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# LIVE BELOW THE LINE

\$2.25 COOKBOOK

THE  
GLOBAL  
POVERTY  
PROJECT

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# INTRODUCTION

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Live Below The Line is an incredible new awareness and fundraising campaign that's making a huge difference in the fight against extreme poverty.

Quite simply, it allows hundreds of kiwis to better understand the daily challenges faced by those trapped in the cycle of extreme poverty, and builds a movement of passionate people willing and able to make a meaningful difference for those who need it most.

The week of Live Below the Line is a week like no other. From 22nd-26th August, hundreds of people across NZ will spend just \$2.25 each day on food, and use their daily experiences to bring extreme poverty to the centre of conversation in homes and workplaces. We'll all be challenged, we'll struggle without caffeine, and have a faint feeling of being not quite full for the whole week. We'll pool money with housemates, colleagues or family to make that money stretch just a little further...

We'll do all of this because whilst we choose to struggle to Live Below the Line for one week, there are 1.4 billion people who have no choice other than to do it every day.

Think about that figure - 1.4 BILLION - that's over 300 times the population of NZ- living every day in the most abject poverty.

"It's not that bad," you might say - "\$2.25 goes a lot further in developing countries". - Unfortunately not. The \$2.25 figure represents the amount someone living in extreme poverty in NZ would have to live on.

And for people who live in extreme poverty that \$2.25 has to cover far more than food and drink - we're talking everything - health, housing, transport, food, education... It's impossible to imagine, but it's the incomprehensible reality for an incredible number of people.

Gandhi said that "Poverty is the worst form of violence" - and we couldn't agree more. But it can be so hard to know how best to respond. That's where Live Below The Line comes in - so join us today.

[www.livebelowtheline.co.nz](http://www.livebelowtheline.co.nz)

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# BREAKFAST

# OATMEAL PORRIDGE WITH APPLE AND HONEY

With 1158 kilojoules per serving this recipe assures you are all powered up for the day, so you will only need a small lunch to keep up with the *Live Below the Line* challenge.

Serves 1

## Ingredients

- 50g rolled oats
- 1 cup skim milk
- 1 tablespoon sugar
- 1 tablespoon honey
- 3 granny smith apple slices
- sprinkle of cinnamon

## Method

1. Add rolled oats and skim milk in a bowl, mix well and put in microwave for 2 minutes.
2. Take it out and give it a stir, adds bit of water if is too dry. Add sugar and cinnamon and put it back in microwave for another minute.
3. Serve with apple slices, a sprinkle of cinnamon and a dollop of honey.



# JAPANESE BREAKFAST – MISO SOUP & STEAMED RICE

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Serves 2

## Ingredients

### *The Steamed Rice:*

- 1 cup rice (long grain, jasmine or short grain rice)
- 1 1/2 cups of cool water

### *The Miso:*

- 2 cups of water or vegetable broth
- 2 tablespoon light-colored miso
- 2 tablespoons diced silken tofu (tiny pieces)
- 2 small spring onions, very finely minced



## Method

### *For the Steamed Rice:*

1. Place rice grains in pot. Wash the rice and swish with your hands. Drain and repeat 3 more times until the water is no longer milky. This helps remove excess starch and clean the grains.
2. Fill the pot with the cool water and the washed rice. Turn the heat to high. When the water near the edge of pot starts bubbling, cover the pot and reduce heat to low. Cook for 15 minutes.
3. Turn off heat and keep covered! Just let it sit with lid on for 5 minutes to finish the steaming process. Fluff with fork after done.

### *For the Miso Soup:*

1. Heat the water or broth until it reaches a boil.
  2. Place the miso in a generously sized single-serving bowl, and pour in about one third of the hot water or broth. Mash and stir until the mixture becomes smooth.
  3. Add the remaining hot liquid, along with the tofu and spring onion. Serve right away.
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# SNACKS AND LIGHT MEALS

# ROASTED VEGETABLES

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Any of the following vegetables work well for roasting:

- Butternut squash
- Potatoes
- Beetroot
- Cassava
- Carrots
- Red onions
- Courgettes



## Ingredients

- Oil
- 4 whole garlic cloves
- Rosemary (fresh or dried)
- Salt and pepper

## Method

1. Preheat oven to 180C. Scrub and trim all the vegetables, then cut them into chunks.
2. Place the oil into a bowl. Dip in the vegetables pieces and garlic so that they are well coated.
3. Arrange the squash, potatoes, beetroot and cassava pieces on a baking tray and bake for 20 minutes.
4. Turn these vegetables over, then add the rest of the vegetables. Sprinkle with the rosemary, season with salt and pepper. Return the tray to the oven for further 20-25 minutes.
5. Serve with warmed bread.

