



"Nyirunka gimal"
..Our Cooking.

Acknowledgements

We would like to respectfully acknowledge the Traditional Owners of this Land, and Elders, past, present and emerging.

We would also like to acknowledge Worimi Country, the Land on which this cookbook was created and pay our respects to Baiame the Creator Spirit of this Land.

We also thank all the community members from the Wahroonga Women's Group, Walga Ngurra staff, and staff and students from both Hunter River and Tomaree High Schools. These people shared their knowledge, stories and provided feedback to help the development of this cookbook and its resources.

We also acknowledge Kerith Duncanson, Research Fellow and Dietitian, at The University of Newcastle, whose work with Aboriginal communities continues to inspire us to walk hand in hand with First Nations peoples.

Wandju Art illustrations express in fine detail bush tucker found along the Australian east coast regions. Based around the authentic bush tucker our traditional custodians would eat.





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Background

Make 'n' Take for Aboriginal families is an Indigenous Australians' Health Program run by the Family Action Centre at the University of Newcastle. The program is an Emerging Priorities Project that was funded by the Australian Government.

Health workers and Aboriginal community members worked together to design and run Make 'n' Take, with help from Aboriginal Educators, and Government and non-Government agencies. Eight cooking programs ran in Worimi communities around Raymond Terrace and Karuah in 2021 and 2022, with women reporting that being part of the program helped them prepare healthy food for themselves and their wider family group.

The Aboriginal cultural basis of the cookbook grew out of the Nutraditions project in Worimi and Biripi countries. Elders and knowledge holders shared knowledge about traditional foods, which were much more nutritious than 'western style' foods. We hope to improve dietary intake in Aboriginal communities by building pride in Aboriginal culture.

"Nyiirunba gimal", translated as 'our cooking' is made up of the favourite meals and snacks from Make 'n' Take. The recipes have been tried and tested by many families, and the book includes helpful information on food safety, cooking terms, native bush spices, medicinal uses of bush foods and fact sheets about Worimi bush foods and their modern-day food equivalents.

We appreciate the work of everyone involved in putting this cookbook together, with special mention of dietitians Anne Hills and Kerith Duncanson, Aboriginal Health Workers Val Smith and Chloe Parker and Aboriginal students from Tomaree and Hunter River High schools who provided some of the illustrations and helped develop and taste test the recipes.

Special thanks to Aboriginal Education Workers Rhonda Roach, Brooke Roach and Jerry Burgmann and local Worimi Elders, who provided guidance on cookbook content, and to students in the Nutrition and Dietetics degree at the University of Newcastle.



Aboriginal and Torres Strait Islander Guide to Healthy Eating

Eat different types of food from the five food groups every day



Drink plenty of water

Grain (cereal) foods, mostly wholegrain and / or high fibre varieties



Vegetables and legumes /beans



Use in small amounts

Fruit

Only sometimes and in small amounts



Lean meats & chicken , fish, eggs , tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives mostly reduced fat





Cooking

- Wash your hands before cooking or eating food
- Wash all fresh vegetables and fruit
- Keep hot foods hot - they should be steaming
- Use a different chopping board for raw meat and raw vegetables



Reheating

- Heat until food is steaming
- Only reheat food once

Cooling

- Keep cold foods cold
- Store cold foods at 5 degrees celcius
- Avoid keeping food at room temperature for too long



Cold Food Storage

- Thaw food in the fridge - not bench
- Thawed foods can't be frozen again
- If you are traveling a long way with food, keep it in a cold esky



Common Cooking Terms

PREPPING

Drain



To gradually remove liquid from the food.

Garnish



To enhance finished foods by decorating with edible products.

Marinate



To place foods into a flavoured liquid in order to transfer the flavours.

Spread



To apply a thin layer or coating over a food.

Zest



To remove small pieces of the outer part of a citrus fruit.

CUTTING

Chop



To cut into smaller pieces.

Dice



To cut into small shaped cubes. Dicing ingredients the same size cooks foods evenly.

Grate



To cut a food into small pieces by rubbing against a rough surface or a surface with many sharp-edged openings.

Peel



To remove the outer layer of skin using a peeler.

Slice



To cut foods with a sharp knife into thin slices.



Common Cooking Terms

OVEN COOKING

Bake/Roast



To cook food in an oven with dry heat all around.

Preheat



To heat an oven to a required temperature before using for cooking.

Grill



To cook over or under direct heat.

Brown



To cook over a high heat, usually on the stove, in order to brown the outside of food.

STOVE TOP COOKING

Deep fry



To cook by covering food in hot oil.

Sauté



To quickly and lightly fry in a small amount of oil or stock.

Stir-fry



To quickly cook foods over high or medium-high heat in a lightly oiled pan, stirring often until cooked.

Sear



To brown the surface of meat /fish with a quick cook over a high heat so that the juices are sealed in.



Common Cooking Terms

MOIST COOKING

Braise



To brown (usually meat) then simmer in a little liquid on low heat until tender.

Blanch



To briefly cook in boiling water; typically used with fruits and vegetables.

Boil



To cook in water at 100 degrees celcius, that is hot enough to be bubbling.

Poach



To carefully cook in a liquid that is either simmering or boiling.

Steam



To cook food on a rack or in a steamer that has been set over a pot of boiling water.

Stew



To cook food covered and over a low heat in liquid.

Simmer



To cook gently in liquid that is just below the boiling point, bubbles are forming but do not burst.





Common Cooking Terms

BAKING

Batter



A mixture of ingredients that is uncooked and can be poured.

Beat



To mix well with a spoon, whisk or beaters until well-combined and very smooth.

Blend



To mix two or more ingredients together with a spoon, whisk or electric blender until combined.

Dust



To coat lightly with powdered or granulated ingredient like flour or icing sugar.

Fold



To combine light, air-filled ingredients into a heavier mixture, using a gentle over-and-under motion.

Grease



To rub the inside of a cooking dish or pan with oil, to prevent sticking.

Sift



To pass dry ingredients through a sieve.

Soft Peaks



When the pointed mounds of something that's been whipped stiff curl over.

Stiff Peaks



When the pointed mounds of something that's been whipped stiff stand up.

Whip



To beat and add air to increase the volume.

Household Measures & Abbreviations

Sometimes cook books and recipes use different terms or abbreviations that you might not be familiar with. Here are some of the main ones you might come across.

KITCHEN MEASUREMENT & ABBREVIATIONS		STANDARD AUSTRALIAN CUP MEASUREMENTS		STANDARD AUSTRALIAN SPOON MEASUREMENTS	
Abbreviation	Unit of measure	Australian cup	Metric	Australian spoon	Metric
c	Cup				
tsp	Teaspoon	1/4 cup	60 ml	1/4 teaspoon	1.25 ml
tbsp	Tablespoon	1/3 cup	80 ml	1/2 teaspoon	2.5 ml
g	Gram	1/2 cup	125 ml	1 teaspoon	5 ml
kg	Kilogram	1 cup	250 ml	4 teaspoons	20 ml
ml	Millilitre			1 Tablespoon	20 ml
L	Litre				



Herbs and Spices



Lemon Pepper



Taste: Mild tangy pepper taste.

Used for: Chicken and seafood.

Can replace regular pepper.

Cinnamon



Taste: Sweet warm and woody.

Used for: Adding flavour to cakes, puddings, biscuits, and sweet curries.

Oregano



Taste: Warm, musty flavour.

Used for: Marinades, pizza toppings, meat and pasta dishes and stuffing.

Moroccan Spice



Taste: Blend of saffron, cumin, ginger, paprika and cinnamon.

Used for: Marinating meats prior to cooking as well as in rice dishes and salads.

Paprika



Taste: Sweet strong flavour and bitter aftertaste.

Used for: Adding colour and flavour to Spanish dishes.

Thyme



Taste: Clove-like flavour.

Used for: To flavour meat, fish, poultry, stuffing, vegetables, and cheese dishes.

Use in small amounts.

Tumeric



Taste: Bitter, gingery flavour.

Used for: Curries, pickles, and sauces.

Use in small amounts.

Coriander



Taste: Sweet, mild and slightly peppery.

Used for: Use in large amounts in savoury dishes and in lots of asian cooking.

Cumin



Taste: Strong, earthy and slightly bitter flavours.

Used for: Spicing meats, vegetables, rice dishes as well as flavouring pickles, chutneys and breads.

Chives



Taste: Delicate onion flavour.

Used for: Add to salads, omelettes, vegetables, chicken, fish, sauces, and soups.



Native Bush Food

Davidson Plum



Taste:

Similar to stewed rhubarb, sour tangy plum flavour.

Used for:

Biscuits and cakes or tea.

Nutrition:

Rich in substances called “anthocyanins”.

Also contain vitamins important for healthy skin and eyes and minerals that help muscles work and keep your bones strong.

Anise Myrtle



Taste:

Strong aniseed, menthol or liquorice flavour.

Used for:

Fresh or dried in tea, added to bread dough, biscuits, stuffings, glazes, meat dishes.

Nutrition:

Contains vitamins and minerals that protect body tissues from cell damage and are important in pregnancy for growth of the baby.

Finger Lime



Taste:

Citrusy, bitter.

Used for:

Seafood dishes, desserts, Asian dishes or added to salads.

Can Use as a garnish. to replace fresh lemon or lime.

Nutrition:

Contains vitamins and minerals important for making cells and protecting them from damage along with supporting a healthy pregnancy.

Wattle Seeds



Taste:

Nutty chicory-like flavour and aroma.

Used for:

Coffee, ice-cream, creamy desserts, or to flavour breads, muffins, muesli and pancakes.

Used in Wattle seed damper.

Nutrition:

These seeds are power packed source of protein and good carbohydrates as well as minerals like iron, zinc and calcium.

Native Bush Food

Warrigal Greens



Taste:

Mild flavour - similar to spinach.

Used for:

Sautéing, stir frying, pies, quiche.

Nutrition:

Rich in minerals like iron and calcium, substances that protect against cell damage.

Lemon Myrtle



Taste:

Strong lemon taste.

