



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

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	1 tablespoon	2 ½ tablespoon	¼ cup	½ cup
Garlic (crushed)	1 clove OR 1 teaspoon	2 ½ cloves OR 2 ½ teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 ½ tablespoons
Carrot (diced)	1	2 ½	5	10
Lean beef mince	750 grams	1.8 kilograms	3.75 kilograms	7.5 kilograms
Brown onion (diced)	1	2 ½	5	10
Plain flour	1 tablespoon	2 ½ tablespoons	5 tablespoons	½ cup
Brown rice, dry	250 grams	750 grams	1.5 kilograms	3 kilograms
Leafy greens*	1 bunch	2.5 bunches	5 bunches	10 bunches
Frozen peas	500 grams	1.5 kilograms	3 kilograms	6 kilograms
Salt-reduced beef stock	250 millilitres	750 millilitres	1.5 litres	3 litres
Salt reduced soy sauce	1 tablespoons	2 ½ tablespoons	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 website](#) to find out what is in season.



## China - Fried Rice

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Rice	3 cups	7 cups	14 cups	28 cups
Garlic (crushed)	2 cloves OR 2 teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 ½ tablespoons	15 cloves OR 5 tablespoons
Onions (diced)	1	2	5	10
Mixed vegetables (fresh, frozen or canned and drained)	2 cups	5 cups	10 cups	20 cups
Soy sauce	1-2 tablespoons	3-4 tablespoons	6-7 tablespoons	12-13 tablespoons
Options:				
Diced chicken or shaved ham	1 cup	2 ½ cups	5 cups	10 cups
Egg (omelette – whisk and fry eggs)	1	2 ½	5	10
Sesame oil	1 teaspoon	3 teaspoons	6 teaspoons	10 teaspoons

### 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.

### Recipe notes:

- Use any combination of vegetables: whatever you have available to you is great. If you are using fresh vegetables, try to cut them into roughly the same sized pieces so they will cook at the same pace.



## Greece - Lamb souvlaki

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Lamb leg, diced	750 grams	1.8 kilograms	3.75 kilograms	7.5 kilograms
Olive oil	3 tablespoons	½ cup	1 cup	2 cups
Garlic (crushed)	2 cloves OR 2 teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 ½ tablespoons	15 cloves OR 5 tablespoons
Balsamic vinegar	1 tablespoon	2 ½ tablespoon	¼ cup	½ cup
Dried oregano	2 teaspoons	5 teaspoons	2 ½ tablespoons	¼ cup
Lemon juice and grated zest	2 lemons	5 lemons	10 lemons	20 lemons
Tomato, diced	5	12	25	50
Lettuce head, washed and shredded	¼	2/3	1 1/3	2 2/3
Cucumber, diced	1	2 ½	5	10
Natural yoghurt	1 cup	2 ½ 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 the lamb is completely coated, then leave to marinate in the fridge 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 minutes. Remove lamb from the heat once cooked.
3. Serve the flatbreads with lamb, lettuce, tomato and cucumber and drizzle with yogurt.



## India - Chana Masala (chickpea curry)

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	3 tablespoons	½ cup	1 cup	2 cups
Brown onion (diced)	3	7 ½	15	30
Ginger (crushed or grated)	3 tablespoons	¼ cup	½ cup	1 cup
Garlic (crushed)	3 cloves OR 3 teaspoons	8 cloves OR 2 tablespoons	16 cloves OR 4 tablespoons	32 cloves OR 8 tablespoons
Garam masala paste	½ cup	1 ½ cups	3 cups	6 cups
Canned crushed tomatoes	850 grams	2.2 kilograms	4.25 kilograms	8.5 kilograms
Reduced-fat coconut milk	375 millilitres	1 litre	1.8 litre	3.75 litre
Garam masala paste	½ cup	1 ½ cups	3 cups	6 cups
Canned chickpeas, drained	850 grams	2.2 kilograms	4.25 kilograms	8.5 kilograms
Coriander leaves	1 cup	2.5 cups	5 cups	10 cups
Basmati rice, dry	300 grams	750 grams	1.5 kilograms	3 kilograms

### 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 garam masala 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.
3. Cook the rice according to packet instructions.
4. Serve the curry with cooked rice, topped with coriander leaves.



