



June is Bowel Cancer Awareness month

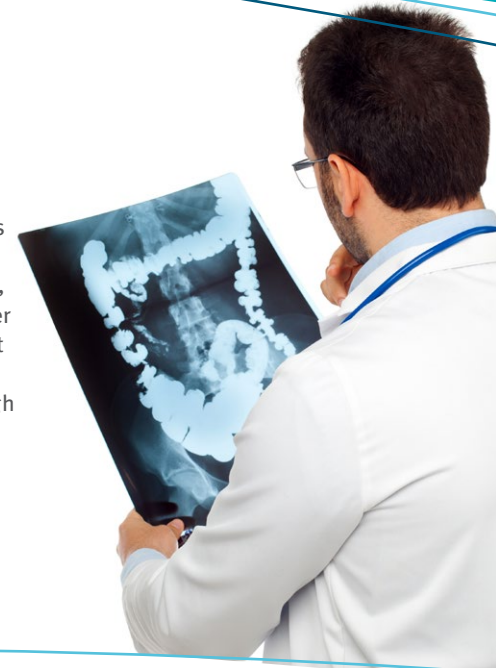
Bowel cancer is the second most common cancer in Australia, claiming the lives of 3,980 people each year. Although the majority of newly diagnosed bowel cancer cases occur in people aged 50 years and over, around 1 in 14 Australians diagnosed are under the age of 50.

CLAIMING THE LIVES OF
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While no cancer is completely preventable; maintaining a healthy weight, not smoking, eating a healthy diet with plenty of fresh fruit and vegetables and exercising regularly can all contribute to reducing your risk.

If detected early, more than 90% of bowel cancers can be cured. Bowel cancer screening is designed to check for signs of bowel cancer in people who do not have any obvious symptoms, but are at higher risk of developing bowel cancer because of their age. The screen is a simple test you can do at home called a faecal occult blood test (FOBT). Screening kits are available through the National Bowel Cancer Screening Program (NBCSP) to Australians who turn 50, 55, 60, 65 and 70 years of age, or you can purchase them from your local pharmacy.

For more information go to www.bowelcanceraustralia.org.



Healthy creamy chicken pie for the cooler months

Ingredients:

- 4 - 5 medium size nadine potatoes
- 1 cup of milk (full cream or skimmed)
- 4 chicken thighs - chopped to bite size pieces
- 1 large onion / 2 medium size onions - chopped to cubes
- 2 - 3 cloves of crushed garlic
- 2 carrots - chopped to bite size pieces
- 2 celery stalks - chopped to bite size pieces
- 1 cup frozen peas
- 1.5 tablespoons flour
- 1 tablespoon olive oil
- 2 cups chicken stock

Serves 

Method:

To make the mash, peel and chop the potatoes into large chunks. Put the potatoes in a pot of cold water, bring to the boil and cook until the potatoes can be easily cut through with a spoon. Drain the potatoes, return to the pan and start mashing them. Season to taste and add approximately half a cup of warmed milk (add a little at a time to achieve the consistency of a smooth mash). Put the mash aside while you cook the chicken.

Add one tablespoon of olive oil to a heated large size pan, add the onions and cook until soft. Add the carrots and celery stalks and cook for another few minutes. Add the chicken and stir it through cooking it for 5 minutes. Add the flour and stir it through really well (this is going to give you a thickened sauce without the need of cream). Add the chicken stock

and the rest of the milk to the chicken and vegetables, cook on high heat until the stock starts to boil. Once the stock has come to a boil, bring the stove down to low heat and cook it for 10 minutes. Season to taste. Add the frozen peas and stir through.

To assemble, place the creamy chicken mixture in a heat proof oven dish, top it with the mash. Use a fork to "rake" the top of the mash so that it will create crispy bits as it bakes. Place the dish in a preheated 200c oven, bake it for 15 mins or until the top is golden brown.

Serve immediately and with a green salad.


This dish can be made in advance for a mid-week speedy dinner. (If it comes straight out from the fridge, it will need to be baked for at least 40 - 45 mins).




Shopping Smarter

According to FoodWise, Australians discard up to 20% of the food they purchase every year, this equates to 1 out of every 5 bags of groceries they buy. Combine this with increases in food prices and the perception that “healthy food” is expensive, it is important that we understand how to shop wisely without compromising on the quality and the nutritional values of the food we buy.


Here are a few tips on how to shop smarter:



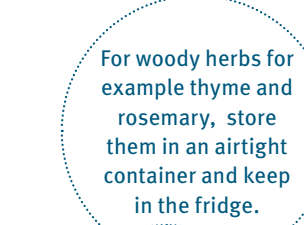
Plan the dishes you are going to cook ahead of time and write up a shopping list just for these dishes so there will be no wastage by the end of week. It will also help to minimise those impulse purchases




Buy cheaper cuts of meat (e.g. chicken thigh, pork shoulder, chuck/gravy beef) for using in the slow cooker. If trimmed well and cooked slowly, these cuts of meat are often rich in flavour so you don't need a lot. Plus these dishes are usually great for the freezer




Bulk up dishes such as stews, casseroles and bolognese with inexpensive and aromatic vegetables such as carrots, onion and celery. They help to enrich the flavour and help you reach your daily vegetable intake




For woody herbs for example thyme and rosemary, store them in an airtight container and keep in the fridge.




Have a couple of meat free days each week by swapping meat with inexpensive ingredients such as legumes and chickpeas or vegetables like pumpkin, cauliflower, sweet potatoes and zucchini. These vegetables are usually great for dishes like curries, stews and tray bakes.




Do not underestimate frozen vegetables – stock your freezer with frozen peas, carrots and stir-fry vegetables. They are usually cheaper than fresh vegetables, easy to purchase and because they are typically snap frozen; most of their nutritional values remain intact.



Herbs are great to enhance the flavour of dishes without having to add extra salt. Store them well so they last longer.



For soft herbs for example parsley and coriander, wrap them in a damp paper towel or kitchen towel and keep them in the middle shelves of the fridge.



If you have bought more herbs than you need, do not throw them out. Transform them into dried herbs by hanging them over a low heat oven for a few hours. Or finely chop them and mix with some olive oil, freezing them into an ice block so you have flavoured oil for cooking handy.

Most importantly, be creative, experiment with different flavours and before long you will have a library of tasty and inexpensive dishes to get you through the year.

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