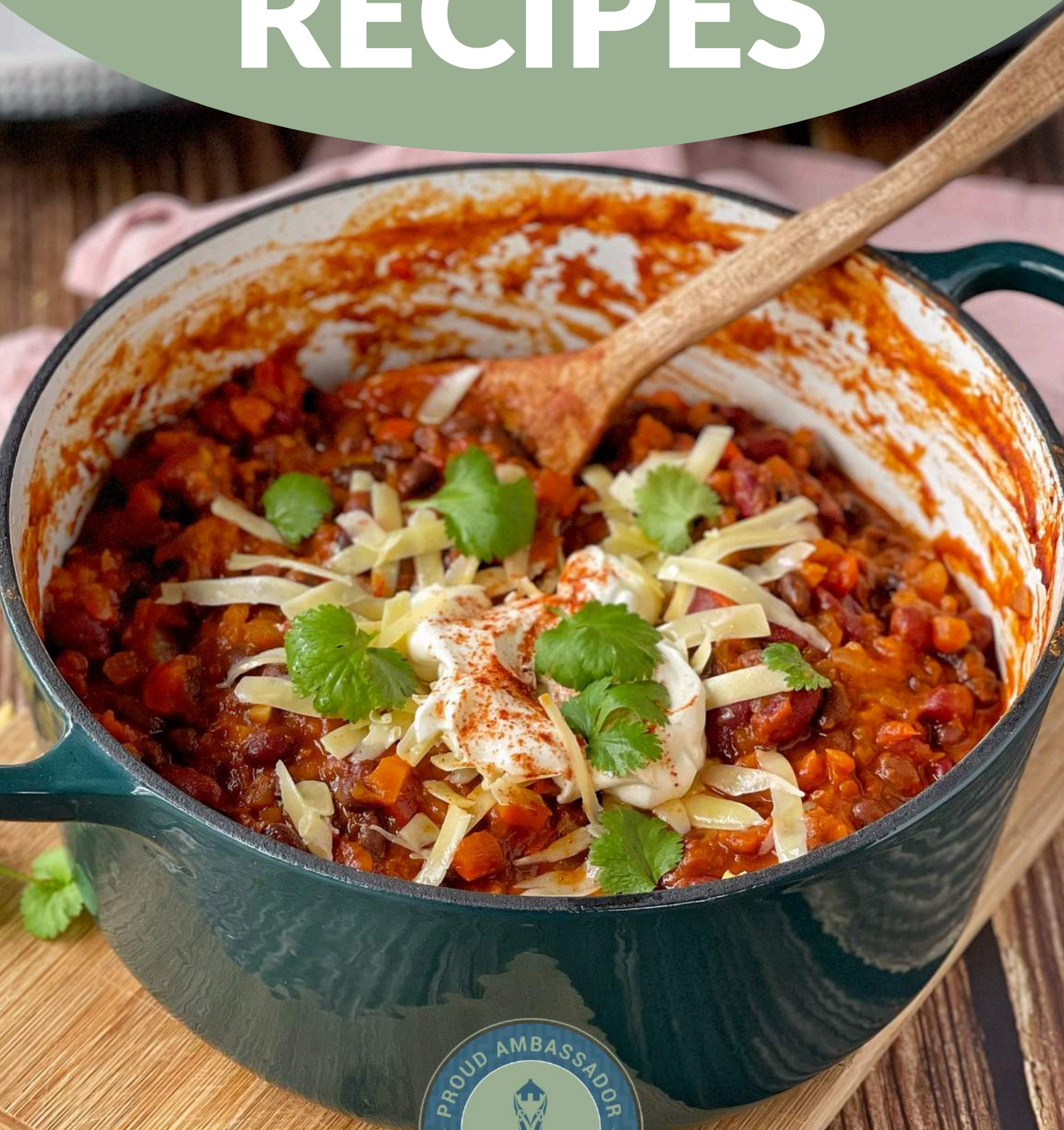


10 FREEZER FRIENDLY RECIPES





Kura Kai Recipes



Easy Butter
Chicken



Hash Brown
Bites...



