

As an individual, a couple, a family, a group of flatmates –

take the **2 day challenge** or the **5 day challenge**

and experience 'living below the line' ...

and give what you save to our Global Mission 'Self Denial' offering

We'll make it easy for you!

You don't have to pay your power or your gas or your water or your petrol out of that \$2.85 per day – because people who live in poverty don't pay any of those things!

Just your food ...

For 2 days ... or 5 days ...
spend no more than \$2.85 per person per day on what you eat.

AND think and talk about what it's like ...

And what it would be like if you were doing this EVERY day, for real ...

If you think 'Live Below The Line is too hard for you/your family ...

*You could try to **'Dine Below The Line'** ...*

Invite some friends for a meal, feed them on \$2.85 per person, and ask them to pay for their meal (\$10 or \$20 each, or a donation) – for a great cause ...

Good Old Dahl

Vanessa Opera

Ingredients: 1 C red split lentils, rinsed / 1 Tsp ground turmeric (optional)
1 Tsp vegetable oil / 1 onion, chopped / 4 garlic cloves, crushed
2 Tsp mild curry powder / 1 400g can reduced-salt chopped tomatoes
4 Tsp coriander leaves, to serve / ½ C low-fat natural yoghurt, to serve



Directions: Place the rinsed lentils, and turmeric, in a saucepan and add enough water to cover the lentils by 3cm. Bring to the boil over medium heat and cool for 45 minutes, or until lentils are tender. Heat the oil in a saucepan over medium heat. Cook the onion and garlic for 5 minutes, or until the onion is soft. Add the curry powder and cook for 1 minute, until fragrant. Stir in the tomatoes and half a cup of water and simmer for 5 minutes. Add the cooked lentils and a further cup of water to the tomato mixture. Simmer for 5 minutes, to warm through. Stir in chopped coriander. Serve with a dollop of yoghurt.

Tabouleh (Serves 6) **Peta Matthias**

Ingredients: ½ C bulgur wheat, fine grade / ¼ C lemon juice / 2 C tomatoes, finely chopped / 2 C spring onions, finely sliced / 2 pinches cinnamon
1 tbsp rice bran oil / 1 pinch flaky Marlborough sea salt / 1 pinch freshly ground black Pepper / ⅓ C extra virgin olive oil / 2 C flat leaf (Italian) parsley, finely chopped / 4 Tbsp fresh mint, finely chopped / 4 servings cos lettuce leaves



Directions: 1. Wash bulgur, squeeze dry & soak in lemon juice for half an hour. 2. In a bowl, combine tomatoes, spring onions, cinnamon, salt & pepper. Drizzle on the olive oil and toss. 3. Fold in the bulgur, parsley & mint & mix together. 4. To eat, scoop tabouleh up with cos leaves & munch to your heart's content.

Indian-Spiced lentil Soup (Serves 4)

Ingredients: 2 Tbsp oil / 1 onion chopped / 1 stalk celery chopped / 1 small potato diced / 1 garlic clove / 1 can tomatoes / ½ Tsp ground cumin / ½ Tsp ground coriander / ¼ Tsp cayenne / 1½ C dried lentils, rinsed / 1C vegetable stock or water / Salt & pepper to taste



Directions: Heat the oil in a large pot over medium heat. Add the onion, celery, potato and garlic. Cook vegetables until softened, about 10 minutes. Add the tomatoes. Stir in the spices. 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. Season with salt and pepper and cook for another 10 minutes. Serve hot.

Mushroom and Rocket Risotto (Serves 4) Geoff Scott

Ingredients: 1 L vegetable stock, use a stock powder / 2 Tbsp rice bran oil / ½ C onion, finely diced / 300g risotto rice / ¼ C white wine / 1 Tbsp rice bran oil / 200g sliced mushrooms (look for 2nd grade at supermarket) / ¼ C cold butter, diced / 1 C rocket, finely sliced



Directions: 1. Bring the vegetable stock to the boil. 2. Heat first measure of oil in a large pan over a medium heat, add onion and fry gently without colouring for 5 minutes. 3. Add rice and turn up heat, stirring constantly for 1 minute. Add wine and reduce until evaporated. 4. Add stock to cover rice by 2cm, turn down heat to a gentle simmer. Do not stir the rice. Shake the pan from time to time to check the rice is not sticking. Add more stock if necessary so the rice is just covered in liquid. Cook for 12 minutes or until the rice is firm to the bite when tested. 5. While rice is cooking, heat a large frying pan until very hot, then add oil and mushrooms. Fry until caramelised and golden, season with salt and pepper. 6. Add mushroom to cooked rice and gently fold in butter and rocket. Check seasoning, then serve on hot plates.

Spiced Vegetable Fritters (Serves 4) Tracey Lee Hooton

Ingredients: 1 onion, finely chopped / 2 C grated vegetables (whatever's cheap & in season: courgette, carrot, pumpkin) / 1 Tsp Salt / 1 C chickpea flour / 1 Tsp curry powder / Oil for frying / 4 Tbsp sweet chilli sauce for dipping / 1 pinch freshly ground black pepper



Directions: 1. Heat a little oil in a pan and sauté onion until soft. Take a mixing bowl and add all remaining ingredients, along with the onion.

(If you don't have chickpea flour, you can use regular flour). Depending on what veges you use, you may have to add some water to make the mixture into a batter. Courgettes are quite wet, so you won't need to add water. Stir mix until it is fully combined then let it rest in the fridge for an hour. Stir again before cooking.

2. Heat oil in a pan and cook large spoonfuls of the mix until brown. Flip and cook the other side. Serve with sweet chilli sauce.