

# **Palya Mayi in Bidyadanga**





## Palya Mayi in Bidyadanga

Palya Mayi means “*good food*”, and this awesome emu has been spreading the word about good food in Bidyadanga since 2016.

In 2024, Cancer Council WA and Boab Health received a Healthway grant to run a new project called the Palya Mayi Families Project. This includes cooking workshops and nutrition education sessions. These recipes have been part of that project.

### These recipes are designed to:

- Be delicious
- Use fresh, frozen or canned food
- Be low in saturated fat and salt
- Have plenty of vegies and fibre
- Be flexible and use up what you’ve got
- Scale up and feed a crowd

Many thanks to the Bidyadanga Community, the Early Years Partnership (EYP) team, Bidyadanga Aboriginal Community La Grange Inc (BACLG) and the Bidyadanga Clinic for their valuable feedback and contributions to these recipes. We hope you enjoy eating them as much as we do!

# CHICKEN CORN NOODLE SOUP



Prep time: 5 minutes  
Cook time: 20 minutes  
Serves: 6



Chicken breast



Oil



Canned mushrooms



Onion powder



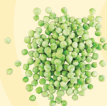
Canned creamed corn



Water



Noodles



Peas



## YOU WILL NEED:

- 500 g chicken breast
- 1 tbs oil
- 1 x 400 g can mushrooms
- 2 tsp onion powder
- 1 x 400 g can creamed corn
- 2.5 L water
- 500 g dried noodles
- 1 cup frozen or canned peas

**Add if you like:** other fresh, canned or frozen vegetables like onion, kangkong, frozen broccoli, capsicum, etc.



**1**

Cut the chicken into thin slices.



**2**

In a large pot, heat the oil, add chicken pieces and cook for 3 minutes, until the outside is white.

**3**

Drain the mushrooms and add to the pot along with the onion powder and creamed corn.



**4**

Bring to the boil, then turn heat on low and simmer for 10 minutes.



**5**

Add the frozen peas and noodles and cook till noodles are soft (about 5 minutes).

# TOMATO TUNA RICE



Prep time: 10 minutes  
Cook time: 50 minutes  
Serves: 6



Stock powder



Water



Diced tomato



Brown rice



Corn kernels



Canned tuna



Cumin or curry powder



Sweet chilli or tomato sauce



Black pepper



## YOU WILL NEED:

- 2 tsp reduced-salt stock powder
- 3 cups water
- 2 x cans no-added-salt diced tomatoes
- 2 ½ cups brown rice (uncooked)
- 2 x 400 g cans reduced-salt corn kernels (and the liquid from the tin)
- 1 x 425 g can tuna in spring water, drained
- 1 tbs ground cumin or curry powder
- Sweet chilli or tomato sauce, to serve (optional)
- Black pepper, to serve (optional)

**Add if you like:** fresh, tinned or frozen vegies like kankong, zucchini, silverbeet, frozen beans, broccoli.



**1** Add all ingredients in a very large frypan (like an electric frypan).

**2** Mix together.

**3** Cover and simmer for about 40 minutes or until rice is tender. Turn heat off and leave with lid on for 5 – 10 minutes until all the liquid has been absorbed.

**4** Serve with sauce and black pepper if you like.

**Tip:** Add 1 cup of grated cheese just before the end of cooking time for a cheesy twist.

**To replace tinned tuna with fresh or frozen fish:** Defrost and cut into bite-sized pieces and add to the frypan for the last 5 – 10 minutes of cooking.

# CREAMY TUNA PASTA



Prep time: 5 minutes  
Cook time: 15 minutes  
Serves: 8



Pasta



Flour



Milk



Canned tuna



Peas & corn



Grated cheese



Pepper



Chilli or  
tomato sauce



## YOU WILL NEED:

- 500 g packet pasta
- 2 tbs flour
- 3 cups (750 mL) milk (fresh, UHT or from powder)
- 2 x 425 g cans tuna in spring water, drained
- 1 kg frozen or canned peas and corn
- 2 cups grated cheese (250 g)
- Pepper
- Chilli or tomato sauce, optional

**Add if you like:** fresh, tinned or frozen vegies like kankong, zucchini, silverbeet, frozen beans, broccoli.



- 1** Bring a large pot of water to the boil, add pasta and cook for 10 minutes. We want it to still be a little firm.
- 2** Drain the pasta and put it back in the same pot.
- 3** Sprinkle the flour over the pasta and mix it in.
- 4** Add the milk and heat till it boils.
- 5** Reduce the heat and cook, stirring, until sauce thickens.
- 6** Add the tuna, peas and corn and cook till hot.
- 7** Turn off the heat, add the cheese and stir until cheese has melted.
- 8** Season and serve.

