

Fresh, delicious, spring recipes for one



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Contents

Introduction	1
Shopping list	2
Breakfast and lunch ideas	3
Recipes	
Monday: Roast asparagus, potato and avocado Caesar	4
Tuesday: Spring abundance bowl	5
Wednesday: Citrus-dressed salmon with smashed potatoes	6
Thursday: Courgette, feta and mint balls with kūmara 'noodles' and fresh tomato sauce	7
Friday: Roast chicken and kūmara salad with avocado, basil, tangelo and citrus soy dressing and peanuts	8
Saturday: Spring miso, mushroom and chicken soup	9
Sunday: Cheesy potato, kūmara and mushroom slice	10



Just for you!

It's spring, and we want to eat lighter and fresher and embrace the beautiful spring produce that's burst on to the scene. It's a good time to add some new recipes to your repertoire and break out of the cooking-for-one rut. Don't fall into the trap of thinking you're 'not worth' cooking for – there's great pleasure in cooking just for yourself.

Here's a simple, delicious week of food, packed with the goodness of fresh vegetables and fruit, that's inexpensive, doesn't repeat the same meal over and over, and will inspire you to take the time to cook this spring.

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'll need for the dinners for the week.

Fresh vegetables and fruit:

2 bunches asparagus
Box or bag of new potatoes
Few bunches of fresh herbs
e.g. parsley, thyme, oregano, mint
2 avocados
Bag of lettuce or mixed salad greens
2 small orange kūmara
2 purple kūmara
400g mushrooms (choose a variety)
Lemons
Bunch spring onions
2 courgettes
Garlic
300g tomatoes
Ginger
Tangelos

Shelves:

Peanuts or other nuts
Sesame oil
Miso paste
Salt and pepper

Meat/fish:

Pack of 6 chicken drumsticks
200g salmon fillets
Steak or fish for Sunday's dinner

Chilled:

Eggs
Feta
Milk
Tasty cheese
Parmesan cheese

PLUS, check you have these ingredients in the pantry/fridge:

Wholegrain bread
Mayonnaise or yoghurt
Dijon mustard
Black pepper and salt
Anchovies
Butter
Chilli flakes
Red wine or balsamic vinegar
Sugar
Soy sauce
Olive oil spray
Olive oil
White wine or cider vinegar
Sweet chilli sauce



Breakfast ideas

Try these tasty options to start your spring mornings.

- 2 pieces wholegrain toast spread with marmite, topped with avocado and tomato.
- Bowl of muesli with yoghurt, sliced tangelos and strawberries.
- Potato hash (use some of the leftover smashed potatoes from Wednesday), with an egg and some tossed greens – try asparagus in the mix for a gourmet treat.

Lunch ideas

Mix and match these tasty ideas on days you don't have leftovers to enjoy for lunch.

- **Toast topped** with a generous mash of avocado, feta, chilli flakes and olive oil. Top with fresh herbs (mint and basil are great); have a green salad on the side for a café-worthy lunch.
- **Salmon and potato salad:** if you make double of the citrus-roasted salmon, flake the leftover fish into cold potatoes along with salad greens, sliced asparagus, herbs, black pepper and mayonnaise.
- **Lunch frittata:** Use up leftover cooked potatoes, kūmara and other veges (there will be a few this week) by making a simple frittata – add a beaten egg or two to sliced cooked vegetables in a bowl, and seasonings of your choice. Pour into a hot pan and let cook for a few minutes, then top with cheese and pop under the grill to melt. Serve with a salad.



Star ingredient: Miso

Miso is a Japanese paste typically made from fermented soybeans or rice. It's a savoury, tasty, flavour-packed ingredient full of 'umami' – that savoury deliciousness we find in many of the foods that make our mouths water. You can use miso paste to make a simple soup or stock, or as an ingredient in marinades, sauces and soups. In these recipes you can substitute it with chicken or vegetable stock, if you prefer.





