Community Care Tailored Support

Empowering Potential, Inspiring Success

Simple & Tasty

Vegetarian 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

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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 ready-cooked lentils 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

Vegetable Omelette

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp milk
- [ ] 1/2 tomato, chopped
- [ ] Handful of spinach
- [ ] 1/4 capsicum, chopped
- [ ] 2 tbsp grated cheese
- [ ] 1 tsp 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

Vegetable Omelette



1. Whisk eggs and milk.



2. Cook capsicum, tomato and spinach in the oil for 2-3 minutes.



3. Pour in the egg mixture and cook gently until almost set.



4. Add cheese, fold and serve.

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

BAKING

Classic Scones

SERVES: 8-10 scones | TIME: 25 minutes

What you need

- [ ] 3 cups self-raising flour
- [ ] 1/4 cup caster sugar
- [ ] Pinch of salt
- [ ] 90 g cold butter
- [ ] 1 cup milk



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 Scones



1. Heat oven to 220 C (200 C fan-forced).



2. Mix flour, sugar and salt. Rub in butter.



3. Add milk and mix gently.



4. Pat to 2 cm thick and cut into rounds.



5. Bake for 12-15 minutes until golden.

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

BREAKFAST

Scrambled Eggs on Toast

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp milk
- [ ] 1 tsp butter
- [ ] 2 slices wholemeal bread
- [ ] 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

Scrambled Eggs on Toast



1. Toast the bread.



2. Whisk eggs, milk and pepper.



3. Melt butter in a pan over low heat.



4. Add eggs and stir slowly until softly set.



5. Serve on toast.

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

BREAKFAST

Banana Cinnamon Porridge

SERVES: 1 serve | TIME: 8 minutes

What you need

- [ ] 1/2 cup rolled oats
- [ ] 1 cup milk or water
- [ ] 1 banana
- [ ] Pinch of cinnamon
- [ ] 1 tsp honey (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

Banana Cinnamon Porridge



1. Combine oats and milk in a saucepan.



2. Cook for 4-5 minutes, stirring.



3. Mash half the banana and stir through.



4. Top with remaining banana and cinnamon.

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

BREAKFAST

Yoghurt Fruit Crunch

SERVES: 1 serve | TIME: 5 minutes

What you need

- ☐ 3/4 cup plain yoghurt
- ☐ 1/2 cup seasonal fruit
- ☐ 2 tbsp low-sugar muesli
- ☐ 1 tsp seeds (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

Yoghurt Fruit Crunch



1. Spoon yoghurt into a bowl.



2. Add chopped fruit.



3. Top with muesli and seeds.



4. Serve straight away.

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

BREAKFAST

Avocado and Tomato Toast

SERVES: 1 serve | TIME: 10 minutes

What you need

- ☐ 2 slices wholemeal bread
- ☐ 1/2 ripe avocado
- ☐ 1 small tomato, sliced
- ☐ Squeeze of lemon
- ☐ 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

Avocado and Tomato Toast



1. Toast the bread.



2. Mash avocado with lemon and pepper.



3. Spread avocado over toast.



4. Top with sliced tomato and serve.

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

LUNCH

Cheese and Tomato Toastie

SERVES: 1 serve | TIME: 10 minutes

What you need

- ☐ 2 slices wholemeal bread
- ☐ 2 slices cheese
- ☐ 1 tomato, sliced
- ☐ Baby spinach (optional)
- ☐ 1 tsp butter



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

Cheese and Tomato Toastie



1. Place cheese, tomato and spinach between bread.



2. Lightly butter the outsides.



3. Cook in a sandwich press or covered pan.



4. Serve when golden and melted.

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

LUNCH

Hummus Vegetable Wrap

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 1 wholemeal wrap
- [ ] 3 tbsp hummus
- [ ] 1/4 cucumber, sliced
- [ ] 1/2 carrot, grated
- [ ] 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 Wrap



1 Lay the wrap flat and spread with hummus.



2 Add cucumber, carrot, capsicum and lettuce.



3 Fold in the sides and roll firmly.



4 Cut in half and serve.

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

SOUP

Easy Pumpkin Soup

SERVES: 4 serves | TIME: 35 minutes

What you need

- [ ] 1 kg pumpkin, chopped
- [ ] 1 onion, chopped
- [ ] 1 potato, chopped
- [ ] 4 cups vegetable stock
- [ ] 1 tbsp 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

