741

SEVEN FOR ONE

Community Batch Recipe Book

38 freezer-friendly family recipes

7 meals per standard batch • approx. 5 serves each

Cook one. Keep one. Swap six.

GOOD FOOD • SHARED LOAD • STRONGER TOGETHER

Use the recipe cards individually or print the full book. Dietary and allergy filters will be added only to recipes that have been specifically checked. Always check product labels and cross-contact requirements for your household.

741 • AOTEAROA NEW ZEALAND



Spaghetti Bolognese

Rich • Hearty • Family Favourite

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS – 7 X FAMILY MEALS
(35 SERVES TOTAL)

FOR THE BOLOGNESE SAUCE

- 3.5 – 4 kg beef mince
- 700 g – 1 kg onions, diced (or 3 – 4 tbsp onion powder)
- 10 – 12 cloves garlic, minced (or 3 tbsp garlic powder)
- 4 tbsp oil
- 3 kg pasta sauce or tomato passata
- 4 x 410 g cans diced tomatoes
- 3 x 140 g cans tomato paste
- 1.5 – 2 litres beef stock or water
- 4 large carrots, grated or finely diced
- 4 – 5 zucchini, grated or finely diced (optional)
- 3 – 4 cups mushrooms, finely chopped (optional)
- 4 tbsp mixed Italian herbs
- 2 tbsp dried oregano
- 2 tbsp paprika
- 2 – 3 tbsp brown sugar (optional)
- 2 – 3 tbsp Worcestershire sauce
- Salt and pepper to taste

FOR SERVING

- Cooked spaghetti or pasta, served separately where possible for freezing and reheating
- Optional grated cheese to serve

METHOD – FEEDS 7 FAMILIES

1. **Prepare ingredients.**
   Chop the onions, mince the garlic, grate or dice the vegetables. Have all ingredients ready.
2. **Brown the mince.**
   Heat the oil in a large pan or pot. Cook the beef mince in batches until browned, breaking it up with a spoon. Drain excess fat if needed.
3. **Add onion and garlic.**
   Return the mince to the pot. Add the onions and cook for a few minutes until softened. Add the garlic and cook until fragrant.
4. **Add vegetables.**
   Stir in the carrots and any optional vegetables (zucchini and mushrooms). Cook for 5 – 8 minutes, until slightly softened.
5. **Add flavour.**
   Stir in the tomato paste, Italian herbs, oregano, paprika, Worcestershire sauce, and brown sugar if using. Cook for a couple of minutes.
6. **Add tomatoes and simmer.**
   Add the pasta sauce, diced tomatoes, and beef stock or water. Stir well. Bring to the boil, then reduce heat and simmer gently for 45 – 60 minutes, stirring occasionally, until thick, rich and well developed.
7. **Taste and adjust.**
   Check the seasoning and add more salt, pepper, Worcestershire or sugar if needed.
8. **Cool and portion.**
   Let the sauce cool slightly, then divide evenly between seven foil trays or containers. Keep pasta separate where possible.

REHEATING INSTRUCTIONS – FOIL TRAY

- Thaw if needed.
- Cover with foil and bake at 180°C until piping hot, around 30 – 40 minutes.
- If the sauce thickens too much, add a small splash of water or stock.
- Reheat cooked pasta separately or boil fresh pasta to serve.

Comfort in every bite

TIPS & VARIATIONS

- Keeping pasta separate helps the meal freeze and reheat better.
- Add extra sauce because pasta dishes can dry out after freezing and reheating.
- Grated vegetables can be added for extra nutrition.
- This freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months.

STOVETOP REHEAT
Reheat sauce gently, adding a splash of stock if needed.

SERVE WITH
Spaghetti or other pasta, plus grated cheese if desired.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE

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SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Chilli Con Carne

HEARTY • WARMING • FAMILY FAVOURITE

INGREDIENTS

7 X FAMILY SERVES

- 3.5 kg beef mince
- 2 onions, diced
- 4 cloves garlic, crushed
- 4 carrots, diced
- 2 red capsicums, diced
- 2 tbsp olive oil
- 2 x 700 g cans diced tomatoes
- 2 x 400 g cans red kidney beans, drained and rinsed
- 2 x 400 g cans black beans, drained and rinsed
- 6 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp brown sugar
- 3 tbsp chilli powder
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp black pepper

741 Tip

Chilli tastes even better the next day! Make ahead if you can.

METHOD

FEEDS 7 FAMILIES

1. Heat olive oil in a very large pot or deep pan over medium–high heat. Add onion and cook for 5 minutes until softened.
2. Add garlic, carrot and capsicum. Cook for 5 minutes, stirring occasionally.
3. Add beef mince and cook, breaking it apart with a wooden spoon, until browned.
4. Stir in tomato paste, Worcestershire sauce, brown sugar, chilli powder, cumin, smoked paprika, oregano, salt and pepper. Cook for 1–2 minutes until fragrant.
5. Add diced tomatoes (with their juice), kidney beans and black beans. Stir well to combine.
6. Bring to the boil, then reduce heat to low. Simmer uncovered for 30–40 minutes, stirring occasionally, until thick and rich.
7. Taste and adjust seasoning if needed.
8. Portion into 7 family-sized containers. Cool completely before sealing.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or microwave until hot through.

