

The **Deadly Maroons** **COOK BOOK**



A DEADLY CHOICE
Deadly Choices
IS A HEALTHY CHOICE





CONTENTS

MAROON'S FRUIT & YOGHURT CUPS	4	BROCCOLI & CHEESE SOUP	17
FRUIT SMOOTHIES	5	BO'S MEAT & VEGETABLE RISsoles	18
PETERO'S FRUIT KEBABS	6	NUMUS	19
HEALTHY BREAKFAST TOAST	7	LENTIL PASTA	20
TALLISHA'S OMELETTE	8	MICHEAL'S CARBONARA	21
MICROWAVE PANCAKES	9	SPINACH MAC AND CHEESE	22
DAVE'S VEGETABLE SALAD	10	STEVE'S DAMPER	23
STIR FRIED VEGETABLES	11	CREAMY RICE	24
TAMIKA'S VEGETABLE FRITTERS	12	NOTES	25
TUNA BEAN SALAD	13		
DANE'S FRIED RICE	14		
HOMEMADE PIZZA PIECES	15		
WILLIE'S OVEN BAKED CHICKEN	16		

MAROON'S

FRUIT & YOGHURT CUPS

SERVES 5



INGREDIENTS:

- 500g greek vanilla yoghurt
- 500g granola
- 1 packet of frozen mixed berries
- ¼ watermelon
- 2 kiwifruit
- 2 bananas
- 2 apples
- 2 oranges

EQUIPMENT:

- Large bowl
- Large knife
- Chopping board
- Mixing spoon

SHOPPING LIST:

Ingredients, plus:

- Cups (to serve)
- Teaspoons (to serve)

PREPARATION:

1. Dice the watermelon, kiwifruit, bananas, apple and oranges and mix in a bowl.
2. Layer the yoghurt, fruit and granola on top of one another in a cup until chosen portion is met.

MODIFICATIONS:

If fresh fruit isn't available, frozen and canned foods are good alternatives - but remember to keep an eye out for added sugar in canned fruits.



FRUIT SMOOTHIES

SERVES 5



INGREDIENTS:

- 3 bananas
- ¼ watermelon
- 1 packet of frozen mixed berries
- 1L water

SHOPPING LIST:

Ingredients, plus:

- Large cups (to serve)

EQUIPMENT:

- Large knife
- Chopping board
- Blender

PREPARATION:

1. Cut up watermelon into cubes and place into blender.
2. Cut banana into halves and place into blender.
3. Add ¼ cup of frozen mixed berries.
4. Complete with 200ml water and blend until smooth.
5. Repeat this until everyone is served.

MODIFICATIONS:

If fresh fruit isn't available, frozen and canned foods are good alternatives - but remember to keep an eye out for added sugar in canned fruits.



PETERO'S FRUIT KEBABS

SERVES 10



INGREDIENTS:

- 4 bananas
- 1 punnet of strawberries
- ½ rockmelon
- 4 apples
- 1 bag of grapes
- 1 pineapple

SHOPPING LIST:

Ingredients, plus:

- Skewers (to serve)
- Plates (to serve)



6.

EQUIPMENT:

- Large bowl
- Large knife
- Chopping board
- Mixing spoon

PREPARATION:

1. Cut up the fruit into small pieces and place them into a large bowl.
2. Place multiple pieces of fruit onto the skewers.
3. Serve on a plate.

MODIFICATIONS:

If fresh fruit isn't available, frozen and canned foods are good alternatives - but remember to keep an eye out for added sugar in canned fruits.

HEALTHY BREAKFAST TOAST

SERVES 5



INGREDIENTS:

- 4 slices wholegrain bread of your choice
- ½ cup hummus
- 2 handfuls dark leafy salad mix (spinach, rocket, mesclun)
- ½ cucumber, sliced
- 1-2 tomatoes
- 1 handful olives (optional)
- Crumbled feta cheese (optional)

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)

EQUIPMENT:

- Sharp knife
- Chopping board
- Butter knife
- Large plate (to serve)

PREPARATION:

1. Toast bread slices to your liking.
2. Spread 2 tablespoons of hummus on each slice of bread.
3. Top with salad mix, then cucumber, tomatoes and remaining toppings.

