some grated cheese through pasta.
Pour pasta sauce over pasta and vegies and serve.

children tips for dad

Teach them to respect others

Teach them to respect authority

Teach them to respect themselves



Place your photo here!

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Work RATINGS in this Cookbook:

Very Easy – Can be cooked with your eyes closed.

Easy – Can do it with one hand tied behind your back.

Moderate – Need both hands.



SHOPPING LIST:

Each of the eight groups of food items are usually found in the same location or aisle in your local supermarket.

MEAT SECTION

- 2 kg mince

DELI SECTION

- 1 cooked chook
- 1 kg fish
- 1/2 kg scallops
- Bacon - 2 rashers
- Salami - hot or mild

FRIDGE SECTION

- Pkt frozen pastry
- 2 - 250 g tubs of sour cream
- 6 - one litre cartons long life skim milk
- 12 eggs (free range)
- 1 kg butter
- 1 tub ricotta cheese
- 1 pkt grated lite cheese
- 500 gram block lite cheddar cheese
- Medium tub lite cream
- Vanilla ice cream

FLOUR AND RICE SECTION

- 1 kg rice
- 1 kg self-raising flour
- 1 kg plain flour
- Small pkt of baking powder
- 500 g fine oats
- 250 g sultanas
- 500 g raw sugar
- 500 g soft brown sugar
- Chicken stock powder (Without 621- MSG)
- Corn flour - small packet
- 500 g wholemeal flour
- Vanilla essence - natural

SAUCE AND SPICE SECTION

- Olive oil spray
- Tomato sauce
- Tomato paste
- Taco seasoning packet
- Mixed herbs
- Chicken stock cubes
- Jar of mild salsa
- Cinnamon powder - small
- Nutmeg

- Small bottle worcestershire sauce
- Mustard
- Chilli sauce
- Small jar olives
- Jar jalapenos (These are hot - be careful)

VEGIE SECTION

- 1 kg of apples
- Onions - small bag
- Garlic cloves
- Bunch parsley
- 1 kg carrots
- Zucchini
- 5 kg of potatoes
- Spinach bunch
- 3 leeks
- Broccoli
- Small cabbage
- Capsicum red and green
- Spring onions bunch
- 3-4 lemons
- 1 medium butternut pumpkin
- 1 sweet potato

CHILLI AND RICE

Rating: Moderate

Cooking time: 15 min.

Taste is unbelievable.

Serves six

Mince Mixture:

500 g of mince and 1 chopped onion.

Brown mince and onion in fry pan.

Drain off liquid fat. (Place a plate over saucepan and tip to allow liquid to run off)

Add grated carrot and grated zucchini, plus a tin of chopped tomatoes, packet of Taco seasoning, tin of drained red kidney beans, cup of water. Simmer together for 10 minutes.

Rice:

Cook 1 1/2 cups of rice in several litres of boiling water. Make sure rice is well covered. Cook until liquid is absorbed. Rice should be soft. (Any left over rice can be used as a dessert with milk, sugar and sultanas.)

Vegies:

(Add the following to rice just before rice is cooked) 2 tablespoons of butter and 1 tablespoon of olive oil, Chopped onion and clove of garlic. Any three diced vegetables. (Mix at least three different colours if you want to be fancy.)

Cook vegies in butter and oil. Add fresh parsley, marjoram, thyme, and 1 tablespoon of chicken stock powder. Add rice to this and heat through.

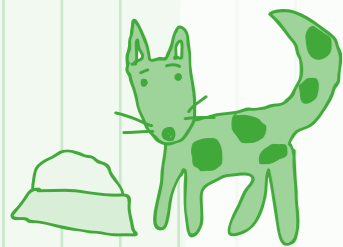
Guacamole:

Mush 1 avocado, 2 tablespoons of salsa, 1/2 a cup of sour cream

Serve rice, meat and guacamole all together. Can be served with plain corn chips.

Cooking Tip:

1/2 a cup of rice per person



Place your photo here!

- Lettuce
- Tomatoes - 4 or 5
- Bananas medium bunch
- Avocados - 2
- Mushrooms small bag
(Only if you're not allergic to mushrooms)
- Fresh herbs - marjoram, thyme and basil

SWEET SECTION

- Chocolate drinking powder
- 1 pkt marshmallows
- 1 milk chocolate bar - 250g
- Golden syrup

CANNED FOODS

- Tuna tin
- Chopped tomatoes tin
- Kidney beans - small tin
- Mushroom soup tin
- Salmon tin
- Chicken soup tin
- Celery soup tin
- Pineapple tin

Food for Thought

As a flight attendant, I was serving dinner to passengers.

After I placed a plate of lasagna on one man's tray, he sampled it and frowned.

"Doesn't it taste like Mum's?"

I jokingly asked.

"Mum's?" he replied.

"This doesn't even taste like Dad's!"

- Michelle Johnston
(courtesy Readers Digest)



Place your photo here!



PIZZA

Rating: Easy
Cooking time: 15 min.