SERVE WITH
Rice, baked potatoes, tortilla chips, sour cream and cheese.

741

SEVEN FOR ONE

GOOD FOOD
REAL PEOPLE
STRONGER
COMMUNITIES

Simple Meals Big Impact ♡



Hearty Homely Family Favourite ♡

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Cottage Pie

Classic Comfort • Simple Ingredients • Feeds a Community

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS
7 X FAMILY MEALS
(35 serves total)

MINCE FILLING

- **3.5 – 4 kg beef mince**
- **14 tsp onion powder**
  (2 tsp per 500 g mince)
- **14 tsp garlic powder**
  (2 tsp per 500 g mince)
- **7 tsp Italian herbs**
  (or 3½ tsp basil + 3½ tsp oregano)
- **7 tbsp plain flour**
  (1 tbsp per 500 g mince)
- **5 – 7 cups (1.25 – 1.75 litres) beef stock** (just enough to give a nice gravy, not too runny)
- **14 tbsp tomato relish**
  (1 – 2 tbsp per 500 g mince)
- **14 tbsp tomato sauce**
  (1 – 2 tbsp per 500 g mince)
- **7 cups frozen mixed vegetables**
  (1 cup per 500 g mince)
  (e.g. peas, corn, carrots, beans)
- **Salt and black pepper** to taste

MASHED POTATO TOPPING

- **3.5 – 4 kg potatoes** (about 500 g per tray)
- **1.75 – 2.5 cups butter** (250 – 375 g)
- **3.5 – 4 cups milk** (750 ml – 1 litre)
- **14 tsp onion powder** (2 tsp per kg of potatoes, or to taste)
- **Salt** to taste

TOPPING

- **3.5 – 4 cups grated cheese**
  (e.g. tasty, cheddar, colby or your favourite. Tasty just adds extra flavour, but any cheese works well.)
- **1 cup (7 tbsp) wholemeal or wholegrain breadcrumbs**
  (1 tbsp per tray)
- **Optional: savoury yeast flakes**
  (for extra flavour and B vitamins)

Real Ingredients Real Impact ♡



METHOD
FEEDS 7 FAMILIES

1. **Prepare the potatoes**
   Peel and chop potatoes. Boil in well-salted water until tender. Drain and mash with butter and milk. Add a little onion powder to taste. Set aside.
2. **Brown the mince**
   In a very large pan, brown the beef mince over medium–high heat until cooked through. Drain excess fat if needed.
3. **Add flavour and thicken**
   Add onion powder, garlic powder and Italian herbs. Stir well.
   Add the flour and mix thoroughly so it coats the mince. Cook for 1–2 minutes.
4. **Add the liquid and sauces**
   Gradually add the beef stock, stirring well. Add tomato relish and tomato sauce. Simmer for a few minutes until thickened. Taste and adjust seasoning with salt and pepper.
5. **Add the vegetables**
   Stir in the frozen mixed vegetables. Cook for a few more minutes until heated through and tender.
6. **Assemble**
   Divide the mince mixture evenly between seven large foil trays.
7. **Add the mashed potato**
   Top with creamy mashed potato, spreading it evenly.
8. **Add the toppings**
   Sprinkle each tray with grated cheese (tasty adds extra flavour, but any cheese is great), then wholemeal/wholegrain breadcrumbs. If using, add a light sprinkle of savoury yeast flakes.
9. **Bake**
   Bake at 180°C for 25–30 minutes, or until the top is golden and the filling is bubbling.

REHEATING INSTRUCTIONS – FOIL TRAY

Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through and bubbling. Remove foil for the last 5–10 minutes if you want the top extra golden.

Comfort in every bite ♡

TIPS & VARIATIONS

- Use any cheese you like – tasty gives a stronger flavour, but cheddar,
- colby, mozzarella or a blend all work well.
- Add extra vegetables such as grated carrot, corn or beans if you like.
- Savoury yeast flakes add a delicious savoury flavour and are high in B vitamins.
- Adjust the thickness of the sauce with a little more or less stock.
- This freezes well for up to 3 months.

SERVES
7 family meals
(approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of stock if needed.

SERVE WITH
A fresh green salad or extra vegetables for a complete meal.

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741 • SEVEN FOR ONE ♡

741
SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Meatloaf

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg beef mince
- 7 cups breadcrumbs
- 7 eggs
- 7 onions, finely diced (or 7 tbsp onion powder)
- 14 garlic cloves, crushed (or 2 tsp garlic powder)
- 4 cups tomato sauce, divided
- 7 tbsp Worcestershire sauce
- 7 tsp dried mixed herbs
- Salt and pepper to taste
- 3.5 L beef or onion gravy, packed separately or spooned around slices for reheating

METHOD

FEEDS 7 FAMILIES

1. Preheat oven to 180°C. Combine mince, breadcrumbs, eggs, onion, garlic, half the tomato sauce, Worcestershire sauce, herbs, salt, and pepper in a large bowl.
2. Divide mixture into 7 loaf tins or shape into 7 loaves on lined trays.
3. Brush tops with remaining tomato sauce.
4. Bake 45-55 minutes until cooked through (internal temp 75°C).
5. Cool fully and slice if desired. Divide into 7 meals with generous gravy so the meatloaf stays moist when reheated.