Used for:

Tea, to flavour drinks, cakes, and biscuits as a dried spice. Used to replace lemongrass in curries and Asian dishes for a citrus flavour.

Nutrition:

High in a substance called lutein that is important for eye and skin health along with minerals that help muscles work and keep your bones strong.

Mountain Pepper



Taste:

Hot, spicy, and aromatic flavour to dishes.

Used for:

Can replace black pepper in cooking. Use the leaves as a curry leaf.

Used in cooking.

Nutrition:

Contains vitamins and minerals that protect body tissues from cell damage, contains a form of vitamin A important for eye health and is important for cell growth and maintaining healthy organs like the heart, lungs, and kidneys.



Bush Spices are available from:

Numa Ngarra Aboriginal Culture Karuah

NSW email:

steffcallaghan@hotmail.com

Oz Tukka Redhead NSW

<https://oztukka.com.au>

<https://indigiearth.com.au>

<https://www.bushtuckershop.com>

<https://www.kullillaart.com.au>

<https://warndu.com/>





Medicinal use of Bush Food

Pigface



Traditionally the leaves were used to treat jellyfish stings, wounds, insect bites.

Tamarind



May help with constipation and fevers due to its anti inflammatory properties.

Warrigal Greens



Traditionally used as a herbal medicine remedy to treat stomach complaints.

Yams



May help with managing menopause symptoms, diabetes and muscular cramps.

Prickly Pear



Traditionally used to treat burns and viral infections.

Blue Quandong



Traditionally Quandong leaves were crushed and mixed with saliva for skin sores and boils. In the seed the oil rich kernel was crushed to treat skin disorders.

Lilly Pilly



Traditionally used as a treatment for sore ears, wounds and skin conditions. They also have antibacterial properties for healing components and immune system boosting.

Bungwahl Tuber



Traditionally used to treat stings and bites.



Medicinal use of Bush Food

Soap Tree



Traditionally the leaves were chewed to ease stomach upset. The leaves and roots were also used for bites and stings from snakes, stingrays and insects. The leaves when added to water create a 'soap' which can be used to wash.

Lemon Myrtle



Traditionally leaves were used as a tea to treat the common cold. The leaves were put into water and river stones from fire were used to boil the water and leaves to make a tea.

Goanna Oil



Goanna oil was traditionally used to treat foot sores, muscle aches and also to treat cracked hands in colder months.

Witchetty Grub



Traditionally used to treat burns and open wounds.

Bunya Nut



Extracts made from bunya nuts have antibacterial properties.

Lawyer Vine



Young tips were chewed to cure upset stomachs.

Geebung



Natural antibiotic and was traditionally used for skin infections. Today it can be used for skin disorders such as psoriasis.



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Chicken and Vegetable Sausage Rolls



Ingredients	4 Serves	5-8 Serves
Fresh wholemeal breadcrumbs	½ cup	1 cup
Chicken breast mince	250g	500g
Eggs (1 egg, plus 1 extra lightly beaten egg)	1	2
Zucchini, finely grated	½	1
Carrot, finely grated	½	1
Onion, grated	½	1
Chopped coriander leaves	⅔ cup	¼ cup
Chopped flat-leaf parsley leaves	⅔ cup	¼ cup
Reduced fat frozen puff pastry, just thawed	2 sheets	4 sheets
Sesame seeds	½ tbsp.	1 tbsp.
Tomato or sweet chili or sauce, optional, to serve		

Equipment Required

Oven, Saucepan, Large and Small Bowls, Baking Tray, Chopping Boards and Knives, Whisk, Fork, Measuring Spoons and Cups.

Method:

Prep: 45 mins Cook: 25 mins Total: 70 mins

1. Preheat the oven to 200°C and line 2 baking sheets with baking paper.
2. Mix breadcrumbs, chicken mince and unbeaten egg in a large bowl until well combined. Add grated vegetables and herbs, then season.
3. Place 1 pastry sheet on a floured surface and halve. Spoon an eighth of the mixture lengthways along centre of each piece. Fold 1 edge of pastry over the filling and roll until complete. You may need to press down a little to secure the roll.
4. Repeat with remaining pastry and filling. Cut rolls into 3cm pieces and cut two small incisions into each roll to prevent splitting.
5. Place on baking sheets, cover and chill for 30 minutes. Brush with beaten egg and sprinkle with sesame seeds.
6. Bake for 25-30 minutes until the rolls are lightly browned and cooked through. Serve with sauce on the side.

Note: You can use other meats to replace the chicken, such as, pork, beef, or kangaroo mince.



Chicken Noodle Soup



Ingredients	4 Serves	5-8 Serves
Carrot	1	2
Brown Onion	1	2
Celery Sticks	2	4
Chicken Breast	1	2
Frozen Vegetables	1 cup	2 cups
Instant Noodles, preferably wholegrain	2 squares/ pkts	4 squares/pkts
Creamed Corn	400g tin	2 x 400g tin
Corn Kernels	310g tin	2 x 310g tin

Equipment Required

Electric Frying Pan or Large Saucepan, Chopping Board, Large Spoon, Small Cup, Serving Bowl, and Spoon, Can Opener, Small Bowl, Knives.



Method:

Prep: 20 mins Cook: 5 mins Total: 25 mins

1. Chop carrot, celery, and onion. Add to the fry pan and cook until soft.
2. Dice chicken and add to the fry pan and stir until cooked.
3. Add 4 cups of water to the fry pan and bring to a boil.
4. Break up the noodles and add to the fry pan, then turn the heat down. Let that simmer for 5 mins.
5. Add frozen vegetables, creamed corn and corn kernels to the pan and stir until cooked vegetables are soft.
6. Add salt and pepper to taste. Ladle into bowls, serve with crusty damper or bread



San Choy Bow



Ingredients	4 Serves	5-8 Serves
Peanut oil/ sunflower/canola oil	1 tbsp.	2 tbsp.
Large garlic, minced	1 clove	2 cloves
Ginger, minced	½ tsp	1 tsp.
Pork mince or Turkey mince	250-300g	500-600g
Onion, finely chopped	½ onion	1 onion
Carrot, finely chopped	1 small	2 small
Canned water chestnuts, drained and finely chopped	100g	200g
Baby corn, canned, drained, finely chopped	½ x 420g can	1 x 420g can
Mushrooms, finely chopped	5	10
Baby gem, lettuce leaves	20 small/ 8 large	40 small/ 16 large
Sauce		
Corn flour	¼ tsp.	½ tsp.
Water (1tbsp for corn flour mix)	3 tbsp.	6 tbsp.
Soy sauce	2 ½ tbsp.	5 tbsp.
Oyster sauce	2 tbsp.	4 tbsp.
Sesame oil	1 tsp.	2 tsp.
Chinese Mirin	2 tbsp.	4 tbsp.
Crushed peanuts/ chopped shallots as garnish	1 tsp.	2 tsp

Equipment Required

Oven, Saucepan, Large and Small Bowls, Baking Tray, Chopping Boards and Knives, Whisk, Fork, Measuring Spoons and Cups.

Method:

Prep: 15 mins Cook: 5 mins Total: 20 mins

1. Mix cornflour with required water amount until its lump free in a measuring jug. Then add remaining sauce ingredients and the remainder of the water and mix. Set aside.
2. Heat oil in a wok or large saucepan over high heat. Add garlic and ginger, give it a quick stir then add onion.
3. Cook for 1 minute then add pork. Cook pork until it turns white.
4. Add all the diced vegetables. Cook for 2 minutes until the carrot is softened and pork is cooked through.
5. Add sauce mixture and cook for 1 ½ minutes or until it thickens and looks glossy, coating the filling.
6. Transfer pork and veg mixture into serving bowl. Lay out lettuce leaves, (peanuts, and shallots on the side – if using).
7. To serve, spoon some filling into a lettuce leaf. Top with peanuts and shallots, bundle it up and enjoy!



Tasty Meatballs

Method:

Ingredients	4 Serves	8 Serves
Beef or kangaroo mince	1kg	2kg
Small red onion, finely chopped	1	2
Breadcrumbs	1 cup	2 cups
Wholegrain mustard	1 tbsp.	2 tbsp.
Garlic cloves, crushed	2	4
Worcestershire sauce (or BBQ)	2 tsp.	4 tsp.
Salt and pepper to taste		
Olive oil		
Toothpicks to serve		

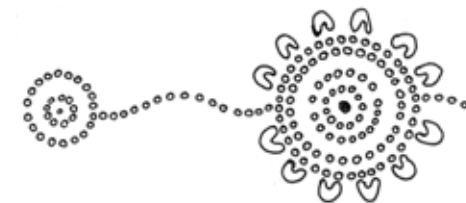
Equipment Required

Large Saucepan or Frying Pan, Measuring Jug, Cups and Spoons, Chopping Board, Bowls, Knife and Wooden Spoon.

1. Mix mince, onion, mustard, garlic, breadcrumbs, and Worcestershire sauce together with seasoning of salt and pepper.
2. Using moistened hands, form the meat mixture into tablespoon-size round meatballs and place on plate until you have finished.
3. Heat a splash of olive oil in a large frying-pan. Cook meatballs in groups so they can be easily turned until browned all over. Keep the cooked meatballs covered until they are all done.
4. Place toothpick on each and serve with your favourite sauce.

Note: you could also serve these meatballs in a tomato-based pasta sauce with spaghetti.





Zucchini, Corn, and Haloumi Fritters

Method:

Ingredients	4 Serves	8 Serves
Corn kernels, drained	½ cup	1 cup
Zucchini, grated and squeeze excess moisture	2 large	4 large
Haloumi, grated	½ cup	1 cup
Almond meal	¼ cup	½ cup
Eggs	3	6
Chives, finely chopped	2 tbsp.	4 tbsp.
Pepper berry or use black pepper	1 tsp.	2 tsp.
Ground saltbush	1 tsp.	2 tsp.
Salt	½ tsp.	1 tsp.
Olive oil	1 tsp.	2 tsp.
Avocado, chopped into small pieces	1	2
Tomato, diced into small pieces	1	2
Red onion, peeled and chopped finely	1	2
Lime or lemon juice	1 tbsp.	2 tbsp.
Extra olive oil for cooking the fritters	1-2 tbsp.	3-4 tbsp.