## India - Chicken Tikka Masala

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Vegetable oil	50 millilitres	100 millilitres	200 millilitres	400 millilitres
Brown onion (diced)	4	8	16	32
Chicken tikka masala paste	60 grams	150 grams	200 grams	400 grams
Red capsicums (diced)	2	4	8	16
Chicken breasts (diced)	1 kilogram	2 kilograms	4 kilograms	8 kilograms
Canned chopped tomatoes	800 grams	1.6 kilograms	3.2 kilograms	6.4 kilograms
Tomato paste	60 grams	120 grams	240 grams	500 grams
Water	200 millilitres	500 millilitres	1 litre	2 litres
Mango chutney	50 grams	100 grams	200 grams	400 grams
Natural yoghurt	300 millilitres	600 millilitres	1 litre	2 litres
Basmati rice, dry	300 grams	750 grams	1.5 kilograms	3 kilograms
Coriander leaves	1 cup	2.5 cups	5 cups	10 cups

### Method:

1. Heat the oil in a large pan, then add the onions and a pinch of salt. Cook for 15-20 minutes until soft and golden.
2. Add the paste and capsicum and cook for 5 minutes more.
3. Add the chicken and stir to coat the pieces in the paste. Cook for 2 minutes.
4. Add the chopped tomatoes, tomato paste and water. Cover with a lid and gently simmer for 15 minutes, stirring occasionally, until the chicken is cooked through.
5. Prepare the rice according to packet instructions.
6. Remove the lid of the curry and stir through the mango chutney and yogurt.
7. Serve the curry with rice and garnish with coriander leaves.

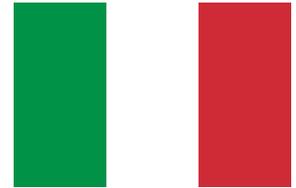


## Israel - Shakshuka

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	3 tbs	½ cup	1 cup	2 cups
Brown onion (diced)	1	2 ½	5	10
Capsicum (diced)	1	2 ½	5	10
Garlic (crushed)	1 clove OR 1 teaspoon	3 cloves OR 3 teaspoons	6 cloves OR 6 teaspoons	10 cloves OR 2 ½ tablespoons
Tomato paste	2 tablespoons	5 tablespoons	½ cup	1 cup
Cumin	2 teaspoons	1 tablespoon	2 tablespoons	4 tablespoons
Smoked paprika	2 teaspoons	1 tablespoon	2 tablespoons	4 tablespoons
Canned crushed tomatoes	800 grams	2 kilograms	4 kilograms	8 kilograms
Flat leaf parsley, finely chopped	2 tablespoons	5 tablespoons	½ cup	1 cup
Eggs	10	25	50	100
Feta (crumbled into small pieces)	¼ cup	¾ cup	1 ½ cups	3 cups
Bread, to serve				

### Method:

1. Preheat the oven to 180 degrees Celsius.
2. Warm the oil in a large frypan over medium heat. Add the onion and capsicum. Stir gently for about 4 to 6 minutes, or until they start to soften.
3. Add the garlic, tomato paste, cumin and paprika. Cook, stirring constantly, until fragrant.
4. Pour in the crushed tomatoes and add the parsley. Stir and let the mixture come to a simmer. Reduce the heat and let simmer for 5 minutes.
5. Transfer the tomato mixture into one or more large baking dishes (depending 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.
6. 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.
7. Top with the crumbled feta and serve in bowls with crusty bread.



## Italy - Basil Bruschetta

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	3 tablespoons	½ cup	1 cup	2 cups
Garlic (crushed)	1 clove OR 1 teaspoon	3 cloves OR 3 teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 ½ tablespoons
Leafy greens *, finely sliced	1 bunch (around 250 grams)	2 ½ bunches (around 625 grams)	5 bunches (around 1.25 kilograms)	10 bunches (around 2.5 kilograms)
Tomato (finely diced)	3	6	12	24
Red onion (finely diced)	1	2 ½	5	10
Fresh basil leaves (shredded)	¼ cup	¾ cup	1 ½ cups	3 cups
Sourdough bread	10 slices	25 slices	50 slices	100 slices
Balsamic vinegar	1 tablespoon	2 ½ tablespoons	¼ cup	½ cup

### Method:

1. In a small bowl, mix the oil and garlic.
2. In a large bowl, combine the leafy greens, tomato, red onion and basil leaves.
3. Drizzle the oil mixture and balsamic vinegar over the greens and gently mix to combine.
4. Pile the greens 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

