

2026

Community **Recipe Book**

A variety of soft food recipes for those living with motor neurone disease (MND).



Breakfast | Lunch | Dinner | Snacks

Soft Food Recipes

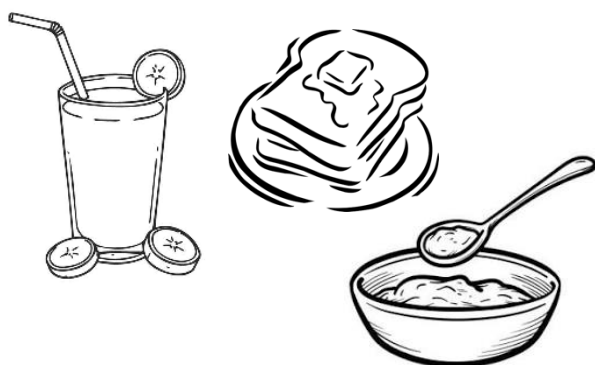
These recipes have been shared by members of New Zealand's motor neurone disease (MND) community through a community Facebook group. Each has been tried and tested by people living with MND and selected for being enjoyable and easy to eat.

This project was coordinated by Robyn Pryor, who was diagnosed with MND in August 2022. She is also the author of [*Still Time: Reflections on Love, Loss and Life.*](#)

Everyone's experience of MND is different, so we encourage you to read each recipe and consider whether it meets your individual needs.

Breakfast Ideas

- ☒ Yoghurt
- ☒ Porridge
- ☒ Hot cakes or pancakes
- ☒ Omelette
- ☒ Smoothie
- ☒ Toasted banana bread
- ☒ Greek yoghurt mixed with stewed apple or fruit puree
- ☒ Scrambled egg
- ☒ French toast
- ☒ Up & Go
- ☒ Croissant – *some are not so easy to eat, but the frozen Panneton mini croissants from the supermarket are soft and easier to swallow. These used to be a treat, served for brunch on Christmas Day, but every day with MND should be treat day!*



Coffee Milkshake

My weakened lip seal means I can no longer enjoy my morning coffee, so this provides my weekend caffeine hit! Top with whipped cream for extra decadence.

- ½ Tbsp instant coffee (dissolve in a little boiling water)
 - 2 scoops vanilla ice-cream
 - 1 cup full cream milk
 - ½ Tbsp honey
- [Add 1-2 scoops of Ensure or milk powder if more nutrients are needed.]

Add all ingredients to a blender and mix well.



Banana Berry Smoothie

- 1 small ripe banana or ½ frozen banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix), fresh or frozen
- 1-2 cups apple juice or coconut water, depending on consistency required
- runny honey to serve

Slice the banana into a blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Drizzle with honey and serve.



Melon Smoothie

- ¼ glass apple juice
- ¼ glass water
- 150g melon, peeled and cubed
- Brown sugar or honey to taste
- Pinch ground ginger (optional)

Simply blend the ingredients and drink.



French Toast - Sweet

- 2 eggs
- ¼ cup milk
- 1 tsp vanilla extract (optional)
- ¼ tsp ground cinnamon (optional)
- 1 Tbsp vegetable oil
- Knob of butter
- 2 thick slices white bread
- Icing sugar and maple syrup to serve

Method

1. In a large flat bowl add eggs, milk, vanilla and cinnamon and whisk to combine.
2. Heat oil and butter in a large frying pan. Place bread into egg mixture, turning over once and place in frying pan.
3. Cook 1 minute each side or until golden and crisp. Repeat with remaining bread.
4. To serve, top with a drizzle of maple syrup and a dusting of icing sugar.



French Toast - Savoury

- 2 eggs
- ¼ cup milk
- Salt & pepper
- 1 Tbsp vegetable oil
- Knob of butter
- 2 thick slices white bread

Method

1. In a large flat bowl add eggs, milk, salt and pepper and whisk to combine.
2. Heat oil and butter in a large frying pan. Place bread into egg mixture, turning over once – soak longer for softer toast.
3. Place in frying pan and cook for 1 minute each side or until golden and crisp. Repeat with remaining bread.

