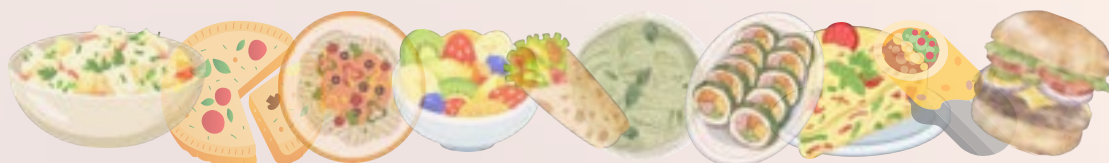


2024 RECIPE OF THE YEAR FINALISTS COOKBOOK



Queensland
Government



2024

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 for tuckshops to provide healthier food and drink options 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 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 right across Queensland. It demonstrates how resourceful and innovative tuckshop convenors are, often with less-than-ideal kitchens and limited equipment for creating and cooking.

2024 FINALIST RECIPES


- 3 **Creamy Vegetable Pasta**
- 4 **Crustless Cottage Pie**
- 5 **Fish Burrito Bowl**
- 6 **Pasta Bolognese**
- 7 **Quiche Slice with Salad**
- 8 **Teriyaki Chicken, Rice and Salad Bowl**

CREAMY VEGETABLE PASTA

 Prep: 20 mins

 Cooking: 1 hour

 Serves 70

 Vegetarian
Gluten-Free Option

INGREDIENTS

- 400g zucchini, peeled (optional)
- 1kg fresh tomatoes (or 2 x 440g tinned)
- 300g red capsicums
- 1kg sweet potato
- 1kg carrot, peeled
- 500g cauliflower (frozen or fresh)
- 2 tsp crushed garlic
- 2 tbsp mixed herbs
- 2 tbsp olive oil
- 2 x 700g jars of Chunky Pasta Sauce
- 1L reduced-fat milk
- 1.5L water, mixed with 6 tsp chicken-style stock powder
- 500g light sour cream or low-fat cottage cheese
- 3kg dried penne pasta (6 x 500g packets)
- 1kg block of reduced-fat cheese, grated



DIRECTIONS

1. Roughly chop zucchini, red capsicum, sweet potato, carrots and cauliflower, and quarter the fresh tomatoes (if using).
2. Place on large oven trays and top with olive oil, garlic and herbs. Roast at 200°C for 1 hour.
3. While this is cooking, cook your pasta (as per packet instructions) until al dente, drain and set aside.
4. Once vegetables are cooked and cooled slightly, use a stick blender to blend them with the milk, stock, tinned tomatoes (if using), chunky pasta sauce and sour cream/cottage cheese, until smooth.
5. Stir the pasta through the sauce and portion 1 cup measures into foil containers with lids. Top with 2 tablespoons of grated cheese.
6. Freeze for up to 3 months and re-heat as needed.

TIPS

- To serve this as a gluten-free option, opt for gluten-free pasta.
- To add protein, add 3 beef meatballs.

CRUSTLESS COTTAGE PIE

 Prep: 60 mins  Cooking: 20 mins

 Serves 40  Gluten-Free
 Dairy-Free Option

INGREDIENTS

- 1.5kg frozen mixed vegetables
- 50g minced garlic
- 4.5kg lean beef mince
- 2 x tins of brown lentils, drained
- 5 x 50g packets of dried Shepherd's pie base
- 1 x 50g packet of dried Spaghetti Bolognese base
- 50g ginger paste
- 3 x 400g tins of diced tomatoes
- 80g beef booster/8 tbsp beef stock powder
- 50g tomato paste
- 10g mixed herbs
- 2 x large onions
- 2 x large zucchini, grated
- 4kg frozen mashed potatoes
- 1 cup reduced-fat milk



DIRECTIONS

1. Place frozen mashed potatoes in a slow cooker on high while cooking mince mix.
2. Brown beef mince and onion.
3. Add all other ingredients to pan, except the frozen vegetables, zucchini and mashed potatoes.
4. Once mince mixture is cooked, add remaining vegetables to the pan and allow to simmer on low to cook the flavours through.
5. Adding some milk, mash the potato to a creamy consistency.
6. To serve, add 200g of the mince and vegetable mixture to a freezer-grade plastic container. Top with 100g of mash.
7. Optional: Sprinkle with shaved parmesan.

TIPS

- Add extra vegetables to bulk the mixture up and make it even healthier.
- Potato can be substituted for sweet potato.
- Freeze for up to 3 weeks.

FISH BURRITO BOWL

 Prep: 20 mins  Cooking: 20 mins

 Serves 8  Gluten-Free Option
 Dairy-Free

INGREDIENTS

- 2 cups of long grain rice (uncooked)
- 2 chicken stock cubes
- 4 cups water
- 1 Iceberg lettuce, shredded
- 2 avocados
- 2 cups cherry tomatoes
- 1 continental cucumber
- 2 x 420g tins of corn, drained
- 1/2 red onion
- 4 garlic gloves
- 2 tbsp lemon juice
- 2 tbsp lime juice
- 2 tbsp coriander paste (optional)
- 24 crumbed whiting goujons



DIRECTIONS

1. Cook the whiting goujons according to the packet instructions.
2. Cook 2 cups of rice in the microwave with 4 cups of water and 2 stock cubes for approximately 12 mins (depending on microwave wattage).
3. Optional: Once the rice is cooked, stir through the coriander paste.
4. Cut avocados and cucumber into cubes, and quarter the cherry tomatoes. Finely dice the red onion and garlic. Mix all together, with corn, and toss with lemon and lime juice.
5. Line 8 domed salad bowls with 1 cup of shredded lettuce each. Place 1/2 cup cooked rice in one third of each bowl, and divide the avocado salad equally between the 8 bowls.
6. Add 3 fish goujons to each bowl and serve.

