

Live

THE ULTIMATE

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RECIPE GUIDE

Line

Five-Day Shopping List:

Item	Price
Coles Vegetable Oil	\$2.50
Coles Butter Beans	\$0.60
Coles Table Salt	\$0.90
White Plain Flour	\$1.00
Coles Tin Tomatos	\$0.60
Coles Coconut Milk	\$0.70
Red Curry Paste	\$1.37
Pumpkin	\$0.70
Udon	\$0.30
Potato	\$0.30
Spring Onion Bunch	\$1.00
Total cost for the week:	\$9.97

Recipes

01. Coconut

SERVES

Curry

ONE

Udon

Ingredients:

- 6 tablespoons coconut milk
- 1 tablespoon red curry paste
- Pumpkin
- 2 spring onions
- Half udon noodle pack
- 1 tablespoon vegetable oil
- Salt

Method:

1. Thinly slice the white ends of spring onion, reserving the green tops for garnishing. In a small pot, add oil and start sauteeing the spring onion ends till fragrant (30 seconds). On a low flame, add red curry paste and a handful of pumpkin cut into small cubes - stir until the oils and spices release and coat each pumpkin piece (one minute).
2. Add about five tablespoons of coconut milk to the pot and 3/4 cup of boiling water. Season with salt and bring to a gentle boil until pumpkin is squishable (10-15 minutes).
3. Just before serving, pop your udon in a bowl and cover with boiling water (to warm and loosen noodles only).
4. Drain udon and pour curry on top. Garnish with the reserved spring onion, a drizzle of the remaining coconut milk and a crack of pepper if you have it!

02.

Flatbread

MAKES 6 FLATBREADS

Ingredients:

- 200g plain flour
- Pinch of salt
- 100ml warm water
- 2 tbsp oil, plus extra for cooking

Method:

1. Using a spoon - mix flour and salt, slowly adding water a few drops at a time till combined and a doughy consistency.
2. Add oil to dough and begin kneading with your hands. If it is too sticky, add a touch more flour or if it is too dry, add a tiny amount of water (5 minutes). Divide dough into six equal balls.
3. On a lightly floured flat surface, roll out your flatbreads turning it 90 degrees clockwise every so often to ensure a circular shape.
4. Lightly oil a nonstick pan and cook flatbreads - flip when small brown dots appear and your bread begins puffing up, flip and cook evenly.
5. NB: To make chips for snacking cut up and toss cooked flatbreads in oil. Fry in oil and serve with a sprinkling of salt.
6. NB: To make spiced flatbread: mix in a teaspoon of red curry paste, you may need to add more flour too.

03. Udon

SERVES

Stir

ONE

Fry

Ingredients:

- Half packet udon noodles
- Spring onions
- 1 tablespoon red curry paste
- Salt
- Oil

Method:

1. Thinly slice the white ends of spring onion, reserving the green tops for garnishing. In a small pan, add oil and start sauteeing the spring onion ends till fragrant (30 seconds). On a low flame, add red curry paste - stir until the oils and spices release (one minute). Add 150ml of water and keep on the lowest possible flame.
2. Meanwhile reheat your udon noodles and toss through a few drops of oil. Add noodles to pan and stir fry till water evaporates completely. Season with salt.
3. Garnish with reserved spring onions.

04.

Thai

SERVES

Pumpkin

ONE

Soup

Ingredients:

- Two handfuls of chopped (2cmx2cm) pumpkin (reserve half for pumpkin wrap)
- 5-6 tablespoons coconut milk
- 300ml water
- Spring onion
- A splash of tomato juice from tinned tomatoes

Method:

1. Toss pumpkin cubes in $\frac{1}{2}$ tablespoon of red curry paste, salt and oil. Roast at 200 degrees celsius, checking every 10 minutes. You want the sides to be slightly crisp and brown. When you stab through easily (30 mins) your pumpkin is ready.
2. Saute spring onion (2cm chunks) in vegetable oil using a small pot. Add pumpkin and tomato juice - stirring for 2 minutes. Add coconut milk and bring to a light boil, add water. Season with salt if necessary.
3. You can choose to blend or leave chunky. Could also eat with flatbread.

05.

Pantry

SERVES ONE

Pasta

Ingredients:

- 100g all-purpose flour
- 50ml room temp water
- 1 teaspoon vegetable oil
- Salt
- 2-3 Tinned tomatoes
- 1/2 Tinned butter-beans
- Spring onion

Method:

1. Create a mound of flour, make a well, pour water in well and bring in the sides slowly until it forms a rough dough - if it is too sticky add a little flour, too dry add more water. Add vegetable oil and knead together on a floured surface till your dough is smooth (five minutes).
2. Keep covered using an upside down bowl/damp cloth - rest for half an hour, to allow gluten to relax.
3. I like to keep it short, simple and sweet so I opt for cavatelli. To make this shape use your index finger to apply a gentle pressure on the dough, dragging it toward you. There should be a slight curl formed. Essentially you are "carving" the dough. Repeat.
4. Once your cavatelli is ready, cook in a pot of salted-like-the-sea water.
5. In a pan, saute the white ends (thinly slices) of spring onion in vegetable oil till fragrant. Add one or two tomatoes, squishing it with the back of a spoon. Using a ladle, transfer your cavatelli to your tomato sauce (it's okay if you get a bit of pasta water) you want your pasta to do its final minutes of cooking in the sauce. Keep adding pasta water until your cavatelli is cooked through.

06. Tomato-y Beans

SERVES ONE

Ingredients:

- 2 tinned tomatoes + juice
- 1/2 tinned butterbeans
- Vegetable oil
- Salt

Method:

1. Heat oil in a pan, add butterbeans and tomatoes. Add a splash of water to loosen if needed and let it blip blip away until beans are soft and tomatoes are broken down - 10 minutes.
2. Season with salt. Garnish with spring onions. Serve with flatbread.

07.

Creamy

SERVES

Vegan

ONE

Gnocchi

Ingredients:

- 1 baked and peeled potatoes
- Handful of pumpkin (cut into 2cm cubes)
- 1 teaspoon salt
- 2 tablespoon vegetable oil
- 2 1/2 cups all purpose flour, more as needed

Method:

1. Make multiple fork indentations on all sides of your potato. Toss your pumpkin in oil and bake on a tray at 200°C for approx. 30 (pumpkin) -40 (potato) minutes until soft. Blend pumpkin in a tablespoon of oil and water - set aside. Leave potato to cool for 20 minutes.
2. Once cooled, peel the potato skin and mash. Add salt, oil and flour - using your hands, mix together and form one happy ball. Add additional flour if needed.
3. Divide ball in half, rolling out with your hands until you get one long cylindrical shape about 1.5cm in diameter. Cut into 2-3cm pieces. Dust with flour.
4. Use a fork to create traditional grooves or poke gently & leave a small indentation in the middle.
5. Cook in salted boiling water - your beautiful pillows will float when they're ready.
6. In a separate pan, saute spring onions in oil adding pumpkin puree and cooked gnocchi.

Five-Day Meal Plan

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DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Lunch

Flatbread
with Roasted
Pumpkin

Thai Pumpkin
Soup

Pumpkin Wrap

Flatbread
with Tomato-y
Beans

Spiced
Flatbread

Dinner

Udon Stir Fry

Pantry Pasta

Curry Udon

Creamy Vegan
Gnocchi

Thai Pumpkin
Soup

Snack

- Pumpkin Seeds
- Pumpkin & Coconut Dip
- Flatbread Chips

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My Five - Day Meal Plan

live below the line	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Lunch					
Dinner					
Snack					