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	1 tablespoon	2 ½ tablespoons	5 tablespoons	10 tablespoons
Brown onions (diced)	2	4	8	16
Garlic (crushed)	3 cloves OR 3 teaspoons	8 cloves OR 2 tablespoons	16 cloves OR 4 tablespoons	32 cloves OR 8 tablespoons
Lean mince	1 kilogram	2 kilograms	4 kilograms	8 kilograms
Canned crushed tomatoes	800 grams	2 kilograms	4 kilograms	8 kilograms
Tomato paste	½ cup	1 cup	2 cups	4 cups
Grated vegetables (eg carrot/zucchini)	250 grams	625 grams	1.25 kilograms	2.5 kilograms
Water	2 cups	4 cups	8 cups	16 cups
Oregano	2 teaspoons	1 tablespoon	2 tablespoons	4 tablespoons
Optional: beef stock powder	2 teaspoons	1 tablespoon	2 tablespoons	4 tablespoons
Optional: pepper	To taste	To taste	To taste	To taste
Dry pasta	650 grams	1.5 kilograms	3 kilograms	6 kilograms
Fresh parsley (finely chopped)	20 grams	50 grams	100 grams	200 grams
Reduced fat cheese (grated)	100 grams	250 grams	500 grams	1 kilogram

### Method:

1. Heat oil in a large pot over medium heat.
2. Add the onion and garlic and cook until the onions are transparent and fragrant.
3. Add the mince and cook until browned, using a wooden spoon to break up any lumps.
4. Add the crushed tomatoes, tomato paste, grated vegetables, water and oregano. If you are adding beef stock and/or pepper, add them now.
5. Bring to the boil, then reduce the heat and simmer for at least 10 minutes or until the mixture thickens. The longer you leave the sauce to simmer, the better the flavour will be.
6. Cook the pasta according to packet instructions.
7. Serve the Bolognese sauce with pasta, sprinkled with cheese and parsley.



## Mexico – Tacos

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
<b>Meat filling:</b>				
Olive oil	1 tablespoon	2 tablespoons	4 tablespoons	8 tablespoons
Brown onion (diced)	1	2	4	8
Garlic cloves (crushed)	2 cloves OR 2 teaspoons	4 cloves OR 1 tablespoon	6 cloves OR 1 ½ tablespoons	8 cloves OR 2 tablespoons
Lean mince (chicken or beef)	500 grams	1.5 kilograms	3 kilograms	6 kilograms
Carrot (grated)	1	2	4	8
Taco seasoning packet (reduced sodium)	1	2 ½	5	10
Water	1 cup	2 ½ cups	5 cups	10 cups
<b>To assemble:</b>				
Taco shells	10 shells	25 shells	50 shells	100 shells
Lettuce head (shredded)	1	2	4	8
Tomato (chopped)	2	4	8	16
Cheese (reduced fat, grated)	100 grams	250 grams	500 grams	1 kilogram

### Method:

1. Heat the oil in a pan over medium heat.
2. Add the garlic and onion. Cook, stirring, until the onions are transparent and fragrant.
3. Add the mince to the pan and cook until browned, using a wooden spoon to stir and break up any lumps.
4. Add the carrot, seasoning mix and water and stir to coat the meat. Continue to cook, stirring, until the mixture thickens.
5. Serve the taco shells by adding a spoon of mince and topping with lettuce, tomato and cheese.



## Vietnam - Chicken Coleslaw

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Chicken breast, whole, visible fat trimmed	500 grams	1 kilogram	2 kilograms	4 kilograms
Vermicelli noodles	100 grams	250 grams	500 grams	1 kilogram
Finely shredded wombok (Chinese cabbage)	1 cabbage	2 cabbages	4 cabbages	8 cabbages
Carrots (cut into matchsticks or grated)	500 grams	1.25 kilograms	2.5 kilograms	5 kilograms
Snow peas (sliced)	2 cups	4 cups	8 cups	16 cups
Mint leaves	1 cup	2 cups	4 cups	8 cups
<b>Dressing:</b>				
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 tablespoons	4 tablespoons	8 tablespoons	1 ¼ cups
Water	As needed	As needed	As needed	As needed

### Method:

1. Fill a pan with enough water to fully submerge all the chicken breast, with enough room that there will be around 5 centimetres of water above them.
2. Bring the water in the saucepan to the boil, then carefully add the chicken breast to the water. Place a lid on the pan. As soon as the water in the saucepan comes to the boil again, immediately remove it from the heat. Leave the lid on the pan and the chicken breast in the water for 20 minutes.
3. Prepare the vermicelli noodles according to packet instructions.
4. In a large bowl, combine the noodles, cabbage, carrot, snow peas and mint.
5. Once the chicken has rested for at least 20 minutes, drain the water. Check that the internal temperature has reached 75 degrees Celsius. Allow to cool enough to handle, and then shred using forks or your hands.
6. Add the chicken to the salad bowl.
7. Whisk the dressing ingredients together in a jug. Taste test and add additional ingredients if needed. Use water as needed to thin out the dressing.
8. Add half the dressing to the salad, then mix well. Drizzle with the remaining dressing to serve.

### Recipe notes:

- If you have other vegetables available, they can be used in this recipe (eg cucumber, capsicum, celery, coriander).

# 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