Banana Bread

This is a good option if you find toast too coarse and difficult to swallow. Simply slice and toast as you would bread – and the slices freeze well.

Dry ingredients

- 250 g plain flour
- 1 tsp baking powder
- ½ tsp baking soda
- Pinch of salt

Wet Ingredients

- 3 very ripe bananas, mashed (about 300 g)
- 150g light brown sugar
- 2 large eggs, room temperature
- 100g melted unsalted butter (cooled slightly)
- 1 tsp vanilla extract
- 2 Tbsp milk

Method

1. Preheat oven to 180°C (350°F). Grease and line a loaf tin with baking paper.
2. Sift together the dry ingredients - flour, baking powder, baking soda, salt – and set aside.
3. In a separate bowl, mash the bananas until mostly smooth.
4. Add sugar, eggs, melted butter, vanilla extract, and milk. Whisk gently until combined. Avoid overbeating.
5. Add the dry ingredients to the wet mixture and fold gently using a spatula until just combined. The batter should be smooth but not overmixed.
6. Pour the batter into the prepared loaf tin and smooth the top.
7. Bake for 50-60 minutes until golden, and a skewer inserted into the centre comes out clean. If the top browns too quickly, loosely cover with foil.
8. Allow the loaf to cool in the tin for 10-15 minutes, then transfer to a wire rack. Cool before slicing.



Creamy Omelette

You can add grated cheese at step 7 if you like.

- 3 eggs
- 1 extra egg yolk
- 1 Tbsp cream
- 1 Tbsp parsley
- 5 Tbsp butter
- Salt & pepper to taste

Method

1. Combine eggs, yolk, cream, salt, pepper and parsley and whisk.
2. Let the egg mixture sit for 15 minutes.
3. Drop 1 Tbsp of chilled, cubed butter into the egg mixture. Set aside.
4. Coat small frying pan with ½ Tbsp butter on low heat.
5. Pour in the egg mixture.
6. Using a spatula, stir the egg mixture, continuously scraping it off the bottom and the sides.
7. Once the eggs have firmed enough to remain in place when scraped through with the spatula, spread it over the entire surface of the frying pan, (scatter over grated cheese if using) and remove from heat.
8. Cover with a lid and allow to sit for 1-2 minutes.
9. Starting from one end, use the spatula to slowly roll the eggs into an omelette and push out onto a plate.



Scrambled Eggs with Salmon

- 1 egg
- 1 Tbsp milk (full fat)
- 15g of butter
- 1 Tbsp of cheddar cheese, grated
- 1 tomato, skinned, deseeded and finely chopped (optional)
- Smoked salmon cut into small strips

Method

1. Beat the egg with the milk.
2. Melt the butter over a low heat, then add the egg mixture.
3. Cook slowly, stirring all the time.
4. When the mixture has thickened and looks soft and creamy, add the cheese and chopped tomato.
5. Serve immediately with small strips of smoked salmon.



Snacks

Smoked Fish Pate

- 250g soft cream cheese
- 175g smoked fish, skinned, boned and flaked
- 1-2 tsp horseradish sauce
- 2 tsp lemon juice
- Chopped fresh dill (optional)

Method

1. Blend all of the ingredients.
2. Transfer to a serving dish and chill.
3. Serve with soft bread or strips of soft pita bread. If you find it difficult to eat this way, try it mixed with the contents of a fork-mashed baked potato.



Guacamole

- 2 ripe avocados, seeded and peeled
- Juice of ½ lemon, or lime
- 1 clove garlic, crushed
- 1 tomato, finely chopped
- ½ red onion, finely chopped
- 1 or 2 drops tabasco sauce
- Salt and pepper to taste

Method

1. Using a fork, coarsely mash avocado with lemon juice and garlic.
2. Stir in remaining ingredients to blend.
3. Serve with soft pita bread or dollop on a potato cake.



