

Fresh, delicious, summer recipes for one



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Just for you!

Summer is a time full of inspiration, especially when it comes to beautiful NZ-grown vegetables and fruit. If you're living alone or cooking for one, think of summer as a fantastic opportunity to enjoy easy, healthy meals that can be made in double-quick time. It's a time when it's super easy to make a simple tasty salad or enjoy fresh salsas, quick pickles, no-cook desserts and throw together bowls full of abundance and colour.

This book contains a simple, delicious week of food, packed with the goodness of summer's fresh vegetables and fruit. Because they use in-season produce, the recipes are good value and ingredients are easy to find. This menu offers great variation through the week and you should find inspiration for some new dishes here.

How to use this book

The recipes in this book are designed for one-person households, but they're easily adapted for two or more. You'll notice a couple of the recipes serve two; this is so you can have a friend over for dinner, or have nice leftovers for lunch the next day.

This is a weekly menu, so if you use the shopping list and cook all the recipes, you should use up all the fresh ingredients over the week. That's why there are instructions to cook extra meat and vegetables in two recipes. But you can of course just dip in and cook one or two recipes.

Shopping list

Here's what you need for a week's worth of dinners.

Fresh vegetables and fruit:

1 cucumber
 Bunch of radishes
 2 carrots
 1 capsicum
 1 medium eggplant
 2 punnets cherry tomatoes
 Regular tomatoes
 1 bunch spring onions
 Fresh herbs: parsley, basil, thyme, etc.
 1 bag salad greens
 1 bag rocket
 New potatoes
 Peaches, apricots, cherries, nectarines
 Strawberries, raspberries, boysenberries
 1 avocado
 Lemons

Shelves:

Black olives
 Black pepper and salt
 Capers
 Barley, buckwheat or rice
 Almonds
 Walnuts

Meat/fish:

2 lamb leg steaks
 150g fish fillet
 Pack chicken legs or thighs (bone in)

Chilled:

Tasty cheese
 Plain yoghurt
 Block feta cheese
 Eggs
 Milk

Plus, check you have these in your kitchen:

Extra virgin olive oil
 Olive oil
 Chilli flakes
 Mayonnaise
 Peanut butter
 Miso paste
 Mirin or brown sugar
 Sriracha or other chilli sauce
 White, rice or white wine vinegar, red wine vinegar
 Smoked paprika
 Dijon mustard
 Honey
 Self-raising flour
 Soy sauce
 Sesame oil
 Balsamic vinegar



Breakfast ideas

Try these ideas for delicious summer breakfasts.

Low-sugar berry bircher

Combine rolled oats, chia seeds, shredded coconut, chopped almonds and walnuts with a dash of cinnamon. Place in a container and cover with milk of your choice. Leave for 30 minutes, or keep in the fridge for a few days and serve with yoghurt and fresh berries.



Summer scramble

Make a scrambled egg mix and add handfuls of chopped fresh herbs, chopped tomatoes and chopped capsicum. Serve with toast and avocado.

Summer Mexi hash

Roughly mash cooked leftover potatoes. Cook in a hot pan for a few minutes with chopped chives or spring onions and garlic. Add a handful of salad greens or baby spinach, grate over a bit of cheese and serve with a poached or fried egg on top and chilli sauce.

Lunch ideas

Try these simple summer lunch solutions.

Sushi salad

Combine cold leftover rice with salad leaves, cucumber, tomatoes, avocado and wasabi peas. Dress with soy, ginger, white vinegar and sesame oil. Top with pickled veges (see page 4).

Tuscan bread salad

Toast bread and tear into chunks. Place in a salad bowl with basil, tomatoes, capsicum, cucumber, beans, olives and capers. Dress with balsamic vinegar and top with shaved Parmesan cheese or crumbled feta. Add tuna or chicken if you like.

Chunky cobb salad

Combine chopped avocado, grated cheese, chopped ham or chicken, sweetcorn kernels, black olives, lettuce or salad leaves, walnuts and tomatoes. Add a creamy ranch dressing or a mix of yoghurt, mayonnaise, lemon juice and mustard.



Ingredients

1 cup sliced or julienned vegetables: use any combination of crunchy vegetables such as cucumber, radish, carrot, capsicum and courgette.
¾ cup white, rice or white wine vinegar
1 tablespoon sugar
2 teaspoons salt

Flavour booster (to use through the week):

Quick pickled vegetables

This is a super-easy way to pep up anything from a quiche to a sandwich. It's also a great way to use up veges you have in the fridge.

