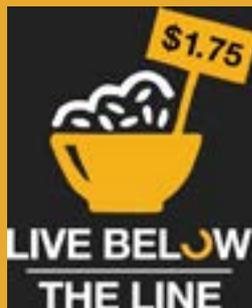




LIVE BELOW THE LINE
2015 COOKBOOK





welcome to the Live Below the Line Cookbook 2015 Edition!

This spring, we are living Below the Line so others can rise above it. We've invited contributors from all walks of life to submit a recipe that'll make life just that little bit easier! Whether they're a celebrity chef, a mom of four, a farmer from India or a food blogger, their goal is to make Living Below the Line a nutritious, delicious and affordable way to survive on \$1.75

TEAR Fund is one of New Zealand's leading Christian Aid and Development Agencies. We've been working all over the developing world through child sponsorship, disaster relief and community development for over 37 years. tearfund.org.nz

TEAR Fund New Zealand is part of the Integral Alliance; a global group of agencies who work in collaboration as national relief and development agencies committed to maximizing the holistic impact of our Christian response to the poor worldwide.

Thanks to TEAR Fund New Zealand for the production of this cookbook.

Top Tips

Team up

Doing the challenge with others means that you can pool your money together and buy ingredients in bulk. This makes the challenge a lot easier.

Shop around

Recipes in the cookbook were not necessarily sourced from the cheapest outlets. By shopping around and visiting bulk stores, you will be able to find cheaper options.

Reflect

Think about why you are doing the Live Below the Line challenge. Remember that living on a \$1.50 a day is a daily reality for millions of people around the world.

Plan

We know that Living Below the Line is no easy feat. The trick is planning your meals and making sure that the total cost of your daily food intake adds up to \$1.50. Plan in advance what you are going to be eating during the challenge. We've included a meal planner on the next page to help you calculate your meals and the cost.

You could try an even distribution of cost — \$0.50 per meal each day, or max out your breakfast and eat a light lunch and dinner. It's up to you!

Drink plenty of fluids

An oldie but a goodie. Water is free and can quell those hunger pangs when they come.



Meal Planner

Day 1	Breakfast	\$
	Lunch	\$
	Dinner	\$
	Snack	\$
	Total (\$1.75 MAX)	\$
Day 2	Breakfast	\$
	Lunch	\$
	Dinner	\$
	Snack	\$
	Total (\$1.75 MAX)	\$
Day 3	Breakfast	\$
	Lunch	\$
	Dinner	\$
	Snack	\$
	Total (\$1.75 MAX)	\$
Day 4	Breakfast	\$
	Lunch	\$
	Dinner	\$
	Snack	\$
	Total (\$1.75 MAX)	\$
Day 5	Breakfast	\$
	Lunch	\$
	Dinner	\$
	Snack	\$
	Total (\$1.75 MAX)	\$

nearly there!

FINISHED!



Contributors



Niki Bezzant is the founding editor of Healthy Food Guide magazine. She is a weekly columnist for the Sunday Star Times, has several blogs and is a regular contributor to TV and radio. healthyfood.co.nz



Julie Le Clerc is a renowned kiwi chef, food stylist, author and media personality. julieleclerc.co.nz



Vicki Ravlich Horan is the editor of Nourish magazine, a quarterly magazine that celebrates the seasons and the lovely regions we live in. nourishmagazine.co.nz



Kirsten McConchie is a passionate baker who runs the popular Kiwi blog, High Tea with Dragons. highteawithdragons.com



Lesley Christensen-Yule works as a food writer and recipe developer. She is the key author of the chef training textbook, The New Zealand Chef and of the popular New Zealand Cook's Bible.



Jesse Mulligan is a presenter on TVNZ's popular Seven Sharp, reviews restaurants for Metro Magazine and manages his own food blog. aucklandfoodblog.blogspot.co.nz



Vanessa Rehm manages The Bubbolino Kitchen — a little blog full of family-friendly recipes, delicious sweet treats and an insatiable passion for party planning. thebubbalinokitchen.com



Vanessa and Ingrid Opera are kiwi sisters with young families who run a food blog sharing stress free family recipes. foodopera.com



Jess Daniell is the creator of Jess' Underground Kitchen, an online success story that began around her dinner table. myundergroundkitchen.com



Rachael McMahon started Made From Scratch which is a daily lifestyle blog full of home decor, weddings, style and of course a large array of delicious recipes. madefromscratch.co.nz



Reverend Frank Ritchie is a Wesleyan Methodist Minister who serves TEAR Fund fulltime. He also believes that good food fuels community life and relationships. francis-ritchie.com



Bevan Smith is the owner and chef of Otago's award-winning restaurant, Riverstone Kitchen. riverstonekitchen.co.nz



Sarah Heeringa is the award-winning editor of Good, a magazine about living simply and living well. good.net.nz



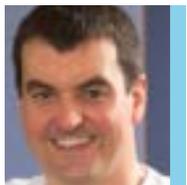
Traceylee Hooton has a passion for food, cooking and entertaining that is only surpassed by her love for her family. fourseasonskindergarten.co.nz



Jo Seagar's signature "Easy Peasy" approach to cooking and entertaining has helped broaden the cooking repertoire of many a time-challenged home cook. joseagar.com



Charmian Smith is an award-winning feature writer specialising in food and wine with the Otago Daily Times.



Simon Holst is a keen Kiwi foodie, who juggles cooking, writing for local food magazines and working as a food stylist. holst.co.nz



Wendyl Nissen is a well known kiwi chef, media personality and author of four acclaimed kiwi cookbooks. wendylsgreengoddess.co.nz



Geoff Scott is the owner and chef of the popular Herne Bay, fine-dining restaurant, Vinnies. Geoff has worked as a chef in Britain, Italy and France before deciding to settle down in New Zealand. vinnies.co.nz



Jules Van Cruysen worked as a sommelier in some of New Zealand's finest restaurants and now works in sales and marketing for Macvine International xyeats.com

Start The Day Right with
Breakfast

Cinnamon & Banana oatmeal

Submitted by Julie Le Clerc of julieleclerc.co.nz

I believe breakfast is the most important meal of the day. In fact, a bowlful of this porridge would set you up for the whole day. With added banana for natural sweetness, and a little cinnamon for great taste, this oat porridge is hearty, healthy and a nicely filling way to start the day.