This is really easy and the results will surprise you.
Pre heat oven to 180 degrees celcius.

Pizza Base:

1 1/2 cups of plain flour or self-raising
1/2 a cup of skim milk
1 tablespoon butter
(Plain flour will make a thin base, self raising or 1/2
teaspoon of yeast for a deep pan or buy a base from
the supermarket.)

Rub butter and flour together to the consistency of
breadcrumbs.

Mix flour and milk together and form a good
consistent mixture like play dough using a knife.
Then flatten out evenly to a plate size, with even
thickness.

Not too thick, only a couple of centimeters.
Or buy a pizza base from your local supermarket.

Prepare your topping:

This can be what ever you like. Pizzas can have
anything, for example cheese, pineapple, mushroom,

olives, as a topping.
Banana (this is surprisingly nice), capsicum, bacon,
ham, salami (hot or mild), Jalapenos (these are green
pickles and are very hot), Fresh and dried tomatoes.
Spray flat metal tray with olive oil.
Place pizza dough base on tray. Spread sauce evenly
over base.
Sauces can be BBQ, tomato or chilli.
Spread your toppings over base.
Sprinkle over with grated cheese.

Cooking tip:

Don't put your pizza in a cold oven and heat, it just
doesn't seem to work and the pizza tends to go all
stale and not cook properly.

Place your pizza in oven for 10-15 min.
Don't under cook or over cook. To check whether your
pizza is cooked, gently lift base. If slightly brown and
melted on the top, it's cooked.

Cooking tip:

To get the top of your pizza nicely cooked turn grill on
for a few minutes just before you serve up.

Place your photo here!



APPLE CRUMBLE

Rating: Moderate to easy

Cooking time: 10-15 min

Topping:

As each ingredient is mentioned place into mixing bowl.

1 cup of soft brown sugar

1 cup of plain flour

1 cup of fine oats

A splash of vanilla essence

A couple of shakes of powdered cinnamon

Two table spoons of margarine

Mix all ingredients together.

Stewed Apples:

Peel and core 3 good sized apples, cut into small chunks. Place in a saucepan, add a splash of water, scoop of butter and a couple of spoons of raw sugar. Cook on a moderate hotplate.

Stir and watch it caramelise. This means it goes a bit brown and thickens, be very careful because it will easily burn and spoil.



Cooking tip:

Stir the apples occasionally so they don't stick to the pan but do not over stir or they will turn to mush.

Pour the apple mixture into an ovenproof casserole dish. Cover with topping. Place in moderate oven around 180 degrees for about 10-15 min then check. If the top has darkened up all over it is cooked.



Cooking tip:

10-15 min can pass really quickly especially if you are watching the cricket or football! Set a timer. Usually one of these is located on the stove. Make sure you have some cream or vanilla ice cream and if you haven't then nip out and get some.

Hope you enjoy eating this one with a nice cuppa.



Place your photo here!

TUNA CASSEROLE

Rating: Very easy
Cooking time: 15-20 min.

Mix all together.
1 tin of tuna, drained
1 tin of celery soup
1 chopped onion
1 1/2 cup of grated cheese, fresh or frozen

Cook pasta or rice (8-10 min)
Mix all together. Sprinkle half a cup of cheese on top.
Cook in microwave for 10 mins then serve with a squeeze of lemon.



Cooking tip:

Pasta doesn't take long to cook. Rice takes a lot longer.

Rinse rice before and after cooking in colander (metal thing with holes). This stops it becoming guggy.

To see if rice is cooked, sample a grain or two. If it's soft to eat then it's done.