741 FREEZER / REHEAT NOTE

FREEZER-FRIENDLY: Meatloaf reheats better with gravy. Pack enough gravy for each family meal rather than freezing the loaf dry.



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SEVEN FOR ONE

GOOD FOOD
REAL PEOPLE
STRONGER
COMMUNITIES

Simple Meals Big Impact ♡

Hearty Meals Happier Homes ♡

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Jacqui's Homestyle Lasagne

Good Food Brings Peeple Together ♡

Classic • Comforting • Family Favourite

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 X FAMILY MEALS
(APPROX, 35 SERVES)

MINCE FILLING

- 4 kg beef mince
- 8 x 400 g tins flavoured tomatoes (e.g. basil, garlic & onion, oregano, basil & oregano or similar)
- 1½ cups tomato chutney or relish
- 8 tsp (2 tbsp + 2 tsp) garlic powder
- 8 tsp (2 tbsp + 2 tsp) onion powder
- 16 tsp (5 tbsp + 1 tsp) Maggi beef stock
- Dried thyme or oregano, to taste
- About 4 cups (1 litre) boiling water, plus a little more if needed

CHEESE SAUCE (ROUX)

- 24 tbsp butter (approx. 360 g)
- 24 rounded tbsp plain flour
- Salt and pepper, to taste
- 10–12 cups milk (2.5–3 litres) (start with the lesser amount)
- 8 cups grated cheese

TO ASSEMBLE

- Lasagne sheets (enough for 3 layers in each tray)
- Plain yoghurt (to spread on top layer)
- Grated cheese (and parmesan cheese if desired)
- Cooking oil spray (for trays)

TOMATO TIP

Use any flavoured tinned tomatoes you enjoy or can get at a good price – e.g. basil, garlic & onion, oregano, basil & oregano or similar. If using plain crushed tomatoes, add a little extra garlic powder, onion powder and dried herbs for flavour.

Real Ingredients Real Impact ♡

METHOD

MAKES 7 FAMILY MEALS

1. **Brown the mince**
   In a very large pot, add the beef mince, onion powder and garlic powder. Cook over medium–high heat, breaking the mince up as it browns.
2. **Add flavour**
   Add the flavoured tomatoes, tomato chutney or relish, Maggi beef stock, thyme or oregano and about 4 cups of boiling water. Stir well.
3. **Simmer**
   Simmer for 5–10 minutes, stirring occasionally. Keep the mince mixture thick and rich rather than runny. If it becomes too thick, add a little more hot water.
4. **Make the cheese sauce (roux)**
   In a large saucepan, melt the butter. Remove from the heat and whisk in the flour, salt and pepper. Gradually add the milk, whisking well so there are no lumps. Return to the heat and cook, stirring, until thickened. Stir through the grated cheese.
5. **Prepare trays**
   Spray seven large foil trays with cooking oil.
6. **Layer the lasagne**
   Add a thin layer of the mince mixture to the bottom of each tray. This helps the lasagne sheets cook properly.
7. **Continue layering**
   Add a layer of lasagne sheets, more mince mixture, then cheese sauce. Repeat with another layer of lasagne sheets, mince mixture and cheese sauce. Finish with a final layer of lasagne sheets on top.
8. **Top layer**
   Spread plain yoghurt over the top layer of pasta sheets. Add grated cheese and parmesan cheese if using.
9. **Bake**
   Bake in a moderate oven (approx. 180°C) for 30–40 minutes, or until cooked through and golden. Check occasionally so the top doesn't get too dark. A tray underneath can help prevent spills. A reusable baking/Teflon sheet or foil can be placed over the top in the later stage of baking if needed.
10. **Cool, portion and label**
    Allow to cool completely, then freeze or refrigerate. Label with the dish name, date and reheating instructions.

REHEATING INSTRUCTIONS

Remove cardboard lid, cover with foil. Bake at 180°C for 30–40 minutes, or until heated through and bubbling.

TIPS & VARIATIONS

- Keep the mince mixture thick for best results.
- Use a little extra milk in the cheese sauce for freezing.
- Swap beef mince for pork or a mix if preferred.
- Add extra vegetables if desired (e.g. grated carrot, zucchini or spinach).
- Freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of water if needed.

SERVE WITH
A fresh green salad or steamed vegetables.

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741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

One Pot Mince Dinner

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5 kg beef mince
- 14 tbsp oil
- 7 onions, diced
- 14 garlic cloves, crushed
- Approx. 2 kg mixed vegetables, diced
- 2.8 kg small pasta shapes
- 10 x 400g cans crushed tomatoes
- 9 L beef stock, with another 1 L available if the pasta absorbs too much
- 7 tsp dried mixed herbs
- Salt and pepper to taste

METHOD

FEEDS 7 FAMILIES

1. Brown mince with onion and garlic in a very large pot. Add the vegetables.
2. Add crushed tomatoes, most of the stock, herbs and pasta.
3. Simmer until the pasta is just under al dente. Do not cook until all the liquid disappears.
4. Add extra stock if needed so the finished meal is visibly loose and saucy before cooling.
5. Season, cool fully, divide into 7 trays and freeze.

