



E-Newsletter Winter Edition:

Welcome to HBHF South Asians

Namaste Ayubowan, Asalaamu Aleykum,
Namaskar, Namashkar, Assalamu Alaykum

Celebrating Four Years of HBHF

Congratulation to Graduated Mothers 2017-2018

APRIL-JUNE, 2018

AUCKLAND & WAITEMATA DHBS



Achievements

Kumara winter soup

<https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/thai-kumara-soup>



Method

- Cut kumara into small chunks.
- Add to saucepan with boiling water. Bring to the boil, then reduce heat and simmer for 10 minutes or until tender.
- Add tomatoes to saucepan and heat through. Remove from heat.
- Add curry paste and coconut essence, then mash or blend into a soup.
- Stir through evaporated milk.

Tip

Coconut essence and lite evaporated milk was used as a substitute for coconut milk. This gives a coconut flavour without the saturated fat.



Bushra Ibrahim

HBHF SOUTH ASIAN COORDINATOR

DDI: 098152338

Mob: 022 464 7448

bushra@asiannetwork.org.nz



**We played Lawn Bowling in partnering
with sport Waitakere**

