



KURA KAI Rangatahi Ambassador COOKBOOK



NGĀ KAI O ROTO

CONTENTS

01

A MESSAGE FROM OUR KURA KAI AMBASSADOR

Page 03

02

TOP 10 TIPS

Page 04

03

HEARTY MAC 'N' CHEESE - ROTOTUNA SENIOR HIGH SCHOOL

Page 05

04

NANA JUNE'S CURRY - KATIKATI COLLEGE

Page 07

05

CURRY SAUSAGES - TARAWERA HIGH SCHOOL

Page 09

06

LASAGNE TRADIZIONALE - AQUINAS COLLEGE

Page 11

07

FOCACCIA BREAD - MARLBOROUGH GIRLS' COLLEGE

Page 14

08

BEEF & EDAMAME RISOTTO - SAMUEL MARSDEN COLLEGIATE

Page 16

09

BACON & EGG PIE - TAUHARA COLLEGE

Page 18

10

HIDDEN-VEGGIE PIZZA SCROLLS - QUEEN MARGARET COLLEGE

Page 20

11

VJ COOKS - OUR TOP 3 KURA KAI MEAL PICKS

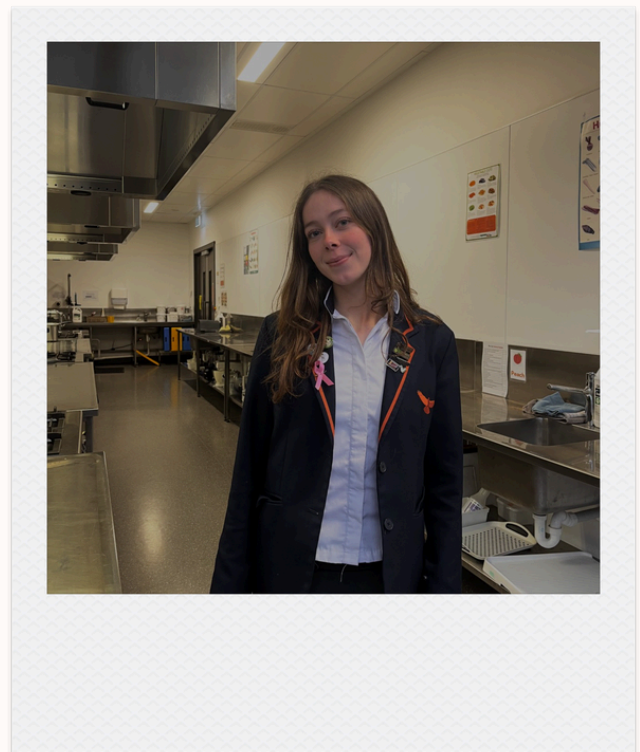
Page 22



A MESSAGE FROM OUR RECIPE BOOK CREATOR

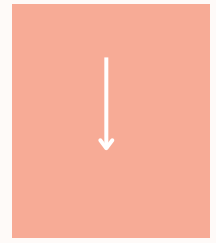
In 2026, Kura Kai proudly launched our nationwide Rangatahi Ambassador Initiative, selecting 16 passionate student leaders from across Aotearoa to champion Kura Kai within their schools. The Kura Kai Rangatahi Ambassadors play an important leadership role, developing valuable skills in organisation, communication and service while making a meaningful difference in their hāpori (community).

“As part of this special group, I wanted to create something that would leave a lasting legacy — a Kura Kai Cookbook created by our Ambassadors, for future leaders stepping into this role. Filled with recipes, ideas and aroha, this cookbook is a way to inspire and support the next generation of rangatahi making a difference in their schools.



To everyone who has contributed - thank you.”

Catherine MacKenzie
Rototuna Senior High School
Rangatahi Ambassador



TOP 10 TIPS

Avoid overfilling your meal trays. Leave a little room at the top so meals can freeze properly.

Don't stack hot meals too high. When meals are cooling, stack no more than two trays on top of each other. This helps prevent spillage.

Use cardboard between frozen meals. Place a piece of cardboard between each layer of frozen meals in the freezer. This helps prevent meals from being squashed or sticking together.

AI can help with quantities! Not sure how much to cook? Ask AI! Tell it you want to make 30 meals, the size of your tray, and provide the recipe. Our medium Kura Kai meal trays have a 990ml capacity.