Oats are a much cheaper and healthier choice than processed breakfast cereals. Rolled oats (not instant oats) are a good source of soluble fiber, which can help to regulate blood sugar levels, lower cholesterol, and therefore help reduce the risk of heart disease, too. They also contain vitamins, minerals and antioxidants, and are a source of protein and complex carbohydrates. Plus, cooked this way, they taste delicious!

Ingredients

- ½ cup rolled oats
- pinch salt
- 1 cup cold water
- ½ banana, sliced
- sprinkling of cinnamon
- 1 tbsp firmly-packed brown sugar
- ¼ cup milk

Method

Place oats, salt and water in a deep, heatproof bowl. Microwave for 2 minutes on high. Remove, stir in banana and return to microwave for 1 minute.

Alternatively, cook in a saucepan: simmer oats, salt and water for 3–5 minutes, stirring continuously, until mixture is thick. Then add banana and cook for 30 seconds more. Sprinkle porridge with cinnamon and serve with brown sugar and milk on the side.



Serves 1
\$0.65
Per serving

SriLankan Breakfast Roti

Submitted by M. Tharaneetharan from World Concern, Sri Lanka

This is a very common breakfast in Sri Lanka. The warm, savory bread is filling and delicious.

Ingredients

3 cups all purpose flour sifted

1 cup cool water

1 cup freshly grated coconut (or dessicated coconut soaked in the water)

salt to taste

1 tbsp canola oil

¼ cup finely chopped onions (optional)

¼ cup finely chopped chilies (optional)

Method

In a large bowl, combine sifted flour, salt, oil and coconut. Mix well. Add water slowly until dough forms. If using chili and onion, add these to the mixture and combine.

Form the dough into 10-11 balls of equal size. Gently roll out the dough into shape, being careful not to overwork it. In an oiled pan, fry on a medium high heat on both sides until well browned.



Makes 10
\$0.30
Per roti

Smoky Mexican Breakfast

Submitted by Ingrid Opera of foodopera.com

This recipe is hearty and full of flavor. It's got all the right ingredients to fill you up: crunchy potatoes, spicy beans and it's loaded with protein with a poached egg. The smoky spices give the tomatoes a huge kick.

Ingredients

½ onion, finely diced
¼ tsp smoked paprika
½ tsp ground cumin
¼ tsp cayenne pepper
½ can baked beans
½ can diced tomatoes
1 egg
1 medium potato, cubed
cooking oil

Method

Preheat oven to 350°F. Place potato on a roasting tray, spray or lightly coat with cooking oil and roast for 30 minutes until golden.

In a frying pan on medium heat, add a splash of oil and sauté onion for a couple of minutes. Add spices and mix around the pan for 1 minute. Add tomatoes and beans and mix through. Simmer for about 15 minutes until the sauce has thickened up. Crack an egg in the middle and place a lid on the pan until egg is cooked to your liking. Serve topped with roasted potatoes.



Serves 1
\$1.57
Per serving

Easy No-knead Bread

Submitted by Wendyl Nissen of wendylsgreengoddess.co.nz

This is the easiest no-knead bread recipe I've found. We make this every day in our house but we substitute the dried yeast with 1 ½ cups of sourdough starter, so if you have a starter, try it out! This is from my book *Mother's Little Helper*. I prepare it before I go to bed, let it sit all night and then put it in the oven in time to have fresh bread for lunch. When you take it out of the oven it is crisp and crunchy, just like a loaf of bread you might buy in a French bakery.

Ingredients

3 cups white flour (for wholemeal use 1 cup wholemeal flour and 2 cups white flour)

¼ tsp granulated yeast

1¼ tsp salt

1½ – 2½ cups of water

Method

Mix the flour, yeast and salt in a bowl. Pour the water in slowly and stir until you have a sticky — not stiff — dough. Sometimes I need just 1½ cups of water, at other times I need the full 2½, it depends on the flour you use and the climate. If you get sloppy dough, don't worry, it will still make great bread, it'll just be a nightmare to work with.

Cover with a tea towel and let it prove in a warm place for 12 to 24 hours. I leave mine by the fire when I go to bed in the winter, or you could put it in a hot water cupboard or on top of your fridge.

The dough is ready to use when you lift the tea towel and see the surface is dotted with bubbles. Don't be alarmed if the batter looks sloppy, this is the way it should look.

Get lots of flour and sprinkle it on a work surface so that you have a thick covering. You don't want to see any surface through the layer of flour. Tip the bread dough out onto the surface, sprinkle the top with lots more flour and fold it over on itself a few times so that it is a mound.

Cover with a tea towel and leave for 15 minutes to recover. Do not be alarmed if it starts expanding and creeping out onto the work surface during this time.

Flour your hand generously and shape the dough into a ball. Coat a tea-towel liberally with flour — again, you want a really thick covering and then put the ball of dough onto the tea towel and wrap loosely. Leave in a warm place for two hours so that it can double in size.

Half an hour before the dough is ready, put it in a casserole pot or Dutch oven — I use a heavy cast-iron pot with lid — into a hot oven at 450°F to heat up. When the dough is ready, take the pot out of the oven, put the bread into it and give it a shake to settle it into the pot. Place it back in the oven with its lid on for 30 minutes, and then cook without the lid for another five minutes or so, until the loaf is nicely brown on top.

Remove from the oven, inhale and enjoy!



\$0.95
Per loaf

French Toast

Ingredients

2 eggs
1 tsp caster sugar
2 tbsps milk
butter
slices semi-stale white bread

Method

Whisk together eggs, sugar and milk.
Melt knob of butter in frypan until foaming.
Dunk bread slices in egg mix. Gently put into frypan.
Fry on both sides over medium heat until crisp and golden.