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# SOUPS

# PUMPKIN AND POTATO SOUP

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## Ingredients

- 2 tbsp oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1/2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp freshly grated nutmeg
- 750g peeled pumpkin, diced
- 3 large potato, peeled, diced
- 1L chicken or vegetable stock



## Method

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured.
2. Add garlic and spices and cook, stirring, for 30 seconds.
3. Add pumpkin, potato and stock and bring to the boil.
4. Turn heat to low, cover and simmer for 30 minutes.
5. Allow to cool slightly, then blend in batches.
6. Return soup to pan and reheat gently. Season with salt and pepper and add a little more nutmeg if desired

# YELLOW SPLIT PEA AND VEGETABLE SOUP

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Serves 4-6

## Ingredients

- 1 potato, diced
- 1 carrot, diced
- 1 onion, chopped
- 1  $\frac{3}{4}$  cups yellow split peas
- 6 cups vegetable stock
- cayenne
- Salt and pepper to taste



## Method

1. Heat the oil in a large saucepan over medium heat. Add the onion, carrot and potato. Cover and cook, stirring occasionally, until the vegetables are soft, about 10 minutes.
2. Stir in the stock, split peas, cayenne and salt and pepper to taste.
3. Bring to the boil, then reduce the heat to low, cover and cook, stirring occasionally, until the split peas are soft and the soup thickens, about 40 minutes. If the soup becomes too thick, add a little water.
4. Serve hot.

# LEEK AND PUMPKIN

## Ingredients

- 1kg chopped pumpkin
- 1 leek, sliced
- 8 cloves garlic
- 1 tsp cumin
- 5 cups prepared vegetable stock
- 2 cups milk



## Method

1. Preheat the oven to 180 C. Place pumpkin, leek, garlic and cumin on a baking tray. Spray lightly with oil. Roast, uncovered, for 25 min.
2. Transfer vegies to a saucepan and add stock and milk. Simmer for 15 min. Puree with a hand-held blender. Season before serving.

# POTATO

## Ingredients

- 1 large potato, scrubbed and diced
- 1 medium brown onion, peeled and diced
- 1 leek (optional, if budget allows it)
- Small knob butter

## Method

Boil 1 ½ cups water in a medium saucepan and add the potato. Simmer for about

an hour, adding more water if it starts to get too dry.

Heat butter in a saucepan and fry the onion until soft.

Add onion to boiling potato and mash with a fork or potato masher until the soup

is as smooth as you'd like. Taste and season.



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# RICE & PASTA

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# FRIED RICE

## Ingredients

- 100 grams rice (about 2/3 cup, uncooked)
- 1/2 a head of broccoli OR a cup of frozen veges
- 1/8 of an onion
- Oil to cook, if you can afford it!

## Method

1. Cook the rice using your preferred method; set aside.
2. Finely chop the broccoli (frozen veges are good as is) and onion. Heat the oil in a pan and sauté the vegetables.
3. When the onion is browned to your liking and the vegetable are soft enough, add your cooked rice and toss all ingredients together.
4. Serve and enjoy.



# COUSCOUS WITH VEGETABLES

Serves 4

## Ingredients

- 1 onion
- any vegetables of choice
- 2 cloves of garlic
- 2-3 tbsp oil
- 1 ½ cups of couscous
- 2 ½ cups vegetable stock
- ½ cup of currents



## Method

1. Stir fry or roast any vegetables
2. Meanwhile in a large saucepan, heat oil and cook onion and garlic over moderate heat for 10-15 minutes, until softened but not coloured.
3. Stir in couscous and cook for 1 minute. Add stock, bring to the boil, then simmer for 8-10 minutes, stirring regularly until couscous is cooked and liquid has been absorbed.
4. Combine couscous with currents and season with salt and pepper.