Remember you're cooking for teenagers! Think hearty, filling and tasty.

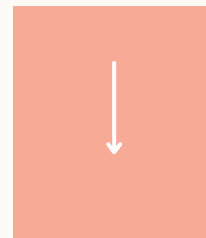
Use Kura Kai recipes for inspiration. This recipe book, along with VJ Cooks' 10 Kura Kai freezer-friendly recipes, is available on our website. They're a great place to start when planning your cook-up.

Label every meal. Use our Kura Kai meal labels, available to download from our website. They're designed to be both printable and edible. Set up a labelling station, a great task to designate to students while cooking.

Cellotape is your friend! When using meal labels, cellotape works better than glue.

Keep your freezer organised. Once meals are frozen, stack them neatly. A well-organised freezer makes it much easier for students and whānau to access kai when they need it.

Most importantly...HAVE FUN! Kura Kai is all about whānau cooking for whānau. Put on some music, share a laugh and enjoy knowing that every meal you make is helping.



ROTOTUNA SENIOR HIGH



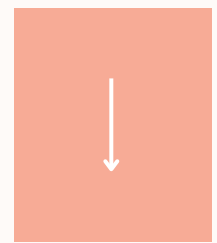
Catherine Mackenzie

Kura Kai RSHS works like a well-oiled machine. Our teacher, Yvonne, embodies the role of a captain; she preps the team members before the cook with all the information they need to tackle the task. From then on, everyone helps each other, one person on pasta, one on roux and another on dishes, until everything's done and we can celebrate!

Growing up in Hamilton, cold nights were always met with a warm bowl of mac and cheese. With Hamilton surrounded by rich dairy, butter and cheese is a huge part of our local identity. We use this recipe as a way to share a piece of local comfort with neighbouring kura.



MADE WITH AROHA



HEARTY MAC 'N' CHEESE

SERVES: 30

INGREDIENTS

660g butter
1.6–1.8kg onions, finely chopped
(about 11 medium onions)
660g standard flour
22g mustard powder
10.5L milk
Salt and pepper, to taste
3.6–4.8kg grated cheddar cheese
2.2–2.5kg macaroni elbows, uncooked
250g dry breadcrumbs
3.0–3.5kg frozen vegetables
3.85kg streaky bacon, cut into small
pieces
55g G Banger Pepper&Me Seasoning
(optional)



METHOD

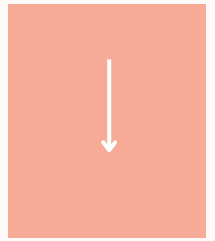
1. Preheat oven to 190°C.
2. Melt butter in a saucepan. Add onion and bacon, and cook for about 5 minutes until the onion is soft.
3. Stir in the flour and cook for 1 minute until bubbly. Add the mustard powder.
4. Remove from the heat and slowly whisk in half the milk until smooth.
5. Return to the heat and gradually whisk in the remaining milk. Cook until the sauce thickens and comes to a gentle boil.
6. Remove from the heat. Season with salt, pepper, and G Banger seasoning. Stir in half the cheese, macaroni, mixed vegetables, and bacon.
7. Taste and adjust seasoning if needed.
8. Pour into foil trays. Mix the breadcrumbs with the remaining cheese and sprinkle over the top.
9. Place into foil containers, cool then freeze.
10. Cooking Instructions: Defrost and bake for 20 minutes, or until golden and bubbling.

KURA KAI TIPS

Always stir your roux with a figure-8 motion, ensuring you reach the bottom.



Te Kura Tuarua
o Katikati



KATIKATI COLLEGE



Emma Turton - Ambassador

Blake Stevens Emma Turton

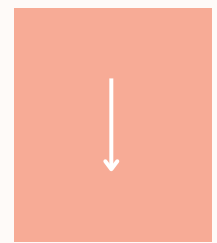
Being part of Kura Kai means a lot to me as I love helping people, and making hearty, warm meals makes me very happy. I have learnt so many skills just by spending time in the kitchen. I have this very special Curry recipe from my Great Nana June. This curry is one of her many amazing recipes in her recipe book that we have at home. It is a warm hearty meal that is great for a chilly winter's night and warms you from the inside out. By Emma



Blake Stevens - Ambassador with Yr 10
Kura Kai Volunteers Ava & Mackenzie

At Katikati College, we believe in manaakitanga – caring for and supporting others. Kura Kai gives our students the opportunity to put this value into action by preparing nutritious meals for whānau in our community who may need a little extra support. Through Kura Kai, students develop valuable skills in cooking, food safety, teamwork and organisation, while learning the importance of giving back to their community. It is about more than just preparing kai; it is about whanaungatanga, kindness and making a positive difference. By cooking and sharing kai, our students learn that their skills can be used to help others.