MODIFICATIONS:

Add low fat feta cheese for a different flavour.

TALLISHA'S OMELETTE

SERVES 4



INGREDIENTS:

- 8 eggs
- Pepper
- 3 teaspoons vegetable oil
- 1 tomato
- ½ onion
- 1 small red capsicum
- 200g mushrooms
- ½ cup low-fat cheddar cheese

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)
- Forks (to serve)
- Paper towel



8.



EQUIPMENT:

- Knife
- Chopping board
- Spatula
- Grater
- Large frying pan
- Small bowl
- Teaspoon
- Fork
- Cup

PREPARATION:

1. Slice the capsicum, tomato, onion and mushrooms into thin slices. Grate the cheese.
2. Heat 1 teaspoon of oil in the pan and cook the capsicum and mushrooms until they soften.
3. Drain the vegetables on some paper towel and cover.
4. Crack the eggs into the bowl. Add the pepper. Beat the eggs together with a fork.
5. Heat 1 teaspoon of oil in the pan. When it starts to bubble, pour half of the eggs into the pan and move the pan around to evenly spread out the eggs.
6. When the edges of the omelette start to firm, spoon half of the vegetable mixture onto one half of the omelette and top with half of the cheese.
7. Carefully ease around the edges of the omelette with a spatula and fold the omelette in half. After a minute or so, carefully slide the omelette onto a plate and cut in half.
8. Repeat steps 5 - 7 with the remaining ingredients.
9. Serve each half omelette on a separate plate.

MICROWAVE PANCAKES

SERVES 8



INGREDIENTS:

- 1 cup wholemeal flour
- 1 cup milk
- 4 eggs
- 4 bananas
- Greek yoghurt
- Berries

SHOPPING LIST:

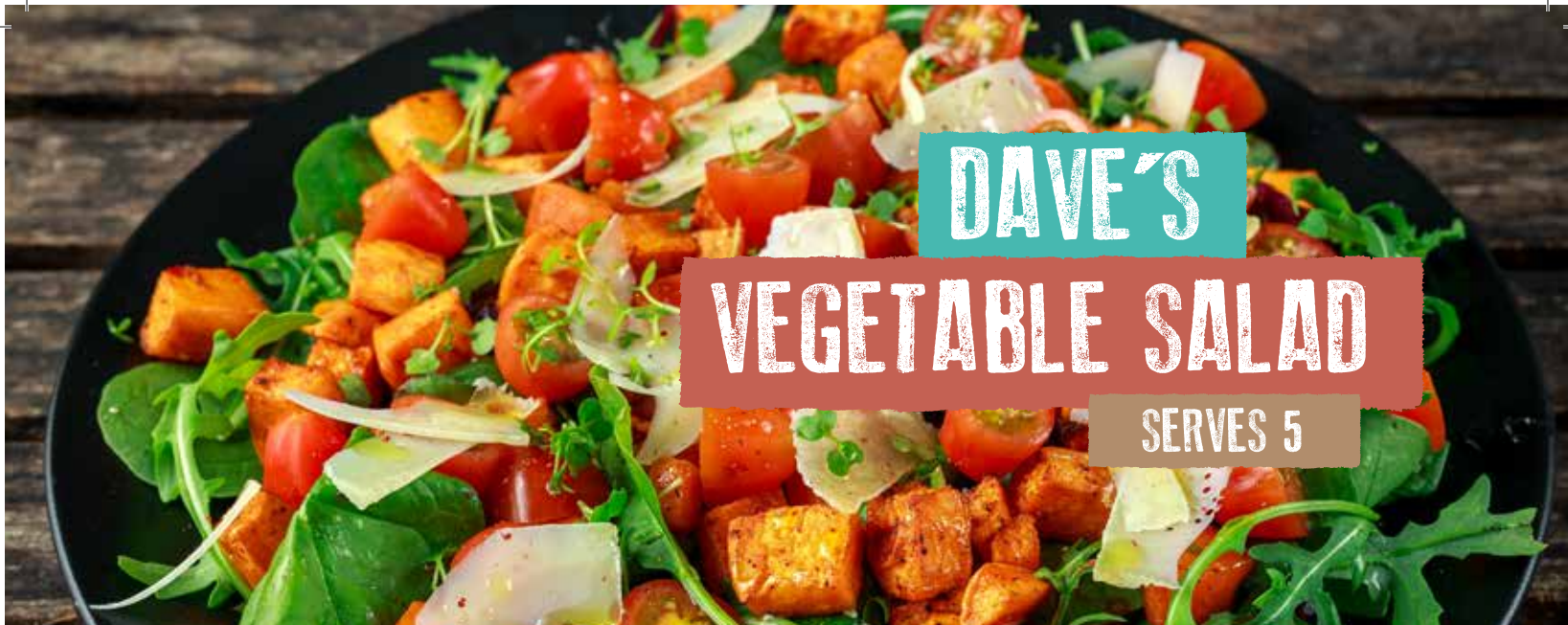
- Ingredients, plus
- Plates (to serve)

