



COOKING WITH PICTURES

THE INCLUSIVE COOKBOOK

Step-by-Step Recipes
for All Abilities

Chapter One Publishers
Adelaide, Australia 5083
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The Inclusive Cookbook
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PUBLISHER'S FOREWORD

Sharon's journey in creating **The Inclusive Cookbook** is one of dedication, perseverance, and a deep desire to help others. This cookbook, with its easy-to-follow step-by-step picture recipes, is the result of Sharon's determination to create a resource that gives people with learning disabilities the confidence to cook. But behind this amazing book is a story of Sharon's hard work and her willingness to overcome many challenges.

When Sharon first started this project, she had no experience with taking professional photos, editing them, or even how to break down recipes into the simplest steps. Learning how to take clear pictures of each cooking step and making the instructions easy to understand was not easy. However, she didn't give up. She spent hours learning how to make every step as clear as possible, knowing that even the smallest detail could make a big difference for her readers.

But Sharon's vision didn't stop at just recipes. She knew that many people would also need tools to make cooking easier. This is why she wanted to include color-coded measuring cups and spoons to help her readers follow the recipes more easily. Finding these tools from wholesalers who could maintain the color code for future production batches was a big challenge, but once again, Sharon didn't let that stop her. She kept going, determined to make cooking as simple and accessible as possible.

Every recipe in this book, every photo, and every tool is proof of Sharon's belief that everyone should have the chance to cook healthy meals, no matter their ability. Her cookbook is more than just a collection of recipes—it's a way for people to gain independence, feel good about themselves, and find joy in cooking, especially those who thought it was too difficult before.

Sharon's journey to complete *The Inclusive Cookbook* is a story of hard work and passion. Her efforts are already changing lives, with people who once found cooking difficult now feeling proud of the meals they can prepare on their own. Sharon's cookbook is not just a book—it's a gift that empowers people, and it will continue to make a difference in homes and communities everywhere.

I am honored to be a part of Sharon's journey, and now to write this foreword for Sharon's cookbook, a true labor of love and determination. I'm sure her passion will keep inspiring and transforming lives, one meal at a time.

In the words of my 8 year old daughter, Arya: I like Sharon's idea because she's being kind to those who have difficulty understanding complex recipes and giving them a chance to use a cookbook with pictures to make delicious recipes with ease.

Shilpa Agarwal
Book Coach and Editor
Chapter One Publishers

DEDICATION

This Cookbook is dedicated to my family and friends. Thank you for all of your wonderful ideas and assistance from the very start. Love to you all.

To Jo Lawrie, who believed in me and my dreams, and who would have wholeheartedly supported me in this endeavour. Your encouragement and love inspire and remind me to savour both the journey and the flavours of life. I miss your friendship and the fun times we had, especially during our trip to Darwin.

Danuta Noyce, no longer with us but forever in my thoughts. Your presence is still felt, and your support of this cookbook has been my guiding light. I honour your memory through the recipes within, knowing you would be proud of me and the love and passion shown within the cookbook.

Finally, to my Mum, Janet Harris, I know you would be very proud of how far I have come in my journey of putting together this cookbook. I miss our time together and feel your presence with me.

INTRODUCTION

The reasoning behind this Cookbook is that I have family members with learning disabilities which made it difficult for them to follow recipes. As a result, they were unable to cook even the most basic healthy nourishing meals and were compelled to buy takeaway meals or eat out most of the time. Occasionally, what they were capable of cooking wasn't very balanced - mostly meats, with a small number of vegetables.

They are in a place where they have little or no control over their health, while they'd very much like to be healthy and independent adults, not impeded by their learning disability anymore.

That's why I am creating this **Inclusive Cookbook** with simple **Step-by-Step Pictures** which will help them and others in their daily independence and confidence to prepare their own meals.

If you or a friend/relative relates to my story, my wish for you through this cookbook is that you can enjoy cooking these meals and have fun at the same time. If you have experienced a disability in any form, I hope this cookbook will restore your self-worth and transform your life into a healthier existence, one meal at a time! I hope this cookbook gives you the awareness you are due, and finally fills the gap that has existed for many years.

ADDITIONAL PRAISE FOR SHARON'S WORK

I work as a community engagement officer and recently ran a 12-week cooking program for people in the neighbourhood. The participants had limited to basic cooking skills at the start of the program and the aim was to improve their cooking skills and build knowledge around budget friendly, healthy meals that can be cooked independently.

Sharon generously offered to facilitate one of the sessions, leading the group to make the burger recipe from her picture cookbook. The feedback was very positive, everyone loved the taste of the burger and the ease of following the picture steps! Even those with limited cooking skills were able to follow the entire burger recipe and cook the meal independently! All 12 cooking participants said they would purchase Sharon's cookbook and would recommend it to others.

This cookbook is going to be a game changer for anyone living with literacy challenges, limited cooking skills, younger people wanting to learn to cook, and anyone and everyone in-between! We are so proud of Sharon for creating a cookbook that will make such a difference to the daily lives of people and we wish her every Success.

Freeda Kalaburnis, Neighbourhood Engagement Officer.

ACKNOWLEDGEMENTS

Jeannette Del-Pin - Jeannette was the first to help me in my cooking adventures to trial all the recipes. This started the process of deciding what recipes would go into the cookbook as well as being an “Official” taste tester. Thank you from the bottom of my heart.

John Rudloff and **Cassandra Stansfield** - John and Cassandra took the photos for the first mock-up (sample) of the recipes for the cookbook as well as being “Official” taste testers. They were invaluable in deciding what recipes went into the first edition of the cookbook.

Wendy Taube and **Andrew Harris** - Thank you for trialling one of the recipes. Wendy and Andrew found the recipe easy to follow and enjoyed making it.

Savannah Stansfield, Age 11 and **Jade Stansfield, Age 8** - Thank you Savannah and Jade for trying out the Pancake and Scrambled Eggs recipes. Being kids, they found them easy to follow and enjoyed eating them.

George Muller, Age 8 - Thank you for cooking the Easy Mac & Cheese recipe for the Inclusive Cookbook. George was proud of his achievement as he followed the step-by-step picture instructions all by himself. Well done, George!

Kelly Gosden - I am profoundly grateful for Kelly, whose timely presence has been nothing short of a blessing in navigating the technological intricacies of helping me bring this cookbook to life. Her expertise, patience and unwavering support have been a guiding light through every challenge. Thank you, Kelly, for being my saviour in this journey.

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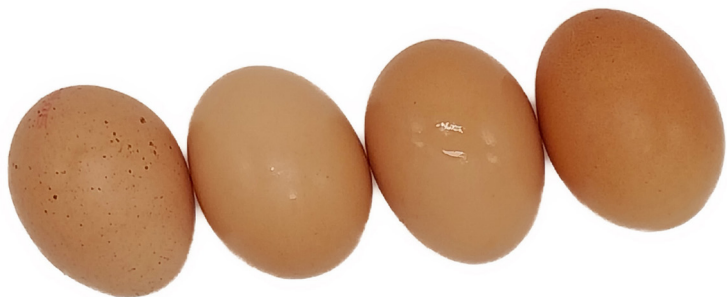
BREAKFAST