MADE WITH AROHA



NANA JUNE'S CURRY

SERVES 10

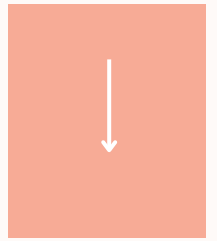
INGREDIENTS

- 2 kg stewing steak
- 2 tbs butter
- 2 small apples diced
- 2 large onions sliced
- 2 tbs Flour
- 6 tsp curry powder or more to taste
- 2 cups frozen beans or peas
- 2 x 420g tin chopped tomatoes
- Water as needed
- 1 tin corn kernels, plus liquid
- 1 tin pineapple pieces, drained
- ½ cup diced carrot
- 1 cup sultanas
- 2 tsp salt or more to taste

METHOD

1. Brown the onion, apple, flour, and curry powder in butter with some of the meat.
2. Add rest of the ingredients and simmer for two hours or until meat is cooked. You can use a slow cooker or pressure cooker if you desire.
3. Thicken if required. Serve on rice or mashed potato. Cool, label and freeze





TARAWERA HIGH SCHOOL



Mia Waiari

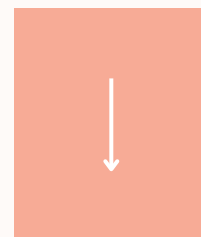
'Kei roto tātou katoa i tēnei tahi'

That is what Kura Kai means to me.

Our TPEC manager, Kylie Torkington, brings together our Rotary Club and THS Prefects to work alongside each other, preparing and cooking kai for our rangatahi. It's a great example of how coming together as a community can make a difference, even through something as simple as preparing kai.

Which is why a hearty meal like curry sausages and rice might seem simple, but to me, it can bring me warmth on a cold day (especially during the winter), strengthen my energy to get through a school day, and reminds me that loving communities like Kura Kai are always there to help.





WHĀNAU COMFORT CURRIED SAUSAGES ON RICE

SERVES: 1 CONTAINER (900 ML / 2-3 SERVINGS) BULK
BATCH - 20 CONTAINERS

INGREDIENTS:

Ingredient	2-3 Servings	20 Containers 40-60 serves
Beef Sausages	4-5 sausages	80-100 sausages (5 kg)
White Rice	120 g (2/3 cup)	2.4 kg
Carrots	1 medium, diced	1.6 kg (12-15 medium), diced
Onions	½ onion, diced	1 kg (8-10 medium), diced
Frozen Peas	½ Cup	1.5 kg
Mild Curry Powder	1 Tbsp	200g (1.5 cups)
Beef Stock	1 cup (250ml)	5 Litres
Cooking Oil	1 Tbsp	125ml (1/2 cup)
Salt & Pepper	To Taste	To Taste

METHOD

1. Cook rice using a rice cooker or stovetop absorption method until tender.
2. Brown sausages in oil, remove, and slice into 1.5 cm rounds.
3. Make Curry: Sauté onions and carrots for 5-7 minutes. Stir in curry powder and flour for 1 minute, then whisk in beef stock. Add the sausages, simmer for 12-15 minutes, then stir in the frozen peas and season.
4. Assemble: Divide rice across 20 x 900 ml containers. Top with sausage curry, leaving 5 mm headspace.
5. Label & Freeze: Cool, attach completed Kura Kai labels (Rā tunu, Pai Mua i te Rā, Kai Whakauru), seal and freeze.

To reheat: Defrost overnight in the fridge. Preheat the oven to 180°C, remove the cover, and bake for 10-20 minutes, until piping hot.

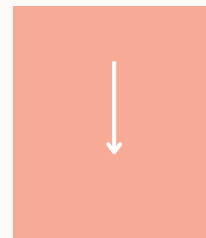


KURA KAI TIPS

Add root vegetables: Dice potatoes or kūmara and simmer alongside the carrots to stretch the gravy and add filling carbohydrates for hungry rangatahi.

