



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX



LIMIT
'SOMETIMES'
FOODS

International Recipes

The following recipes could be used for a fundraiser, school/service event, cooking activity or for Harmony Day.

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China - Beef Chow Mein

Number of Serves

Ingredients	10	25	50	100
Extra virgin olive oil	1 tbs	2.5 tbs	¼ cup	½ cup
Garlic, crushed	1 clove	2.5 cloves	5 cloves	10 cloves
Carrot, diced	1	2.5	5	10
Lean beef mince	750g	1.8kg	3.75kg	7.5kg
Onion, diced	1	2.5	5	10
Plain flour	1 tbs	2.5 tbs	5 tbs	½ cup
Brown rice, dry	250g	750g	1.5kg	3kg
Leafy greens*	1 bunch	2.5 bunches	5 bunches	10 bunches
Frozen peas	500g	1.5kg	3kg	6kg
Salt reduced beef stock	250mL	750mL	1.5 litres	3 litres
Salt reduced soy sauce	1 tbs	2.5 tbs	¼ cup	½ cup

Method

1. Heat the oil in a frying pan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned and cooked through.
2. Add carrot. Cook, stirring for 5 minutes or until carrot starts to soften. Add flour. Cook, stirring, for 1 minute. Stir in stock. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 10 minutes or until sauce thickens slightly.
3. Meanwhile, place rice in a saucepan or rice cooker. Follow packet instructions to cook the rice.
4. Add leafy greens peas, soy sauce and oyster sauce. Cook, stirring occasionally, for 3 minutes or until leafy greens are just wilted and peas are tender. Add rice and stir through.
5. Serve in bowls or serve in iceberg lettuce leaves.

* This recipe uses any leafy greens that are in season. We recommend trying spinach, silver beet or kale. Visit the [Eat Well Tasmania](http://EatWellTasmania.com.au) website to find out what is in season.



China - Fried Rice

	Number of Serves			
	10	25	50	100
Ingredients				
Rice	3 cups	7 cups	14 cups	28 cups
Garlic cloves (crushed)	2	5	10	15
Onions (diced)	1	2	5	10
Frozen mixed vegetables	2 cups	5 cups	10 cups	20 cups
Soy sauce	1-2 tbsp	3-4 tbsp	6-7 tbsp	12-13 tbsp
Options:				
Diced ham/chicken	1 cup	2 ½ cups	5 cups	10 cups
Egg (omelette – whisk and fry eggs)	1	2 ½	5	10
Sesame oil	1tsp	3 tsp	6 tsp	10 tsp

Method:

1. Cook rice as per packet instructions
2. Fry onions, garlic in fry pan until soft then add mixed vegetables and soy sauce
3. Stir rice through fried mixture
4. Add optional cooked chicken, ham, chopped omelette and sesame oil if desired.

Hint:

- You can use any combination of frozen veggies e.g.: corn, capsicum and peas or one with carrot & peas.
- You can use fresh vegetables as well; try corn, capsicum, peas and grated carrot.



Greece - Lamb souvlaki

Number of Serves

Ingredients	10	25	50	100
Lamb leg, diced	750g	1.8kg	3.75kg	7.5kg
Extra virgin olive oil	3 tbs	½ cup	1 cup	2 cups
Garlic, crushed	2 cloves	5 cloves	10 cloves	15 cloves
Balsamic vinegar	1 tbs	2.5 tbs	¼ cup	½ cup
Dried oregano	2 tsp	5 tsp	2 tbs	¼ cup
Lemon juice and zest	2 lemons	5 lemons	10 lemons	20 lemons
Tomato, diced	5	12	25	50
Lettuce	1	2.5	5	10
Cucumber	1	2.5	5	10
Natural yoghurt	1 cup	2.5 cups	5 cups	10 cups
Flat breads	10	25	50	100

Method:

1. Place the lamb in a large bowl. Add the olive oil, vinegar, oregano, lemon zest/juice and garlic. Mix together so that all the lamb is completely coated, then chill in the fridge and marinate for at least an hour (overnight if possible).
2. Heat a large frying pan and add oil. Add the lamb and cook for 10-12 mins, turning, until cooked. Remove lamb from the heat once cooked.
3. Serve tucked into flatbreads with lettuce, tomato and cucumber and drizzle with yogurt.