# MACARONI WITH HOT BUTTERED PEAS

## Ingredients

For a vegan version use olive oil instead of the butter.

- 85g (3oz) macaroni or other pasta shapes
- 100g (3 1/2oz) frozen peas
- 20g (3/4 oz) butter or oil

## Method

1. Bring a medium saucepan of salted water to the boil and add pasta. Set timer according to the packet directions.
2. When there are 3 minutes remaining add peas and cook until pasta is just tender.
3. Drain and return to the saucepan with the butter. Stir to crush the peas a little.
4. Taste and season.



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# BEANS, PULSES AND LENTILS

# BAKED POLENTA WITH RED BEANS

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The polenta may be made a few days ahead and refrigerated until needed.

## Ingredients

- 3 ½ cups of water
- 1 tsp salt plus more for seasoning
- 1 cup cornmeal
- 3 tbsp oil
- Black pepper
- 4 spring onions, chopped
- 1 ½ cooked red kidney beans, drained and rinsed



## Method

1. Bring water to the boil in a large saucepan over high heat. Reduce the heat to medium, add the salt and slowly whisk in cornmeal, stirring constantly.
2. Reduce the heat to low and continue to cook, stirring frequently, until thick, 30-40 minutes.
3. Stir in 1 tbsp oil and season with salt and pepper to taste.
4. Spoon the polenta into a lightly oiled, shallow 10-inch square baking dish and spread it evenly over the bottom.
5. Refrigerate until firm, at least 30 minutes.
6. Heat 1 tbsp of oil in a medium-sized skillet over medium heat. Add the scallions and cook until lightly softened, about 1 minute. Stir in the beans.
7. Simmer until the mixture is hot and the flavours are blended, about 5 minutes.
8. Keep warm over very low heat.
9. Preheat the oven to 190C. Cut the polenta into 4 squares and place on a lightly oiled baking sheet. Brush the tops with the remaining 1 tbsp oil and bake until hot and golden brown, about 20 minutes.
10. To serve, transfer the polenta to individual plates and serve hot.

# SPICED CHICKPEAS WITH CAULIFLOWER

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## Ingredients

- 1 tbsp olive oil
- 100g (3 1/2oz) cauliflower florets (fresh or frozen)
- 1/2 can chickpeas (200g / 7oz), drained
- 1 tsp ground cumin
- 1 tsp chilli flakes

## Method

1. Heat oil in a small frying pan and cook cauliflower over a medium high heat until starting to brown.
2. Add remaining ingredients and continue to cook, stirring for a couple of minutes or until chickpeas are hot and everything smells fragrant.
3. Taste and season. Lovely hot but also good a room temperature so great for a packed lunch.

## Variations

A spice blend like garam marsala, baharat or even a good curry powder would be lovely. Coriander, parsley or mint would all be good too.



# DAHL

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## Ingredients

- 1 cup dried split lentils (Red or Yellow), washed, drained
- 4 cups water
- 3 cloves of garlic
- 1/2 teaspoon ground turmeric
- 1/4 cup canola oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper



## Method

- Place lentils and water into a saucepan over medium heat. Bring to the boil. Use a spoon to skim any residue from surface.
- Reduce heat to low. Add garlic and turmeric. Partially cover with a lid. Simmer for 1 hour. Cook, stirring, for a further 30 minutes or until lentils are tender.
- Heat oil in a small frying pan over high heat. Add cumin, coriander and cayenne pepper. Cook for 30 seconds and stir into lentils.

## Variations

A simplified version of this recipe would be to replace the spices with ginger and add a small onion.

# HEARTY LENTIL STEW WITH STEAMED RICE

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The secret to cooking red lentils is to keep an eye on them and stop when they are just tender. It's a fine line between just cooked and mushy. But don't stress if you end up with a more lentil soup texture – it will still be delicious.

