

# PACIFIC PLATES

*Serving nutritious island flavours*



Pacific  
Community  
Communauté  
du Pacifique



ADAI, RAN AFFIM, ALII, BULA VINAKA, NOA'IA,  
MAURI, BONJOUR, FAKAALOFA ATU, TALOFA,  
FAKATALOFA ATU, GUDE, HAFU, KIA ORA, HALO,  
HALO OLOKETA, KIA ORANA, MALO E LELEI,  
MALO NI, YOKWE AND HELLO!

*We dedicate this cookbook to all the beautiful Pacific Islanders out there who love food and love life. You can't have one without the other, but your enjoyment of each depends on balance. Many of us are turning away from the most perfect, healthy, natural and nutritious foods that thrive on our islands. Instead, we are eating nutrient poor, packaged foods, high in unhealthy fats, added sugar and salt. These foods are making our lives less beautiful; they are making us sick.*

*Every day, Pacific Islanders die from non-communicable diseases (NCDs), such as heart disease and diabetes, because of unhealthy diets and unwise lifestyle changes. In turning away from the traditional Pacific lifestyle and diet, we are inviting NCDs into our lives and our children's lives. Many of the young generation are growing up surrounded by NCD risk factors such as obesity, not enough physical activity and unhealthy diets.*

*These risk factors and diseases can be prevented. Eating a balanced and healthy diet, exercising every day and refraining from eating unhealthy foods and behaviours like smoking cigarettes, betel nut chewing and drinking too much alcohol or kava can help protect our health and let us live life to its fullest.*

*Whether you're living in the islands or spreading your Pacific flavour abroad, we hope this cookbook inspires you and your family to live a healthy life, full of nutritious Pacific foods. **Live Healthy, Stay Healthy!***

**For more information: please visit:**

**[www.pacificdiets.com](http://www.pacificdiets.com)**

**[www.facebook.com/PacificDiets](https://www.facebook.com/PacificDiets)**

*This cookbook was inspired by the Fijian Ministry of Health and Medical Services*

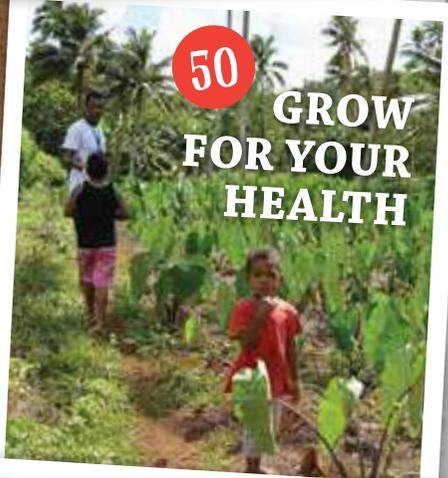
*cookbook Khana Kakana and adapted by the Pacific Community's Public Health Division, with delicious contributions from ministries of health and civil societies around the Pacific. A big vinaka vakalevu to the Fiji Ministry of Health and the Australian Government for allowing us to use their beautiful pictures and recipes.*

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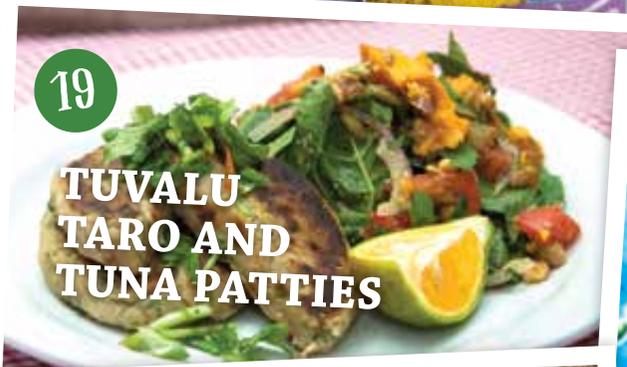
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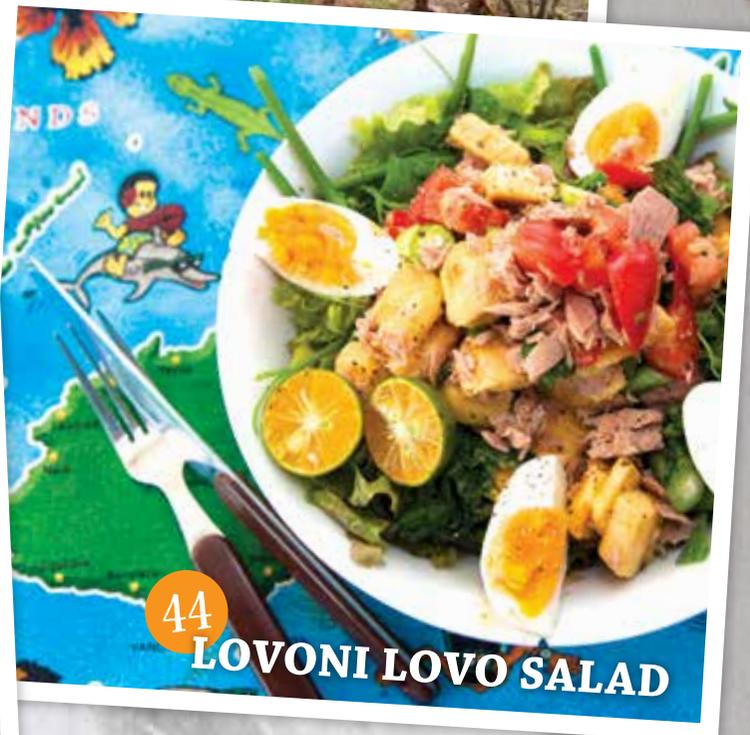
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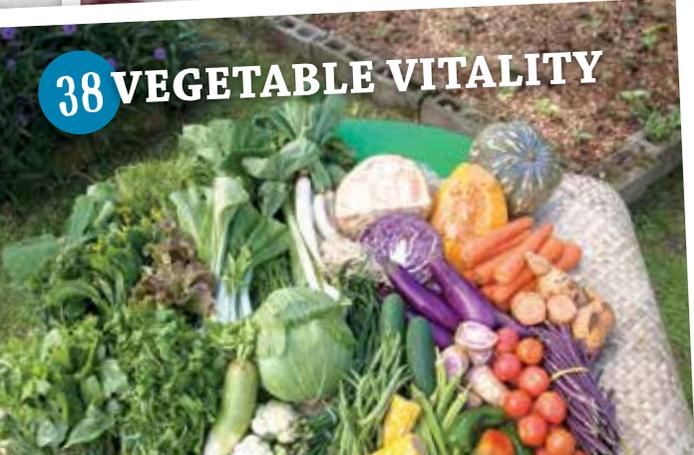
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# WHAT SHOULD I BE EATING?

Here in the Pacific, foods have been grouped into the following three main groups:



## ENERGY FOODS

Are filled with the main source of energy-giving nutrients and fibre

## PROTECTIVE FOODS

Because they are bursting with 'protection' in the form of vitamins, minerals, fibre and antioxidants that are vital for health



## BODY BUILDING FOODS

Are packed with nutrients essential for building and repairing muscle and bone tissues



## THE TWO MOST COMMONLY ASKED QUESTIONS ABOUT FOOD ARE:

### 1. What should I eat? 2. How much should I eat?

Finding the right balance can be a bit of a challenge for most people. Too much or too little of any kind of food can be unhealthy. All foods contain calories (dietary energy) and a wide range of nutrients. Some foods contain lots of calories but very few nutrients (energy dense) while others may be jam-packed with nutrients (nutrient dense) but low in calories. A simple way to choose healthy foods in the Pacific is to choose foods that are grown locally and have not been processed or packaged – the fresher the better.

No single food or food group can provide all the nutrients needed for health and wellbeing. Variety and balance are the critical ingredients. By eating a diet that includes a variety of healthy foods from each food group we can balance our calorie intake and maximise our health.

## HOW MUCH SHOULD I BE EATING?

To stay healthy, we need a certain amount of calories and essential nutrients from food and drinks each day. As a general guide, most adults should aim for 2000 calories each day.

SO WHAT DOES 2000 CALORIES LOOK LIKE? WELL, THAT'S UP TO YOU.



JUST ONE LARGE, HIGH CALORIE MEAL OR ALL OF THIS...

### BREAKFAST



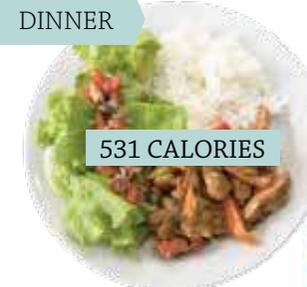
449 CALORIES

### LUNCH



580 CALORIES

### DINNER



531 CALORIES

### SNACKS



**TOTAL CALORIES: 1810**

# A BALANCED DAY

Choosing one of these meal options (or any other recipe in this cookbook) for breakfast, lunch, dinner or a snack provides a healthy amount of calories and high quality, nutrient-rich foods for the day.

## BREAKFAST (PICK ONE)



OATS & FRUIT



POACHED EGGS



TOAST & FRUIT

## LUNCH (PICK ONE)



OMELET



SALAD SANDWICH



DAHL CURRY

## DINNER (PICK ONE)



CHICKEN MEAL



CURRY & 1 CUP RICE



FISH & VEGES

## SNACKS

Pick 2



## DRINKS



1 tsp of sugar or honey with your tea/coffee



5



## WORKING IT OUT BY HAND

Don't have measuring cups or spoons at home? No problem! All you need is your hand.



1 CUP



1/2 CUP



100 grams



85 grams

1 tsp (teaspoon)

1 tbsp (tablespoon)



30 grams

Here's a guide on how to estimate portions/measures using your hand. We all have different hand sizes but the good news is, the bigger your hand, the bigger your calorie allowance, so you can get away with slightly larger portions.

# SENSIBLE PORTIONS: PORTION SIZES AND EATING A BALANCED MEAL



**900**  
CALORIES

VS



**500**  
CALORIES

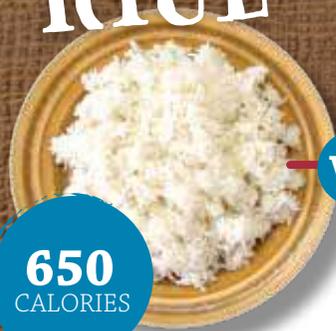
**W**hen it comes to food portions, size really does matter, especially if you are trying to lose weight.

Eating a healthy diet doesn't mean you have to avoid the foods you love. Cutting down your portion size means you eat fewer calories while still enjoying the taste.

The biggest calorie culprits are usually rice, taro, cassava and oil, thanks to our liking for big portions and fried foods.

Just look how many calories you can save by cutting down your portions and limiting the amount of oil you use! It is also a great way to save money.

## RICE



**650**  
CALORIES

VS



**228**  
CALORIES



This mountain of rice we like to cover our plates with contains around 650 calories, when a full meal is only meant to be between 500–650 calories! By keeping our rice serving to just one quarter of our plate (1 cup) we save over 400 calories.

**1 cup of cooked rice = 228 calories**

## OIL



**450**  
CALORIES

*3 Tablespoons:  
Sometimes there's  
this much oil in just  
one serving of curry!*

VS



**150**  
CALORIES

*1 Tablespoon  
(Tbsp)/bottle cap*



Oil is the highest calorie food. Even if we choose a healthy type of oil, it's important to not use too much of it. Try and limit yourself to 1 tablespoon.

## TARO & CASSAVA

**KEEP ENERGY FOODS TO ONE QUARTER OF YOUR PLATE.**



**TARO:  
250cal  
CASSAVA:  
503cal**

VS



**TARO:  
100cal  
CASSAVA:  
170cal**



Taro and cassava can be part of a healthy meal. These Pacific energy foods provide us with a good dose of fibre but carry a heavy load of carbohydrates (like rice and noodles). When we combine big portions of these carbohydrate-rich ingredients within one meal, it creates a hefty load of calories to burn through.

# NUTRITIOUS-NESIAN NUTS

## MELANESIAN, POLYNESIAN, MICRONESIAN

The Melanesian, Polynesian and Micronesian Pacific Islands are full of unique and nutritious varieties of nuts. Nuts are known as a complete food because they provide us with all the nutrients in one food – a good dose of protein, fat, carbohydrates, vitamins and minerals. **Whether it's ngali, navele, cut nut, Tahitian chestnut/ivi, Java almond or peanut, all nuts make a great snack for the whole family.**



IVI



### PANDANUS:

It's definitely a runner up for the strangest food in the Pacific but don't underestimate the power of pandanus. Known as the tree of life in Kiribati, pandanus can provide food, shelter and medicine. The pandanus fruit is rich in vitamin A and C and in fibre, making it a nutritious snack, especially for kids who often don't get enough vitamin A or fibre (which helps their vision, immune system and digestion). Simply pull off the ripe keys, wash and chew them raw or, for tougher varieties, boil or bake the keys and then chew them up. Follow the Island Food Community of Pohnpei on Facebook for more information on Nutritious Island foods!



### COCONUT:

The Pacific's most famous nut – the coconut! Providing us with everything from mats, shelters and baskets to drinks, oil, cream and meat, this tree is truly an amazing resource. You'll find lots of coconut-inspired recipes throughout this cookbook. While some of the nutrition claims have been overstated, coconut palms provide us with nutritious drinks (see page 18), delicious fibre-rich flesh (page 19), and minimally processed virgin coconut oil, which is a healthier choice than the more processed oils (palm and vegetable oil). All types of coconut products can be part of a healthy diet, but the flesh, cream and oil are high in calories so enjoy them in moderation (1–2 servings a day)(1 tbsp oil contains 50 calories).