Hungary - Goulash

Number of Serves

10 25 50 100

Ingredients

Chuck steak or gravy beef diced	1kg	2kg	4kg	8kg
Potatoes chopped	1kg	2kg	4kg	8kg
Vegetable oil	50mls	100mls	200mls	400mls
Brown onion chopped	2	4	8	16
Sweet paprika	3 tbsp.	6 tbsp.	12 tbsp.	24 tbsp.
Salt	1tsp	2tsp	4tsp	8tsp
Caraway seeds	1tsp	2tsp	4tsp	8tsp
Garlic	2 cloves	4 cloves	1 bulb	2 bulbs
Capsicum chopped into bite size chunks	2	4	8	16
Tinned tomato	1 x 400g tin	1 x 800g tin	2 x 800g tin	4 x 800g tin
Risoni (rice shaped pasta)	100g	200g	400g	800g

Method:

1. Fry chopped onions to golden yellow, lower heat and add $\frac{1}{2}$ of the paprika, stir rapidly, add meat, salt, caraway seeds, finely chopped garlic and small amount of cold water. Stir occasionally while it's braising not boiling.
2. While the meat is cooking chop the vegetables to same size pieces (1cm).
3. Before the meat is tender (1 $\frac{1}{2}$ to 2 hrs), reduce the pan juices and add vegetables and the remaining paprika. When potatoes are almost cooked add the pasta and adjust quantity by addition of water.



India - Chana Masala (chickpea curry)

Number of Serves

Ingredients	10	25	50	100
Extra virgin olive oil	3 tbs	½ cup	1 cup	2 cups
Garlic, crushed	3 cloves	7.5 cloves	15 cloves	30 cloves
Crushed Tomato	850g	2.2kg	4.25kg	8.5kg
Onion, diced	3	7.5	15	30
Ginger, crushed	3 tbs	¼ cup	½ cup	1 cup
Light evaporated milk, coconut flavour	375mL	1L	1.8L	3.75L
Garam masala paste	½ cup	1 ½ cups	3 cups	6 cups
Canned Chickpeas, strained	850g	2.2kg	4.25kg	8.5kg
Coriander leaves	1 cup	2.5 cups	5 cups	10 cups
Basmati rice, dry	300g	750g	1.5kg	3kg

Method:

1. Heat the oil in a large frying pan over medium heat. Add onion, ginger and garlic. Cook for 5 minutes or until softened. Stir in curry paste and cook for 1 minute or until aromatic.
2. Pour tomatoes and evaporated milk into pan and stir to combine. Bring to the boil, reduce heat and simmer for 3 minutes. Add chickpeas and cook for 5 minutes or until heated through and thickened. Stir in the coriander.
3. Serve with cooked rice.



India - Chicken Tikka Masala

	Number of Serves			
	10	25	50	100
Ingredients				
Vegetable Oil	50ml	100ml	200ml	400ml
Onions roughly chopped	4	8	16	32
Chicken tikka masala paste	6tbsp	150gm	200gm	400gm
Red capsicums	2	4	8	16
Chicken breasts	1kg	2kg	4kg	8kg
Tinned chopped tomatoes	1 x 800g	2 x 800g	4 x 800g	8 x 800g
Tomato paste	60g	120g	240g	500g
Mango chutney	50g	100g	200g	400g
Natural yoghurt	300ml	600ml	1L	2L
Coriander leaves	1 cup	2.5 cups	5 cups	10 cups
Basmati rice, dry	300g	750g	1.5kg	3kg

Method:

1. Heat the oil in a large, lidded casserole, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden. Add the paste and peppers, then cook for 5 mins more.
2. Add the chicken and stir well to coat in the paste. Cook for 2 mins, then tip in the tomatoes, purée and 200ml water (for 10, calculate up if serving more). Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.
3. Remove the lid, stir through the mango chutney and yogurt, then gently warm through. Garnish with coriander leaves and serve with basmati rice.



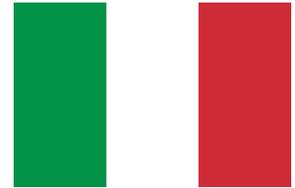
Israel - Shakshuka

Number of Serves

Ingredients	10	25	50	100
Extra virgin olive oil	3 tbs	½ cup	1 cup	2 cups
Garlic, crushed	1 clove	2.5 cloves	5 cloves	10 cloves
Capsicum, diced	1	2.5	5	10
Crushed Tomato	800g	2kg	4kg	8kg
Onion, diced	1	2.5	5	10
Eggs	10	25	50	100
Tomato paste	2 tbs	5 tbs	½ cup	1 cup
Cumin	2 tsp	1tbs	2 tbs	4 tbs
Smoked paprika	2 tsp	1 tbs	2 tbs	4 tbs
Flat leaf parsley	2 tbs	5 tbs	½ cup	1 cup
Crumbled Fetta	¼ cup	¾ cup	1 ½ cups	3 cups
Bread, to serve				

