



Gluten-free



Ronald McDonald
House Charities®
VIC & TAS

Turkey Meatballs with Pumpkin Mash & Broccoli

Makes 15 serves

Ingredients

- Onion: 2 large, minced or finely chopped
- Garlic, minced or crushed: 2 tablespoons
- Basil: 1 bunch, chopped
- Egg yolk: 2 eggs
- Pepper, ground: to taste
- Turkey mince: 2 kg
- Broccoli: 1 kg, cut into florets
- Olive oil, extra virgin: 50mL
- Pumpkin (any type): 1.5kg diced

Instructions

Preheat oven to 200°C fan-forced.

Heat a non-stick frying pan to medium heat. Sauté the onions and garlic until tender, about 5 to 7 minutes. Remove from heat.

In a large bowl, combine the sautéed onions, garlic, basil, egg yolk, and pepper. Mix well.

Add the turkey mince and gently mix with clean damp hands until just combined.

Form the mixture into 80 x 2.5 cm (about 1 heaped tablespoon) meatballs.

While sautéing the onions and garlic, place the broccoli florets onto a lined baking tray.

Drizzle with most of the olive oil and place into the preheated oven. Roast for 20 to 25 minutes.

With 15 minutes remaining, add the meatballs to the baking tray with the broccoli and place into the oven.

Place 12 cups diced pumpkin in a single layer on a microwave-safe plate. Cover with damp paper towel.

Microwave for 3 to 4 minutes on High until tender.

Smash with a fork, season with pepper.

Label Information

Onion
Garlic
Egg
Turkey



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Mushroom and Beef Pie

Makes 15 serves

Ingredients

- Plain flour: 1/2 cup
- Beef chuck or blade steak: 3 kg
- Olive oil: 100 mL
- Mushrooms: 2 kg, trimmed and coarsely chopped
- Tomato paste, no added salt: 1/2 cup
- Rosemary: 5 sprigs
- Beef liquid stock, salt-reduced: 1 cups
- Filo pastry, uncooked: 20 sheets

Instructions

Preheat the oven to 180°C.

Combine flour and beef, tossing to coat well.

Heat 4 tablespoons olive oil in a large non-stick frying pan over medium heat.

Add the beef and cook, stirring often, until browned all over. Transfer the beef to a baking dish.

In the same frying pan, add mushrooms and cook, stirring until softened a little.

Add the mushrooms to the baking dish with the beef.

Add the tomato paste, rosemary, and stock to the frying pan. Stir until combined well and bring to a simmer.

Pour over the beef and mushrooms in the baking dish.

Cover with a lid or tightly with foil and bake for 40 minutes.

Remove the dish from the oven and discard the rosemary.

Working with one sheet of pastry at a time, lightly spray or brush each piece with olive oil, then scrunch into a rosette shape and place on top of the meat mixture to cover.

Return the dish to the oven and cook for 15–20 minutes or until the pastry is golden.

Label Information

Flour (Gluten)
Pastry (Gluten)
Beef
Mushrooms



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Chicken and Lemongrass Curry

Makes 15 serves

Ingredients

- Vegetable oil: 50mL
- Red onion: 2, finely chopped
- Garlic: 1 bulb, cloves crushed
- Lemongrass: 7 stems (bruised and chopped into 5cm lengths)
- Chicken thigh fillet, lean: 3 kg, skinless, trimmed of fat, and each piece cut into three
- Red chillies: 3, finely sliced
- Mild curry paste: 1/2 cup
- Palm sugar (or brown sugar): 30grams
- Coconut milk: 1.5L
- Fish sauce: 1/2 cup
- Red capsicum: 4, thickly sliced
- Snow peas: 500 g, trimmed
- Bean sprouts: 200 g, rinsed and drained
- Rice: 1 kg (6 cups)

Instructions

Clean rice thoroughly and place in a large pot with 9 cups of water. Cook on medium heat for 15-20 minutes. Put aside.

Place a large heavy-based saucepan over medium-high heat. Add the oil, red onion, garlic and lemongrass, and cook for 2 minutes, stirring frequently.

Add the chicken, red chillies, curry paste, and sugar. Cook for 4-5 minutes until the chicken is browned all over and well-coated in the paste. Add the coconut milk and fish sauce. Stir to combine.

Reduce the heat to low-medium, bring to simmering point, and cook for 6-8 minutes until the chicken is fully cooked through.

While the curry simmers, boil or steam the red capsicum and snow peas for 2 minutes until just tender. Drain.

Stir the steamed vegetables through the curry and serve with rice.