**For more information, check out the island food page at [www.pacificdiets.com](http://www.pacificdiets.com). for SPC's Pacific food leaflets: Nuts and Seeds, Pandanus and Coconut.**

### NGALI & PEANUT



### PEANUT



People who plant **coconut palms**, plant food and drink, vessels and clothing, a habitation for themselves, and a heritage for their children.

# HEALTH WINNERS } EARNING THEIR HEALTHY MEDALS

We've analysed each recipe to make sure they are health winners. We've worked out their sugar, salt, fibre and iron levels for a healthy diet, as well as how many fruit and vegetable servings they contain per serving. Here's what each healthy medal means;



## LOW CALORIE:

**Main Meals:** under 500 calories or less. **Snacks:** 250 calories or less. Eating a reasonable amount of calories from high quality foods at each meal keeps you full and satisfied throughout the day.



## LOW IN SALT:

**Meals:** 500mg or less. **Snacks:** 250mg or less. Excess dietary salt is linked to high blood pressure, the number one threat to heart health. On average, we eat double the amount of salt our hearts can handle every day! High salt foods include noodles, crisps, commercial 'cheesy' snacks, soy sauce, tuna in brine and bread.

**Salt (sodium chloride) is also referred to as sodium on food labels. Look out for this and make sure it isn't too high per serve. For more info, see page 32, natural flavours.**



## LOW IN ADDED SUGAR:

**Main Meals:** 10g or less. **Snacks:** 4.5g or less. Too much added sugar in our diets is a major cause of NCDs such as obesity, diabetes, heart disease and tooth decay. By added sugar we mean sugar that is added to the food when it is manufactured. We definitely do not mean natural sugars in foods such as fruit; they are good sugars!



## HIGH IRON:

**4.5mg or more.** **Why we focus on iron:** Iron deficiency is a big problem in the Pacific, with 50% of children and 40% of women not getting enough iron in their diet. This causes a serious condition called anaemia, which severely affects the well being of children and adults. Natural foods such as meat, chicken, fish and green leafy vegetables – all found in the Pacific region – are rich sources of iron and should be part of your regular diet.



## HIGH FIBRE:

**Main Meals:** 6g or more. **Snacks:** 3g or more. Fibre helps ensure good digestion and high-fibre diets are linked to a lower risk of developing diabetes, heart disease and some cancers. High-fibre foods are also great for weight control as they help us feel full for longer.

### Vegetable serving icons - from 1 serving up to 4 servings:



### Fruit serving icons - from 1 serving up to 4 servings:





# TWO INGREDIENT TONGAN PANCAKES

## INGREDIENTS (MAKES 4 OR 5 SMALL PANCAKES)

- 2 eggs
- 1 medium ripe banana

## WHAT YOU DO

Peel and mash the banana until it's smooth.

In a bowl, beat the two eggs.

Combine the eggs and banana, mixing well. If the mixture is too runny, add a little flour to thicken it.

**You can also add any desired extras at this stage.**

Heat a non-stick pan, or an ordinary pan greased with a tsp of oil/ butter.

Reduce the heat to medium-low – pancakes burn easily.

Pour a circle of batter into the pan (about 2 tbsp of batter per pancake).

Cook until golden brown on the underside (around 1 minute), then use a spatula to flip and cook the other side until its golden brown (30 seconds to 1 minute).

## OPTIONAL EXTRAS:

*(If you'd like to add some more flavour or fluff your pancakes up, these optional extras will do the trick.)*

- ⅛ tsp cinnamon
- ½ cup oats
- ¼ tsp vanilla extract
- 1 tsp or so of peanut butter
- ⅓ tsp of baking powder (if you like your pancakes fluffy)



Serve with  
a drizzle of  
honey & fresh  
fruits



# GORGEOUS GUAM BAKE



## INGREDIENTS (SERVES 4)



- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 2 cups seasonal vegetables, finely sliced or chopped
- ½ cup low-fat cheese, grated
- 4 eggs
- 1½ cups low-fat milk
- ¾ cup self-raising flour
- freshly ground black pepper (to taste)
- ½ tsp cooking oil (enough to lightly grease a pie dish)

## WHAT YOU DO



**Step 1**  
Preheat the oven to 200°C. Grease a pie dish with a little oil/butter.



**Step 2**  
Place the onion, garlic and other vegetables in the dish. Sprinkle the cheese over them.



**Step 3**  
Lightly beat the eggs and milk together with a fork. Add the self-raising flour slowly and mix well (making sure there are no lumps).



**Step 4**  
Pour the egg mixture over the vegetables. Sprinkle with black pepper. Bake for 30 to 35 minutes, or until golden brown and set in the middle. Serve hot or cold.



# SIMPLE BUT TASTY! PERFECT POACHED PALAU EGGS



## EGG-CELLENT NEWS

### INGREDIENTS

- Wholegrain toast
- 1 or 2 eggs per person
- Pepper to taste

### WHOLEGRAIN BREAD:

the browner the bread, and the more whole grains it has, the better! This is where the fibre and B vitamins are hiding to keep us feeling full and energised through the morning. See our wholemeal bread recipe on page 31.

### WHAT TO DO

- Step 1** Fill a saucepan or deep frying pan with about 5 cm of water and add a splash of vinegar (helps the egg keep its shape).
- Step 2** Bring the water to a gentle simmer.
- Step 3** One at a time, break the eggs into a saucer or shallow cup. Then slide them into the water. Use a spoon to keep the shape rounded in the water.
- Step 4** As soon as the water starts simmering again, turn off the heat and cover the saucepan with a lid.
- Step 5** Leave for about 2 minutes, or until the white is firm. *If you like a firm yolk rather than a runny yolk, leave for about 5 minutes.*
- Step 6** Remove the eggs from the water and serve on wholegrain toast with freshly ground black pepper.

*If it all gets too hard, you can just boil the eggs whole: 3-4 minutes for soft yolk and 5-6 minutes for hard yolk.*

- 1** The nutritious protein in eggs means that eating them after exercise can help build strong muscles.
- 2** Antioxidants in egg yolk help boost eye health and vision.
- 3** Eggs contain loads of protein to keep you fuelled for longer and help with weight maintenance.
- 4** Eggs contain the essential nutrient choline, which helps with healthy brain development and healthy pregnancies. Choline also helps relay messages around the brain to keep us sharp.



## BREAKFAST



# MARIANA MONKEY ROLLS

*This quick and simple breakfast takes just one minute to prepare and doesn't even require a plate to serve it!*

## INGREDIENTS

- 1 slice wholegrain bread
- 1 tbsp peanut butter
- 1 medium banana



## WHAT YOU DO

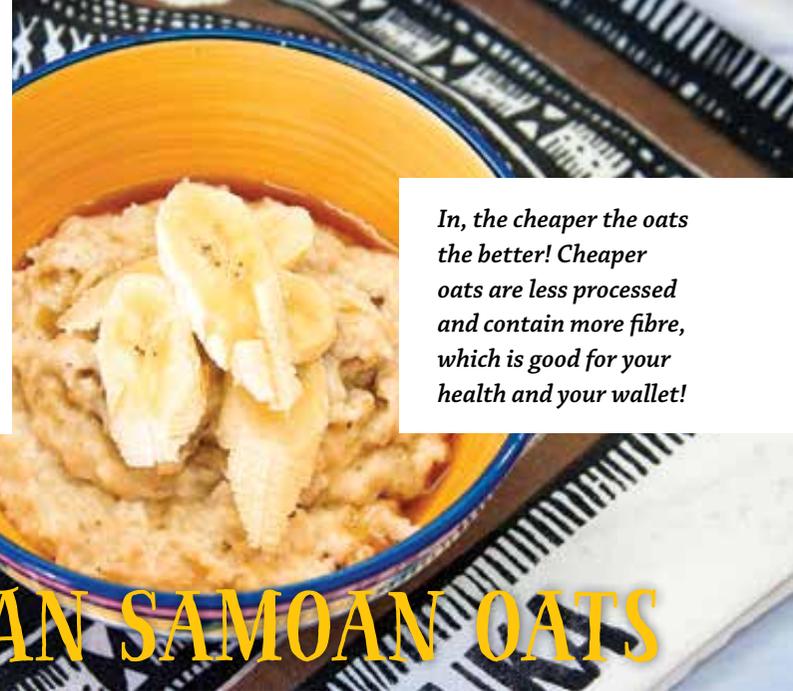
- Step 1:** Spread a piece of wholegrain bread with peanut butter.
- Step 2:** Place the banana in the middle, then roll the bread round the banana.
- Step 3:** Kids can munch on this tasty breakfast before they go to school.



NORTHERN  
MARIANA



*Eating 2/3 of a cup of rolled oats each day can help lower your cholesterol to protect your heart! All the fibre it contains will also keep you fuller for longer to prevent obesity and help with weight management.*



*In, the cheaper the oats the better! Cheaper oats are less processed and contain more fibre, which is good for your health and your wallet!*

# AMERICAN SAMOAN OATS

*Enjoy this wholesome and filling porridge with an extra flair of Pacific coconut, banana and honey*



## INGREDIENTS SERVES 1

- |  |                         |
|--|-------------------------|
| ½ cup rolled oats (or small pearl tapioca) | 1 tbsp shredded coconut |
| 1 cup water                                | 2 tsp honey             |
| ½ cup low-fat milk                         | 1 banana, chopped       |

## WHAT YOU DO

**Step 1:** Mix rolled oats, water, milk, and coconut

**Step 2:**

**Stovetop Cooking:** Put the oats in a small saucepan; pour in the milk or water. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't burn and stick to the bottom of the pan.

**Microwave Cooking:** Mix in a microwave-proof bowl (use a large bowl to prevent spilling over when cooking). Cook uncovered in the microwave on HIGH power for 1½ minutes. Stir, cook for another minute. Repeat if necessary until it boils and thickens, and becomes smooth and creamy.

**Step 3:** Add banana, drizzle over a little honey and serve.

**TIP:**  
*The more you stir, the smoother the oats!*



# PAPUA PUMPKIN BUNS

OUT WITH THE WHITE BREAD AND IN WITH PUMPKIN BUNS!

*Give your buns a vitamin A boost with a dash of pumpkin! Vitamin A is important for your vision, skin health and immunity. Many Pacific Islanders aren't getting enough vitamin A, so add some orange goodness to your buns with a bit of pumpkin mash.*

## INGREDIENTS MAKES 10 SCONES

2½ cups self-raising flour (or 2½ cups plain flour + 3 tsp baked powder + a pinch of salt)

1 cup mashed cooked pumpkin

55 g butter

1 egg, lightly beaten

½ cup sugar

½ cup milk

## WHAT YOU DO

**Step 1:** Beat the butter until it's soft. Add the sugar and stir.

**Step 2:** Add the pumpkin and egg and stir. Add the milk.

**Step 3:** Slowly add the flour, stirring all the time to make a soft dough.

**Step 4:** Turn the dough onto a floured board and knead it gently. Roll out the dough and cut it into small rounds.

**Step 5:** Place the rounds on a greased tray and then bake in a hot oven (around 200°C) for 15 minutes. Alternatively, you can steam them.

**A NOTE ON TEA:** Tea can be part of a healthy diet but it's best to have it between meals rather than with meals. This is because tea contains tannins, and these tannins prevent your body absorbing iron. With up to 50% of children and 40% of women in the Pacific Islands deficient in iron, that's definitely something you don't want! Try to avoid tea one hour before, and one hour after meals. **Lemon Leaf tea is a great alternative! It doesn't contain as many tannins, so is a lovely drink to have with breakfast.**



Use the recipe on this page or simply add two cups of mashed pumpkin when you make bread/buns as you are kneading the dough.



# NATURALLY SWEET



*Fruit is the worlds healthiest snack! Studies have found that people who eat at least two servings of fruit a day are less likely to get diabetes, heart disease and some cancers.*

*In fact, eating just one whole fruit (not juiced) a day can lower your risk of diabetes by 8%!*

# NATURALLY SWEET

- 1 Watermelon:**  
Watermelons are 95% water! Making them a great way to stay hydrated.
- 2 Pineapple:**  
Pineapples contain the powerful enzyme bromelain, which helps break down protein in food to speed up digestion.
- 3 Banana:**  
Bananas are rich in potassium, which helps improve circulation, increasing delivery of oxygen to the brain to keep us sharp and boost heart health.
- 4 Orange/Mandarin:**  
Molis are rich in vitamin C, which we need to keep our immunity up to speed. Lucky they are abundant in the cooler months!
- 5 Pawpaw/Papaya:**  
Up to 80% of Pacific Islanders aren't eating enough vitamin A. Just half a pawpaw contains over 50% of your daily vitamin A needs for healthy eyesight and immunity.
- 6 Guava:**  
Guavas have two times more fibre than apples and loads of antioxidants.
- 7 Mango:**  
Mangoes have a lot of fibre to keep you feeling full for longer and stop hunger pangs.
- 8 Coconut:**  
The fat in coconuts helps us absorb important nutrients like vitamins A, E and K from our fruits.
- 9 Cumquats, lime and lemon:**  
Good for natural juice.