Combine vegetables and place in a bowl. Combine other ingredients in a small bowl and whisk together until sugar and salt are mostly dissolved. Pour over the vegetables and stir gently to combine.

Cover and leave for 20 minutes. To use, take vegetables from liquid. This pickle will keep in the fridge for 1-2 weeks, and you can re-use the pickling liquid.

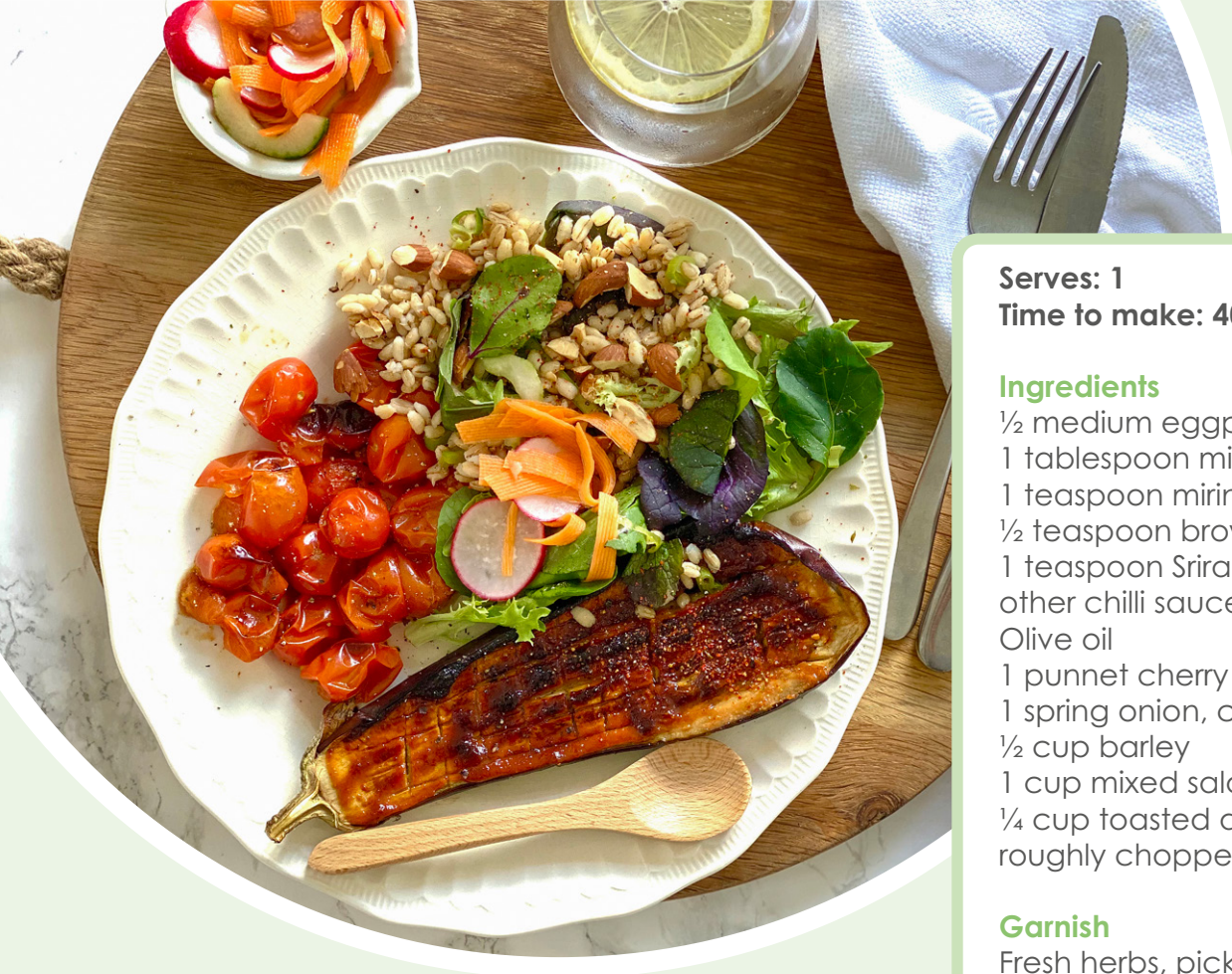
Quick summer dessert Single-serve deconstructed cherry & berry trifle

Whip cream and combine with the same volume of Greek yoghurt.