Monday

Roast asparagus, potato and avocado Caesar

Serves: 1

Time to make: 30 minutes

Ingredients

6 spears asparagus, snapped
 1 egg, hard boiled
 4 small new potatoes, halved
 1 slice wholegrain bread
 20g Parmesan cheese or other tasty cheese
 Good handful fresh herbs e.g. parsley, thyme, oregano
 ¼ avocado
 2 cups lettuce leaves (cos or mixed salad greens)
 2-3 anchovies

Dressing

2 tablespoons mayonnaise or yoghurt
 1 tablespoon lemon juice
 1 teaspoon Dijon mustard
 Black pepper and salt to taste

This is a substantial, crunchy, tasty salad that makes the most of delicious new-season asparagus. Add a bit of leftover chicken, if you have it, for an extra protein boost.

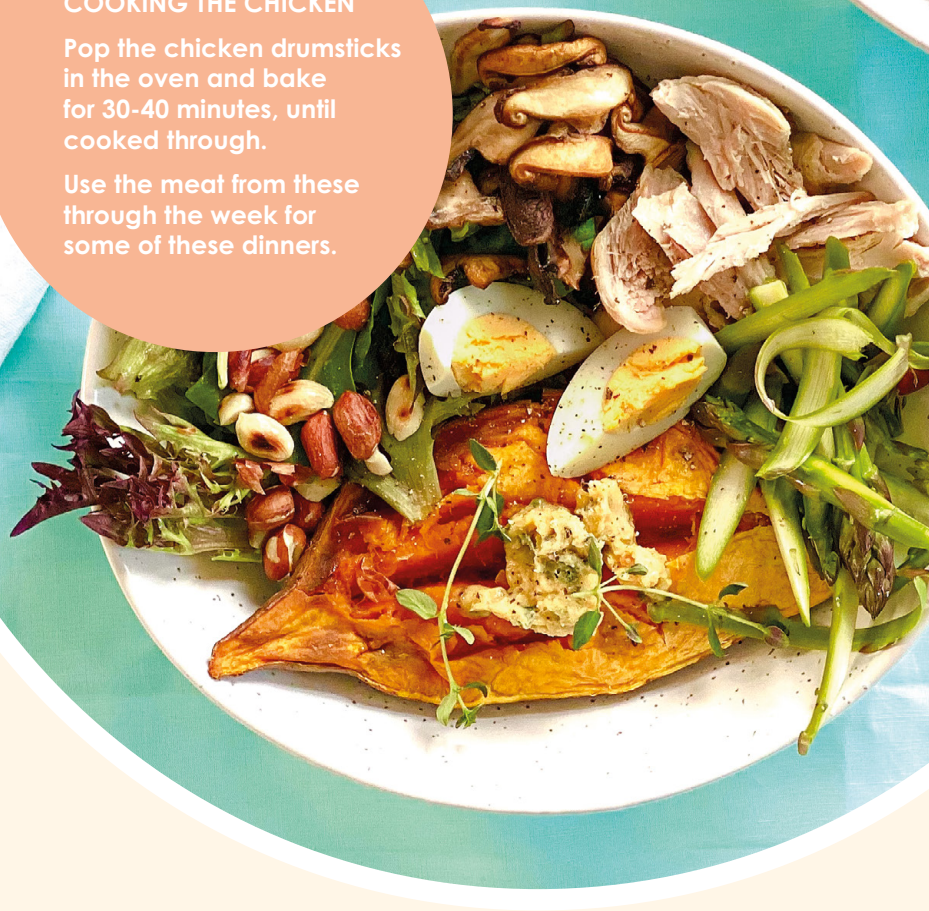
Method

- Preheat the oven to 200°C and place asparagus on a tray, drizzled with oil. Roast asparagus for 10-15 minutes.
- While asparagus roasts, prepare the rest of the salad. Place new potatoes in a pot and cover with water. Bring to the boil and cook for 10 to 12 minutes. Drain and cool.
- Toast the bread and chop or process into rough crumbs. Chop herbs roughly and add to crumbs, along with half the Parmesan cheese, grated. Set aside.
- Slice or chop avocado. Combine in a bowl with the lettuce, asparagus and potatoes.
- Combine the dressing ingredients and mix well. Add most of the dressing to the salad bowl and mix well.
- Chop egg and anchovies into quarters. Add to salad and gently toss. Top salad with crumb mixture and remaining Parmesan cheese, peeled into slices with a peeler, and remaining dressing.