**KIDS ARE 70% MORE LIKELY TO EAT FRUIT IF IT'S ALREADY CHOPPED UP!**

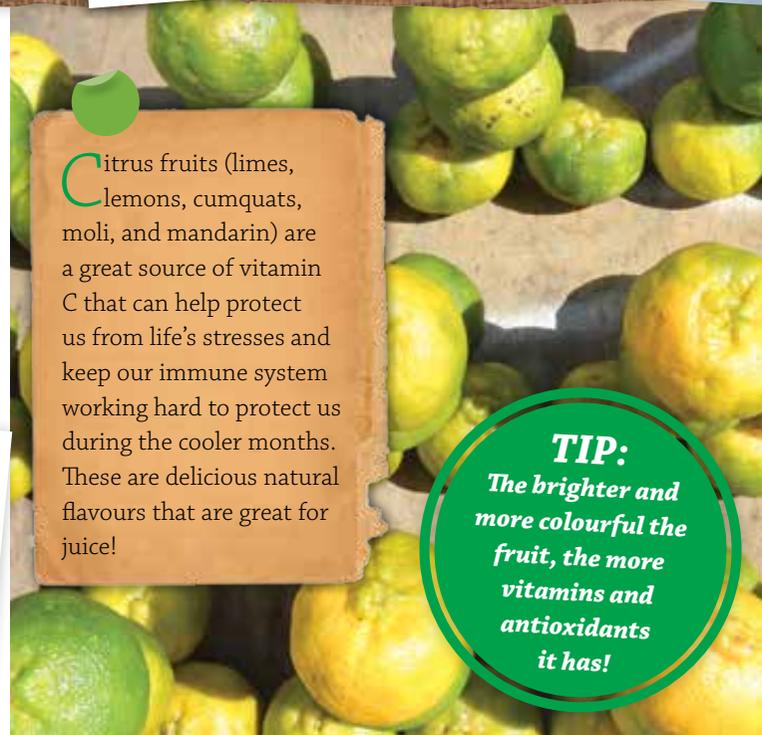


Try a fruit salad!



**COOK ISLANDS COCO-PAW FOR BREAKFAST!**

Natural or greek yoghurt with these fruits in the morning is the perfect way to start your day. Try our favourite: Cook Islands coco-paw with lime juice, oats, some grated coconut and yoghurt. **Delicious!**



Citrus fruits (limes, lemons, cumquats, moli, and mandarin) are a great source of vitamin C that can help protect us from life's stresses and keep our immune system working hard to protect us during the cooler months. These are delicious natural flavours that are great for juice!

**TIP:**  
The brighter and more colourful the fruit, the more vitamins and antioxidants it has!



Keep an eye out for the fruit serving icon. It's a quick way to see how many serves of fruit are in a recipe.

# SWEET SOUTH PACIFIC LOCALS

*Fresh water is always the best option to keep you hydrated. But if you're after a flavour hit, try one of these naturally sweet options.*

## SWEET SOLOMON PINEAPPLE SKIN JUICE

### INGREDIENTS:

The skin from one pineapple  
2 litres water

### WHAT YOU DO:

**Step 1:** Put the cut pineapple skins and trimmings in a pot, cover with water and boil.

**Step 2:** Let the mixture simmer for about 15 minutes.

**Step 3:** Set aside to cool.

**Step 4:** Once cooled, strain the juice through a sieve.

**Step 5:** Top up with some ice.

### TIP

For extra flavour, boil the skins with some mango pips, or add some squeezed lime/lemon juice once it has cooled.

## TUI'S TANG

### INGREDIENTS

8 cumquats, juiced  
1 passionfruit  
1 litre water

### WHAT YOU DO

Mix the fresh cumquat juice with passionfruit and the water, leave to stand and let the flavours combine. Strain out the passionfruit seeds and – ta-da! A delicious, healthy drink, fresh from the highlands and with no added sugar.

**Vinaka Tui!**



## TONGATASTIC OTAI

### INGREDIENTS: (MAKES 2)

2 cups watermelon, mashed  
one young coconut – flesh and water  
½ cup coconut cream  
2 tbsp coconut, grated  
a squeeze of lime or cumquat juice  
5 ice cubes

### WHAT YOU DO:

Blend all the ingredients together in a food processor until smooth or use a fork or masher to shred the watermelon and stir in the other ingredients.



## FRESH COCONUT WATER

*Overseas coconut water comes packaged in bottles with a hefty price tag, but here in the Pacific we're blessed with the freshest of coconuts delivered straight from the tree. Rich in healthy potassium, the juice keeps you hydrated under the Pacific sun.*





# PITCAIRN PASSION POPS

## INGREDIENTS: (MAKES 10 CUPS)

- 5 half mature coconuts
- 10 passionfruit

## WHAT YOU DO:

Break open the coconuts and empty the water into a bowl. Grate the coconut flesh. Mix the passionfruit pulp with the grated coconut. Add the coconut water and mix well. Chill, then serve as a juice or freeze into ice blocks.

**Tip – Add a squeeze of lemon/ lime or their zest for extra zing!**



# YOU'RE SWEET ENOUGH

Our shops are full of sweet fizzy drinks, bottled juices, cordials, flavoured milks and sports drinks – they're taking over our supermarket aisles, littering our beaches, ruining our budgets and wreaking havoc on our health.

These low quality, sugar-sweetened beverages are a major cause of obesity, heart disease, diabetes and tooth decay in the Pacific Islands. Some Pacific Islanders are drinking more than their body weight in sugar each year.

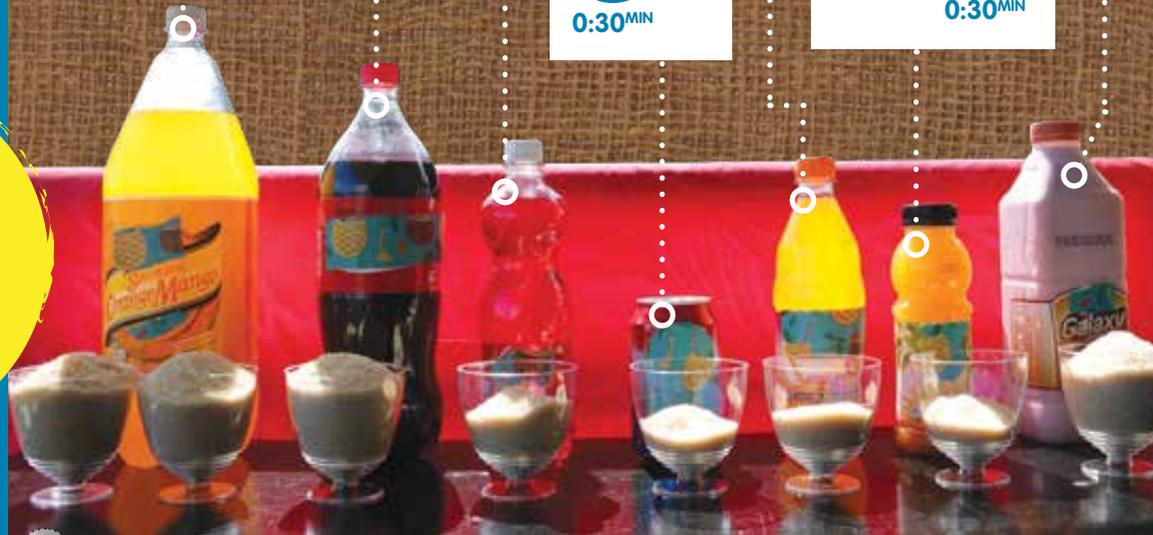
Ideally, we should be having fewer than six teaspoons of added sugar a day.

*A lot of juices and flavoured milks contain the same amount of sugar as soft drinks!*

# DO YOU KNOW HOW MUCH SUGAR YOU'RE DRINKING AND HOW LONG YOU'D HAVE TO WALK TO BURN IT OFF?



<p><b>1 LARGE BOTTLE</b> (2.25 L) 970 CALORIES</p> <p>60 TEASPOONS 3:10 HRS WALKING</p>	<p><b>1 SMALL BOTTLE</b> (600 ML) 260 CALORIES</p> <p>16 TEASPOONS 0:50 MIN WALKING</p>	<p><b>1 BOTTLE JUICE</b> (500 ML / 2 GLASSES) 220 CALORIES</p> <p>13 TEASPOONS 0:42 MIN WALKING</p>	<p><b>1 BOTTLE CHOCOLATE MILK</b> (1 L) 890 CALORIES</p> <p>30 TEASPOONS 2:50 HRS WALKING</p>
<p><b>1 MEDIUM BOTTLE</b> (1.5 L) 650 CALORIES</p> <p>40 TEASPOONS 2:00 HRS WALKING</p>	<p><b>1 CAN</b> (355 ML) 150 CALORIES</p> <p>9.5 TEASPOONS 0:30 MIN WALKING</p>	<p><b>1 BOTTLE JUICE</b> (375 ML) 160 CALORIES</p> <p>9.5 TEASPOONS 0:30 MIN WALKING</p>	



# ISLAND TIME SNACK ATTACK

Try out these delicious, nutritious and locally made snacks. Better for you and better Pacific flavours than those unhealthy packaged noodles, crisps and lollies!

75

CALORIES PER EGG

## Boiled Eggs

Eggs pack a big protein punch to fuel you through your afternoon and keep hunger pangs at bay. Easy to pop into school lunches as well!



200

CALORIES FOR 1 BABY COCONUT WATER + FLESH

## Coconut water

Coconut water is an amazing way to rehydrate and fill up with potassium and energy. Buy one from a local vendor today!



## Banana

Bananas contain healthy carbohydrates to keep you feeling energised. They're especially great for before and after exercising. They even come in their own packaging if you are on the run! Go nanas!

99

CALORIES



## Corn on the cob

Provides a filling, delicious and nutritious snack to tide you over - add a little butter, pepper or paprika for extra flavour, just don't go too crazy with the butter (One tablespoon = 100 calories)!

140

CALORIES PER COB



300

CALORIES PER HANDFUL (30 NUTS)

## Boiled Peanuts

A handful of boiled peanuts will provide a filling dose of protein and healthy fats, but be careful to stop at 30!



150

CALORIES FOR 50g (HALF A HAND SIZE)

## Fresh or Grilled Coconut

This delicious snack is super high in fibre, but packs a calorie punch too so keep the portion size down. Rub with some chilli for extra spice.



## Freshly popped popcorn (with cinnamon)

Popcorn is a great way to satisfy a snack craving, allowing you to eat a lot without the calories! Cinnamon is a fantastic healthy flavouring.

27

CALORIES PER CUP!



## Natural Yoghurt

Stir a passionfruit through for natural flavour in this calcium rich snack for healthy teeth and bones. Also great with other fruits like banana and paw paw.

130

CALORIES PER POT

150

CALORIES FOR A TBSP (150 SEEDS)

## Pumpkin seeds

These little seeds pack a whole lot of iron for vitality.



## Bara (spicy split pea patties)

When bara is made with lentils the lentils work to keep out a lot of oil during frying. This makes them a healthier and lower calorie snack option than bhaji, samosas and jalebi.

100

CALORIES 2 PIECES

### MAKE YOUR OWN BARA!

**Ingredients:** Makes 12 medium Bara

1 Cup - Yellow split peas (soaked overnight)

**Add following ingredients (chopped finely) and adjust according to preference:**

3 Cloves - Garlic, 1-2 - Chilli, 2 Tsp - Ginger.

**Blend with split peas making a paste, then add;**

1 - Brown Onion, 2 Tbsp - Curry Leaves, 2 Tbsp - Dhania, 2 Pinch - Salt



### What you do:

**1.** Make into small patties, **2.** Fry each side in shallow oil until golden brown

**3.** Drain on paper towel to remove excess oil

# TUVALU TARO AND TUNA PATTIES



## INGREDIENTS SERVES 5 (2 PATTIES EACH)

- 1 medium taro (or half a swamp taro)
- 1 onion, diced
- 3 cloves garlic, crushed
- 2 cm ginger, finely chopped/grated
- 2 x 400 g cans canned white beans or chickpeas, drained and rinsed
- 1 x 425 g can canned tuna in water, drained
- 2 spring onions, chopped
- 2 cups watercress, finely chopped
- 2 tbsp lemon juice
- ½ cup fresh coriander, chopped

## WHAT YOU DO

- Step 1:** Peel and dice the taro. Place in a pot and cover with cold water. Bring to the boil and simmer until a fork can be pushed through easily. Drain.
- Step 2:** Mash the taro, and mix all other ingredients into it.
- Step 3:** Form burger patties from this mix. If it is too sticky, you can roll patties in cornflour before cooking.
- Step 4:** Heat a little oil in a frying pan.
- Step 5:** Cook the burgers on each side until golden brown.
- Step 6:** If you are making lots of burgers you can cook them quickly on each side in the frying pan, then finish cooking them in the oven.
- Step 7:** Serve with a delicious fresh salad.

## TIPS



Try traditional steaming in a banana leaf for an even healthier meal!



Add some **corn, peas or chopped greens** to the mix to up your veggie intake. The more colour, the better!

# MOUTHWATERING MARSHALL CHICKPEA AND TOMATO CURRY

## INGREDIENTS SERVES 4

1 tbsp canola oil

1 onion, chopped

1 clove garlic, crushed

½ tsp ground cumin

½ tsp ground coriander

½ tsp turmeric

¼ tsp chilli powder

400 g can chickpeas, drained and rinsed,  
or two cups of raw, soaked chickpeas  
(See page 21)

420 g can chopped tomatoes, or 8–10  
chopped fresh tomatoes

5 cm piece of fresh ginger, grated/sliced  
finely

Handful of coriander, chopped.



