



# 2023 TUCKSHOP RECIPE OF THE YEAR

## FINALISTS COOKBOOK



health+wellbeing  
Queensland



Queensland  
Government

# 2023 RECIPE OF THE YEAR



The Queensland Association of School Tuckshops (QAST) is a not-for-profit membership association working with Queensland school communities to build capacity in tuckshops and improve health outcomes for children.

Our vision is *healthy tuckshops, healthy schools, healthy children* and we exist to support Queensland tuckshops to serve sustainable, affordable, nutritious and safe food choices.

Our passion is children's nutrition. On any given weekday, our kids spend just as many waking hours at school as they do at home. Therefore, a healthy school environment is essential to support healthy, happy children.

The *Recipe of the Year* competition is delivered each year by QAST as part of the Healthier Tuckshops Support Program, which is funded by the Queensland Government through Health and Wellbeing Queensland.

The competition celebrates and showcases the wonderful work being done in tuckshops across Queensland.

It exhibits how resourceful and innovative tuckshop convenors are, often with less-than-ideal kitchens and limited equipment for creating and cooking.

This collection includes the 2023 *Recipe of the Year* competition finalists.

## 2023 WINNER AND FINALIST RECIPES

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*Disclaimer - While all efforts have been made to identify special dietary requirements, all recipe users must take the responsibility to review the listed ingredients before cooking to ensure none of the ingredients causes potential adverse effects to anyone consuming the food.*

2023 RECIPE OF THE YEAR **WINNER**  
**ANGELIQUE** FROM **SOUTHPORT STATE SCHOOL**

# BUTTER CHICKEN

 **PREP TIME**  
20 MINS

 **COOKING TIME**  
80 MINS

 **SERVES**  
40

 **SUITABLE FOR**  
GLUTEN-FREE,  
VEGETARIAN OPTION



## INGREDIENTS

- ½ head of cauliflower
- 3 carrots
- 2 zucchinis
- ½ sweet potato
- 500g of pumpkin
- 3 onions, diced
- 8 garlic cloves, crushed
- 4 tbsp oil
- 5kg chicken breast, diced into 1-2cm cubes
- 2 x 312g jars of Pataks Butter Chicken Paste
- 1 x 700ml jar of passata
- 1 litre of evaporated milk
- 10 cups basmati rice, cooked

## DIRECTIONS

- 1 In a food processor, blend (in batches) veggies finely until they resemble breadcrumbs.
- 2 In 2 electric frying pans, fry onion and garlic in oil on medium heat until softened and fragrant.
- 3 Add 1 jar of the butter chicken paste per pan and stir until fragrant.
- 4 Fill each jar halfway with water, shake and add to each pan, stir well.
- 5 Add diced chicken to pans, stir to coat chicken, and cook for 10 minutes or until chicken is cooked through.
- 6 Add blitzed veggies evenly to both pans. Mix well and cook for 5 minutes.
- 7 Add 1 jar of passata between both pans. Add a small amount of water to jar, shake well and add to pans. Stir well.
- 8 Add 1 litre of evaporated milk between both pans and stir well.
- 9 Reduce heat and simmer for approximately 1 hour, stirring regularly.
- 10 When the curry is cooked, pour both pans into a large pot and mix for even flavour, then serve with basmati rice.

## TUCKSHOP TIPS

- Make this recipe nut-free by choosing an alternative to the Pataks Butter Chicken Paste.
- Replace the chicken with chickpeas or tofu to make it vegetarian.
- Prefer your veggies chunky? Skip the blitzing stage and add them diced.
- Boost the veggie content more by adding potato, spinach and peas.
- Serve with brown rice to “up” the wholegrain count.

NUTRITION INFORMATION		
Servings per package: 40		
Serving size: 215 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1570 kJ	729 kJ
Protein	33.6 g	15.6 g
Fat, total	7.9 g	3.7 g
- saturated	1.4 g	0.6 g
Carbohydrate	39.8 g	18.5 g
- sugars	8.9 g	4.1 g
Sodium	780 mg	363 mg

# RAINBOW CHICKEN STIR-FRY



 **PREP TIME**  
10 MINS

 **COOKING TIME**  
10 MINS

 **SERVES**  
24

 **SUITABLE FOR**  
DAIRY-FREE, GLUTEN-FREE, VEGETARIAN OPTION

## INGREDIENTS

- 4 tbsp oil
- 720g cooked, pulled chicken
- 6 x 400g bags Four-Seasons Coleslaw Mix
- 24 cups cooked white rice
- 1 & ½ cups sweet chilli sauce

## DIRECTIONS

- 1 Heat oil in a large skillet/frypan/wok.
- 2 Add chicken and lightly fry.
- 3 Add coleslaw mix and cook until tender.
- 4 Mix through cooked rice and add sweet chilli sauce, stirring until covered.
- 5 Portion equally into 24 foil containers.
- 6 Keep warm until service or freeze.

