



Ronald McDonald
House Charities
VIC & TAS

Vegetarian

Asparagus Quiche

Makes 2 quiches

Ingredients

- Plastic containers
- 30 g butter
- 2 onion, finely chopped
- 2 clove of garlic, minced
- 2 cup stale wholemeal breadcrumbs
- 8 eggs
- 600 g carton of sour cream
- 2 cup grated Parmesan cheese
- 2 tablespoon self-raising flour
- 1 cup milk
- 2 bunches of asparagus spears, trimmed
- Paprika, for seasoning

Instructions

- Preheat your oven to 180°C. Grease a quiche dish or pie dish with butter or oil.
- Cut the woody ends off the asparagus spears and discard.
- Bring a pot of water to a boil. Add the asparagus and cook for about 2-3 minutes until bright green and slightly tender. Drain and plunge into cold water to stop the cooking. Set aside.
- In a large frying pan, melt the butter over medium heat.
- Add the finely chopped onion and sauté for about 3-4 minutes until softened. Add the minced garlic and cook for an additional minute until fragrant. Remove from heat and set aside.

- In a large mixing bowl, whisk together the eggs, sour cream, and milk until smooth.
- Stir in the self-raising flour and grated Parmesan cheese until well combined.
- Fold in the stale breadcrumbs, cooked onion, and garlic mixture. Season with salt, pepper, and a sprinkle of paprika to taste.
- Arrange the blanched asparagus spears evenly in the bottom of the prepared dish.
- Carefully pour the egg and cheese mixture over the asparagus, ensuring it is evenly distributed.
- Lightly sprinkle paprika over the top for extra flavour and colour.

- Place the quiche in the preheated oven and bake for 30-35 minutes, or until the quiche is set in the centre and golden on top.
- Allow the quiche to cool for a few minutes before slicing.
- Serve 2 slices per container
- Once quiche is fully cooled, place containers into the communal freezers.

Label Information

- Vegetarian
- Contains:
 - Dairy (butter, sour cream, cheese, milk)
 - Eggs
 - Gluten (breadcrumbs and flour)



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Vegetarian

Mushroom Risotto

Serves 30

Ingredients

- Plastic containers
 - 8 cups arborio rice
 - 4 kg mushrooms, sliced
 - 8 onions, diced
 - 8 cloves garlic, minced
 - 8 cups vegetable stock
 - 8 cups water
 - 8 tbsp olive oil
 - Salt and pepper to taste
 - 2 cup grated Parmesan cheese
- Once the risotto has reached the desired consistency, stir in the grated Parmesan cheese. Season with salt and pepper to taste.
 - Allow the risotto to cool slightly before portioning. Cool completely before freezing if not serving immediately.

Label Information

- Vegetarian
- Contains:
 - Dairy (Parmesan cheese)

Instructions

- In a large pot, heat the olive oil over medium heat.
- Add the diced onions and minced garlic. Sauté until soft and translucent, about 5 minutes.
- Add the sliced mushrooms to the pot and cook until they are browned and their moisture has evaporated, about 8-10 minutes.
- Stir in the arborio rice, coating it with the oil and cooking for about 1-2 minutes until slightly translucent.
- Begin adding the vegetable stock and water gradually, about one ladle at a time. Stir continuously until the liquid is mostly absorbed before adding more. Continue this process for about 20-25 minutes, or until the rice is creamy and al dente.



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Vegetarian

Vegetable Lasagna

Serves 30

Ingredients

- Plastic containers
- 2 kg zucchini, sliced
- 2 kg spinach (fresh or frozen, thawed and drained)
- 2 kg mushrooms, sliced
- 48 lasagna sheets
- 5 jars (approximately 700 g each) tomato passata
- 8 cups ricotta cheese
- 8 cups grated cheese (mozzarella or cheddar)
- 8 cloves garlic, minced
- 8 tbsp olive oil
- Salt and pepper to taste