## WHAT YOU DO

**Step 1:** Heat the oil in a large saucepan. Add the onion and garlic. Fry until golden. Add all the spices and stir for 2 minutes.

**Step 2:** Add the chickpeas and stir them in with the spices. Add the tomatoes. Simmer for 10 minutes until thickened. Add the ginger and stir well. Serve garnished with coriander.

*For Tuvaluans the pulaka (giant swamp taro) is not only an essential part of their diet but is also part of their culture, as pulaka growing pits are passed down through generations. When fathers teach their sons the secrets of planting pulaka, the son is “practising how to live like a man”*





**Orange Dhal**  
(Masoor dal)

**Mung Beans**  
(Moong)

**Yellow Split Peas**  
(Matar Dal)

**Kidney Beans**  
(Rajma)

**Split Peas**  
(Urad dal)

**Chickpeas**  
(Chana)

**Yellow Dhal**  
(Toor Dal)

**Cow Peas**  
(Urad dal)

**Black Eyed Peas**  
(Chawli)

# LEGUMES

Legumes include dhal, peas and beans of all varieties. They are health superstars, thanks to their high fibre, low glycaemic index and protein-rich properties. This means they fill us up easily, which helps prevent us from overeating and so achieve a healthy weight.

They make a great addition to soups, curries and stews or tossed through a salad, so load up on legumes today!

**USE DRY LENTILS:** *You can buy dry lentils for a fraction of the price of a can. Here is how you prepare them for a salad.*

**Step 1:** Place the dry lentils in a strainer and wash and rinse well. Remove any odd looking ones or grit.

**Step 2:** Place the lentils in a pot; cover them with clean, cold water. Heat the water to boiling and boil for 1–2 minutes.

**Step 3:** Turn the heat down and simmer until the lentils are tender, but still hold their shape (test by squishing one between your fingers), 40–45 minutes, stirring occasionally.

**Step 4:** Remove from the heat, drain and season.

# DELICIOUS DAHL

## INGREDIENTS SERVES 8

- 1 tbsp oil (olive, canola or coconut)
- 1½ cups dried yellow split peas
- 1 tbsp ground cumin
- 1 tbsp ground turmeric
- 1 tbsp garam masala
- 1 tsp chilli powder
- 1 red chilli, chopped
- 1 onion, chopped
- 4 cloves garlic, crushed
- 2 tbsp grated fresh ginger
- 1 bunch coriander, chopped
- 4 cups vegetable stock
- 2 cups chopped seasonal vegetables of your choice
- 2 tbsp coriander



*Vibrant snippets of Indian culture spread from Fiji right through the Pacific Islands. It's never more present than in the food we eat - the delicious curries, soups and vegetable dishes using healthy herbs and spices. Namaste!*



## WHAT YOU DO



**Step 1**  
Heat the oil in a large pot over high heat.



**Step 2**  
Add the split peas, cumin, turmeric, garam masala, chilli powder, red chilli, onion, garlic and ginger, and cook, stirring, until the onion softens.



**Step 3**  
Add the coriander, stock and chopped vegetables, and cook over low heat for at least 1 hour (the longer the better).

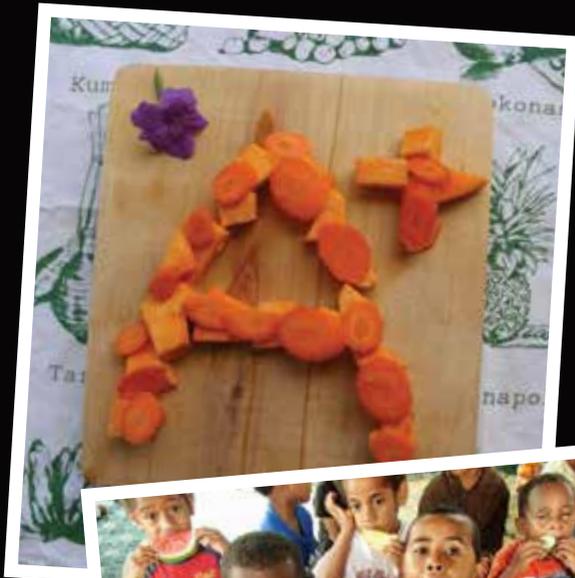
**Step 4**  
Stir in some coriander just before serving..



# VISION OF HEALTH

Vitamin A is an important nutrient for healthy eyesight. There's lots of vitamin A in orange fruits and vegetables, such as mango, pawpaw and pumpkin, as well as in leafy greens. Because many of us aren't eating enough fruits and vegetables, vitamin A deficiency is a big problem in the Pacific, especially in children. They can experience night blindness and have difficulty seeing in a dim light.

Not eating enough fruits and vegetables also puts us at risk of developing diabetes. Diabetes is a leading cause of blindness in the Pacific; in fact many people only realise they have diabetes when they start having problems with their vision. Load up on orange fruits and vegetables plus leafy greens to keep your vision sharp and protect you from diabetes.



## WONDERFUL WALLIS FOOD ART

IT'S PLAY TIME!

*Food art is a great way to get kids eating more fruits and vegetables. You could assemble it for them, or prepare the ingredients and **encourage them to make their own.***

*It helps them learn about food, encourages healthy eating and lets their creativity soar!*

*For more information about eye health, see The Fred Hollows Foundation NZ's website at [hollows.org.nz](http://hollows.org.nz) or visit your local health clinic.*

# TASTY TOKELAU TOMATO PASTA WITH GRILLED EGGPLANTS

*This recipe is brought to you by Mai Kana's Dom Samson. Dom's a healthy Pacific food advocate with loads of fresh healthy recipes up his sleeve.*



## TOMATO PASTA SAUCE:

### INGREDIENTS

2 tins tomatoes  
100 g butter or margarine  
1 clove garlic, finely chopped  
pepper

## GRILLED EGGPLANT:

### INGREDIENTS

2 eggplants, cut 2 cm strips lengthwise  
3 tbsp coriander or basil (or any other dried or fresh herbs), chopped  
1 tsp oil  
salt, pepper

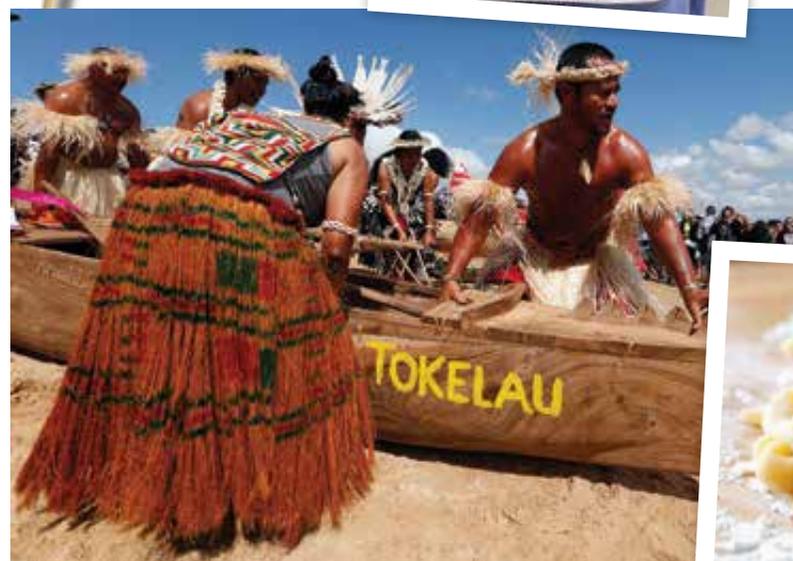
### WHAT YOU DO

**Step 1:** Blend or mash the tomatoes. Add the garlic, butter and pepper. Bring to the boil and cook until the sauce has reduced by half. Stir regularly.

**Step 2:** If you want, you can add chopped cooked meat, chicken or seafood to the sauce and cook for another 10 minutes or you can add chopped raw meat, chicken or seafood and cook for 20–30 minutes.

### WHAT YOU DO

**Step 1:** Toss eggplant strips in oil, coriander, salt and pepper. Grill until cooked.



## LEARN HOW TO MAKE YOUR OWN PASTA!

### INGREDIENTS: (PER PERSON)

100g plain flour  
1 egg

### WHAT YOU DO:

Sift the flour and beat in the egg. Knead the dough until it is elastic. Add water if too dry and flour if it is too sticky.

Roll out as thin as possible and cut into thin strips. Boil for 30 seconds to 1 minute.



# HONIARA KAIKAI OMELET



*The Solomon Islands Red Cross is making healthy waves in Honiara as their KaiKai Haus cafe creates employment and healthy food choices while their profits go towards helping sick mothers to care for their children. Make sure to visit them in Chinatown, Honiara for a delicious lunch packed with local vegetables.*

## INGREDIENTS SERVES 8

4 eggs  
4 stems green onion, chopped  
4 tomatoes, chopped  
½ bundle chopped cabbage (bele, edible hibiscus, slippery cabbage)  
2 packets instant noodles, broken into small pieces  
1 tbsp oil

## WHAT YOU DO

**Step 1:** Break the eggs into a bowl and beat them with a fork. Add the green onions, cabbage, tomatoes and just one noodle flavour sachet. Mix together.

**Step 2:** Boil water and add the noodles. Cook for two minutes or until the noodles become soft, then drain them. Add the cooked noodles to the egg mixture.

**Step 3:** Heat the oil in a frying pan on medium heat. Add the mixture to the frying pan and cook for 5 minutes. When the texture is no longer runny, remove the frying pan from the heat, cover with a plate, and flip the omelet back onto the plate.

**Step 4:** Gently slide the omelet back into the pan, cooked side up. Cook the omelet on the uncooked side for 3–4 minutes. Remove from the stove, cut into 8 slices and serve.

**Serve with pumpkin and a green salad like fern (page 27) or slippery cabbage.**



Instant noodles are a high salt refined carbohydrate. This means that when we eat them as a snack they can leave us feeling hungry again quite soon (which often means we eat another packet).

Mixing eggs and vegetables with noodles and using only one of the salty flavour sachets makes a balanced meal that keeps us feeling full for longer. The eggs and vegetables also contain lots of vitamins and potassium to help balance out the salt and keep our hearts healthy.



For more healthy recipes from KaiKai Haus, pick up a copy of KaiKai blo lumi from the Red Cross Gift Shop.





## GRILLED EGGPLANT, PUMPKIN AND CHICKPEA SALAD

### INGREDIENTS SERVES 4

- 6 eggplants, cut into thick circles
- ½ a pumpkin, cut into rough cubes
- 1 can chickpeas, drained
- 1 red onion, thinly chopped
- 1 cucumber, chopped in small cubes
- 2 carrots, grated
- 1 large bunch coriander, chopped

**Optional Extras;** Avocado for extra flavour and good cholesterol. Tuna for added protein

### WHAT YOU DO

**Step 1:** Place the eggplant on tray, brush with a small amount of oil and season with a touch of salt and pepper. Cook on the top shelf of the oven at 180°C until brown on top (6–8 mins).

**Step 2:** Turn over each piece and repeat the process. Cool and cut into quarters.

**Step 3:** Dry roast (using no oil) the pumpkin at the same time as you cook the eggplant, OR boil the pumpkin until it is soft. (Approx 5 mins on stovetop). Drain. Cool.

**Step 4:** Put all the other ingredients together in a large bowl and mix well.

### PAPRIKA YOGHURT DRESSING

- 3 tbsp canola/olive oil
- 2 tsp paprika
- 1 tsp cinnamon
- juice of 8 cumquats/limes
- 1 tbsp natural or greek yoghurt
- pinch of salt
- cracked pepper
- 1 tbsp honey

**Instructions:** Put all the ingredients into a jar and shake well. Pour evenly over the salad and toss.



## FIJIAN COLESLAW

### INGREDIENTS SERVES 4

- 1 onion, thinly sliced
- ½ cabbage (red, white or mix of red and white)
- ½ bunch watercress, roughly chopped (wash thoroughly)
- 2 carrots, grated/chopped finely
- 1 cucumber, halved and finely sliced lengthways
- 2 chilli, finely chopped (if you like it hot)
- 1 bunch coriander, roughly chopped (wash thoroughly)
- 1 cup mint leaves, roughly chopped (wash thoroughly)
- 1–2 tbsp white sesame seeds

**Optional Extras;** Celery for an extra crunch, capsicum to boost your metabolism (help weight loss), pineapple for a sweet tropical twist.

### WHAT YOU DO

**Step 1:** Mix all the salad ingredients in a large bowl.

**Step 2:** Put all the ingredients into a jar and shake well. Pour evenly over the salad and toss.



### COLESLAW DRESSING

- 1 tbsp sesame oil
- 2 tbsp canola/olive oil
- 6 freshly squeezed cumquats
- 1 tbsp honey
- 1 tbsp natural/greek yoghurt (or mayonnaise)
- 1 tbsp soy sauce
- 1 tbsp fresh, grated or finely chopped ginger
- pinch of salt
- pepper



# FUTUNA FERN SALAD

*Fern is a delicious Pacific superfood, full of potassium to keep your heart healthy. Don't have any fern? You can make the same salad with pumpkin tops – just de-fur them.*



## INGREDIENTS SERVES 6

- 1 bundle fern, young shoots
- 1 medium onion
- 4 tomatoes
- 1 small cucumber
- 1 small green capsicum
- juice of 2 lemons
- 1 coconut, grated and made into coconut cream

## WHAT YOU DO

- Step 1:** Break off the top part of the ferns and blanch them in boiling water (see blanching, p.40).
- Step 2:** Put the blanched tops in cold water and shred them with a sharp knife.
- Step 3:** Chop all the remaining vegetables. Drain the fern.
- Step 4:** Place it in a serving dish and add the chopped raw vegetables.
- Step 5:** Pour coconut cream and lemon juice over the fern and vegetables and serve.



