

FAMILY FAVOURITES



- Over 15 family and budget friendly meals
- Great ideas for snacks and nibblies
- Quick and easy recipes for busy parents



Bringing the light of Christ into communities

A division of churches of Christ in Queensland and working with Churches of Christ in Vic/Tas

Jack T's spaghetti pasta

Ingredients

- 1 x bag of pasta (any kind)
- 1 tub tomato paste
- 1 large 800g tin of tomato soup
- 500g mince
- 1 tin diced tomatoes
- 4 slices of sliced cheese
- 1 x jar of béchamel sauce
- Grated cheese (I like to use pizza cheese).

Method

1. PASTA: Boil water in pot on stove
2. Add 1 teaspoon of salt, add pasta and let boil for 10-12 minutes.
3. MINCE: Brown mince in frypan, add tomato paste and mix. Add tinned tomatoes and mix. Add tomato soup. Add cheese slices and mix through. Allow to simmer for 10 minutes.
4. Serve with heated béchamel sauce and grated cheese on top

Erin's zucchini slice (serves 15)

Ingredients

- 5 eggs
- 375g zucchini, grated
- 200g rindless bacon, chopped
- 150g (1 cup) self raising flour, sifted
- 1 large onion, finely chopped
- 1 cup grated cheddar cheese
- 60ml (1/4 cup) vegetable oil

Method

1. Preheat oven to 170°C.
2. Grease and line a 30 x 20cm lamington pan. Beat the eggs in a large bowl until combined.
3. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
4. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.

Latia's mum's fried rice

Ingredients

- Eggs
- 500g mince
- 2 chopped bacon rashers
- 1 pkt chicken noodle soup
- 1/2 cup uncooked rice
- Chopped onion
- Tomato

Method

1. Fry 2 beaten eggs until set and put aside.
2. Fry 500g mince and 2 chopped bacon rashers until brown and set aside with egg.
3. Boil 1 packet chicken noodle soup as on packet.
4. Place 1/2 cup uncooked rice in pan and add soup plus another 1/2 cup water.
5. Cook until almost all moisture is absorbed.
6. Just before serving mix all together with a chopped onion and tomato.

Lillie's baked mini spring rolls

Ingredients

- 70g dried rice vermicelli noodles
- 2 tsp peanut oil
- 55g (1/2 cup) finely chopped green cabbage
- 2 carrots, peeled, coarsely grated
- 1 celery stick, ends trimmed, finely chopped
- 2 shallots, ends trimmed, thinly sliced
- 2 garlic cloves, crushed
- 1 tsp finely grated fresh ginger
- 2 tsp soy sauce
- 100g shaved ham, finely chopped
- 1 x 300g pkt frozen spring roll wrappers, thawed
- Olive oil spray
- Tomato or barbecue sauce, to serve

Method

1. Preheat oven to 200°C.
2. Line 2 baking trays with non-stick baking paper.
3. Place noodles in a bowl and cover with boiling water. Set aside for 5 minutes.
4. Rinse noodles under cold running water. Drain. Squeeze out excess liquid. Cut into short lengths.
5. Meanwhile, heat the oil in a frying pan over medium heat. Add cabbage, carrot, celery and shallots. Cook for 3 minutes. Add garlic and ginger and cook, stirring for 30 seconds, stir in the soy sauce.
6. Transfer vegetable mixture to a large heatproof bowl. Stir in the noodles and ham. Set aside for 10 minutes to cool.
7. Place 1 spring roll wrapper on a clean work surface. Place 1 tablespoon of the mixture diagonally along the centre.
8. Brush edges with water. Fold in the ends. Roll up firmly to enclose filling.
9. Repeat with remaining wrappers and filling.
10. Place on the lined trays. Spray with olive oil spray.
11. Bake for 20-25 minutes or until golden. Set aside to cool slightly. Serve with tomato or barbecue sauce.