741 FREEZER / REHEAT NOTE

741 FREEZER-FRIENDLY NOTE: This recipe is designed for freezing and reheating. For pasta, rice and creamy bakes, keep the mixture looser and more generously sauced than you would serve fresh. Cool fully before lidding, label clearly, thaw safely where practical, and reheat until piping hot throughout.

741 ♡

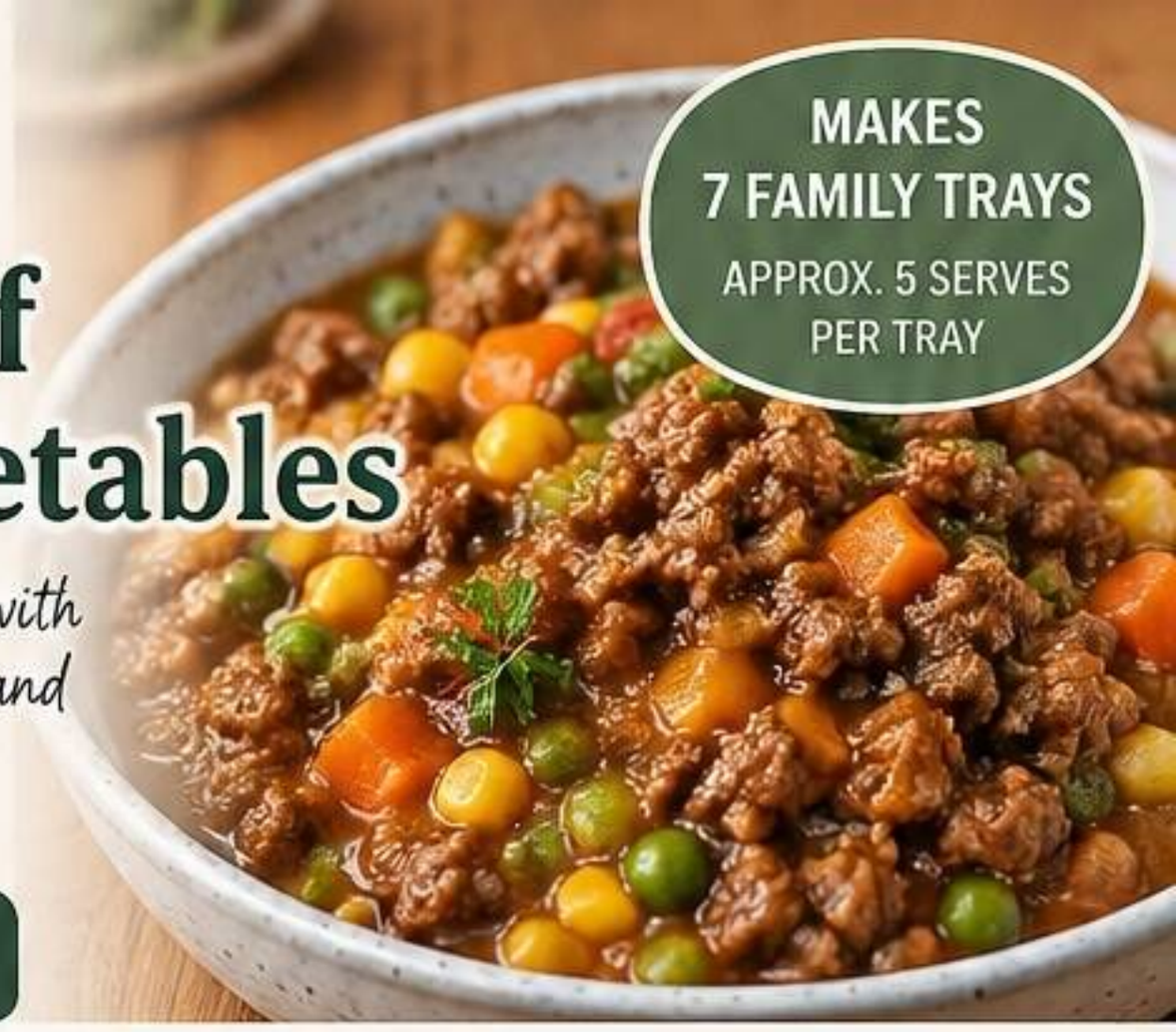
COOK • SWAP • ENJOY

STRONGER FAMILIES
THROUGH SHARED MEALS

Homestyle

Savoury Beef Mince & Vegetables

A hearty, family-friendly meal with tender mince, mixed vegetables and a rich, flavoursome gravy.



