LOW COST MEALS FOR SENIORS PROGRAM
RECIPES
LOW COST MEALS FOR SENIORS PROGRAM

With the valued support of Beehive Ambassador Kumar Pereira the Low Cost Meals for Seniors program was devised as a way of providing additional support for the Seniors and persons with a disability that we engage with each day, as well as to help other seniors around the country with preparing simple, cost effective and nutritious meals.

Kumar has developed a range of easy to cook nutritious one pot meals that can be prepared on a limited budget. Kumar shares his skills with us by conducting cooking demonstrations as well as providing recipes and cooking tips online and via this eCookbook.

The Low Cost Meals for Seniors program commenced in February 2016 and has involved a series of monthly cooking demos for Beehive Industries service users and guests. All recipes and videos of the demonstrations are available here on our website: lowcostmealsforseniors.com.au
CAULIFLOWER FRIED RICE

This recipe serves 1.
You need a frypan, a grater and two mixing bowls.
CAULIFLOWER FRIED RICE

1/2 cup cauliflower per person
1 sprig spring onion
1/2 red capsicum
4 green beans
1 fresh corn cob or 1 cup frozen corn
1 carrot
1 egg
1 tbsp soy sauce
2 rashers of bacon (leave out for vegetarians)
1 chopped chilli (optional)
Salt and pepper
Cooking oil / olive oil

1 Grate the cauliflower on the coarse grater so that it resembles rice grains.

2 Chop the bacon (if using) into small pieces and fry until crisp.

3 Chop up capsicum and all other vegetables, add to the bacon and fry for a few minutes until cooked. Keep aside in a bowl.

4 Beat the egg in a small bowl and transfer to the pan. Cook until done, then remove and slice into strands. Keep aside.
Cauliflower Fried Rice

5 Add the grated cauliflower to the pan with a little oil and cook for a few minutes, add all the vegetables and stir through.

6 Add bacon (if using) and the sliced cooked egg and season with soy sauce, salt and pepper. Keep warm.

* You can add whatever vegetables you have on hand, such as peas, cabbage, celery, zucchini, etc. Chop into small pieces and cook along with other ingredients.

For a video demonstration, see: https://youtu.be/6_zAf1k12DA
VEGETABLE RATATOUILLE WITH BEANS

This recipe serves 2.
You need a stainless steel saucepan.
Vegetable Ratatouille with Beans

1 medium eggplant, chopped into 2cm cubes
1 red pepper, chopped into 2cm squares
1 green pepper, chopped into 2cm squares
1 zucchini, cut into 1cm cubes
1 onion, roughly chopped
1 clove garlic, chopped

1 punnet cherry tomatoes
or 1 can whole tomatoes
1 can cannelloni or borlotti beans, rinsed and drained
1 sprig oregano leaves, chopped roughly
or 1 teaspoon of dried oregano

Olive oil
Salt and pepper

1 Chop all ingredients to prepare.

2 Heat 1 tablespoon of olive oil in a pan, then add the chopped eggplant.

3 Simmer for 5 minutes, then add the onion and give it a stir, as it sizzles.

4 Add the garlic and stir.

5 Add the peppers, stir through.

6 Add the zucchini, with a little salt and pepper. Stir, simmer for 5 minutes.

7 Use a spoon to break up the tomatoes in a pan.
Vegetable Ratatouille with Beans

8 Once the peppers are cooked through, but not completely soft, add the can of beans. Stir through with a little more salt and pepper and simmer for 5 minutes.