Tahnia's chicken and vegetable sausage rolls

Ingredients

- 1 cup (70g) fresh wholemeal breadcrumbs
- 500g chicken breast mince
- 1 egg, plus 1 extra lightly beaten egg
- 1 zucchini, finely grated
- 1 carrot, finely grated
- 1/2 onion, grated
- 1/4 cup chopped coriander leaves
- 1/4 cup chopped flat-leaf parsley leaves
- 4 sheets frozen puff pastry, just thawed
- 1 tbsp sesame seeds.
- Tomato or sweet chilli sauce, to serve

Method

1. Preheat the oven to 200°C and line two baking trays with baking paper.
2. Process crumbs, chicken and unbeaten egg in a food processor until well combined.
3. Place in a bowl, mix well with vegetables and herbs, then season.
4. Place one pastry sheet on a floured surface and halve.
5. Spoon an eighth of the mixture lengthways along centre of each piece.
6. Fold 1 edge of pastry over and tuck in beside filling, then fold over other side to make a roll, pressing down lightly to seal.
7. Repeat with remaining pastry and filling. Cut rolls into 3cm pieces and cut two small incisions into each roll to prevent splitting.
8. Place on baking sheets, cover and chill for 30 minutes.
9. Brush with beaten egg and sprinkle with sesame seeds.
10. Bake for 25-30 minutes until the rolls are lightly browned and cooked through. Serve with sauce on the side.



Kid friendly vegetable fix ✓✓✓

Lillie's chicken and vegetable nuggets

(serves 8)

Ingredients

- 1 zucchini, finely grated
- 500g chicken breast mince
- 1 carrot, peeled, finely grated
- 270g can corn kernels, drained, rinsed
- 1 egg, lightly beaten
- 1/2 cup dried breadcrumbs
- Olive oil cooking spray
- Potato wedges, to serve

Method

1. Preheat oven to 200°C.
2. Line a large baking tray with baking paper. Using your hands, squeeze grated zucchini to remove excess liquid. Place zucchini in a large bowl. Add mince, carrot, corn and egg. Season with salt and pepper. Using your hands, mix until well combined. Place breadcrumbs on a large plate.
3. Shape tablespoons of mixture into nuggets. Coat nuggets in breadcrumbs, shaking off any excess. Place on prepared tray. Spray nuggets lightly with oil.
4. Cook for 15 to 20 minutes, turning nuggets halfway during cooking, or until golden and cooked through. Serve with potato wedges.

Lillie's savoury cheese roll-ups

(serves 4)

Ingredients

- 8 slices white bread, crusts removed
- 30g butter, softened
- 1 tablespoon Vegemite
- 1 1/2 cups grated tasty cheese

Method

1. Preheat sandwich press.
2. Using a rolling pin, roll bread flat. Spread one side of bread lightly with butter.
3. Turn bread over and spread the other side with Vegemite.
4. Sprinkle with cheese.
5. Roll up each bread slice like a Swiss roll, enclosing cheese filling. Place rolled-up bread on base of sandwich press.
6. Close lid and cook for 3 to 4 minutes or until bread is crisp and golden.



Isaac's lentils and rice



Ingredients

- 1 tbsp oil
- 3 tsp cumin
- 3 tsp cardamom
- 2 tsp coriander
- 2 tsp turmeric (this adds a nice colour and flavour but may be omitted for a messy eater!)
- 1 onion
- 3 cloves garlic
- 2 small medium zucchini
- 1 large carrot
- 1 cup red lentils
- 1/2 cup green lentils
- 1 cup of brown rice
- 1 jar passata (or 1 tin of chopped tomatoes plus 1 tablespoon tomato paste)
- 2 cups vegetable stock and water as needed during cooking

Method

1. Finely chop onion and garlic.
2. Grate carrot and zucchini.
3. Prepare any other vegetables desired.
4. Heat oil in a large saucepan over low heat.
5. Gently fry cumin, tumeric, cardamom and coriander for 1 minute.
6. Add onion and garlic and one tablespoon of water. Cook over low heat for another 2 minutes.
7. Add remaining vegetables and cook for another 2 minutes.
8. Add lentils, rice, pasta and vegetable stock. Add water until the lentil mixture is more than covered.
9. Stir and bring to the boil.
10. Once boiling turn heat down and simmer over low heat.
11. Ensure there is adequate liquid during cooking, as the liquid will be absorbed. The finished dish should be moist but not soupy.
12. Cook for approximately 30 minutes until the lentils and rice are soft.

Peas, mushrooms and other chopped or grated vegetables make a nice addition to this dish.

Serves a family of 4 with plenty left to freeze.