# FANCY BAKED BEANS WITH EGGS



Prep time: 5 minutes  
Cook time: 15 minutes  
Serves: 6



Mixed  
beans



Baked  
beans



Smoked  
paprika or  
cumin



Frozen  
spinach



Eggs



Damper,  
bread, wraps,  
couscous  
or rice



## YOU WILL NEED:

- 1 x 400 g can mixed beans
- 2 x 400 g cans reduced-salt baked beans
- 1 tbs smoked paprika or cumin
- 250 g frozen spinach, optional
- 12 eggs
- Damper, bread, wraps, couscous or rice, to serve

**Add if you like:** onions, garlic, zucchini, carrots and capsicum are all great in this dish. Fry them in a little olive oil till cooked through, then add the beans etc.



**1**

Drain and rinse the mixed beans.

**2**

Add rinsed mixed beans, baked beans, spices and frozen spinach to a large frypan that has a lid. Put the lid on and cook on medium heat for 5 minutes.

**3**

Use a spoon to make a little hollow in the bean mixture, then crack an egg into it, doing your best not to burst the yolk.

**4**

Put the lid on and simmer for 5 – 7 minutes, till the white of the eggs is cooked, and the yolk is how you like it.

**5**

Serve with damper or other side dish.

# ONE-POT CHICKEN RICE



Prep time: 15 minutes

Cook time: 30 minutes

+ optional marinating time



Serves: 6



Hoisin  
sauce



Soy  
sauce



Minced  
garlic



Minced  
ginger



Black  
pepper



Chicken  
thighs



Oil



White  
rice



Water



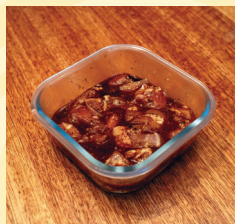
Mixed  
frozen  
veg



## YOU WILL NEED:

- 3 tbs hoisin sauce\*
- 3 tbs soy sauce
- 2 tsp minced garlic (optional)
- 2 tsp minced ginger (optional)
- 2 tsp black pepper
- 500 g chicken thighs
- 1 tsp oil
- 1 ½ cups white rice
- 3 ½ cups water
- 1 kg mixed frozen vegetables

*\* If you can't find hoisin sauce, you can use BBQ sauce + 2 tsp Chinese five spice.*



1

Trim the fat off the chicken and cut into bite-sized pieces.

2

Mix the hoisin, soy sauce, garlic, ginger, pepper and chicken in a bowl. Cover, place in the fridge and marinate for at least 10 minutes (up to 12 hours).

3

Heat oil in a large pot or pan that has a lid. Shake off most of the marinade from the meat (save it), and cook the meat for about a minute on each side, till golden.

4

To the chicken, add the rice, leftover marinade and water and stir well.

5

Bring to a simmer, then put the lid on, turn the heat down and cook for 10 minutes.

6

Add the frozen vegetables, stir well, and cook for another 5 minutes with the lid on, until the stock is mostly absorbed, the chicken is cooked through and the vegetables are defrosted.

7

Turn off the heat and let it sit with the lid on for another 5 – 10 minutes.

8

Stir and serve.

# KANGAROO COTTAGE PIE



Prep time: 10 minutes  
Cook time: 20 minutes  
Serves: 6



Potato



Milk



Salt



Pepper



Oil



Kangaroo or  
lean beef mince



Plain  
flour



Stock  
powder



Mixed  
herbs



Lentils



Peas



Canned  
mushrooms



Water



Tomato  
sauce



## YOU WILL NEED:

- 1.5 kg potatoes, unpeeled
- $\frac{2}{3}$  cup of reduced-fat milk (fresh, UHT or powdered)
- Salt and pepper
- 2 tsp oil
- 500 g kangaroo or lean beef mince
- 1 tbs plain flour
- 2 tsp stock powder
- 2 tsp mixed herbs
- 1 x 400 g can lentils, drained and rinsed
- 2 cups frozen or canned peas
- 1 x 400 g can mushrooms in butter sauce
- 1  $\frac{1}{4}$  cups water
- Tomato sauce, to serve, optional

**Add if you like:** finely chopped or grated vegetables like carrot and zucchini can go in at step 4.



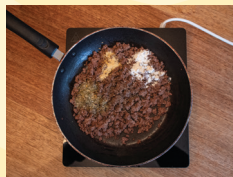
1

Wash potatoes well and chop into bite sized pieces. Put potatoes into a large pot and add enough cold water to just cover them. Bring to the boil and simmer for 10 minutes, until soft. Drain well and put back in the pot with the lid on to keep warm.



2

While potatoes are cooking, heat oil in a large frypan and add the mince, stirring occasionally, until it starts to brown.