9 Top with oregano, stir, serve warm.

For a video demonstration, see: https://youtu.be/oWrEicLm1bQ
SOBA NOODLES WITH CHICKEN

This recipe serves 2.
You need a stainless steel saucepan.
Soba Noodles with Chicken

1 chicken breast, skinless
1 packet miso & wakame soup
1 packet soba noodles
1 bunch pak choy (bok choy) leaves separated
2 mushrooms (optional)
1 spring onion
1 packet firm silken tofu
5 cups water (3 +2)

Sesame oil
Soy sauce

1 Bring two cups of water to the boil.
2 Meanwhile, chop the tofu, slice the spring onion and chop the mushrooms (if using).
3 Dissolve the miso & wakame paste in the boiled water, add the sliced onions, mushroom and then add the chicken.
4 Bring back to the boil and transfer to a bowl, cover and leave for 10 minutes.
5 Meanwhile bring three cups of water to the boil, add the soba noodles and when boiling again add the pak choy.
6 Cook for one minute. Drain, rinse and transfer to a bowl.
7 Remove the chicken and slice thickly, rub with a little sesame oil and place on top of the noodles. Add the chopped tofu, reheat the soup and pour over noodles.

8 Season with extra soy sauce.
TUNA FISHCAKES WITH SALAD

This recipe serves 2.
You need a stainless steel saucepan.
TUNA FISHCAKES WITH SALAD

2 potatoes
1 spring onion
1 egg
1 can tuna (or salmon)
½ punnet cherry tomatoes
1 red chilli (optional)
2 lettuce leaves
Olive oil
Salt and pepper

1 Chop potatoes into cubes and put in saucepan of water to boil.
2 While potatoes are boiling prepare the remaining ingredients.
3 Chop the spring onion and handful of cherry tomatoes, then assemble with the lettuce on a plate.
4 In a separate bowl beat the egg with a fork.
5 When potatoes are cooked, drain and mash with a fork.
6 Add the mashed potatoes and drained can of tuna to the beaten egg.
7 Add seasonings to taste and a small amount of finely chopped chilli if desired.
8 Form into cakes and fry in olive oil for approximately five minutes each side, or until browned.
TUNA FISHCAKES WITH SALAD

9 Enjoy a gourmet meal of fish cakes and salad!

For a video demonstration, see: https://youtu.be/wPJ612iSXHU
HEALTHY VEGETABLE FRITTERS

This recipe serves 2.
You need a frying pan.
HEALTHY VEGETABLE FRITTERS

1. Finely peel the vegetables. Use the knife to remove the corn from the cob.
2. Stack the peeled vegetables and then cut into matchstick size slices.
3. Place all the vegetables into a bowl.
4. Season with salt and pepper (add chopped chilli if desired)
5. In another bowl, put besan (chickpea flour) and gradually add cold water. Whisk using a fork to make a thick batter.
6 Add the batter to the sliced vegetables and stir well

7 Form into flat patties (if necessary put back in the bowl and add more chickpea flour)

8 Heat a little oil in a small frying pan and when hot, shallow fry the vegetable fritters until crisp.

9 Serve warm with a green salad, and put sweet chilli sauce on the fritters according to taste

For a video demonstration, see: https://youtu.be/weGK3oeMmJ4
LOW COST MEALS FOR SENIORS

SPICED PUMPKIN & POTATO SOUP

This recipe serves 2.
You need a stainless steel saucepan and frying pan.
1 Place a little olive oil into a small frying pan, cut the bread into small squares and fry in the oil until crisp, then put aside.

2 Chop the onion, pumpkin, carrot, potato and bulb of spring onion finely, and cook with a little oil in a small saucepan for 5–7 minutes until softened.

3 Add some of the stock and boil for another five minutes until vegetables are soft.

4 With a fork or potato masher, mash up the cooked vegetables, add the remaining stock (add a little water if too thick), bring to boil and season to taste.

5 Pour the soup into a bowl, sprinkle on some chilli flakes and a drizzle of olive oil.

6 Top with bread croutons and cheese.
SPICED PUMPKIN & POTATO SOUP

For a video demonstration, see: https://youtu.be/SM-qijJnMnE
SPICED VEGETABLE WRAPS

This recipe serves 6.
You need a Mixing Bowl, Saucepan, Spatula, Frying Pan
WRAPS

500 gms  besan (chick pea flour)
250 gms  semolina
1 tsp    bicarbonate of soda
        salt
        water

FILLING (INDIVIDUAL SERVES)

½       sweet potato
1       small potato
½ cup   frozen peas
½       onion [peeled]
1       green or red chilli
        or chilli flakes
½ can   chickpeas [drained]
1 tsp   curry powder
1 tsp   turmeric powder
½ cup   plain [natural yoghurt]
        salt
        vegetable oil
        Coriander leaves
        for garnish

1 Chop sweet potato and potato into small cubes. Cover with enough water to cover and bring to the boil and cook until tender. Drain all the water from the saucepan.

