Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Mediterranean Cookbook

25 straightforward recipes for everyday cooking

Good food. Brighter days.

Clear ingredients • Simple steps • Helpful tips

Created for building confidence and independence in the kitchen

FIND YOUR FAVOURITE

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Each recipe has an ingredients page and a picture-by-picture method page.

Kitchen guide: pages 3-4 | My notes: page 55

START SAFELY

Kitchen basics

Before you start

- Wash and dry your hands.
- Read the whole recipe.
- Collect ingredients and equipment.
- Tie back long hair and clear the bench.

Cook safely

- Use oven mitts for hot trays.
- Turn saucepan handles away from the edge.
- Use a stable chopping board.
- Ask for assistance with knives, hot oil or heavy pans.

Food safety

- Keep raw meat separate from ready-to-eat food.
- Cook chicken and mince thoroughly.
- Refrigerate leftovers within two hours.
- Use refrigerated leftovers within 2-3 days.

Important

Check allergies, swallowing needs, dietary requirements and support plans before preparing food for someone else.

MAKE COOKING EASIER

Meal planning and easy swaps

Keep it simple

Choose 3-4 familiar meals each week. Repeat ingredients to reduce waste.

Helpful shortcuts

Frozen vegetables, microwave rice, tinned beans and cooked chicken can save time.

Easy swaps

Use lactose-free milk, gluten-free bread or vegetarian proteins when suitable.

Plan leftovers

Cool promptly, label with the date and use within 2-3 days.

Balanced plate

Aim for vegetables, a protein food and grain or potato across main meals.

Choice and control

Offer genuine options and involve the person in shopping, preparation and serving.

Using the pictures

AI-generated illustrations show an example, not an exact result. Read each numbered step. Pictures cannot confirm safe cooking temperature, allergens or swallowing suitability.

BREAKFAST

Greek Yoghurt Fruit Bowl

SERVES: 1 serve | TIME: 5 minutes

What you need

- ☐ 3/4 cup Greek yoghurt
- ☐ 1/2 cup berries
- ☐ 1 tbsp chopped nuts
- ☐ 1 tsp honey
- ☐ Pinch of cinnamon



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Greek Yoghurt Fruit Bowl



1. Spoon yoghurt into a bowl.



2. Add berries and nuts.



3. Drizzle with honey.



4. Finish with cinnamon and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BREAKFAST

Tomato and Feta Toast

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 slices wholegrain bread
- [ ] 1 tomato, chopped
- [ ] 50 g feta, crumbled
- [ ] 1 tsp olive oil
- [ ] Pinch of oregano



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tomato and Feta Toast



1. Toast the bread.



2. Combine tomato, feta, oil and oregano.



3. Spoon over toast.



4. Serve immediately.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BREAKFAST

Spinach and Feta Omelette

SERVES: 1 serve | TIME: 12 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp milk
- [ ] 1 cup baby spinach
- [ ] 40 g feta
- [ ] 1 tsp olive oil
- [ ] Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Spinach and Feta Omelette



1. Whisk eggs, milk and pepper.



2. Wilt spinach in oil.



3. Pour in egg mixture and cook gently.



4. Add feta, fold and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Hummus Vegetable Pita

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 1 wholemeal pita
- [ ] 3 tbsp hummus
- [ ] Cucumber slices
- [ ] Grated carrot
- [ ] Capsicum strips
- [ ] Lettuce



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Hummus Vegetable Pita



1. Warm and open the pita.



2. Spread hummus inside.



3. Fill with cucumber, carrot, capsicum and lettuce.



4. Serve straight away.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SALAD

Classic Greek Salad

SERVES: 2 serves | TIME: 10 minutes

What you need

- [ ] 2 tomatoes, chopped
- [ ] 1 cucumber, chopped
- [ ] 1/2 red onion, sliced
- [ ] 1/3 cup olives
- [ ] 80 g feta
- [ ] 1 tbsp olive oil
- [ ] Oregano



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Classic Greek Salad



1. Place tomato, cucumber, onion and olives in a bowl.



2. Add feta.



3. Drizzle with olive oil.



4. Sprinkle with oregano and gently toss.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SNACK

Easy Tzatziki Dip

SERVES: 4 serves | TIME: 10 minutes

What you need

- ☐ 1 cup Greek yoghurt
- ☐ 1/2 cucumber, grated
- ☐ 1 small garlic clove
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp olive oil
- ☐ Dill or mint



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Tzatziki Dip



1. Squeeze excess water from cucumber.



2. Mix yoghurt, cucumber, garlic and lemon.



3. Drizzle with oil.



4. Add herbs and serve with pita.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SOUP

Mediterranean Lentil Soup

SERVES: 4 serves | TIME: 35 minutes

What you need

- ☐ 1 onion, chopped
- ☐ 1 carrot, diced
- ☐ 1 potato, diced
- ☐ 400 g lentils, rinsed
- ☐ 400 g crushed tomatoes
- ☐ 3 cups vegetable stock
- ☐ 1 tsp cumin