We used 'Pepper & Me' (Goan to Bomba) CURRY SEASONING for an authentic curry flavour.





AQUINAS COLLEGE



Aimee Calla Cooper

Being part of the Kura Kai team means working together to help provide meals for people in our community. Our role is to contribute our time and effort to create food that is nutritious, filling and enjoyable.

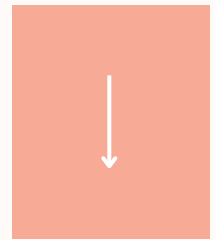
We chose lasagne because it is a comforting meal that many people are familiar with and enjoy. It is also a great option for Kura Kai because it can feed a lot of people and provides a warm, satisfying meal for families who need it.

It has many steps involved. We tend to have plenty of volunteers, so making lasagne gives everyone something to do and keeps them busy.

It is also a way we can produce something luxurious whilst using relatively cheap ingredients.



MADE WITH AROHA



LASAGNE TRADIZIONALE

SERVES: 4-5

BOLOGNESE INGREDIENTS

- 250g mince
- 1 onion
- 1T garlic
- 1 carrot
- 1 stick celery
- 1t oregano
- 1t basil
- 1T oil
- 1 ½ C chopped tomatoes (canned)
- ½ C water
- 2T stock powder

PASTA INGREDIENTS

- 2 eggs
- 200g flour
- 1T oil
- Pinch salt

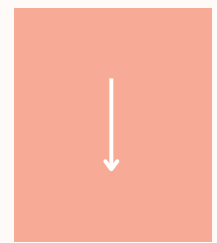
BÉCHAMEL (WHITE) SAUCE

- 2T margarine
- 2T flour
- 300ml milk
- Seasoning
- Grated cheese to go through lasagne (see method)

T=tablespoon

t=teaspoon





LASAGNE TRADIZIONALE

SERVES : 4-5

METHOD - BOLOGNESE

1. Finely chop the onion, celery and carrot
2. Fry the onion, celery and carrot in the oil until the onions go clear.
3. Add the garlic to the onions, fry for 30 seconds.
4. Add the mince. Fry it till there is no pink left; break it up as it cooks.
5. Add the tomatoes, and stock to the onions and mince.
6. Gently simmer the mince for at least 10 minutes (the longer the better), season with salt and pepper.

PASTA

1. Sieve flour onto a clean bench, add salt
2. Make a well in the middle, break the eggs into the well.
3. Gradually stir until it forms a smooth dough. Knead for 4 mins then wrap and chill for 20 minutes (or overnight).
4. Roll out using a pasta machine until 2mm thick. Cut to shape your dish.

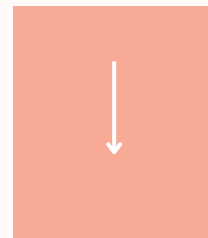
WHITE SAUCE

1. Melt margarine, add flour and make roux.
2. Gradually whisk in the milk whilst heating.
3. Stir until thick.
4. Reduce to low simmer and cook for 8-10 minutes while stirring.

ASSEMBLY

1. Preheat oven 180 fan bake
2. Layer a foil Kura Kai container with bolognese, then pasta, then béchamel plus $\frac{1}{2}$ C cheese, then pasta, then bolognese, then pasta, then béchamel.
3. Bake for 20 minutes until pasta is tender.
4. Always allow lasagne to rest after cooking.
5. Cool, label then place into freezer.





MARLBOROUGH GIRLS' COLLEGE

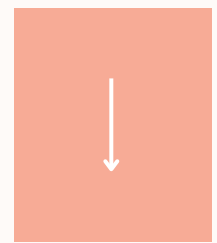


As Marlborough Girls' College's first Kura Kai Ambassadors, our role is to encourage others to get involved with this initiative. Creating a welcoming space where students can come along to cook food, learn new skills and make friends while making food for those in need. We love being part of a club that gives back to our school community and shows how cooking can bring people together.

This is a special recipe. It's Sophie's favourite bread recipe, the first type of bread she learnt to make. We think it is a great Kura Kai meal because it is straightforward to make, delicious and a food that can be shared and enjoyed together!