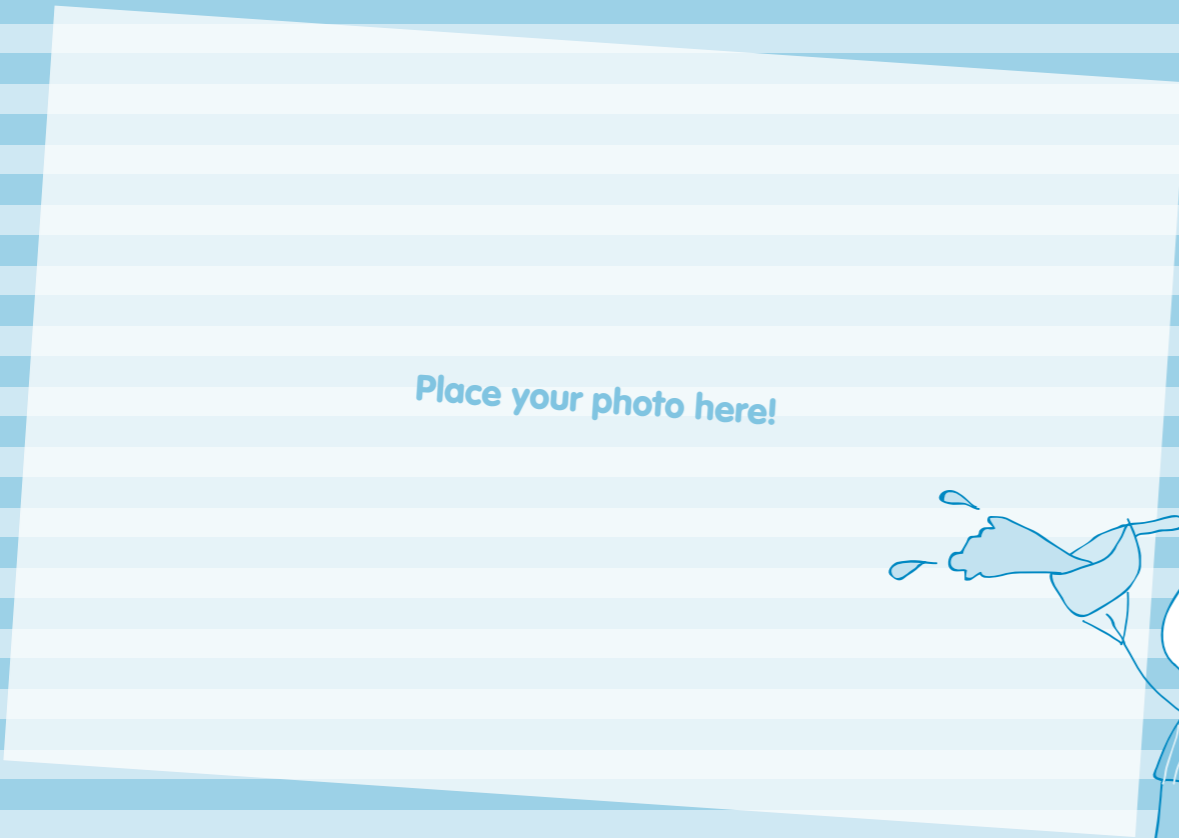


children tips for dad

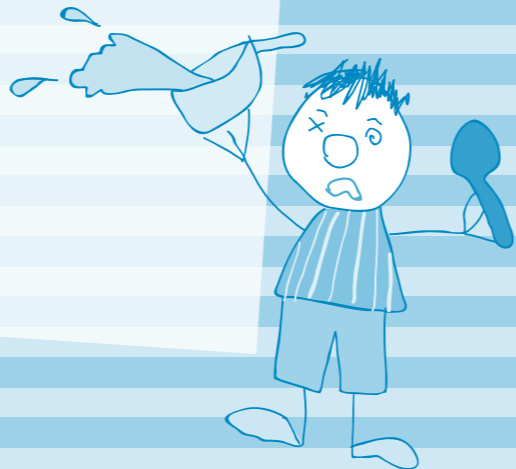
Show them that you love them

Show an interest in their interest

Show them that you will put them first



Place your photo here!



QUICK PUDDING (from Nana)

Rating: Easy
Cooking time: 10 min

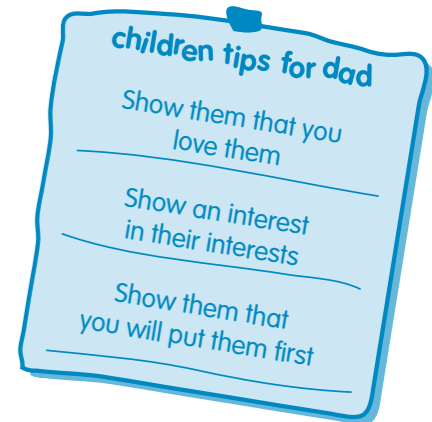
Mix the following together:
3 tablespoons of self-raising flour (S.R.F.)
3 tablespoons of brown soft sugar
3 eggs

How to make stewed apples - see Apple Crumble recipe page 7. Pour mixture on top of stewed apples. This pudding is surprisingly quick to prepare and takes about 10-15 min in a moderate oven (180 degrees) or until brown on top. Serve with vanilla ice cream.

If this mixture doesn't make enough for your family the first time then add one extra amount to the recipe sequence, so the sequence becomes 4 S.R.F., 4 brown sugar, 4 eggs.

 **Cooking tip:**

A tablespoon isn't a dessert spoon, a dessert spoon is the one we eat our cereals with. A tablespoon is quite large and I would advise you go and buy one, or ask where it is.



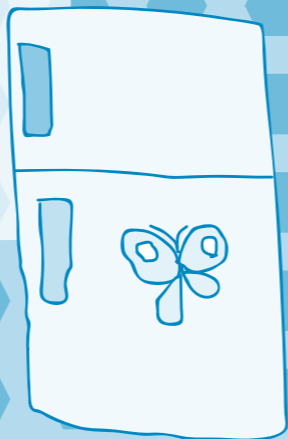
children tips for dad

Show them that you love them

Show an interest in their interests

Show them that you will put them first

Place your photo here!



CREAMY POTATO DISH

This would have to be my favorite meal

Rating: Easy all round
Cooking time: 15 min.