MAKES 7 FAMILY TRAYS
APPROX. 5 SERVES PER TRAY

Ingredients

Meat & vegetables

3.5 kg beef mince
4 kg frozen mixed vegetables (e.g. peas, corn and carrots)
4–5 Tbsp oil (if needed for browning)

Rich savoury gravy

4 L beef stock or broth
300 g tomato paste
½ cup Worcestershire sauce
½ cup soy sauce
5 Tbsp onion powder
4 Tbsp garlic powder
3 Tbsp dried mixed herbs
2 Tbsp dried thyme
2 Tbsp paprika
2–3 tsp black pepper
Salt to taste
200 g plain flour
250–300 ml cold water

♡ *Serving Suggestion*

Serve with creamy mashed potato, baked potatoes, rice, kūmara mash or crusty bread.

Simple ingredients. Big on flavour. Perfect for busy families!

Method

1 Brown the mince
Heat a little oil in a very large pot or roasting pan. Brown the mince in batches so it gets good colour rather than steaming. Drain excess fat if necessary and return all the mince to the pot.

2 Add flavour
Stir through the tomato paste, onion powder, garlic powder, mixed herbs, thyme, paprika and black pepper. Cook for a few minutes to develop the flavours.

3 Simmer
Add the beef stock, Worcestershire sauce and soy sauce. Bring to a gentle simmer and cook for about 20 minutes, stirring occasionally.

4 Add vegetables
Add the frozen mixed vegetables and simmer until just tender. Don't overcook them, as they'll be reheated when the meals are served.

5 Thicken the gravy
In a bowl, whisk the flour and cold water together until smooth. Gradually stir into the simmering mince until you have a thick, rich gravy that coats the mince and vegetables. You may not need all of the flour mixture.

6 Taste and adjust
Taste before portioning. With a batch this large, adjust with additional salt, Worcestershire sauce, pepper, onion/garlic powder or beef stock concentrate if needed. You want it really flavoursome rather than bland.

7 Portion and freeze
Divide evenly between 7 foil trays, making sure each tray gets a good balance of mince, vegetables and gravy. Cool promptly, cover, label and freeze.

❄ Freezer Friendly

Makes 7 family trays (approx. 5 serves per tray). Cool completely before freezing.

To Reheat

Defrost in the fridge overnight. Reheat thoroughly on the stovetop or in the microwave until piping hot.

♡ Contains

Gluten & soy
(depending on the brands of stock, Worcestershire and soy sauce used — always check labels).

Different kitchens ♥ Brighter tables ♥ Stronger communities

♡ 741
COOK • SWAP • ENJOY

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Mince and Cheese Pie

MAKES 7 MEALS

1 FOR YOU

6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg beef mince
- 14 tbsp oil
- 7 onions, diced
- 14 garlic cloves, crushed
- 4L beef stock
- 16 tbsp tomato paste
- 14 tbsp cornflour, mixed with water
- 7 sheets shortcrust pastry (base)
- 7 sheets puff pastry (top)
- 3.5 cups grated cheese
- 7 eggs, beaten, for egg wash

METHOD

FEEDS 7 FAMILIES

1. Brown mince with onion and garlic in oil. Stir in stock and tomato paste, simmer 15-20 minutes.
2. Thicken with cornflour paste, stir through grated cheese, and cool slightly.
3. Line pie tins with shortcrust base, fill with mince mixture, top with puff pastry, sealing edges.
4. Brush tops with egg wash and slit to vent.
5. Bake at 200°C for 25-30 minutes until golden (or freeze unbaked with clear cooking instructions on the lid).

741 FREEZER / REHEAT NOTE

FREEZER READY Cool fully before lidding. Label with meal name, date and reheating instructions. Reheat until piping hot throughout.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Mexican Mince Bake

MAKES 7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg beef mince
- 14 tbsp oil
- 7 onions, diced
- 14 garlic cloves, crushed
- 8 x 400g cans red kidney beans, drained
- 8 cups sweetcorn kernels
- 8 x 400g cans diced tomatoes
- 14 tbsp taco seasoning (or homemade: cumin, paprika, chilli powder, oregano)
- 1.5 L beef stock or mild tomato passata
- 5.6 cups grated cheese

METHOD

FEEDS 7 FAMILIES

1. Brown mince with onion and garlic in oil.
2. Stir in kidney beans, corn, diced tomatoes, stock/passata and taco seasoning. Simmer until rich but still moist.
3. Spoon into 7 baking dishes, top generously with grated cheese.
4. Bake at 180°C for 20-25 minutes until cheese is melted and golden (or freeze unbaked with clear instructions on the lid).
5. Cool fully before lidding and freezing if not baking fresh. Great with rice or corn chips on the side.

741 FREEZER / REHEAT NOTE

FREEZER-FRIENDLY: Keep the mince mixture moist before adding cheese; it will thicken further after freezing and reheating.