MADE WITH AROHA



FOCACCIA BREAD

SERVES: 24

INGREDIENTS

4 cups all-purpose flour
2.5 tsp salt
2 tsp active dry yeast
2 cups warm water
2 tsp sugar
5 tbsp olive oil

Toppings:

flaky salt
rosemary
pesto
garlic
mozzarella

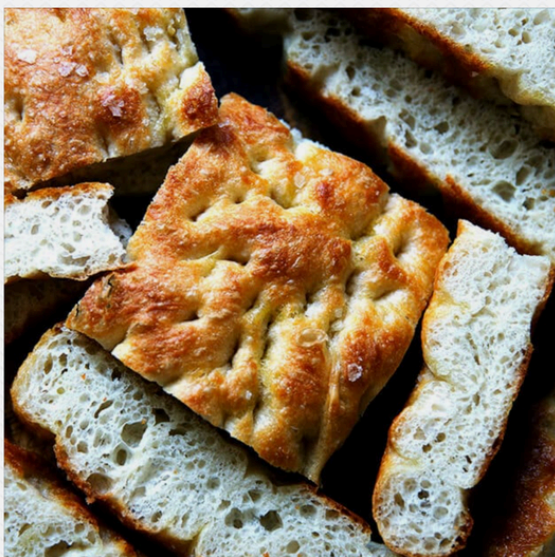
METHOD

Day 1

1. In a medium bowl, combine 2 cups warm water, 2 tsp sugar and 2 tsp active dry yeast. Stir gently and leave for 5–10 minutes until frothy.
2. In a separate bowl, combine 4 cups flour and 2.5 tsp salt.
3. Add the yeast mixture to the flour and salt. Mix with a spatula until all ingredients are combined into a sticky dough ball.
4. Lightly coat the dough with olive oil. Cover with a lid or plastic wrap and refrigerate immediately for at least 12 hours, or up to 3 days.

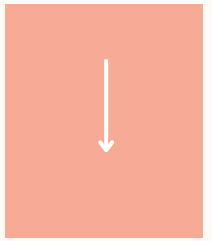
Day 2

1. Line a 9×13-inch pan with parchment paper. Pour 2 tbsp oil into the centre.
2. Using two forks, release the dough from the sides of the bowl and pull it towards the centre. Rotate the bowl a quarter-turn each time until the dough forms a rough ball.
3. Place the dough in the prepared pan and roll it in the oil to coat. Leave to rest for 3–4 hours.
4. Preheat the oven to 220°C.
5. Pour 2 tbsp oil over the dough. Coat your hands with oil, then press all your fingers straight down into the dough to create deep dimples. Gently stretch the dough to fill the pan if needed.
6. Top with either flaky salt and rosemary, or pesto, cheese and diced garlic.
7. Bake for 25–30 minutes, until the underside is golden and crisp.



KURA KAI TIPS

Transfer to a cooling rack and cool for 10 minutes before cutting and serving for the freshest, most delicious bread!



SAMUEL MARSDEN COLLEGIATE



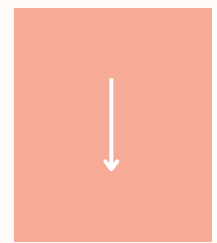
Ava Bowmaker
Jessica Greening
Lara Morice

Jessica, Lara and Ava started the Kura Kai programme on Thursday lunchtimes in 2023 and have stayed committed to it for four years. They have grown the programme into something special, with dozens of students of all ages coming every week to provide service for the wider community.

The entire school is extremely proud of how they have used their responsibility and got the school even more excited about cooking, and the role modelling they have done.

This recipe was put together last minute one day when another recipe had fallen through, and we had to think on our feet to come up with something based on the ingredients we had already. Some students were a little confused by it at first, but it quickly became one of our favourites to cook.





BEEF & EDAMAME RISOTTO

SERVES: 2

INGREDIENTS

- 350ml stock
- ½ onion, diced
- 1 clove garlic, diced
- 1 tbsp butter
- 1 cm cube of butter
- 2 tbsp olive oil
- 130g arborio rice
- ¼ cup grape and lime juice (just ½ tbsp or so of lime juice)
- 130g beef
- ⅓ cup edamame
- 100g mushrooms
- 2 tbsp soy sauce
- 2tbsp parmesan