Pancakes

Ingredients

1 cup self rising flour
¾ cup milk
1 egg
2 tbsps brown sugar
jam / berries (optional)

Method

Measure the self rising flour into a large mixing bowl.
Add the brown sugar and mix.
Add the egg and the milk and stir until the mixture is smooth and creamy.
Pour the mixture into a non-stick pan making a circular shape.
Flip and take out of the pan when cooked through.

Serves 2
\$0.58
Per serving

Serves 2
\$0.46
Per serving



40 second omelette

Submitted by Ian Thomas of eggs.org.nz

Ingredients

2 eggs
2 tbsps of water
1 tbsp butter or margarine
¼ – ½ cups filling of your choice (see below)
salt and pepper
(Sauce is optional depending on your budget!)

Method

Beat eggs and water together until blended, adding salt and pepper to taste.
In a non-stick pan, heat butter or margarine until it sizzles, but not burnt.
Pour in egg mixture.
With an inverted spatula, pull the cooked portions of egg from the perimeter of the pan to the center so any uncooked egg can run into the cleared hot pan surface, tilting the pan and moving it as necessary to keep the egg shaped round on the bottom of the pan as you go. Do this until the egg is set and will not flow, but is still wet on top (should take about 20 seconds). Don't cook it until it's dry! The moist egg will finish cooking when the omelette is folded over.
Sprinkle all of the filling on the left side of the egg (left handed people fill the right side). Slide the spatula all the way under the unfilled side of the omelette up to the center of it. Fold the unfilled side entirely over the filled side. Set aside spatula.
Holding the pan in your right hand and a plate in your left hand, invert the pan so the omelette falls upside down onto the plate (left handed people use opposite hands).
Garnish to serve.

Fillings

The choice of fillings you can use is endless! Cheese, spinach, ham, tomato, mussels, cooked rice, left over pasta, tuna, sweetcorn and so on. A two-egg spinach and cheese omelette works out at about \$1!



Serves 1
\$0.86

No Such Thing As A Free

Lunch (or Dinner)

But These Come Close!

Pumpkin & Yellow Split Pea Dahl with Flatbread

Submitted by Bevan Smith of riverstonekitchen.co.nz

Vegetable dahl is another tasty way of economically feeding a crowd. A little spice and coconut make for a slightly exotic and comforting feel.

Ingredients

½ cup soya bean oil
1 brown onion, peeled and roughly chopped
1 carrot, roughly chopped
¼ pumpkin, skin and seeds removed and cut into large pieces
2 potatoes, cut into large dice
3 tbsps curry powder
½ lb yellow split peas, soaked overnight in water
1 ¾ cup can coconut cream
salt and pepper to taste
1 spring onion, finely sliced (optional)

Method

Place oil in a medium-sized pot and heat over a medium to high heat. Add onion and carrots and cook for 5 minutes before adding pumpkin, potatoes and curry powder. Cook for a further 2 to 3 minutes and then add split peas and coconut cream and bring to the boil. Reduce heat to a simmer and slowly cook until split peas and vegetables are soft and tender, adding a little extra water as required and stirring often. Season with a little salt and pepper and divide between 4 bowls. Serve with spring onions and flatbread.

Flatbread (Makes 12)

3 cups plain flour
Water

Method

Heat oven to 400°F. Place flour in a bowl and mix with enough water to make a soft dough. Allow to rest for 5 to 10 minutes before dividing into 12 pieces. Roll each piece into a ball and flatten with your fingers into a disc. Dust bench top with a generous amount of extra flour and roll out each disc with a rolling pin until they are quite thin. After the last disc is flattened, go back and re-roll each one until they are even thinner. Place flatbreads directly on to wire racks and cook for 2 minutes. Remove from oven and serve immediately.

Serves 4
\$1.20
Per serving



StirFried Rice

Submitted by Bevan Smith of riverstonekitchen.co.nz

Rice is a great filler, especially when it's packed with vegetables. For this recipe I used only basic vegetables bought from the supermarket and I stuck to the Live Below the Line budget principles.

Because of that I couldn't afford any soy sauce, chilli etc. to spice things up, so I chose brown rice for extra flavor (not to mention it has three times the nutritional value of white rice) and loads of cabbage, which is always cheap and tastes great raw or cooked.

Ingredients

½ cup soybean oil
½ a brown onion, peeled, finely sliced
1 medium carrot, quartered lengthways, finely sliced
¼ of a green cabbage, roughly chopped
¼ of a leek, roughly chopped
4 cups cooked brown rice
1 chicken or vegetable stock cube, crushed
salt and pepper to taste

Method

Heat oil in a large heavy-based frying pan over a medium to high heat.
Add onion and carrots and cook for 5 minutes before increasing heat to high and adding cabbage and leeks.
Cook for a further 2 to 3 minutes before adding rice and stock cube.
Continue to heat until the rice is well heated through.
Season to taste with a little salt and pepper, divide between 2 plates and serve immediately.



Serves 2
\$1.10
Per serving

Spaghetti Aglio e Olio

Submitted by Jesse Mulligan of Seven Sharp

This is the recipe Italians make to fill the gap after a big night out. When you get good and fast at it, I hope you'll use it the same way:

Ingredients

half a packet of dried pasta – dececco is best
salt
2 tbsps olive oil
1–2 cloves of crushed garlic
1 tsp chili flakes
Italian Parsley
pinch of parmesan or grana padano

Method

In a large pot bring water to a rapid boil – a liter of water for every ½ cup of pasta, and pour salt in until it tastes like seawater. When boiling, add the pasta and stir until it's submerged. It should start boiling again pretty quickly.

Put a heavy, big frypan over a low heat – you're only trying to warm the oil, not get a sizzle on. Pour in a couple of tablespoons of extra virgin olive oil. Add your garlic.

So now, if the oil temperature is right, the garlic won't sizzle, it'll just sort of bubble softly – the idea is you're getting all the flavor out without ruining the oil on too high a heat.