Instructions

- In a large pan, heat the olive oil over medium heat. Add the minced garlic and sauté until fragrant, about 1 minute.
- Add the sliced zucchini and mushrooms. Cook until softened, about 5-7 minutes. Stir in the spinach and cook until wilted (if using fresh) or heated through (if using frozen). Season with salt and pepper.
- In a large baking dish, spread a layer of tomato passata on the bottom.
- Place a layer of lasagna sheets on top.
- Add half of the sautéed vegetable mixture, followed by a layer of ricotta cheese.
- Sprinkle a layer of grated cheese on top.
- Repeat the layers: passata, lasagna sheets, remaining vegetables, ricotta, and finish with a final layer of grated cheese.
- Cover the baking dish with foil and bake for 30 minutes. Remove the foil and bake for an additional 15 minutes, or until the top is golden and bubbly.
- Once baked, allow the lasagna to cool for 10 minutes before portioning into plastic containers. Cool completely before freezing if not serving immediately.

Label Information

- Vegetarian
- Contains:
 - Dairy (ricotta cheese, grated cheese)
 - Gluten (lasagne sheets)



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Vegan

Cauliflower Chickpea and Carrot Curry

Serves 30

Ingredients

- Plastic containers
- 2 large cauliflower, cut into florets
- 12 carrots, peeled and sliced
- 8 cans chickpeas, drained and rinsed
- 8 cans coconut milk (400 ml each)
- 8 onions, diced
- 8 cloves garlic, minced
- 8 tbsp ginger, minced
- 8 tbsp curry powder
- 8 cups vegetable stock
- 8 tbsp olive oil
- Salt and pepper to taste
- Fresh coriander (for garnish, optional)
- 12 cups jasmine or basmati rice
- 24 cups water or vegetable stock

Instructions

- In a large pot, heat the olive oil over medium heat.
- Add the diced onions and sauté until soft and translucent, about 5 minutes. Stir in the minced garlic and ginger, cooking for an additional 1-2 minutes until fragrant.
- Add the cauliflower florets and sliced carrots to the pot. Cook for about 5 minutes, stirring occasionally.
- Sprinkle in the curry powder, stirring to coat the vegetables. Cook for 1-2 minutes to release the flavours.

- Pour in the coconut milk and vegetable stock. Stir in the chickpeas. Bring to a gentle simmer.
- Allow the curry to simmer for about 20-25 minutes, or until the cauliflower and carrots are tender. Season with salt and pepper to taste.
- Rinse the rice under cold water until the water runs clear.
- In a large pot, bring 12 cups of water or vegetable stock to a boil. Add the rinsed rice and a pinch of salt.
- Reduce the heat to low, cover, and simmer for about 15 minutes, or until the rice is tender and the liquid is absorbed.
- Allow the curry and rice to cool slightly. Portion into individual servings and cool completely before freezing if not serving immediately.

Label Information

- Vegan/Vegetarian

Tuna Pasta Bake

Serves 30

Ingredients:

- Plastic containers
 - 8 cans (400 g each) tuna, drained
 - 8 cups uncooked penne pasta
 - 4 cups frozen mixed vegetables (peas, carrots, corn)
 - 4 cups Greek yogurt
 - 2 cup grated cheddar cheese
 - 2 cup milk
 - 2 onion, finely chopped
 - 8 cloves garlic, minced
 - 4 tsp dried oregano
 - 2 tsp paprika
 - Salt and pepper to taste
 - 8 tbsp olive oil
- Bake for 25-30 minutes until bubbly and golden.
 - Remove the dish from the oven and allow to cool.
 - Portion into containers and freeze.

Label Information

- Microwave in container,
- Contains:
 - Dairy (yoghurt, cheese, milk)
 - Fish
 - Gluten (pasta)

Instructions

- Preheat your oven to 180°C.
- Cook the pasta according to package instructions until al dente. Drain and set aside.
- In a large pan, heat olive oil over medium heat. Sauté the onion until soft, then add garlic and cook for another minute.
- In a large mixing bowl, mix tuna, cooked pasta, frozen vegetables, Greek yogurt, milk, half of the cheese, sautéed onion and garlic, oregano, paprika, salt, and pepper.
- Pour the mixture into a large baking dish and top with remaining cheese.



