

# easy as

## low-cost easy-make recipes



illustrated by  
Sezi Flach



**This zine was designed and created on Ngunnawal and Ngambri Country. We acknowledge these people as the traditional custodians of the land and pay our respects to their Elders past, present and emerging.**

**This always was and always will be Aboriginal land.**



## **message from the yrg**

The past few years have been rough for our community, and the rising costs of everything have only made things more difficult. A lot of people are forced to choose between healthy eating or financial independence, but nobody should have to.

If you're looking for extra help, support services like headspace and food pantries can help relieve some of the stress for free.

This zine was created by the Youth Reference Group at headspace Tuggeranong, a group of young people aged 16-25 who advocate for fellow young people in the community.

We hope these recipes help you.

**take care out there**

**David, Sezi, Levy, Zohar, Brent, Oscar, Archie, Johnny, Sanjeta, Belle, and Beth**

# spag bol

4 servings

cook time: 30 minutes

## ingredients

- 1x carrot (grated)
- 1x zucchini (grated)
- 1x onion (diced)
- 500g beef mince
- 1 Tbsp of minced garlic
- 400g tin of tomatoes
- 1/4 cup cranberry juice
- 1 packet of penne
- 1 tsp salt

## shopping list

- 1x carrot - \$0.35
- 1x zucchini - \$0.98
- 1x onion - \$0.56
- 500g beef mince - \$6.50
- 1x jar of minced garlic - \$1.25
- 1x jar of mixed herbs - \$2.40
- 1x 400g tin of tomatoes - \$1.10
- 1L of cranberry juice - \$5.50
- 1x packet of penne - \$0.90

**total cost: \$19.54**



## what do

### In a large saucepan:

- 1 Add 1L of water and a pinch of salt, turn heat to high and bring to the boil.
- 2 Once boiling, turn down heat to simmer and add pasta. Cook for 8-12 minutes (or for however long the packet indicates).

### In a separate large saucepan or frying pan:

- 1 Saute the diced onion, garlic and mixed herbs in a large saucepan for 1-2 minutes or until onion is translucent.
- 2 Chuck the mince into the saucepan and use a wooden spoon to break it into smaller pieces. Cook until mince is browned.
- 3 Chuck the grated carrot and zucchini in the saucepan and stir through the mince. Cook for 1-2 minutes.
- 4 Add tin of tomatoes and cranberry juice, then simmer for 10-15 minutes or until it thickens. Add salt and pepper to taste.
- 5 Serve the mince on top of pasta and enjoy!

# golden curry

2 servings

cook time: 20 minutes

## ingredients

- 1x carrot (chunks)
- 1x onion (chunks)
- 1x potato (chunks)
- 2-3 squares of the Golden Curry sauce mix
- 1 cup of long grain rice

## shopping list

1x carrot - \$0.35

1x onion - \$0.56

1x potato - \$0.86

1x Golden Curry sauce  
mix - \$5.00

1kg long grain white  
rice - \$1.80

**total cost: \$8.57**

## what do

- 1** In a medium sized saucepan:  
Combine 2 cups of water with the rice and simmer until the rice grains are soft. Stir occasionally so it doesn't stick to the bottom.
- 2** Cut the carrot, onion and potato into approximately equal chunks (2-3cm)
- 3** In a separate medium sized saucepan or frying pan  
Chuck in the carrot, onion and potato and cook for 7-10 minutes.
- 4** Crumble the Golden Curry sauce mix over the veggies and add 1 cup of water. Simmer for 10 minutes or until thickens.
- 5** Serve curry on top of rice and enjoy!

### hot tip!

add chicken or  
tofu for a boost  
of protein



# beef stew

4 servings

cook time: 40 minutes

## ingredients

- 1x onion (chunks)
- 1 cup frozen peas, corn and carrots
- 200g mushrooms cups (halved)
- 1x sweet potato (chunks)
- 500g diced beef
- 500mL beef stock
- 400g tin of tomatoes
- 1/4 cup barbecue sauce
- 3x potatoes (sliced)
- 3 Tbsp milk

## shopping list

- 1x onion - \$0.56
- Frozen peas, corn and carrot - \$4.50
- 200g mushroom cups - \$2.18
- 3x potatoes - \$2.43
- 1x sweet potato - \$1.13
- 500g diced beef - \$11.00
- 1L beef stock - \$1.90
- 1x 400g tin of tomatoes - \$1.10
- 500mL barbecue sauce - \$2.00
- 1L milk - \$1.60

**total cost: \$29.10**

## what do

**①** In a medium sized saucepan:  
Boil 1L of water with a pinch of salt, then add potatoes. Cook for 15 minutes.

**②** Drain water, add milk, and mash potatoes with a fork.

**①** In a separate large saucepan:  
Saute onions for 1-2 minutes or until translucent, then add diced beef and cook on high heat until browned.