You only need a minute or two of this. Give it a sprinkle of salt at this point.

Add a teaspoon or so of dried chilli flakes. Give it another minute (you're stirring it all around pretty much the whole time).

Add a couple of tablespoons of the pasta water and stir it in with the oil. This creates what I think is called an emulsion, and really helps with coating the pasta properly. It also stops you worrying about overcooking the garlic.

Timing: about the time this oil and garlic and chilli has done its magic, you want the pasta to be finished cooking. I'm not going to insult you by explaining what al dente is, but it is really important (to me at least) that you don't overcook the spaghetti. You want to have to bite the pasta, not just suck it until it collapses.

Add some chopped Italian Parsley.

Drain the pasta and stir it into the oil mixture.

When the distribution of chilli flakes and parsley specks are uniform, you know it's stirred in properly. Serve topped with plenty of grated cheese.



Serves 2
\$0.65
Per serving

Devilled Hotpot with Parsley Crumble

Submitted by Jan Bilton of janbilton.co.nz

Ingredients

¾ cup risone pasta or other small pasta
1 tbsp canola oil
1 onion, diced
2 cups lean minced beef
2 tsps each: prepared mustard, worcestershire sauce, chilli sauce
1 tsp mixed dried herbs
1 ¾ cups can mexican-style tomatoes or similar, chopped
3 cups diced green vegetables e.g. broccoli florets, cut beans, peas
parsley crumble: 3 toast thick slices bread, crusts removed
½ cup parsley leaves
1 clove garlic crushed
1 tbsp olive oil

Method

Cook the pasta according to the packet instructions.
Heat the oil in a frying pan. Sauté the onion and beef, pressing the meat with a fork to break up any lumps. Cook until lightly browned then add the mustard, sauces, herbs and tomatoes. Stir well. Cover and simmer for 5 minutes. Add the vegetables and simmer for another 10 minutes. Stir in the drained pasta.
To make the crumble, process the bread, parsley and garlic in a food processor to make crumbs. Toss together with the olive oil.
Spoon the meat mixture into 6 individual heatproof bowls. Sprinkle with the crumble.

Serves 6
\$1.53
Per serving

Vegetable & Barley Soup

Submitted by Charmian Smith of Otago Daily Times

This hearty soup is not only a filling meal in itself, but also a good way to use up bits of vegetables that you can't use in other ways. It's a good idea to scrub rather than peel potatoes and carrots as not only do you get the extra nutritional benefits of the skin, you don't waste anything. Use the green tops and outside leaves of a leek, carrot tops if you have them, the stalks of cauliflower or broccoli, or outside cabbage leaves as the long cooking will soften them and extract flavour. If you can find a cheap bone, add this as it will help flavour the soup. The barley swells and fills the pot so you can extend the soup to feed more people if needed. You could substitute rice if you like.

Ingredients

1 tbsp oil
1 onion, finely sliced
4 carrots (scrubbed and finely chopped or grated)
outer leaves and green part of a leek, finely sliced
½ lb barley
1 stock cube (optional)
any other vegetables or vegetable scraps you happen to have — pumpkin, outside cabbage leaves, potatoes, silver beet, cauliflower or broccoli stalks.
salt to taste

Method

Heat the oil in a large pot. Add the finely chopped carrot and leek.
Allow to soften and color slightly, about five minutes. Add barley, lots of water, and the crumbled stock cube, if using. Bring to the boil then lower the heat and simmer for 30–40 minutes until the barley is soft and chewy and the vegetables well cooked. Season with salt to taste, remembering the stock cube, if you are using one, will be salty.

Serves 4
\$0.70
Per serving

Potato and Carrot Kugel

Submitted by Lesley Christensen-Yule, author of The New Zealand Chef and New Zealand Cooks Bible

I've baked many variations of this tasty and filling dish over the years using different types of vegetables according to the season. For instance you could use kumara and courgette as a variation. Some recipes use cooked noodles instead of potato. Of Jewish origins, kugel is a popular dish with kids and adults as a main course or an accompaniment. To maintain higher levels of nutrients, simply scrub the potatoes and carrots, leaving them unpeeled. This recipe is both vegetarian and gluten-free. It can be eaten hot or cold.

Ingredients

- 1 tsp vegetable oil for greasing
- 7 cups (4 large or 6 medium) floury potatoes
- 2 cups (4 to 5 medium) carrots
- 2 large onions
- 2 cloves of garlic, minced
- 2 tbsps fresh chopped rosemary (or 1 tbsp dried)*
- 2 tsps salt
- ½ tsp ground pepper
- 3 tbsps vegetable oil
- 2 tbsps cornflour
- 4 eggs, beaten
- ½ cup grated cheddar

Method

Preheat the oven to 350°F and grease a round or rectangular baking dish with a teaspoon of oil. Finely grate the potatoes, carrots and onions. If you have one, this job is easier to do using the grater blade of a food processor. Line a colander with a clean tea towel and tip in the grated vegetables. Gather up the edges of the tea-towel and squeeze out excess liquid. In a large bowl mix the grated vegetables together with garlic, rosemary, salt, pepper and oil. Then mix in the corn flour and beaten eggs. Turn the mixture into the greased dish and lightly press to smooth it out. Bake for one hour or until the mixture is cooked through (test with a skewer or fork) and the top is golden. Timing may vary depending on the size of the grated vegetables. Loosely cover with foil if the top browns before cooking has finished. Remove from the oven and sprinkle with the grated cheese. Return to the oven for 5 minutes to melt the cheese. Cut into squares or slices to serve.