EASY SCRAMBLED EGGS



EASY SCRAMBLED EGGS

▶ INGREDIENTS



4 Eggs



1/8 tbsp Salt

1 tbsp Milk



1 tbsp Butter

1/8 tbsp Pepper



NOTE:
tbsp = tablespoon
tsp = teaspoon



EASY SCRAMBLED EGGS

▶ UTENSILS NEEDED



Stove on Minimum Heat



Frypan



Large Mixing Bowl



Measuring Spoons



Dinner Plate



Whisk



Wooden Spoon



EASY SCRAMBLED EGGS

STEPS



Step 1.1 - Crack Eggs



Step 1.2 - 4 Eggs Cracked into Bowl



Step 2.1 - Add 1st tbsp Milk



Step 2.2 - Add 2nd tbsp Milk



Step 3.1 - Add Salt



Step 3.2 - Add Pepper





Step 4.1 - Whisk Eggs



Step 4.2 - Eggs Whisked



Step 5 - Dial on Min



Step 5 - Minimum Heat



Step 6.1 - Add Butter to Frypan



Step 6.2 - Pan is Ready when Butter is Bubbling



Step 7.1 - Pour Eggs into Frypan





**Step 7.2 - Let Eggs
Sit for 1 minute**



**Step 7.3 - Fold Eggs
until Fluffy**



**Step 8 -
Cooked Eggs**



Step 9 - Serve



EGG CRUMPETS



EGG CRUMPETS

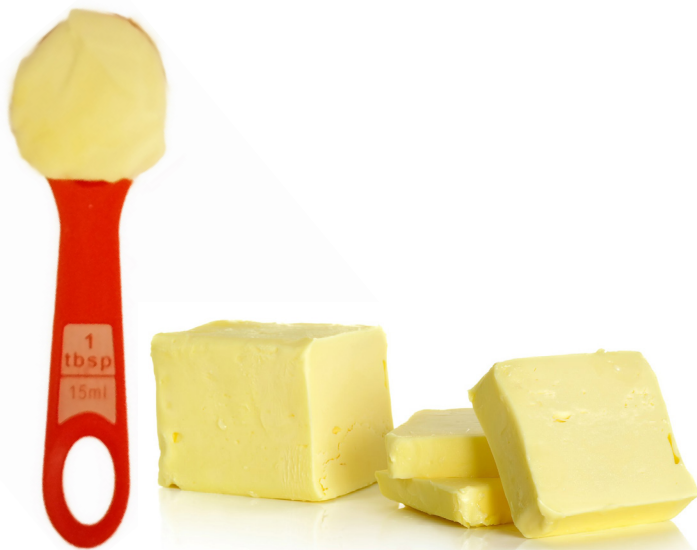
▶ INGREDIENTS



4 Eggs



Crumpets



1 tbsp Butter

NOTE:

tblsp = tablespoon
tsp = teaspoon



1/8 tsp Mixed Spice

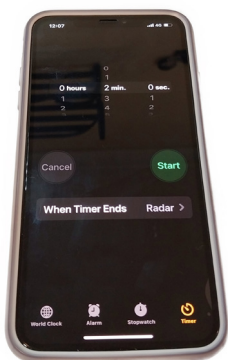


EGG CRUMPETS

► UTENSILS NEEDED



Stove on Minimum Heat



Timer



Frypan



Large Mixing Bowl



Whisk



Wooden Spoon



Dinner Plate



Tongs



Measuring Spoons



EGG CRUMPETS

STEPS



Step 1.1 -
Crack 4 Eggs into Bowl



Step 1.2 -
4 Eggs in Bowl



Step 2.1 -
1/8 tsp Mixed Spice



Step 2.2 -
Mixed Spice Added



Step 3.1 -
Whisk Ingredients



Step 3.2 -
Whisked Ingredients





Step 4.1 -
Place Crumpet in Mixture



Step 4.2 -
Soak in Mixture



Step 4.3 -
Turn Crumpet once Soaked



Step 4.4 -
Soak turned Crumpet



Step 5 - Dial on
Minimum Heat



Step 5 -
Minimum Heat



Step 5.1 -
Add Butter to Frypan





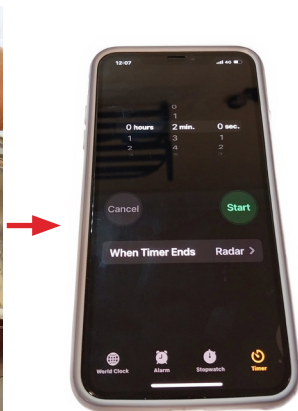
Step 5.2 -
Melt Butter



Step 6.1 - Add 1st
Crumpet to Frypan



Step 6.2 - Add 2nd
Crumpet to Frypan



Step 6.3 - Set
Time for 2 mins



Step 7 - Turn & Cook
both sides of Crumpets



Step 8 -
Cooked both Sides



Step 9 -
Serve



PANCAKES



PANCAKES

INGREDIENTS



1/2 tsp Butter



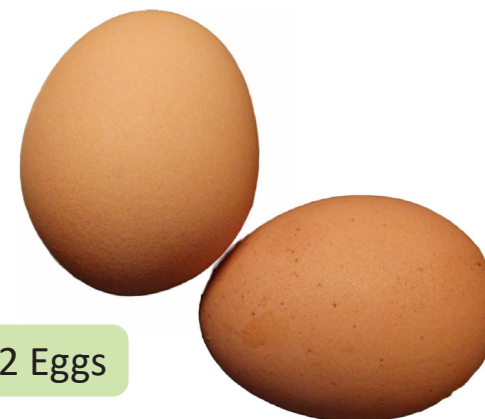
1 cup SR Flour



1 cup Milk



1/4 tsp Salt



2 Eggs

NOTE:
tbsp = tablespoon
tsp = teaspoon



PANCAKES

UTENSILS NEEDED



Stove on Minimum Heat

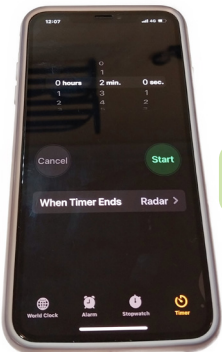
Frypan



Large Mixing Bowl



Timer



Spatula



Whisk



Dinner Plate



Measuring Cup & Spoons





Step 1.1 - Add 1 cup SR Flour



Step 2 - Add Salt



Step 3.1 - Crack Eggs into Bowl



Step 3.2 - 2 Eggs Added



Step 4.1 - Pour in Milk





Step 5.1 - Whisk Ingredients



Step 5.2 - Whisked Ingredients



Step 6 - Dial on Minimum



Step 6 - Minimum Heat



Step 7.1 - Add Butter to Frypan



Step 7.2 - Melted Butter



Step 8.1 - 1 Scoop of Mixture





Step 8.2 - Pour Mixture into Frypan



Step 9.1 - Pancake Cooking



Step 9.2 - Pancake bubbling



Step 10.1 - Flip Pancake when Bubbling



Step 10.2 - Cook other side of Pancake



Step 11 - Serve



PORRIDGE



PORRIDGE

▶ INGREDIENTS



1 cup.Milk



1 & 1/2 cups of Milk



1 cup.Rolled Oats



1/2 cup Milk

NOTE:

tblsp = tablespoon
tsp = teaspoon



PORRIDGE

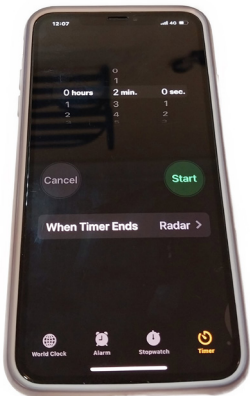
► UTENSILS NEEDED



Stove on Minimum Heat



Small Saucepan



Timer



Small Bowl



Wooden Spoon



Measuring Cups



PORRIDGE

STEPS



Step 1.1 - Pour Oats into Saucepan



Step 1.2 - Oats in Saucepan



Step 2.1 - Pour in 1 cup Milk



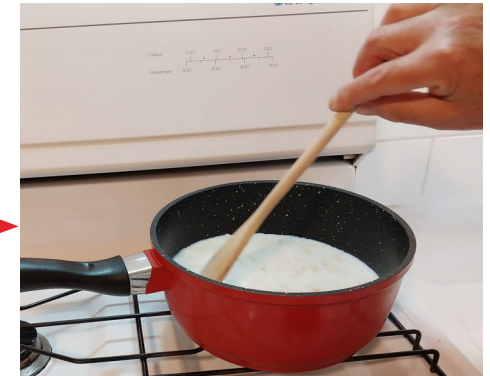
Step 2.2 - Pour in 1/2 cup Milk



Step 3.1 - Dial on Medium Heat

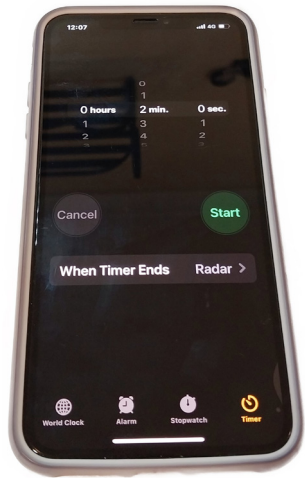


Step 3.2 - Medium Heat



Step 4.1 - Stir Oats





**Step 4.2 - Set
Timer for 2 mins**



Step 5 - Bring to boil



**Step 6 - Stir while
Simmering & Thickens**



Step 7.1 - Serve in Bowl



Step 7.2 - Served



WEETBIX





1/2 cup Milk



2 Weet-Bix





Microwave



Measuring Cup



Small Bowl





Step 1.1 - Place 2 Weetbix in Bowl



Step 1.2 - 2 Weetbix in Bowl



Step 2.1 - Pour on Milk



Step 2.2 - Milk on Weetbix



Step 3 - Weetbix in Microwave for 1 minute



Step 4 - Serve



LUNCH

CHEESEBURGER



CHEESEBURGER



INGREDIENTS



Hamburger Patties



1 x Red Onion



Lettuce



Cheese Slices



Burger Buns



Butter



1/3 cup Tomato Relish



1 tbsp Olive Oil



NOTE:

tblsp = tablespoon
tsp = teaspoon



CHEESEBURGER



UTENSILS NEEDED



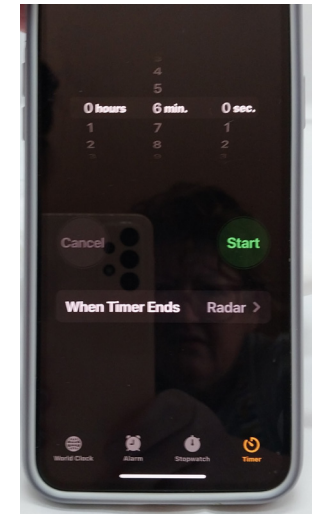
Stove on Minimum Heat



Frypan



Butter Knife



Timer Set for 6 mins



Tongs



Sharp Knife



Bread Knife



Dinner Plate



Measuring Cups & Spoon



Chopping Board

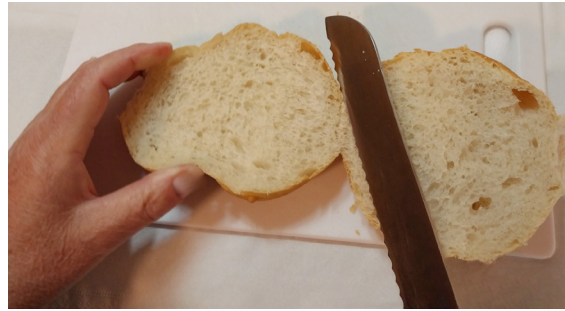


CHEESEBURGER

STEPS



Step 1.1 - Slice Bread Roll



Step 1.2 - Sliced Bread Roll



Step 1.3 - Butter Bread Roll



Step 2.1 - Spread Relish



Step 2.2 - Relish - Spread



Step 3.1 - Place Cheese on Roll



Step 4.1 - Slice Onion



Step 4.2 - Make into Onion Rings



Step 5.1 - Dial on Medium Heat



Step 5.1 - Medium Heat





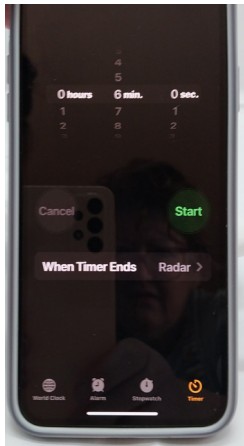
Step 5.2 - Add Olive Oil to Frypan



Step 6.1 - Place Onion Rings in Frypan



Step 6.2 - Place Patties in Frypan



Step 6.3 - Set Timer for 6 mins



Step 7.1 - Turn Patties Once Cooked on 1st Side



Step 7.2 - Turn Onions & Cook 2nd Side of Patties



Step 7.3 - Cooked Patties and Onions





Step 8.1 - Place Pattie on Bun



Step 8.2 - Add Onion to Burger



Step 9.1 - Place Lettuce on Burger



Step 9.2 - Burger Topped with Lettuce



Step 10 - Serve Cheeseburger



EASY MAC & CHEESE



EASY MAC & CHEESE

▶ INGREDIENTS



2 cups
Macaroni
Pasta



1/2 cup Parmesan Cheese



1 cup Shredded Cheese



2 x litres Water = 8 cups



1/8 tsp Pepper



1/4 cup Milk



Butter



3 x tbsp
Butter



1/8 tsp Salt



NOTE:
tbsp = tablespoon
tsp = teaspoon



EASY MAC & CHEESE

▶ UTENSILS NEEDED



Silicone Serving Spoon



Wooden Spoon



1 litre Measuring Jug



Colander / Strainer



Large Saucepan



Bowl for Serving

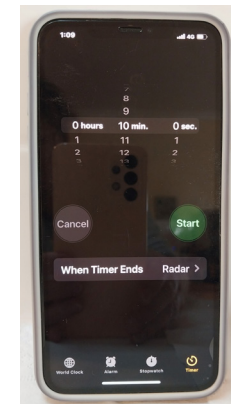


Stove on Max Heat



Measuring Cups & Spoon

Timer - Set for 10 mins



EASY MAC & CHEESE

▶ STEPS



Step 1.0 - Set Dial to Max



Step 1.0 - Max Heat



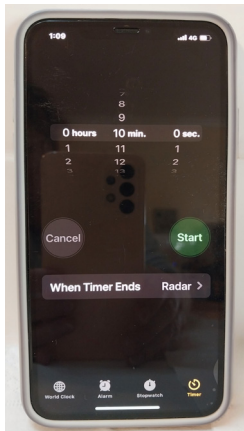
Step 1.1 - Add Salt to 2 litres of Boiling Water



Step 2.1 - Add 1st cup of Pasta to Boiling Water



Step 2.2 - Add 2nd cup of Pasta to Boiling Water



Step 2.4 - Set Timer for 10 mins



Step 2.4 - Boil Pasta for 10 mins



Step 3 - Stir Pasta while Cooking



Step 4 - Drain Pasta when Cooked





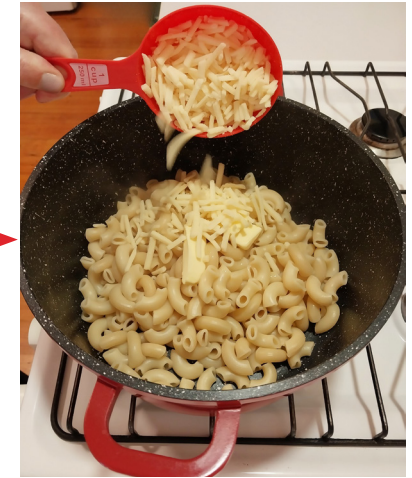
Step 5 - Return Cooked Pasta to Saucepan