Hummus

- 400g canned chickpeas (1 can), drained (reserve liquid)
- ¼ cup liquid from the canned chickpeas
- 1 medium garlic clove, minced
- ¼ cup fresh lemon juice
- ½ cup tahini, mixed well before using
- ⅓ cup extra virgin olive oil
- ¼ tsp cooking salt
- Pinch black pepper

Garnish

- Pinch of paprika and more olive oil



Method

- 1 Place drained chickpeas, garlic, lemon, tahini and olive oil in a food processor or blender. Blitz until it becomes a paste.
- 2 Add the salt and pepper.
- 3 Add reserved liquid from can. Blitz for a couple of minutes until smooth.
- 4 Adjust lemon and salt to taste, and loosen it needed by adding more liquid. It should be a soft dropping consistency, like ketchup.
- 5 Dollop a big scoop of hummus on a plate or shallow bowl. Use a spoon to spread it and make swirls on the surface. Drizzle generously with more olive oil and sprinkle with paprika.

Note: To make ultra smooth hummus, drain chickpeas, place in large bowl and fill with water. Grab handfuls and rub between your hands submerged in the water – skins will rub off and float to surface. Skim floating skin off, drain and use as per recipe.



Lunch and Dinner Ideas

Roast Cauliflower and Red Pepper Soup

I make this quite thick and then freeze it or keep it in the fridge. Add some extra water when heating up, that way it takes up less room in the fridge or freezer. Adjust quantities to suit yourself (e.g. increase olive oil and cream if wanting more energy from it). It's quite thick.

- 1 cauliflower cut into florets
- 1-2 red peppers, cut into chunks
- ½ red or brown onion, finely chopped
- 2-3 celery sticks, including leaves, chopped
- ½ cup hot water
- ½ cup cream
- ¼ tsp paprika (optional)
- ½ tsp oregano (optional)
- Salt & pepper
- Olive oil

Method

1. Preheat oven to 180°C fan bake.
2. Put cauliflower florets and red pepper in roasting pan with plenty of olive oil and a little salt and pepper. You might need two pans. Cook until soft and lightly brown. Remove from the oven and set aside.
3. Sauté the onion in a large pot in lots of olive oil. When soft and transparent add chopped celery and cook for 10 minutes.
4. Add the roasted cauliflower and red pepper, then add hot water and cream plus more freshly ground black pepper. Add paprika or oregano if desired. Cook for 15 minutes.
5. Remove from heat and use a hand-held blender to puree well. Depending on desired consistency, add extra water before reheating.



Salmon and Kumara Cakes

The mashed kumara makes these soft, moist and easy to eat.

- 300g skinless salmon fillets
- 4 spring onions, very finely sliced
- 4cm piece fresh ginger, grated
- 2 cups cooked mashed orange kumara
- 1 lime, grated zest
- ½ cup breadcrumbs
- 1 egg

Method

1. Cook salmon in a non-stick pan or microwave until tender. Flake finely with a fork. Place in bowl.
2. Heat a pan with oil and cook 2 onions until softened. Add ginger and cook for a few minutes. Add to salmon.
3. Add kumara with lime zest, breadcrumbs, egg and remaining onion. Season and mix well. Divide into four patties. Chill for 5 minutes.
4. Spray a non-stick pan with oil. Cook cakes until lightly golden, turning once.



Macaroni Cheese

This freezes well but you may need to add milk after defrosting to make it more 'saucy'.

- 2 Tbsp butter
- 1 onion, finely chopped
- 2 Tbsp flour
- ½ tsp dry mustard
- 2 cups milk, heated
- salt and pepper
- 2 cups tasty cheese, grated
- 2 cups macaroni elbows, cooked
- 2 rashers bacon, cooked and finely chopped (optional)

Method

1. Preheat the oven to 190°C.
2. Melt the butter in a saucepan, add the onion and cook gently for about 10 minutes or until the onion is translucent.
3. Stir in the flour and cook, stirring, until frothy. Then add the mustard.
4. Remove from the heat and add the hot milk gradually, stirring.
5. Return to the heat and cook, still stirring, until the sauce boils and thickens. Remove from the heat, season with salt and pepper and add half the grated cheese and bacon, if using, and the macaroni.
6. Combine well and put into an ovenproof dish.
7. Sprinkle the remaining grated cheese over the top.
8. Heat in the oven for 20 minutes or until cheese is melted.