EQUIPMENT:

- Large bowl
- Wooden spoon/whisk spoon
- Large plate (to serve)
- Small plates (to serve)

PREPARATION:

1. Place flour, milk, eggs and bananas into bowl and mix together with wooden spoon/whisk.
2. Put oil, butter or a sheet of greaseproof paper on to plate.
3. Pour a heaped spoonful of pancake mixture on top
4. Microwave for approximately 2 minutes (time will vary depending on microwave settings).
5. Peel away greaseproof paper and place pancakes on to a plate.
6. Serve with a spoonful of yoghurt and berries.



DAVE'S

VEGETABLE SALAD

SERVES 5

INGREDIENTS:

- 1 head of broccoli
- 1 x 120g packet baby rocket
- 1 tin of baby beetroot
- 2-3 sweet potatoes
- 1 small red onion
- 2 carrots
- 5 eggs
- Vegetable oil
- Pepper
- Salt & pepper

EQUIPMENT:

- Large bowl
- Large knife
- Chopping board
- Mixing spoon
- 2 medium pots
- Peeler
- Grater
- Oven baking tray

SHOPPING LIST:

- Ingredients, plus:
- Bowls (to serve)
 - Forks (to serve)

PREPARATION:

1. Pre-heat oven to 180 degrees.
2. Peel and dice sweet potato into bite size cubes.
3. Toss sweet potato, oil, salt, and pepper onto baking tray and roast (tossing occasionally) until tender, which will take 30-40 minutes.
4. Grate carrots, dice red onion and beetroot, and add to large bowl with rocket.
5. Prepare broccoli to boil by cutting heads off into bite sized pieces.
6. Fill both pots $\frac{3}{4}$ with water and bring to boil.
7. Once water is boiling in pot one, carefully place broccoli in for a couple of minutes until broccoli turns bright green.
8. Drain pot and let broccoli cool before adding into large bowl.
9. Once water is boiling in pot two, use a large spoon to place eggs into the pot and leave to boil for 10 minutes.
10. Drain pot and run cold tap water into pot to cool eggs until able to peel, cut in quarters and place into large bowl.
11. Add pepper for seasoning and a drizzle of oil, mix and serve your vegetable salad.

MODIFICATIONS:

If fresh vegetables aren't available, frozen and canned foods are good alternatives.

Add low fat fetta cheese for a different flavour.