Step 6.1 - Add Butter to Pasta in Saucepan



Step 6.2 - Butter Added to Saucepan



Step 7.1 - Add Cheese to Pasta in Saucepan



Step 7.2 - Add Milk to Pasta



Step 7.3 - Add Pepper to Pasta



Step 7.4 - Stir through Ingredients



Step 8.1 - Add Parmesan to Pasta





Step 8.2 - Stir Parmesan Cheese through Pasta



Step 9 - Spoon Macaroni & Cheese into Bowl



Step 10 - Serve



MICROWAVE QUICHE IN A BOWL



MICROWAVE QUICHE IN A BOWL

▶ INGREDIENTS



1 x Cherry
Tomato Diced



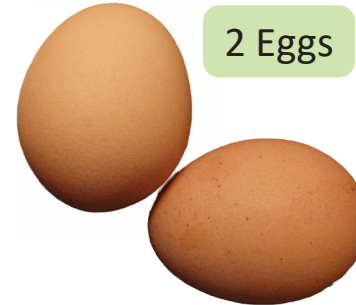
1 tbsp Shredded Cheese



1/3 cup Diced Ham



1 tbsp SR Flour



2 Eggs



1 tbsp Parsley
Chopped



1 x Spring
Onion Sliced



1/4 tsp Pepper



1/8 tsp Salt

NOTE:

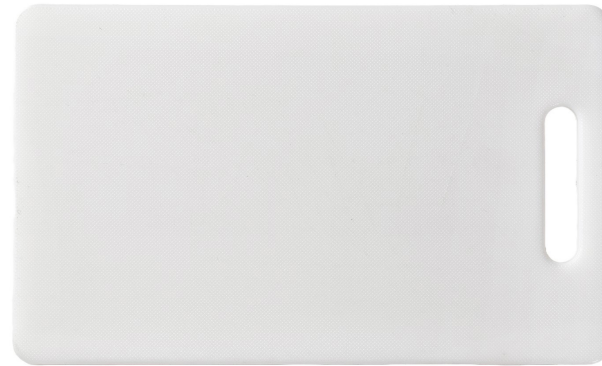
tblsp = tablespoon
tsp = teaspoon



MICROWAVE QUICHE IN A BOWL

▶ UTENSILS NEEDED

Measuring Cup & Spoons



Chopping Board



Bowl for Serving

Sharp Knife



Small Bowl or Plate
see Step 1.1



Timer Set for 2 Mins



Microwave

Whisk



MICROWAVE QUICHE IN A BOWL

▶ STEPS



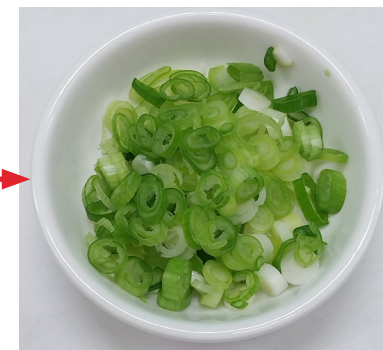
Step 1.1 - Chop Tomato



Step 1.2 - Chopped Cherry Tomato



Step 2.1 - Slice 1 Spring Onion



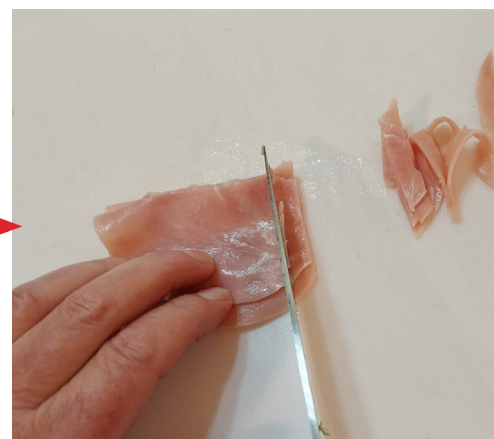
Step 2.2 - Sliced Spring Onion



Step 3.1 - Chop Parsley



Step 3.2 - Chopped Parsley - 1 tbsp

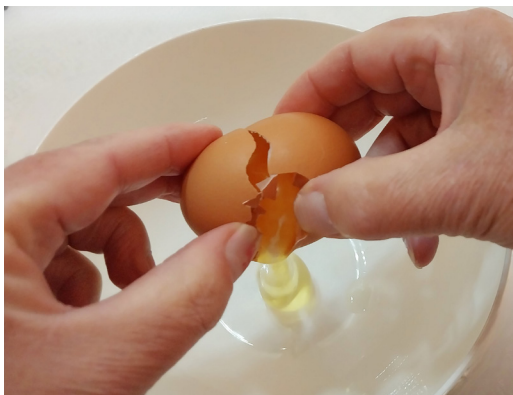


Step 4.1 - Dice 1/3 cup Ham

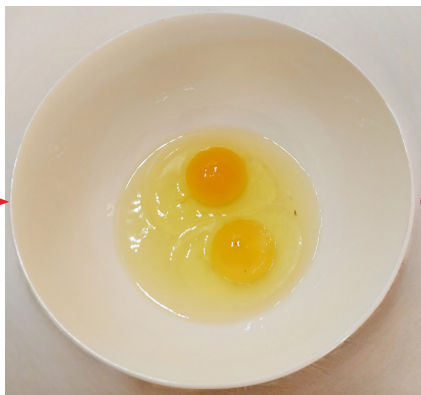


Step 4.2 - Dicing Ham





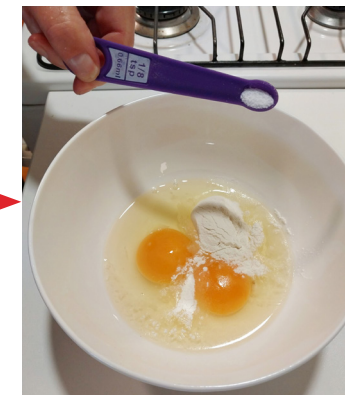
**Step 5.1 - Crack
2 Eggs into Bowl**



**Step 5.2 -
2 Eggs in Bowl**



**Step 6.1 - Add 1 tbsp
SR Flour to Eggs**



**Step 6.2 - 1-8
tsp Salt**



**Step 6.3 - 1-8 tsp
Pepper**



**Step 7.1 - Whisk SR
Flour, Salt & Pepper**



**Step 7.2 - Whisked
Ingredients**



**Step 8.1 - Add
Ham to Ingredients**





Step 8.2 - Add Spring Onions



Step 8.3 - Add Tomato



Step 8.4 - Add Parsley & Stir Ingredients



Step 8.5 - 1 tbsp Cheese



Step 8.6 - All Ingredients Added



Step 9 - Microwave for 2 mins



Step 10 - Stir Once Cooked & Serve



HAM & PINEAPPLE PITA PIZZA



HAM & PINEAPPLE PITA PIZZA

▶ INGREDIENTS



1/2 cup Pineapple Pieces



1 x Pita Bread



3/4 cup Grated Cheese



1 tbsp Tomato Paste



1/2 cup Diced Ham



NOTE:

tblsp = tablespoon
tsp = teaspoon



HAM & PINEAPPLE PITA PIZZA

▶ UTENSILS NEEDED



Measuring Cup & Spoons



Oven set to 180 degrees

Dinner Plate



Spatula

Timer set for 20 mins



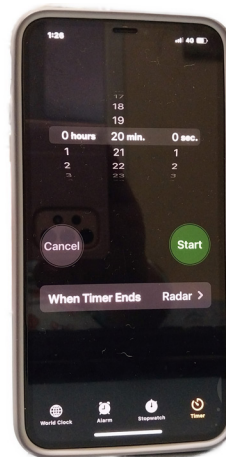
Sharp Knife



Chopping Board



Knife



Oven Tray

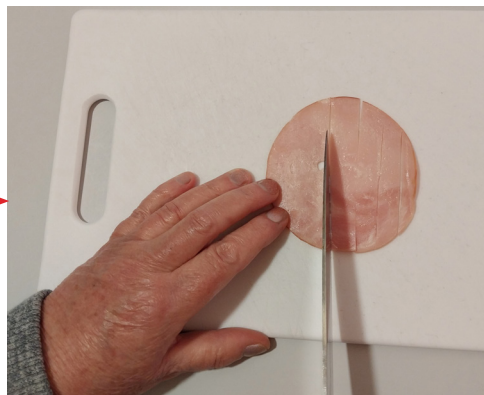


HAM & PINEAPPLE PITA PIZZA

STEPS



Step 1 - Preheat
Oven 180°C



Step 2.1 - Dice
1/2 cup of Ham



Step 2.2 -
Diced Ham



Step 3.1 - Spread Tomato
Paste onto Pita Bread



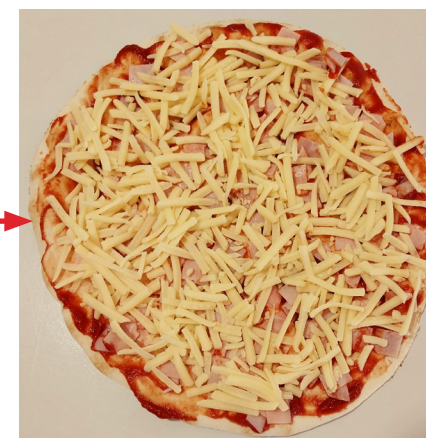
Step 3.2 - Tomato Paste
Spread on Pita Bread



