



TE MANU TOROA

KIRIHIMETE RECIPES

Healthy, delicious kai to enjoy with the whole whānau.



TE MANU TOROA



Tēnā rā koutou katoa i
ēnei wā hākoako,

This booklet has been created to support you and your whānau with nourishing recipes that uplift wairua, strengthen tinana, and bring us closer as we celebrate the end of the year. Inside, you'll find simple kai ideas to share with whānau during this special time.

Our Mātanga Kai Ora (Dietitian) has put together some easy, whānau-friendly and nourishing recipes for this year's Kirihimete celebrations. As you prepare and share these dishes, we hope they help nurture kotahitanga and aroha within your whare and around your tables.

If you or your whānau would like extra tautoko with kai and nutrition, our Mātanga Kai Ora is here to walk alongside you. Have a kōrero with our dietitian and contact the clinic to arrange a free appointment (for enrolled patients only, if criteria applies).



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Ihirangi

Table of Contents

- 03** Coleslaw
- 04** Healthy Coleslaw Dressing
- 05** Snapper Ceviche
- 06** Honey-Roasted Pumpkin
WITH GREEK YOGHURT AND DUKKHA
- 07** Kirihimete Leftover Tray Bake
- 08** Pavlova
WITH GREEK YOGHURT
- 09** Coconut Lemon Mocktails
- 10** Honey & Ginger Fizz
- 11** Strawberry Soda
- 12** Kirihimete Supershake





PREP TIME
10 MIN



COOK TIME
N/A



SERVINGS
7



Coleslaw

(EAT THE GREENS)



Ingredients

- 4 cups shredded green cabbage (240 g)
- 2 cups shredded red cabbage (120 g)
- 2 cups shredded carrots (150 g)
- ½ packed cup cilantro, roughly chopped
- ½ cup healthy coleslaw dressing (or more if desired) – see page 4 for dressing recipe
- Salt and pepper, to taste

Instructions

1. Prep the vegetables: Thinly slice the cabbage into long, crisp strips to keep some texture. Shred the carrots using the largest hole on a cheese grater.
2. Mix the coleslaw: In a large bowl, combine cabbage, carrots, and cilantro. Add the dressing (see page 2), then season with salt and pepper. Toss gently until all ingredients are well coated and evenly mixed.
3. Serve: Taste and adjust seasoning if needed.



PREP TIME
5 MIN



COOK TIME
N/A



SERVINGS
2



Healthy Coleslaw Dressing



Ingredients

- $\frac{3}{4}$ cup full-fat plain Greek yogurt
- 2 tablespoons lite sour cream
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice
- $\frac{1}{2}$ tablespoon honey
- Salt and pepper, to taste

Instructions

1. Add all ingredients to a medium bowl or jar and whisk until smooth and well combined.
2. Taste and adjust seasoning or sweetness as desired.
3. Toss with cabbage and carrots to make coleslaw (see page 3), or serve as a dressing or dip.



PREP TIME
20 MIN



COOK TIME
N/A



SERVINGS
16



Snapper Ceviche



Ingredients

- 1 kg skinless, boneless, very fresh snapper, cut into ½ cm cubes
- 1 ½ cups (375ml) lime juice
- 1 ½ cups (125ml) lemon juice
- 1 cup red capsicum, finely diced
- 1 cup yellow capsicum, finely diced
- 1 small red onion, sliced
- 1 clove garlic, finely chopped
- ¼ teaspoon ground cumin
- ¼ teaspoon chilli flakes
- ¼ cup chopped coriander
- 1 tablespoon extra-virgin olive oil

Instructions

1. Combine snapper in a large bowl with lime and lemon juice, red and yellow capsicum, red onion, garlic, cumin and chilli flakes. Toss well and season with salt. Refrigerate for 30 minutes.
2. Remove from fridge. Stir in coriander and oil. Serve immediately.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
6



Honey-Roasted Pumpkin

WITH GREEK YOGHURT AND DUKKHA



Ingredients

- 1-1.2 kg pumpkin, cut into 3cm chunks (you can leave the skin on)
- 1 tablespoon olive oil
- 2-3 teaspoons liquid honey or sugar free maple syrup
- ½ cup natural unsweetened Greek yoghurt
- 1 clove garlic, finely minced
- 2-3 tablespoons dukkah (spice and seed blend)

Instructions

1. Preheat oven to 200°C. Line an oven tray with baking paper.
2. On lined tray, toss pumpkin with olive oil and honey. Season with salt and pepper. Roast for about 30 minutes until tender and caramelised.
3. Mix yoghurt, tahini and garlic, and season to taste with salt and pepper.
4. To serve, dress pumpkin with tahini yoghurt and scatter over dukkah.