1 sliced onion
4 sliced potatoes
1 sliced sweet potato

Layer the above into casserole dish and microwave for 10 mins on high.

While this is cooking, mix;
1 cup of light cream and $\frac{1}{2}$ teaspoon of chicken stock powder.

Microwave this mixture for ten minutes then pour a good handful of grated lite cheese over it and microwave for another 5 minutes.

Serve with chopped steamed vegies or roast vegies for another nice meal that just might surprise the family.

 **Cooking tip:**

To see if potatoes are cooked push a knife blade into the potato. If it will go in easily it is cooked, if not cook a little longer. Cooking time can vary because of the type of potato you buy.

children tips for dad

Keep your word to them

Keep playing games as they grow older

Keep eating meals together

PAN-FRIED BANANAS from my mate Bill

Rating: Very easy

Cooking: 3-5 min

Slice 3-4 bananas in half, lengthways (choose the soft ones that no one likes to eat!)

Heat pan and add a tablespoon of butter and a tablespoon of raw sugar. Place bananas in pan and cook. Turn to cook other side.

Sugar will caramelise. When this happens and the bananas have turned brown, remove from hot plate. Serve with cream or vanilla ice cream.



Cooking tips:

Don't turn bananas too often or they will break up and turn to mush.

Cooking with gas helps the bananas cook quickly. If they take too long this also turns them mushy - ideally cook them reasonably quickly.

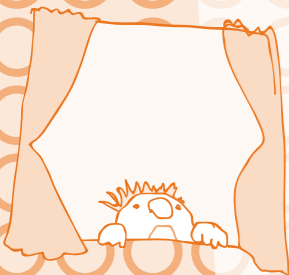
children tips for dad

Teach them to respect others

Teach them to respect authority

Teach them to respect themselves

Place your photo here!



Place your photo here!



VEGIE PASTIES

Rating: Moderate

Cooking time: 15 min.

This meal will take a little more time to prepare but the taste is outstanding.

Add together into mixing bowl:

A big bunch of spinach and chop really well (throw away stems)

1 finely chopped onion

2 finely chopped gloves of garlic

Bunch of finely chopped spring onions

Chopped parsley

Then add:

A tub of Ricotta cheese (crumbly white stuff)

1 egg

Pinch of nutmeg

1 cup of grated cheddar light cheese

Mix all together.

Divide pastry into 4 per sheet (simply cut into four squares).

Put mixture into middle.

Fold pastry into triangles - fork edges closed (grab a fork and press down the two edges together so they hold.)

Brush with some milk on top of the pastry. Jab each pastie with a fork to let the hot air out. Place on oil sprayed baking trays.

Place in a moderate oven (180 degrees) for 10-15min maximum.

Cook until pastry looks brown.

 **Cooking tip:**

Brushing the pastry with milk will help it brown and it seems to taste better, if you can't find a pastry brush dab milk on with your fingers. Do not pour milk on because this will make the pastry soggy and excess milk will gather on baking tray and burn, spoiling your pasties.



Place your photo here!

JAM ROLLY POLLY

Rating: Very easy

Cooking time: 10 min

2 cups self-raising flour

2 tablespoons butter

Rub butter into the flour to make a breadcrumb consistency then add just a few dashes of milk to dry dough. Stir through with a knife in a cutting motion, this keeps the mixture light and airy.

Place some flour on bench and knead dough very lightly. Flatten into 2cm thick circle shape. Spread with a fair bit of jam. Roll together.

Place 1 cup of sugar and water into a saucepan and bring to the boil. Place roll into saucepan and make sure the water almost covers the roll in depth. Simmer **(not boil)** with lid on until cooked.



Cooking Tip:

Do not boil or it will burn the roll. It will be cooked once risen to double its original size.

Serve with custard.

children tips for dad

Give them love

Give them your time

Give them your attention



Place your photo here!

GRILLED PUMPKIN

Rating: Very easy

Cooking time: 5 min

This is surprisingly a nice quick snack or a light meal.

Trim fat and rind off 4 rashers of bacon..

Chop bacon into pieces.

Chop an onion.

Grate some low fat cheese.

Chop some parsley.

Mix all together and add a splash of worcestershire sauce.

1 tablespoon of tomato paste - put in mixing bowl

Slice butternut pumpkin and grill one side under griller.

Turn and put topping on the other side and continue grilling until topping is slightly brown.

Alternative is to use sweet potato instead of a butternut pumpkin.

Very yummy!

children tips for dad

Don't be harsh and unrealistic

Don't be afraid to show affection

Don't put them down

Place your photo here!



MUFFINS

Rating: Easy preparation but good timing is needed when cooking.

Cooking time: 10-15 min

You may buy a muffin mixture from the supermarket but it is fun to make your own. This is how you can do it.

This recipe makes 6 large muffins

1 $\frac{1}{2}$ cups self-raising flour (white or whole meal)

1 egg

$\frac{1}{4}$ cup of raw brown sugar or, for extra taste, use soft brown sugar.