# TOLU KUMARA SALAD

*This delicious salad from Niuean born dietitian Karen Fukofuka is a family favourite. It's a great way to feed large groups and squeeze some vitamin A into kids' diets.*

## INGREDIENTS SERVES 8

- 1.5 kg kumara (mixture of orange, purple and yellow), boiled or steamed and cut into cubes
- 4 eggs, hard boiled and coarsely chopped
- 1 medium red onion finely chopped or 5 spring/green onions chopped
- 5 tbsp chopped parsley (plus extra for garnishing)

**Optional extras;** Add 1 cup cooked green beans or peas. Add ½ cup chopped lean ham or cubed cooked chicken breast.

## WHAT YOU DO

- Step 1:** Put all the dressing ingredients into a jar and shake well. Refrigerate until ready to use.
- Step 2:** Combine all the salad ingredients in a salad bowl.
- Step 3:** Add the dressing – as much or as little as you like. Garnish with extra chopped parsley, season with freshly ground pepper and serve.

## DRESSING:

- 3/4 cup mayonnaise (homemade or store bought)
- 1 tbsp mustard with seeds
- 2 tbsp honey
- ¼ cup cider vinegar
- Freshly ground pepper to taste



*Salads are a great way to increase your vegetable intake. There are many delicious combinations to enjoy. Eat these salads on their own or add one to your meal as a veggie-packed side dish.*

# MICRONESIAN RICE MAKEOVERS

**A** little bit of rice won't hurt us – but all those mountains of white rice we're loading on our plates might!

It's easy to eat too much rice, especially when it's covered in a salty sauce. Rice carries a whole heap of calories and not a lot of vitamins. Brown rice is the healthier option. For a balanced meal, keep your rice serving to a

quarter of the plate and add some colour by mixing in herbs, spices and vegetables.



## TIP

Be careful with cooked rice. Harmful bacteria can grow quickly in rice, so refrigerate leftover rice and don't reheat it more than once.

If you've boiled vegetables, use the leftover water to cook rice. The water contains some of the nutrients from the vegetables and gives the rice a pleasant flavour.

## QUICK TUNA AND RICE SALAD

### INGREDIENTS (SERVES 1)

- 1 can tuna, drained
- 1 cup cooked brown rice
- 1 cup watercress
- 1 tomato, chopped
- ½ red capsicum, chopped
- ½ lemon, juiced (or 3 cumquats)
- 1 tsp olive or coconut oil
- Chilli – optional

### WHAT YOU DO:

Mix the oil and lemon juice together. Combine all the ingredients in a bowl and serve!



## LIME AND CORIANDER RICE

Add a dash of exotic flavour to your brown rice by adding a squeeze of lime and some chopped coriander. Coriander leaves are packed with vitamins, minerals and flavour, so the more you add the bigger the flavour and nutritional value.

## CITRUS SPICE RICE

### INGREDIENTS (SERVES 2)

- 1 tbsp oil
- 2 tsp yellow mustard seeds
- 3 tbsp nuts, chopped (ivi, ngali, cut nut, almond)
- ½ tsp turmeric
- 2 cups basmati rice, cooked
- ½ cm piece fresh ginger, grated
- ½ lemon, juice (or 2 cumquats)
- Pinch salt

### WHAT YOU DO:

**Step 1:** Heat the oil in a large frying pan. Add the mustard seeds and heat until they pop.

**Step 2:** Add the remaining ingredients. Stir well. Cook for a few minutes until heated, then serve.



# DRESSING IDEAS

Here are some healthy dressing ideas to make your meals burst with flavour. Low salt, no added sugar, just all-natural flavour.

## TANGY TOMATO SALSA LOVES YOUR HEART!

### INGREDIENTS

- 6 tomatoes, diced
- 1 onion, finely chopped
- ½ fresh chilli, seeded and chopped
- half a bunch fresh coriander or basil, finely chopped
- 1 spring onion, finely chopped
- ½ tsp garlic, diced

### WHAT YOU DO

Combine all ingredients in a bowl and mix well. **Voilà!**

## THE VITAMIN BOOSTER!

Pour this delicious lime and chilli dressing over your green vegetables. The vitamin C in it will help boost your absorption of iron from

the greens while the fat in the oil will help you absorb more vitamin A and E.

### INGREDIENTS

- 2 tbsp lime juice
- 2 tsp clear honey
- 1 chilli, deseeded and finely chopped
- 3 tbsp light olive oil

### WHAT YOU DO

Mix all the ingredients together in a jar and shake!

## PUT DOWN THAT TOMATO SAUCE!

*Did you know tomato sauce is full of added sugar and salt. Just one tablespoon of tomato sauce contains one teaspoon of sugar (we're meant to have no more than six a day) and 10% of your maximum daily sodium intake (2000 mg). Try our healthy dressings instead!*

## TAVEUNI COCO RELISH

This delicious coconut relish tastes good on just about anything.

### INGREDIENTS

- 2 cups grated coconut
- 4 cloves garlic, chopped finely or crushed
- 1 large chilli, finely chopped
- Pinch salt and cracked pepper
- 2 tbsp coriander, finely chopped
- Juice of ½ lemon or 2 cumquats

### WHAT YOU DO

**Step 1:** Lightly toast the grated coconut until it is golden brown.

**Step 2:** Mix all the ingredients together and add the juice so the mixture is wet.



*Assemble as desired!*

# SIMPLE ISLAND SANDWICHES



Based on one sandwich made with two slices of bread and 3 tablespoons of heaped filling mixture



Three ideas for healthy, tasty sandwiches. Just mix all the ingredients together and keep refrigerated.

## FISHY FANS

- 2 cans tuna in brine (drained and rinsed in a strainer to help reduce the salt content)
- 1 tsp curry powder
- 3 tbsp mayonnaise
- Pepper to taste



*Tip – For extra protein add a few sunflower seeds or white beans.*

## LEFTOVER LOVO CHICKEN

- Pick the leftover chicken from bones (2 cups, shredded)
- 1 tbsp mustard (optional)
- 2 tbsp mayonnaise
- 1 onion finely chopped
- 1 avocado, mashed
- Pepper to taste



## CURRIED EGG, A PROTEIN-PACKED LUNCH

- 4 hard-boiled eggs, peeled, chopped
- 2 tbsp mayonnaise
- 1 tsp curry powder
- Pinch of salt and cracked pepper
- Fresh coriander, chopped



**ADD MORE GOODNESS: CHOOSE ANY, INCLUDE MANY!**

- Grated carrot
- Lettuce
- Sliced cucumber
- Avocado,
- Celery
- Herbs
- Watercress
- Sprouts
- Tomatoes
- And grated cheese makes a tasty addition.





## HEALTH GAINS FROM WHOLEGRAINS

*White bread has become a popular part of the Pacific diet. It's an affordable way to fill us up, but it could be doing us more harm than good! White bread is made with white flour, which is highly processed. This means that good nutrients such as fibre have been lost. White bread is quickly digested, causing our blood sugar levels to rise and leaving us feeling hungry again quite soon. This puts us at risk of weight gain, heart disease and diabetes.*

*If, however, there are wholegrains like seeds and oats, in our bread, this boosts the fibre, potassium, healthy fats, B-vitamins and vitamin E. Wholegrain breads and cereals can help lower our risk of obesity, heart disease, diabetes and digestive problems such as constipation. The more grains you add, the better it is for you! Try our recipe to make your own healthy bread!*

*Not convinced by wholegrain bread? Try a little test: one day have white bread for breakfast and note the time when you feel hungry again. The next day eat wholegrain bread and see how much longer it takes you to get hungry – that's fibre in action!*

# WHOLEGRAIN BREAD RECIPE:

## INGREDIENTS

3 tbsp yeast and ½ cup warm water  
3 tbsp sugar  
3 tbsp oil  
1 tsp salt  
1½ cups warm water  
4 cups wholemeal flour

## WHAT YOU DO

**Step 1:** Add the yeast to the water in a bowl, cover with a cloth and set aside for ten minutes. Put the sugar, oil, salt and water into a large bowl. Add the yeast mixture to this mixture and combine. Add the flour and mix well.

**Step 2:** Knead the dough on a floury board until it is smooth and no longer sticky. (Add a little more flour if necessary). Let the dough rise in the bowl for 25 minutes or until it doubles in size.

**Step 3:** If you want to make two loaves, divide the dough in half.

**Step 4:** Grease an aluminum pot or loaf tin with a little oil.

**Step 5:** Knead the dough for about one minute and then place it in the greased aluminum pot or loaf tin. Cover it with a clean cloth and leave it to rise for about 20 minutes.

**Step 6:** Bake the bread until the bread is brown on top: 15–20 mins over a fire or 30–45 mins at 160°C in a gas/electric stove.

*For extra fibre and B vitamins, replace 1 cup of flour with ¼ cup rolled oats and ½ cup of a seed and grain mix. Add a dash more water to keep the bread light.*



# NATURAL NIUE FLAVOURS

Heart disease is the world's number one killer. So what's the number one risk factor for heart disease? Raised blood pressure. And what is the main cause of raised blood pressure? Too much salt!

Here, we look at delicious natural flavourings that can help you protect your heart by cutting down your salt intake and boosting your potassium intake.



Coriander

Mint

Basil

Onion

Ginger

Tumeric

Lime or Lemon

Chillies

Onion

Garlic

Lemongrass

Spring Onion

## NATURAL FLAVOUR FACTS

1. Garlic and onion are prebiotics, meaning they help promote healthy bacteria in your stomach, which improves digestion.
2. Onions are most active within half an hour of chopping, so cut them fresh and use them quickly!
3. Garlic may help prevent heart disease by preventing cholesterol from clogging our arteries and stabilising blood sugar levels (garlic is great for people with diabetes).

4. Onions and garlic also have antimicrobial properties, which are good for immunity and preventing illness (especially food borne illness).
5. Many of the compounds that create health benefits in garlic are made active by chopping the garlic. So chop fresh garlic and leave it to stand for 10 minutes before cooking.

**GINGER:** Ginger is an age-old remedy for nausea,

especially good for those who suffer from travel or morning sickness. It is also great for digestion.

**CHILLIES:** Hot chillies cause short increases in our metabolism, meaning we burn a few more calories. Unfortunately, they will never match exercise as a calorie burner.

**HERBS:** Basil, coriander and mint are all healthy

herbs with the goodness of green leafy veges. Their strong flavours are a sign of high levels of nutrients. Loaded with nutrients they can help protect the body against stress and disease.

# Honey

THE NATURAL SWEETENER



**f** SEARCH  
'Waitika Farm'

Honey combines delicious natural sweetness with antibacterial properties. Honey is healthier than refined sugar but, like sugar, you shouldn't use too much!

### Beekeeping

The Pacific is the perfect place for beekeeping, with some of the world's healthiest bees making up to 25kg of honey a year! That's a whole lot of sweetness for you – and a nice little money earner too. Check out Waitika Farm making their own honey in Fiji.



**WARNING:** Salt is shown as sodium on food labels so look out for sodium on packaged foods, as that is where the high levels of salt are hiding. We should have no more than 2000 mg of salt/sodium a day; that's just one teaspoonful. So be sure to check the label!

## SPICES

Spices are a great way to flavour any meal. Calorie and salt/sodium free, they taste delicious with ginger, garlic, onions, curry leaves and lime.

- 1 CINNAMON
- 2 CURRY LEAVES
- 3 PAPRIKA
- 4 RED CHILLI POWDER
- 5 CUMIN SEEDS
- 6 CURRY POWDER
- 7 STAR ANISE
- 8 MASALA
- 9 TURMERIC POWDER: Turmeric contains the antioxidant curcumin. This is a powerful anti-inflammatory, which may help prevent disease and cancer growth.
- 10 PEPPER: Unlike salt, pepper is not bad for your health and contains loads of flavour, so season away!
- 11 BAY LEAVES



# FRESH FISH SALAD

Whether you call it *kokoda*, *ika mata*, *oka i'a*, *ota ika* or coconut fish the Pacific Islands have a unique way of using citrus juices to 'cook' fish in this delicious dish.

## INGREDIENTS SERVES 4

500 g fresh mahimahi, wahoo, walu, tuna or skinned snapper fillet, chopped into bite size pieces

5 limes or 10 cumquats, juiced

1 onion, diced

2 chillis, finely chopped

4 tomatoes, chopped

2 spring onions, chopped

2 cups coconut miti dressing

pinch salt

## WHAT YOU DO

**Step 1:** Mix the cut fish and lime/cumquat juice in a bowl and place in the fridge to marinate for 1 minute to 3 hours (depending on your liking). While in Fiji people tend to marinate it for longer (until the fish becomes opaque), in many islands people want to maintain the soft, fresh texture of the fish and so only marinate it for a few minutes. The longer you marinate it for the firmer, and more 'cooked' the texture of the fish.