3

Sprinkle the flour, pepper, stock and herbs into the frypan and stir well.



4

Add the drained lentils, frozen peas, tinned mushrooms and water and simmer with the lid off for 5 – 10 minutes, until thickened slightly.



5

Mash the potatoes with the milk and season with pepper and salt. **HINT:** heat up the milk to make warm mash if the potatoes have cooled down.

6

Serve mince in a bowl and top with mash and a little tomato sauce.

# FISH CURRY



Prep time: 20 minutes  
Cook time: 20 minutes  
Serves: 6



Rice



Oil



Onion



Chilli



Minced  
ginger



Minced  
garlic



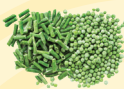
Diced  
tomatoes



Coconut  
milk



Stock  
powder



Frozen  
peas and  
beans



Fish



Lime or  
lemon



Coriander



## YOU WILL NEED:

- 2 cups rice
- 1 tsp oil
- 2 onions, finely chopped
- 2 tsp minced ginger
- 2 tsp minced garlic
- ½ red chilli (or more!)
- 1 x 400 g can diced tomatoes
- 1 x 400 g can coconut milk
- 1 tbs reduced-salt stock powder
- 2 cups frozen peas and beans
- 500 g fish
- Fresh lime or lemon, to serve
- Fresh coriander, to serve, optional

**Add if you like:** curry powder, curry paste, other vegies like carrots, spinach, and zucchini. Can also use a whole cleaned fish, prawns, small pieces of chicken or tofu. Adjust cooking time to suit.



**1**

Cook rice according to packet instructions.

**2**

Heat oil in a large frypan with a lid and cook onions on low heat till softened (about 5 minutes).

**3**

Add ginger, garlic and chilli and cook for 2 – 3 minutes, stirring occasionally (add a splash of water if it sticks to the bottom).

**4**

Add tomatoes, coconut milk and stock powder and cook for 5 – 10 minutes until slightly thickened.

**5**

Sprinkle the peas and beans on top, and gently place the fish pieces on top. Put the lid on and simmer for 5 minutes then turn off the heat. If the fish easily pulls apart, it's ready. If it's not ready, give the dish a good stir and put the lid back on for another 2 – 3 minutes. The heat left in the pan should finish cooking the fish.

**6**

Serve rice, fish and sauce with a wedge of fresh lime and coriander, if available.

# OVERNIGHT OATS



Prep time: 10 minutes  
+ 2 hrs (or more) resting time



Serves: 6



Rolled oats



Milk



Canned peaches



Plain yoghurt



Sunflower seeds or  
chopped almonds



## YOU WILL NEED:

- 2 cups rolled oats
- 2 cups reduced-fat milk (fresh, UHT or powdered)
- 825 g can peaches in juice
- 2 cups plain yoghurt, to serve, optional
- ½ cup sunflower seeds or chopped almonds, optional

**Add if you like:** this is also lovely with frozen, canned or fresh fruit. Frozen berries and grated apples work well. Add an extra splash of milk or water if not using tinned fruit (and the juice from the can).



In a large container that has a lid, mix oats, milk and peaches (including the juice from the can).



Put in the fridge for at least 2 hours or overnight.



Enjoy topped with a scoop of yoghurt and some seeds or chopped almonds if you like.

# BERRY BLISS BALLS



Prep time: 15 minutes  
Rest time: 2+ hours  
Serves: 16 balls



Rolled oats



Frozen berries



Peanut butter



Desiccated coconut



Jam



## YOU WILL NEED:

*\* Needs a food processor \**

- 1 cup rolled oats
- 1 cup frozen berries
- 1 tbs peanut butter
- 1 tbs desiccated coconut
- 1 tbs jam



**1**

Add all ingredients to a food processor.

**2**

Blitz till combined. Put mixture in the fridge to rest for 10 minutes so they get easier to roll.

**3**

Scoop a tablespoon of mixture and roll to make into balls. Can eat them straight away, but they're best after a few hours as they continue to soak up the moisture.

**4**

Store in an airtight container in the fridge or freezer.

# CHOC-NANA BALLS

 Prep time: 10 minutes

 Serves: 8 balls



Bananas



Cocoa



Weetbix



Desiccated coconut



## YOU WILL NEED:

- 1 – 2 ripe bananas
- 1 ½ tbs cocoa
- 3 Weetbix
- 3 tsp desiccated coconut, optional



**1**

Mash banana and cocoa together in a bowl.



**2**

Crumble the Weetbix in and mix well. If it's too slippery to roll, wait 5 minutes.



**3**

Take a spoonful of mixture and use hands to roll into a ball. Roll around in coconut, if desired. Store in the fridge or freezer.