COOKING THE CHICKEN

Pop the chicken drumsticks in the oven and bake for 30-40 minutes, until cooked through.

Use the meat from these through the week for some of these dinners.

**Serves: 2****Time to make: 30 minutes****Ingredients**

1 small orange kūmara, scrubbed and halved
 3 teaspoons butter
 ½ teaspoon miso paste (optional)
 Small handful herbs e.g. thyme, oregano, parsley)
 200g mushrooms, finely sliced
 8 spears of asparagus, ends snapped off
 1 hard-boiled egg
 200g cooked chicken (e.g. leftover roast chicken)
 2 cups salad leaves
 2 tablespoons toasted peanuts or other nuts
 Salt & pepper

Dressing

1 tablespoon sesame oil
 1 tablespoon lemon juice
 Black pepper to taste
 1 teaspoon Dijon mustard

Tuesday

Spring abundance bowl

I love making bowls like this for almost any meal. It's a great alternative to a salad, and a good way to combine warm and cold ingredients. You can incorporate any little bits of leftovers you have, too.

Method

- Preheat the oven to 200°C. Place kūmara halves on a baking tray and spray with oil. Roast kūmara for 20-30 minutes, until soft and cooked through.
- Soften butter (don't melt it). Chop herbs and add to butter with miso and mix well. Form into a ball or log and place in the fridge while you prepare the rest of the bowl.
- Add a little oil or butter to a pan and heat to medium-high. Add mushrooms and cook, stirring, until golden and cooked through. Remove from pan and set aside.
- Peel asparagus into ribbons using a peeler, or slice thinly. Combine dressing ingredients together and mix well. Toss salad leaves with dressing.
- Assemble bowls: Place kūmara in bowl alongside salad leaves and mushrooms. Add asparagus, chicken and quartered egg. Add half the miso butter to each kūmara. Season everything well and sprinkle with toasted nuts.



Wednesday

Citrus-dressed salmon with smashed potatoes

Serves: 2
Time to make: 35 minutes

Ingredients

10 small potatoes
 (e.g. baby Agrias)
 Spray oil
 1 small lemon
 1 small tangelo
 Good handful herbs,
 e.g. parsley, thyme
 1 tablespoon olive oil
 200g salmon fillets
 (cut in 2 pieces)
 1 bunch asparagus, snapped
 Olive oil spray
 Lemon juice
 Salt and pepper

This is an unusual marinade but it works super-well, and can be used on chicken or other chunky fish as well. Try it with lime, too. This is a super-easy and delicious weeknight dinner that's nice to share with a friend, but you can combine leftovers to make a tasty potato salad, too.

Method

- Preheat oven to 200°C.
- Cover potatoes with water in a pot. Bring to the boil and cook for 8-10 minutes, until cooked through.
- Chop lemon and tangelo into small dice (include the skin). Roughly chop herbs and add to citrus mixture along with juice from half the lemon and tangelo, and olive oil. Season with salt and pepper. Place salmon fillets on a large baking dish lined with paper. Spread citrus mixture over.
- Drain potatoes and cool slightly. Place potatoes on the baking tray with the salmon and roughly smash potatoes with a masher. Spray or drizzle with oil and season with salt and pepper. Place tray in the oven and bake for 10-15 minutes, until potatoes are browned and salmon is just cooked through.
- While salmon and potatoes are roasting, lightly steam or microwave asparagus and toss in a little butter or olive oil, salt and pepper.
- Serve salmon with potatoes and asparagus on the side, seasoned well and with a drizzle of extra lemon juice.



Thursday

Courgette, feta and mint balls with kumara 'noodles' and fresh tomato sauce

Serves: 1

Time to make: 30 minutes

Ingredients

1 medium courgette, grated
 1 egg
 1 spring onion, finely chopped
 ¼ cup flour
 Small handful mint or other herb leaves, roughly chopped
 50g roughly crumbled feta
 Pinch chilli flakes (optional)
 1 small kumara

Sauce

1 tablespoon olive oil
 1 clove garlic, finely chopped
 200g tomatoes, roughly diced
 1 tablespoon red wine or balsamic vinegar
 1 teaspoon sugar
 1 teaspoon soy sauce

To garnish

Parmesan cheese (optional)

Think of these balls as mini fritters; you can make them larger, too, if you like. If you have leftovers, toss them into a salad for a tasty lunch.