*Find a rosemary bush and use fresh instead of dried and the cost is 70c per portion

Serves 8
\$0.73
Per serving



Roast Pumpkin Soup

Submitted by Rachel McMahon of madefromscratch.co.nz

Ingredients

½ pumpkin, skin cut off and roughly cut into medium cubes
1 onion, roughly cut
4 cloves of garlic, peeled and slightly crushed
1 tsp, thyme or oregano
1 tbsp of golden syrup
olive oil
1 cup chicken stock
2 cups warm water
salt and pepper to taste

Method

Preheat oven to 350°F. Put cut pumpkin, onion and garlic into a deep roasting dish. Sprinkle with thyme then cover with a little olive oil and the golden syrup, shake pan until veggies are slightly covered in oil and syrup. Cook for around 40 min or until pumpkin is tender. Tip everything into deep saucepan and season with a little salt and pepper. Pour in chicken stock and enough water to cover the pumpkin and onion. Simmer for around an hour (the longer the better) keep topping up with water so it doesn't reduce too much. Once the soup mixture starts to darken it is ready, either allow to cool before blending in a blender or puree with a soup wand in the pan. Serve with a little cream cheese and basil and enjoy with some warm fresh bread.

This soup freezes really well and will keep for around a week in a well sealed container in the fridge.



Serves 4
\$1.28
Per serving

Miso Soup & Steamed Rice

Ingredients

1 cup rice
1 ½ cups water

2 cups water
2 tbsps miso
2 tbsps diced tofu
2 small spring onions, minced

Method

Place rice grains in pot. Wash rice to remove the starch. Add the water and bring to the boil. Reduce heat, cover the pot and cook for 15 minutes. Turn off heat and keep covered. Let sit for 5 minutes.

Heat water until it reaches a boil. Place miso in a bowl and pour in 1/3 of the water. Stir until the mixture becomes smooth. Add remaining water, tofu and spring onion. Serve with the rice.

Serves 2
\$1.87
Per serving

Corn Fritters

Ingredients

1 can creamed corn
salt and pepper
1 egg, separated
2 tsps sweet chilli sauce
1 tbsp worcestershire
1 cup flour
oil for frying

Method

Mix together corn, salt and pepper, egg yolk, sweet chilli and worcestershire. Add flour, mix. Whisk egg white until stiff, fold into the batter. Heat oil in pan. Drop in spoonfuls of mix and brown on both sides (2 to 3 mins each side). Drain on paper towels. Serve with extra sweet chilli, if budget allows.

Serves 3
\$0.60
Per serving

Spanish Frittata

Submitted by Charmian Smith of Otago Daily Times

Ingredients

1-2 tbsps oil or butter
1 onion, finely chopped
1lb potatoes, scrubbed and chopped into small cubes.
6 eggs
salt to taste

Method

Heat half the oil in a pan, add the onion and potatoes and cook slowly, stirring occasionally until the potatoes are cooked and slightly browned. Whisk the eggs in a bowl and tip the cooked onion and potatoes into the eggs, stir and add salt to taste. Wipe out the pan and put back on the heat with the rest of the oil. Pour in the egg and vegetable mixture and spread it out. Cook over very low heat for about 5-8 minutes until the bottom of the frittata is nicely brown. Place a plate over the frying pan and turn it over so the frittata is upside down on the plate. Slide it back into the pan and cook the other side. Cut into wedges and serve hot or cold.

Serves 4
\$0.80
Per serve

Lentil Shepherd's Pie

Submitted by Jess Daniell of myundergroundkitchen.com

Ingredients

2 cups brown lentils, cooked and drained	dash of cayenne pepper
1 onion, diced	1 tsp salt
2 cloves garlic, minced	3 large potatoes, cooked
4 cups diced tomatoes	½ cup of hot milk
pinch of dried oregano	½ tsp salt

Method

Preheat the oven to 400°F. Lightly spray a frying pan with oil. Add onion and cook for 7-8 minutes, until soft and golden. Add garlic and cook for 1 more minute. Stir in tomatoes, lentils and seasoning. Spoon mixture into an ovenproof dish. In a bowl, mash the potatoes and add the hot milk and ½ tsp salt. Mash until soft and fluffy. Spread the mashed potatoes on top of the lentil mixture and bake for 25-30 minutes or until the potatoes are lightly browned.

Serves 6
\$1.00
Per serving

Aromatic Pumpkin & Potato Curry on Turmeric Rice

Submitted by Jules van Cruysen

To eat well on a budget, it is important to shop seasonally — that is buy whatever the growers have too much of at the time. The best way to find these, and find them as cheaply as possible, is at your local growers market or if there are market gardens close to you one of the many roadside shops that are on our highways.

This recipe also uses lots of spices in small quantities — if you don't have any of them feel free to leave them out but all can be bought extremely cheaply at Indian speciality shops that are now in most towns and cities.

Ingredients

1 tbsp cooking oil	1 tsp cumin seeds
1 can chickpeas	1 tsp coriander seeds
1 large white onion	½ tsp cinnamon
½ leek	water
¾ cup pumpkin	salt
2 large potatoes	
½ bunch spinach	Rice:
coriander stalks + leaves	¼ tsp turmeric
2 tsps fresh ginger	2 cups long grain rice
1 tsp hot curry powder	water

Method

Preheat oven to 350°F. Finely chop the onion and leek. In a large metal oven dish sauté onion and leek in cooking oil over a moderate heat. Once translucent add all the dry spices and chopped coriander stalks and sauté for a further 5 minutes. Add ½ teaspoon of salt. Roughly chop pumpkin, potatoes and spinach and add them to the oven dish, rinse the can of chickpeas and add them as well. Grate ginger into the dish and add 4 cups of water. Cook in oven for 1 hour or until potato is cooked. Taste and season with salt if needed. Add 2 cups of rice to a medium sized pan with 4 cups of water with turmeric and ½ teaspoon salt. Cover and bring to a simmer and turn down heat to low — cook for 20 minutes or until most of the water has been absorbed by the rice. Leave rice covered for a further 10 minutes.

Serves 8
\$0.74
Per serving

Potato & Egg Casserole

Submitted by Simon Holst

I think this sort of casserole is comfort food at the highest level. But when I first started making them myself, I seem to recall thinking the whole process seemed a bit difficult. Either I've become used to the steps involved, or I've streamlined the process, or a combination of the two.