Easy Pumpkin Soup



1. Soften onion in oil.



2. Add pumpkin, potato and stock.



3. Simmer for 20 minutes until soft.



4. Blend carefully until smooth.



5. Season and serve.

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

SOUP

Quick Minestrone

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 1 onion, chopped
- [ ] 1 carrot, diced
- [ ] 1 zucchini, diced
- [ ] 400 g crushed tomatoes
- [ ] 400 g beans, rinsed
- [ ] 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

Quick Minestrone



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



2. Add tomatoes, beans and stock.



3. Bring to the boil and add pasta.



4. Simmer until pasta and vegetables are tender.

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

SOUP

Tomato and Lentil Soup

SERVES: 4 serves | TIME: 30 minutes

What you need

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

Tomato and Lentil Soup



1. Soften onion and carrot in a little oil.



2. Add tomatoes, lentils, stock and herbs.



3. Simmer for 20 minutes.



4. Blend partly if desired, then serve.

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

DINNER

Loaded Baked Potatoes

SERVES: 2 serves | TIME: 55 minutes

What you need

- ☐ 2 large potatoes
- ☐ 1/2 cup baked beans
- ☐ 1/2 cup grated cheese
- ☐ 2 tbsp plain yoghurt
- ☐ Spring onion (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

Loaded Baked Potatoes



1. Heat oven to 200 C and prick potatoes.



2. Bake for 45-55 minutes until soft.



3. Warm the beans.



4. Split potatoes and add beans and cheese.



5. Top with yoghurt.

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

DINNER

Easy Vegetable Fried Rice

SERVES: 4 serves | TIME: 20 minutes

What you need

- ☐ 3 cups cold cooked rice
- ☐ 2 eggs, beaten
- ☐ 2 cups frozen vegetables
- ☐ 2 spring onions
- ☐ 2 tbsp reduced-salt soy sauce
- ☐ 1 tsp oil



Finished-dish example

Before you start

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Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Vegetable Fried Rice



1. Scramble eggs in a hot pan and set aside.



2. Cook vegetables for 4-5 minutes.



3. Add rice and stir until hot.



4. Return egg and add soy sauce and spring onion.

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

DINNER

Chickpea Vegetable Curry

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 400 g chickpeas, rinsed
- ☐ 1 onion, chopped
- ☐ 2 cups chopped vegetables
- ☐ 400 g diced tomatoes
- ☐ 1 cup light coconut milk
- ☐ 1-2 tbsp mild curry powder
- ☐ Cooked rice



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 Vegetable Curry



1. Soften onion in a little oil.



2. Add curry powder and stir for 30 seconds.



3. Add vegetables, tomatoes and coconut milk. Simmer 15 minutes.



4. Add chickpeas and cook 5 minutes.



5. Serve with rice.

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

DINNER

Lentil Mushroom Bolognese

SERVES: 4 serves | TIME: 35 minutes

What you need

- [ ] 300 g spaghetti
- [ ] 400 g lentils, rinsed
- [ ] 200 g mushrooms, chopped
- [ ] 1 onion, chopped
- [ ] 400 g crushed tomatoes
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp 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

Lentil Mushroom Bolognese



1. Cook spaghetti according to the packet.



2. Soften onion and mushrooms in a pan.



3. Add lentils, tomatoes, paste and herbs.



4. Simmer for 20 minutes.



5. Serve sauce over spaghetti.

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

DINNER

Spinach and Ricotta Pasta

SERVES: 4 serves | TIME: 25 minutes

What you need

- ☐ 300 g pasta
- ☐ 250 g ricotta
- ☐ 2 cups baby spinach
- ☐ 1/2 cup grated cheese
- ☐ 1 tbsp lemon juice
- ☐ 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 Ricotta Pasta



1. Cook pasta and reserve a little cooking water.



2. Wilt spinach in the warm saucepan.



3. Stir in ricotta, lemon and a splash of pasta water.



4. Add drained pasta and mix.



5. Top with grated cheese.

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

DINNER

Easy Vegetable Lasagne

SERVES: 6 serves | TIME: 60 minutes

What you need

- [ ] Lasagne sheets
- [ ] 700 ml tomato pasta sauce
- [ ] 3 cups chopped vegetables
- [ ] 500 g ricotta
- [ ] 1 cup grated cheese
- [ ] 1 tsp 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

Easy Vegetable Lasagne



1. Heat oven to 190 C.



2. Cook vegetables with sauce and herbs for 10 minutes.



3. Layer sauce, lasagne sheets and ricotta in a baking dish.



4. Top with cheese.



5. Bake for 35-40 minutes until tender.

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

DINNER

Black Bean Tacos

SERVES: 4 serves | TIME: 20 minutes

What you need

- [ ] 8 small tortillas
- [ ] 400 g black beans, rinsed
- [ ] 1 cup corn
- [ ] 1 tomato, chopped
- [ ] Lettuce, shredded
- [ ] 1/2 avocado
- [ ] Plain yoghurt