Chicken
Korma



Chilli Con
Carne



Chicken
Lasagne



Mince,
Macaroni...



Vegetarian
Bean Chilli



Slow Cooker
Beef Stew



Slow Cooker
Pumpkin...



M&M
Cookies



Easy Butter Chicken

🕒 30 minutes 🍴 6 servings


Ingredients

- 1 kg Boneless skinless chicken breast (or thigh)
- 1 tbsp Garam masala
- 1 tbsp Ground coriander
- 1 tbsp Ground cumin
- 1 tbsp Paprika
- 1 tsp Salt
- 1 tsp Cinnamon
- 2 tbsp Olive oil
- 2 tbsp Crushed garlic
- 2 tbsp Crushed ginger
- 1/4 cup Tomato paste
- 1 tsp White sugar
- 190 mL Water
- 1 can Coconut cream
- 1 tbsp Butter

To Serve

- 6 serving Cooked white rice
- 6 serving Cooked roti (optional)

Nutrition

 Information is provided as an estimate.

per serving

Calories	190 kcal	Fat	4 g
Carbohydrates	0 g	Protein	35 g
Fibre	0 g	Sugar	0 g
Cholesterol	107 mg	Sodium	193 mg
Vitamin A	50 IU	Vitamin C	2 mg
Calcium	8 mg	Iron	1 mg

Directions

1. Dice the chicken into 2cm pieces and add to large dish. Add the garam masala, coriander, cumin, paprika, salt and cinnamon then stir to coat the chicken evenly.
2. Heat the oil or butter in a large frying pan over a medium heat. Add the chicken pieces and cook for 5 minutes until browned.
3. Reduce the heat then add the garlic and ginger and cook for another 2 minutes. Add the tomato paste, sugar and water and bring to a simmer.
4. Stir in the coconut cream and butter and cook for a further 5-10 minutes until the curry has thickened and the chicken is cooked through.
5. Serve on top of the cooked rice with roti on the side and a garnish of fresh herbs.

Notes

To Freeze

This is a large batch of curry so perfect to freeze any leftovers for later. Once the mixture has cooled to room temperature, transfer to freezer-proof containers, label and seal.

Dairy Free

Leave out the butter at the end if you want this recipe to be dairy free.

If you like your butter chicken sweeter then add extra sugar.



Hash Brown Bites Bolognese Bake

🕒 50 minutes 🍴 6 servings

Ingredients

1 Onion (diced)
1 Carrot (diced)
750 g Lean beef mince
3 clove Garlic (crushed)
1 tbsp Tomato paste
1 can Tomato pasta sauce
700 g Hash brown bites (or hash browns, thawed)
100 g Cheese (grated)

Nutrition

 Information is provided as an estimate.

per serving

Calories	7 kcal	Fat	0 g
Carbohydrates	1 g	Protein	0 g
Fibre	0 g	Sugar	1 g
Cholesterol	0 mg	Sodium	1 mg
Vitamin A	0 IU	Vitamin C	1 mg
Calcium	4 mg	Iron	0 mg

Directions

1. Preheat the oven to 200°C fan bake.
2. Heat a large frying pan over medium heat. Add the onion and carrot and sauté for 5-10 minutes until soft.
3. Add the mince and cook until browned all over. Add the garlic and tomato paste, stirring to combine. Cook for a few minutes more.
4. Pour in the pasta sauce and stir everything together. Season to taste with salt and pepper.
5. Transfer the cooked mince mixture into a baking dish. Top with the hash brown bites and grated cheese.
6. Bake for 25-30 minutes until the hash browns are crispy and the cheese on top is melted and golden.
7. Serve with a side salad or steamed vegetables.

Notes

To Freeze

Once you have cooked the mince let it cool to room temperature then divide between freezer proof containers, add the frozen hash bites on top and scatter over the grated cheese. Seal, label and place in the freezer immediately so that the hash bites stay frozen. To reheat: thaw in the fridge overnight then bake for 30-40 minutes at 200°C fan bake until the hash browns on top are crispy and golden.

I used a 425g can of tomato pasta sauce.