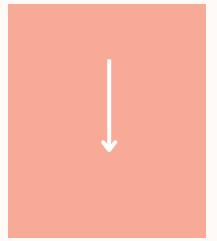
Beef and Edamame Risotto

METHOD

1. Prepare stock: Place in a small pot and keep at a gentle simmer.
2. Cook beef and vegetables: Heat 1 tbsp olive oil in a pan, season beef with salt, pepper, and 1 tbsp soy sauce. Sear until browned, then add edamame, mushrooms and remaining soy. Remove and set aside.
3. Soffritto base: In a large pot, heat 1 tbsp olive oil + 1 tbsp butter. Add onion and garlic, cook gently until translucent.
4. Toast rice: Add arborio rice, stir until edges look translucent. Deglaze with juice, stirring until absorbed.
5. Build risotto: Add stock one ladle at a time, stirring often. Continue until the rice is creamy and al dente (about 18–20 minutes).
6. Finish: Stir in beef and edamame/mushrooms, 2 tbsp Parmesan, and the 1 cm cube of butter. Cover and rest 2 minutes.

KURA KAI TIPS

This recipe is very adaptable - you can swap the beef out for another protein, or add whatever your favourite vegetables are!



TAUHARA COLLEGE



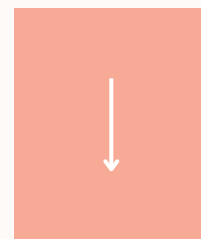
Madeline Macdonald

Being a Kura Kai Ambassador is all about looking out for our community and lending a hand where we can. We're part of a team that believes good food brings people together, and that sharing simple, reliable recipes can make a real difference for whānau.

This Bacon, Egg & Veg Pie has always been one of those go-to meals in our house. It's the sort of recipe you throw together with what you've already got in the fridge, and it always goes down a treat. I remember Mum making pies like this when things were busy - they'd feed a crowd, make great leftovers for lunches, and no one ever left the table hungry.

That's why it's perfect for Kura Kai. It can be eaten for any meal of the day, is filling, easy to adapt with whatever veggies you have on hand, and makes enough to share. Sometimes it's the simple meals that mean the most, and this is definitely one of them.





BACON & EGG PIE

SERVES: 1 LARGE FAMILY FOIL TRAY

INGREDIENTS

- Cooking spray
- Puff pastry
- 8 rashers bacon, diced
- 1 small onion (or ½ large onion), finely diced
- 10 eggs
- 1 cup mixed vegetables
- 6 tbsp tomato relish
- 1 cup grated tasty cheese
- Salt and ground black pepper - to taste
- Milk - for brushing the pastry

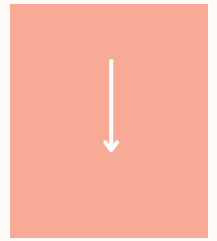


METHOD

- Preheat the oven to 200°C. Lightly grease a large foil tray with cooking spray and line it with puff pastry.
- Heat a frying pan over medium heat. Cook the diced bacon until it begins to brown, then add the onion and cook until soft and lightly caramelised, about 5 minutes.
- Spread the bacon mixture evenly over the pastry base.
- Scatter the mixed vegetables over the bacon, followed by the grated cheese.
- Dot the tomato relish over the cheese.
- Crack the eggs evenly over the filling. Gently pierce each yolk with a fork so it spreads slightly through the pie. Season with salt and black pepper.
- Cover with a second sheet of pastry, pressing the edges firmly to seal. Trim any excess pastry if needed.
- Brush the top with milk and cut 2–3 small slits in the pastry to allow steam to escape.
- Bake for 30–40 minutes, or until the pastry is golden, puffed and the eggs are fully set.
- Leave to cool before placing lids on containers and freezing.

KURA KAI TIPS:

Recipe can be tweaked if using smaller foil trays. Contact local suppliers to pick up short-dated eggs at a cheaper price or get ingredients donated. This is definitely not the cheapest meal to make, but it is super popular with our meal recipients!



QUEEN MARGARET COLLEGE



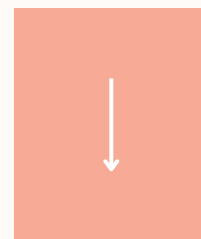
Eden Farrar
Tanveer Kaur

As QMC's Student Ambassadors, our role is to help promote Kura Kai and encourage students to make healthy food choices. We enjoy being part of a team that helps make healthy eating feel easy, enjoyable and achievable for everyone.