**②** Add the sweet potato, mushrooms, peas, and carrot and cook for 3 minutes.

**③** Add stock, tin of tomatoes and barbecue sauce and leave to simmer uncovered for 20-25 minutes, stirring occasionally.

**④** Serve with mashed potato and enjoy!

# pasta bake

4 servings

cook time: 25 minutes

## ingredients

1x onion (diced)  
1C of peas, corn and carrots  
1x chicken breast  
500g pasta sauce  
2 cups grated cheese  
300g fusilli pasta



## shopping list

1x onion - \$0.56

Frozen peas, corn  
and carrot - \$4.50

1x chicken breast - \$2.25

700g pasta sauce - \$2.50

250g grated cheese - \$5.50

500g fusilli pasta - \$2.00

**total cost: \$18.31**



## what do

- 1 Preheat oven to 180 degrees.
- 2 **In a large saucepan:** Add 1L of water and a pinch of salt, turn heat to high and bring to the boil.
- 3 Once boiling, turn down heat to simmer and add pasta. Cook for 8-12 minutes (or however long the packet specifies).
- 1 **In a separate large saucepan or frying pan:** Saute the diced onion until translucent, then add chicken and cook on high heat until it turns completely white. Add the peas, corn and carrots and cook for 1-2 minutes.
- 2 Turn down heat to low and add cooked pasta and pasta sauce. Stir through, then leave for 2-3 minutes or until warm.
- 3 Stir through 1 cup of cheese, then transfer to large ovenproof dish (like a casserole dish or cake tin).
- 4 Sprinkle 1 cup of cheese on top and put in the oven for 15 minutes.
- 5 Serve and enjoy!



# roast veggie soup

4 servings

cook time: 60 minutes

## ingredients

1x carrot (chucks)  
1x onion (chucks)  
1x potato (chunks)  
1x butternut pumpkin (chucks)  
4 Tbsp of minced garlic  
1/4 cup canola oil  
1L chicken stock  
Turkish pide loaf

## shopping list

1x carrot - \$0.35

1x onion - \$0.56

1x potato - \$0.86

1x butternut pumpkin  
whole - \$5.25

1x jar of minced garlic - \$1.25

750mL canola oil - \$3.95

1L chicken stock - \$1.90

Turkish pide loaf - \$2.80

**total cost: \$16.92**

## what do

- 1** On a large baking tray:  
Toss carrot, onion, potato and pumpkin in olive oil, garlic and pinch of salt. Roast in the oven on 180 degrees for 40 minutes. Toss halfway through to ensure veggies cook on both sides.
- 2** In a large saucepan:  
Toss in roasted veggies and chicken stock. Simmer for 10 minutes.
- 3** Combine the veggies and stock with a hand mixer, blender, or whisk.
- 4** Serve with Turkish pide and enjoy!

**hot tip!** 

use leftover  
soup as a  
sauce for ravioli



# best ways to have eggs

Eggs are AMAZING! They're an awesome source of protein and amino acids! They're also great for any time of day. Here are a few of our fav ways to have eggs.



**shopping list**

- Carton of 12 eggs - \$5.60
- 1L dairy milk - \$1.60
- 250g grated cheese - \$5.50
- 60g spinach - \$2.00
- 200g feta - \$3.30
- Cherry tomatoes - \$2.50
- 1x spring onions - \$2.80
- 1x baby chili - \$0.14
- 1x Primo ham - \$3.95

**costs \$1.00-\$3.00 a serve**

## ① scrambled

Combine 2 eggs and 2 Tbsp of milk per person and salt and pepper to taste then whisk together. Pop it into a frying pan on medium heat and scrape across the bottom every few seconds to scramble.

**Recommended add ins:** spinach, feta, cherry tomatoes, chilli

## ② easy omlette

Same ingredients as scrambled but add 1/4 cup grated cheese. Pop it in a frying pan and leave on medium heat with a lid on for 2-3 minutes.

**Recommended add ins:** ham, tomato, spring onions, spinach

## ③ boiled as a snack

Boil 1L of water in a saucepan, then gently place eggs in the water with a spoon. Boil for 7 minutes for a soft yolk and 10 minutes for hard. After boiling, place the eggs in cold water for 5 minutes then roll them on the bench to break off the shell.