$\frac{3}{4}$ cup of skim milk

Add flavouring - see flavouring next column

Mix together

Spray Muffin baking tray with olive oil.

Place good size serves into each muffin mold and bake for 10-15 min.

Mixture will almost double in size when baked.

Flavourings that can be added to mixture:

- One chopped banana
- Stewed apples
- Chopped chocolate - white or milk
- Chocolate drinking powder, a few tablespoons
- Marshmallows - half a pkt

These are my favourite flavourings and the tastes you can create are amazing.

Enjoy with a nice freshly brewed coffee for you and a milkshake for the kids.

 **Cooking Tip:**

If you have only plain flour simply add a pinch of baking powder to your mixture before you add the milk and it will become self raising flour. Do not add yeast.

Place your photo here!



FISH PATTIES

Rating: Easy
Cooking time: 5-10 min

1 tin of salmon
Drain away liquid and throw away skin and bones.
Cook 2-3 medium potatoes and mash.
Chop an onion.

Add one egg and some chopped parsley.
Mix all together and make some patties, the size of a hamburger. Flatten before cooking on the BBQ or frying pan.

Steam some vegies to have with it.



Cooking tips:

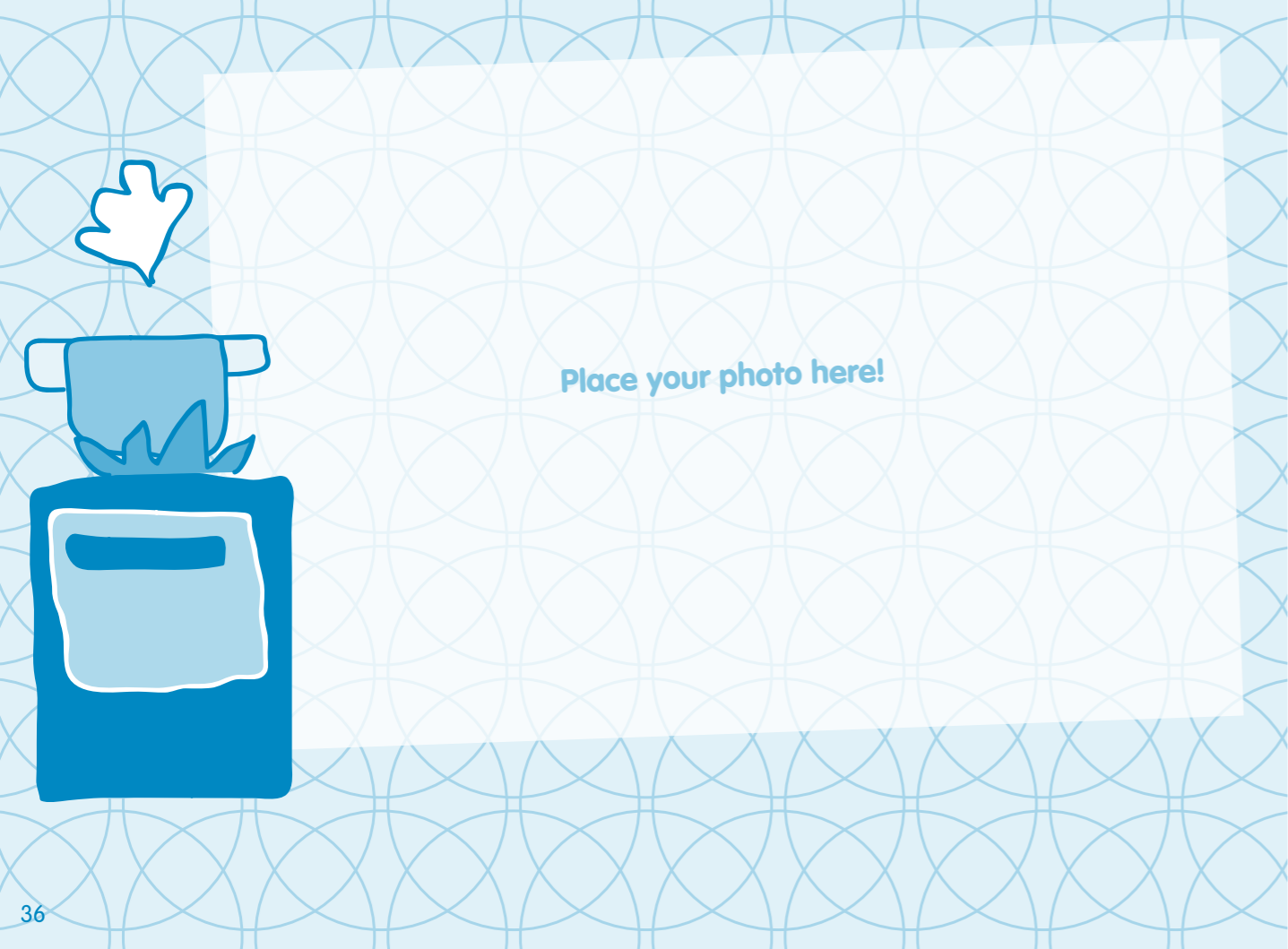
To cut an onion. Cut onion in half. Place flat side down before cutting. This will stop it sliding while you are cutting it.

children tips for dad

Talk to your children

Talk to their friends

Talk to their teachers



Place your photo here!