We chose these Hidden-Veggie Pizza Scrolls because they are a great example of how healthy eating can be simple and delicious. The vegetables are blended into the sauce, so you get all the goodness without it feeling like you're eating a plate full of vegetables!

For us, this recipe represents a healthy eating success — showing that nutritious food can still be fun, tasty and something students genuinely enjoy. It's a recipe that proves healthy choices don't have to be boring!





HIDDEN-VEGGIE PIZZA SCROLLS

SERVES: 30-36 SCROLLS

INGREDIENTS

2kg tomato passata or crushed tomatoes
4 Carrots, grated
3 Zucchini, grated and squeezed dry
2 Capsicums, finely chopped
2 Onions, finely diced
4 Cloves garlic, crushed
2 tbsp olive oil
3 tbsp tomato paste
2 tbsp dried Italian herbs
½ tsp black pepper & 1tsp salt
6 Large sheets of puff pastry
500g grated cheese
300g sliced ham or cooked chicken (optional)
Extra Italian herbs for sprinkling
Milk or beaten egg for brushing

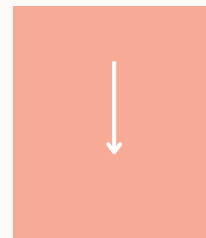


METHOD

1. Make the hidden-veggie sauce: Heat the oil in a large pot and cook the onion, carrot, zucchini and capsicum for 5–8 minutes until softened.
2. Add the garlic, tomato paste and Italian herbs. Cook for another minute.
3. Add the passata or crushed tomatoes, salt and pepper. Simmer for 15–20 minutes, stirring occasionally.
4. Blend the sauce with a stick blender until smooth. Allow it to cool slightly.
5. Preheat the oven to 200°C (180°C fan bake).
6. Lay the pastry sheets flat and spread a thin layer of the vegetable sauce over each sheet, leaving a small gap around the edges.
7. Sprinkle with grated cheese and add ham or chicken if using.
8. Starting from one long side, tightly roll the pastry into a log.
9. Cut each log into approximately 5–6 slices.
10. Place the scrolls cut-side up on lined baking trays, leaving space between them.
11. Brush the pastry lightly with milk or beaten egg and sprinkle with Italian herbs.
12. Bake for 18–22 minutes, or until golden brown and cooked through.
13. Allow to cool slightly before serving or portioning.

KURA KAI TIPS:

Use whatever vegetables you have available! Pumpkin, kūmara, spinach, mushrooms or frozen vegetables can all be added to the sauce. For a vegetarian version, simply leave out the ham or chicken and add extra cheese or beans.



VJ COOKS KURA KAI AMBASSADOR



VJ COOKS

We are incredibly grateful to have Vanya Insull, best-selling author and the face behind the hugely popular VJ Cooks, as our Kura Kai Ambassador.

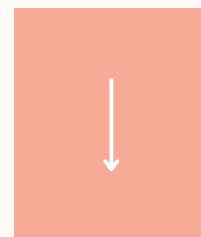
VJ helps share our kaupapa while providing recipes that are practical, wholesome and the perfect fit for Kura Kai.

Through her generosity, VJ donates both her time and resources. We have included some of her all time popular recipes in this book that are perfect for Kura Kai.

"I've been a proud ambassador for over a year now and we've already made hundreds of delicious meals together. It is such an important charity to me and I love supporting the rangatahi of New Zealand through the mahi of Kura Kai. I'm looking forward to many more years to come and seeing the kaupapa of Kura Kai continue to grow."

- Vanya Insull





HASH BROWN BOLOGNESE BAKE

SERVES: 12

INGREDIENTS

- 2 Onions (diced or grated)
- 2 Carrots (diced or grated)
- 1.5 kg beef mince
- 2 tbsp crushed garlic
- 2 tbsp tomato paste
- 2 cans tomato pasta sauce (or jars)
- 300 g frozen peas (thawed)
- 1.5 kg Hash Brown Bites (or hash browns)
- 250 g Cheese (grated)

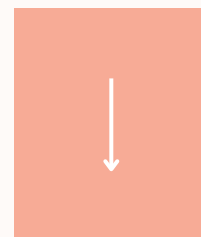


METHOD

- Heat an electric frying pan (or 2 large frying pans) to a medium heat. Add the onions and carrot and sauté for 10 minutes until starting to soften.
- Add the mince and break up with a spoon, cook until browned all over. Add the garlic and tomato paste, stirring to combine. Cook for a few minutes more.
- Pour in the pasta sauce and stir everything together. Add the peas then season to taste with salt and pepper.
- Divide the cooked mince between freezer proof foil containers.
- Once the mince has cooled to room temperature, get the frozen hash brown bites out of the freezer and arrange in lines on top of the mince.
- 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.