Slice berries and cherries and place in a small dish with a dash of balsamic vinegar. Crush a gingernut into crumbs. Sprinkle half over berries and top with cream mixture.

Top with remaining crumbs.





Serves: 1

Time to make: 40 minutes

Ingredients

½ medium eggplant
 1 tablespoon miso paste
 1 teaspoon mirin or
 ½ teaspoon brown sugar
 1 teaspoon Sriracha or
 other chilli sauce
 Olive oil
 1 punnet cherry tomatoes
 1 spring onion, chopped
 ½ cup barley
 1 cup mixed salad greens
 ¼ cup toasted almonds,
 roughly chopped

Garnish

Fresh herbs, pickle

Monday

Miso-roasted eggplant with roast cherry tomatoes & summer barley pilaf

This is delicious way to cook eggplant; make sure you give it lots of time in the oven or barbecue to get super-soft. Eat half for dinner and save the other half of the eggplant to use in Sunday's quiche.

Method

- Preheat oven to 180°C. Cut eggplant in half lengthwise and place on a lined baking dish. Score the flesh in a criss-cross pattern, don't cut all the way through.
- Combine miso, Sriracha and mirin or sugar together in a small bowl. Add a dash of hot water to get it blended together, then spoon and spread over the eggplant. Place in the oven and bake for 30-45 minutes. After 20 minutes, add cherry tomatoes to the tray and drizzle with a little oil.
- While eggplant and tomatoes are cooking, prepare barley. Drizzle a little oil in a pot and place over a medium high heat; add spring onion. Cook for 1 minute. Add barley with a pinch of salt and stir. Add 1 ½ cups water and bring to a simmer, then turn down heat and cover with a lid. Simmer gently for 30 minutes, until tender. When cooked, allow to cool and stir through salad leaves and almonds.
- Serve eggplant with barley, cherry tomatoes and pickle (see page 4). Garnish with herbs (basil and thyme are good here), black pepper and chilli flakes if you like.

Tip: Cook extra barley tonight for the grain salad on Thursday.



Serves: 1

Time to make: 30 minutes

Ingredients

2 chicken legs or thighs (bone in)
 1 teaspoon smoked paprika
 1 cup new potatoes
 2 cups rocket leaves
 1 nectarine, sliced
 50g feta, crumbled
 ¼ cup almonds, toasted and roughly chopped
 1 tablespoon red wine vinegar
 1 ½ tablespoons extra virgin olive oil
 ½ teaspoon Dijon mustard
 Salt and pepper

Tuesday

Rocket, nectarine, almond & feta salad with barbecued chicken

This is a lovely light combination of summer flavours. This salad works with other meats or on its own.

Method

- Rub chicken legs with smoked paprika and spray or drizzle with oil. Barbecue or grill chicken until cooked through.
- Boil potatoes until just tender. Drain and set aside.
- Prepare salad: combine rocket, nectarine, feta and almonds in a bowl. Combine vinegar, olive oil, mustard, salt and pepper and add to bowl. Gently mix to coat salad ingredients.
- When potatoes are cool enough to handle, roughly slice and toss in a little olive oil. Place on barbecue grill or in a hot pan and toss until browned. Season well with salt and pepper.
- Serve salad with chicken and potatoes on the side.

TIP: Cook an extra piece of chicken tonight to use in tomorrow's salad, and extra potatoes for Thursday's potato salad.



Wednesday

Warm grain salad with quick summerfruit chutney and chicken

Serves: 1

Time to make: 20 minutes

Chutney

1 cup sliced summerfruit (e.g. cherries, peaches, nectarines, plums, apricots)
 2 tablespoons red wine vinegar
 1 teaspoon brown sugar
 ½ teaspoon salt
 Pinch smoked paprika
 1 cup basil leaves

Dressing

2 tablespoons balsamic vinegar
 1 tablespoon extra virgin olive oil
 1 tablespoon honey
 Black pepper

Salad

1 cup cooked barley, farro or buckwheat (or use a mix)
 100g cooked chicken
 2 cups rocket or spinach leaves
 2 tablespoons mixed nuts e.g. walnuts, almonds

Grains like barley, buckwheat or farro are great for us and make an excellent salad base. Experiment with different fruit in the chutney; sweet summerfruit makes for intense summer flavour.

Method

- Place fruit, vinegar, sugar, salt and paprika and half the basil in a pot with ¼ cup water. Bring to a simmer and cook, stirring, for 5 minutes. Set aside to cool.
- Mix dressing ingredients together. Combine grains, chicken, rocket and nuts in a bowl and add dressing. Mix gently.
- Serve salad topped with chutney. Garnish with remaining basil and plenty of black pepper.