Label Information

Garlic
Onion
Chicken
Fish Sauce



Gluten-free



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Stir-fry Chicken and Greens

Makes 15 serves

Ingredients

- Hoi Sin Sauce: 1/2 cup
- Oyster Sauce: 1/2 cup
- Tomato Sauce: 1/2 cup
- Chicken breast: 3 kg, cut into 1 cm slices
- Sunflower oil: 1/4 cup
- Chinese broccoli: 4 small bunches, trimmed and halved
- Green beans: 1 kg, trimmed
- Garlic: 1 bulb, cloves thinly sliced
- Edamame, frozen: 1 kg, shelled
- Spring onions: 4 small, thinly sliced, for garnish

Instructions

In a large non-metallic container, combine the hoi sin sauce, oyster sauce, and tomato sauce.

Add the chicken slices, season with freshly ground black pepper, and toss to coat.

Cover and refrigerate for at least 1 hour.

Heat half of the sunflower oil in a large non-stick wok or skillet over high heat.

Add the chicken mixture in batches and stir-fry for 5 minutes or until cooked through and dark golden.

Transfer to a heatproof bowl and cover to keep warm.

Heat the remaining oil in the wok. Add the Chinese broccoli, green beans, and garlic, and stir-fry for 1 minute.

Add the edamame and water, then stir-fry for another 1 minute until the vegetables are tender-crisp.

Return the chicken and any accumulated juices to the wok. Toss well to combine, then remove from the heat.

Divide the chicken and greens among serving bowls. Garnish with thinly sliced spring onions and serve immediately.

Garlic
Hoi Sin sauce
Oyster Sauce
Onion
Chicken

Label Information



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Shepherds Pie

Makes 15 serves

Ingredients

- Olive oil: 1/4 cup
- Onion: 4 medium, finely diced
- Carrot: 8 medium, finely diced
- Beef mince: 3kg
- Tomato paste: 150g
- Garlic: 1/2 head, cloves crushed
- Beef liquid stock, salt-reduced: 2L
- Worcestershire sauce: 150mL
- Dried oregano: 10g
- Frozen peas: 1kg
- Potato: 3 kg, peeled and cut into chunks
- Corn flour: 1/4 cup
- 1 Cup Milk
- Cheddar cheese: 400g, grated (optional)

Instructions

Preheat the oven to 180°C.

Heat the olive oil in a large saucepan over medium heat. Add the onion and carrot, and cook, stirring occasionally, for 5–10 minutes or until softened.

Increase the heat to high, add the mince and cook for 5 minutes or until browned, breaking up any lumps with the back of a wooden spoon.

Add the tomato paste and garlic, and cook for 1 minute. Stir in the stock, Worcestershire sauce, and oregano. Simmer for 15–20 minutes or until the carrot is cooked through and the liquid has reduced.

Mix the cornflour with 1 tablespoon of water to make a paste, then pour into the saucepan with the peas. Stir until thickened.

Meanwhile, cook the potato in a large saucepan of boiling water for 15 minutes or until tender. Drain and return to the saucepan. Mash with the milk and season with a little salt and pepper.

Pour the beef mixture into a deep baking dish. Spread an even layer of the mashed potato on top and sprinkle with cheddar cheese (if using).

Bake for 30–40 minutes or until golden.

Label Information

Onion
Garlic
Beef
Dairy



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Goulash with Mash Potatoes

Makes 15 serves

Ingredients

- Olive oil: 1/2 cup
- Beef chuck steak, lean: 3 kg, raw, trimmed of fat, cut into 3cm pieces
- Onion: 800 g medium, sliced
- Red capsicum: 4, chopped
- Garlic: 1/2 bulb, cloves crushed
- Paprika: 1/4 cup
- Tomato paste: 1/2 cup
- Thyme, fresh: 10 sprigs
- Beef liquid stock: 4 liters
- Plain flour: 1/4 cup
- Starchy potatoes: 2 kg
- Cream: 2 cups
- Butter: 1/2 cup

Instructions

Heat the olive oil in a large heavy-based saucepan over high heat. Brown the beef in batches. Remove and set aside.

Add the onion, capsicum, and garlic to the pan. Cook, stirring, for 5 minutes or until softened.

Stir in the paprika, and tomato paste. Cook for 1 minute, then add the thyme and stock. Return the beef to the pan.

Bring to a boil, then reduce the heat, cover, and simmer for 1½ hours or until the beef is tender.

Blend the flour with a little water to make a thick liquid. Add gradually to the pan, stirring constantly, until the sauce has thickened.

Bring a pot of water to the boil, then add the peeled and chopped potatoes. Cook for 20 minutes until soft and starting to fall apart.

Drain the water from the pot and mash the potatoes. Add the cream and butter and stir until butter is melted.

Serve the Goulash warm with mash potatoes.