Equipment Required

Frying Pan, Large Bowl, Small Bowl, Knife, Fork, Spoon, Spatula, Measuring Jug, Measuring Cups and Spoons and a Saucepan.

1. Heat a frying pan over medium heat and add 1 tsp of olive oil. Add the corn kernels and cook for approximately 10 minutes, or until golden. While the corn is cooking, grate the zucchini into a clean tea towel and squeeze out as much excess liquid over the sink or into your compost as you can.
2. Add the zucchini, corn and remaining fritter ingredients into a large bowl and stir to combine.
3. Heat a frying pan over medium heat and add the olive oil. Place heaped spoonfuls of fritter mixture into the frying pan and flatten them into fritters with the back of a spatula. Cook until golden brown on both sides and cooked through. Continue cooking the fritters in batches and remember not to over-crowd the frying pan.
4. Remove from frying pan once cooked and place on a plate lined with paper towel.
5. Serve fritters warm with avocado salsa.
6. To make salsa, mix avocado, red onion, tomato and lime juice in a bowl. Add salt and black pepper to taste. If you have some sweet chilli sauce add 1 tbsp. for extra flavour.





Sharon Bailey's Johnny Cakes

Method:

Ingredient	3-6 Serves	6-10 Serves
Self-Raising Flour	2 cups	4 cups
Warm Water	1 cup	2 cups
Oil for frying (canola)	3 tbsp.	6 tbsp.

Equipment Required

Mixing Bowl, Measuring Cups, Knife, Frying Pan.

1. Place flour into bowl and pour in warm water, a small amount at a time, stirring with knife at the time.
2. Stir with knife until just combined.
3. Turn onto floured board and knead until just sticking together.
4. Pat dough down into slab about 2 cm thick.
5. Cut it into small pieces.
6. Fry in oil in frying pan or on BBQ.

Optional: Bush spices such as bush tomato (kudjera), could be added to the dough for extra flavour.





Caesar Salad

Method:

Prep: 10 mins Cook: 30 mins Total: 40 mins

Ingredients	4 Serves	5-8 Serves
Dressing		
Olive oil	4 tbsp.	8 tbsp.
White wine vinegar	1 tbsp.	2 tbsp.
Lemon juice	1 tbsp	2 tbsp.
Dijon mustard	1 tbsp.	2 tbsp.
Worcestershire sauce	1 tbsp.	2 tbsp.
Garlic, crushed	1 clove	2 cloves
Egg (separate into yolk and white)	1 yolk	2 yolks
Anchovy fillet, patted dry of excess oil and finely chopped	1 fillet	2 fillets
Salad		
Sourdough bread – croutons	2 slices	4 slices
Oil spray or brush with oil		
Bacon-like pieces (½ twin pack) or 3 middle eye bacon rashers, diced	150g	300g
Cos lettuce, cut into quarters	2	4
Eggs	4	8
Cherry tomatoes, halved	200g pack	2 x 200g packs
Parmesan cheese, finely shaved	½ cup	1 cup

1. Preheat oven to 200°C.
2. Boil eggs in saucepan of boiling water for 10 minutes. Remove, drain and peel once cooled. Set aside.
3. In a bowl, whisk the egg yolk, incorporating the oil slowly until it starts to thicken and become firm.
4. Slowly add vinegar, Worcestershire sauce, garlic, mustard and mashed up anchovy fillet. Place into a jar with a lid.
5. Add the lemon juice to jar and shake until you have a thick, but runny consistency. Set aside in fridge.
6. To make croutons for the salad, cut bread into cubes or roughly tear into small pieces. Spread over a baking tray. Spray lightly with cooking oil. Cook under a preheated grill until golden. Set aside to cool.
7. Pan fry bacon pieces until crispy in lightly oil sprayed frypan.
8. Arrange lettuce, eggs, bacon bits and tomatoes in serving bowls. Top with croutons, drizzle with dressing and sprinkle with grated parmesan.

Equipment Required

Oven, Frying Pan, Baking Tray, Large and Small Bowls, Screw Lid Jar, Chopping Board, Knife, Whisk, Grater, Measuring Spoons and Cups.



Sweet and Sour Bok Choy

Method:

Ingredients	4-5 Serves	8-10 Serves
Bok Choy	1 bunch	2 bunches
Sesame Oil	2 tbsp.	4 tbsp.
Fresh Ginger Root, peeled and chopped fine (or can use ginger paste)	1 tbsp.	2 tbsp.
Red Cabbage, shredded or thinly sliced	½ cup	1 cup
Carrots, cut into matchsticks	½ cup	1 cup
Salt	½ tsp.	1 tsp.
Corn Flour	1 tbsp.	2 tbsp.
Cold Water	1 cup	2 cups
Soy Sauce	1 tbsp.	2 tbsp.
Honey	2 tbsp.	4 tbsp.
Apple Cider Vinegar	3 tbsp.	6 tbsp.

Equipment Required

Frying Pan and Lid, Measuring Jug, Measuring Cups and Spoons, Chopping Board and Knife and Wooden Spoon.

1. Separate the leaves of Bok choy and discard any leaves that are damaged. Rinse Bok choy thoroughly. Cut away bottom white section of Bok choy from the green leafy tops. Place 2 steams of the white bottoms on top of each other and slice down the middle lengthwise. Cut into diagonally into slices. Place the leafy green tops on top of each other and cut in half. Fold over and cut again in half lengthwise, then slice again crosswise. Keep separate for now.
2. Preheat sesame oil in frying pan and fry ginger for 30 seconds. Add red cabbage and carrots and gently fry for another 2 minutes. Add white part of Bok choy and salt. Cover and simmer on low heat for 3 minutes.
3. Prepare sauce by dissolving corn flour in the cold water. Add soy sauce, honey and apple cider vinegar, and mix. Pour on the vegetables and stir until dressing thickens and becomes clear. Now place the greens on top. Do not stir in. cover and steam for 2 minutes. Serve immediately.

Note: You can make this a complete meal by adding sliced cooked meat such as chicken, pork or grilled fish with rice or noodles.



Chicken and Veggie Curry



Ingredients	5-6 Serves	10-12 Serves
Chicken Breast or thigh fillet, diced	600g	1.2kg
Carrots, sliced	2	4
Snow peas, sliced	1 cup	2 cups
Garlic Cloves, crushed	2	4 cloves
Onion, diced	1	2
Broccoli, chopped into florets	½ head	1 head
Curry powder	3 tbsp.	6 tbsp.
Red Lentils	1 cup	2 cups
Olive or rice bran oil	2 tbsp.	4 tbsp.
Light evaporated milk, carnation	375 ml (1 can)	2 x 375 ml cans
Chicken stock cube	1	2
Hot water	2 cups	4 cups
Tomato or mango chutney (optional)	2 tbsp.	4 tbsp/
Salt and pepper to taste		
Rice microwaveable packet family size	450g pkt	2 x 450g pkts

Equipment Required

Non-stick Frying Pan, Wooden Spoon, Chopping Board, Knife, Bowls, Can Opener, Measuring Jug, Measuring Cups and Spoons.

Method:

1. In a heatproof jug add 500ml hot water to 1 chicken stock cube, stir and set aside.
2. Prepare and vegetables and chicken
3. Heat oil in a large frying pan and pan fry the chicken until brown and remove it from pan.
4. Add sliced onions and pan fry 2 – 3 minutes. Then, add garlic and curry powder. Cook until fragrant.
5. Add remaining vegetables* and cook for 2 minutes.
6. Add chicken back to the pan. Stir in the evaporated milk and made-up stock. Simmer for further 5 minutes, then add seasoning and chutney to taste.
7. Microwave rice according to directions on packet.
8. Served with cooked rice or steamed potatoes

*You can replace fresh vegetables with 500g frozen mixed winter vegetables.



Creamy Tomato and Chicken Pasta Bake



Ingredients	4 Serves	5-8 Serves
Pasta Shapes (i.e. penne, rigatoni, shells)	300g	600g
Chicken breast, cut into chunks	300g	600g
Olive oil	1-2 tbsp.	2-4 tbsp.
Onion, small, diced	1	2
Garlic, crushed	1 clove	2 cloves
Plain flour	2 tbsp.	4 tbsp
Chicken stock cubes dissolved in ½ cup water	2 cubes	4 cubes
Diced tomatoes (reduced salt preferable)	1x 400g can	2x 400g can
Saltbush spice/ Pepper berry/ Bush tomato	1 tsp. of each	2 tsp. of each
Carnation Light n creamy evaporated milk	375 ml can	750 ml can
Frozen <i>stir fry</i> mixed vegetables	500g	1000g
Light n tasty, shredded cheese	1 cup	2 cups

Equipment Required

Oven, Frying Pan, Large Saucepan, Large Baking Dish or Casserole Dish, Colander and Bowl, Knife, Spoon or Spatula and Measuring Jug, Cups and Spoons.

Method:

Prep: 25 mins Cook: 15 mins Total: 40 mins

1. Put the pasta in a pan of boiling water and simmer for 10 minutes. When cooked, drain, and set aside.
2. Heat some olive oil in a large frypan over a medium heat and then add the chicken and cook for 5 minutes. (Remove chicken from pan and set aside.)
3. Add 1 tbsp oil to frypan and fry onion and garlic, cook for a further 2 minutes.
4. Add flour and stir, cook for one minute.
5. Add dissolved chicken stock, frozen mixed stir fry vegetables, crushed tomatoes, bush spices, and carnation evaporated milk. Bring to boil stirring constantly then remove from heat.
6. Stir cooked pasta and cooked chicken into vegetable mixture until well combined.
7. Pour into a casserole dish and sprinkle with shredded cheese.
8. Bake 20-25 minutes until cheese is golden brown.