2 Chop onion and fry in a little oil until translucent. Add the chopped chilli or chilli flakes, the cooked potato and sweet potato, peas, chick peas, and curry powder. Add 2–3 tbsp of yoghurt and the turmeric and salt to taste – mix well and leave aside.

3 For wraps, make a batter using 1 cup besan flour and ¼ cup semolina mixed in a bowl with a little salt.
Add enough cold water [3/4 – 1 cup] to make a thin batter that has the consistency of a pancake batter. Add a small amount of bicarbonate of soda.

4 To cook wraps – wipe a frying pan with a little oil, heat to medium and when the pan is hot, pour in a ladle of batter and swirl the pan to coat it evenly. Cook until lightly browned, about 2 minutes, and flip over with a spatula and cook the other side until lightly browned. Use remaining batter to make 2 more wraps.
5 Divide the filling into 3, and spread over the wrap, roll them up and cut into 2 or 3.

6 Garnish with chopped coriander.

**NOTE:** If you wish, you can stir chopped coriander leaves through some natural [unsweetened] yoghurt with a pinch of salt and use as a sauce.
SEARED SALMON WITH NOODLE SALAD

This recipe serves 1.
You need a fry pan and a bowl.
SEARED SALMON
WITH NOODLE SALAD

1 fresh salmon fillet, skin on [225-250 gms]
salt
pepper
2 tbsp soy sauce
Mixed lettuce leaves
1 cup beansprouts
1/2 pack bean thread noodles [glass noodles]
6 cherry tomatoes or 1 medium tomato
1 red chilli
1/2 lemon or 1 lime
olive oil or sesame oil
water

1 Bring water to boil in a small pan. Add noodles to boiling water, take off the heat and leave covered.

2 In a separate bowl add lettuce leaves and beansprouts, slice tomatoes, sliced chilli and season with salt and pepper and a few drops of olive oil or sesame oil.

3 Drain noodles, sprinkle over with oil and leave to cool.
SEARED SALMON WITH NOODLE SALAD

4 Heat a small frying pan – lightly rub the skin of the salmon with some oil, and place skin side down on hot pan and sear for a few minutes. Turn over and sear other side until flesh turns opaque.

5 Mix noodles with the other ingredients, sprinkle soy sauce over the salmon and place on top of salad – garnish with sliced lime/lemon.

For a video demonstration, see: https://youtu.be/Y6SIUx4NASY
DUMPLINGS WITH NOODLE SOUP

This recipe serves 1.
You need a stainless steel saucepan and a bowl.
WONTON DUMPLINGS WITH NOODLE SOUP

500 mL vegetable or chicken stock
1 bok choy
1 spring onion
1 bundle dried egg noodles
6 wonton wrappers
3 fresh mushrooms
2/3 stalks fresh coriander
100g minced chicken (meat option)
2 wombok leaves [chinese cabbage]
white pepper
small knob of ginger
soy sauce
sesame oil

1 Grate as much ginger as you want.
Finely slice spring onion and coriander stalks [save leaves for garnish], save one leaf of spring onion for garnish. Finely slice wombok leaves. Chop mushroom into small dice.

2 Mix chicken mince (meat option) and chopped vegetables with ginger, add white pepper, small spoon of sesame oil and soy sauce, mix well.

3 Spread wonton wrappers on work surface and place a small spoonful of mixture in the centre. Wet your finger with water and wet edges of the wonton wrapper. Fold over and press edges together to seal.
WONTON DUMPLINGS WITH NOODLE SOUP

4 Meanwhile bring stock and a little water to boil. Add the noodles and bok choy to the boiling stock. When the noodles are soft, add the wontons and drop into liquid simmer for 2 – 3 minutes.