# PANCAKES



Prep time: 10 minutes  
Cook time: 30 minutes  
Serves: 8



Self-raising  
flour



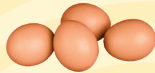
Wholemeal  
self-raising  
flour



Sugar



Milk



Eggs



Yoghurt



Fruit



## YOU WILL NEED:

- 2 cups self-raising flour
- 2 cups wholemeal self-raising flour
- ¼ cup sugar
- 4 cups reduced-fat milk (fresh, UHT or powdered)
- 4 eggs
- Fruit and yoghurt, to serve

**Tip:** these are great for a special breakfast or snack. They freeze really well and you can pop them frozen in a lunch box and they'll defrost in time for recess.



1

Put the flour, sugar milk and egg in a mixing bowl and whisk until smooth.

2

Heat up a large non-stick pan (or two!) over medium heat.

3

Add the batter a spoonful at a time to the hot pan (or use a jug to pour).

4

Watch the surface of the pancake. When bubbles form and the edges begin to look dry, gently lift one edge of the pancake to check for colour. When it's golden brown, it's ready to flip.

5

After flipping, continue cooking for a few more minutes until pancakes are cooked through.

6

Serve with fruit and yoghurt (or try the mix ins below).

### Variations:

- For thicker, fluffier pancakes – add 1 tbs baking powder and 2 tsp vinegar or lemon juice.
- Apple and cinnamon – add 3 grated apples and 2 tsp of cinnamon to the batter.
- Carrot cake – add 3 grated carrots, 2 tsp cinnamon and 2 tsp ginger to the batter.
- Cheesymite – spread pancakes with vegemite and grated cheese then roll up.
- Berry burst – use the “fluffy” version above and gently stir in 1 cup frozen berries just before cooking.
- Choc-nana – add ¼ cup cocoa to the batter. Pour batter into the pan, then press a couple of slices of banana on top of each pancake while it's still liquid. Flip as normal.

# GREEN PAWPAW SALAD

 Prep time: 15 minutes

 Serves: 6



Green pawpaw



Coriander, mint or basil



Soy sauce



Vinegar or lime juice



Oil



Sugar



Garlic



Chilli



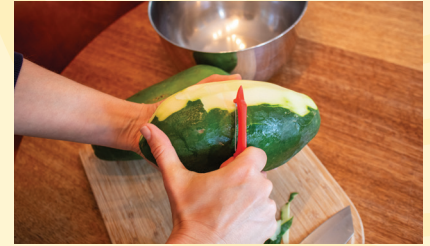
## YOU WILL NEED:

- 1 medium green pawpaw (makes 6 cups grated)
- ½ cup fresh herbs like coriander, mint or basil, chopped, optional

### Salad dressing:

- 2 tbs soy sauce
- 2 tbs vinegar or lime juice
- 1 tbs oil
- 1 tsp sugar
- 1 clove garlic, minced
- 1 small chilli, finely chopped, optional

**Tip:** if pawpaw is unavailable, use 6 cups of any combination of shredded cabbage or lettuce, grated carrot, shredded snow peas, bean sprouts, thinly sliced cucumber and capsicum.



Shake salad dressing ingredients up in a jar.



Peel the pawpaw, cut in half and use a spoon to remove the seeds. Grate or shred on a mandolin.



Pour the salad dressing over the pawpaw, sprinkle with fresh herbs and mix well.

# FRITTERS



Prep time: 15 minutes  
Cook time: 20 minutes  
Serves: 12 fritters



Zucchini



Corn kernels



Eggs



Milk



Grated cheese



Pepper



Wholemeal  
self-raising  
flour



Oil



## YOU WILL NEED:

- 1 medium zucchini
- 1 x 400 g can no-added salt corn, drained
- 3 eggs
- $\frac{3}{4}$  cup milk
- 1 cup grated cheese
- Pepper
- 1 cup wholemeal self-raising flour
- 1 tbs oil

**Add if you like:** use about 3 cups of whatever vegies you have on hand! Shredded cabbage, frozen peas, grated sweet potato or carrot, all work a treat.

**Tip:** they freeze really well and you can pop them frozen in a lunch box and they'll defrost in time for recess.



1

Grate the zucchini, then use your hands, a sieve or a tea towel to squeeze most of the liquid out.

2

Add the corn, eggs, milk, cheese and pepper and mix well.

3

Scatter the flour over the top and mix gently.

4

In a large non-stick frypan, heat up half the oil. Drop spoonfuls of the mixture into the pan, and spread them using the back of the spoon. Cook for 3 minutes, until golden brown. Then flip, and cook for another 2 – 3 minutes on the other side. Repeat till all the batter is cooked (adding more oil to the pan if needed).

5

Serve warm or cold.