Fish Curry

Method:

1. Heat 1 tbsp. oil in wok or frying pan, add fish chunks in hot oil until browned (sear) but not cooked through. Remove from pan and set aside.
2. Add extra oil to pan then add curry powder and stir for a few minutes until fragrant. Add onion, sweet potato, and green beans to frying pan and cook for 5 minutes.
3. Add chilli, hoisin sauce, fish sauce, stock and coconut milk and cook at a simmer for 15 minutes.
4. Return fish to fry pan, cook a further 5 minutes, add cooked egg noodles and stir through, then add baby spinach* until wilted.

Note: Instead of coconut milk, you could use evaporated milk and coconut essence. Any combination of vegetables can replace sweet potato and beans.
*Warrigal greens can be used in place of spinach. Warrigal greens need to be blanched in boiling water and drained before eating.

Equipment Required

Large Saucepan or Fry Pan, Measuring Jug, Measuring Cups and Spoons, Chopping Board and Knife, Bowls, Peeler and Wooden Spoon

Ingredients	4 Serves	5-8 Serves
Canola or Olive Oil	2 tbsp.	4 tbsp.
Fish fillets, cut into large chunks (Can use black fish, flathead, mullet or Basa)	3	6
Brown onion, diced	1	2
Sweet potato, peeled and cubed	1	2
Green beans, cut into bite size pieces	2 cups	4 cups
Curry powder or paste	2 tbsp.	4 tbsp.
Dried chilli	1 tsp.	2 tsp.
Hoisin sauce	¼ cup	½ cup
Vegetable stock	250ml	500ml
Fish Sauce	1 tbsp.	2 tbsp.
Reduced Fat coconut milk	400m	400ml
Baby spinach	2 cups	4 cups
Cooked egg noodles	1 cup	2 cups



Fish Pie with Filo Pastry



Ingredients	4 Serves	5-8 Serves
Canola oil	1 tbsp.	2 tbsp.
Onion, diced	½	1
Garlic, finely diced	½ clove	1 clove
Red chili, finely diced	½	1
Bag of mixed frozen broccoli & frozen cauliflower	250g	500g
Corn flour	½ tsp.	1 tsp.
Firm white boneless fish fillet, diced (e.g. Basa Fillet)	150g	300g
Uncooked (green) prawn, peeled and deveined	125g	250g
Pink salmon, fresh, frozen or canned	125g	250g
Low-fat evaporated milk	¼ cup	1/2 cup
Dijon mustard	½ tsp.	1 tsp.
Dill, dried	½ tsp.	1 tsp.
Filo pastry	3 sheets	6 sheets
Egg, beaten	½	1

Method:

Prep: 15 mins Cook: 30 mins Total: 45 mins

1. Preheat oven to 180°C.
2. Heat oil in the fry pan and cook onion, garlic and chilli until lightly coloured.
3. Add broccoli, cauliflower and cornflour and cook for 5 minutes.
4. Add all seafood, evaporated milk. Dijon mustard and dill and cook for a further 10 minutes until liquid has reduced. Add pepper to taste.
5. Brush baking dish with oil and line with 4 sheets of filo pastry.
6. Add the mixture and cover with the remaining filo pastry sheets.
7. Lightly brush filo pastry with beaten egg. Place in oven and cook for 10-15 minutes or until golden brown.

Equipment Required

Oven or Frying Pan, Large Bowl, Large Rectangular Baking Dish, Chopping Boards and Knives, Spoons, Pastry Brush, Measuring Spoons and Cups.

Fish Tacos



Method:

Prep: 30 mins Cook: 5 mins Total: 35 mins

1. In a medium shallow bowl, whisk together olive oil, lime juice from one lime, and Mexican chilli powder.
2. Add fish fillets and toss evenly to coat and marinate for 15 minutes.
3. Prepare coleslaw: in large bowl combine cabbage, shredded corn, red onion and chopped coriander. Mix in ¼ cup light mayo, 1 tbsp. honey and 1 tbsp. lime juice.
4. Heat a large non- stick fry pan over medium heat. Add vegetable oil or spray. Remove fish fillets from marinade and add to pan. Cook until opaque and cooked through 3-5 minutes per side. Remove from heat and let rest before flaking with a fork.
5. To make Taco sauce: combine all ingredients in a small bowl and whisk until well blended.
6. To serve, toast tortillas in fry pan until warmed or warm in microwave.
7. Onto each tortilla, place portion of fish followed by coleslaw, sliced avocado and 1 tbsp. Taco sauce drizzled over top. Fold up and enjoy!

Equipment required

Small bowl, Frying Pan, Whisk, Knife, Fork, Chopping Board, Large Bowl, Measuring Spoons and Cups.



Ingredients	Makes 12 tacos	Makes 24 tacos
White Corn Gluten-free Tortillas	12	24
Olive oil	3 tbsp.	6 tbsp.
Mexican chilli powder	2 ½ tsp.	5 tsp.
Lime, juiced	2	4
Basa Fillets, frozen or other white flesh fillets	1kg pack	2kg pack
Red cabbage, shredded	½	1 whole
Fresh sweetcorn cob, shredded kernels	1 cup	2 cups
Coriander, chopped	½ bunch	1 bunch
Red onion, diced	½	1
Avocado, sliced	2	4
Dressing		
Light Sour cream	½ cup	1 cup
Light Mayonnaise	½ cup	1 cup
Lime juice	2 tbsp.	4 tbsp.
Garlic powder	1 tsp.	1 tsp.

Lemon Myrtle and Sweet Potato Fish Cakes



Ingredients	4 Serves	5-8 Serves
Cooked sweet potato, mashed (1 large raw)	1 cup	2 cups
Cooked mashed fish fillets	2 cups (300g-450g)	4 cups (600g-900g)
Ground lemon myrtle* or substitute with lemongrass paste or grated lemon grind	1 tsp.	2 tsp.
Chopped parsley	1 tbsp.	2 tbsp.
Medium brown onions, finely chopped	1	2
Frozen diced mixed vegetables, or grated fresh vegetables	½ cup	1 cup
Egg	1	2
Beaten eggs (beat with fork)	2	4
Breadcrumbs	2 cups	4 cups
Pepper to taste		
Olive or canola oil to grease the pan		

Equipment Required

Large Saucepan, Frying Pan, Bowls, Large Mixing Bowl, Chopping Board, Grater, Knives, Wooden Spoon, Measuring Jug, Measuring Spoons and Cups.

Method:

Prep: 15 mins Cook: 5 mins Total: 20 mins

1. Cook peeled and chopped sweet potato in pan of boiling water until soft. Mash when cool.
2. Poach in fish in vegetable stock or milk until cooked.
3. In a large bowl, mix the sweet potato, cooked fish, pepper, lemon myrtle, parsley, onion, 1 egg, ½ cup breadcrumbs and mixed vegetables until well combined.
4. Take approximately two tablespoons of the mixture and roll with the palm of your hands into a ball and slightly flatten.
5. Repeat for the rest of the mixture.
6. Put the beaten egg into one bowl and the breadcrumbs into another.
7. Dip each ball into the beaten egg and then roll in the breadcrumbs.
8. Press until slightly flat.
9. Cook in frypan turning over until golden on each side.
10. Serve with low fat mayonnaise or a squeeze of lemon and salad.



Kangaroo Cottage Pie

Ingredients	4 Serves	5-8 Serves
Sweet potatoes, peeled and diced	1 medium size	2 medium size
White potatoes, peeled and diced	1	2
Skim milk powder	1 tbsp.	2 tbsp.
Canola oil/olive oil	1 tbsp.	2 tbsp.
Kangaroo mince	250g	500g
Onion, diced	½	1
Carrots, diced	1	2
Celery, diced	1.5 stalks	3 stalks
Frozen peas	1 cup	2 cups
Brown lentils, canned, drained	½ x 400g can	1 x 400g can
Worcestershire sauce or BBQ sauce	1.5 tbsp.	3 tbsp.
Ground saltbush	½ tbsp.	1 tbsp.
1 beef or chicken stock cube dissolved in water	¼ cup	½ cup
Reduced fat or light cheese, grated	¼ cup	½ cup



Method:

Prep: 15 mins Cook: 5 mins Total: 20 mins

1. Preheat oven to 180°C.
2. Fill a large pot with water. Place sweet potato and white potato into water, bring to the boil and cook for 10-15 minutes until soft.
3. Drain potatoes and mash together with skim milk powder. Add salt and pepper to taste.
4. Heat oil in fry pan, place kangaroo mince into the pan and cook until browned.
5. Add chopped vegetables, frozen peas, lentils, Worcestershire sauce, salt bush, pepper and 1/2 cup of beef or chicken stock. Cook for 15 minutes.
6. Place mixture into a casserole dish.
7. Spread mashed potato on top of mince mixture and smooth with spoon. Top with grated cheese. Bake for 45 minutes or until golden brown on top.
8. Serve with green vegetables or a salad, if desired.

Equipment Required

Large Saucepan, Large Casserole Dish, Bowls, Chopping Boards and Knives, Potato Masher, Measuring Jug, Spoons and Cups.



Kangaroo Red Curry



Ingredients	4-5 Serves	8-10 Serves
Canola or olive oil	1 tbsp.	2 tbsp.
Kangaroo meat, diced or sliced, into strips	500g	1 kg
Onions, sliced	2	4
Red curry paste	2 tbsp.	3 tbsp.
Chicken stock cube dissolved in $\frac{3}{4}$ cup water	1	2
Pumpkin, finely diced	500g	1kg
Red or green capsicums, seeded and finely sliced	2	4
Lemon rind, grated	1	2
Reduced-fat coconut milk	270ml	2 x 270ml
Baby spinach	60g bag	2 x 60g bag

Equipment required

Frypan, Measuring Jug, Saucepan or Microwave Dish, Measuring Spoons and Cups, Bowls, Spatula or Wooden Spoon, Knife, Chopping Board.