TIPS

- Crumbed whiting can be substituted for tuna to make this a gluten-free option.

PASTA BOLOGNESE

 Prep: 15 mins  Cooking: 1 hr, 15 mins

 Serves 12  Gluten-Free Option
Dairy-Free

INGREDIENTS

- 1 tbsp olive oil
- 1kg lean beef mince
- 1 onion, finely grated
- 1 large carrot, grated
- 1 large zucchini, grated
- 3 sticks of celery, finely sliced
- 2 tsp minced garlic
- 2 tsp dried oregano
- 1 x 700g jar of passata
- 750g dried pasta (penne or spiral)

DIRECTIONS




1. Heat oil in a large electric frypan over medium-high heat. Add the mince, cook until brown, breaking up the lumps. Add the onion, stirring for 5 minutes.
2. Add carrot, zucchini, celery and garlic to mince and stir for 5 minutes.
3. Add the passata and oregano.
4. Turn frypan down to medium.
5. Stir occasionally for at least one hour (longer if time permits) until sauce is rich and thick. Add water if needed.
6. Meanwhile, cook pasta according to packet instructions and drain.
7. Divide cooked pasta between 8, foil containers and place bolognese sauce on top of the pasta. Place lids on top and serve or freeze.

TIPS

- To serve this as a gluten-free option, opt for gluten-free pasta.
- For extra flavour, add cheese on top.

QUICHE SLICE WITH SALAD

 Prep: 20 mins

 Cooking: 40 mins

 Serves 8

 Gluten-Free Option
 Vegetarian Option

INGREDIENTS

- 1 onion (medium)
- 4 pieces of shortcut bacon or salt-reduced ham
- 2-3 garlic cloves
- 1 cup of self-raising flour
- 1/2 cup of milk
- 1/4 cup of canola oil
- 4 eggs
- 1 zucchini (medium)
- 1 carrot (medium)
- 1/4 cup of finely chopped shallots
- 1 cup of grated reduced-fat cheese
- Salt and pepper to taste



DIRECTIONS

1. Finely chop onion, garlic and bacon/ham and sauté until soft and a little browned, then set aside to cool.
2. To make the batter, in a bowl, combine flour, milk, oil and eggs. Whisk until smooth and set aside.
3. Grate carrot and zucchini, and finely chop shallots
4. Add the bacon/ham mixture and grated vegetables to the batter. Season with salt and pepper, and mix well.
5. Add 3/4 of the grated cheese (or omit if making this recipe dairy-free).
6. Pour mixture in to a baking dish (30cmx20cm)
7. Top with the remaining grated cheese and bake at 180°C for about 40 mins or until golden on top.
8. Serve warm or cold with a side salad of lettuce, tomatoes, cucumber, capsicum and red onion.

TIPS

- To serve this as a gluten-free option, opt for gluten-free flour.
- To serve this as a vegetarian option, omit the bacon/ham.
- Prepare ahead and store in the freezer, reheat in the oven or microwave.
- The sky is the limit to what veggies you can add!

TERIYAKI CHICKEN, RICE & SALAD BOWL

 Prep: 20 mins  Cooking: 15 mins

 Serves 30  **Gluten-Free**
 **Dairy Free**

INGREDIENTS

- 7 cups jasmine rice (uncooked)
- 3 tbsp sushi seasoning
- 2 Iceberg lettuces (finely shredded)
- 3 x 420g cans corn kernels
- 4 x 250g punnets of cherry tomatoes, quartered
- 2 continental cucumbers, halved and sliced
- 3 large carrots, peeled and julienned.
- 235ml bottle of gluten-free Teriyaki sauce
- 200ml water (to add to teriyaki sauce)
- 2.5kg commercial sliced chicken breast strips
- 300g bottle of reduced-fat Japanese Mayo (optional)



DIRECTIONS

1. Wash rice thoroughly until water runs clear, then cook rice according to the packet instructions.
2. Empty cooked rice into a large plastic container and add sushi seasoning. Stir through and allow to cool for 15 minutes before refrigerating for at least 3 hours.
3. Place the chicken in a large bowl, then mix the Teriyaki sauce with 200ml of water, pour over the chicken and mix until all chicken is coated in the sauce.
4. To assemble the bowls, add 2/3 cup cooled rice to the bottom of bowl, 80g Teriyaki chicken mix, and 1/4 cup each of lettuce, tomatoes, corn, cucumber and carrots.
5. Optional: Add 10g of Japanese mayo and serve.

TIPS

- Salad ingredients can be changed for whatever is available and affordable.