Chicken Korma

🕒 1 hour 🍴 4 servings

Ingredients

Marinade

- 1/2 cup Yoghurt
- 2 clove Garlic (crushed)
- 2 tsp Crushed ginger
- 2 tbsp Tomato paste
- 500 g Boneless skinless chicken thighs (diced)

Korma

- 1 tbsp Butter
- 1 Onion (thinly sliced)
- 1 tsp Ground cumin
- 1 tsp Ground turmeric
- 1 tsp Garam masala
- 125 mL Cream
- 125 mL Chicken stock
- 1 tsp Sugar
- 1/4 cup Ground almonds

To Serve

- 4 serving Cooked white rice
- 1 serving Fresh coriander (optional)
- 4 Roti

Nutrition

i Information is provided as an estimate.

per serving

Calories	19 kcal	Fat	1 g
Carbohydrates	1 g	Protein	1 g
Fibre	0 g	Sugar	1 g
Cholesterol	4 mg	Sodium	14 mg
Vitamin A	30 IU	Vitamin C	0 mg
Calcium	37 mg	Iron	0 mg

Kura Kai Recipes

Directions

1. Place the yoghurt, garlic, ginger and tomato paste in a bowl. Mix to combine.
2. Add in the diced chicken. Stir to coat then place in the fridge to marinate for at least 30 minutes.
3. Heat a large frying pan over a medium heat. Add the butter and onion then saute for 5 minutes.
4. Add the spices and fry off for a few minutes. Add the marinated chicken to the pan. Cook for 5 minutes.
5. Pour in the cream, chicken stock, sugar and ground almonds then stir to combine.
6. Bring the pan to a simmer for 10-15 minutes until the chicken is cooked through.
7. Serve with steamed rice, fresh coriander and toasted roti.

Notes

To Freeze

Once the mixture has cooled to room temperature, transfer to freezer-proof containers, label and seal.

Cook 1 Freeze 1

Double this recipe to 8 serves and freeze half for another meal later.

Get ahead

Marinate the chicken overnight or the morning before cooking.

Ingredient conversions in cups

125ml of cream = 1/2 cup 125ml of chicken stock = 1/2 cup *Please note that these amounts are for the original recipe quantities. You will need to adjust them if doubling the recipe or changing servings.





Chilli Con Carne

🕒 1 hour 🍴 8 servings

Ingredients

- 1 tbsp Olive oil
- 1 Onion (finely diced)
- 1 kg Beef mince
- 1 1/2 tbsp Ground cumin
- 1 1/2 tbsp Paprika
- 1 1/2 tbsp Garlic powder
- 1 can Red kidney beans
- 1 can Black beans
- 1 can Crushed tomatoes
- 3 tbsp Tomato paste
- 1 tsp Salt
- 3 tbsp Chipotle sauce
- 375 mL Beef stock

To Serve

- 8 serving Cooked white rice
- 100 g Cheese (grated)
- 125 g Sour cream
- 1 Avocado
- 100 g Corn chips

Nutrition

 Information is provided as an estimate.

per serving

Calories	15 kcal	Fat	2 g
Carbohydrates	0 g	Protein	0 g
Fibre	0 g	Sugar	0 g
Cholesterol	0 mg	Sodium	0 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	0 mg	Iron	0 mg

Directions

1. Heat olive oil in a large frying pan then add the onion. Sauté for a few minutes.
2. Add the mince and break up with a spoon. Add the cumin, paprika and garlic powder and mix through the mince. Stir and brown mince for about five minutes.
3. Pour in the beans, tomatoes, tomato paste, salt, chipotle sauce and beef stock.
4. Mix everything together and turn the heat down to low. Simmer for 30-40 minutes with the lid on, stirring every 10 minutes or so.
5. Season to taste with salt and pepper and serve on top of steamed rice with grated cheese, sour cream, avocado and corn chips.

Notes

To Freeze

Any leftovers can be stored in an airtight container for up to three months in the freezer. Once the mixture has cooled to room temperature, transfer to freezer-proof containers, label and seal. Reheat until piping hot before serving.

Chilli con carne is super versatile and can be served on rice, wrapped in a tortilla as a burrito or with nacho chips.