Method:

Prep: 20 mins Cook: 15 mins Total: 35 mins

1. Cut onions into slices, cut pumpkin into small chunks and cut capsicums into fine slices.
2. Slice or dice kangaroo into chunks or slices.
3. Heat half the oil in a large pan, pan-fry kangaroo for 5 minutes until brown, remove from pan and set aside.
4. Heat remaining oil and pan-fry onion until tender.
5. Stir through curry paste, stock, kangaroo, pumpkin, capsicums, and grated lemon rind.
6. Simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
7. Add coconut milk, then stir through spinach or blanched warrigal greens, and cook until heated through. Do not boil. Serve over basmati rice.





Kangaroo Kebabs with Bush Tomato Tahini



Method:

1. Place the pepper berry, cinnamon, cumin, turmeric, onion, garlic and oil in a small food processor and blend into a puree. Season well with salt, then transfer to a large bowl. Add the lamb, stir to coat well, then cover and refrigerate for at least 4 hours, or overnight if time permits.
2. Preheat a chargrill pan or barbecue grill to high. Thread the lamb onto metal skewers, alternating fattier pieces of lamb with leaner pieces.
3. Cook the lamb skewers for about 8 minutes, turning frequently, drizzling with olive oil and seasoning with a little more salt as you go. Remove from the heat and rest for 5 minutes.
4. Meanwhile, for the bush tomato tahini, combine all the ingredients in a bowl. Taste and adjust the seasoning if needed.
5. Serve the skewers scattered with parsley, drizzled with a little extra olive oil and with the bush tomato tahini on the side.

Equipment Required

Large Saucepan or Frying Pan, Measuring Jug, Measuring Cups and Spoons, Chopping Board and Knife, Bowls, Wooden Spoon, Grater and Baking Dish/Casserole Dish.

Ingredients	4 Serves	8 Serves
K-roo Kangaroo Diced or K-roo Marinated Steak	500g	1kg
Onion, finely diced	½	1
Garlic, finely chopped	2 cloves	4 cloves
Ground Pepper Berry	1 tsp.	2 tsp.
Moroccan Spice Blend	2 tsp.	4 tsp.
Olive Oil	2 tbsp.	4 tbsp.
Capsicum (red or green)	1	2
Zucchini	2 small	4 small
Button Mushrooms	2 cups	4 cups
Thick Greek Yogurt	1 cup	2 cups
Tahini	2 tbsp.	4 tbsp.
Lemon Juice	1 tbsp.	2 tbsp.
Honey	1 tsp.	2 tsp.
Salt	1 tsp.	2 tsp.
Ground Kudjera (Bush Tomato)	1 tsp.	2 tsp.





Peanut Pork Curry

Method:

Prep: 15 mins Cook: 15 mins Total: 30 mins

1. Heat oil in a large saucepan or wok over medium heat. Cook curry paste for 1 minute or until aromatic.
2. Stir in peanut butter, coconut milk and $\frac{1}{2}$ cup water. Bring to the boil, reduce heat to medium and simmer for 5 minutes.
3. Add carrot and aniseed myrtle (or chopped Thai basil leaves) and simmer for 2 minutes.
4. Add pork to curry with broccoli and zucchini and cook for 5 minutes or until just cooked.
5. Meanwhile, place noodles in a large heatproof bowl and cover with boiling water. Soak for 5 minutes or until soft. Drain well.
6. Stir fish sauce and lime juice through curry. Serve with rice noodles.

Ingredients	5-6 Serves	10-12 Serves
Thai red curry paste	3 tbsp.	6 tbsp.
Fish sauce	2 tbsp.	4 tbsp.
Broccoli head, cut into florets	1	2
Carrot, peeled, sliced	2	4
Zucchini	2 large	4
Lime juice bottled	2 tbsp.	4 tbsp.
Rice stick noodles	300g	600g
Pork loin steaks thinly sliced	500-600g	1-1.2kg
Light coconut milk	400ml can	2 x 400ml cans
Oil (canola or peanut)	1-2 tbsp.	2-4 tbsp.
Ground Aniseed Myrtle or Thai basil leaves chopped finely	1 tbsp.	2 tbsp.
Crunchy peanut butter	$\frac{1}{2}$ cup	1 cup

Equipment Required

Large Saucepan or Frying Pan, Bowls, Chopping Board, Knife, Wooden Spoon, Strainer, Measuring Jug, Measuring Cups and Spoons.





Lazy Lasagna

Method:

1. Preheat oven to 170°C. Heat oil in fry pan on high heat, add mince, and cook until browned. Spray the base of the baking dish with oil.
2. Add vegetables and pasta sauce and simmer on medium-high heat for 5-10 minutes. Season sauce with basil and pepper then turn off heat.
3. Make the lasagne by beginning with a layer of pasta sheet (you may need to make smaller pieces to create a full layer). Add 1-2 big spoonfuls of sauce, and then place another pasta layer on top of this. Continue to layer pasta and sauce until you have no sauce left, making sure you finish a layer of pasta as the last layer.
4. Combine ricotta and skim milk and spread over lasagne layer, smoothing ricotta to the edges and top with grated cheese.
5. Bake in the oven for 25-30 mins, or until golden.
6. Serve with salad or vegetables on the side.

Ingredients	Serves 4	Serves 8
Lean Beef Mince/Kangaroo Mince	500g	1kg
Oil Spray or Canola Oil	1 tbsp.	2 tbsp.
Tomato-based Pasta Sauce	1 jar	2 jars
Carrot, grated	1	2
Zucchini, grated	1	2
Celery, finely chopped	1 stick	2 sticks
Fresh Basil, finely chopped	2 tbsp.	4 tbsp.
Fresh Ricotta	500g	1kg
Skim Milk	½ cup	1 cup
Lasagna Sheets	8-12	16-25
Reduced-Fat Tasty Cheese, grated	½-1 cup	1-2 cups

Equipment Required

Saucepan, Large Bowl, Whisk, Knife, Fork, Measuring Spoons and Cups, Oven, Small Bowl, Baking Tray and Chopping Board.



Homemade Pizza



Method:

Prep: 20 min Cook: 10 min

Ingredient	1 Pizza	2 Pizza's
Self-raising flour (plus extra for kneading)	1 ½ cups	3 cups
Greek yoghurt, plain	1 cup	2 cups
Olive oil	1 tsp.	2 tsp.
Salt or onion /garlic powder	½ tsp.	½ tsp.
Toppings		
Tomato pizza paste	½ -1 cup	1-2 cups
Bacon rashers, middle eye, rind cut off	3 slices	6 slices
Diced pineapple pieces	½ cup	1 cup
Sun dried tomato strips	½ cup	1 cup
Red onion, diced	½ onion	1 whole
Shredded pizza cheese	1 cup	2 cups

1. Preheat oven to 200°C (180°C fan forced).
2. Spray pizza pan or oven tray with cooking spray.
3. In a bowl, combine the flour, yoghurt, olive oil and salt. Bring together to form a large ball or two smaller ones.
4. Add more flour if it is too sticky, until you get a soft dough.
5. Turn out onto a floured board to knead. Knead for 5-8 minutes.
6. Flatten the dough ball and use a rolling pin to roll into either a round or rectangular shaped pizza crust. The thinner you roll it out, the crispier the crust will be. Place on a lightly oiled oven tray or pizza pan. Prick the dough all over with a fork.
7. Cook pizza dough in oven for 8-10 minutes.
8. Whilst pizza dough is cooking, panfry bacon pieces for 2-3 mins allow to cool.
9. Remove cooked dough from oven and add your selection of toppings.
10. Return pizza to oven and cook for an additional 10 minutes or until toppings are cooked through and cheese melted.

Equipment Required

Oven, Pizza or Baking Tray, Frying Pan, Rolling Pin, Chopping Board and Knives, Fork, Small Bowls, Measuring Spoons and Cups.

Variations: Other toppings could include mushrooms, diced capsicum, spinach leaves, olives. For non-vegetarians shredded ham, chicken, and prawns. Or try pita bread, tortillas, wraps, English muffins, Turkish bread or Johnny cakes as the base.





Oven Baked Mushroom Risotto

Method:

Prep: 10 mins Cook: 30 mins Total: 40 mins

1. Preheat oven to 200°C.
2. Melt 1 tbsp margarine in ovenproof pot (preferably with a lid) over medium high heat.
3. Add garlic and onion and cook until onion is translucent.
4. In a jug, dissolve stock powder in 2 cups boiling water and stir.
5. Add rice, 3 cups hot water, dissolved stock, pepper berry, remaining 2 tbsp. margarine and mushrooms into the ovenproof dish. Cover dish tightly with lid.
6. Bake in a hot oven, 200°C for 30 minutes or until rice is tender.
7. Stir through spinach leaves and parmesan.

Note: Other vegetables such as roasted pumpkin or sweet potato can be added at step 4 and stirred until heated through. This recipe uses Arborio rice because it's extra starchy, giving the dish a creamy texture without the use of cream.

Ingredients	4 Serves	8 Serves
Onion, diced finely	1	2
Garlic, chopped finely	1 clove	2 cloves
Arborio rice, raw	2 cups	4 cups
Chicken stock	5 cups	10 cups
Chicken stock powder	3 tsp.	6 tsp.
Margarine	3 tbsp.	6 tbsp.
Mushrooms, sliced	3 cups	6 cups
Baby spinach leaves or chopped spinach leaves	2 cups	4 cups
Parmesan cheese, finely grated	¾ cup	1 ½ cups
Pepper berry or ground black pepper	1 tsp.	2 tsp.

Equipment Required

Oven, Oven Proof Casserole Dish, Chopping Board, Knife, Spatula, Large Bowl, Grater, Small Bowl, Measuring Spoons and Cups.





Sweet Potato Nachos

Method:

Prep: 10 mins Cook: 10 mins Total: 20 mins

Ingredients	Serves 4	Serves 8
Beef or Kangaroo Mince or use TVP (vegetarian)	500g	1kg
Reduced salt 4 bean mix, drained	1x 400g can	2 x 400g can
White onion	1	2
Reduced salt Taco seasoning	1 packet	2 packets
Sweet potatoes - thinly slices to make them crispy	2 thin	4 thin
Baby spinach	Small bag	Medium bag
Light tasty cheese, grated	1 ½ cup	3 cups
Light sour cream	½ cup	1 cup
Chopped tomato	1	2
Avocado, diced	1	2
Oil spray		

Equipment Required

Oven, Square Baking Dish, Baking Tray, Bowl, Baking Paper, Knife, Measuring Jug, Cups, Spoons, Spatula, Grater.