Beef Rissoles with Potato Mash

Serves 30

Ingredients

- 3 kg minced beef
 - 4 cups breadcrumbs (preferably wholemeal)
 - 2 large onion, finely chopped
 - 8 cloves garlic, minced
 - 4 large carrots, grated
 - 4 eggs
 - 1 cup fresh parsley, chopped
 - 4 tsp Worcestershire sauce
 - Salt and pepper to taste
 - 8 tbsp olive oil (for frying)
 - 1.5 kg potatoes, peeled and diced
 - ½ cup milk (or dairy-free alternative)
 - 100 g butter (or dairy-free alternative)
 - Salt and pepper to taste
 - Frozen peas
- Cook the rissoles in batches, about 4-5 at a time, for 4-5 minutes on each side or until browned and cooked through. Add more oil as needed for each batch.
 - Once cooked, transfer the rissoles to a plate lined with paper towels to absorb any excess oil.
 - In a large pot, add the diced potatoes and cover with cold water. Bring to a boil and cook for about 15-20 minutes or until the potatoes are tender. Drain well.
 - Return the drained potatoes to the pot. Add the milk, butter, salt, and pepper. Mash until smooth and creamy. Adjust seasoning to taste.
 - Allow the rissoles and mashed potato to cool completely before portioning them together in containers.
 - Add frozen peas to containers as a side, then put the containers in the freezer.

Instructions

- In a large mixing bowl, combine the minced beef, breadcrumbs, chopped onion, minced garlic, grated carrots, eggs, parsley, Worcestershire sauce, salt, and pepper. Mix until well combined.
- With clean hands, shape the mixture into small patties (about 10 cm in diameter) to make rissoles.
- Heat 2 tablespoons of olive oil in a large frying pan over medium heat.

Label Information

- Microwave in container until warm.
- Contains:
 - Dairy (butter, milk)
 - Eggs
 - Gluten (breadcrumbs and flour)



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Beef and Lentil Shepherd's Pie

Serves 30

Ingredients

- Plastic containers
- 2.5 kg minced beef
- 4 cups brown lentils, cooked
- 8 carrots, diced
- 4 onions, diced
- 8 cloves garlic, minced
- 4 cups beef stock
- 8 tbsp Worcestershire sauce
- 8 tbsp olive oil
- Salt and pepper to taste
- 2.5 kg potatoes, peeled and diced
- 1 cup milk (or cream for richer mash)
- 150 g butter
- Add the minced beef to the pan. Cook until browned, breaking it up with a spoon, about 8-10 minutes.
- Stir in the diced carrots, cooked lentils, beef stock, and Worcestershire sauce. Season with salt and pepper to taste.
- Allow the mixture to simmer for about 20 minutes, stirring occasionally, until the carrots are tender.
- Pour the beef and lentil mixture into aluminium baking dishes.
- Spread the mashed potatoes evenly over the top of the beef mixture, smoothing it out with a spatula.
- Allow to cool completely before freezing.

Instructions

- Place the peeled and diced potatoes in a large pot. Cover with cold water and add a pinch of salt.
- Bring to a boil over high heat. Once boiling, reduce to a simmer and cook for about 15-20 minutes, or until the potatoes are tender when pierced with a fork.
- Drain the potatoes and return them to the pot. Add the butter and milk. Mash until smooth and creamy. Set aside.
- Preheat your oven to 200°C.
- Heat olive oil in a large pan over medium heat. Add the diced onions and minced garlic. Sauté until soft and translucent, about 5 minutes.