If you like your chilli hot then you can add some cayenne pepper or chilli flakes with the spices.



Chicken Lasagne

🕒 1 hour, 35 minutes 🍴 12 servings

Ingredients

2 tbsp Olive oil
2 Onion (finely diced)
2 Carrot (finely diced)
4 Celery stick (finely diced)
4 clove Garlic (crushed)
1 kg Boneless skinless chicken thighs (diced)
4 tbsp Tomato paste
2 tbsp Italian dried herbs
1 tsp White sugar
2 can Crushed tomatoes
500 mL Chicken stock
1 1/2 tsp Salt
12 Lasagne sheets
200 g Cheese (grated, for topping)

Cheese sauce

110 g Butter
110 g Plain flour
1 L Milk
2 tsp Wholegrain mustard
200 g Cheese (grated)
1/4 tsp Fresh nutmeg (grated, optional)

Nutrition

 Information is provided as an estimate.

per serving

Calories	21 kcal	Fat	2 g
Carbohydrates	0 g	Protein	0 g
Fibre	0 g	Sugar	0 g
Cholesterol	0 mg	Sodium	0 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	0 mg	Iron	0 mg

Directions

1. Preheat the oven to 180°C fan bake.
2. Lasagne filling: Heat oil in a large frying pan. Add the onion, carrot and celery and cook while stirring for about 5 minutes on a medium heat.
3. Stir in the garlic then add the chicken pieces and cook, stirring for a few minutes.
4. Stir in the tomato paste, Italian herbs and sugar.
5. Add the crushed tomatoes, chicken stock, salt and some black pepper, then mix to combine. Simmer for 10 minutes until the liquid has reduced and the sauce has thickened up.
6. Cheese sauce: Place a large saucepan on a low heat and add the butter. Stir until melted then add the flour and combine. Keep stirring for a minute to fry the mixture.
7. Start adding the milk slowly, stirring between each addition. Once all the milk has been added, let it simmer until thick.
8. Take off the heat. Add the mustard, cheese and nutmeg. Season well to taste with salt and pepper then stir to combine.
9. Assemble: Grease two large baking dishes or tin foil trays. Cover the two bases with half of the chicken filling (1/4 in each dish) then top each dish with lasagne sheets. Pour half of the cheese sauce between the two dishes (1/4 of the sauce in each dish), reserving the remaining half for the top. Spread out to the edges. Repeat with the remaining chicken mix, lasagne sheets and cheese sauce then scatter over the extra grated cheese.
10. Place one lasagne in the oven and bake for 50 minutes until golden and bubbling. Remove from the oven and stand for 15 minutes before serving with crusty garlic bread and a fresh salad.
11. Once the other lasagne has cooled to room temperature; cover, label, then store in the freezer for up to 3 months. You can do this for both if desired.

Notes

To Freeze

Once you have scattered the cheese on top, let the lasagne cool to room temperature. Cover, label, then store in the freezer for up to 3 months. To reheat: Defrost the lasagne in the fridge overnight, then bake at 180°C fan bake for 50 minutes until golden and bubbling.



Mince, Macaroni and Bean Casserole

🕒 50 minutes 🍴 4 servings

Ingredients

150 g Macaroni pasta
2 tsp Oil
1 Onion (finely diced)
500 g Lean beef mince
2 tbsp Tomato paste
1 tsp Ground cumin
1 tsp Dried mixed herbs
2 tsp Worcestershire sauce
1 Beef stock cube
250 mL Boiling water
1 can Cannellini beans (rinsed and drained)
1/4 cup Barbecue sauce
100 g Cheese (grated)

Nutrition

i Information is provided as an estimate.

per serving

Calories	139 kcal	Fat	1 g
Carbohydrates	27 g	Protein	5 g
Fibre	1 g	Sugar	1 g
Cholesterol	0 mg	Sodium	2 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	8 mg	Iron	0 mg