# best ways to have 2 minute noodles

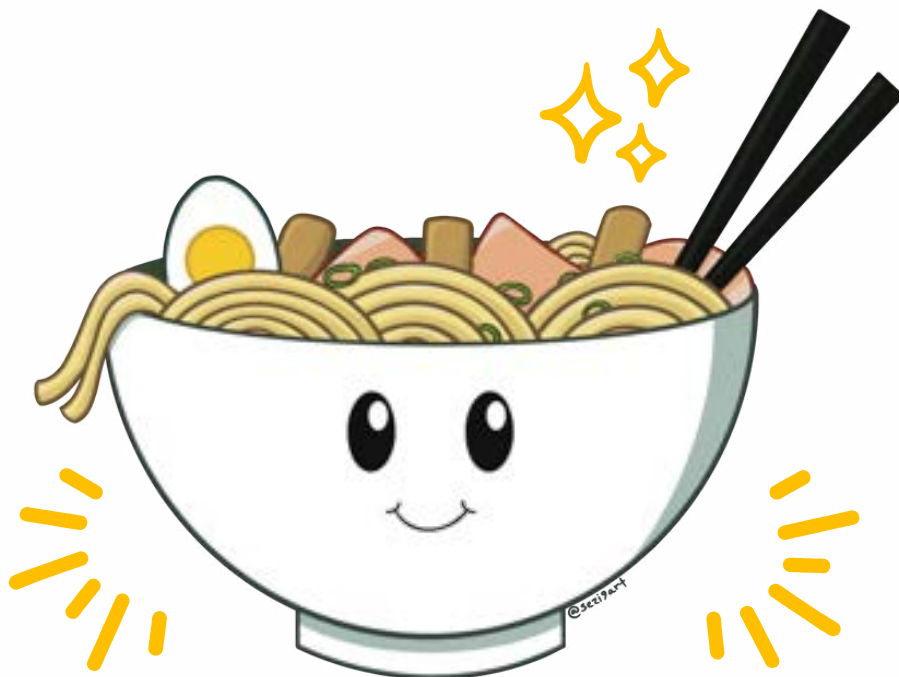
2-minute noodles have become a staple food for a quick, cheap meal. It's not very filling on its own though! We've compiled a few ways to bulk this dish up.

## shopping list

- 1x 2 minute noodles - \$5.00
- carton of 12 eggs - \$5.60
- 1x miso paste - \$4.30
- 150mL soy sauce - \$3.00
- 150mL chili oil - \$3.20
- 1x spring onions - \$2.80
- 1x Primo ham - \$3.95

costs \$2.00-\$4.00 a serve

- ① 2 minute noodles + 1 Tbsp miso paste
- ② 2 minute noodles + 1 egg (whisked through) + 1 Tbsp soy sauce + 1 tsp chilli oil
- ③ 2 minute noodles + 1 half boiled egg + 1 Tbsp soy sauce + 2 spring onions + 3 pieces of ham (Ponyo style!)



# shakshuka

4 servings

cook time: 30 minutes

## ingredients

- 1x onion (diced)
- 1x capsicum (diced)
- 1 Tbsp minced garlic
- 1 tsp dried coriander leaves
- 2 tsp cumin
- 1 tsp paprika
- 6x medium tomatoes (diced)
- 1/2 cups tomato sauce
- 8x eggs

## shopping list

- 1x onion - \$0.56
  - 1x green capsicum - \$1.23
  - 1x jar of minced garlic - \$1.25
  - 1x jar of dried coriander leaves - \$1.40
  - 1x jar of cumin - \$1.35
  - 1x jar of paprika - \$1.60
  - 6x tomatoes - \$3.90
  - 500mL tomato sauce - \$1.95
  - carton of 12 eggs - \$5.60
  - 5 pk pita bread - \$2.50
- total cost: \$21.34**

## what do

1

In a large frying pan:

Saute onions, capsicum and garlic for 1-2 minutes and salt to taste.

2

Stir through coriander, cumin and paprika, then pepper to taste. Leave to cook (stirring occasionally) for 5 minutes or until veggies are tender.

3

Add tomatoes and tomato sauce to frying pan, then bring to the boil. Once boiling, bring to a simmer and leave to cook (stirring occasionally) for 15 minutes or until thickened.

4

Use a spoon to create 8 holes in sauce, then crack eggs into holes. Cover the frying pan and leave to simmer for 1-2 minutes or until the yolks go pink on top (the yolk should still be runny inside).

5

Serve with pita bread or any bread of your choice!