1. Preheat oven to 180° C.
2. Thinly slice sweet potato (with skin still on) to make thin crisps. Place on baking tray lined with baking paper and place in oven for 5 – 10 minutes. Keep watch to prevent over cooking.
3. Dice onion.
4. Place mince and onion into a hot pan. Once meat is cooked, tin of 4 bean mix and taco seasoning and mix through.
5. Combine diced tomato, avocado, and lemon juice and season with salt and pepper.
6. Once sweet potato is cooked, arrange in an oven proof baking tray by layering sweet potato slices, meat and bean mixture and finish with grated cheese. Place into oven until cheese has melted.
7. Top with baby spinach, combined tomato / avocado and extra grated cheese. Add a dollop of light sour cream and sweet chilli sauce.





Banana Pikelets with Wattle Seed Cream

Method:

Prep: 10 minutes Cook: 10 minutes

Ingredients	12 Serves
Wholemeal Self Raising Flour	½ cup
White Self Raising Flour	½ cup
Baking Powder	½ tsp.
Banana, mashed	1
Honey, warmed	3 tbsp.
Reduced Fat Milk	¾ cup
Egg	1
Olive Oil Spray	
Yoplait Vanilla Fruche	1 tub (150g)
Roasted Wattle Seeds, ground	1 tbsp.

1. Sift both flours and baking powder into a large bowl and make a well in the centre. In a separate bowl, mix the banana, warmed honey, milk and egg and whisk together. Add the wet mixture to the flour a little at a time and mix until smooth.
2. Lightly spray a non-stick frying pan with oil spray and heat over a medium heat. Add tablespoons of the batter to the pan and cook in batches for 2 minutes or until bubbles start to appear on the surface. Flip and cook for a further 1-2 minutes or until golden.
3. To make wattle seed cream: blend 1 tbsp. of roasted Wattle seed with the tub of vanilla fruche.

Note: In place vanilla fruche, serve with a drizzle of honey, yogurt, and fresh berries.

Equipment Required

Large Bowl, Small Bowl, Whisk, Spatula, Measuring Cups and Spoons, Wooden Spoon, Electric Frying Pan, Blender or Food Processor, Sieve.





Blueberry Slice

Method:

Prep: 10 mins Cook: 30 mins

Ingredients	8 Serves
Blueberries (fresh or frozen)	1 cup
Plain Flour	1 cup & 1 tbsp.
Caster Sugar	¾ cup
Baking Powder	2 tsp.
Salt	1 tsp.
Greek Yoghurt, plain	1 cup
Eggs	2
Margarine	½ cup (unmelted)
Vanilla essence	1 tsp.
Rolled oats	½ cup

1. Pre-heat oven to 190 °C. Line a baking tin with baking paper or lightly grease and dust with flour.
2. In a small bowl toss blueberries with 1 Tbsp flour. This ensures the blueberries don't sink to the bottom of your slice.
3. In a large bowl combine sifted flour, sugar, baking powder and salt.
4. In another bowl mix yoghurt, melted margarine, eggs and vanilla together. Fold the wet ingredients into the dry ingredients.
5. Add the blueberries and oats and gently combine.
6. Place the mixture in the baking pan and bake for approx. 30 mins. The slice is ready when its golden in colour and a skewer comes out clean when placed in the centre.

Equipment Required

Square Baking Tin or Cake Tin, Chopping Board, Bowls, Knife, Baking Paper, Wooden Spoon, Spatula and Measuring Jugs, Cups and Spoons.





Bread and Butter Pudding

Ingredients	8 Serves
Raisin Toast or Fruit Bread	6-8 slices
Eggs	6
Sugar	1/4 cup
Reduced Fat Milk	2 cups
Ripe Banana, mashed	1
Apple, grated	1
Vanilla Extract	1 tsp.
Ground Cinnamon	1 tsp.

Equipment Required

Round or Square Baking Dish, Oven, Baking Paper or Oil Spray, Bowl, Knife, Fork, Wooden Spoon, Measuring Jug, Cups and Spoons.

Method:

Prep: 15 mins Cook: 30 mins

1. Preheat oven to 180°C and line a square baking dish with baking paper, alternatively can grease with oil spray.
2. Cut slices of raisin bread in half (two triangles) and then layer in baking dish.
3. In a bowl mix together eggs, sugar, milk, mashed banana, grated apple and vanilla essence.
4. Pour mixture over the bread and sprinkle cinnamon over the top.
5. Bake in the oven for 30 minutes.

Option: Try bush spice like ground wattle seed sprinkled over top in place of cinnamon.





Choc + Muesli Bars

Method:

Prep: 10 minutes Cook: 20 minutes

Ingredient	20 Serves
Rolled oats	1 ½ cups
Desiccated coconut	½ cup
Skim milk powder	¼ cup
Rice puffs/ rice bubbles	1 cup
Honey	½ cup
Coconut oil, melted	1/3 cup
Dark chocolate chips	1/3 cup
Chia seeds	¼ cup

Equipment Required

Blender, Oven, Baking Dish, Baking Paper, Knife, Chopping Board, Spoon, Measuring Jug, Cups and Spoons.

1. Preheat oven to 160°C (fan-forced) and line a 20x30cm baking dish with baking paper.
2. Place all ingredients except the choc chips into a food processor or blender and process until well combined.
3. Add choc chips and pulse to combine.
4. Press mixture firmly into the prepared baking dish and bake in the oven for 20 mins or until golden brown.
5. Allow to cool completely before cutting into bars.

Note: Serve immediately, store in an airtight container for up to 14 days or freeze for up to 4 months.





Choc Yum Balls

Method:

1. Preheat oven to 180°C.
2. Line baking tray with baking paper and pour $\frac{3}{4}$ cup of desiccated coconut in a thin layer over paper. Toast in oven until golden in colour. (Keep watch as this doesn't take very long!)
3. Place the crushed Weet-Bix, skim condensed milk, $\frac{3}{4}$ cup toasted coconut, cocoa, wattle seed (if using) and raisins in a bowl. Mix well with a wooden spoon.
4. Place in fridge to chill for 15 minutes (optional).
5. Using **wet hands** (so the mixture does not stick), scoop up 1 tsp. of mixture & form into 30 small balls. Roll in remaining coconut.
6. Put your Choc Yum Balls in a covered container, leave in the fridge so they firm up.
7. Store in the fridge for up to 2 weeks.

Option: use bunya nut or almond meal instead of coconut.

Ingredients

Makes 30

Sanitarium Weet-Bix, crushed very fine – use a plastic bag sealed and crush with a rolling pin	8
Skim sweetened condensed milk	1 can
Desiccated coconut, toasted	$\frac{3}{4}$ cup
Cocoa or Drinking Chocolate or Milo	3 tbsp.
Dried fruit such as chopped raisins or sultanas (optional)	$\frac{1}{4}$ cup
Ground Wattle Seed (optional)	1 tbsp.
Extra desiccated coconut for rolling	$\frac{1}{2}$ cup

Equipment Required

Food Processor, Large Bowl, Small Bowl, Chopping Board, Knife, Spatula or Wooden Spoon, Measuring Cups and Spoons, Baking Tray and Oven.





Fruity Vegetable Muffins

Method:

1. Pre-heat oven to 180 °C.
2. Prepare a 12-cup muffin tin with patty cases or grease muffin tin with spray oil.
3. Sift flours and cinnamon into a mixing bowl. Add sugar and any bran left in sieve. Stir in dried fruit or raisins and make a well in centre.
4. In another bowl beat together grated carrot zucchini, oil, and eggs. Pour this mixture into well in the dry ingredients, stir until almost blended.
5. Divide among patty cases, fill until 2/3rds full.
6. Bake for 20-25 minutes or until well risen and peaked in the centre, they should spring back when touched.

Note: these can be stored in an airtight container for up to 2 days or freeze for 3 months.

Ingredients	12 Muffins	24 Muffins
White self-raising flour	1 cup	2 cups
Wholemeal self-raising flour	1 cup	2 cups
Caster sugar	¾ cup	1 ½ cups
Dried sultanas or raisins	½ cup	1 cup
Cinnamon or ground wattle seed	2 tsp.	4 tsp.
Large carrot, finely grated	1	2
Medium zucchini, finely grated, squeeze out liquid	1	2
Egg, lightly beaten	3	6
Canola oil	1/3 cup	2/3 cup

Equipment Required

Muffins Tins and Paper Cases, Chopping Board, Knife, Grater, Whisk, Measuring Jug, Measuring Cups and Spoons, Spatula or Wooden Spoon, Bowls, and Sieve.



Banana and Wattle Seed Loaf

Method:

Prep: 5 mins Cook: 60 mins

Ingredients	8 Serves
Cooking oil spray	
Margarine	½ cup
Sugar or honey	¾ cup
Eggs	2
Self-raising flour	2 cups
Bananas, ripe, mashed	3
Apples, grated	2
Low fat milk	½ cup
Ground Wattle seed	1 tbsp.

Equipment Required

Loaf Tin or Cake Tin, Oven, Mixing Bowl, Baking Paper, Grater, Whisk, Spoon or Spatula, Fork, and Measuring Jug, Cups and Spoons.

1. Preheat oven to 180°C (160°C fan forced).
2. Spray loaf pan or cake tin with oil spray.
3. In a large bowl, beat margarine and sugar with whisk until creamy.
4. Using a whisk, add eggs, one egg at a time, until they are mixed in well.
5. Sift flour into the mixture and stir in gently.
6. Add bananas, grated apples, milk, and wattle seed into mixture and stir until just combined.
7. Pour mixture into greased loaf pan or cake tin and bake for 50 -60 minutes or until just golden and skewer inserted into the middle comes out clean.