STIR FRIED VEGETABLES

SERVES 5

INGREDIENTS:

- 1 broccoli, chopped
- 1 onion, diced
- 1 green capsicum, seeded and sliced
- 1 red capsicum, seeded and sliced
- 2 carrots, diced
- 2 mushrooms, sliced
- 2 teaspoons minced garlic or 2 garlic cloves, crushed
- ½ tablespoon vegetable oil
- Salt reduced soy sauce

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Forks (to serve)

EQUIPMENT:

- Large fry pan or wok
- Wooden spoon
- Tablespoon
- Teaspoon
- Large knife
- Chopping board
- Garlic crusher (optional)
- Large bowl

PREPARATION:

1. Prepare vegetables by chopping, dicing, seeding and slicing as in ingredients list.
2. Heat oil in a large frying pan or a wok over medium high heat and add garlic.
3. Stir fry carrot, broccoli and garlic for 2-3 minutes.
4. Stir in onion, red & green capsicum, mushrooms and cook for about 3 minutes until the capsicum is tender but still crisp.
5. Serve with soy sauce, steamed rice or noodles.

MODIFICATIONS:

If fresh vegetables aren't available, frozen and canned food are good alternatives.



TAMIKA'S

VEGETABLE FRITTERS

SERVES 5

INGREDIENTS:

- 1½ cups wholemeal self-raising flour
- 1 large can corn kernels
- 2 carrots
- 2 zucchinis
- ¼ red cabbage
- 1 cup low fat cheese, grated
- 4 eggs
- 1 cup low fat milk
- 2 teaspoons vegetable oil

SHOPPING LIST:

- Ingredients, plus:
- Plates (to serve)

EQUIPMENT:

- Large bowl
- Small bowl
- Spatula
- Fry pan
- Large knife
- Grater
- Measuring cup
- Fork
- Tablespoon

PREPARATION:

1. Finely chop cabbage and grate carrots and zucchini into large bowl. Add cheese, flour and corn.
2. Crack eggs into small bowl and beat, then add milk.
3. Combine all ingredients into large bowl and mix.
4. Heat oil in fry pan, scoop mixture (making 5 fritters), pour spoonfuls into pan, and cook until golden on both sides or mixture is cooked through.
5. Serve.

MODIFICATIONS:

Use powdered or UHT long-life milk if fresh isn't available.

If fresh vegetables aren't available, frozen and canned foods are good alternatives.





TUNA BEAN SALAD

SERVES 5

INGREDIENTS:

Salad

- 400g mixed canned beans or favourite bean of choice
- 250g tomatoes
- Sweet canned corn
- 1 continental cucumber
- 400g canned tuna or salmon
- ½ onion

Dressing

- 1 tablespoon of balsamic vinegar
- Lemon pepper
- ½ teaspoon pepper

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)

EQUIPMENT:

- Sharp knife
- Chopping board
- Large mixing bowl
- Colander

PREPARATION:

1. Drain and rinse beans and sweet corn thoroughly and put in large bowl.
2. Thinly slice onion and add to bowl.
3. Slice cucumber and tomatoes and add to bowl.
4. Combine/mix beans, sweet corn, onion and cucumber.
5. Open canned tuna/salmon and drain any liquid you don't want, then toss gently through the dish.
6. Mix balsamic vinegar, pepper and lemon dressing into a bowl and drizzle over the salad.

MODIFICATIONS:

Serve with a slice of wholemeal/wholegrain bread or enjoy on its own.