DUMPLING PUDDING

Rating: Very easy

Cooking time: 5 min

2 cups of Self Raising Flour

2 tablespoons of butter

Rub together

Add some sultanas

Stir in a splash of milk (just to bring the mixture together)

Syrup:

Boil water - 2 cups

Add 1 cup golden syrup

2 tablespoons margarine

$\frac{1}{2}$ cup sugar

Add dollops of mixture into boiling syrup. Put on lid. Dumplings don't take long and within a few minutes you will have made some. They will increase in size - nearly double.

Cover with lite cream, very yummo!

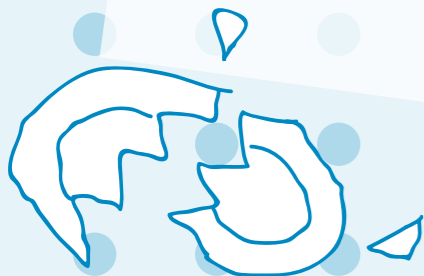
children tips for dad

Talk to your children

Talk to their friends

Talk to their teachers

Place your photo here!



CHICKEN PIE

Rating: Moderate

Cooking time: 15-20 min.

Get pastry from the freezer and allow to thaw at room temperature. Pull apart and chop cold cooked chicken and put in a bowl to one side.

Chop one onion, carrots and a leek. Place in frypan and start cooking in 1 tsp of butter.

Add 2 tablespoons of corn flour and 1 chicken stock cube. Stir through.

Take off heat and gradually stir through 1 cup of water and $\frac{1}{2}$ cup of skim milk.

Return to heat and stir continuously until simmering.

Add this to chopped chicken and let it cool. Put into fridge to speed up the cooling process.

Two ways of making the pie:

The first way is to use separate little pie dishes which serves one person each. Spray olive oil on each little pie dish and line with pastry. Fill with chicken mixture and put a small pastry lid on top.

Second way is to use a casserole or big pie dish. Grease with olive oil spray, line with pastry. Fill casserole dish with cold chicken mixture and place a pastry lid on top.

Cut a cross on the top and brush with a little milk. For both methods place pie into oven and cook until pastry is brown. Moderate oven 180-200 degrees for 10-15 min

Cooking tip:

The chicken is already cooked so the oven time is just to cook the pastry. This doesn't take very long and can burn very easily. Don't burn the pastry as this will spoil the beautiful taste of the chicken pie.

Enjoy with some steamed vegies.

Place your photo here!



PANCAKES

Rating: Easy
Cooking time: 2-3 min

2 cups of plain flour
 $\frac{1}{2}$ cup of raw brown sugar
Cup of milk
1 egg
Dash of vanilla
Mix well to a runny smooth consistency

Best cooked on gas and moderately quickly.
Pour out a ladel scoop size of the mixture into a hot non-stick pan.
Swirl pan around if necessary to get an even pancake.
When air bubbles are popping through mixture, gently turn pancake with a plastic spatula. Second side will not take as long to cook.

Serve with:
Honey or golden syrup, fresh lemon juice and raw sugar or maple syrup and vanilla ice cream.