## TUCKSHOP TIPS

- Any pre-mixed coleslaw mix can be used.
- Pre-make pulled chicken by cooking chicken breast in a slow cooker for 4-5 hours, or poaching it, then pulling/chopping before use.
- Substitute white rice with brown rice to boost wholegrains.
- Substitute chicken with tofu to serve as a vegetarian option.

NUTRITION INFORMATION		
Servings per package: 24		
Serving size: 348 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1860 kJ	533 kJ
Protein	15 g	4.3 g
Fat, total	6 g	1.7 g
- saturated	2 g	0.6 g
Carbohydrate	79 g	22.7 g
- sugars	6.3 g	1.8 g
Sodium	253 mg	73 mg

# SUPER EASY BURRITO

 **PREP TIME**  
5 MINS

 **COOKING TIME**  
20 MINS

 **SERVES**  
26

 **SUITABLE FOR**  
GLUTEN-FREE



## INGREDIENTS

- 1 tbsp oil
- 1kg heart smart beef mince
- 2 cups of water
- 1 x 500g bag of frozen Veggie Rice (carrot, cauliflower & broccoli)
- 1 x 410g tin of corn
- 2 x 435g tin of refried beans
- 1 tbsp of onion powder
- 2 x 30g packets of mild taco seasoning
- 4 cups of cooked rice (brown or basmati)
- 2 cups of water
- 26 x 10-inch tortilla wraps
- 1kg grated, light cheese

## DIRECTIONS

- 1 Heat oil in a large skillet/frypan then brown mince, add taco seasoning and 2 cups of water. Mix well.
- 2 Add veggie rice, onion powder and corn, stirring well.
- 3 Add refried beans and stir well.
- 4 Add cooked rice, stir until combined, then simmer for a few minutes until thickened. You may need to add more water.
- 5 Leave to stand and cool for 5 minutes.
- 6 To assemble, add ½ cup of mince mix and 2 tbsp of cheese, fold in both ends and wrap.
- 7 Roll up in foil and serve immediately, or cool and freeze. To re-heat, place in oven for 10 mins at 180°C.

## TUCKSHOP TIPS

- To serve this as a gluten-free option, opt for gluten-free tortilla wraps and ensure you use gluten-free taco seasoning.

NUTRITION INFORMATION		
Servings per package: 26		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1820 kJ	910 kJ
Protein	28.6 g	14.3 g
Fat, total	16 g	8 g
- saturated	8 g	4 g
Carbohydrate	41.6 g	20.8 g
- sugars	2.9 g	1.5 g
Sodium	697 mg	349 mg

2023 RECIPE OF THE YEAR **FINALIST**  
**MEGAN FROM FERNY GROVE STATE HIGH SCHOOL**

# FERNY NOURISH BOWL

 **PREP TIME**  
20 MINS

 **COOKING TIME**  
20 MINS

 **SERVES**  
10

 **SUITABLE FOR**  
GLUTEN-FREE, VEGETARIAN,  
VEGAN OPTION



## INGREDIENTS

- 2 cups tri-coloured quinoa
- 2 cups jasmine rice
- 4 cups water
- 2 cups frozen peas and corn
- 200g of aioli/mayonnaise
- ¼ cup of Kiro Krush Lime Pepper Seasoning
- 7 & ½ cups chopped seasonal vegetables (fresh and/or roasted) e.g. roasted sweet potato, pumpkin, zucchini and onion, plus cucumber, capsicum, cherry tomatoes and mixed salad leaves.
- 2 x 420g cans of chickpeas
- 2 tsp balsamic glaze
- ¼ cup pepita seeds
- 300ml Birch & Waite Green Goddess dressing

## DIRECTIONS

- 1 Rinse and mix quinoa and jasmine rice with water and cook as per rice cooking instructions.
- 2 When almost cooked, add 2 cups of frozen peas and corn. Allow to cool.
- 3 Stir through aioli/mayonnaise and lime pepper seasoning.
- 4 Prepare chosen vegetables (i.e. wash, dice, roast etc.).
- 5 Drain chickpeas and stir through 2 tsp of balsamic glaze.
- 6 Use a 1 cup measure to mould quinoa/rice salad into a 20 oz domed container.
- 7 Serve with ¾ cup of the pre-prepared vegetables, ¼ cup marinated chickpeas and 30ml of Green Goddess dressing. Sprinkle with pepita seeds.