741
SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Rissoles

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg beef mince
- 3.5 cups breadcrumbs
- 7 eggs
- 7 onions, finely diced (or 7 tbsp onion powder)
- 14 garlic cloves, crushed (or 2 tsp garlic powder)
- 8 tbsp tomato sauce
- 7 tsp dried mixed herbs
- Salt and pepper to taste
- 14 tbsp oil, for frying
- 3.5 L onion or beef gravy, for serving and freezing

METHOD

FEEDS 7 FAMILIES

1. Combine mince, breadcrumbs, eggs, onion, garlic, tomato sauce, herbs, salt, and pepper in a large bowl.
2. Shape into 7 portions' worth of patties (roughly 5 rissoles per portion).
3. Fry in batches in oil until browned and cooked through, about 4-5 minutes per side.
4. Divide into 7 family meals with gravy. Cool fully, label and freeze.

741 FREEZER / REHEAT NOTE

FREEZER-FRIENDLY: Rissoles should be frozen with generous gravy rather than as dry patties.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Stuffed Capsicums with Mince and Rice

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg beef mince
- 14 tbsp oil
- 7 onions, diced
- 14 garlic cloves, crushed
- 3.5 cups rice, cooked
- 8 x 400g cans diced tomatoes
- 1 L beef stock or tomato passata
- 7 tsp dried mixed herbs
- 14 capsicums, tops cut off and deseeded
- 3.5 cups grated cheese

METHOD

FEEDS 7 FAMILIES

1. Brown mince with onion and garlic in oil.
2. Stir in cooked rice, half the diced tomatoes, and herbs.
3. Stir in cooked rice, tomatoes, stock/passata and herbs. Simmer briefly; keep the filling moist.
4. Top with grated cheese, cover, and bake at 180°C for 35-40 minutes until capsicums are tender.
5. Cool fully before lidding and freezing (2 capsicums per serve, adjust to portion size).

741 FREEZER / REHEAT NOTE

FREEZER-FRIENDLY: Keep the mince-and-rice filling moist so it does not dry out inside the capsicum during reheating.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Spaghetti and Meatballs

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5 kg beef mince
- 3.5 cups breadcrumbs
- 7 eggs
- 7 onions, finely diced (or onion powder to taste)
- 14 garlic cloves, crushed
- 14 tbsp oil, for frying
- Approx. 2 kg mixed vegetables, finely diced or grated into the sauce
- 12 x 400g cans crushed tomatoes
- 24 tbsp tomato paste
- 1.5 L beef stock
- 7 tsp dried oregano or Italian herbs
- 2.8 kg spaghetti (preferably packed or cooked separately)

METHOD

FEEDS 7 FAMILIES

1. Combine mince, breadcrumbs, eggs and half the onion/garlic. Roll into meatballs and brown in batches.
2. Cook the remaining onion/garlic and mixed vegetables until softened.
3. Add tomatoes, tomato paste, stock and herbs. Simmer into a generous sauce.
4. Return meatballs and simmer until cooked through. Keep plenty of sauce around the meatballs for freezing and reheating.
5. Divide between 7 meals. Pack spaghetti separately where possible.

741 FREEZER / REHEAT NOTE

741 FREEZER-FRIENDLY NOTE: This recipe is designed for freezing and reheating. For pasta, rice and creamy bakes, keep the mixture looser and more generously sauced than you would serve fresh. Cool fully before lidding, label clearly, thaw safely where practical, and reheat until piping hot throughout.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Chicken Alfredo Pasta

CREAMY • CHEESY • COMFORTING • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

CHICKEN

- 3.5–4 kg cooked chicken meat (breast, thighs or a mix, shredded or chopped)

PASTA

- 1.75 kg dry pasta (e.g. penne, fettuccine or spiral)

SAUCE

- 350 g butter
- 14 cloves garlic, minced
- 7 litres cream
- 1.75 kg cream cheese, softened
- 1.75 kg grated Parmesan cheese
- 7 tsp salt (or to taste)
- 7 tsp black pepper (or to taste)
- 7 tsp dried parsley (or 1 cup fresh parsley, chopped)
- 2 tsp dried Italian herbs (optional)
- Pinch of nutmeg (optional)

OPTIONAL

- Steamed broccoli or peas to mix through
- Extra parsley for garnish

741 Tip

You can use leftover roast or BBQ chicken for extra flavour.
Add steamed vegetables for extra goodness!

METHOD

FEEDS 7 FAMILIES

1. Cook the pasta in a large pot of salted boiling water until just tender. Drain and set aside.
2. In a very large, heavy-bottomed pot, melt the butter over medium heat.
3. Add the minced garlic and cook for 1–2 minutes until fragrant (not browned).
4. Pour in the cream and bring to a gentle simmer.
5. Add the cream cheese and stir until smooth and fully melted.
6. Stir in the grated Parmesan cheese, salt, pepper, parsley, Italian herbs and nutmeg (if using).
7. Add the cooked chicken and stir to combine.
8. Add the cooked pasta and mix well, making sure everything is coated in the creamy sauce.
9. If using vegetables, gently fold them through.
10. Taste and adjust seasoning if needed.
11. Let it stand for a few minutes before serving.
12. Portion into 7 family-sized containers.
13. Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY

Remove cardboard lid.
Bake at 180°C for 30–40 minutes, or until heated through.
For pasta or rice dishes, remove the cardboard lid and cover with foil before reheating.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months.
Label with name and date.