Method

- Combine all ingredients (except the kumara) in a bowl and mix well, adding extra flour if necessary to be able to roll into balls or patties.
- Peel kumara into ribbons using a potato peeler, a julienne peeler or 'zoodle' maker.
- Combine all sauce ingredients in a bowl and mix well.
- Heat a large pan over medium-high heat and spray or drizzle with oil. Drop spoonfuls of courgette mixture into pan and cook in batches, turning, until cooked through and golden. When they're all cooked, put them all back in the pan and add sauce mixture, sizzling for a couple of minutes and tossing gently to combine balls and sauce and lightly cook sauce. Remove from the pan and keep warm.
- Return pan to heat (wipe out if necessary). Add a little more oil and add kumara noodles. Toss for 3-4 minutes. Add a little water and sizzle for 2-3 minutes more, until noodles are cooked through.
- Serve noodles topped with balls and sauce, garnished with Parmesan cheese and herbs of your choice.



Serves: 1

Time to make: 30 minutes

Ingredients

1 small kumara,
chopped in chunks
1 cup cooked chicken
(use the chicken legs you
did earlier in the week)
2 cups salad leaves
Handful basil, roughly torn
½ avocado, cut in chunks
¼ cup roasted peanuts
Oil

Dressing

Juice and zest of 1 tangelo
1 teaspoon soy sauce
2 tablespoons sesame
or olive oil
Dash white wine or
cider vinegar
Salt and pepper to taste

Friday

Roast chicken and kumara salad with avocado, basil, tangelo and citrus soy dressing and peanuts

A hearty salad you can eat with the kumara warm or cold. This dressing is worth making more of and using later in the week.

Method

- Preheat oven to 200°C. Place kumara on a baking tray and drizzle with oil. Bake until soft; about 20 minutes.
- While kumara is cooking, combine dressing ingredients and mix well. Combine salad leaves, avocado, chicken and basil in a bowl. Add half the dressing and mix gently.
- When kumara is cooked, allow to cool slightly before adding to salad. Mix again gently to combine. Divide between plates and add the rest of the dressing. Top salad with peanuts.



Serves: 1
Time to make: 20 minutes

Ingredients

1 cup of miso soup or salt reduced chicken stock
2-3 small new potatoes, cut in chunks
4 stalks asparagus, sliced
1 spring onion, chopped
1 teaspoon ginger, minced
1 cup mushrooms, sliced
1 cup cooked chicken (or use tofu or fish)

To garnish

Sesame oil, fresh herbs, chilli sauce, soy sauce (optional)

Saturday

Spring miso, mushroom and chicken soup

This is a zingy, light and tasty soup that celebrates spring vegetables. Try some of the interesting coloured potatoes that are available for some new flavours and textures.

Method

- Place miso or stock in pot and bring to a simmer. Add potatoes, spring onion, ginger and mushrooms and simmer for 6 or 8 minutes, adding the asparagus and chicken for the final few minutes of cooking.
- Serve soup garnished with a drizzle of sesame oil, fresh herbs and chilli or soy sauce, if you like them.



Serves: 2

Time to make: 30 minutes

Ingredients

1 potato, sliced thinly
1 small kūmara, sliced thinly
1 cup mushrooms, thinly sliced
½ cup milk
¼ cup grated Parmesan
cheese or other tasty cheese
Handful fresh herbs
e.g. parsley, oregano
Salt and pepper

To serve

Piece of steak, chicken or fish
and salad leaves dressed with
Tuesday's dressing

Sunday

Cheesy potato, kūmara and mushroom slice

This is a twist on the traditional potato bake. It's delicious as a side dish; try making a bigger batch for group gatherings.

Method

- Preheat oven to 200°C.
- Layer slices of potato, kūmara and mushrooms in a small baking dish (this recipe is easily doubled for leftovers). Mix together milk, cheese, herbs and salt and pepper and pour over potatoes in dish. Bake for 20-25 minutes, until golden and cooked through.
- Cook steak, fish or chicken and make salad.
- Serve garnished with sauces of your choice and extra herbs, if you like.



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