# oatmeal

1 serving

cook time: 5 minutes

## ingredients

- 1/3 cups of rolled oats
- 1 banana (mashed)
- 1/3 cups milk

### recommended add ons

- 1 Tbsp cocoa powder
- 1 Tbsp peanut butter
- 1Tbsp chocolate chips
- 1/4C frozen berries
- 1 Tbsp golden syrup

## what do

①

### In a small saucepan:

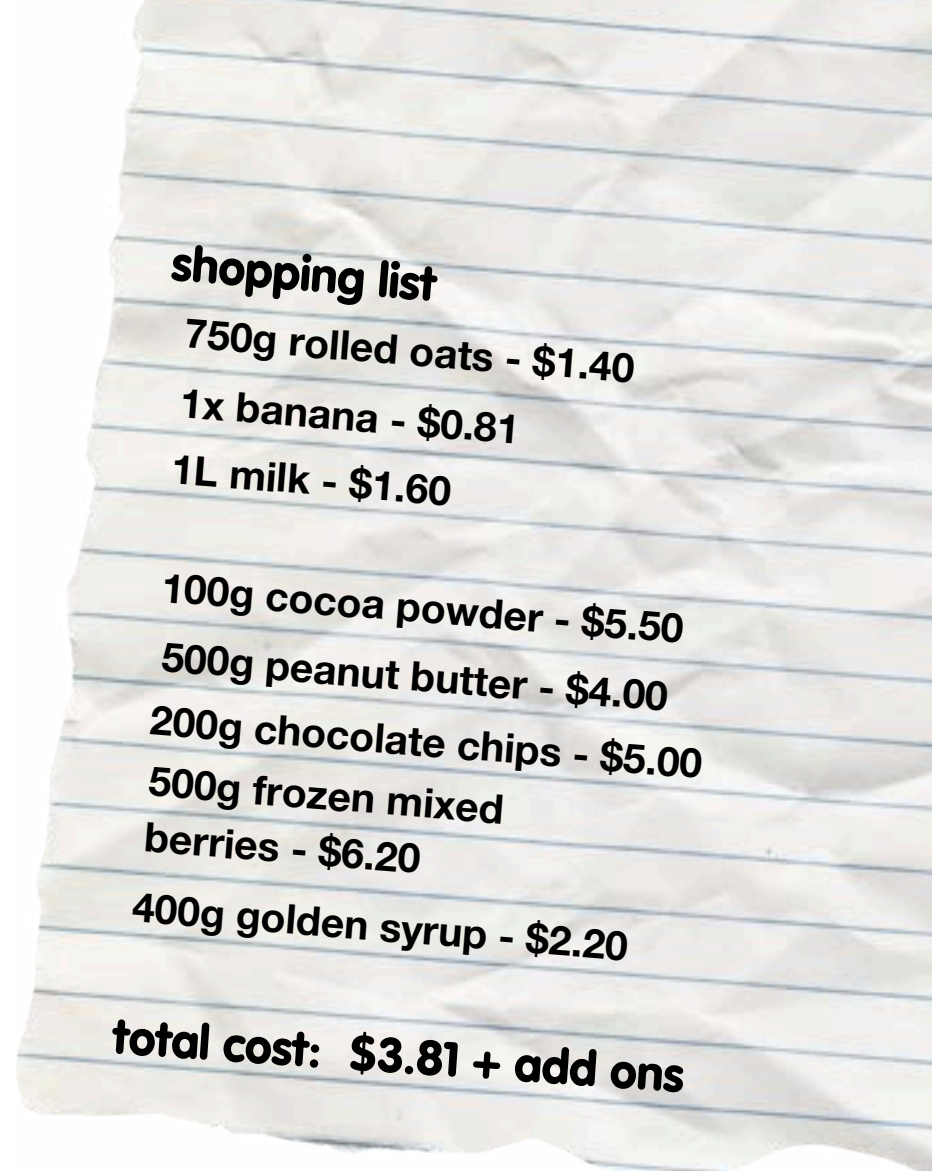
Combine oats, banana and milk and simmer until the milk has absorbed into the oats (approximately 4-6 minutes). Stir frequently to prevent burning.

②

Optional: add your preferred toppings and stir through.

③

Serve and enjoy!



### hot tip!



oats keep you fuller for longer so they're a great way to start the day!