Ingredients

3 ½ cups potatoes, scrubbed and cut into 1in chunks
4 large eggs
2 tbsps butter
1 medium onion, quartered and sliced
2 cloves garlic, chopped
¼ cup plain flour
1 ½ cup milk
1 cup grated cheese
½ tsp salt
black pepper to taste
2 slices bread
1 tbsp olive or canola oil

Method

Preheat the oven to 350°F.

Place the prepared potatoes in a large pot and bring to the boil in lightly salted hot water. Boil gently for 10 minutes, then add the eggs and cook for a further 10 minutes. When the potatoes are cooked, drain thoroughly. Cool the eggs under cold water, then remove the shells.

While the potatoes and eggs are cooking, melt the butter in another large pot or frypan. Add the onion and garlic, then cook, stirring occasionally, until the onion is soft. Stir in the flour and cook for a further 2–3 minutes, then add half the milk, stirring to ensure no lumps form. When the sauce thickens and boils, add the remaining milk and cook, again stirring frequently, until the sauce thickens and boils again. Remove from the heat and stir in the grated cheese and season with the salt and pepper.

Quarter the cooled eggs and place in a non-stick sprayed a casserole dish along with the potatoes. Pour in the sauce and stir to combine.

Tear each bread slice into about four pieces and place in a food processor or blender. Process into crumbs, then drizzle in the oil and process again. Sprinkle the crumbs over the casserole, then place in the oven and bake for 25–30 minutes or until the crumbs turn golden brown.

Serves 6
\$1.16
Per serving

Lentil Soup

Submitted by Vanessa Opera of foodopera.com

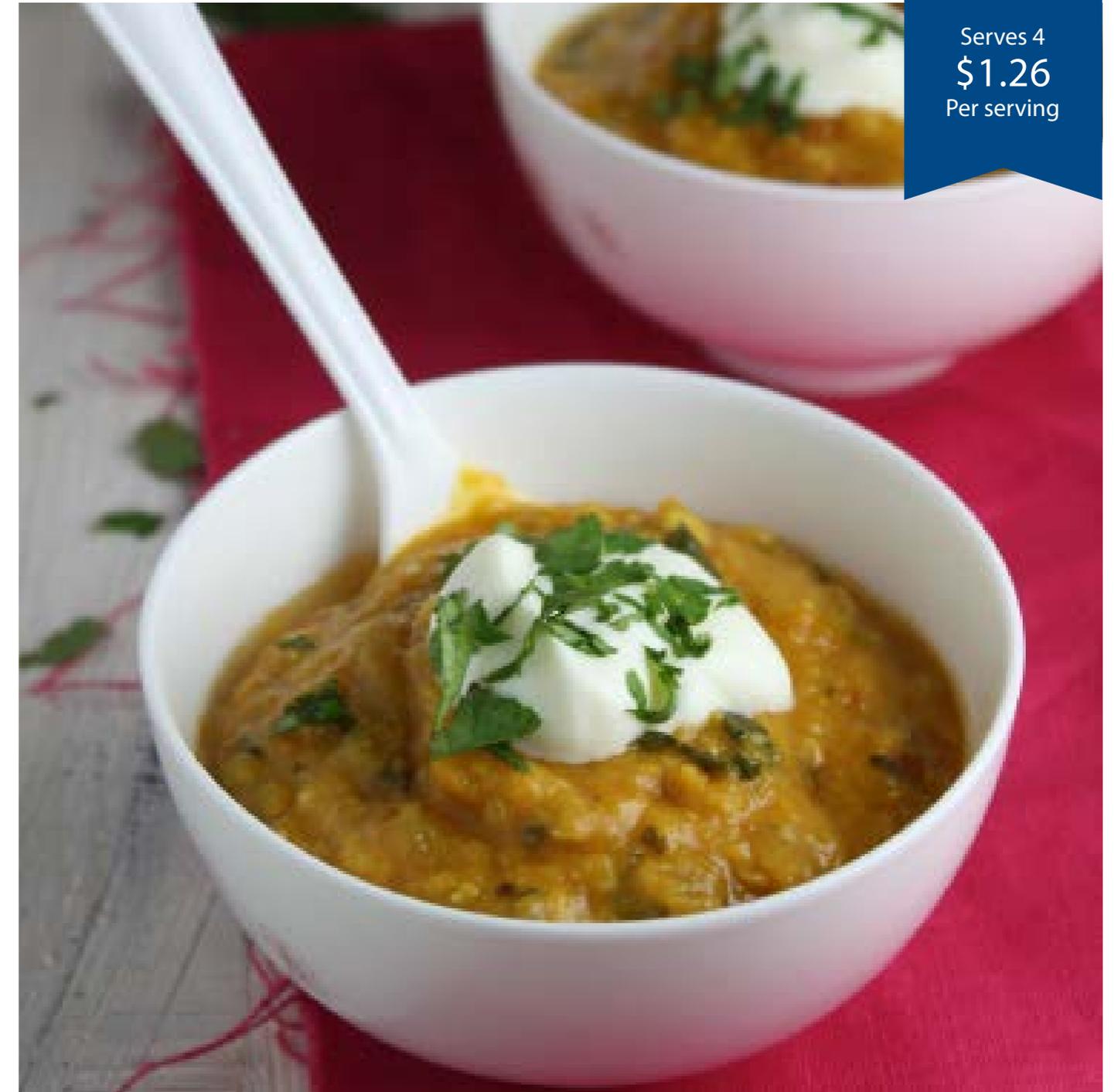
This lentil soup is nutritious and delicious. It's easy to make, filling and very reasonable. You could bump it up with extra vegetables such as peas, chopped spinach or courgettes.