Crustless Spinach and Mushroom Tart

- ½ onion, finely chopped
- 2 cloves garlic crushed
- 250g mushrooms, sliced
- 150g baby spinach or frozen (defrosted)
- 2 tsp paprika
- Olive oil
- 250g cottage cheese
- 6 eggs
- ½ cup cream
- ¼ cup grated parmesan
- ½ cup grated cheese
- Salt & pepper

Method

1. Preheat oven to 180°C fan bake.
2. Place a large frying pan on medium heat and sauté onion in plenty of olive oil.
3. Add garlic, then add sliced mushrooms and cook until done. Transfer to an ovenproof dish and set aside (no need to use baking paper or grease).
4. In same frying pan, cook spinach until wilted and liquid mostly removed. Add to the cooked mushrooms. Sprinkle over salt (if desired), freshly ground black pepper and 2 tsp of paprika and stir.
5. Put cottage cheese, eggs, cream and grated parmesan in a bowl and mix with a fork.
6. Add egg mixture to the mushrooms and spinach and stir to combine. Top with grated cheese, a sprinkle of paprika and add sliced tomatoes if desired.
7. Bake for 30 minutes or until cooked.



Teriyaki Salmon

This recipe steams the salmon fillets, but we usually bake them in the oven at 180 °C for 15-20 minutes.

- 2 skinless, boneless salmon fillets
- Ready-made teriyaki sauce or make your own (recipe below)

Method

- 1 Place the salmon fillets in foil and curve the sides of the foil up.
- 2 Spread the ready-made or mixed teriyaki sauce over the fish, then seal the edges of the foil at the top in a parcel.
- 3 Place the parcel in a saucepan with hot water, but don't let it reach the foil seal.
- 4 Place a lid on the pan and simmer for 10 mins or until the salmon is cooked.
- 5 Depending on your needs, serve with rice and vegetables or blend the salmon into a tasty mousse using a little fish stock.

Teriyaki sauce: Mix together

- 2 Tbsp of soy sauce
- 1 Tbsp of sweet chilli sauce
- 1 Tbsp honey
- 1 Tbsp mirin
- 1 Tbsp of sesame oil
- 1 tsp ginger paste.



Steamed Fish with Salsa Verde

- 4 firm white fish fillets e.g. snapper or hapuka

For the salsa verde, blend together

- 2 anchovy fillets (optional)
- 1 Tbsp extra virgin olive oil
- 1 bunch of flat-leaf parsley (about 40g)
- basil leaves
- 20 mint leaves
- 1 small garlic clove, peeled
- 1 Tbsp capers, rinsed and drained
- ½ Tbsp Dijon mustard
- ½ Tbsp fresh lemon juice
- 1 gherkin
- 3 Tbsp extra virgin olive oil
- Salt and pepper



Ensure the fish is bone-free and steam for five minutes. Transfer to plate and drizzle with salsa verde.

Frittata - Potato and Goat's Cheese

- 4 medium sized boiled potatoes, thinly sliced
- 1 garlic clove, finely chopped
- 8 eggs, lightly beaten
- 1 Tbsp olive oil
- 100g pack soft rindless goat's cheese, chopped or sliced
- 3 Tbsp pesto (tomato and basil flavour works well)
- Salt & pepper

Method

- 1 Pre-heat oven (220° C, 200° C fan oven, gas mark 7).
- 2 Mix the garlic and eggs together, with salt and pepper to season.
- 3 Add goat's cheese to the egg mixture and stir through chopped boiled potatoes.
- 4 Heat the oil in an ovenproof frying pan, then add the egg and potato mixture.
- 5 Cook over a low heat for 5 minutes on the hob, or until two-thirds of the frittata is set.
- 6 Then place in the heated oven for 10-15 minutes, until cooked through.
- 7 Drizzle with the pesto.