Serves: 1

Time to make: 15 minutes

Ingredients

1 cup cooked, cold new potatoes, roughly chopped
1 tablespoon mayonnaise
30g crumbled feta
1 tablespoon plain yoghurt
Handful fresh Italian parsley, chopped

2 medium or 1 large tomato
1 tablespoon chopped black olives
1 teaspoon chopped capers
Juice and zest of 1 lemon
1 tablespoon extra virgin olive oil
Pinch chilli flakes
Salt and pepper
150g fish fillet

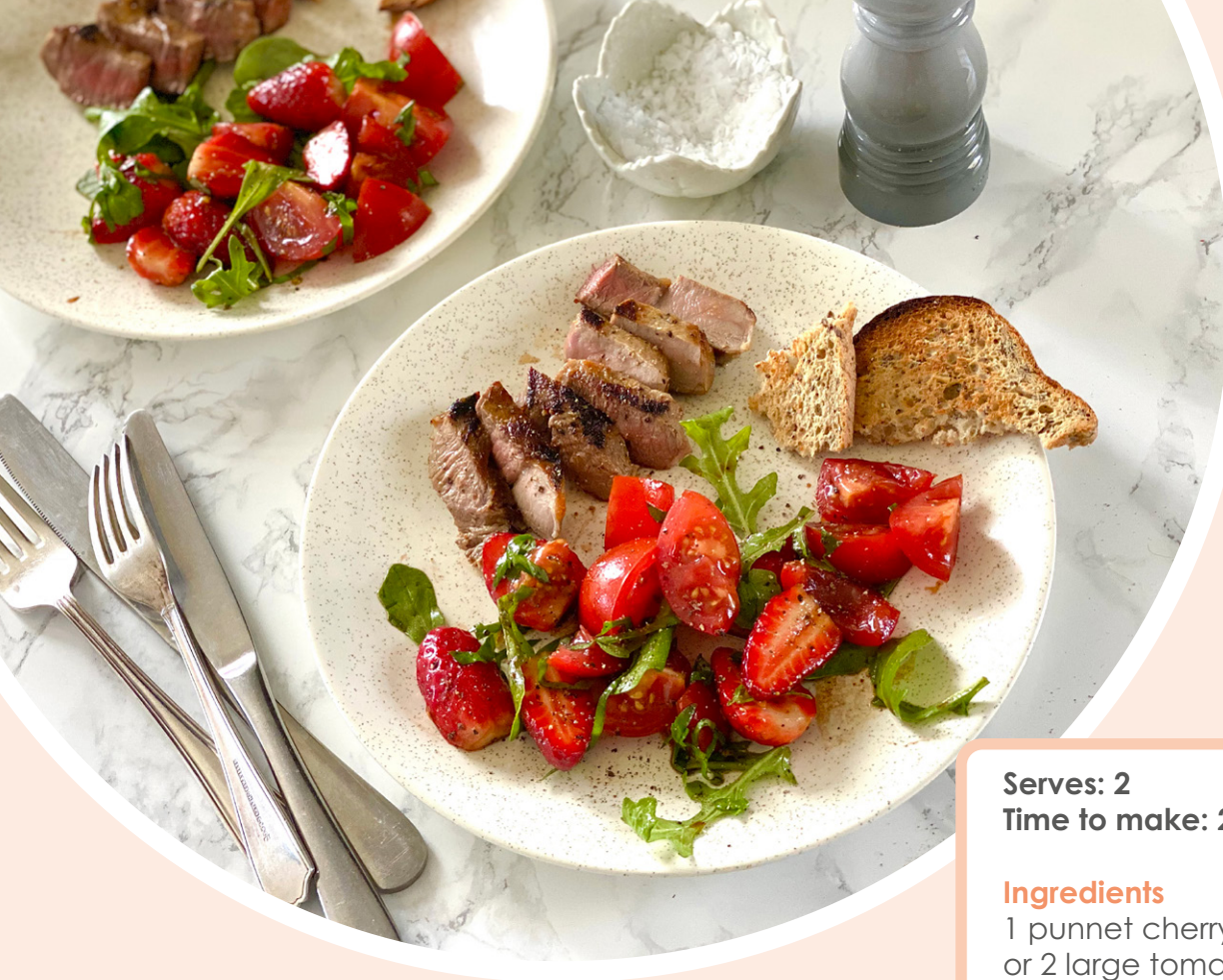
Thursday

Pan-fried fish with olives, capers, lemon & tomato & creamy feta potato salad

If you've got leftover spuds from Tuesday, this is a minimal-cook dinner for a hot evening.