# capsicum lasagna

4 servings

cook time: 40 minutes

## ingredients

- 4x capsicums
- 1x onion (diced)
- 1 Tbsp minced garlic
- 500g beef mince
- 1x tin of tomatoes
- 1 cup grated cheese
- 1x packet of soft lasagna sheets

## shopping list

- 4x green capsicums - \$4.92
- 1x onion - \$0.56
- 500g beef mince - \$6.50
- 1x jar of minced garlic - \$1.25
- 1x 400g tin of tomatoes - \$1.10
- 250g grated cheese - \$5.50
- 1x packet of soft lasagna sheets - \$6.00

**total cost: \$25.86**



## what do

- 1 Preheat the oven to 180 degrees. Cut the tops of the capsicums off and remove the seeds.
- 2 In a large frying pan: Add garlic and cook until there's an aroma, then add the onion and cook until it becomes translucent. Add the mince and cook on high heat until browned. To finish it off, add the tin of tomatoes and stir through.
- 3 Scoop 1 Tbsp of the mince mix into the capsicum then add a layer of pasta and a sprinkle of cheese. Keep doing this until the capsicum is full then sprinkle the rest of the cheese on top.
- 4 Place the capsicum into the oven and bake for 20-25 minutes then let it rest for 10 minutes.
- 5 Serve and enjoy!

# fried rice

4 servings

cook time: 20 minutes

## ingredients

- 1x onion (diced)
- 1 cup of peas, corn and carrots
- 2x eggs
- 1 packet of ham (diced)
- 4 Tbsp soy sauce
- 2 Tbsp sesame oil
- 2C long grain rice

## shopping list

- 1x onion - \$0.56
- Frozen peas, corn and carrot - \$4.50
- 1x carton of 12 eggs - \$5.60
- 1x Primo ham - \$3.95
- 150mL soy sauce - \$3.00
- 150mL sesame oil - \$4.00
- 1kg long grain white rice - \$1.80

**total cost: \$23.41**

## what do

①

### In a medium sized saucepan:

Combine 4 cups water with the rice and simmer until the rice grains are soft. Stir occasionally so it doesn't stick to the bottom. Fully cook before starting the next step.

②

### In a separate large saucepan or wok:

Stir-fry the onion, peas, corn, carrot and ham on high heat for 2 minutes then add in the eggs and toss to scramble.

③

Add the cooked rice, soy sauce and sesame oil to saucepan and stir through.

④

Serve and enjoy!

**hot tip!**   
this recipe is  
great for using  
up leftovers. Just  
add them in!



# noodle veg

2 serving

cook time: 20 minutes

## ingredients

- 1tsp mixed herbs
- 1 1/2 cups water
- 1x carrot (small chunks)
- 1x zucchini
- 1C frozen Spring Greens Mix
- 1/2 pack rice vermicelli noodles
- 1x 95g tin of tuna
- 1/4 cup cheese

## shopping list

- 1x carrot - \$0.35
- 1x zucchini - \$0.98
- 1x broccoli - \$1.49
- 1kg frozen Spring Greens Mix - \$6.50
- 200g rice vermicelli - \$2.25
- 1x jar of mixed herbs - \$2.40
- 1x 95g tin of tuna - \$1.10
- 250g grated cheese - \$5.50

**total cost: \$20.57**

## what do

①

**In a medium saucepan:**

Pour in water and bring to a simmer. Crumble rice vermicelli noodles into the saucepan with mixed herbs and a pinch of salt.

②

Chop and add carrots, zucchini and frozen Spring Greens Mix to pot. Cook for 7 minutes uncovered or until veggies are your desired firmness. Stir occasionally, adding 1 Tbsp of water every 2-3 minutes.

③

Turn heat to low and stir through tuna (juices and all). Give it time to heat through before going to next step.

④

Turn heat off and sprinkle in cheese. Leave to melt then serve and enjoy!

# looking for more info?

Each of our recipes has a shopping list attached. This is so you can budget them into your weekly costs! The prices are based on the Woolworths online store and were **calculated on 16th October 2023.**

Prices don't stay the same long so expect some variation.

If you're struggling to afford to eat, reach out to your local food pantry. You can get food there for cheap or free!

**hot tip!**  
check your cupboards before shopping so you don't double up on ingredients



## Southern Canberra food pantries



110 Lewis Luxton Avenue, Gordon ACT 2906  
Tuesday, Wednesday and Friday 10am to 3pm  
Call (02) 6284 7003 for more information.



245 Cowlshaw Street, Greenway ACT 2900  
Mondays 12:30pm to 3pm  
Tuesdays to Fridays 9:30am to 11:30am; and  
12:30pm to 3pm  
Call (02) 6293 6500 for more information.



26 Corinna Street, Woden ACT 2606  
Monday to Friday 9am to 5pm  
Call (02) 6282 2644 for more information.

There are heaps Northside as well. If you're a student, check in with student services at your university. They often have food pantries too!



## **keen to get in touch?**

**(02) 6298 2920**

**[info@headspacetuggeranong.org.au](mailto:info@headspacetuggeranong.org.au)**

**1/167 Soward Way Greenway ACT 2900**