Frittata – Leek, Bacon and Feta

- 1 large leek, sliced
- 1 Tbsp extra virgin olive oil or avocado oil
- 3-4 slices bacon, sliced
- 6 large eggs
- ½ cup cream
- Salt & pepper
- 2 sprigs thyme
- ½ cup feta, crumbled

Method

1. Preheat oven to 180°C/350°F.
2. Heat a large skillet with olive oil over medium heat. Add sliced leeks and sauté for 5 minutes, until tender and it starts to caramelize. Transfer to the baking dish. Add the sliced bacon to the skillet and cook until it starts to become crispy. Chop bacon into smaller pieces if desired and add half to the baking dish.
3. In a large bowl, whisk together eggs, cream, salt, pepper and thyme.
4. Pour the egg mixture into the baking dish, scatter the remaining bacon into the baking dish and add dollops of feta cheese throughout the frittata.
5. Bake for 30-35 minutes, until the knife comes out clean when inserted. Remove and allow to rest for 5 minutes.

Eggplant Parmigiana

Cook the eggplant very well before you put all the layers together.

This dish is suitable for making ahead and freezing. Assemble parmigiana but do not bake.

Cover with cling wrap and freeze. You can bake from frozen (~60 mins, check frequently) or thaw and bake as per recipe timings.

Baked Eggplant Slices:

- 5 large eggplants, sliced lengthways 8mm thick
- ¼ cup olive oil (for brushing)

Layers:

- 1 ⅔ cups parmesan, finely grated
- 2 cups basil leaves (loosely packed)
- 1 ½ cups mozzarella, shredded (for topping)

Tomato sauce:

- 2 Tbsp extra virgin olive oil
- 1 onion, finely diced
- 3 garlic cloves, finely minced
- 600ml tomato passata
- 400g canned tomatoes, crushed or finely chopped
- 1 ½ tsp white sugar
- 1 ½ Tbsp fresh oregano, finely chopped (or ½ tsp dried oregano)
- 1 cup water
- ¾ tsp salt
- ¼ tsp black pepper



Method

Baking eggplant:

- 1 Preheat oven to 220°C / 430°F (200°C fan).
- 2 Line three large trays with baking / parchment paper.
- 3 Brush eggplant slices on each side with oil.
- 4 Arrange eggplant in a single layer on the trays and bake for about 35-45 mins or until browning and tender, turning the eggplant halfway.
- 5 Remove from oven, leave on trays to cool.

Tomato sauce:

- 1 Heat olive oil in a large skillet over medium-high heat. Sauté onions and garlic for 3 minutes until softened and just about to colour on the edges.
- 2 Pour in the passata, canned tomatoes, water, oregano and sugar. Stir and bring to a simmer.
- 3 Simmer uncovered for about 30-40 minutes, stirring occasionally, until thickened. The final consistency should be slightly thicker than a pasta sauce so it's spreadable and not leaching liquid, but not too pasty either. Add extra water a little at a time if required during cooking if it gets too thick.
- 4 Stir in salt and pepper.

Assembling and baking:

- 1 Reduce oven to 180°C / 350°F (160°C fan).
- 2 Smear a little tomato sauce in the bottom of baking dish, 23 x 33cm.

- 3 Lay one third of the eggplant so it covers the base (some overlap is OK when layering eggplant). Spread $\frac{1}{3}$ of the remaining sauce over eggplant. Drizzle with a little olive oil. Sprinkle with $\frac{1}{3}$ of the parmesan, and $\frac{1}{3}$ of basil leaves.
- 4 Repeat another $\frac{1}{3}$ each of eggplant, tomato sauce, olive oil, basil and parmesan.
- 5 Repeat again with remaining eggplant, tomato sauce and some olive oil. Do not put basil on top layer (we will garnish after baking). Scatter with remaining parmesan, then all the mozzarella.
- 6 Bake for 25 mins until bubbling and golden.
- 7 Let it rest for 5 to 10 minutes. Scatter over remaining fresh basil leaves. Cut like lasagna and serve.