PREP TIME
15 MIN



COOK TIME
20 MIN



SERVINGS
4



Kirihimete Leftover Tray Bake



Ingredients

- 4 cups leftover roast vegetables (carrot, pumpkin, red onion, capsicum, parsnip, courgette and potato)
- 2 cups leftover meat, shredded (we used roast chicken)
- ½ cup onion relish
- 3 tablespoons fresh thyme or rosemary leaves
- 1 x bag baby spinach

Instructions

1. Preheat your oven to 200°C fan bake.
2. Scatter the roast vegetables and shredded meat in a large oven tray. Drizzle with oil and season with salt and pepper if desired.
3. Top with dollops of onion relish.
4. Scatter thyme over the top.
5. Bake for 15-20 minutes or until heated through.
6. Once heated, add the baby spinach and mix through the meat and roast vegetables.
7. Serve and enjoy.



PREP TIME
20 MIN



COOK TIME
1H 10 MIN



SERVINGS
8



Pavlova

WITH GREEK YOGHURT



Ingredients

- 3 egg whites
- ¾ cup castor sugar
- 1 teaspoon white vinegar
- 2 teaspoons cornflour
- ½ teaspoon vanilla essence
- 2 ½ cups reduced-fat Greek-style yoghurt
- 3 cups mixed berries

Instructions

1. Preheat oven to 150°C. Line a baking tray with baking paper.
2. In a large bowl, beat egg whites with an electric beater until soft peaks form. When ready, you should be able to hold the bowl upside down without the mix falling out. Beat in sugar, ¼ cup at a time, until mix is glossy and thick.
3. With a large metal spoon, gently fold through vinegar, cornflour and vanilla.
4. Spoon mix onto prepared baking tray, forming one large 20cm round pile or three smaller even ones, leaving enough room for the mix to spread a little. Place in the oven and reduce heat to 120°C. Cook for around 1 hour 10 minutes, until crisp on the outside. Turn oven off and leave pav in the oven to cool for 2 hours or overnight, with door slightly ajar. Decorate with yoghurt and berries and serve.



PREP TIME
10 MIN



COOK TIME
N/A



SERVINGS
4



Coconut Lemon Mocktails



Ingredients

- 10 fresh mint leaves
- 3 tablespoons honey
- 3 lemons
- 2 cups coconut water
- 2 cups soda water
- Ice cubes

Instructions

1. Mix the mint leaves, honey and juice of the lemons in a small jug or bowl.
2. Divide the mixture between four white wine glasses.
3. Add a small handful of ice to each glass. Pour over the coconut water, followed by the soda water.
4. Gently give each glass a stir to combine.
5. Serve and enjoy immediately.



PREP TIME
5 MIN



COOK TIME
N/A



SERVINGS
1



Honey & Ginger Fizzy



Ingredients

- 1 teaspoon honey
- ½ teaspoon grated fresh ginger
- 1 tablespoon lemon juice
- Soda water
- Ice cubes

Instructions

1. Pour a splash of hot water to help dissolve the mixture, stirring until smooth.
2. Fill the glass with soda water and add ice to serve.



PREP TIME
5 MIN



COOK TIME
N/A



SERVINGS
1



Strawberry Soda



Ingredients

- ½ cup strawberries (fresh or frozen)
- 1 teaspoon honey
- ½ lemon or lime, juiced
- Soda water
- Ice cubes

Instructions

1. Blend the strawberries with honey and lemon or lime juice until smooth.
2. Fill a glass with ice and pour the blended mixture into the glass.
3. Top with soda water and stir gently. Serve immediately.



PREP TIME
5 MIN



COOK TIME
N/A



SERVINGS
1



Kirihimete Supershake

PERFECT FOR CHRISTMAS EVE CELEBRATIONS WITH TAMARIKI



Ingredients

- 2 scoops vanilla ice-cream
- ½ cup milk
- A few drops green food colouring (for elf theme) or red food colouring (for Santa theme)
- Optional: A handful of spinach (elf) or strawberries (Santa) for colour and nutrients
- Whipped cream and a candy cane, to decorate

Instructions

1. Blend the ice-cream, milk, food colouring, and optional spinach or strawberries until smooth.
2. Pour into a glass.
3. Decorate with whipped cream and a candy cane.
4. Serve immediately.



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