Directions

1. Preheat the oven to 200°C fan grill. Grease a 23cm square baking dish and set aside.
2. In a large pot, cook pasta according to packet instructions until al dente, drain and set aside.
3. Heat oil in a large frying pan or casserole dish. Add onion and sauté for a few minutes. Add beef mince and use a spatula to break it up, then fry until the mince has browned.
4. Add the tomato paste, cumin, herbs and Worcestershire sauce, then stir to combine with the mince.
5. Dissolve the stock cubes in the boiling water then add to the pan along with the beans. Stir through the mince and simmer for 2 minutes. Pour in the barbecue sauce and stir together.
6. Add the cooked pasta and mix to combine. Pour into the prepared baking dish and scatter over the grated cheese.
7. Place under the grill. Cook for 10-15 minutes until the cheese is golden and bubbling.
8. Serve with a side salad and garlic bread.

Notes

To Freeze

This recipe can easily be doubled to make one meal for the freezer. Simply cover with tin foil after you have added the grated cheese. When completely cooled, place in the freezer for up to three months. To reheat: thaw in the fridge overnight and bake at 200°C fan bake until piping hot and the cheese is bubbling.

The cannellini beans can be swapped for kidney beans or baked beans if you like.

Add some chilli powder or flakes with the spices if you want to add some heat.



Vegetarian Bean Chili

🕒 1 hour, 15 minutes 🍴 12 servings

Ingredients

1 tbsp Olive oil
1 Onion (finely chopped)
2 Carrot (finely chopped)
3 Garlic (crushed)
2 Capsicum (finely diced)
2 tsp Smoked paprika
2 tsp Ground cumin
1 tsp Ground coriander
1/2 tsp Chilli flakes
1/2 tsp Chipotle powder (optional)
1 tsp Brown sugar
1 tsp Salt
1 Vegetable stock cube
250 mL Boiling water
700 g Tomato passata (or canned crushed tomatoes)
2 can Black beans (drained)
2 can Red kidney beans (drained)

To Serve

6 cup Cooked white rice
125 g Sour cream
100 g Cheese

Nutrition

 Information is provided as an estimate.

per serving

Calories	10 kcal	Fat	1 g
Carbohydrates	0 g	Protein	0 g
Fibre	0 g	Sugar	0 g
Cholesterol	0 mg	Sodium	0 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	0 mg	Iron	0 mg

Directions

1. Place a large cast iron dish or saucepan over a medium heat and add the olive oil. Add the onions and sauté for a few minutes until soft.
2. Add the carrots, garlic and capsicum, cook while stirring for 10 minutes until soft.
3. Add the paprika, cumin, coriander, chilli flakes, optional chipotle, brown sugar and salt. Stir while cooking for 2 minutes.
4. Dissolve the stock cube in the boiling water, then pour the stock into the dish along with the passata. Add both types of beans, stir to combine then simmer for 45 minutes until thick.
5. Serve with your choice of rice or corn chips, sour cream or natural yoghurt, grated cheese and fresh herbs.

Notes

To Freeze

This makes a large batch, perfect to freeze for later. Once the mixture has cooled to room temperature, transfer to freezer-proof containers, label and seal. Reheat until piping hot.



Slow Cooker Beef Stew

🕒 4 hours, 15 minutes 🍴 6 servings

Ingredients

1 kg Casserole beef (diced)
2 tbsp Plain flour
1 tsp Salt
1/2 tsp Black pepper
2 tbsp Olive oil
3 Carrot (cut into chunks)
5 Pickling onions (quartered)
250 g Mushrooms (quartered)
3 Celery stick (sliced)
1 tsp Crushed garlic
2 tbsp Worcestershire sauce
500 mL Beef stock
2 tbsp Cornflour

Nutrition

i Information is provided as an estimate.

per serving

Calories	423 kcal	Fat	33 g
Carbohydrates	0 g	Protein	29 g
Fibre	0 g	Sugar	0 g
Cholesterol	118 mg	Sodium	112 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	30 mg	Iron	3 mg

Directions

1. Place the beef in a bowl. Add the flour, salt and pepper and mix.
2. Place a large frying pan on high heat then add oil. Brown the beef for a few minutes on each side. Do this in batches if necessary.
3. While the beef is browning, add remaining ingredients (except the cornflour) to the slow cooker. Stir to combine.
4. Add browned beef and any cooking juices to the slow cooker. Stir to combine.
5. Cook on high for 4+ hours or low for 8+ hours until the beef is tender.
6. Mix cornflour with two tablespoons of cold water and add to the stew 20 minutes before serving. Stir and leave to thicken up.
7. Serve on top of potato mash and sprinkle with fresh chopped parsley.