**Step 2:** Drain the lime juice off and mix the remaining ingredients with the fish. Serve!



*Add a French twist! The French Polynesian and New Caledonian twist on this recipe, poisson cru, is even healthier – it uses tuna, which is rich in healthy Omega-3 fats (for heart and brain health), and reduces the amount of coconut cream.*

## WHAT YOU DO

**Simply chop up very fresh tuna, mix with plenty of cucumber, tomatoes and green onions. Then add a mixture of 1/3 coconut cream and 2/3 lime juice and marinate for only 30 minutes.**

**Bon appétit!**



The Pacific Ocean is our most valuable resource and it's under threat! Visit SPC's Fisheries, Aquaculture and Marine Ecosystems website [www.spc.int/fame](http://www.spc.int/fame) to learn more and find out how you can help keep our oceans healthy.

Above: A proud young fisherman and his catch from one of the marine protected areas SPC has helped establish to promote food security in Vanuatu.

# COCONUT MITI

*Cooking coconut cream does not change the calorie content. Only adding more water, coconut water, lemon juice or tomatoes/cucumber/onions will help cut down the calorie content of coconut cream as it dilutes the cream.*

## INGREDIENTS: (MAKES 2 CUPS, 4 SERVES)

- 1 cup fresh coconut cream
- ½ cup coconut water
- 1 red onion, finely chopped
- juice from two lemons/4 cumquats
- 1 tomato, finely chopped
- 1 red hot chilli, finely chopped
- ½ cucumber, finely chopped
- 1 spring onion, finely chopped

## WHAT YOU DO

Mix all the ingredients together and serve with some healthy vegetables, remember to keep it to half a cup per person though!



*Coconut Cream* has the potential to be a super vitamin booster thanks to fats in the coconut that help us absorb vitamins A, D, E and K. Vitamin C in the tomatoes and chilli also boost our iron absorption.

Be careful not to overdo it. Pouring a cupful of coconut cream on top of your meal can pack as many calories as putting a Big Mac burger on top of your meal!

**To enjoy the delicious coconut flavour, with fewer calories try this nutritious makeover.**



# FRESH KIRIBATI IKA

## INGREDIENTS, SERVES 4

- 600 g white fish fillets (e.g. wahoo, mahimahi)
- 1 tsp canola oil
- 2 spring onions, chopped
- 2 chillis, finely chopped
- 1 bunch Chinese cabbage, washed, quartered lengthways
- ½ bunch of choy sum, washed, chopped (you can add a mix of greens such as green beans or pumpkin tops to this recipe)
- 2 garlic cloves, thinly sliced
- 2.5 cm ginger, peeled, thinly sliced
- 1 tbsp honey
- 2 tbsp soy sauce

## WHAT YOU DO

**Step 1:** Combine the soy sauce, honey and garlic and mix well. Set aside.

**Step 2:** Place the fish on a banana leaf and sprinkle with ginger, chilli and spring onions. Wrap the fish in the banana leaf and steam it for 15 minutes or until cooked to your liking.

**Step 3:** Heat the oil in a large pan over high heat. Swirl to coat the pan. Add the garlic, honey and soy sauce and cook for 1–2 minutes. Add the Chinese cabbage and other green vegetables. Stir-fry for 2–3 minutes or until the cabbage is just wilted. Place the vegetables on a plate, place the fish on top and serve.

*Or keep it simple: just steam some fish and Chinese cabbage and sprinkle a little ginger, soy sauce and cumquat on top*



# NAURU BREADFRUIT CURRY



## INGREDIENTS SERVES 4

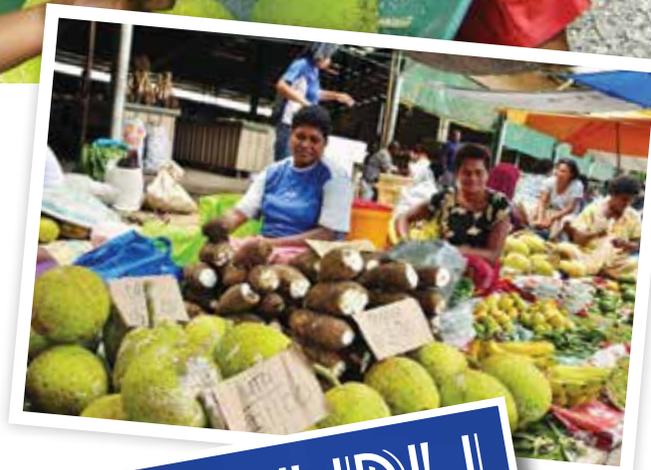
- 4 cups breadfruit, cut into chunks
- 2 cloves garlic, peeled and crushed
- 1 onion, peeled and sliced
- 2 tbsp curry powder
- 2 tbsp masala
- 1 tbsp mustard seeds
- 1 tbsp cumin seeds
- 1 tbsp fennel seeds
- 1 pinch salt
- 1 tbsp chilli powder
- 2 tbsp canola oil
- 1 to 2 cups of water, to soften the breadfruit

## WHAT YOU DO

**Step 1:** Heat the oil in a frying pan over medium heat. Add all the seeds. Watch that the seeds don't burn. When they begin to pop, add the spices (curry powder, masala, and chilli powder), then the onions.

**Step 2:** When the onions are soft, add the breadfruit and half of the garlic. Mix everything together, add some water and cover.

**Step 3:** Stir and check the curry every few minutes. Keep adding water until the breadfruit is soft. Then add the rest of the garlic and the salt. Stir everything together and let it simmer another 2 or 3 minutes. Let it cool, then eat!



*Breadfruit (mei, mai, ulu, uto) is a key ingredient to food security in the Pacific. We can ferment it and dry it for future use or eat it fresh. It is a healthy alternative to rice and pasta. Breadfruit is lower in calories than cassava, taro and rice so it helps us keep a healthy body weight, plus it comes with a dash of fibre and a sprinkle of vitamin C. See SPC's Breadfruit food leaflet for more information at [www.pacificdiets.com](http://www.pacificdiets.com)*

# SAMOAN VEGGIE STACKER



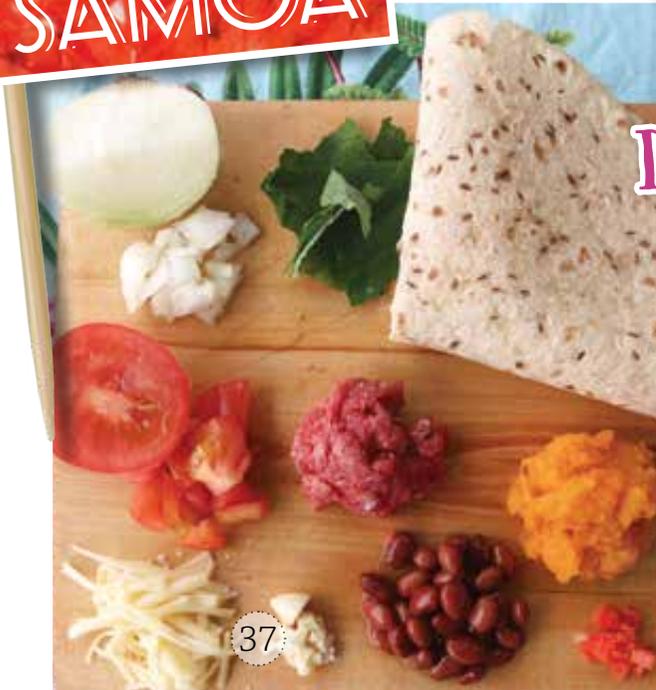
High in iron if mince is used.

## INGREDIENTS SERVES 6

- ½ pumpkin, mashed (or two sweet potatoes, mashed)
- 1 bunch of leafy greens (bele, slippery cabbage, chinese cabbage, sweet potato leaves)
- 3 wholemeal tortillas or roti (alternatively, you can use pasta to make a lasagne version)
- 1 can (2 cups) kidney beans (see page 21)
- optional extra- you could swap one cup of beans for mincemeat for an extra dose of iron.
- 1 chilli, deseeded and chopped
- 2 tomatoes, finely chopped
- ½ onion, finely chopped
- 1 tsp garlic, diced
- ½ cup grated cheese

## WHAT YOU DO

- Step 1:** Put the kidney beans, chilli, onion, garlic and tomatoes in a pan. Cook over a low heat for five minutes. Set aside.
- Step 2:** Boil and mash the pumpkin. Blanch the leafy greens with the chopped garlic to add more flavour.
- Step 3:** Place one tortilla (or roti) in a deep dish. Spread out half of the kidney beans mixture, the mashed pumpkin and leafy greens on top of the tortilla/roti. Repeat this process, then put the final tortilla on top. Sprinkle it with grated cheese.
- Step 4:** Cook under the grill for 15–20 minutes. Divide into six pieces and enjoy!



## DID YOU KNOW?

**Seventy NEW varieties of sweet potato will soon be available in the Pacific?**

With support from the New Zealand government SPC scientists are working on introducing new varieties all the way from South America that are nutrient rich and weather resistant.

# VEGETABLE VITALITY

AIM TO EAT A RANGE  
OF COLOURS EVERY DAY  
TO MAKE SURE YOU'RE  
GETTING A RAINBOW  
FULL OF VITAMINS.

4

3

1

2

5

# VEGE VITALITY!

## 1 TOMATO, CHILLI, PEPPER:

Red vegetables get their colour from a special antioxidant called lycopene, which can help reduce the risk of cancer and keep our hearts healthy

## 2 CORN, PUMPKIN, SWEET POTATO, CARROT:

Yellow and orange vegetables are rich in vitamin A to keep our eyes healthy and our vision strong

## 3 GREEN CABBAGE, TARO LEAVES, WATERCRESS, OKRA, BEANS:

Green vegetables are superfoods in the Pacific; they contain a range of nutrients for good health, including antioxidants, folate, vitamin K and a whole heap of potassium to keep your heart healthy.

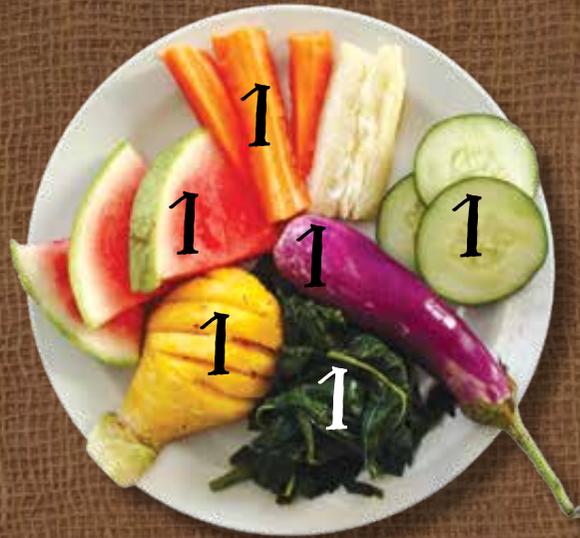
## 4 WHITE CABBAGE, ONION, GARLIC:

These white vegetables contain allicin, which is known for its antiviral and antibacterial properties to boost immunity.

## 5 EGGPLANT, RED CABBAGE, PURPLE TARO:

Anthocyanin is what gives purple vegetables their colour. It can protect the body from damage and reduce the risk of cancer, stroke and heart disease.

EVERY DAY WE SHOULD HAVE AT LEAST **THREE SERVINGS** OF VEGETABLES. HERE'S WHAT ONE SERVING LOOKS LIKE:



1/2  
YOUR PLATE  
SHOULD BE  
VEGES

## A SERVING SIZE IS:

**Half a cup:** beans, celery, zucchini, cucumber, eggplant, lettuce/green leafy vegetables (cabbage, ota, saijan, watercress, etc.), onion, corn.

**One whole:** carrot, capsicum, spring onion, tomato.

Unfortunately, cassava, taro, yam and potatoes don't count as part of your three vegetable servings per day because they're energy foods rather than protective foods. But pumpkin is a great low calorie, vitamin A-rich substitute.

Colourful vegetables should take up half of your plate. Aim for a mix of colours to ensure you're getting a good mix of vitamins!

Make sure to keep the skin on eggplants and cucumbers - all the vitamins are in their colourful coats. Just give them a good wash.

Remember to serve your iron-rich leafy green vegetables with a little bit of lime/cumquat, chilli, tomato or the vitamin booster dressing (pg 29) so that the vitamin C can help you absorb as much iron as possible.

The more vegetables we eat, the healthier we are!



# FIVE WAYS WITH VEGETABLES

Fresh or cooked veges are an essential part of a healthy diet. Sometimes vitamins can be lost during cooking, so here are some ways to maximise the vitamin content of your vegetables.



## FRESH

Many vegetables can be eaten fresh in salads with just a quick wash. Remember, lots of the nutrients are in the skin of vegetables, so try giving them

a good scrub with clean water rather than removing the skin.

## STEAMING

Steaming is a nutritious way to prepare vegetables as it stops any vitamins being lost in cooking water.



## SAUTÉ/STIR-FRYING

This is a way of cooking vegetables in a pan, using just a little oil and cooking them quickly to avoid nutrient loss.

**Step 1:** Shred, dice or thinly slice the vegetables into similar size pieces.

**Step 2:** Heat a little oil in a large pan until very hot

**Step 3:** Cook the dense vegetables first as they will take longer to cook, e.g. carrot, eggplant, broccoli stems.

**Step 4:** Add the lighter vegetables towards the end of cooking, e.g. cabbage, choy sum.

**Step 5:** Stir the veges while they cook. Cook until they are to your liking.



## BLANCHING

Blanching vegetables is a quick and easy way to cook veges without losing all those good nutrients. Especially good for more delicate green vegetables such as fern, Chinese cabbage and choy sum.