DANE'S FRIED RICE

SERVES 5



INGREDIENTS:

- 3 cups of brown rice
- 250g (1½ cups) lean ham
- 250g (1 cup) mixed frozen peas and corn
- 1 onion
- 1 small red capsicum
- 2 eggs
- 1 carrot
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 2 teaspoons minced garlic

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Spoons (to serve)

EQUIPMENT:

- Chopping board
- Large knife
- Large bowl
- Frying pan or wok
- Tablespoon
- Wooden spoon
- 2 large pots
- Mixing spoon
- Teaspoon
- Cup measure

PREPARATION:

1. Cook the rice with water in a pot by following the directions on the package.
2. Chop vegetables and gather all ingredients.
3. Fry onions and garlic in oil with capsicum, carrot, peas and corn.
4. Beat eggs together in a bowl and add eggs & ham to the vegetables.
5. Once the eggs are cooked, stir through the cooked rice and sauces.
6. Serve.

MODIFICATIONS:

Where available use local meats such as emu, crocodile, kangaroo or goanna as a substitute for ham.

If fresh vegetables aren't available, frozen and canned foods are good alternatives.

Herbs and spices can be added for extra flavour.



HOMEMADE PIZZA PIECES

SERVES 8



INGREDIENTS:

- 8 pack wholegrain wraps
- 500g ham or cooked chicken
- 250g grated cheese
- 1 x 120g spinach
- Small tin pineapple pieces
- 250g sliced mushrooms
- 1 red onion, sliced
- 1 yellow capsicum, seeded and sliced
- Sauce of choice (mayonnaise/ tomato/BBQ)

SHOPPING LIST:

- Ingredients, plus
- Plates (to serve)

EQUIPMENT:

- Flat baking tray
- Chopping boards
- Large knives

PREPARATION:

1. Pre-heat oven to 180 degrees.
2. Slice or dice ham or cooked chicken.
3. Evenly spread toppings of choice onto wraps and finish with a drizzle of chosen sauce on top.
4. Place finished wraps onto baking tray and bake until cheese has melted & toppings are hot.
5. Once the pizzas look ready, pull out of oven and let cool.
6. Slice into quarters and serve on a share plate.

MODIFICATIONS:

If fresh vegetables aren't available, frozen and canned foods are good alternatives.



WILLIE'S OVEN BAKED CHICKEN

SERVES 5

INGREDIENTS:

- 4 x 150-180g chicken breasts
- 4 bunches asparagus
- Pepper
- 2 teaspoons vegetable oil

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)
- Forks (to serve)

EQUIPMENT:

- Large baking tray
- Tongs
- Large knife
- Chopping boards
- Foil

PREPARATION:

1. Pre-heat oven to 200 degrees.
2. Arrange chicken on baking tray and surround with asparagus.
3. Season chicken & asparagus with pepper and drizzle with oil.
4. Cover with foil and bake for 20 – 30 minutes or until chicken is cooked through.
5. Once cooked through, remove chicken from oven. Use tongs to transfer chicken to chopping board.
6. Slice the chicken up and divide with asparagus onto plates for serving.

MODIFICATIONS:

Where available use local meats such as emu, crocodile, kangaroo or goanna as a substitute for the chicken.

Try other greens such as broccoli, snow peas, or green beans instead of asparagus.



BROCCOLI & CHEESE SOUP

SERVES 5

INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 small onion
- 3 carrots
- 3 broccoli heads
- 2 cups chicken stock
- 1 teaspoon minced garlic
- Pepper
- 2 tablespoons flour
- 250ml light cream
- 250ml cheddar cheese
- 60g fresh parmesan cheese

EQUIPMENT:

- Large knife
- Chopping board
- Grater
- Tablespoon
- Mixing spoon
- Large saucepan
- Blender
- Large bowl
- Egg flipper
- Whisk

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Spoons (to serve)

PREPARATION:

1. Dice onion, grate carrot and cut up broccoli into bite sizes.
2. Place oil, onion and carrots over medium heat for 3 minutes, while onion and garlic soften in a large saucepan.
3. Add chicken stock, broccoli, seasoning and let simmer until broccoli is softened.
4. Using the egg flipper strain 1 cup of vegetables, and set aside.
5. Pour all that is remaining in the saucepan into a blender and purée.
6. Place flour into a bowl and gradually add cream, a little at a time, stirring until smooth.
7. Return puréed vegetable mixture to the saucepan and bring to a boil. Whisk in cream mixture continuously for 4 minutes until thick and bubbly.
8. Remove from heat, stir in cheeses & reserved chopped vegetables and serve immediately.

