

HEHA for HEALTH

Asher Regan is a nutritionist writing a regular column for Capital & Coast District Health Board

If you have a question you want answered, email: Info@ccdhb.org.nz

Dear Asher

I work long hours and am often too tired or hungry to cook a proper meal when I get home. What is your advice on this?

Cooking at the end of a long day can seem like the last thing you'd want to do. But there are ways to make this easier and to make it feel like less of a chore. For example:

- When you do feel like cooking, make more than you will eat at that meal and freeze the leftovers. That way you will always have some spare meals.
- You could also try preparing some of the meal the night before so when you get home there isn't much to do. Even taking the meat or fish you plan to cook, from the freezer the night before or in the morning, is the first step to preparing it.
- Pasta, rice, and tinned food are good pantry standbys. They can be prepared quickly and provide a substantial meal.
- Invest in a slow cooker. Ingredients for stews and soups can be put in the cooker before work in the morning and a timer set to turn it on in the afternoon.
- Involve your partner or kids in kitchen tasks. Consider a roster where everyone in the household takes responsibility for cooking and cleaning up.
- Magazines and cook book publishers are now mindful of busy schedules and often have great ideas for simple, quick and nutritious meals. So keep a note of these recipes in a folder for future use.
- Finally, keep it simple and enjoy cooking!

Asher