Label Information

- Microwave in container or place in oven safe dish and bake for 30mins at 180°C.
- Contains:
 - Dairy (butter, sour cream, cheese, milk)
 - Eggs
 - Gluten (breadcrumbs and flour)



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Beef Stroganoff

Serves 30

Ingredients

- Plastic containers
- 3 kg beef strips (e.g., sirloin or flank)
- 8 onions, diced
- 8 cloves garlic, minced
- 5 kg mushrooms, sliced
- 8 cups beef stock
- 8 cups sour cream
- 8 tbsp Worcestershire sauce
- 8 tbsp olive oil
- 8 tbsp flour (or gluten-free flour)
- Salt and pepper to taste
- 1 kg pasta (fettuccine or egg noodles)

Instructions

- In a large skillet, heat olive oil over medium-high heat. Add beef strips and brown on all sides. Remove from skillet and set aside.
- In the same skillet, add onions and garlic, sauté until soft. Stir in mushrooms and cook until browned.
- Sprinkle flour over the mixture and stir to coat. Gradually add beef stock and Worcestershire sauce, stirring constantly. Return the beef to the skillet and simmer for 15-20 minutes.
- In a large pot, bring water to a boil. Add a generous pinch of salt.

- Add the pasta to the boiling water and cook according to package instructions until al dente (usually 8-12 minutes). Stir occasionally to prevent sticking.
- Once cooked, drain the pasta and return it to the pot. You can add a drizzle of olive oil to prevent sticking if desired.
- Remove Stroganoff from heat and stir in sour cream until well combined. Season with salt and pepper to taste.
- Allow to cool, then portion into containers.

Label Information

- Microwave in container
- Contains:
 - Gluten (from flour and pasta)
 - Dairy (from sour cream)



Cheesy Chicken and Broccoli Quinoa Bake

Serves 30

Ingredients

- Plastic containers
- 6 cups quinoa, rinsed
- 12 cups vegetable or chicken stock
- 3 kg chicken breast, diced
- 8 cups broccoli florets (fresh or frozen)
- 4 cups shredded cheese (cheddar or mozzarella)
- 2 cup Greek yogurt (or sour cream)
- 2 onion, finely chopped
- 8 cloves garlic, minced
- 4 tsp dried thyme
- 2 tsp paprika
- Salt and pepper to taste
- 8 tbsp olive oil

Instructions

- Preheat your oven to 180°C.
- In a large pot, combine quinoa and stock. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes or until the liquid is absorbed. Fluff with a fork and set aside.
- In a large skillet, heat olive oil over medium heat. Add the diced chicken and cook until browned and cooked through, about 7-10 minutes. Season with salt, pepper, thyme, and paprika. Add the onion and garlic, cooking until softened.

- In a large mixing bowl, combine the cooked quinoa, chicken mixture, broccoli florets, Greek yogurt, and half of the shredded cheese. Mix until well combined.
- Pour the mixture into a large greased baking dish. Sprinkle the remaining cheese on top.
- Bake for 25-30 minutes or until the cheese is bubbly and golden.
- Allow the bake to cool slightly. Portion into containers for freezing.

Label Information

- Microwave in container.
- Contains:
 - Dairy (cheese, yoghurt)



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Chicken Stir-Fry with Rice

Serves 30

Ingredients

- Plastic containers
- 3 kg chicken breast, thinly sliced
- 12 cups mixed vegetables (such as bell peppers, broccoli, and carrots)
- 12 cloves garlic, minced
- 8 tbsp ginger, minced
- 12 tbsp soy sauce
- 8 tbsp oyster sauce (optional)
- 8 tbsp olive oil
- Salt and pepper to taste
- 4 tbsp sesame oil (for drizzling)

- 6 cups jasmine or basmati rice
- 12 cups water

Instructions

- Rinse the rice under cold water until the water runs clear to remove excess starch.
- In a large pot, bring 6 cups of water to a boil. Add a pinch of salt.
- Add the rinsed rice to the boiling water. Stir once, then reduce the heat to low, cover, and simmer for about 15 minutes, or until the water is absorbed and the rice is tender. Remove from heat and let it sit, covered, for another 5 minutes before fluffing with a fork.