MODIFICATIONS:

Use powdered or UHT long-life milk if fresh isn't available.



BO'S

MEAT & VEGETABLE RISSOLES

SERVES 5

INGREDIENTS:

- 500g lean beef mince
- 2 potatoes
- 2 carrots
- 2 onions
- 1 small green capsicum
- 1 egg
- 2 tablespoons flour
- 1 tablespoon vegetable oil

EQUIPMENT:

- Fry pan
- Egg flipper
- Large knife
- Grater
- Mixing spoon
- Large bowl
- Chopping board

SHOPPING LIST:

- Ingredients, plus:
- Plates (to serve)
 - Forks (to serve)

MODIFICATIONS:

Where available use local ingredients, such as kangaroo mince, bush potatoes and native herbs & spices.

If fresh vegetables aren't available, frozen and canned foods are good alternatives.

PREPARATION:

1. Peel and grate potatoes, carrots and onions.
2. Chop capsicum finely.
3. Mix all ingredients (except the flour) in a bowl, so they stick together.
4. Take small handfuls of the meat & vegetables and roll into balls.
5. Sprinkle flour onto a plate and roll the balls through it to coat them.
6. Heat fry pan, add a small spoonful of oil.
7. Cook rissoles on one side until cooked half way through and flip with egg flipper to repeat on the other side.
8. Once cooked all the way through, let rissoles cool before serving.





NUMUS

SERVES 5

INGREDIENTS:

- Any white raw fish
- 1 onion
- Vinegar
- Lemon
- Salt & Pepper
- Chilli (optional)

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)
- Forks (to serve)

EQUIPMENT:

- Large mixing bowl
- Mixing spoon
- Knife
- Cutting Boards

PREPARATION:

1. Fillet fish and slice fillets into thin short pieces and place into bowl.
2. Add salt and pepper to the fish and mix.
3. Add vinegar until it covers the fish.
4. Slice the onion and lemon thinly.
5. De-seed the chilli and cut into little pieces.
6. Add onion, lemon and chilli to the fish mix.
7. Cover with foil and refrigerate. You can leave it overnight or check after 3-4 hours.
8. Once white in colour, serve to eat.



LENTIL PASTA

SERVES 5

INGREDIENTS:

- 1 can of lentils
- 1 can of diced tomatoes
- 2 - 3 tablespoons tomato paste
- 1 packet of spaghetti
- 1 brown onion
- 2 garlic cloves
- 3 mushrooms
- 1 carrot
- 1 tbsp. olive oil
- Salt and pepper
- Oregano
- Basil (optional)
- Fresh parsley (optional)

EQUIPMENT:

- Large knife
- Chopping board
- Large bowl
- Large saucepan
- Mixing spoon
- Large pot

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Spoons (to serve)

PREPARATION:

1. Dice onion, cut carrot and mushroom into small pieces and finely cut garlic.
2. Heat oil in large frying pan. Add onion, carrot, herbs and spices and cook for 5 - 10 minutes. Then add garlic and mushrooms and cook for another 3 - 5 minutes.
3. Rinse lentils and add them to pan. Turn to medium heat and add tomato paste and stir.
4. Add diced tomatoes and salt. Bring to boil, stir then turn down to low heat and simmer for 20-25 minutes. Give it a stir occasionally.
5. Boil water and start to cook pasta - follow packet instructions. Once ready, drain and return to pot.
6. Serve together and garnish with fresh parsley or basil.