TO REHEAT
Bake at 180°C for 30–40 minutes, or until heated through.

SERVE WITH
A green salad or steamed vegetables for a complete meal.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Creamy Bacon Carbonara-Style Pasta

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5 kg bacon, diced
- 7 onions, diced (or onion powder to taste)
- 14 garlic cloves, crushed
- Approx. 2.1-2.8 kg frozen peas, broccoli or a mixture
- 6 L cream
- 6 cups grated parmesan
- 14 eggs (optional; stir through off the heat if using)
- Salt and black pepper to taste
- 2.8 kg spaghetti or fettuccine

METHOD

FEEDS 7 FAMILIES

1. Cook bacon until lightly browned. Add onion and garlic and cook until softened.
2. Add vegetables, cooking only until just tender.
3. Stir in cream and parmesan and heat gently. If using eggs, stir them through off the heat.
4. Cook pasta just under al dente and combine with the sauce.
5. Keep the finished pasta very creamy and loose before dividing into 7 meals, as it will thicken in the freezer and on reheating.

741 FREEZER / REHEAT NOTE

741 FREEZER-FRIENDLY NOTE: This recipe is designed for freezing and reheating. For pasta, rice and creamy bakes, keep the mixture looser and more generously sauced than you would serve fresh. Cool fully before lidding, label clearly, thaw safely where practical, and reheat until piping hot throughout.

741

SEVEN FOR ONE

GOOD FOOD
REAL PEOPLE
STRONGER
COMMUNITIES

Simple Meals Big Impact ♡

Hearty Meals Happier Homes ♡

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Chicken Pesto Pasta

Creamy • Flavourful • Family Favourite

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS
7 X FAMILY MEALS (35 SERVES TOTAL)

CHICKEN
- 3.5 – 4 kg boneless chicken breasts (or thighs), cut into bite-sized pieces

PASTA
- 2.8 kg pasta (penne, spiral or similar)

PESTO SAUCE (MAIN SAUCE)
- 4 cups basil pesto (store-bought or homemade)
- 4 cups cream (or coconut cream for DF)

OPTIONAL VEGETABLES
- 1.5 kg broccoli, cut into small florets
- 1 kg mushrooms, sliced
- 1 kg zucchini, diced
- 700 g baby spinach (or 2 large bags)
- 1 kg capsicum, diced

Use one, some, or none – completely optional. The meal is delicious with or without veges.

OPTIONAL EXTRA CHEESE SAUCE
(Recommended for freezing – makes approx. 7 L)
- 14 tbsp butter
- 14 tbsp plain flour
- 7 – 14 tbsp onion powder (to taste, about ½–1 cup)
- 3½ tsp mustard powder
- 14 cups milk (3.5 litres)
- 14 cups grated tasty cheese

SEASONING
- Salt and black pepper to taste
- 1 tbsp garlic powder (optional)
- 1 tsp dried Italian herbs (optional)
- ½ tsp chilli flakes (optional)



Real Ingredients Real Impact ♡

METHOD
FEEDS 7 FAMILIES

1. **Cook the pasta**
Cook pasta in plenty of salted water until just al dente. Drain and set aside (drizzle with a little oil to prevent sticking).

2. **Cook the chicken**
Heat oil in a large pan. Cook the chicken in batches until browned and cooked through. Remove and set aside.

3. **Cook optional vegetables (if using)**
In the same pan, add a little more oil if needed. Cook the vegetables until just tender. Add spinach at the end and cook until wilted.

4. **Make the pesto sauce**
Reduce heat and add the pesto and cream, stirring well. Season with garlic powder, Italian herbs, salt, pepper and chilli flakes if using.

5. **Add optional cheese sauce (if using)**
Prepare the cheese sauce in a separate pot: melt butter, stir in flour and cook for 2 minutes. Gradually whisk in milk until smooth and thickened. Remove from heat and stir in the grated cheese, onion powder and mustard powder. Add to the pesto sauce and mix well until combined.

6. **Combine**
Add the cooked chicken, optional vegetables (if using) and pasta to the sauce. Mix gently until everything is well coated. If it looks dry, add a little extra cream, milk or more cheese sauce — it should be saucy, as the pasta will absorb more when frozen and reheated.

7. **Taste and adjust**
Check the seasoning and add more salt, pepper or pesto if needed.

8. **Portion**
Divide evenly between seven large foil trays.

REHEATING INSTRUCTIONS – FOIL TRAY
Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through and bubbling. Stir halfway if desired.

Comfort in every bite ♡

TIPS & VARIATIONS
- Add extra cream or cheese sauce when reheating if needed.
- Use thighs for extra flavour and tenderness.
- Try sun-dried tomato pesto for a different flavour.
- Great with a side salad or garlic bread.
- Freeze for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of milk or cream.