- In a large wok or skillet, heat the olive oil over medium-high heat.
- Add the sliced chicken and cook until browned and cooked through, about 8-10 minutes. Season with salt and pepper.
- Stir in the minced garlic and ginger, cooking for an additional 1-2 minutes until fragrant.
- Add the mixed vegetables and cook for about 5-7 minutes, or until they are tender-crisp.

- Pour in the soy sauce and oyster sauce (if using), stirring to combine. Cook for another 2-3 minutes to heat through. Drizzle with sesame oil.

- Place 2 portions of rice and stir fry into each container.
- Once the rice and stir fry are fully cooled, place containers into the communal freezers.

Label Information

- Microwave in container until warm.
- Contains:
 - Soy (from soy sauce)
 - Wheat (if using regular soy sauce)
 - Shellfish (if using oyster sauce)



Butter Chicken Curry with Naan

Serves 30

Ingredients

- Plastic containers
- 4 kg chicken breast, bite-sized pieces
- 8 onions, finely chopped
- 8 cloves garlic, minced
- 8 tbsp ginger, minced
- 8 tbsp butter (or ghee)
- 8 tbsp curry powder
- 4 cans (400 g each) diced tomatoes
- 8 cups coconut milk
- 8 cups chicken stock
- 8 tbsp vegetable oil
- 4 cups frozen peas (optional)
- Salt and pepper to taste

- 8 cups all-purpose flour
- 2 cup warm water
- 2 tsp instant yeast
- 2 tsp salt

Instructions

- In a large pot, heat the vegetable oil and butter over medium heat.
- Add the chopped onions and sauté until golden brown, about 8-10 minutes.
- Stir in the minced garlic, ginger and curry powder, cooking for an additional 2-3 minutes until fragrant.
- Add the chicken pieces to the pot, stirring to coat them in the spice mixture. Cook until the chicken is browned on all sides.
- Pour in the diced tomatoes and chicken stock. Bring to a gentle simmer then stir in the coconut milk and frozen peas.

- Cover the pot and let the curry simmer for about 30 minutes, stirring occasionally, until the chicken is cooked through.
- In a large bowl, combine the flour, instant yeast, and salt. Gradually add the warm water, mixing until a dough forms.
- Knead Dough: Turn the dough onto a floured surface and knead for about 5 minutes until smooth and elastic.
- Cover the dough with a damp cloth and let it rest for 20 minutes.
- After resting, divide the dough into 12 equal pieces. Roll each piece into a ball and then flatten it to about ½ cm thickness.
- Heat a skillet over high heat. Cook each naan for about 1-2 minutes on each side until bubbles form and it's slightly charred.
- Melt butter and garlic in microwave and brush across each piece of naan bread.
- Once the chicken is cooked through, allow the curry to cool. Portion into containers with naan for freezing,

Label Information

- Microwave in container
- Contains:
 - Gluten (from naan),
 - Dairy (from butter)



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Creamy Garlic Chicken Pasta

Serves 30

Ingredients

- Plastic containers
- 2 kg chicken breast, diced
- 1 kg pasta (fettuccine or penne)
- 4 cups cream
- 4 cups chicken stock
- 8 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 cup grated Parmesan cheese

- Allow the pasta to cool slightly before portioning. Cool completely before freezing if not serving immediately.

Label Information

- Microwave until warm.
- Contains:
 - Dairy (cream, Parmesan cheese)
 - Gluten (pasta)

Instructions

- Cook the pasta according to package instructions until al dente. Drain and set aside.
- In a large pan, heat the olive oil over medium heat. Add the minced garlic and sauté until fragrant, about 1-2 minutes.
- Add the diced chicken to the pan and cook until browned and cooked through, about 8-10 minutes. Season with salt and pepper.
- Pour in the chicken stock and cream, stirring to combine. Bring the mixture to a simmer and let it cook for about 10 minutes, allowing the sauce to thicken slightly.
- Stir in the cooked pasta and grated Parmesan cheese, mixing until the pasta is well coated with the creamy sauce. Adjust seasoning with additional salt and pepper if needed.