**Step 1:** Have a bowl of cold water ready.

**Step 2:** Bring a pot of water to the boil on high heat.

**Step 3:** Clean and wash your vegetables thoroughly and cut into similar sized pieces.

**Step 4:** Add a pinch of salt to the water (optional) just before you add the vegetables.

**Step 5:** Leave them for about 30 seconds (longer for denser vegetables).

**Step 6:** Remove quickly and place in cold water, drain and then serve.



### Tip:

*If you are short of time, a full pot or kettle of boiled water poured slowly over your veges in a strainer also works well. They should still be a nice vibrant green and crunchy to eat.*

## BOILING

Some vegetables require boiling. These are the dense vegetables, e.g. taro, potato, cassava, yam, carrots. Cut them into similar size pieces before cooking.

**Step 1:** Bring water to the boil, add the chopped vegetables

**Step 2:** Cover tightly and return to the boil as quickly as possible, reduce the heat and simmer gently so the vegetables don't break up. Cook until they can be easily pierced with a fork.

**Step 3:** Cook green vegetables without a lid for vibrant colour. Cook until tender (about 2mins).



**Tip:** *The boiled water will now contain some of the vegetable nutrients. Turn it into a soup, or let it cool before pouring it over your vegetable garden to avoid wasting them.*

# PACIFIC DIETITIANS, WALKING THE HEALTHY TALK!

Thanks to Fiji National University's dietitian training course, the Pacific Islands are blessed with dietitians promoting healthy, local foods throughout the islands. Dietitians like Ilisabeta Sili in Fiji are 'walking the talk' when it comes to healthy living. Check out her story about how she made simple, sustainable lifestyle changes to improve her and her family's health.

*"We cut out oily, fatty foods and started including fruits and more fresh vegetables in our diet. We started drinking more water and made sure breakfast was our most important meal of the day."*

## Ili's Story

As a dietitian, I was always telling people what to eat and how to get healthier, but I wasn't practising what I preached. The only exercise I did was manual housework. At school I had played netball, but I had become too big to even run and jump anymore. As a family, we ate 'Pacific style' – anytime and anything we came across, big portions, lots of fried foods and oily curries.

The biggest problem, though, was that my family and I would get sick a lot. In early 2013, we moved from Ra to Ba and things got worse. We all suffered from scabies for over two months and despite two courses of antibiotics, nothing helped. That was when I decided that we needed to eat for our health; if medication wasn't going to fix it, our diets would.

My husband was very happy with the change, he grew up in the interior and so he much prefers the natural healthy foods, rather than the processed, fatty ones we were eating all the time.

We cut them out and started including fruits and more fresh vegetables in our diet. We started drinking more water and made sure breakfast was our most important meal of the day. We all started exercising daily.

Sometimes I found these changes hard, but doing it as a family really helped, and my husband was very supportive. It was so wonderful to spend time as a family doing something so positive. To save money, we even started planting our own food in our garden. The best change I have seen is in our kids; they love being health ambassadors, they tell their friends and teachers they are 'eating healthy for life' – they understand they are investing in a healthy future.

I feel so good now; we all do. We don't get sick anymore, we all look healthier and have so much more energy. People tell me I look ten years younger!

**Age:** 34 **Before Weight:** 93kgs

**Current Weight:** 70kg

## Meet Ilisabeta Sili

Ili is married with three children. She lives with her family in Ba, Fiji, and works full time as a dietitian.



## Ili's Advice

**A woman's role is so important because they are often the cook in the house.** I ask that they think carefully before they decide what to give their family.

**Start small and take it one step at a time.** Cut the sugar, cut the salt. Have a good breakfast and lunch and a light dinner. Know that, at the end of the day, it's good for your health and we need to work on it now so that we can live beyond 60.



**FOR MORE INFO**  
 ... visit the French Polynesia  
 Association of Dietitians at:  
[www.adpf.pf](http://www.adpf.pf)

FRENCH  
 POLYNESIA



# FRENCH POLYNESIA SALADE DE LENTILLES

## INGREDIENTS SERVES 4

- 2 cups French or green lentils, raw
- 1 carrot, cut into small cubes
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 litre water or fish stock
- 1 tsp oil
- 1 tbsp mustard
- 3 spring onions, finely chopped
- ½ pinch of salt
- Pepper to taste
- 1 bay leaf
- ½ red pepper, finely diced (optional)

## WHAT YOU DO

- Step 1:** Cook the onion, carrots and oil in a pan over low heat for 3 minutes.
- Step 2:** Add the garlic and bay leaf and cook for one minute.
- Step 3:** Add the green lentils and cook for another 3 minutes.
- Step 4:** Pour water or fish stock in and simmer for 20-25 minutes.
- Step 5:** Drain the water and allow the lentils to cool.
- Step 6:** Stir in the red capsicum (optional).
- Step 7:** Season with salt, pepper and mustard and serve as a side dish for fish or serve it on top of some wholegrain bread.

# LE BOUGNA - THE BURIED NEW CALEDONIAN TREASURE



**ARE EARTH OVENS A HEALTHY WAY OF COOKING?** Earth ovens are a very healthy way of cooking because they prevent the loss of nutrients in water and don't require oil. The only issue with earth ovens is that our excitement leads to large portions and over-eating!



## BON APPÉTIT!

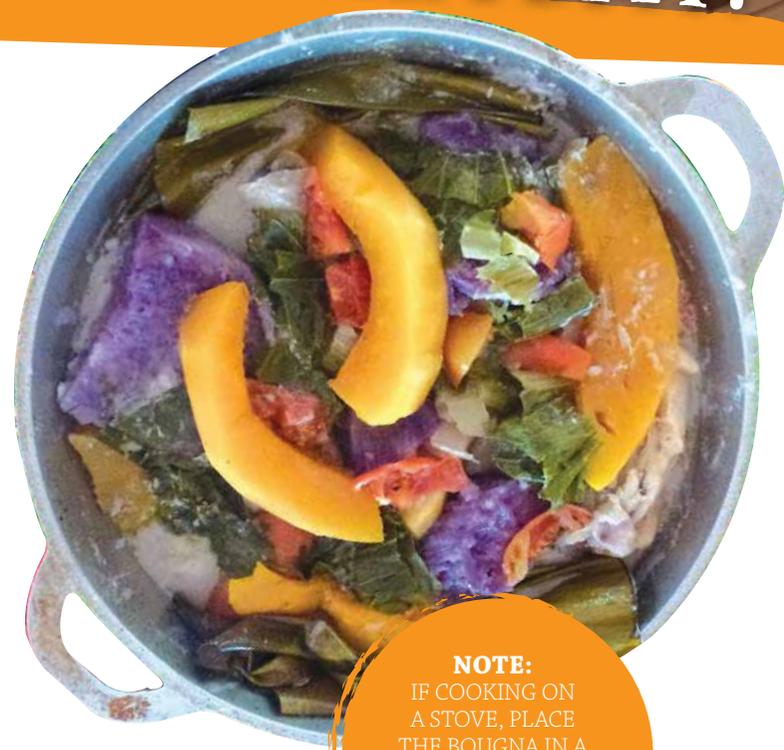
*Le bougna is New Caledonia's umu, hangi, lovo, imu, mumu. You can use an earth oven or stove to produce this traditional feast of root crops and fish, pork or chicken. Bougna translates to 'bundle' as the Kanak people of New Caledonia wrap the food in a bundle of banana leaves before burying it in the earth oven to cook.*

### INGREDIENTS SERVES 8

- 2 banana leaves for each bundle
- 2 yams or taro
- 2 sweet potatoes/kumara
- ¼ pumpkin
- 6 tomatoes
- 2 cooking bananas/plantain/vudi
- 1 bunch green onions
- 1 whole chicken, cut into pieces (or an equivalent amount of fish or pork)
- 2 cups coconut miti dressing (page 35)
- 4 tbsp parsley

### WHAT YOU DO

- Step 1:** Prepare the banana leaves: Choose young banana leaves with a central rib that is not too thick. Hold each leaf over an open flame and turn it several times so that it softens. Cut the spine off the central rib. You need two leaves for each bundle.
- Step 2:** Wash the chicken and cut it into serving pieces.
- Step 3:** Peel and wash the yam/taro and sweet potato and slice into serving pieces.
- Step 4:** Arrange the leaves for wrapping (two leaves per bundle, placed in a cross shape **X**). Arrange the food in the middle, layers of sliced yam/sweet potato, banana, chicken, tomato, pumpkin and onions.
- Step 5:** Pour coconut miti dressing (page 35) over and sprinkle parsley on top. Wrap up each bougna by pulling up the banana leaf sides and tying securely with flax or vines.
- Step 6:** Cook in an earth oven for 1½ to 2 hours



**NOTE:** IF COOKING ON A STOVE, PLACE THE BOUGNA IN A CASSEROLE/POT AND BAKE IN THE OVEN AT MEDIUM HEAT FOR 1½ HOURS.



# FIJIAN LOVO SALAD



Low in Sodium if fresh tuna is used.

## INGREDIENTS SERVES 4

- 3 cups lettuce/watercress washed and torn into small pieces
- 2 cups cooked taro/cassava or cooking banana (prepared as usual), cut into bite size pieces
- 2 cups choy sum
- 2 eggs, hard boiled
- 100 g green beans, trimmed
- 6 tomatoes, cut into cubes (replace with avocado when tomatoes are out of season)
- 1 tin tuna, drained, or 200 g fresh tuna, lightly grilled
- ½ lemon/cumquat/lime juice (or try our lime & chilli dressing. Pg 29)

***The Pacific take on the Niçoise salad!***  
***A great way to make a healthy meal from lovo leftovers!***

## WHAT YOU DO

- Step 1:** Hard boil the eggs. Peel and cut into quarters.
- Step 2:** Boil the beans for 1–2 minutes until cooked but still slightly crunchy and bright green. Put them in a strainer under cold running water till cool. Leave to dry.
- Step 3:** Cook the taro, cassava or cooking banana as you usually would. Arrange the lettuce on a large plate. Scatter the cooked taro/cassava/banana, egg quarters, tomatoes and green beans on top of the lettuce.
- Step 4:** Place the tuna on the top.
- Step 5:** Squeeze the lemon juice over just before eating or serve with slices of lemon. Or dress with our vitamin booster (page 29) dressing.





# NI-VAN CHICKEN SATAY

## INGREDIENTS SERVES 6

450–500 g chicken with bones and skin removed, sliced into 1 cm strips  
 1 tsp garlic, crushed  
 1 tsp virgin coconut oil  
 1 large carrot  
 1 Chinese cabbage, sliced into strips  
 ¼ red or green cabbage, sliced  
 1 or 2 cups of any other in-season vegetables (e.g. zucchini, cauliflower, capsicum, choy sum)

## SAUCE

½ red onion, finely diced  
 1 tsp chilli powder  
 1 tsp ground cumin  
 1 tsp ground coriander (if you don't have ground coriander and cumin available you can use masala instead)  
 1 tsp garlic, crushed  
 juice of half a lime or 3 cumquats  
 1 tbsp virgin coconut oil  
 3 tbsp grated coconut  
 3 tbsp peanut butter  
 1 tsp light soy sauce  
 2 tbsp raw sugar  
 1–2 cups of water



## WHAT YOU DO

**Step 1:** To make the sauce, heat the coconut oil in a frying pan over medium heat and add the coriander, cumin, garlic and red onion. Fry for about 30 seconds.

**Step 2:** Add the peanut butter, chilli, lime juice, sugar, coconut and soy sauce and stir. This will form a paste. Gradually add water (about half a cup at a time) and continue stirring until you get the desired consistency for your sauce (more water = runnier sauce). Simmer for a few minutes. Set aside.

**Step 3:** Heat a little coconut oil and garlic in another pan. Add the chicken and brown it. Add the vegetables and stir-fry for a few minutes. Pour the sauce over and cook for 1-2 minutes.