5 Serve with a splash of sesame oil and soy sauce or chilli sauce. Garnish with coriander leaves and sliced spring onion.

For a video demonstration, see: https://youtu.be/G-mYCsBmtxc
FESTIVE RICE

This recipe serves 1.
You need a stainless steel saucepan.
FESTIVE RICE

1 cup long grain or basmati rice [preferably brown]
2 cups low salt chicken stock
1 cup frozen peas
1 chorizo sausage [sliced] or 100 gm spiced salami [chopped]
1 onion peeled and chopped
1 stick celery, chopped
1 carrot chopped
1 cup frozen corn or fresh corn kernels
1 clove garlic [chopped]
Salt and pepper
Cooking oil / olive oil

1 Heat 2 table spoons of oil in a pan. Add the chopped, onion and garlic and stir until onion is translucent.

2 Add the chopped salami or sausage and then add the rice, stir through.

3 Add chicken stock and ½ cup water and the chopped celery and carrot. Bring to the boil, turn heat down and cover and simmer for 10–15mins.

4 Add the peas and the corn, stir through and leave covered for 5 minutes.
5 Adjust seasoning to taste and add a splash of olive oil and stir through. Serve warm.

For a video demonstration, see: https://youtu.be/0AjwQxhPVUU
LOW COST MEALS FOR SENIORS

SUMMER SALAD WITH PRAWNS

This recipe serves 1.
**Summer Salad With Prawns**

- **1/4** iceberg lettuce
- **250 gms** watermelon (thick slice)
- **6** cooked prawns (optional)
- **150 gms** feta cheese
- **3** radishes
- **1/2** red onion
- **1/4 cup** toasted almonds

Extra virgin olive oil
Salt, pepper, vinegar

1. Shred the lettuce into a bowl, finely slice the onion and radish and put onions into a small bowl and sprinkle over with some vinegar.

2. Cube the watermelon and feta, add to the lettuce along with sliced radish.

3. Roughly chop the almonds and add to the lettuce, watermelon and feta. Add prawns if using.
**Summer Salad With Prawns**

4 Squeeze out onions and add to the rest of the ingredients.

5 Add a splash of olive oil. Season to taste.

**NOTE:** Instead of shredding all the lettuce you can save a couple of leaves, trim to a bowl shape and serve the salad in the leaves.
LOW COST MEALS FOR SENIORS

FRENCH TOAST WITH STRAWBERRIES & YOGHURT
French Toast With Strawberries & Yoghurt

1. Butter the bread with softened butter. Pour the milk into the bowl and add the egg and beat/whisk. Add the buttered slices of bread to the mix and soak.

2. Chop the strawberries and sprinkle over some sugar, put into a pan and cook on medium heat to soften.

3. Mash up the berries with a fork and bring to a boil and keep aside.

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<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tr>
<td>2 slices</td>
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<td>25 gms</td>
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<td>1/4 cup</td>
<td>sugar or honey</td>
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<td>1</td>
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<td>1/4 cup</td>
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<tr>
<td>100 gms</td>
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<td>small carton natural yoghurt</td>
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</table>
French Toast With Strawberries & Yoghurt

4 Melt some butter in a frying pan and add the slices of bread – sprinkle a little sugar on the bread.

5 Fry the bread and allow sugar to caramelize. Flip over and cook the other side.

6 Serve with the warm strawberry jam and a spoonful of yoghurt.

For a video demonstration, see:
LOW COST MEALS FOR SENIORS

EQUIPMENT
Our cooking lessons are usually done on an induction cooktop.

The ones we use are made by EuroChef. Generally available on Ebay for $70–80 each.
These can easily be set up by plugging them into a power point and pressing the on button. Once on, the heat is controlled by the plus and minus buttons, as well as simple buttons for boiling water.

Kumar’s recipes are cooked using an induction ready frypan or saucepan or both.

Other than that, we use a variety of utensils for cooking; the most important ones are the ladle, spatula and potato masher.
LOW COST MEALS FOR SENIORS

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