KURA KAI TIPS

This recipe is our most popular from VJ Cooks! It's super easy to make and is perfect for Kura Kai meals.



CREAMY CHICKEN & VEGGIE PASTA

SERVES: 18

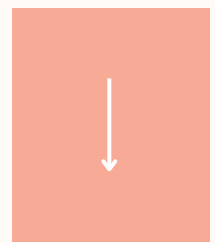
INGREDIENTS

- 1.5kg penne pasta
- 2kg chicken breast
- 2 tbsp olive oil
- 2 tbsp dried mixed herbs
- 50g butter
- 3 tbsp plain flour
- 1L milk
- 2 tsp salt
- 2 onions (diced or grated)
- 2 carrots (diced or grated)
- 2 tbsp crushed garlic (crushed)
- 100g sun-dried tomatoes (sliced)
- 500g frozen spinach (thawed)
- 300g frozen peas (thawed)
- 300g cheese (grated)

METHOD

- Cook the pasta in large pots of boiling water until just undercooked by 2 minutes. Drain and set aside.
- Cut the chicken breast into bite sized pieces.
- Heat an electric frying pan (or 2 large frying pans) to medium heat. Add 1 Tbsp of olive oil and half the chicken pieces. Sprinkle with 1 Tbsp of mixed herbs. Cook the chicken for 10 minutes, turning to brown on all sides. Remove from the pan and set aside. Repeat with the remaining chicken.
- In the same pan, sauté the onion and carrot for 5-10 minutes until softened. Mix in the garlic and sun-dried tomatoes.
- Add the butter and let it melt then sprinkle over the flour and fry off, mixing as you go.
- Gradually add the milk, 1 cup at a time, stirring to combine until the mixture thickens. Stir in the spinach and peas, mixing them into the sauce.
- Return the cooked chicken and any juices to the pan. Add the salt and half the grated cheese, stirring to combine with the sauce. Season to taste with additional salt and pepper.
- To assemble, divide the cooked pasta between containers. Spoon the chicken mixture over the pasta, then sprinkle the remaining grated cheese on top.
- Once cooled to room temp, seal, label and place in the freezer.
- To reheat, thaw then bake for 30-40 minutes at 200°C fan bake until the cheese on top is golden and pasta is piping hot.





COWBOY BEEF MINCE MACARONI

SERVES: 60

INGREDIENTS

- 1.5kg macaroni pasta
- 6 tsp oil
- 6 onions (finely diced)
- 4.5kg lean beef mince
- 6 capsicums (diced)
- 12 tbsp tomato paste
- 3 tbsp ground cumin
- 3 tbsp dried mixed herbs
- 6 tbsp Worcestershire sauce
- 6 beef stock cubes
- 1500ml boiling water
- 9 cans cannellini beans (drained)
- 3 cans corn kernels (rinsed and drained)
- 3 cups barbecue sauce
- 900g cheese (grated)



METHOD

1. In a large pot, cook pasta according to packet instructions until al dente, drain and set aside.
2. Meanwhile, heat the oil in an electric frying pan. Add onion and sauté for a few minutes. Add the beef mince and use a spatula to break it up, then fry until the mince is starting to brown.
3. Stir in the red capsicums. Add the tomato paste, cumin, herbs and Worcestershire sauce, then stir to combine with the mince.
4. Dissolve the stock cubes in the boiling water then add to the pan. Stir through the mince then add the beans and corn, then simmer for 5 minutes.
5. Turn off the heat then add the cooked pasta and mix to combine. Pour in the BBQ sauce and stir again. Season to taste with salt and pepper.
6. Divide the mince and macaroni mixture between containers then scatter grated cheese over the top of each one. Allow to cool to room temperature, then seal, label, and freeze.

Thaw in the fridge overnight then bake at 180°C fan bake until piping hot and the cheese is bubbling.

KURA KAI TIPS

The cannellini beans can be swapped for kidney beans or baked beans.