Fish Pie

Fish:

- 400 g smoked fish of choice
- 400 g raw unsmoked fish of choice
- 3 cups milk
- 1 brown onion, quartered
- 4 cloves (optional)

White Sauce:

- 50 g unsalted butter
- 2 garlic cloves, minced
- ½ small onion, finely chopped
- 1 small carrot, finely chopped
- 1 small celery stick, finely chopped
- ⅓ cup plain flour
- 1 Tbsp fresh tarragon, finely chopped (optional)
- 2 Tbsp parsley, finely chopped
- Salt and pepper

Potato Topping:

- 750 g floury potatoes, peeled and cut into 2.5cm pieces
- 30 g unsalted butter
- ½ cup milk

Pie:

- 1 cup frozen peas
- 30g butter, melted
- Finely chopped parsley to garnish (optional)

Method

Fish:

1. Push a clove into the skin of each onion quarter. Place in a pot or large skillet, add milk, turn stove onto medium high heat.
2. When milk is barely simmering, add fish – don't worry if it's not entirely covered, it can be turned/moved around.
3. Poach fish for 7 minutes, then use a slotted spoon to transfer fish straight into a medium baking dish.
4. Flake into chunks using forks. Remove bones if you see any.
5. Use slotted spoon to remove onion and cloves from milk, discard. RESERVE milk.
6. Preheat oven to 180C/350F. Boil water for potatoes.

Sauce:

1. Melt butter in a large pot over medium high heat. Add onion and garlic, cook for 1 minute. Then add celery and carrot, cook for 5 minutes until carrot is soft.
2. Turn heat down to medium low. Add flour, mix in – it will look gluey.
3. Add half the milk and quickly start mixing. Once incorporated, the mixture will thicken quickly. Add remaining milk and stir.
4. Turn heat up to medium and keep stirring until the mixture thickens to the consistency of honey – about 3 minutes.



5. Take it off the heat, stir through tarragon and parsley. Adjust salt and pepper to taste.

Pie:

1. Scatter top of flaked fish with peas, then pour over the Sauce. GENTLY stir through and smooth top.

Mashed Potato:

1. Bring a large pot of water to the boil. Add potatoes and cook for 15 minutes or until soft.
2. Drain potato, add butter, milk, salt and pepper. Mash until creamy – add more milk if required.
3. Immediately dollop then spread onto pie.
4. Use fork to draw squiggles on surface.

Bake Pie:

1. Drizzle surface with melted butter, sprinkle with parmesan.
2. Bake for 35 minutes or until top is deep golden.
3. Stand for 5 minutes before serving, garnished with parsley if desired.



Spinach and Ricotta Cannelloni

The first time my husband made this he accidentally added the tomato sauce to the filling mix before piping into the cannelloni tubes... and it was delicious!

Filling:

- 250g frozen chopped spinach, defrosted
- 500g ricotta, full fat
- ½ cup parmesan, finely grated
- 1 cup shredded cheese (eg Mozzarella, Colby, Cheddar)
- 1 egg
- 1 large garlic clove, minced
- ⅛ tsp freshly grated nutmeg
- ¾ tsp salt
- ½ tsp black pepper

Cannelloni:

- 18-22 dried cannelloni tubes (250g pack)
- ⅓ cup parmesan, finely grated
- 1 ¼ cups shredded Mozzarella
- More basil and parmesan for garnish (optional)

Tomato sauce:

- 2 Tbsp olive oil
- 1 onion, finely chopped
- garlic clove, minced
- 1 bay leaf
- ½ tsp each dried thyme and oregano
- ⅓ cup tomato paste
- 800 g / 28 oz canned crushed tomato
- 4 cups vegetable or chicken stock
- ⅓ cup Chardonnay or other dry white wine (*or substitute more stock*)
- ¾ tsp salt
- 1 ½ tsp sugar
- ⅓ tsp black pepper
- ⅔ cup basil leaves, roughly torn (optional)