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Lamb and Vegetable Tagine with Couscous

Serves 30

Ingredients:

- Plastic containers
- 3 kg lamb shoulder, cubed
- 8 onions, diced
- 8 cloves garlic, minced
- 12 carrots, sliced
- 8 zucchini, sliced
- 4 cans (400 g each) chickpeas, drained and rinsed
- 8 cups vegetable stock
- 8 tbsp olive oil
- 8 tbsp ras el hanout (or Moroccan spice blend)
- Salt and pepper to taste
- Fresh coriander (for garnish)
- 12 cups couscous
- 12 cups vegetable stock or water
- 8 tbsp olive oil

Instructions

- In a large pot(s), heat olive oil over medium-high heat. Add the cubed lamb and brown on all sides. Remove and set aside.
- In the same pot, add the diced onions and minced garlic, sautéing until soft. Stir in the ras el hanout and cook for 1 minute to release the flavours.
- Add the sliced carrots, zucchini, chickpeas, and vegetable stock to the pot. Return the browned lamb to the pot and bring to a simmer.

- Cover and let the tagine simmer for about 45 minutes, or until the lamb is tender and the flavours meld together. Season with salt and pepper to taste.
- In a large pot, bring 12 cups of vegetable stock or water to a boil.
- Once boiling, stir in the couscous, olive oil, and a pinch of salt. Remove from heat and cover. Let it sit for about 5 minutes.
- After 5 minutes, fluff the couscous with a fork to separate the grains.
- Serve the lamb and vegetable tagine over the couscous, garnished with fresh coriander if desired.

Label Information

- Microwave in container
- Contains:
 - Gluten (from couscous)

Bacon Mac and Cheese with Sweet Potato

Serves 30

Ingredients:

- Plastic containers
- 1 kg elbow macaroni
- 500 g bacon, chopped
- 4 cups sweet potato, peeled and diced (about 4 medium sweet potatoes)
- 8 cups milk
- 4 cups shredded cheddar cheese
- 4 cups shredded mozzarella cheese
- 1 cup grated Parmesan cheese
- 8 tbsp unsalted butter
- 8 tbsp all-purpose flour
- 4 tsp Dijon mustard
- 2 tsp garlic powder
- 2 tsp onion powder
- Salt and pepper to taste
- 1 cup breadcrumbs (for topping)
- 4 tbsp chopped fresh parsley (optional, for garnish)

Instructions

- Preheat your oven to 180°C.
- In a large pot, bring salted water to a boil. Add the macaroni and cook according to package instructions. Drain and set aside.
- In a separate pot, boil the diced sweet potatoes until tender, about 10-15 minutes. Drain and mash until smooth. Set aside.
- In a large skillet over medium heat, cook the chopped bacon until crispy. Remove with a slotted spoon and drain on paper towels, leaving some bacon fat in the pan.
- In the same skillet, add the butter to the bacon fat and melt over medium heat. Whisk in the flour and cook for 1-2 minutes until golden. Gradually whisk in the milk, ensuring there are no lumps. Stirring frequently, until the sauce thickens, about 5-7 minutes.
- Reduce heat to low. Stir in the cheddar, mozzarella, and Parmesan cheese until melted and smooth. Add the mashed sweet potato, Dijon mustard, garlic powder, onion powder, salt, and pepper to taste, mixing until well combined.
- Add the cooked macaroni and crispy bacon to the cheese and sweet potato sauce, stirring to combine thoroughly.
- Pour the mac and cheese mixture into a large greased baking dish. If desired, sprinkle breadcrumbs on top for a crunchy topping.
- Bake for 25 minutes until bubbly and golden on top.
- Let the bake rest for 10 minutes before portioning into containers and garnishing with parsley.
- Once completely cool, put the containers in the freezer.

Label Information

- Microwave in container
- Contains:
 - Gluten (from pasta, flour, breadcrumbs)
 - Bacon
 - Dairy (milk, cheese, butter)