Method:

1. Preheat the oven to 180 degrees celsius. Warm the oil in a large frypan over medium heat. Add the onion and capsicum. Cook, stirring often, for about 4 to 6 minutes.
2. Add the garlic, tomato paste, cumin and paprika. Cook, stirring constantly, until fragrant.
3. Pour in the crushed tomatoes with their juices and add the flat leaf parsley. Stir and let the mixture come to a simmer. Reduce the heat and let simmer for 5 minutes.
4. Transfer the tomato mixture into one or more large baking dishes (dependent on the number of serves you are making). Use the back of a spoon to make a well and crack the egg directly into it. Repeat with the remaining eggs.
5. Place the baking dish in the oven and bake for 8 to 12 minutes. Remove from oven when the egg whites are white and the yolks have risen.
6. Top with the crumbled feta and serve in bowls, with crusty bread and salad on the side.



Italy - Basil Bruschetta

Number of Serves

Ingredients	10	25	50	100
Extra virgin olive oil	3 tbs	½ cup	1 cup	2 cups
Garlic, crushed	1 clove	2.5 cloves	5 cloves	10 cloves
Leafy greens *, thinly sliced	1 bunch	2.5 bunches	5 bunches	10 bunches
Tomato, diced	3	6	12	24
Red onion, diced	1	2.5	5	10
Basil leaves, shredded	¼ cup	¾ cup	1 ½ cups	3 cups
Sourdough loaf, sliced	1 (cut into 10 slices)	2.5 (cut into 25 slices)	5 (cut into 50 slices)	10 (cut into 100 slices)
Balsamic vinegar	1 tbs	2.5 tbs	¼ cup	½ cup

Method:

1. Combine oil and garlic in a small bowl.
2. Remove green leaves from large centre veins and finely slice. Add to a bowl with tomato, onion and basil. Toss to combine.
3. Drizzle garlic oil and balsamic vinegar over kale mixture. Pile mixture onto bread slices and serve.

* This recipe uses any leafy greens that are in season. We recommend trying spinach, silver beet or kale. Visit the [Eat Well Tasmania](#) website to find out what is in season.



Italy - Spaghetti Bolognese

	Number of Serves			
	10	25	50	100
Ingredients				
Lean mince	1kg	2kg	4 kg	8 kg
Can crushed tomatoes (low salt)	2	4	8	16
Onions (diced)	2	4	8	16
Grated carrot/zucchini	2	4	8	16
Tomato paste (low salt)	½ cup	1 cup	2 cups	4 cups
Water	2 cups	4 cups	8 cups	16 cups
Beef stock Powder (optional)	2 tspn	1tbsp	2 tbsp	4 tbsp
Oregano	2 tspn	1tbsp	2 tbsp	4 tbsp
Pepper to taste				
Pasta	650 g	1.5 g	3 kg	6 kg
Fresh parsley (finely chopped)				
Low fat cheese (grated)				

Method:

1. Fry onion and garlic in a saucepan that has been sprayed with cooking oil
2. Add mince and cook until browned (drain of any excess fat)
3. Add tomatoes, paste, oregano, vegetables, water, pepper and optional stock
4. Bring to boil and reduce heat and simmer for 10 minutes or until mixture thickens
5. Spoon on top of cooked pasta and sprinkle with low fat cheese & parsley.



Mexico – Tacos

	Number of Serves			
	10	25	50	100
Ingredients				
Taco shells	1kg	2kg	4kg	8kg
<i>Meat filling:</i>				
Olive oil	1	2	4	8
Onions (diced)	1	2	4	8
Garlic clove (crushed)	1	2	4	8
Carrot (grated)	1	2	4	8
Lean mince (chicken or beef)	500 g	1 ½ kg	3kg	6 kg
Low salt taco seasoning (pkt)	1	2 ½	5	10
Water	1 cup	2 ½ cups	5 cups	10 cups
<i>Salad filling:</i>				
Lettuce (shredded)	1	2	4	8
Tomato (chopped)	2	4	8	16
Cheese (reduced fat, grated)	1 tablespoon per serve. A 1kg bag of grated cheese should be enough for 100 serves.			