Wattle seed could be replaced with mixed spice/nutmeg or cinnamon.





Pumpkin and Lemon Myrtle Scones

Method:

Prep: 20 min Cook: 15 min

Ingredients	Makes 12
Wholemeal self-raising flour	2 ½ cups
Ground lemon myrtle*	1 tbsp.
Roasted mashed pumpkin	1 cup
CARNATION® Lite Cooking Cream	½ cup
Lemonade	½ cup
Milk	1 tbsp.

To roast pumpkin, cut raw pumpkin into large chunks, spray or brush lightly with oil and place into greased baking tray until soft. Mash when cool. Lemon myrtle can be replaced with finely grated lemon zest

Equipment Required

Large Baking Tray, Whisk, Chopping Board, Bowls, Knife, Potato Masher, Cookie Cutter, Measuring Jug, Cups and Spoons, Wooden Spoon, Pastry Brush.

1. Preheat oven to 230°C or 210°C fan. Lightly dust a large baking tray with some flour.
2. Sift the flour into a large bowl. Add lemon myrtle or lemon zest.
3. Whisk the pumpkin and CARNATION® Lite Cooking Cream in a large jug until smooth.
4. Add to the flour along with the lemonade.
5. Use a flat-bladed knife to stir until a sticky dough forms.
6. Turn onto a lightly floured surface and knead gently until a smooth, soft dough.
7. Press the dough out to a 2cm-thick discs. Use a 5.5cm cutter dipped in flour to cut 8 discs from the dough (or use the rim of a small glass). Gently knead the scraps and repeat to make another 8 scones.
8. Place the scones, side by side and just touching, on the prepared tray. Lightly brush with milk. Bake for 12-15 mins or until golden and scones sound hollow when tapped on the base.
9. Serve warm with butter and cinnamon sugar.



Rhubarb and Apple Crumble



Method:

Ingredients	4-6 Serves	8-12 Serves
Rhubarb – diced into big chunks	1 bunch	2 bunches
Granny Smith Apples – diced into big chunks	3	6
Sultanas (small snack pack box)	2 tbsp	4 tbsp.
Lemon	1	2
White sugar	½ cup	1 cup
Plain flour	1 cup	2 cups
Rolled oats	1 cup	2 cups
Margarine	2/3 cup	1 1/3 cups
Brown sugar	¼ cup	½ cup
Ice Cream or Custard (optional)		

Equipment Required

Saucepan, Chopping Board, Knife, Oven, Baking Dish, Measuring Cups and Spoons, Wooden Spoon.

1. Pre-heat oven to 180 degrees.
2. Add rhubarb, apples, white sugar, freshly squeezed juice from lemon, and sultanas into a saucepan, cover with a lid and simmer on low heat for 15 minutes or until the rhubarb is soft but still holding its shape. A good indication that it is ready is when the apples start to completely break down.
3. Pour the mixture into a medium baking dish.
4. To make the crumble, rub the margarine, flour and rolled oats together with your fingers until you have a crumbly topping. Add brown sugar and mix using your hands.
5. Scatter the crumble topping over the rhubarb mixture and bake in the oven for 30 minutes, or until the crumble is golden brown on top.
6. Serve hot. If you would like, serve the crumble with ice cream or vanilla custard.



Lemon Myrtle Anzac Biscuits

Method:

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Mix oats, flours, coconut, sugar, and lemon myrtle in a bowl.
3. Combine golden syrup, oil and water in a microwave proof bowl and stir until combined. Microwave on high for 25-30seconds. Whisk in baking soda until well combined (might foam up a little).
4. Add syrup mixture to dry ingredients and mix well. Drop teaspoonfuls of mixture onto baking tray, leaving space between them (they will spread). Flatten with your fingers or a fork.
5. Bake for 10-15 minutes until golden Remove to a wire rack to cool.

Note: You can replace 2 tsp. of grated lemon zest for lemon myrtle spice.

Ingredients	Serves 16
Dried Lemon Myrtle Spice or Lemon Myrtle Leaves, finely chopped	1 tbsp.
Rolled oats	1 cup
Self-raising flour	½ cup
Wholemeal plain flour	¼ cup
Desiccated coconut	½ cup
Light brown sugar	½ cup
Baking soda	1 tsp.
Canola or rice bran oil	¼ cup
Golden syrup	2 tbsp.
Water	2 tbsp.

Equipment Required

Baking Tray, Microwave Safe Bowl, Mixing Bowl, Measuring Cups and Spoons, Fork, Teaspoon.

References

The delicious recipes throughout this Recipe Book have been adapted from a variety of online resources. Below are these resources, and where available, the links to the websites have been provided.

Flavours of the Coast, Koori Cookbook:

- [309149_Flavours_of_the_Coast_-_Koori_Cookbook.pdf](#) (deadlystory.com)

Lauren Miyashiro – Recipe Developer at Delish:

- Easy Fish Taco Recipe - How to Make the Best Fish Tacos (delish.com)

Live Lighter:

- LiveLighter - Helping You Lead A Healthier Lifestyle

National Heart Foundation of Australia:

- Home | The Heart Foundation

One Green Planet:

- Sweet and Sour Bok Choy [Vegan] - One Green Planet

Recipes.com.au

Taste

- Taste.com.au

Recipes for Kids – Superhero Foods HQ by Foodbank, Western Australia:

- Recipes for kids - Superhero Foods HQ by Foodbank WA!

Recipe Tin Eats

- Chinese Lettuce Wraps (San Choy Bow) | RecipeTin Eats

Sanitarium – The Health Food Company

- Oven baked mushroom risotto | Sanitarium Health Food Company

SBS – The Cook Up with Adam Liaw

- The Cook Up with Adam Liaw | Recipes | SBS Food

The Australian Superfood Co.

- Recipes - The Australian Superfood Co (austsuperfoods.com.au)

Woolworths Australia

- Recipes | Fresh Ideas for You | Woolworths

FACT SHEETS

The traditional Aboriginal diet was protective of health and consisted of a well-balanced variety of native foods. Modern day foods that have similar nutrition to food found on Worimi and Biripi lands have been identified in the following fact sheets.



Pigface
Warrigal Greens
Blue Quandong
Lilly Pilly
Bungwall Fern Tuber
Tamarind



Lawyer Vine
Geebung
Bunya Nut
Yam
Pippi
Bogong Moth
Goanna



Flat Back Turtle Egg
Red Bellied Black Snake
Snake-necked Turtle
Witchetty Grub
Brushtail Possum
Bush Turkey





TRADITIONAL FOOD

Traditional use

Aboriginal people have used Pigface fruit as a food source. The fruit has a flavour like salty apples or strawberry. The fruit pulp can be also made into to jam and used in preserved pickles.

Where to find

Pigface grows as ground cover across the sand dunes along the coastal regions.

How to spot

The plant has large, bright purple flowers and smooth, fleshy green leaves. Fruit is bright pink to red in colour.

PIGFACE



Health benefits



Modern food choice

Dried fig



How to eat

- Put chopped figs on top of cereal or a salad
- Add slices to muffins, breads, desserts
- Mix chopped dried figs with a handful of raw nuts for a snack

Nutrition

- Good source of fibre, iron and calcium



TRADITIONAL FOOD

Traditional use

The plant was a staple vegetable for coastal Aboriginal people. The leaves are often used as a substitute for spinach. They have a fresh, grassy flavour with a mildly bitter aftertaste. The warrigal greens must be cooked before eating. This may be done by boiling or blanching.

Where to find

Warrigal greens grow along the coastline of NSW.

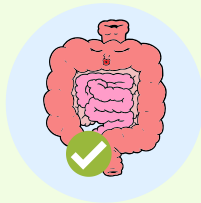
How to spot

The leaves are diamond-shaped and covered with tiny hairs, that glow under sunlight. Small green-yellow flowers appear at the base of the leaves.

WARRIGAL GREENS



Health benefits



Modern food choice

Chinese cabbage



How to eat

- Served raw in a salad,
- Add to stir-fries, stew and soups

Nutrition

- Good source of fibre, iron and calcium



TRADITIONAL FOOD

Traditional use

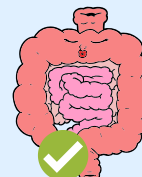
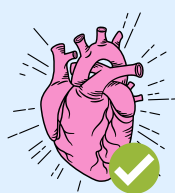
The fruit was eaten as a snack or mixed with water into a paste. The grounded seeds were used to make flour. The berries can be made into jam, relish or sauces.

Where to find

Rainforrest regions in NSW but can be found growing throughout Australia.

How to spot

Round in shape, growing 2-3cm wide. They have a brilliant blue skin that look similar to butterfly wings or a bright blue bird.



BLUE QUANDONG



Health benefits



Modern food choice

Kiwi fruit



How to eat

- Cut in half and scoop out the green inside. You can cut it up into pieces or eat it from the skin with a spoon
- Some people eat the skin and eat the kiwi fruit like an apple

Nutrition

- High in vitamin C and other vitamins good for the immune system
- Source of fibre
- May support heart health through fibre, potassium and vitamin C content



TRADITIONAL FOOD

Traditional use

The fruit was eaten regularly by Aboriginal people in its raw form as a snack. The pulp was also used for healing purposes.

How to spot

They grow high in a Lilly Pilly tree and are shaped like a small berry. They are red or pink coloured.

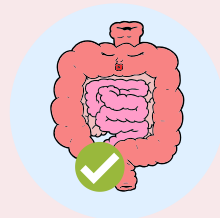
Where to find

Sub-tropical rainforests on the east coast of NSW. The plant can also be found on the north coast of NSW.

LILLY PILLY



Health benefits



Modern food choice

Blueberry



How to eat

- As a snack on their own
- Added to a fruit salad or bowl of yoghurt
- Add to muffins while baking

Nutrition

- High in vitamin C and other vitamins good for the immune system
- Source of fibre
- Source of calcium



TRADITIONAL FOOD

Traditional food

This food was a staple plant food for Aboriginal people. The roots were traditionally bruised between stones, and roasted before eating. The roots were dried out then roasted or crushed to make flour.