Notes

To freeze

Once the stew has cooled to room temperature, transfer to freezer-proof containers, label and seal. You could add portions of potato mash to the container as well if desired. Reheat until piping hot before serving.

Browning the meat

This step is not essential, however it does add an extra depth of flavour to the stew.

Gluten Free

To make this meal gluten free, either leave out the flour altogether, or substitute it for standard gluten free flour or rice flour.



Slow Cooker Pumpkin Soup

🕒 3 hours, 10 minutes 🍴 6 servings

Ingredients

- 1 Onion (finely sliced)
- 1 kg Pumpkin (cubed)
- 500 mL Vegetable stock
- 1 can Coconut cream
- 2 tbsp Thai yellow curry paste

Nutrition

i Information is provided as an estimate.

per serving

Calories	10 kcal	Fat	0 g
Carbohydrates	2 g	Protein	0 g
Fibre	0 g	Sugar	1 g
Cholesterol	0 mg	Sodium	1 mg
Vitamin A	1 IU	Vitamin C	2 mg
Calcium	6 mg	Iron	0 mg

Directions

1. Add all the ingredients to the slow cooker.
2. Cook on high for 3+ hours or low for 6+ hours.
3. Once cooked, pour the soup into a blender or use stick blender to blitz the soup until smooth.
4. Season to taste with salt and pepper.
5. Serve warm with crusty bread.

Notes

Storage

Once the soup has cooled to room temperature, transfer to freezer-proof containers, label and seal.

Substitutions

You can use any curry paste you like such as Massaman, green, red etc. I chose yellow curry paste because it is mild and kid-friendly. Or leave the curry paste out if you want a traditional pumpkin soup recipe. I used pre-chopped, frozen pumpkin to speed things up, however, fresh butternut pumpkin has a greater depth of flavour.



M&M Cookies

🕒 50 minutes 🍴 30 servings

Ingredients

300 g Butter (softened)
200 g Brown sugar (1 cup)
220 g Caster sugar (1 cup)
2 Egg
2 tsp Vanilla essence
450 g Plain flour (3 cups)
1 tsp Cinnamon
1 tsp Baking soda
60 mL Milk (1/4 cup)
2 cup M&ms (or chocolate chips)

Nutrition

i Information is provided as an estimate.

per serving

Calories	72 kcal	Fat	8 g
Carbohydrates	0 g	Protein	0 g
Fibre	0 g	Sugar	0 g
Cholesterol	22 mg	Sodium	64 mg
Vitamin A	250 IU	Vitamin C	0 mg
Calcium	2 mg	Iron	0 mg

Directions

1. Preheat oven to 170°C fan bake.
2. In a mixer beat butter and sugars until smooth, add eggs and vanilla, mix until combined.
3. Sift in flour, cinnamon and baking soda. Add milk then fold together.
4. Pour in M&Ms and stir together then roll into balls and chill in the fridge or freezer for at least 20 mins.
5. Remove from fridge and place on baking paper lined tray and bake for 15-20 mins until turning golden but still soft in the centre. Store in an airtight container in the pantry.

Notes

To Freeze

Once you have rolled up the dough balls divide between ziplock bags, label and freeze. To bake after freezing: place the dough balls on a baking tray, let them thaw for 20 minutes, press down slightly, then bake for 15-20 minutes until turning golden but still soft in the centre.

Freeze in a log option

You can roll the mix into a log and wrap in cling film. Then when you want to bake more cookies, remove from freezer, unwrap and cut the chilled/frozen dough into 2cm chunks with a large sharp knife and bake.

If you do not chill the dough before baking they will spread very quickly, more like a Subway cookie so give them lots of space on the tray.

Swap the M&Ms for chopped up chocolate or chocolate chips.