Method

Sauce:

- 1 Heat oil in a small pot over medium high heat. Add garlic, onion, bay leaf, thyme and oregano. Cook for 3-4 minutes until the onion is translucent. Add tomato paste and cook for 1 minute.
- 2 Add wine, increase heat to high and let it simmer rapidly until mostly evaporated (about 2 minutes)
- 3 Add tomatoes, stock, sugar, salt and pepper. Stir then simmer on medium low for 20 minutes.
- 4 Remove bay leaf then blitz with a stick blender until smooth. Simmer for 1 more minute then remove from the stove
- 5 Stir in basil then cover to keep warm until required.

Filling:

- 1 Place spinach in a colander and press out most of the liquid (don't need to thoroughly squeeze dry).
- 2 Place spinach in bowl with remaining filling ingredients. Mix, taste, adjust salt and pepper to taste (different cheeses have different saltiness).

Assemble & Bake:

- 1 Preheat oven to 180°C/350°F (160°C fan).
- 2 Choose a baking pan which will comfortably fit about 20 cannelloni, about 21 x 26 cm.
- 3 Spread 1 cup of sauce on the base (stops cannelloni from sliding around).
- 4 Transfer filling to a piping bag with a large nozzle (that fits in the tubes), or use a strong ziplock bag. Pipe the filling into the tubes.
- 5 Place cannelloni in baking dish. Pour over remaining sauce, covering all the tubes.
- 6 Cover with foil, then bake for 30 minutes.
- 7 Remove foil, scatter over parmesan then mozzarella. Return to oven for 15 minutes until cheese is melted.
- 8 Serve, garnished with extra parmesan and basil if desired.



Courgette and Feta Muffins

These are not a traditional muffin. They are more like a frittata in consistency but made in a muffin tin. My husband makes these with pancetta for him and without for me.

- 1 Tbsp extra-virgin olive oil
- 1 small brown onion, finely chopped
- 2 cloves garlic, crushed
- 450g courgette, grated
- 1 cup (80g) finely grated parmesan
- ½ cup (80g) self-raising flour, sifted
- ½ cup flat-leaf parsley leaves, chopped
- sea salt and cracked black pepper
- 3 eggs, lightly beaten
- ½ cup (120g) sour cream
- 200g feta, crumbled
- 12 slices (180g) round pancetta (optional)

Method

1. Preheat oven to 200°C (400°F). Heat the oil in a medium non-stick frying pan over high heat. Add the onion and garlic and cook for 3-4 minutes or until lightly golden.
2. Place in a large bowl with the courgette, parmesan, flour, parsley, salt and pepper and mix to combine.
3. Make a well in the centre, add the eggs and sour cream and mix to combine.
4. Fold through the feta and divide the mixture between 6 x lightly greased muffin tins lined with the pancetta if using.
5. Bake for 15-20 minutes or until golden and cooked through. Allow to cool slightly before serving.



Vegetables



Potato Cakes

- A small saucepan full of mashed potato
- 1 egg, beaten
- A little flour to stiffen if needed
- Pinch of finely chopped herbs (optional)
- Salt and pepper



Method

1. Mix all ingredients together.
2. Shape into flat cakes about 1.5 cm thick.
3. Heat oil in a non-stick pan, and cook cakes until lightly browned, turning once.
4. Serve hot with a topping of your choice, such as sour cream, cottage cheese, or just with butter.

Cauliflower Puree

- 1 cauliflower separated into florets (about 8 cups)
- 2 garlic cloves, peeled, whole
- 2 Tbsp unsalted butter
- ¼ cup parmesan cheese, shredded
- ¼ cup sour cream, optional
- 1-3 Tbsp cooking water
- Salt and pepper, to taste



Method

1. Add cauliflower florets and garlic to a large pot of boiling water and cook for 10 minutes until very soft.
2. Scoop out a mug of cooking water and set aside.
3. Drain florets well, then transfer to food processor.
4. Add remaining ingredients, except water, and blend until smooth.
5. Use reserved cooking water to adjust consistency if needed.
6. Add salt and pepper to taste.