MICHAEL'S

CHICKEN & ZUCCHINI CARBONARA

SERVES 10

INGREDIENTS:

- 4 skin-off chicken breast fillet
- 500g short cut bacon rashers
- 600ml low fat cream
- 1 onion
- 1 cup low fat grated cheese
- 500g wholemeal spaghetti
- 1 cup zucchini noodles
- 1 tablespoon of minced garlic
- ½ cup frozen peas & corn
- ½ cup sliced mushrooms
- Cornflour (*use to thicken sauce if necessary: mix 1 tablespoon with water and add until sauce consistency is as thick as preferred)
- Pepper to season
- 2 teaspoons vegetable oil

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Forks (to serve)

EQUIPMENT:

- Large fry pan
- Small fry pan
- Medium pot
- Wooden spoon
- Knife
- Chopping boards

PREPARATION:

1. Heat oil in a large pan and brown chicken.
2. Boil pasta and zucchini noodles until tender.
3. Lightly fry bacon, garlic and onion in separate small pan.
4. Add the bacon, garlic and onion to the chicken and combine.
5. Add cream and cheese until cheese melts.
6. Add frozen peas & corn and let simmer for five minutes until vegetables are warmed through.
7. Add cooked pasta and zucchini noodles.
8. Stir through and serve.





SPINACH MAC AND CHEESE

SERVES 5

INGREDIENTS:

- 250g pasta of your choice
- 500ml milk
- 125g grated cheddar cheese
- 3 cloves of garlic
- 280g bag spinach
- 1 tablespoon olive oil
- Cornflour
- Optional: Add any of your additional favourite vegetables such as mushroom, broccoli etc.
- Optional: Flavour with pepper, chilli or onion powder

SHOPPING LIST:

Ingredients, plus:

- Plates (to serve)

EQUIPMENT:

- 2 x medium pots
- Chopping board
- Knife
- Grater
- Colander

PREPARATION:

1. Cook pasta in a large pot of boiling water (around 10 mins or less), and when cooked, drain and sit aside.
2. Heat olive oil in a pan. Dice or crush garlic and then add to the pan and cook for 1-2 minutes.
3. Add milk to the pot and stir gently until the milk comes to the boil .
4. While stirring, add flour gradually, then reduce heat and add cheese and stir until melted and smooth. This process should take around 5-10 minutes.
5. Once at the desired thickness, add spinach and stir until it is wilted down.
6. Combine pasta with sauce and eat immediately or enjoy later.



STEVE'S DAMPER

SERVES 10

INGREDIENTS:

- 1 cup self-raising flour
- 25g butter
- 175ml milk
- 1 teaspoon salt

SHOPPING LIST:

Ingredients, plus:

- Honey (optional)
- Bowls (to serve)

EQUIPMENT:

- Flat baking tray
- Large bowl
- Mixing spoon

PREPARATION:

1. Pre-heat oven to 180 degrees.
2. Add salt, flour, and butter to bowl and mix with mixing spoon until it resembles fine bread crumbs.
3. Add milk and mix until you have a soft dough.
4. Turn out onto a floured surface, knead and shape into a disc.
5. Place on baking tray and bake for 30 minutes or until golden brown.
6. Serve (can serve with honey).





CREAMY RICE

SERVES 5

INGREDIENTS:

- 1½ cups brown rice
- 1¼ cups milk powder
- ¼ cup sugar
- 4 cups water
- 2 teaspoons vanilla essence
- Fruit of your choice

SHOPPING LIST:

Ingredients, plus:

- Bowls (to serve)
- Spoons (to serve)

EQUIPMENT:

- Chopping board
- Large knife
- Wooden spoon
- Large pot
- Teaspoon
- Cup measure

PREPARATION:

1. Combine all ingredients except fruit in a pot.
2. Bring to the boil stirring occasionally.
3. Reduce heat and simmer gently for half an hour, stirring occasionally.
4. Serve hot or cold with fresh or tinned fruit.



NOTES:

[illegible]

NOTES:

[illegible]





www.deadlychoices.com.au