## Ingredients

- 2 tablespoons vegetable oil
- 1 onion, peeled and diced
- 1 large carrot, diced into chunks
- 2 ribs celery, diced onto chunks
- 1 can tomatoes (400g / 14oz)
- 150g red lentils



## Method

1. Heat oil in a medium saucepan and cook onion covered on a medium low heat until the onion is soft.
2. Add remaining ingredients except for the lentils and 1 1/2 cups water. Simmer until the veg are tender – about 45mins.
3. Add lentils and simmer for a further 10 minutes or until lentils are just cooked through but not mushy. Taste and season and serve with steamed rice.

# INDIAN-SPICED LENTIL SOUP

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Serves 4-6

## Ingredients

- 2 tbsp oil
- 1 small onion, chopped
- 1 stalk of celery, chopped
- 1 small potato, diced
- 1 garlic clove
- 1 can tomatoes
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp cayenne
- 1 ½ dried lentils, rinsed
- 6 cups vegetable stock or water
- Salt and pepper to taste



## Method

1. Heat the oil in a large pot over medium heat. Add the onion, celery, potato and garlic. Cover and cook until softened, about 10 minutes. Add the tomatoes. Stir in spices.
2. Add the lentils and stock and bring to the boil. Reduce the heat to low, cover and simmer, stirring occasionally until the lentils are tender, about 30 min.
3. Season with salt and pepper and cook for another 10 min to blend the flavours. Serve hot.

# CHICKPEAS IN TOMATO SAUCE

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Serves 3-4

## Ingredients

1 ¼ cups chickpeas, soaked overnight, then drained

1 tbsp oil

1 small onion, roughly chopped

3 garlic cloves, chopped

Salt and pepper

Tinned tomatoes

## Method

1. Boil chickpeas for 1-2 hours or until cooked. Drain and set aside.
2. Heat oil in a saucepan and add onion. Saute until soft.
3. Reduce heat to very low, add tomatoes and cook without a lid for about 30 min.
4. Remove from heat and blend until smooth.
5. Combine chickpeas and tomatoes and return to heat. Season with salt and pepper and serve hot.

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# BREADS

# CHAPATIS

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These chapatis are easy to make and would go beautifully with dahl, curries, stews or soups.

## Ingredients

- 3 cups plain flour
- 1/4 cup oil
- 1-2 cups boiling water



## Method

1. Stir oil into flour. Add boiling water slowly so that you don't add too much. Make a dough like a pizza or bread dough.
2. Cut into 12 pieces. Form each piece into a ball. Roll out thin.
3. Dry fry in a frying pan (no oil needed) on both sides.

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# SIMPLE BREAD

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## Ingredients:

- 1/2 cup Self raising flour
- Water to form soft dough

## Method:

1. Combine flour and water until soft dough is formed. Divide into 12 portions. Roll out thinly.
2. Heat hotplate, and grill until browned on both sides and cooked through. Pressing air bubbles down with clean tea towel whilst cooking.
3. Serve with margarine and jam if desired and budget allows it.



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# DESSERTS

# RICE PUDDING WITH DRIED FRUIT (OPTIONAL)

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## Ingredients

- ½ C rice
- Approx 150ml milk
- Approx 50ml water
- Dried fruit/ jam to taste (optional)



## Method

1. Bring water and milk to a boil, stir in rice and dried fruit. Reduce heat to simmer.
2. Continue to cook until rice is tender and liquid has reduced. If there isn't enough liquid to make a "creamy" consistency, add a little water.
3. Serve hot or cold with added jam if desired (and budget allows it).

# BANANA CAKE

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## Ingredients

- 2 tbsp margarine
- 2 tbsp milk (30ml)
- 160g (3/4 cup) raw sugar
- 3 ripe bananas, mashed
- 240g (1 1/2 cups) plain wholemeal flour
- 3 tsp baking powder



## Method

1. Preheat oven to 200°C.
2. Lightly grease a 15 x 23cm loaf tin.
3. With an electric beater, beat margarine and raw sugar until well combined. Add mashed bananas and beat until combined.
4. Combine the flour and the baking powder and gently fold into the banana mixture. Add the milk and fold to combine.
5. Spoon mixture into greased cake tin and bake in the preheated oven for 45 minutes or until cooked and a skewer inserted into the centre comes out clean.
6. Stand cake in the tin for 5 minutes before turning it onto a wire rack to cool.