Creamed Leeks

- 2 leeks
- 2 Tbsp olive oil
- Salt and pepper
- 1 garlic clove, crushed
- ¼ cup cream, or to taste



Method

1. To prepare the leeks, slice them cross-wise into thin rings, using only the white and light green parts of the stalk. Rinse thoroughly to dislodge any dirt and pat dry.
2. Add the oil to a large frying pan over medium heat. When it's hot, add the leeks and season with salt and pepper to taste. Sauté for about 6 to 8 minutes, or until tender. Add the garlic and cook for about 30 seconds.
3. Add the cream (using as much or as little as you see fit) and stir. If desired, add some grated parmesan to taste. Taste and season if needed.

Creamed Zucchini with Garlic and Basil

This dish can be prepared ahead and refrigerated. Reheat gently in the microwave before serving.

- 750g zucchini (preferably smaller zucchini, as they are less watery)
- 3 Tbsp butter
- 3 cloves garlic, minced
- 5 Tbsp heavy cream
- ¾ tsp salt
- ⅛ tsp freshly ground black pepper
- 2 Tbsp chopped fresh basil



Method

1. Grate the zucchini. Wrap in a clean tea towel and wring out as much excess water as possible. Repeat a few times, replacing the towel if necessary.
2. Melt the butter in a large skillet over medium-high heat. Add the grated zucchini and garlic and cook, stirring frequently, until the zucchini is tender (about 6 minutes).
3. Turn the heat down to low. Add the heavy cream, salt, pepper and basil, and simmer until the cream is absorbed. Taste and adjust seasoning if necessary. Serve warm.

Cauliflower Cheese

- Cauliflower, divided into large florets
- 25g butter
- 2 Tbsp flour
- 2 cups milk, heated
- $\frac{3}{4}$ cup grated tasty cheese
- Salt and pepper
- $\frac{1}{2}$ tsp mustard (optional)

Method

1. Preheat the oven to 190°C.
2. Steam the cauliflower or cook it in boiling salted water until tender, then drain well.
3. While the cauliflower is cooking, melt the butter in a saucepan, stir in the flour and cook until frothy.
4. Remove from the heat and gradually add the milk, stirring.
5. Return to the heat and cook gently, stirring, until the sauce boils and thickens.
6. Remove from the heat and add $\frac{1}{2}$ cup of the cheese, salt and pepper to taste, and the mustard.
7. Cut the drained cauliflower into smaller pieces if desired and put in an ovenproof serving dish. Pour over the sauce and sprinkle with the remaining cheese.
8. Cook for 20 minutes or until golden.



Carrot and Parsnip Mash

- 4 carrots, coarsely chopped
- 4 parsnips, peeled and cut into 1 $\frac{1}{2}$ inch pieces
- $\frac{1}{2}$ cup butter, diced
- 1 pinch ground nutmeg
- salt and pepper to taste

Method

1. Bring a large pot of salted water to a boil. Add carrots, cover partially, and simmer 5 minutes. Add parsnips and cover partially. Simmer until vegetables are very tender, about 15 minutes. Drain well.
2. Return vegetables to saucepan and stir over medium heat until any excess moisture evaporates. Transfer to food processor. Add butter and process until smooth. Season with nutmeg, salt, and pepper.



Ratatouille

- 1-2 onions, chopped
- 2 courgettes, sliced
- 1 pepper, chopped
- 1 aubergine
- 1 Tbsp oil
- 400g tin tomatoes
- Salt and pepper

Method

1. Peel the aubergine and cut into inch size pieces.
2. Heat the oil and fry the aubergine until tender. Remove from pan.
3. Cook the onion, peppers, courgettes and tinned tomatoes in the pan.
4. Replace the aubergines and add salt and pepper to the mix.
5. The dish can be finished in the microwave to heat through, or the oven.
6. Once cooked, the vegetables can be cut smaller for ease of swallowing, or the mix can be blended.