## TUCKSHOP TIPS

- Serve this recipe as vegan by using Wombat Valley Vegan Aioli Mayonnaise, and ensuring the Green Goddess dressing you use is also vegan.

NUTRITION INFORMATION		
Servings per package: 10		
Serving size: 203 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	903 kJ	445 kJ
Protein	6.9 g	3.4 g
Fat, total	6 g	3 g
- saturated	0.6 g	0.3 g
Carbohydrate	30.8 g	15.2 g
- sugars	2.9 g	1.4 g
Sodium	185 mg	91 mg

# MEXICAN MINCE MINI COB

 **PREP TIME**  
20 MINS

 **COOKING TIME**  
10 MINS

 **SERVES**  
18

 **SUITABLE FOR**  
VEGETARIAN OPTION,  
GLUTEN-FREE OPTION



## INGREDIENTS

- 1 tbsp oil
- 1kg lean beef mince
- 1 x 35g packet of taco seasoning mix
- 300g mixed frozen vegetables (corn, carrots and peas)
- 1 x 400g tin of diced Italian tomatoes
- 18 crusty, whole meal bread rolls
- 18 tbsp light, grated cheese

## DIRECTIONS

- 1 Brown mince, draining any excess liquid/oil. Return to medium heat and add the taco seasoning. Mix to coat all the mince.
- 2 Add tomatoes, bring to the boil and turn heat down to a simmer until tomatoes break down.
- 3 Add frozen vegetables and cook until vegetables soften slightly. Turn off heat and let cool.
- 4 Cut the tops off the rolls and push the soft bread into the sides and bottom of the roll making a thick case.
- 5 Once cooled, add the mince mixture to the rolls, filling to the top but not over filling. Sprinkle 1 tbsp grated cheese on top.
- 6 If fresh, place in a preheated oven at 180°C for 5 minutes. If heating from frozen, place in the oven for 10 - 15 minutes.

## TUCKSHOP TIPS

- Add any in-season or frozen vegetables you have on hand.
- Beef mince can be substituted for pork mince, or make it vegetarian using a 4-bean mix as the base.
- The mince mixture can then be used for other menu items, like burritos and tacos.
- The assembled cobs, along with the mince mixture, can be frozen for up to 3 months.
- To serve this as a gluten-free option, gluten-free bread rolls and ensure the taco seasoning is gluten free.

NUTRITION INFORMATION		
Servings per package: 18		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2000 kJ	1000 kJ
Protein	34.6 g	17.3 g
Fat, total	13.8 g	6.9 g
- saturated	6.7 g	3.4 g
Carbohydrate	49 g	24.5 g
- sugars	4.6 g	2.3 g
Sodium	935 mg	468 mg

# MEXICAN BEEF & RICE

 **PREP TIME**  
10 MINS

 **COOKING TIME**  
20 MINS

 **SERVES**  
48

 **SUITABLE FOR**  
DAIRY-FREE, GLUTEN-FREE



## INGREDIENTS

### SPICE MIX

- 1 tsp ground onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- 1 tsp chilli powder (optional)

### MEXICAN MINCE

- 1 tsp olive oil
- 2kg lean beef mince
- 2 cups frozen corn kernels
- 3 cups carrot, grated
- 1 capsicum, diced (red or green)
- 1 x 420g tin lentils, drained
- 24 cups cooked basmati rice

## DIRECTIONS

- 1 Combine spices to make spice mix.
- 2 In a frypan/wok heat 1 tsp olive oil and fry the mince and spice mix until brown. Drain any excess fat/oil.
- 3 Add the carrot, corn, capsicum and lentils and cook, stirring until vegetables have softened.
- 4 Place ½ cup cooked rice in a foil dish and top with ½ cup cooked Mexican mince.

## TUCKSHOP TIPS

- Add any vegetable of choice to bulk it up, e.g. grated zucchini/pumpkin, cauliflower, peas etc.
- Make it vegetarian by using a 4-bean mix as the base.
- The mince mixture can then be used for other menu items, like burritos and tacos, and can be frozen for up to 3 months.
- Substitute white rice with brown rice to boost whole grains.

NUTRITION INFORMATION		
Servings per package: 48		
Serving size: 137 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1120 kJ	815 kJ
Protein	15.5 g	11.3 g
Fat, total	3.6 g	2.6 g
- saturated	1.4 g	1 g
Carbohydrate	41.8 g	30.5 g
- sugars	0.8 g	0.6 g
Sodium	66 mg	48 mg