 **Cooking Tip:**

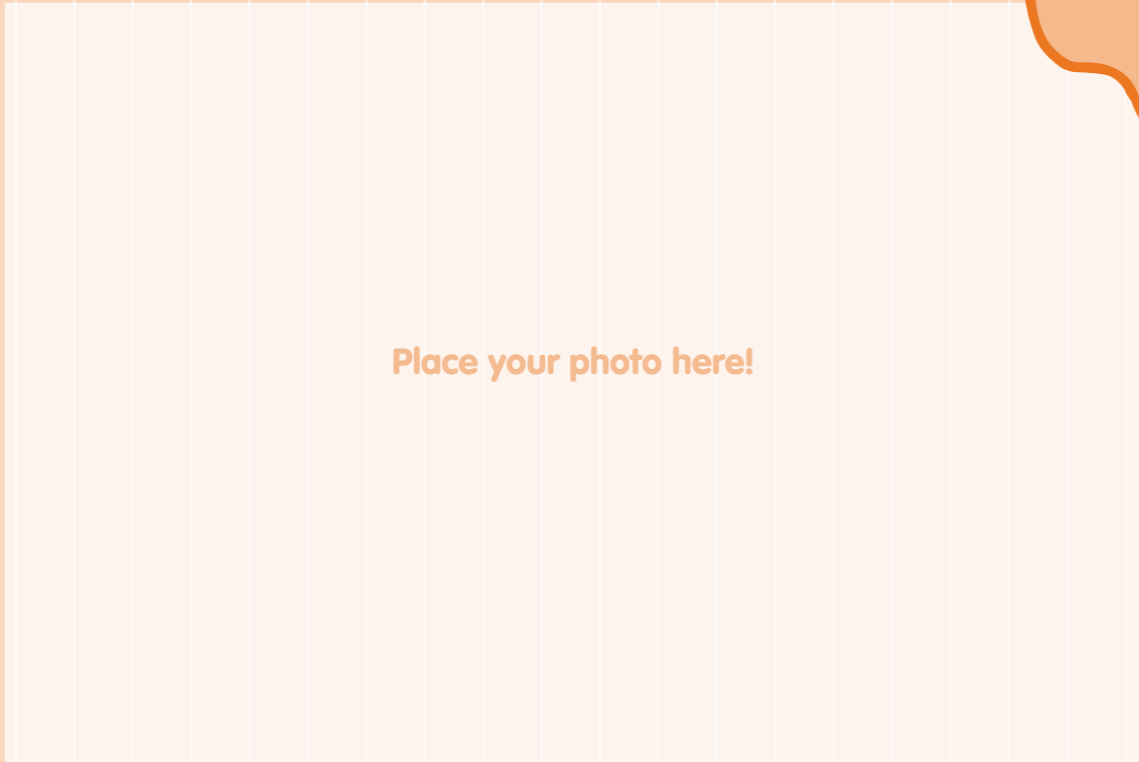
Cooking with gas makes for easy pancake making. If you haven't a gas stove top, a simple portable, camping gas cooker is worth purchasing.

children tips for dad

Don't be harsh and unrealistic

Don't be afraid to show affection

Don't put them down



Place your photo here!



FISH DISH

Rating: Easy but fancy

Cooking time: 10-15 min.

Cut fillet of fish (Salmon, Trout or Trevalla) into even sized pieces enough for each person.

Cut carrots, zucchini, spring onion into very thin match stick lengths.

Put veggies and fish onto foil squares (large enough to enclose) - squeeze over lemon juice.

Make sure foil squares are large enough to fold over vegies and fish portions and seal.

Cook in oven for 10 min at 180 degrees (Can be cooked on a BBQ, remember to turn to cook both sides) Open foil after 5 minutes each side to check if fish is cooked. Meat should be white, for trevalla, light pink for trout and salmon.

The result will surprise you - it is very tender.

children tips for dad

Give them love

Give them your time

Give them your attention

Place your photo here!



SHEPHERD'S PIE

Rating: Moderate

Cooking time: 30 min.

500-700 g of lamb mince will feed a family of six people

1 chopped onion

2 chopped cloves of garlic

Cook these together with the meat in a fry pan - moderate heat. Add a splash of worcestershire sauce and $\frac{1}{2}$ teaspoon of mustard.

Start boiling 4-5 moderate size potatoes in water.

Cooking Tip:

If you ever forget to cook the potatoes, place them in the microwave for 5 min to get them cooking quicker, than they will in water.

Get the following:

2 carrots, peeled and chopped

Some cabbage chopped

Some spinach chopped

1 leek chopped

Once mince is cooked strain out excess juice. Start cooking vegies, this will prevent the vegies from being over cooked.

Add chopped vegies with a $\frac{1}{2}$ cup of water and 1 tin of soup (chicken or beef, mushroom or tomato soup) to meat and cook in frypan. Add 1 cup of frozen peas and corn when other vegies are almost cooked.

Strain potatoes and mash with pepper and grated cheese with some butter.

Place mince and vegies in a casserole dish and top with mashed potato. Sprinkle with cheese, and cook in oven for $\frac{1}{2}$ an hour at 200 degrees. Steam some cauliflower and fresh broccoli to serve with pie.

Or place vegies in a sealed plastic bag and cook in microwave on high for 2 minutes just before serving the pie.

SCALLOP DISH

Rating: Very easy

Cooking time: 10-15 min.

Something a bit flashy. Tastes great and it's easy!

Begin to cook rice now, as this is a quick meal to prepare.

$\frac{1}{2}$ a cup of rice per person is a good gauge for the right amount. (1 cup of rice to 1 litre of water). Get the water boiling first, add rice, cook till almost soft (10-15 min) and then start cooking the following.

1 chopped onion. Fry this in 1 teaspoon of olive oil for a few minutes until cooked in saucepan. Add $\frac{1}{2}$ teaspoon of curry paste fry in with onions for 30 seconds.

Add 1 tablespoon of cornflour or plain flour and $\frac{1}{2}$ teaspoon of chicken stock with $1\frac{1}{2}$ cups of milk - stir in really well until all lumps are gone. Cook until thick.

Add fresh scallops and heat for 3 minutes. Squeeze some lemon juice over before serving. Serve onto bed of cooked rice.

Place your photo here!



children tips for dad

Teach them to respect others

Teach them to respect authority

Teach them to respect themselves



Place your photo here!