Tahnia's pizza pull-apart loaf

(serves 6)

Ingredients

- 4 cups sifted self-raising flour
- 90g chopped chilled unsalted butter
- 150g chopped ham
- 3/4 cup grated tasty cheese
- 1 green capsicum, seeded and chopped
- 1/2 cup milk
- 1 lightly beaten egg
- 1/2 cup tomato pasta sauce

Method

1. Preheat oven to 190°C.
2. Line a baking tray with non-stick baking paper.
3. Place flour and butter in a large bowl and, using your finger tips, lightly rub the butter through the flour until the mixture resembles coarse breadcrumbs.
4. Add ham, 1/2 cup cheese and capsicum, along with milk and egg, and knead lightly until just combined. Turn the dough onto a lightly floured surface and knead lightly for a further 3-4 minutes.
5. Shape dough into a 20cm round and place on prepared tray. Score the dough into eight equal wedges (as if you were slicing a pizza), cutting three-quarters of the way through (be careful not to cut all the way through the base).
6. Fill the cuts with pasta sauce. Sprinkle with remaining cheese. Bake for 35-40 minutes or until golden brown and loaf sounds hollow when tapped on the base.
7. Set aside to cool for 10 minutes then break into wedges and serve.

Tex mex

Ingredients

- 500g mince
- 1 onion
- 1 carrot
- 1/2 capsicum
- 1 tsp garlic
- 1 can tomato soup
- 1 can baked beans
- 2 tbsp cornflour

Method

1. Brown mince and finely chopped onion, garlic, capsicum and grated carrot. Cook 2 mins.
2. When all mixed add tomato soup and baked beans, add water a little at a time if too thick.
3. Cook 30-40 mins. Thicken with cornflour mixed to paste with water.



Latia's beef curry

Ingredients

- 1kg chuck or blade steak
- 2 tbspn butter or margarine
- 2 onions, roughly chopped
- 1 green apple, peeled, cored and chopped
- 1 cup sliced celery
- 1 cup sliced carrot
- 1 tbspn brown sugar
- 1 tbspn mild curry powder
- 1/2 cup sultanas or raisins
- 1 1/2 cups beef stock or water and stock cubes
- Salt and pepper to taste.

Method

1. Cut excess fat from the meat and cut into large chunks. Heat butter or margarine in a large heavy based pan. Add the meat and fry over high heat, turning a few times until brown all over.
2. You may have to cook the meat in a few batches. Remove meat from pan and set aside.
3. Add onions and cook over moderate heat until golden brown, about 5 minutes.
4. Add the apple, celery and carrot and cook until the vegetables have softened, about 4 minutes.
5. Mix the brown sugar and the curry powder together. Sprinkle over the vegetables and stir until well combined. Fry mixture gently for 2 to 3 minutes, being careful not to let the curry powder and sugar burn. Return meat to pan. Add the sultanas or raisins and mix well. Pour in the stock and season to taste with salt and pepper. Cover pan with a lid and simmer gently until the meat is tender - about 1/2 to 2 hours. Serve with rice or noodles.

Ethan's spaghetti bolognese

Ingredients

- 500g beef mince
- 250g pasta
- 400g tin diced tomatoes
- 800g jar pasta sauce
- 1 tsp curry powder
- 1 tsp mixed spice
- 1 tsp brown sugar
- 2 tbsp tomato paste
- 2 beef stock cubes
- 1 tsp parsley
- 1 clove garlic
- 1 brown onion



Method

1. Bring 4 cups of water to the boil. Add pasta and cook for 15-18 minutes. Stir every 3-5 minutes to ensure the pasta doesn't stick together.
2. While pasta is cooking, dice and brown the onion and garlic in a saucepan at medium heat. Once cooked, add mince and brown.
3. Once mince is cooked, add diced tomatoes, pasta sauce and parsley. Mix all ingredients together.
4. Place tomato paste, curry powder, mixed spice, stock cubes, parsley and brown sugar into a measuring jug. Add boiling water and mix until a paste forms. Add this mixture to the pasta sauce, mix and stir. Simmer the sauce gently on low until ready to serve.
5. All that's left to do now is to serve it up as desired – either mix it all together or place the sauce on top of the pasta – then eat and enjoy!