Label Information

Onion
Garlic
Beef
Flour (Gluten)



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Vegetarian / Vegan

Cauliflower, Chickpea and Couscous Salad

Makes 15 serves

Ingredients

- Cauliflower: 3 heads, cut into florets
- Ground coriander: 2 tablespoons
- Ground turmeric: 1 tablespoons
- Sea salt: 2 teaspoons
- Black pepper, ground: 2 teaspoons
- Pearl Couscous, raw: 3 cups
- Chickpeas: 3 cans, drained and rinsed
- Onion: 2, finely chopped
- Cherry tomatoes: 5 punnets
- Italian parsley: 2 bunches, roughly chopped
- Lemon juice: 2 tablespoons
- Honey: 2 tablespoons (optional)

Instructions

Preheat the oven to 200°C fan-forced.

In a large bowl, toss cauliflower with olive oil, coriander, turmeric, salt, and black pepper. Transfer to the baking sheet, spread in an even layer, and roast until crisp-tender and browned in spots, about 25 to 30 minutes, tossing once halfway through.

Place the couscous in a large bowl and pour over 5 cups boiling water. Stir once, then cover with plastic wrap and leave to absorb for 5 minutes. Use a fork to separate the grains. Set aside.

In a large non-stick frying pan, heat over medium heat. Lightly spray with olive oil spray.

Add the onion, chickpeas and tomatoes and cook for 3-4 minutes.

Add the cauliflower, salt, and pepper, then cook, stirring for 6-8 minutes or until the tomatoes have softened and the cauliflower is cooked through.

Remove from the heat and stir through the couscous, parsley, lemon juice, and honey. Avoid honey to make the recipe vegan.

Label Information

Onion
Couscous (Gluten)
Honey



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Vegan / Vegetarian, Gluten-free

Pumpkin and Red Lentil Soup

Makes 15 serves

Ingredients

- Olive oil, extra virgin: 1/4 cup
- Leeks: 4 medium, finely chopped
- Ginger, fresh: 10g, finely grated
- Curry powder: 1/4 cup
- Pumpkin (any type): 4kg, peeled, seeded, and chopped
- Carrots: 8 medium, peeled and chopped
- Red lentils, dried: 1kg
- Vegetable liquid stock: 4L
- Tomatoes: 4 medium, ripe, seeded, and finely chopped
- Red onions: 2 medium, chopped
- Cumin seeds: 20mL, toasted
- Coriander leaves: 1 bunch

Instructions

Heat olive oil in a large saucepan over medium heat.

Add the leeks, ginger and curry powder. Cook, stirring for a few minutes, until the leeks are soft.

Stir in the pumpkin, carrots, and red lentils. Stir to coat in the curry mixture.

Pour in the stock and increase the heat to high, cover, and bring to a boil.

Reduce the heat to medium and allow to gently simmer, covered, for 10 minutes, stirring occasionally until the pumpkin is tender.

Remove from the heat and let stand, covered, for 10 minutes.

Using a handheld stick blender, blend the soup until smooth.

Label Information Onion



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Vegan / Vegetarian, Gluten-free

Cauliflower and Leek Soup

Makes 15 serves

Ingredients

- Cauliflower: 3 heads, cut into florets
- Swede or Potato: 8 whole, peeled and finely chopped
- Zucchini: 8 medium, chopped
- Leek: 4 large (white parts only), trimmed, halved lengthways, and thinly sliced
- Vegetable liquid stock: 4 liters
- Thyme to garnish
- Freshly ground black pepper: To taste

Instructions

Place the cauliflower, swede, zucchini, leek, and vegetable stock in a large saucepan or divide between multiple saucepans for even cooking.

Cook over medium heat, partially covered, stirring occasionally, for 20 minutes or until the vegetables are very soft.

Use a hand-held blender to blend the soup directly in the pot until completely smooth.

Season with freshly ground black pepper to taste.

Divide the soup among serving bowls.

Sprinkle with thyme leaves and serve immediately.

Label Information Vegan



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Vegetarian

Roast Vegetable Pasta Salad

Makes 15 serves

Ingredients

- Pumpkin: 1.5 kg, peeled and cut into 2cm pieces
- Zucchini: 8 medium, cut into 2cm pieces
- Red capsicum: 4 capsicums, cut into 2cm pieces
- Eggplant: 4 average-sized, cut into 2cm pieces
- Olive oil: 200mL
- Italian herbs, dried: 20g
- Lemon: 500g cut into wedges
- Pasta, uncooked (small shells): 1 kg
- Feta cheese: 500 g, cut into cubes
- Basil leaves: 1 bunches
- Pepper, ground: To taste
- Extra virgin olive oil: For drizzling

Instructions

Preheat the oven to 220°C fan forced.

Arrange the pumpkin, zucchini, capsicum, eggplant, and lemon wedges in large roasting pans.

Drizzle with olive oil and sprinkle with the Italian herbs, turning to coat.

Roast for 15–20 minutes or until golden and tender.

Cook pasta in a large saucepan of boiling salted water until al dente.

Drain well and set aside.

Combine the roasted vegetables, cooked pasta, feta and basil leaves in a large mixing bowl.

Stir gently to combine.

Label Information

Pasta (Gluten)
Dairy