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

Black Bean Tacos



1. Warm beans and corn with a splash of water.



2. Prepare tomato, lettuce, avocado and yoghurt.



3. Warm tortillas according to the packet.



4. Let everyone build their own tacos.

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

DINNER

Chickpea Vegetable Burgers

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 400 g chickpeas, rinsed
- ☐ 1 carrot, grated
- ☐ 1/2 cup breadcrumbs
- ☐ 1 egg
- ☐ 1 tsp mild curry powder
- ☐ 4 wholemeal rolls
- ☐ Salad to serve



Finished-dish example

Before you start

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Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chickpea Vegetable Burgers



1. Mash chickpeas in a bowl.



2. Mix in carrot, breadcrumbs, egg and curry powder.



3. Shape into four patties.



4. Cook in a lightly oiled pan until golden and hot.



5. Serve in rolls with salad.

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

DINNER

Sweet Potato Tray Bake

SERVES: 4 serves | TIME: 40 minutes

What you need

- [ ] 2 sweet potatoes, chopped
- [ ] 1 zucchini, chopped
- [ ] 1 capsicum, chopped
- [ ] 1 red onion, cut into wedges
- [ ] 400 g chickpeas, rinsed
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried 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

Sweet Potato Tray Bake



1. Heat oven to 200 C.



2. Place vegetables and chickpeas on a lined tray.



3. Toss with oil and herbs.



4. Bake for 30-35 minutes, turning once.

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

DINNER

Spinach Tomato Frittata

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 6 eggs
- [ ] 1/4 cup milk
- [ ] 2 cups baby spinach
- [ ] 1 cup cherry tomatoes
- [ ] 1/2 cup grated cheese
- [ ] 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 Tomato Frittata



1. Heat oven to 180 C.



2. Whisk eggs, milk and pepper.



3. Place spinach and tomatoes in a greased baking dish.



4. Pour over eggs and top with cheese.



5. Bake for 20-25 minutes until set.

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

DINNER

Tofu Vegetable Stir-Fry

SERVES: 4 serves | TIME: 25 minutes

What you need

- ☐ 400 g firm tofu, cubed
- ☐ 4 cups stir-fry vegetables
- ☐ 2 tbsp reduced-salt soy sauce
- ☐ 1 tbsp sweet chilli sauce
- ☐ 1 tsp oil
- ☐ Cooked rice



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

Tofu Vegetable Stir-Fry



1. Pat tofu dry.



2. Cook tofu in oil until golden, then set aside.



3. Stir-fry vegetables until just tender.



4. Return tofu and add sauces.



5. Toss until hot and serve with rice.

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

DINNER

Lentil Shepherds Pie

SERVES: 4 serves | TIME: 50 minutes

What you need

- ☐ 400 g lentils, rinsed
- ☐ 1 onion, chopped
- ☐ 2 cups frozen vegetables
- ☐ 2 tbsp tomato paste
- ☐ 1 cup vegetable stock
- ☐ 3 cups mashed potato



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

Lentil Shepherds Pie



1. Heat oven to 190 C.



2. Soften onion, then add lentils and vegetables.



3. Stir in tomato paste and stock; simmer 10 minutes.



4. Place in a baking dish and spread mash on top.



5. Bake for 25 minutes.

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

TREAT

Easy Pancakes

SERVES: 8 pancakes | TIME: 20 minutes

What you need

- [ ] 1 cup self-raising flour
- [ ] 1 tbsp caster sugar
- [ ] 1 egg
- [ ] 3/4 cup milk
- [ ] 1 tsp butter
- [ ] Fruit and yoghurt



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 Pancakes



1. Mix flour and sugar.



2. Whisk egg and milk, then add to flour.



3. Heat a lightly buttered pan.



4. Cook 1/4 cup portions until bubbles form, then flip.



5. Serve with fruit and yoghurt.

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

DESSERT

Apple Crumble

SERVES: 6 serves | TIME: 45 minutes

What you need

- [ ] 5 apples, peeled and sliced
- [ ] 1 tsp cinnamon
- [ ] 1 tbsp water
- [ ] 1 cup rolled oats
- [ ] 1/2 cup plain flour
- [ ] 1/3 cup brown sugar
- [ ] 75 g butter



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

Apple Crumble



1. Heat oven to 180 C.



2. Place apples, cinnamon and water in a baking dish.



3. Mix oats, flour and sugar, then rub in butter.



4. Scatter over apples.



5. Bake for 30-35 minutes until golden.

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.