Brianna's simple macaroni bake

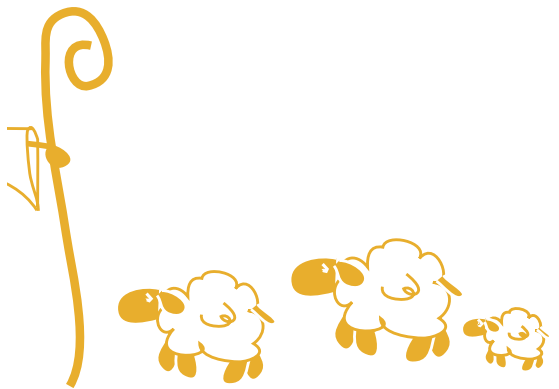
Ingredients

- 500g macaroni
- 250ml of sour cream
- 1 cup tasty shredded cheese
- 1/2 cup corn (or any preferred frozen vegetables)
- 2 chopped tomatoes

Method

1. Cook pasta according to instructions.
2. Cook vegies according to instructions.
3. Drain all. Add sour cream while warm, and stir well.
4. Toss all ingredients together.
5. Pour into baking dish, sprinkle with cheese and bake for 10 min or until golden. Serve.

"Yummy!"
"Yummy!"



Shepherd's pie

Ingredients

- 500g potatoes, boiled and mashed with milk
- 500g mince
- 1 onion, finely chopped
- 1 carrot, grated
- 1/2 cup corn kernels
- 1/2 cup peas
- 4 tbsp Gravox
- 4 tbsp cornflour
- 1 tbsp Worstershire sauce
- 1/2 cup grated cheese

Method

1. Brown mince and onion, add carrots, peas, corn and Worstershire sauce, cover with water and simmer for 30-40 minutes.
2. Mix Gravox and cornflour to a paste and add to mince – it should be quite thick.
3. Place in casserole dish and cover with potatoes and then sprinkle with grated cheese.
4. Place in moderate oven until cheese has melted.

Farmer's bake

Ingredients

- 500g potatoes
- 1 onion
- 1/2 capsicum
- 1 cup diced bacon
- 1/2 cup corn kernels
- 1/2 cup peas
- 1/2 cup carrots, diced
- 6 eggs
- 1 cup milk

Method

1. Peel and slice 500g potatoes and boil until tender.
2. In a fry pan cook 1 onion, 1/2 capsicum and 1 cup diced bacon. Bring to boil 1/2 cup corn kernels, 1/2 cup peas and 1/2 cup carrots – diced. Place 1/2 potatoes in frying pan. Sprinkle with 1/2 bacon mix and vegetables. Top with other 1/2 of potatoes and rest of bacon and vegies.
3. Mix 6 eggs and 1 cup milk, pour over potatoes, mix, sprinkle with cheese.
4. Cook covered to set.



Max's three cheeses and spinach pie

Ingredients

- 1 bunch silver beet, roughly chopped
- 1 medium onion/3-4 spring onions
- 500g ricotta cheese
- 250g Bulgarian Feta cheese
- 250g shredded cheddar cheese
- Salt and pepper
- 3 eggs
- 1 tbsp plain flour
- Puff pastry
- Onion

Method

1. Cut onion finely and then cook in a pan for 1 minute to develop aroma, then add roughly chopped silver beet and cook a further 2-3 minutes.
2. Shred the Feta cheese and mix with the other cheeses, beaten eggs, salt and pepper and flour.
3. Grease a baking tray or pie dish and place a layer of puff pastry.
4. Place a layer of cheese mixture and cover with another layer of puff pastry.
5. Brush the top with milk/egg/oil and bake at 180°C for 20 minutes.

Lorraine's tuna, lemon and rocket pasta



Ingredients

- 375g fettuccine pasta
- 20g butter chopped or olive oil
- 425g can tuna in olive oil, drained and flaked
- 2 cloves garlic, crushed
- 1 tbsp finely grated lemon rind
- 1/4 cup lemon juice
- 1 medium red capsicum, finely diced
- 100g baby rocket leaves
- Salt and pepper to taste
- Shredded lemon rind to garnish

Method

1. Add pasta to a large pan of boiling, salty water.
2. Boil uncovered, until just tender. Drain pasta.
3. Reserve half cup cooking water.
4. Return pasta to pan with reserved cooking water.
5. Add remaining ingredients, except for garnish, toss gently to combine.
6. Serve pasta garnished with shredded lemon rind.



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