How to spot

Some ferns look the same but can be poisonous to eat. We recommend talking to Elders before you collect this fern.

Where to find

They grow in wetlands and swampy areas in NSW.

BUNGWALL FERN TUBER



Health benefits



Modern food choice

Bok Choy



How to eat

- Can be boiled and added to soup
- Can be added to noodles or a stir fry
- A filling for spring rolls or wrap

Nutrition

- High in calcium
- Source of folate for pregnancy
- Low in energy and fat to support weight management

TRADITIONAL FOOD

Traditional use

The shell was peeled off and the insides of this fruit were eaten raw.

TAMARIND

Modern food choice

Split
peas



How to spot

Tamarind trees are slender in appearance and have large velvety leaves. The outside of the plant is a yellow-brown colour and slightly hairy. The flesh of the plant is often orange in colour.



How to eat

- Split peas can be bought in their dried form from the supermarkets
- You can add it to soups, curries and stews

Where to find

Sub tropical regions along the east coast of Australia, New South Wales.

Health benefits



Nutrition

- Good source of protein
- Good source of Calcium and magnesium
- Good source of folate

TRADITIONAL FOOD

Traditional use

The slightly sour berries are eaten raw. The hooks on the long flexible thongs of the vine were used to snag freshwater prawns, and extract witchetty grubs from rotting logs. The cane also contains drinkable water and were also used to construct fish and animal traps.

How to spot

Climbers with spines and slender cane-like stems up to 20m high.

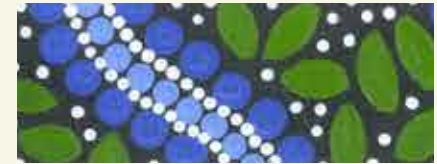
Where to find

A rain forest plant that Grows on the coast and lower ranges.

LAWYER VINE



Health benefits



Modern food choices

- Mango
- Oranges
- Grapes
- Kiwi



How to eat

- A fruit salad with mango, orange, kiwi and grapes is a great healthy option.

Nutrition

- Source of energy
- Low in fat
- Calcium

TRADITIONAL FOOD

Traditional use

The fruit of the Geebung were descibed as grape-like or "mini mangoes". The large seed can be kept in the mouth to quench your thirst.

How to spot

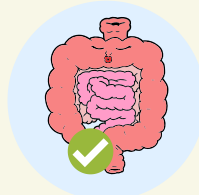
A spreading shrub with yellow flowers. It has only a few hairs when young but is hairy when mature.

Where to find

Geebung is found in the dry forests, wetlands and woodlands.



Health benefits



Modern food choices

- Chia seeds
- Guava
- Kiwi fruit
- Blackberries



How to eat

- Kiwi, blackberries, guava and chia go great on cereal or a yoghurt smoothie.
-

Nutrition

- Good source of fibre
- Good source of calcium and iron

TRADITIONAL FOOD

Traditional use

The nuts are inside a shell in the cone. Boiling the cone helps free the nuts from the shell. The nuts taste similar to potatoes or chestnuts.

The nuts can be eaten raw or cooked. They were ground into flour to make damper and bread. They were also fermented and preserved.

How to spot

The trees can grow up to 35-45 metres high and can live for more than 600 years.

Where to find

It grows in subtropical rainforests and is native to northern NSW.

BUNYA NUT



Health benefits



Modern food choice

Quinoa



How to eat

- Quinoa can be boiled and used instead of rice or pasta, or served cold in a salad

Nutrition

- High in protein
- Steady source of energy
- High in potassium and magnesium



Traditional use

The yam was an important staple food for Aboriginal people. They grew it in vast, well-tilled fields. Traditionally, the yams were collected in rush baskets that were then placed in pit ovens for roast.

Where to find

Yam was naturally found in bushland.

How to spot

The term yam is often applies to more than one type of root vegetable consumed by the traditional ancestors. One of these is called Murnong or yam daisy, which is a yellow dandelion-type plant.

TRADITIONAL FOOD

YAM



Health benefits



Modern food choice

Sweet potato



How to eat

- Steamed
 - Baked or grilled
 - Mashed
 - Cooked and tossed through a salad
-

Nutrition

- Source of fibre, Vitamin C and Magnesium
- Low in sodium

TRADITIONAL FOOD

Traditional use

Traditional ancestors have harvested them as an important source of protein in their diet. The pippi's were pulled from the sand, cooked on hot coals or mud ovens, then eaten on the beach.

How to spot

They can grow up to 6cm wide and have shells that are white, purple, green, yellow and orange. It is recommended to buy Pippi's commercially as they may contain traces of toxins and can be poisonous.

Where to find

Pippi's are naturally found on beach shorelines.

PIPPI



Health benefits



Modern food choice

Mussels



How to eat

- Add them to a seafood pasta
- Add them to a broth
- Steam, pan-fried or grill

Nutrition

- Good source of iron
- Protein
- Calcium

Traditional use

Aboriginal people had a good knowledge of where to find Bogong moths. They traditionally roasted them in hot ashes and mashed them for protein. They were also roasted and crushed to make a paste or cake.

TRADITIONAL FOOD

BOGONG MOTH



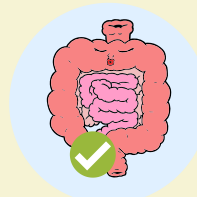
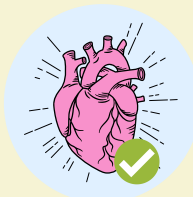
How to spot

Due to the possibility of Bogong Moth larvae being sprayed with pesticides, eating them these days is not recommended.

Where to find

They live in urban areas, forests and woodlands. Found in South-East Australia and mass migrate from September, October and November.

Health benefits



Modern food choice

Pumpkin
Seeds



How to eat

- As a snack on their own
- Added to a salad
- Added to your breakfast yoghurt
- Trail mix
- baked goods

Nutrition

- Source of fibre
- Source of omega 6 (healthy fat good for heart health)

TRADITIONAL FOOD

GOANNA



Traditional Cooking Method

The goanna could be baked in ashes, or seared over an open fire. The intestines were removed and the goanna was wrapped in paperbark to be steamed in a ground oven.

Smaller pieces could be roasted over coals and eaten with damper.

Nutrition

- High in protein
- High in iron and calcium
- Low in fat

Health Benefits



Modern Food Choice

- Beef ribs
- Snapper
- Pork ribs

How to eat

Beef ribs are similar to goanna but should be eaten only occasionally. Beef ribs can be slow cooked in your favourite sauce until tender. You can also grill ribs to drain and lower the amount of fat.



TRADITIONAL FOOD

FLAT BACK TURTLE EGG



Traditional Cooking Method

The turtle eggs could be cooked by laying them in the ashes of a fire and poking a hole in the top to stop them from bursting. They could also be broken up and spread on paperbark to make a flat pancake.

Nutrition

- High in protein
- High in magnesium and calcium

Health Benefits



Modern Food Choice

- Chicken egg

How to eat

- Eggs can be boiled, poached or fried
- They also help to bind meat patties and mixtures for baking



TRADITIONAL FOOD

RED-BELLIED BLACK SNAKE



Traditional Cooking Method

The snake is stretched over a fire until it stops moving. Then it is rolled up and tied to cook on the hot coals.

Nutrition

- Low in fat
- High in protein
- High in calcium

Health benefits



Modern Food Choice

- Barramundi
- Mullet

How to eat

- Wrapped in foil and baked in the oven or on the BBQ
- Grilled
- Pan fried



TRADITIONAL FOOD

SNAKE-NECKED TURTLE



Traditional Cooking Method

The turtle was seared over an open fire, then covered in paperbark and roasted in a ground oven.

Nutrition

- High in iron
- Low in fat
- High in protein

Health benefits



Modern Food Choice

- Veal
- Roast beef
- Cod/Snapper
- Mulloway/Barramundi

How to eat

Veal and beef can be grilled, crumbed, roasted or made into meatballs. Fish alternatives may be grilled, put into curries or barbecued.



TRADITIONAL FOOD

WITCHETTY GRUB



Traditional Cooking Method

Witchetty grubs were traditionally eaten raw, but can also be skewered and roasted over a fire. They taste like chicken or prawn when cooked.

Nutrition

- High in energy
- High in protein
- High in iron

Health benefits



Modern Food Choice

- Baked Beans
- Tofu
- Beef mince
- Fried egg
- Peanuts

How to eat

- Beans can be found dried or canned.
- Add them to stews and casseroles
- Baked beans are great as toast toppers!



TRADITIONAL FOOD

BRUSHTAIL POSSUM



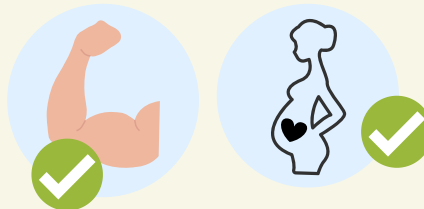
Traditional Cooking Method

Possum was roasted over hot coals with the skin on. The insides were removed by using a hooked stick through the mouth, or cutting a hole in the belly.

Nutrition

- High in protein
- Low in fat
- High in iron

Health benefits



Modern Food Choices

- Pork cutlets
- Chicken liver
- Pork kidney

How to eat

Pork cutlets are a lean meat option if you grill them and drain the excess fat. Serve with spinach to increase the iron content of the meal.



TRADITIONAL FOOD

BUSH TURKEY



Traditional Cooking Method

Bush turkey can be placed in a ground oven, laid with hot rocks. The insides were first removed and paperbark was laid on top, followed by a soil cover.

Nutrition

- High in protein
- Low in fat
- High in iron and calcium

Health benefits



Modern Food Choices

- Turkey breast
- Chicken
- Dory and snapper
- Cod and Mulloway

How to eat

- If you use chicken or turkey, be sure to remove the skin to help reduce the fat
- Turkey is perfect for roasting with some potatoes and vegetables
- It can also be used as cold cuts for your favourite sandwich