Step 4.1 - Add Ham
to Pita Bread



Step 4.2 - Add
Cheese to Pita Bread



Step 4.3 - Cheese &
Ham on Pita Bread





Step 5.1 - Spread Pineapple on Pita Bread



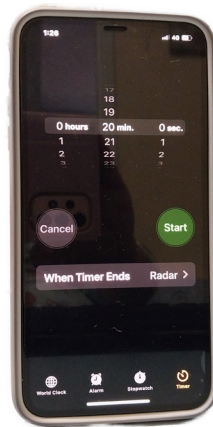
Step 5.2 - Pineapple on Pita Bread



Step 6.1 - Place Pizza on Lined Oven Tray



Step 6.2 - Put Pizza in Pre-heated Oven



Step 6.3 - Set Timer for 20 mins



Step 7.1 - Pizza Cooked



Step 8 - Cut & Serve



TRI-COLOURED PASTA SALAD



TRI-COLOURED PASTA SALAD

▶ INGREDIENTS



1 Packet Tri-Coloured Pasta



1 x Punnet Cherry Tomatoes



1/2 cup Kalamata Olives - Sliced



1 cup Broccoli Florets

1/8 tsp
Pepper



1/2 tsp Salt



1 cup Pasta Salad Dressing



1 tbsp
Parsley - Chopped

NOTE:

tblsp = tablespoon
tsp = teaspoon



TRI-COLOURED PASTA SALAD

▶ UTENSILS NEEDED

Measuring Cup & Spoons



Chopping Board

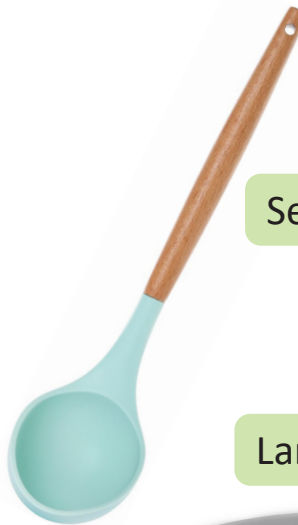


Colander / Strainer

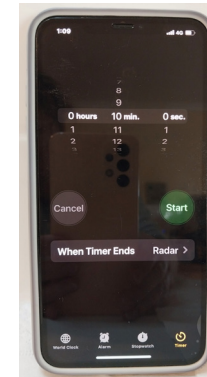


Sharp Knife

Serving Spoon



Large Salad Bowl



Timer set for 10 mins for Pasta



Timer set for 2 mins for Broccoli



Large Saucepan



TRI-COLOUR PASTA SALAD

STEPS



Step 1 - Dial on Medium Heat



Step 1 - Medium Heat



Step 1.1 - Add Salt to Water in Large Saucepan



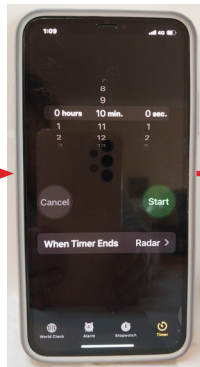
Step 1.2 - Put Water on to Boil



Step 2.1 - Add Pasta to Boiling Water



Step 2.2 - Pasta Added



Step 2.3 - Set Timer to 10 mins for Pasta



Step 3.1 - Cut Broccoli

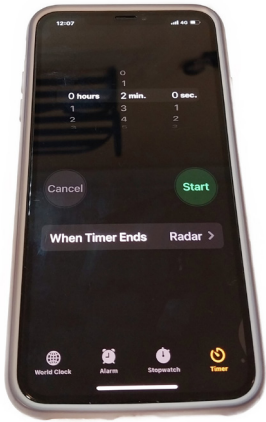


Step 3.1A - Broccoli - 1 cup of Florets



Step 3.2 - Add Broccoli to Pasta for final 2 mins





Step 3.3 - Set Timer to 2 mins for Broccoli

Step 3.4 - Broccoli added to Pasta for 2 minutes

Step 4 - Drain Broccoli and Pasta

Step 5 - Cool down Pasta with Cold Water



Step 6 - Place in Large Salad Bowl once Cool

Step 7.1 - Chop Cherry Tomatoes

Step 7.2 - Chopped Tomatoes

Step 7.3 - Add Tomatoes to Cooled Pasta





Step 8 -
Add Olives



Step 9.1 -
Chop Parsley



Step 9.2 -
Add Parsley



Step 10.1 -
Add Pepper



Step 10.2 -
Add Salt



Step 11 - Toss
Ingredients



Step 12.1 - Add 1 cup
of Salad Dressing



Step 12.2 - Toss all
Ingredients together



Step 13 - Serve
Tri-coloured Pasta Salad



DĪNNER

ONE POT CHICKEN & RICE



ONE POT CHICKEN & RICE

▶ INGREDIENTS



1 x Brown Onion



1 x Zucchini



1 cup
Basmati
Rice



500mls
Chicken
Stock



2 x Tins Diced Tomatoes



1 tbsp Italian Herbs



1/4 tsp Pepper



1 tbsp Olive Oil



3 x Chicken Thigh Fillets

NOTE:

tbps = tablespoon
tsp = teaspoon



ONE POT CHICKEN & RICE

▶ UTENSILS



Stove on Minimum Heat



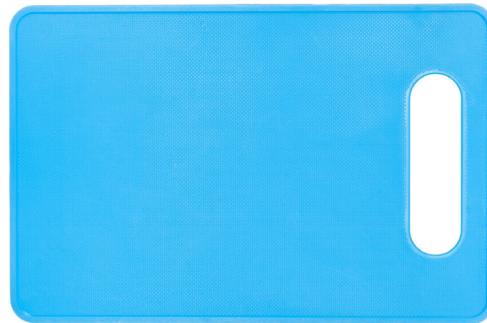
Knife



Measuring Cups & Spoons

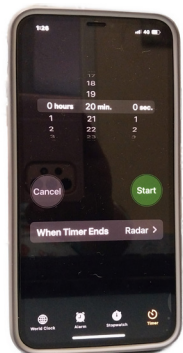


Vegetable Chopping Board



Chicken Chopping Board

Large Saucepan with Lid

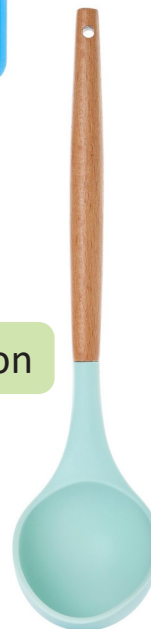


Timer



Small Bowl

Serving Spoon



Dinner Plate



ONE POT CHICKEN & RICE

▶ STEPS



Step 1.1 - Dice Onion



Step 1.2 - Cut Zucchini



Step 1.3 - Dice Chicken Thighs



Step 2 - Dial on Medium Heat



Step 2 - Medium Heat



Step 2.1 - Add Olive Oil to Saucepan



Step 2.2 - Add Onion to Saucepan



Step 2.3 - Stir Onion



Step 2.4 - Cook until Onion is Soft





Step 3.1 - Add Chicken Thighs to Saucepan



Step 3.2 - Brown Chicken



Step 4.1 - Add 2 cups of Rice



Step 4.2 - Stir Rice into Chicken



Step 5.1 - Add 2 Tins Tomatoes



Step 6.1 - Add Chicken Stock to Saucepan



Step 6.2 - Add Zucchini to Saucepan



Step 6.3 - Add Italian Herbs to Saucepan





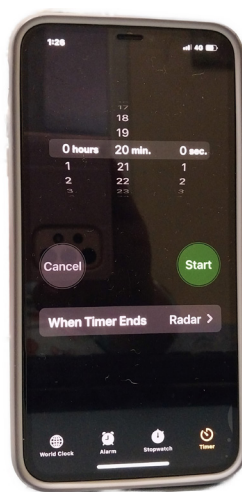
Step 6.4 - Add Pepper

Step 6.5 - Stir Ingredients

Step 7.1 - Bring to Boil



Step 7.2 - Simmer Covered



Step 7.3 - Set Timer 20 minutes or until Rice Soft



Step 8 - Serve



SATAY BEEF



SATAY BEEF

INGREDIENTS



500 grams
Beef Strips



Microwavable
Basmati Rice



1/2 cup Coconut Milk



1 x Tin Satay Sauce



1 tbsp
Olive Oil



1 x Capsicum



1 x Brown
Onion



2 tsp Minced Garlic



1 Bunch Asparagus



NOTE:

tblsp = tablespoon
tsp = teaspoon



SATAY BEEF

UTENSILS NEEDED



Large Dinner Plate



Wooden Spoon



Measuring Cups & Spoons



Meat Chopping Board



Vegetable Chopping Board



Large Deep Frypan



Large Knife



Microwave



Stove on Medium Heat



Serving Spoon





Brown Onion



Step 1.1 - Dice Onion



Step 1.2 - Chop Asparagus



Step 1.2 - Chopped Asparagus



Step 1.3 - Slice Capsicum



Step 1.3 - Sliced Capsicum



Step 2 -
Medium Heat



Step 2 - Dial on
Medium Heat



Step 2.1 - Add
Olive Oil to Frypan

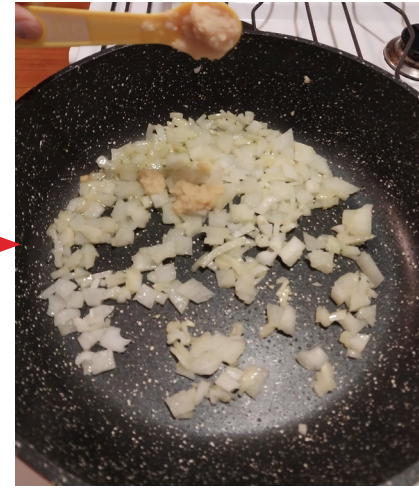




Step 2.2 - Add Diced Onion to Frypan



Step 2.3 - Cook Onion until Soft



Step 2.2 - Add 2 tsp Minced Garlic



Step 3.1 - Add Beef to Onion & Garlic



Step 3.2 - Beef added to Frypan then Browned



Step 4.1 - Add Satay Sauce to Browned Beef



Step 4.2 - Add 1/2 cup Coconut Milk & Stir



Step 5.1 - Add Asparagus & Capsicum to Frypan





Step 5.2 - Stir Ingredients until Cooked

Step 6.1 - Microwave Rice as per Packet Instructions

Step 7 - Serve onto Rice



Step 8 - Served



SCHNITZEL



SCHNITZEL

INGREDIENTS



Chicken Schnitzels



Steamfresh



1/4 cup Milk



2 Potatoes



1 tsp Butter



1/2 tsp Salt



1/8 tsp Pepper



1/2 tsp Olive Oil



NOTE:

tbsp = tablespoon
tsp = teaspoon



SCHNITZEL

UTENSILS NEEDED



Knife

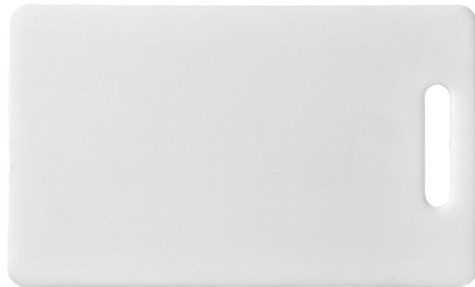


Colander /
Drainer



Stove on Medium Heat

Measuring Cup & Spoons



Chopping Board



Large Frypan



Small Saucepan



Microwave

Potato
Masher



Potato Peeler

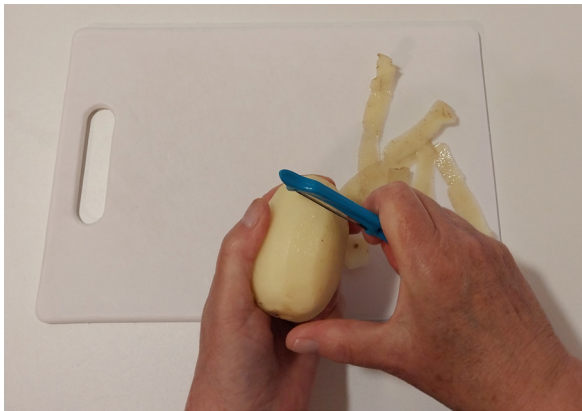


Tongs

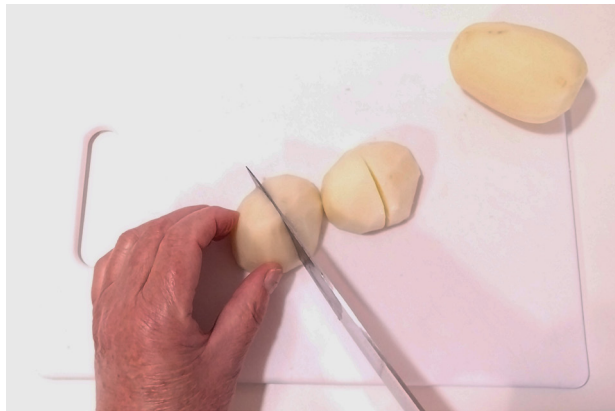


Dinner Plate





Step 1.1 - Peel Potatoes



Step 1.2 - Dice Potatoes



Step 1.3 - Diced Potatoes



Step 2 - Dial on Medium Heat



Step 2 - Medium Heat



Step 2.1 - Put Small Saucepan of Water on to Boil



Step 2.2 - Add Salt to Boiling Water





Step 2.3 - Add Potatoes to Boiling Salted Water



Step 3 - Dial on Medium Heat - Schnitzels



Step 3 - Medium Heat - Schnitzels



Step 3.1 - Add Olive Oil to Frypan



Step 3.2 - Add Schnitzel to Frypan Cook until Browned



Step 3.3 - Turn once Browned



Step 4.1 - Drain Potatoes when Soft



Step 4.2 - Return Potatoes to Saucepan



Step 5.1 - Add Milk to Potatoes in Saucepan





Step 5.2 - Add Butter & Pepper to Saucepan



Step 5.3 - Mash Potatoes



Step 6.1 - Place Sachet of Veg in Microwave



Step 6.2 - Microwave Veg for 2 mins 30 sec



Step 7.1 - Plate Schnitzel when Brownd both sides



Step 7.2 - Serve Mashed Potatoes



Step 8.1 - Serve Vegetables & Schnitzel



TUNA & MACARONI BAKE



TUNA & MACARONI BAKE

▶ INGREDIENTS



1 425g can Tuna
in Springwater



1/4 cup Flour



1/4 cup
Bread
Crumbs



3/4 cup Shredded
Cheese



1/8 tsp Salt



1/3 cup
Butter



1 cup Milk



1/4 tsp Pepper



Olive Oil
Spray



NOTE:
tbsp = tablespoon
tsp = teaspoon



1 Small Brown



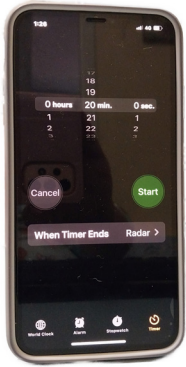
1 tbsp Chopped
Parsley



TUNA & MACARONI BAKE



UTENSILS NEEDED



Timer

Whisk



Stove on Medium Heat



Fork



Oven on 180 degrees



Drainer / Colander

Wooden Spoon



Large Saucepan



Knife



Chopping Board



Small Bowl



Measuring Cups & Spoons



Ovenproof Baking Dish



TUNA & MACARONI BAKE

STEPS



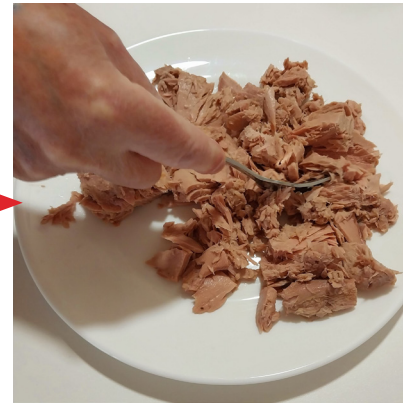
Step 1 - Preheat
Oven to 180°C



Step 1.1 - Grease
Baking Dish with
Oil Spray



Step 2.1 - Drain
Tuna



Step 2.2 - Flake
Tuna with Fork



Step 2.3 - Dice
Onion



Step 2.4 - Chop
Parsley



Step 3 - Dial on
Medium Heat



Step 3 - Medium
Heat



Step 3.1 - Put 4 cups
of Water on to boil in
large saucepan



Step 3.2 - Add Salt to
Water in Saucepan





Step 4.1 - Add 2 cups Macaroni to Boiling Water - Cook until Soft



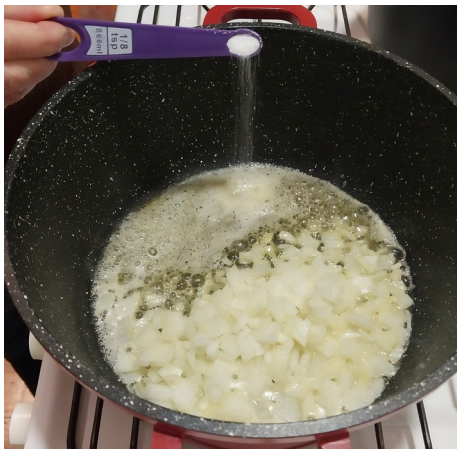
Step 5 - Drain Cooked Macaroni and Set Aside



Step 6.1 - Add 1/3 cup Butter to Clean Saucepan and Melt



Step 6.2 - Add Diced Onion to Melted Butter



Step 6.3 - Add Salt to Saucepan



Step 6.3 - Add Pepper to Saucepan



Step 6.4 - Stir Ingredients and Cook until Onion Soft



Step 7 - Add Plain Flour and Sift





Step 8.1 - Stir Plain Flour & Ingredients to make Paste



Step 8.2 - Gradually Add Milk and make Paste



Step 8.3 - Bring to Boil then Simmer for 1 minute



Step 8.4 - Stir Sauce until Thickened and Smooth - Turn off Heat



Step 9.1 - Add Cheese to Saucepan



Step 9.2 - Stir in Cheese



Step 9.3 - Add Flaked Tuna to Saucepan



Step 9.4 - Add Chopped Parsley to Saucepan





Step 9.5 - Add Drained Macaroni to Saucepan

Step 9.6 - Mix Macaroni into Sauce

Step 10.1 - Add Tuna & Macaroni to Sprayed Baking Dish

Step 10.2 - Sprinkle Breadcrumbs Over



Step 10.2 - Sprinkle Cheese Over

Step 10.4 - Breadcrumbs & Cheese Added

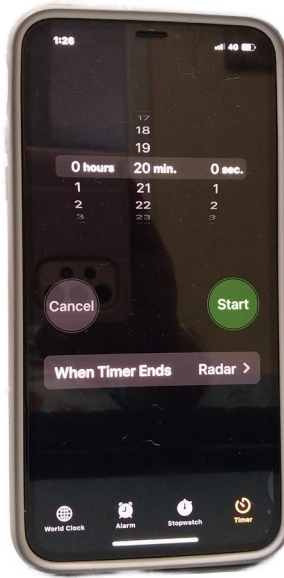
Step 11 - Cut Butter into 6 Small Pieces

Step 11 - Place Cut Butter onto Tuna Bake





Step 12 - Place Tuna and Macaroni Bake in Oven



Step 12 - Set Timer for 20 min



Step 13 - Cooked Tuna & Macaroni Bake



Step 13 - Serve



ZUCHINNI SLICE



ZUCCHINI SLICE

▶ INGREDIENTS



3 Zucchini



1 Carrot



1/3 cup Diced Ham



6 Eggs



1 cup SR Flour



1/8 tsp Salt



1/4 tsp Pepper



1/4 cup Spring Onion



1 cup Shredded Cheese



Olive Oil Spray

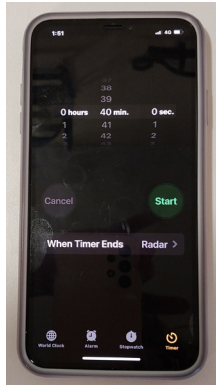
NOTE:

tblsp = tablespoon
tsp = teaspoon



ZUCCHINI SLICE

▶ UTENSILS NEEDED



Timer



Whisk



Large Mixing Bowl

Grater



Oven on
180 degrees



Dinner Plate

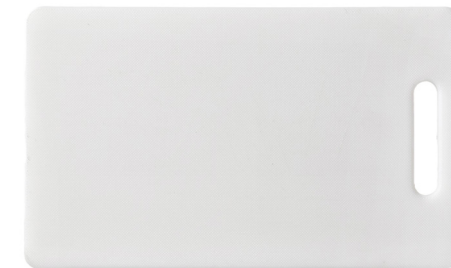
Wooden
Spoon



Sifter



Knife



Choppin
Board



Small Bowl



Measuring Cups & Spoons



Baking
Dish



ZUCCHINI SLICE

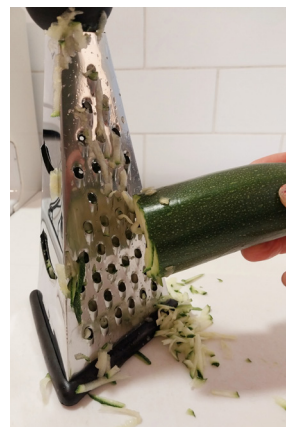
STEPS



Step 1.0 - Set Oven to 180°C



Step 1.0 - Spray Baking Dish with Oil Spray



Step 1.1 - Grate Zucchini



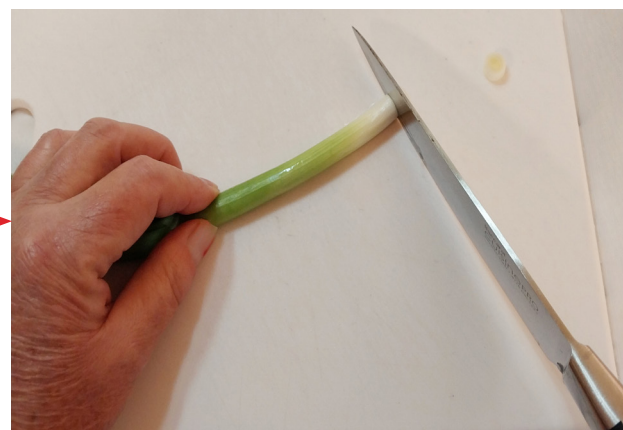
Step 1.1 - Grated Zucchini



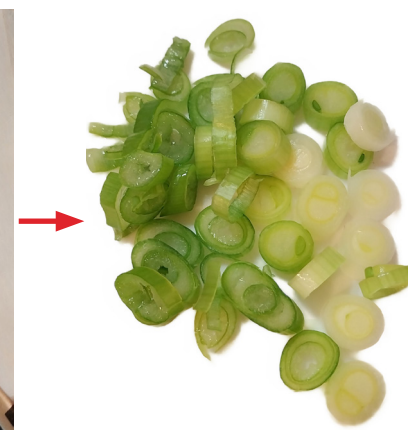
Step 1.2 - Grate Carrot



Step 1.2 - Grated Carrot



Step 1.3 - Chop Spring Onion



Step 1.3 - Chopped Spring Onion





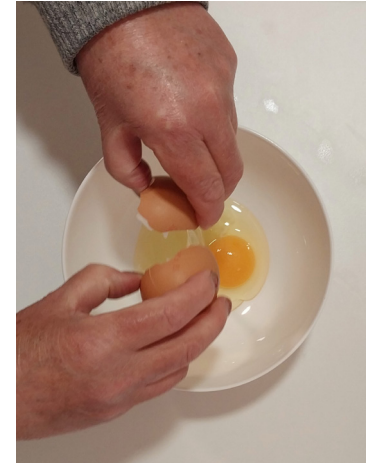
Step 1.4 - Dice 3 Slices of Ham



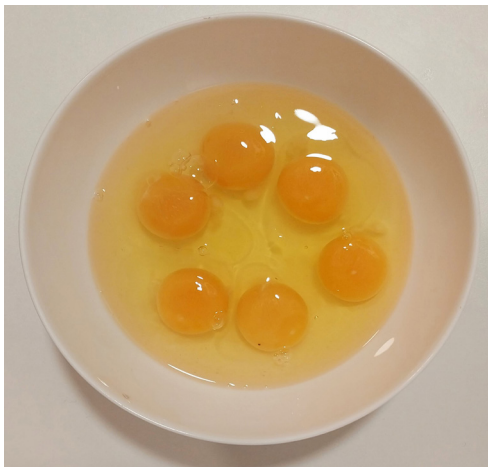
Step 1.4 - Dice Slices of Ham



Step 1.4 - Diced Ham equals 1/3 cup



Step 2.1 - Crack Eggs



Step 2.2 - 6 Eggs Cracked into Bowl



Step 2.3 - Add Pepper to Eggs



Step 2.4 - Add Salt to Eggs





Step 2.5 - Whisk Eggs, Salt & Pepper

Step 2.6 - Egg Mixture Whisked—Set Aside

Step 3.1 - Add Spring Onions to Large Bowl

Step 3.2 - Add Zucchini



Step 3.3 - Add Carrot to Bowl

Step 3.4 - Add Ham to Bowl

Step 3.5 - Add 1 cup Cheese to Bowl

Step 3.6 - Ingredients Added





Step 3.7 - Mix all
Ingredients



Step 4.1 - Add Egg to
Ingredients in Bowl



Step 4.2 - Mix Egg
into Ingredients



Step 4.3 - Sift 1 cup of SR
Flour into Ingredients



Step 4.4 - Mix SR
Flour into Ingredients



Step 4.5 - Ingredients
Mixed

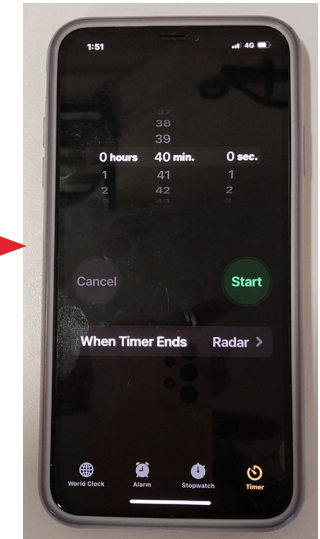


Step 5.1 - Pour Mixture
into Greased Baking Dish



Step 5.2 - Poured
into Baking Dish





Step 5.3 - Add Cheese to Ingredients in Baking Dish

Step 5.3 - Cheese Added to Baking Dish

Step 6.1 - Place in Pre-heated Oven

Step 6.2 - Set Timer for 40 min



Step 7 - Zucchini Slice Cooked

Step 8 - Serve



GLOSSARY



INGREDIENTS



Asparagus



Brocoli



Cheese - Shredded



Crumpets



Kalamata Olives - Jar



Basmati Rice - Microwave



Burger Buns



Cheese Slices - Stack



Eggs



Kalamata Olives - Sliced



Rice



Butter



Chicken - Schnitzels



Flour



Lettuce



Beef - Strips 500g



Capsicum



Chicken - Thigh Fillets



Garlic - Jar Minced



Macaroni - 500g



Beef - Hamburger Stack



Carrot



Chicken Stock - 500ml



Ham - Sliced



Milk



Breadcrumbs



Cheese - Parmesan



Coconut Milk



Italian Herbs



Mixed Spice



Oats



Pasta - Tri-Coloured



Salt



Cherry Tomatoes



Olive Oil Spray



Pasta Salad Dressing



Satay Sauce



Diced Tomatoes



Olive Oil



Peppercorns & Pepper



Spring Onions



Tuna



Onion - Brown



Pineapple Pieces



Steamfresh Vegetables



Weetbix



Onion - Red



Pita Bread



Tomato Relish



Zucchini



Parsley



Potatoes - 2 Large



Tomato Paste

GLOSSARY



UTENSILS



1 cup



3/4 cup



2/3 cup



1/2 Cup



1/3 cup



1/4 cup



1 tbsp



1-2 tbsp



1 tsp



1-2 tsp



1-4 tsp



1-8 tsp



Baking Dish - Large



Baking Dish - Medium



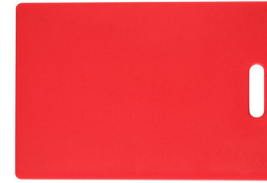
Bowl - Cereal



Large Bowl



Bowl - Small



Chopping Board



Colander - Large



Frypan



Grater



Fork



Knife - Bread



Knife - Dinner



Knife - Large



Knife - Table



Microwave



Oven Tray



Plate - Large



Saucepan - Small Top View



Spatula



Whisk



Potato Masher



Small Saucepan



Egg Lifter



Wok



Spoon



Wooden Spoon



Potato Peeler



Sifter



Timer



Saucepan - Large without Lid



Serving Spoon



Tongs - Blue



Casserole Saucepan



Silver Bowl

ABOUT THE AUTHOR

Born and raised in Adelaide, South Australia, I realised early that my care and empathy for others were a major part of who I am. I don't shy away from challenges and personal growth, so taking part in the New York Marathon in 2022 was an event I didn't want to miss! A gruelling 42 kilometres in 7 hours and 20 minutes proved my resilience and determination walked ahead of me!

Whilst raising two children I ventured into the Aged Care sector where I have worked for the past seventeen years. There I realised it wasn't just the elderly that needed support, but there were many others in society who lacked the ability to cook their own meals, let alone handle other life challenges.

This realisation has been the main driver for me, as I advocate for inclusivity and independence, which now has enabled others to open the gateway and find joy in preparing their own meals.

Now, leaving a legacy for my children and grandchildren, I continue to ensure people are included no matter what disability they may face.

I hope this cookbook empowers everyone and cooking becomes a joyful and creative experience! Cooking can be such a wonderful way to express yourself and connect with others. I hope **The Inclusive Cookbook** inspires you to experiment, try new flavours, and enjoy the process as much as the results!

You can contact me on the following Social Media sites:

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