

## MEDIA CLIPPING

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Tenina Holder shares tips on how to get through back-to-school week.

## Timesavers in a lunch box

Cookbook author TENINA HOLDER, a mother of five, shares her tips on how to cope with back-to-school week. See [tenina.com](http://tenina.com) for recipes.

- Double duty dinners are the best way to cut down on extra time in the kitchen. A roast chicken on night one can be re-purposed into a shredded chicken salad on night two. The options for re-purposing protein are endless.
- The slow cooker is your best friend. Throwing a bunch of ingredients into a slow cooker in the morning as you race out the door is the friendliest mum tip there is. Braised meats and stews can be served alongside a quick pasta, in a pie, alongside mashed or baked potatoes or simply just with rice. Potentially for more than one night.
- Shop for your pantry items online. There is nothing more time-consuming than running in and out of the

shop with a car full of kids. Purchase the everyday items online and have them delivered straight to your door with no hassle and no kids in tow.

- Meatless Monday is a thing. And it will save you money. Vegetable-based meals are among the cheapest and quickest you can make as well as being nutrient dense. Make sure you include some heavy-duty vegies, such as eggplant and mushrooms to keep everyone feeling full and satisfied.
- Gourmet pantry night. Cook only from your pantry one night a week. Come on, dig around back there and you are sure to find a tin of tuna or two, a bag of pasta, tinned beans and perhaps even something decadent like truffle salt. Get creative.