**ENJOY!**

*This recipe is a special addition from Paul Waqakalou and Jessica Miller, the creators of Clean eating recipes which you can find on Facebook or as an app. The page has over 700,000 followers, which is almost the population of Fiji, where Paul was born! Clean eating recipes promote cooking without processed and packaged foods and using foods as close to their natural state as possible. Keeping it natural and nutritious!*





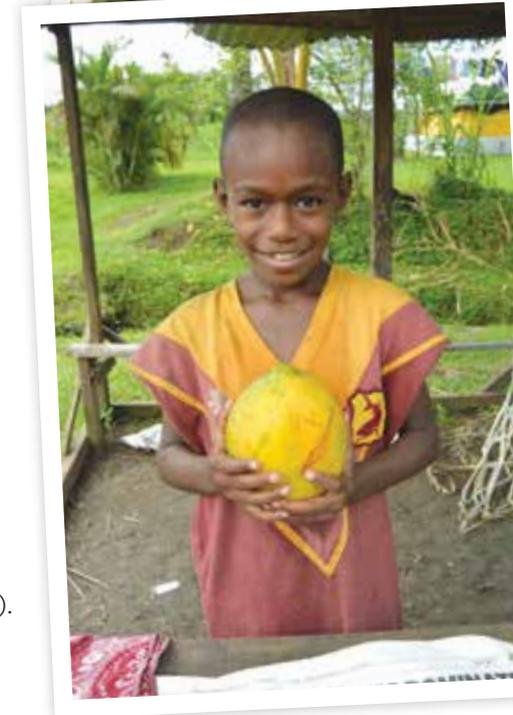
# GREEN PAWPAW CURRY WITH COCONUT



## INGREDIENTS SERVES 3 OR 4

- 2 medium-sized green pawpaws, peeled and cut into 2 cm cubes
- 2 tbsp oil
- 1 onion, sliced
- 1 tsp masala
- 1 tsp turmeric powder (haldi)
- 1 tsp mustard seeds (sarso)
- ½ tsp cumin seeds (jeera)
- 4 cloves garlic, crushed
- 1 tbsp sweet chilli sauce (or sweet chutney)
- A small handful of curry leaves
- ½ cup (125 ml) coconut cream (1 coconut, grated and squeezed)
- A small bunch of coriander, roughly chopped

*Our thanks to the lovely Nazia Ali for this recipe.*



## WHAT YOU DO

**Step 1:** Fry the onions, curry leaves, cumin seeds and mustard seed in a pot until golden brown.

**Step 2:** Add the garlic and stir for 2 minutes, then add the masala and turmeric.

**Step 3:** Add the pawpaw, stir and cook until pawpaw softens (5–10 minutes).

**Step 4:** Stir in sweet chilli sauce and coconut cream and cook for two minutes.

**Step 5:** Stir in coriander and remove from the stove. Garnish with coriander and sliced chilli (if you like it hot).

# COOK ISLANDS

## CASSAVA AND IKA



*This recipe is courtesy of Taiora Matenga-Smith from Rarotonga. Taiora has worked as a dietitian right around the Pacific and was the author of the Cook Islands cook book. Released in 1990 this little gem is still inspiring healthy and delicious cooking in Cook Islands and abroad.*

### INGREDIENTS SERVES 2

- 2 cups (1 bundle) young cassava leaves, stems removed
- 2 fillets of fish (or 1 can of tuna, drained)
- 1 medium onion, diced
- 1 tsp oil
- 1 pinch salt
- ½ cup coconut miti (page 35)

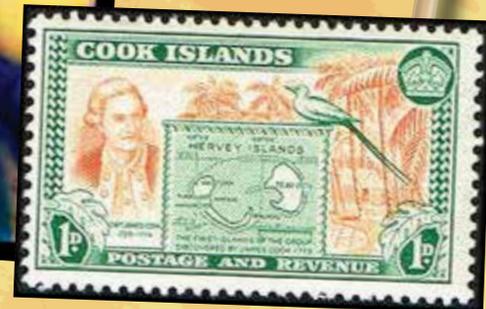
### WHAT YOU DO

**Step 1:** Wash the cassava leaves and drop them in boiling water. Stir for 10 minutes. Remove from the heat and drain. Rinse in cold water. Make sure to throw away the boiled water; it won't taste nice and could make your throat itchy.

**Step 2:** Heat the oil and cook the onions for 3 minutes. Add the fish and cover. Cook on low heat for around 3 minutes.

**Step 3:** Add the cassava leaves to the mixture in the pan and season with a small pinch of salt. Serve!

*Cassava leaves are Pacific superfoods, just as long as you cook them correctly! They're loaded with vitamin A and iron, which are the two nutrients many of us are lacking. Raw cassava leaves can be toxic so they must be cooked before eating.*



# LOVO TOA IVI WITH TAMARINI GRAVY



## INGREDIENTS SERVES 10-12 PEOPLE

### IVI STUFFING:

- 5 ivi (or cutnut, ngali)
- ½ cup melted butter
- 3 cups spring onion, finely chopped
- 6 cloves garlic, crushed
- 8 cups cubed stale bread
- 1 cup coriander, chopped (or basil)
- 1 egg, beaten
- ¼ cup (approximately) stock or water
- pinch salt and pepper

### CHICKEN:

- 2 whole chickens
- 4 tbsp melted butter
- 6 tbsp masala powder
- salt and pepper
- ½ cup flour
- 2 cups stock or water (approximately)
- ½ cup tamarind chutney
- 3 ivi, thinly sliced
- chilli flakes to garnish

## WHAT YOU DO (IVI STUFFING)

**Step 1:** If your ivi are raw, first cook both quantities (5 for the stuffing, 3 for the chicken). Cook them well in lots of water for about an hour, until tender, then peel.

**Step 2:** To make the stuffing, roughly chop the five cooked ivi.

**Step 3:** Pour the melted butter into a pan. Sauté the ivi, spring onion and garlic until lightly browned.

**Step 4:** Remove from the heat, place in a bowl with the bread and the coriander and mix together.

**Step 5:** Add the egg and a little stock to moisten. Season with salt and pepper, and then set aside.

## WHAT YOU DO (CHICKEN)

### IF YOU ARE COOKING IN A LOVO:

1. Rinse the birds and pat them dry.
2. Fill each chicken with the Ivi stuffing and close with a toothpick. Brush the chickens with three tablespoons of the melted butter and sprinkle with the masala powder and a pinch of salt and pepper. Tie up and cook in the lovo as usual.

### IN THE OVEN:

1. Preheat the oven to 180°C. Rinse the birds and pat them dry.
2. Fill each chicken with the stuffing and close with a toothpick. Place in a roasting pan.
3. Brush the chickens with three tablespoons of the melted butter and sprinkle with the masala powder, salt and pepper.
4. Roast, basting often, until cooked (about 1¼ hour).
5. Use the chicken juices from the pan to start your gravy.

### GRAVY:

1. Heat the roasting pan on the stove. Add the flour to the remaining chicken juices to form a paste, scraping the pan to incorporate any roasting juices. (If cooking the chickens in a lovo, just use chicken stock.)
2. Pour the stock or water into the pan and stir. Simmer for a few minutes, and then strain the gravy into a small saucepan. Add the tamarind chutney to the gravy and simmer for two minutes.

### GARNISH:

1. In a separate pan, quickly sauté the other three sliced ivi in the remaining tablespoon of butter with chilli flakes and sea salt, until lightly toasted (about four minutes).
2. Pour onto the top of the chicken and serve.

For an extra special meal, we asked world famous chef and Pacific food guru, Robert Oliver, for a yummy Fijian recipe. Try this recipe in the lovo or using the instructions below. Robert's friend Susan Parkinson shared this recipe with him. **Susan Parkinson worked tirelessly to promote good nutrition and women's rights, playing a key role in establishing the dietetics profession in the Pacific and producing numerous publications including the 'Taste of the Pacific' cookbook.** Recipe adapted from Me'a Kai (Godwit 2010). Text by Robert Oliver and Tracy Berno; image by Shiri Ram.



# VUDI VAKASOSO

ILIESA DELANA'S GOLD MEDAL DESSERT!



*Iliesa Delana is Fiji's first gold paralympian! He and his Aunt Lice shared their favourite recipe with us. Iliesa loves eating Vudi Vasoso on Sundays after church. He likes it warm but likes it even more the next morning when it is cold and the smoky flavours have mixed together. Iliesa likes Vudi Vasoso because it combines delicious natural flavours, is simple to make and has no added sugar. Ili says it's better than chocolate! But make sure you have a sensible portion!*

**1 Vudi per person is plenty.**

## INGREDIENTS

**SERVES APPROXIMATELY 10, (SERVE ONE VUDI PER PERSON)**

- 1 bunch of very ripe vudi (cooking banana/plantain)
- 4 medium coconuts, grated

## WHAT YOU DO



**Step 1:** Peel the ripe vudi and remove the ends and any bruised areas.

**Step 2:** Make a slit along the length of each vudi and pack in some grated coconut.



**Step 3:** Place the vudi whole in a large pot.

**Step 4:** Squeeze the milk out of remaining grated coconut and combine with a litre of water.

**Step 5:** Strain the mixture and pour it over the vudi. Put the lid on.



**Step 6:** Place on fire/stove and heat. (This dessert tastes better cooked on the fire).



**Step 7:** When the coconut cream has boiled down a little, take the pot off the fire/stove and leave it to cool with the lid off.



**Step 8:** Serve warm or leave overnight in the fridge and have it cold for breakfast. **Vudi vinaka!**

# GROW FOR YOUR HEALTH

*The Pacific is blessed to have such fertile soils. Having your own home garden is a great way to provide fresh fruits and vegetables for your family. In fact, children who get involved in gardening are more likely to eat their greens!*

*From small kitchen gardens to large orchards, we can all help the Pacific fight off climate change and the NCD tsunami by planting and eating fresh, local foods.*



## Plant Herbs

Herbs have all the nutrition of larger leafy vegetables, condensed down into smaller leaves; this means they have a powerful nutrition punch!

Planting herbs on the garden boundaries and throughout your garden is a great way to get rid of garden pests; their smell repels the pests – but adds delicious natural flavour to your cooking!

Herbs include lemon grass, sacred basil, sweet basil, coriander, mint and dill, which can also help attract good insects to help your garden thrive.

### PLANT IRON-RICH VEGETABLES

These include Amaranthus (chauraiya, tubua), bele (slippery cabbage/edible hibiscus), drumstick (saijan, boro ni Idia, horse radish), karamua, kumara, taro leaves and fern. **TIP** – Remember to always serve them with a source of vitamin C like tomatoes, cumquats, lime, chillis or fruits to boost your body's absorption of their nutrients.

### FOR MORE INFORMATION VISIT THESE WEBSITES:

SPC's Land Resources Division: [www.spc.int/lrd](http://www.spc.int/lrd)

Learn all about the Pacific organic movement at Organic Pasifika:  
[www.organicpasifika.com/poetcom](http://www.organicpasifika.com/poetcom)

Kastom Gaden: [www.kastomgaden.org](http://www.kastomgaden.org)

# PLANTING CALENDAR



## FACTS & TIPS

**ZUCCHINI:** these will grow in time for summer and make a refreshing vegetable to keep you hydrated in the hot sun.

**TOMATOES:** eat plenty of tomatoes to boost your vitamin C and keep your immune system strong in the cooler months.

**PUMPKIN:** from vitamin A-rich flesh to iron-rich leaves and seeds, pumpkin are delicious bundles of healthy nutrients.

**TURN UP THE HEAT!** Grow chillies throughout your garden to repel bad bugs and reap the rewards of their calorie-burning flavour (page 32).

**VARIETY IS THE SPICE OF LIFE** – Grow a variety of crops in your garden and never plant the same crop in the same spot twice. Rotating your crops around the garden helps keep your soil healthy and pests at bay.

**COVER YOUR SOIL WITH MULCH** or use bamboo leaves for mulch. This keeps the soil moist and the weeds away.

**FROM SOUL FOOD TO SOIL FOOD** – your food scraps can create nutritious food for the soil. Compost your leftovers or dig food scraps into the soil; they break down to provide the soil with healthy nutrients. Used coffee grounds can also help keep the creepy crawlies away, and seaweed is especially good for the soil.



**GARDENING IS ALSO A GREAT WAY TO BURN SOME CALORIES AND GET SOME EXERCISE WHILE GETTING FRESH AIR.**

COOLER MONTHS

HOTTER MONTHS

	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR
Amaranthus (tubua)							✓	✓	✓	✓	✓	✓
Carrots	✓	✓	✓	✓	✓	✓						
Cauliflower	✓	✓	✓	✓	✓	✓						
Chillis							✓	✓	✓	✓	✓	✓
Citrus Fruits	✓	✓	✓	✓	✓	✓						
Chinese Cabbage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coriander	✓	✓	✓	✓	✓	✓						
Cowpea							✓	✓	✓	✓	✓	✓
Cucumber	✓	✓	✓	✓	✓	✓						
Edible Hibiscus (bele, pele, abika, slippery cabbage)							✓	✓	✓	✓	✓	✓
Eggplant							✓	✓	✓	✓	✓	✓
English Cabbage	✓	✓	✓	✓	✓	✓						
French/Green Beans	✓	✓	✓	✓	✓	✓						
Guava							✓	✓	✓	✓	✓	✓
Lettuce	✓	✓	✓	✓	✓	✓						
Okra							✓	✓	✓	✓	✓	✓
Pumpkin							✓	✓	✓	✓	✓	✓
Spring Onion	✓	✓	✓	✓	✓	✓						
Star Fruit							✓	✓	✓	✓	✓	✓
Taro Leaves	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tomatoes	✓	✓	✓	✓	✓	✓						
Watermelon	✓	✓	✓	✓	✓	✓						
Water Spinach (karamua, kangkong, ota karisi, swamp cabbage)							✓	✓	✓	✓	✓	✓
Winged Bean	✓	✓	✓	✓	✓	✓						
Zucchini	✓	✓	✓	✓	✓	✓						

Photo courtesy of Paul Carter Deaton



**A HUGE FA'AFETAI TELE, FAKAAUE LAHI, FAKAFETAI, FAKEFETAI LASI, KALAHNGAN, KOMMOOL TATA, KO RAB'A, MĀLŌ 'AUPITO, MAURU' URU, MEITAKI, MERCI BEAUCOUP, TANK IU, TANK YIU TUMAS, TENKYU, THANK YOU, TUBWA KOR, SI YU'US MA'ASE, SI YU'OS MA'ASE' AND VINAKA VAKALEVU TO ALL OF THE WONDERFUL PACIFIC ISLANDERS AND ORGANISATIONS WHO HAVE HELPED MAKE THIS COOKBOOK A REALITY.**



**YOUR KINDNESS AND HEALTHY LIVING IS AN INSPIRATION AND WE HOPE PASIFIKA PLATES HELPS TO SPREAD THIS THROUGHOUT THE ISLANDS FOR HEALTHY PEOPLE, HEALTHY LANDS AND HEALTHY OCEANS.**