Method

- Combine potatoes, mayonnaise, feta and yoghurt in a bowl. Season well with pepper and salt and add parsley. Set aside.
- Combine tomatoes, olives, capers, lemon juice and zest, chilli flakes, olive oil and salt and pepper in a bowl. Mix well and set aside while you cook the fish.
- Pan-fry or barbecue fish to your liking.
- Serve fish with tomato mixture spooned over top, and potato salad on the side.



Friday

Tomato & strawberry salad with smoky grilled lamb steak

Serves: 2

Time to make: 20 minutes

Ingredients

- 1 punnet cherry tomatoes or 2 large tomatoes
- 1 punnet strawberries
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- Black pepper & salt
- Basil and parsley leaves
- 2 lamb leg steaks
- ½ teaspoon smoked paprika

This is an unusual but super tasty salad that works well with the flavours of lamb.

Method

- Roughly chop the tomatoes and strawberries and combine in a bowl. Combine balsamic vinegar, olive oil, pepper and salt. Roughly chop herbs and add to the salad with dressing and toss together.
- Coat steak in smoked paprika and brush with oil. Cook on a hot grill or barbecue until it's done to your liking. Serve steak with tomato and strawberry salad on the side. Try this with toasted sourdough bread to mop up the juices.



Saturday

Summer poke bowl

Serves: 1

Time to make: 20 minutes

Ingredients

1 teaspoon sesame oil
 2 teaspoons soy sauce
 2 teaspoons chilli sauce
 (we used Sriracha)
 150g fish fillet (use very fresh white fish, salmon or tuna)
 1 tablespoon peanut butter
 1 teaspoon mirin
 ½ cup cherry tomatoes, chopped
 1 cup salad greens of your choice
 ½ cup cooked grains (use barley, brown or black rice, buckwheat or farro), warmed
 1 tablespoon mayonnaise

Garnish

Chilli flakes, extra chilli sauce, chopped almonds or peanuts (optional)

Poke bowls are a delicious alternative to salads, and a great way to use up leftovers. You can pop anything in there; just make sure there are lots of vegetables, some quality protein and some carbohydrate such as rice or barley. If you don't like raw fish, use cooked fish, chicken or tofu.

Method

- Combine sesame oil, half the soy sauce, half the chilli sauce in a bowl. Dice fish and add to bowl. Set aside to marinate.
- Combine remaining soy and chilli sauces with peanut butter, mirin and a dash of hot water to make a quick peanut sauce. Chop tomatoes and warm the grains.
- Arrange all ingredients in a bowl and top with sauce, mayonnaise and garnishes of your choice.



Sunday

Crustless tomato & eggplant quiche with summer green salad & pickle

This is a delicious and easy 'pie' that you can pop any summer vegetables you like into. It's easily doubled if you want to make a bigger version and have more leftovers for lunch.

Method

- Preheat oven to 160°C. Lightly grease a small quiche or pie dish.
- Heat a pan over a medium heat and drizzle with oil. Add the eggplant and cook, stirring, for 10 minutes, until eggplant is soft. Add the capsicum and spring onion and cook a further 2 minutes. Spread vegetable mixture in the bottom of pie dish. Scatter over the cheese, olives and herbs.
- In a bowl, beat together the eggs, milk and flour and season with salt and pepper. Pour this mixture over the vegetables. Place the tomato slices on top (they will sink but don't worry, they'll emerge again!)
- Place in the oven and bake for 30-40 minutes, or until firm to the touch and golden on top. After 25 minutes, turn heat up to 200°C for the last 5-10 minutes.
- Combine salad ingredients and mix well.
- Serve quiche with salad and pickle.

Serves: 2

Time to make: 45 minutes

Ingredients

Olive oil

½ eggplant, diced

1 spring onion, finely sliced

½ red capsicum

2 eggs

¾ cup milk

¼ cup self-raising flour

½ cup grated tasty cheese

1 tablespoon chopped black olives

Black pepper and salt

2 tomatoes, sliced

Fresh herbs e.g. thyme, basil

2 cups salad leaves

1 small cucumber, sliced

1 small avocado, sliced

Dressing of your choice

Quick pickle to garnish
(see page 4)



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