SPINACH AND LEEK PIE

Rating: Moderate
Cooking time: 35 min

Mix all of the following together and put aside in a bowl:

- 2 leeks, thinly sliced
- 250 g spinach, chopped
- 2 onions, chopped
- 125 g bacon, chopped

Then mix the following:

- 3 eggs
- 2 chicken stock cubes
- 1 cup of grated cheese
- 1 tsp mixed herbs
- Add pepper to your taste
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ cup wholemeal flour or plain flour
- $\frac{1}{2}$ tsp baking powder

Mix in spinach mixture.
Spray or grease baking dish, line with pastry sheets and pour in mixture
Cover with pastry sheets, top with cheese and bake for 35min at 180 degrees.



HOME MADE HAMBURGERS

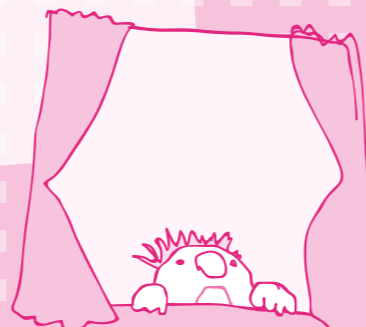
Rating: Easy
Cooking time: 5-10 min on BBQ

Mix together:
500 g of mince
1 egg
1 chopped onion
2 dollops of tomato sauce
couple of splashes of worcestershire sauce
Some chopped fresh parsley
 $\frac{1}{2}$ teaspoon of mustard
1 glove of garlic
1 small grated carrot
1 small grated zucchini

Make into patties, shape, roll in flour and flatten on the BBQ to cook.

Serve with pineapple, beetroot, pickles, cooked eggs, mayonnaise, in a bun or fresh bread, plain or grainy.

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children tips for dad

Show them that you love them

Show an interest in their interest

Show them that you will put them first



Place your photo here!

MUSHROOM MEATBALLS

Rating: Moderate to easy

Cooking time: 15 min.

Mix:

500 g of mince

1 onion

1 egg

Tomato sauce and worcestershire sauce - a couple of squirts each. Mix together and make into small balls about the size of a golf ball.

Place them in a single layer in a casserole dish with a lid. Microwave on medium for 5 minutes, drain out liquid and repeat until cooked through.

When meatballs are cooked there should be no pink meat visible. If unsure cut a meat ball open to view inside.

To prepare sauce:

1 tin of mushroom soup

1 medium size tub of sour cream approximately 1 cup

Squeeze of lemon juice

1 tablespoon of mustard - any kind

Mix sauce and balls together in casserole and microwave for 10 min.

Then heat some pasta and steam some vegies.

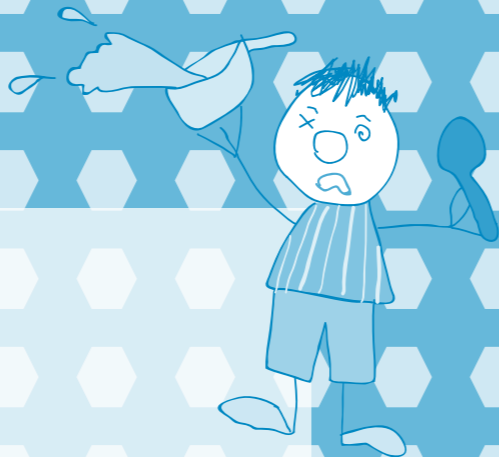
To serve, place pasta on plate first, scoop mushroom meatballs onto pasta, and place vegies to one side.

Cooking tips:

When cooking pasta, splash some olive oil into the water to stop the pasta from sticking together.

Don't steam vegies for too long, as they will go mushy. It takes practise, but firm vegies will be more appealing to the children than mushy and over cooked vegies.

Alternatively place chopped vegies in a plastic sealed bag and microwave on high for 2 minutes just before you serve up.



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PASTA BAKE WITH WHITE SAUCE

Rating: Moderate
Cooking time: 15-20 min.

With or without 500gsm Mince

Mix:
Chop vegies really small and fry with 1 tablespoon of olive oil.
Vegies include: carrots, onion, capsicum, broccoli, cauliflower, corn, peas etc.

Add 1 teaspoon of fresh or dried herbs and a tin of chopped tomatoes to vegies. Mix into cooked mince. Cook together until vegies are cooked. Add 1 teaspoon of sugar.

Cook pasta and drain well.
Mix meat and pasta in casserole dish.

Preparing the white sauce:

1 heaped dessert spoon of butter
 $\frac{1}{2}$ cup of plain flour
2 cups of milk
 $\frac{1}{2}$ cup of grated cheese
salt and pepper
Melt butter add flour and stir in well.
Slowly add milk. Stir in really well to get rid of lumps
When all milk is in, return to heat and stir continuously until thick. Then add cheese.

Pour white sauce over pasta and meat
Cook in oven at 180 degrees for 15 minutes
or in microwave for 8-10 minutes on a medium heat.

Serve with salad.
A nice wholesome meal.