Ingredients

- 1 cup red split lentils, rinsed
- 1 tsp ground turmeric (optional)
- 1 tsp vegetable oil
- 1 onion, chopped
- 4 cloves garlic, crushed
- 2 tsps mild curry powder
- 1 cup can reduced-salt chopped tomatoes
- ½ cup fresh coriander leaves, to serve
- ½ cup low-fat natural yoghurt, to serve

Method

- Place the rinsed lentils and turmeric in a saucepan.
- Add enough water to cover the lentils by 2 inches.
- Bring to the boil over medium heat and cook for 45 minutes, or until lentils are tender.
- Heat the oil in a saucepan over medium heat. Cook the onion and garlic for 5 minutes, or until the onion is soft.
- Add the curry powder and cook for 1 minute, until fragrant.
- Stir in the tomatoes and ½ cup of water and simmer for 5 minutes.
- Add the cooked lentils and a further cup of water to the tomato mixture.
- Simmer for 5 minutes, to warm through.
- Stir in chopped coriander.
- Serve with a dollop of yoghurt.



Minestrone

Submitted by Vicki Ravlich Horan of nourishmagazine.co.nz

Ingredients

1 onion
1 carrot
1 stalk celery
½ leek
½ cup bacon pieces
¾ bottle of passata (like Dolmio pasta sauce)
6 cups water
1 can of chickpeas, drained and rinsed
1 cup dried penne pasta (or similar)

Method

In a large pot, with a little oil, gently sauté the finely chopped onion, celery, leek and carrot for about 10 minutes, being careful not to brown them.

When the vegetables are translucent add the passata and 6 cups of water.

Simmer gently for 20 minutes then add the pasta and chickpeas. When the pasta is cooked check for seasoning and serve.



Serves 8
\$0.70
Per serving

Vietnamese Noodle Salad

Submitted by Vicki Ravlich Horan of nourishmagazine.co.nz

Ingredients

½ pkt rice noodles (vermicelli)
1 tbsp knob of root ginger
large handful of fresh coriander and mint
¼ cabbage, finely sliced
2 carrots, julienned
1 stalk celery, thinly sliced
dressing
¼ cup lime juice
2 tbsps fish sauce
2 tbsps sweet chilli sauce
2 tbsps oil
2 tbsps brown sugar
½ cup roasted peanuts (optional)

Method

Put rice noodles in a bowl and pour boiling water over them. Allow to stand for 5 minutes before draining.
Stir the noodles around to ensure they all are well covered by the water. Using scissors chop the noodles into more manageable pieces.
Next add the chopped vegetables and herbs.
To make the dressing, whisk together the remaining ingredients and pour over the salad.
Allow the salad to stand for a couple of hours before adding the peanuts just before serving.



Yellow Split pea & Vegetable Soup

Ingredients

1 potato, diced
1 carrot, diced
1 onion, chopped
1 ¾ cup yellow split peas
1 cup vegetable stock
cayenne
salt and pepper

Method

Heat the oil in a large saucepan over medium heat. Add the onion, carrot and potato.

Cook, stirring occasionally, until vegetables are soft.

Stir in the stock, split peas, cayenne and salt and pepper to taste.

Bring to the boil, then reduce the heat to low. Cover and cook, stirring occasionally until the peas are soft and the soup thickens, about 40 minutes. If the soup becomes too thick, add a little water.

Serves 4
\$0.44
Per serving

Pasta with Chickpeas & Broccoli

Ingredients

¼ cup olive oil
2 cloves garlic, finely chopped
salt
2 cups of penne or other small, short pasta
1 broccoli, cut into florets
¼ cup chicken stock
1 can chickpeas, drained and rinsed

Method

Heat water in a pot until boiling. Add 1 Tbsp. salt and pasta to the pot and cook until almost tender. Add broccoli to the pot and continue to boil until broccoli and pasta are both tender, about 2 minutes longer. Drain and return pasta and broccoli to pot.

Add chicken stock and chickpeas to pot with pasta and broccoli, return pot to the heat and stir until heated through. Serve immediately.

Serves 4
\$1.24
Per serving

Spiced Vegetable Fritters

Submitted by Traceylee Hooton of MasterChef Fame

Ingredients

1 onion finely diced
2 cups of grated vegetables (These can be a variety of whatever is cheap and in season. zucchini, carrot or pumpkin work well)
1 tsp salt
1 cup chickpea flour
1 tsp curry powder (I used mild, as our children love these)
oil for frying

Method

Heat a little oil in a fry pan and sauté the finely chopped onion until soft. Take a mixing bowl and add all the remaining ingredients, along with the onion. Depending on what vegetables you have used, you may need to add up to half a cup of water. Zucchini is quite wet, so you won't need to add much water if you're just using these.

Stir the mix until it is completely combined then let it sit for up to an hour in the fridge. Stir again before cooking.

Heat oil in a frypan (non stick is best but not essential) and cook large spoonfuls of the mix until brown. Flip and cook the other side. Serve with whatever chutney or sauce you have on hand. I've used sweet chili sauce with mine.

Serves 4
\$1.00
Per serving

COUSCOUS w/ Vegetables

Ingredients

1 onion
vegetables of your choice
2 cloves garlic
2-3 tbsps oil
1 ½ cups couscous
2 ½ cups vegetable stock

Method

Stir-fry or roast your vegetables.

Meanwhile, in a large saucepan, heat oil and cook onion and garlic over moderate heat until softened but not colored. Stir in couscous, and cook for 1 minute. Add stock, bring to the boil, then simmer 8-10 minutes, stirring regularly until the couscous is cooked and liquid is absorbed. Add vegetables to the couscous and season with salt and pepper.

Serves 4
\$1.16
Per serving

Cream of Cauliflower Soup

Submitted by Sarah Heeringa of Good Magazine – good.net.nz

I love a hearty and comforting bowl of soup — and I love cream — so combining the two works for me! The key to this soup is the subtle flavor and smooth creamy texture. It's easy to make using a blender, but there are ways around this if you don't have one, (see below for more).

This basic recipe can be adapted to suit lots of other vegetables including pumpkin, carrot, silverbeet, kumara or even a plentiful herb such as Italian parsley. You can also make easy homemade stock by boiling and straining bones, herbs or clean vegetable peelings and use this instead of water for extra flavor.