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mediterranean Lentil Soup



1. Soften onion and carrot.



2. Add potato, lentils, tomatoes, stock and cumin.



3. Simmer for 25 minutes.



4. Season and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SOUP

Tomato Basil Soup

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 1 onion, chopped
- ☐ 2 garlic cloves
- ☐ 800 g crushed tomatoes
- ☐ 2 cups vegetable stock
- ☐ Handful of basil
- ☐ 1 tbsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tomato Basil Soup



1. Soften onion and garlic in oil.



2. Add tomatoes and stock.



3. Simmer for 20 minutes.



4. Add basil and blend carefully.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SOUP

Mediterranean Minestrone

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 1 onion, chopped
- [ ] 1 carrot, diced
- [ ] 1 zucchini, diced
- [ ] 400 g beans, rinsed
- [ ] 400 g tomatoes
- [ ] 3 cups vegetable stock
- [ ] 1/2 cup small pasta



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mediterranean Minestrone



1. Cook onion, carrot and zucchini for 5 minutes.



2. Add beans, tomatoes and stock.



3. Bring to the boil and add pasta.



4. Simmer until tender.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SALAD

Chickpea Village Salad

SERVES: 4 serves | TIME: 15 minutes

What you need

- [ ] 400 g chickpeas, rinsed
- [ ] 1 cucumber, chopped
- [ ] 2 tomatoes, chopped
- [ ] 1/2 red onion, sliced
- [ ] 60 g feta
- [ ] 1 tbsp olive oil
- [ ] Lemon juice



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chickpea Village Salad



1. Combine chickpeas and vegetables.



2. Add feta.



3. Dress with oil and lemon.



4. Toss gently and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Mediterranean Couscous

SERVES: 4 serves | TIME: 20 minutes

What you need

- ☐ 1 cup couscous
- ☐ 1 cup boiling vegetable stock
- ☐ 1 capsicum, chopped
- ☐ 1 zucchini, chopped
- ☐ 1/3 cup olives
- ☐ 60 g feta
- ☐ Lemon juice



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mediterranean Couscous



1. Cover couscous with hot stock and rest for 5 minutes.



2. Fluff with a fork.



3. Cook capsicum and zucchini until tender.



4. Mix everything together with lemon and feta.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SIDE

Greek Lemon Potatoes

SERVES: 4 serves | TIME: 50 minutes

What you need

- [ ] 800 g potatoes, cut into wedges
- [ ] 2 tbsp olive oil
- [ ] Juice of 1 lemon
- [ ] 2 garlic cloves, crushed
- [ ] 1 tsp oregano
- [ ] 1/2 cup vegetable stock



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Greek Lemon Potatoes



1. Heat oven to 200 C.



2. Place potatoes in a baking dish.



3. Add oil, lemon, garlic, oregano and stock.



4. Bake for 40-45 minutes, turning once.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Vegetable Pasta Primavera

SERVES: 4 serves | TIME: 25 minutes

What you need

- [ ] 300 g pasta
- [ ] 1 zucchini, sliced
- [ ] 1 capsicum, sliced
- [ ] 1 cup broccoli
- [ ] 1 cup cherry tomatoes
- [ ] 1 tbsp olive oil
- [ ] 1/3 cup parmesan



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Vegetable Pasta Primavera



1. Cook pasta and drain.



2. Cook vegetables in oil until just tender.



3. Add pasta and toss together.



4. Top with parmesan and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Chicken Souvlaki Bowl

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 500 g chicken breast, cubed
- ☐ 1 tbsp olive oil
- ☐ Juice of 1 lemon
- ☐ 1 tsp oregano
- ☐ 2 cups cooked brown rice
- ☐ Greek salad
- ☐ Tzatziki



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chicken Souvlaki Bowl



1. Mix chicken with oil, lemon and oregano.



2. Cook chicken in a hot pan until cooked through.



3. Divide rice and salad among bowls.



4. Add chicken and tzatziki.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Lemon Herb Chicken Tray Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- [ ] 4 chicken thighs
- [ ] 2 potatoes, chopped
- [ ] 1 zucchini, chopped
- [ ] 1 capsicum, chopped
- [ ] 1 red onion
- [ ] 1 lemon
- [ ] 1 tbsp olive oil
- [ ] 1 tsp oregano



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Lemon Herb Chicken Tray Bake



1. Heat oven to 200 C.



2. Arrange chicken and vegetables on a tray.



3. Add oil, lemon juice and oregano.



4. Bake for 35-40 minutes until chicken is cooked through.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Greek-Style Meatballs

SERVES: 4 serves | TIME: 35 minutes

What you need

- [ ] 500 g lean beef mince
- [ ] 1 egg
- [ ] 1/2 cup breadcrumbs
- [ ] 1 tsp oregano
- [ ] 1 garlic clove
- [ ] 500 ml tomato pasta sauce
- [ ] Parsley