Method:

1. Heat cooking oil in pan
2. Add garlic & onion and soften
3. Add mince and cook through
4. Add carrot, seasoning mix and water, and heat until thickened.
5. Place a spoon full of the mince mixture in the middle of the taco and top with lettuce, tomato and cheese



Vietnam - Chicken Coleslaw

	Number of Serves			
	10	25	50	100
Ingredients				
Chicken breast	500g	1kg	2kg	4kg
Vermicilli noodles	½ pkt	1 pkt	2 pkt	4 pkt
Finely shredded wombok (Chinese cabbage)	1 cabbage	2 cabbages	4 cabbages	8 cabbages
Carrots (cut into matchsticks)	4 carrots	8 carrots	1.5kg	3kg
Snow peas (sliced)	2 cups	4 cups	8 cups	16 cups
Mint leaves	1 cup	2 cups	4 cups	8 cups
Dressing				
Fish Sauce	½ cup	1 cup	2 cups	4 cups
Lime or lemon juice	½ cup	1 cup	2 cups	4 cups
Caster sugar	2 tbsp.	4 tbsp.	8 tbsp.	250g
Water	To taste	To taste	To taste	To taste

Method:

1. Cook chicken breast whole in frying pan until cooked through. Allow to cool, then shred using fingers
2. To make dressing, whisk ingredients together in a jug. Do a taste test, if it needs more salt, add fish sauce, if it needs more sour, add lemon or lime, if it needs more sweetening, add more sugar.
3. Mix cabbage, carrot, sprouts, onion, mint, chicken and vermicelli with half the dressing. Combine well. Drizzle with the remaining dressing to serve.

Hint:

- This recipe is delicious with crushed peanuts served on top, check your school's nut policy before adding this though.
- Other vegetables can be used in this recipe, e.g. red capsicum, cucumber, celery, coriander



Vietnam - Rice paper rolls

Number of Serves

Ingredients	10	25	50	100
Vermicelli rice noodles	100g	250g	500g	1kg
Coriander	½ cup	1 ½ cups	3 cups	6 cups
Mint	½ cup	1 ½ cups	3 cups	6 cups
Cucumber, thinly sliced	1	2.5	5	10
Spring Onion, thinly sliced	1	2.5	5	10
Tofu, firm (vegetarian option)	850g	2.1kg	4.25kg	8.5kg
Poached chicken breast	500g	1.25kg	2.5kg	5kg
Rice paper rolls	10	25	50	100

Method

1. Place vermicelli in a large bowl, pour over enough boiling water to cover completely and stand until vermicelli are tender (2-4 minutes). Strain, drain well, then cut into rough 10cm lengths with scissors and place in a bowl.
2. Fill a large bowl with hot water. Working with a wrapper at a time, submerge wrapper in water to soften (10-30 seconds), then transfer to a clean damp tea towel. Working quickly, add fillings of your choice along the centre of the wrapper, fold in ends, then roll to form a sealed cylinder. Place on a tray lined with baking paper and cover with a damp tea towel.

To poach the chicken

3. Place the chicken in a saucepan or pot. Cover the chicken with water by an inch.
4. Bring the water to a boil over medium-high heat.
5. Reduce to a simmer, cover, and cook. Begin checking the chicken after 8 minutes: it is done when it is white through the middle. Chicken will typically finish cooking in 10 to 14 minutes depending on the thickness of the meat.
6. Remove the chicken from the water, place on a plate or clean cutting board. Slice thinly.

* Filling the rolls is great way to get children involved. They can then pick and choose their favourite flavour combinations.

Move Well Eat Well

Fundraising

If your school or early childhood centre are planning to use these recipes to fundraise, use this handy guide to work out pricing:

Note: *The standard mark-up is 65%.*

Step 1: Calculate your initial costs

Ingredient cost + Packaging cost = Initial costs

Step 2: Calculate your total cost

Initial costs x Mark-up percentage = Mark-up cost

Then

Initial cost + Mark-up cost = Total cost

Step 3: Calculate cost per serve

Total cost ÷ Number of serves = Cost per serve

Example:

You are making Shakshuka for your Harmony Day fundraiser. The ingredients cost a total of \$100 and the packing cost you \$30.

To make a profit for the fundraiser, you plan to mark up the food by 65% and serve to 25 children in total.

Step 1: Calculate your initial costs

Ingredient cost of \$100 + Packaging cost of \$30
= \$130 initial costs

Step 2: Calculate your total cost

\$130 x 0.65
= \$84.50

Then

\$130 + \$84.50
= 214.50 total cost

Step 3: Calculate profit per serve

\$214.5 ÷ 25
= \$8.60 per serve