Ingredients

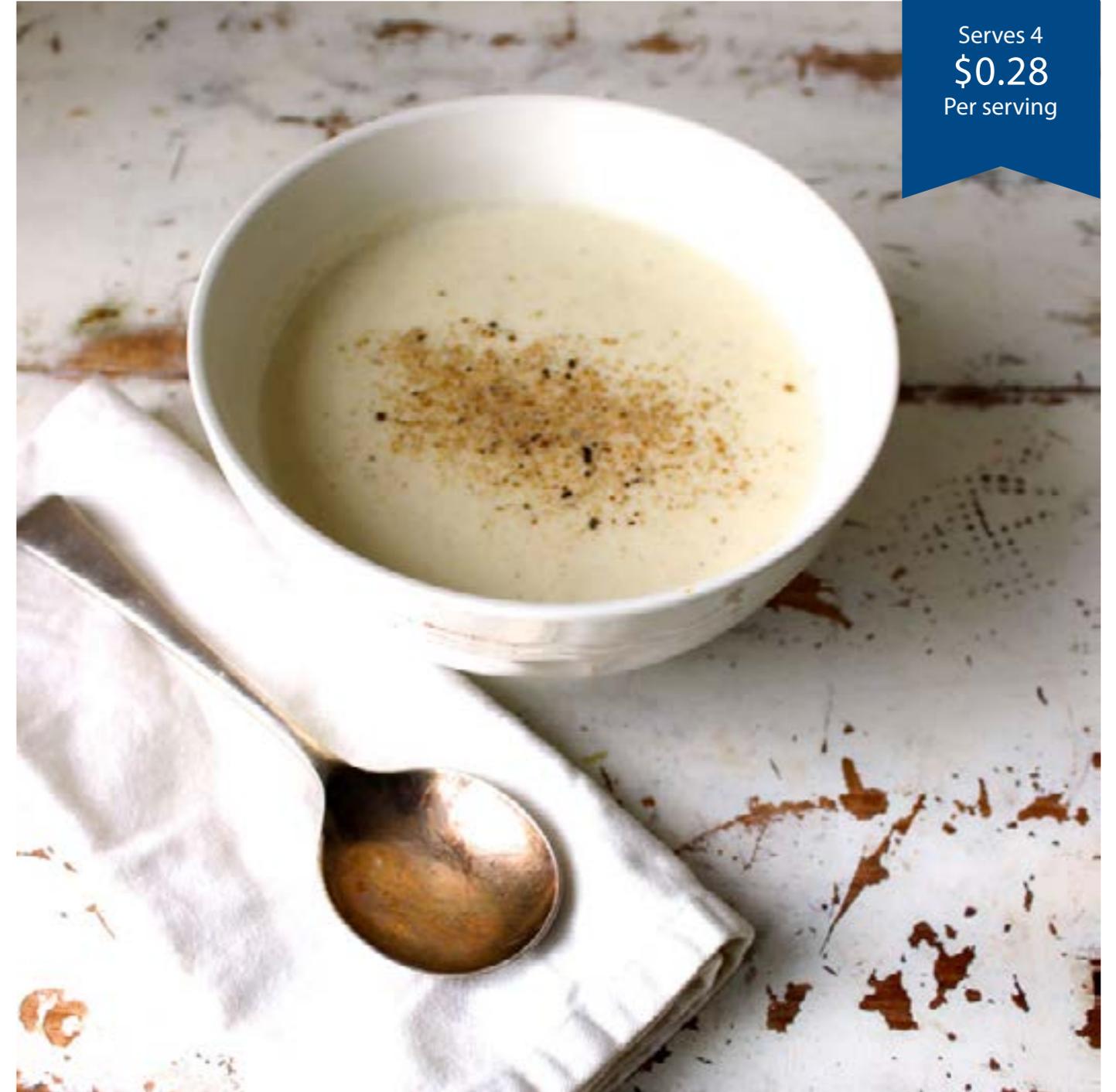
2 tbsps vegetable oil or butter
1 medium onion, finely chopped
3 cloves of garlic, finely chopped
3 cups water
½ a large cauliflower chopped (including the stalk)
2 tsps cardamom, ground
½ cup fresh cream
1 – 1½ tsps salt
juice of ½ lemon
salt and pepper

Method

Put the oil, chopped onion, garlic and chopped cauliflower stalk in a large frying pan and heat on low for approximately 10 minutes. Be careful not to brown the vegetables, but simmer until the onion is translucent. Stir in cardamom and the remaining cauliflower florets and cook for several more minutes.

Transfer everything to a lidded saucepan, add water, cover and bring to the boil. Simmer for approximately 10 minutes until the cauliflower is soft. Allow to cool before blending smooth. If you don't have a blender, put the lid back on and continue to cook vegetables for at least another 10 minutes until they are really soft, stirring occasionally so the mixture doesn't catch on the bottom of the pot.

Mash with a potato masher or use a wooden spoon to push the mixture through a wire sieve. When you are ready to eat your soup, reheat the vegetable mixture, add cream and salt to taste. Add a decent grind of fresh pepper and the lemon juice, stir together and serve.



Serves 4
\$0.28
Per serving

Thank you!

Poverty isn't just about food. It's about freedom. Mother Teresa once said, "Poverty doesn't only consist of being hungry for bread, but rather it is a tremendous hunger for human dignity. We are passionate about addressing poverty in all its distressing disguises. They work through disaster relief, community development and child sponsorship all over the developing world.

Life Below the Line can include good-tasting food that will go easy on your wallet as well as your conscience.

So gather up your friends and family, pool your money, downsize your budget and spend five days getting a glimpse of life from below the extreme poverty line— all with your cookbook in your back pocket.

Note:

The recipes contained within this cookbook all fall under \$1.75 a serving, and use basic ingredients you may already have in your pantry. Our recipe costs were calculated using prices from the Countdown website, and aren't necessarily the lowest you can go – taking time to scour several supermarkets and local food markets can make your \$1.75 stretch even further!

livebelowtheline.com