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Greek-Style Meatballs



1. Mix mince, egg, crumbs, oregano and garlic.



2. Shape into small meatballs.



3. Brown in a pan.



4. Add tomato sauce and simmer for 15 minutes.



5. Finish with parsley.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Baked Fish with Tomato and Olives

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 4 white fish fillets
- ☐ 2 cups cherry tomatoes
- ☐ 1/3 cup olives
- ☐ 1/2 red onion, sliced
- ☐ 1 lemon
- ☐ 1 tbsp olive oil
- ☐ Oregano



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Baked Fish with Tomato and Olives



1. Heat oven to 200 C.



2. Place fish in a baking dish.



3. Add tomato, olives, onion, lemon and oil.



4. Bake for 15-20 minutes until fish flakes easily.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Tuna and White Bean Salad

SERVES: 4 serves | TIME: 10 minutes

What you need

- ☐ 425 g tuna, drained
- ☐ 400 g cannellini beans, rinsed
- ☐ 2 tomatoes, chopped
- ☐ 1/2 red onion, sliced
- ☐ Parsley
- ☐ 1 tbsp olive oil
- ☐ Lemon juice



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tuna and White Bean Salad



1. Combine tuna, beans, tomato and onion.



2. Add parsley.



3. Dress with oil and lemon.



4. Toss gently and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Mediterranean Stuffed Capsicums

SERVES: 4 serves | TIME: 50 minutes

What you need

- [ ] 4 capsicums, halved
- [ ] 2 cups cooked rice
- [ ] 400 g chickpeas, rinsed
- [ ] 1 tomato, chopped
- [ ] 1/3 cup olives, chopped
- [ ] 1/2 cup feta
- [ ] Mixed herbs



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mediterranean Stuffed Capsicums



1. Heat oven to 190 C.



2. Mix rice, chickpeas, tomato, olives, feta and herbs.



3. Fill capsicum halves.



4. Bake for 35-40 minutes until tender.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Eggplant Tomato Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- [ ] 2 eggplants, sliced
- [ ] 500 ml tomato pasta sauce
- [ ] 1 cup grated mozzarella
- [ ] 1/3 cup parmesan
- [ ] Fresh basil
- [ ] 1 tbsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Eggplant Tomato Bake



1. Heat oven to 190 C.



2. Brush eggplant with oil and bake for 15 minutes.



3. Layer eggplant, sauce and cheeses.



4. Bake for 20-25 minutes.



5. Add basil and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Mediterranean Chickpea Stew

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 400 g chickpeas, rinsed
- [ ] 1 onion, chopped
- [ ] 1 zucchini, chopped
- [ ] 1 capsicum, chopped
- [ ] 400 g crushed tomatoes
- [ ] 1 tsp paprika
- [ ] 2 cups baby spinach



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mediterranean Chickpea Stew



1. Soften onion, zucchini and capsicum.



2. Add tomatoes, chickpeas and paprika.



3. Simmer for 15 minutes.



4. Stir through spinach until wilted.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Spinach and Feta Frittata

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 6 eggs
- [ ] 1/4 cup milk
- [ ] 2 cups spinach
- [ ] 100 g feta
- [ ] 1 cup cherry tomatoes
- [ ] Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Spinach and Feta Frittata



1. Heat oven to 180 C.



2. Whisk eggs, milk and pepper.



3. Place spinach and tomatoes in a baking dish.



4. Pour over eggs and add feta.



5. Bake for 20-25 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Easy Shakshuka

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 1 onion, chopped
- [ ] 1 capsicum, chopped
- [ ] 400 g crushed tomatoes
- [ ] 1 tsp paprika
- [ ] 4 eggs
- [ ] Parsley
- [ ] Wholegrain bread



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Shakshuka



1. Soften onion and capsicum.



2. Add tomatoes and paprika; simmer 10 minutes.



3. Make four wells and crack in eggs.



4. Cover and cook until eggs are set.



5. Add parsley and serve with bread.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DESSERT

Orange Almond Cake

SERVES: 8 serves | TIME: 50 minutes

What you need

- [ ] 1 1/2 cups almond meal
- [ ] 1/2 cup caster sugar
- [ ] 3 eggs
- [ ] 1 orange, zest and juice
- [ ] 1 tsp baking powder
- [ ] 1/4 cup olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Orange Almond Cake



1. Heat oven to 175 C and line a small cake tin.



2. Whisk eggs, sugar, orange and oil.



3. Fold in almond meal and baking powder.



4. Bake for 30-35 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DESSERT

Greek Yoghurt Berry Cups

SERVES: 4 serves | TIME: 10 minutes

What you need

- ☐ 2 cups Greek yoghurt
- ☐ 1 cup mixed berries
- ☐ 2 tbsp chopped pistachios or almonds
- ☐ 2 tsp honey
- ☐ Mint (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Greek Yoghurt Berry Cups



1. Divide yoghurt among four cups.



2. Add berries.



3. Top with nuts and honey.



4. Garnish with mint and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

Cook. Share. Connect.

Simple meals can build skills, confidence and connection.

My meal ideas and notes

Community Care Tailored Support

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General information only. Adapt recipes for allergies, dietary needs and professional advice.