SERVE WITH
A side salad, garlic bread or steamed vegetables.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE ♡

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Meatball Pasta Bake

MAKES 7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5 kg beef mince
- 3.5 cups breadcrumbs
- 7 eggs
- 7 onions, finely diced
- 14 garlic cloves, crushed
- 14 tbsp oil, for frying
- Approx. 2 kg mixed vegetables, finely diced or grated
- 12 x 400g cans crushed tomatoes
- 24 tbsp tomato paste
- 1.5 L beef stock
- 7 tsp dried oregano
- 2.8 kg penne or similar pasta
- 7 cups grated mozzarella

METHOD

FEEDS 7 FAMILIES

1. Combine mince, breadcrumbs, eggs and half the onion/garlic. Roll into small meatballs and brown in batches.
2. Cook the remaining onion/garlic and mixed vegetables. Add tomatoes, tomato paste, stock and oregano.
3. Simmer into a generous sauce, then return the meatballs and cook through.
4. Cook pasta just under al dente and fold through the sauce. The mixture should still be loose and saucy.
5. Divide into 7 baking dishes, top with mozzarella and cool for freezing, or bake fresh until golden.

741 FREEZER / REHEAT NOTE

741 FREEZER-FRIENDLY NOTE: This recipe is designed for freezing and reheating. For pasta, rice and creamy bakes, keep the mixture looser and more generously sauced than you would serve fresh. Cool fully before lidding, label clearly, thaw safely where practical, and reheat until piping hot throughout.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Tuna Pasta Bake

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- Approx. 3.5 kg drained tuna (about 19 x 185g cans, depending on drained weight)
- 900 g butter
- 900 g plain flour
- 7 L milk
- Approx. 3.5 kg vegetables such as peas, sweetcorn, broccoli, spinach or green beans
- 7 cups grated tasty cheese, plus extra for topping
- 7 tsp Dijon mustard (optional)
- 2.8 kg macaroni or penne
- Salt and pepper to taste

METHOD

FEEDS 7 FAMILIES

1. Cook pasta just under al dente and drain.
2. Melt butter in a very large pot, whisk in flour and cook for 1-2 minutes. Gradually whisk in milk to make a smooth, generous white sauce.
3. Stir in cheese and mustard. Add tuna and vegetables.
4. Fold through the pasta. The mixture should look looser and creamier than a fresh pasta bake.
5. Divide into 7 baking dishes, top with extra cheese, cool fully and freeze, or bake fresh until golden.

741 FREEZER / REHEAT NOTE

741 FREEZER-FRIENDLY NOTE: This recipe is designed for freezing and reheating. For pasta, rice and creamy bakes, keep the mixture looser and more generously sauced than you would serve fresh. Cool fully before lidding, label clearly, thaw safely where practical, and reheat until piping hot throughout.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Tangy Sweet Curry

FLAVOURFUL • FAMILY FRIENDLY • A CROWD FAVOURITE

INGREDIENTS

7 X FAMILY SERVES

CHICKEN

- 3.5–4 kg chicken meat (breast or thighs, diced)

VEGETABLES

- 4 large onions, diced
- 4 cloves garlic, minced
- 4 carrots, diced
- 4 capsicums (mixed colours), diced
- 4 celery stalks, diced
- 2–3 tbsp olive oil (for cooking)

SAUCE

- 2 cups tomato sauce
- 1 cup brown sugar
- 1 cup white vinegar
- 2 cups pineapple juice (or 2 x 400 g cans crushed pineapple in juice, drained)
- 2 cups water
- 4 tbsp curry powder
- 2 tbsp cornflour
- 1 tsp salt (or to taste)
- 1 tsp black pepper

TO SERVE (OPTIONAL)

- Cooked rice
- Fresh coriander, chopped
- Steamed vegetables

741 Tip

For extra flavour, let the curry simmer a little longer. It also freezes beautifully!

METHOD

FEEDS 7 FAMILIES

1. Heat olive oil in a very large, deep pot over medium heat. Add onions and cook for 5 minutes until soft.
2. Add garlic, carrots, capsicums and celery. Cook for 5 minutes, stirring regularly.
3. Add chicken and cook until browned all over.
4. In a large jug, whisk together tomato sauce, brown sugar, white vinegar, pineapple juice, water, curry powder and cornflour until smooth.
5. Pour the sauce into the pot and stir well.
6. Bring to the boil, then reduce heat and simmer, uncovered, for 20–30 minutes, stirring occasionally, until the chicken is cooked through and the sauce has thickened.
7. Season with salt and pepper to taste.
8. If using crushed pineapple, add it now and stir through.
9. Let it simmer for a further 5 minutes.
10. Serve with cooked rice and steamed vegetables if desired.
11. Allow to cool, then portion into 7 family-sized containers.
12. Cool completely before sealing and freezing.
13. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until hot throughout.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Rice, steamed vegetables or a fresh green salad.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Beef Casserole

HEARTY • NOURISHING • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

BEEF

- 3.5–4 kg beef (blade, chuck or casserole steak), cut into 4–5 cm chunks

VEGETABLES

- 6 large onions, chopped
- 6 cloves garlic, minced
- 6 large carrots, chopped
- 6–8 medium potatoes, peeled and chopped (about 2.5 kg)
- 4 celery stalks, chopped
- 2 red capsicums, chopped (optional)
- 2 cups frozen peas (optional, add at end)

SAUCE

- 1 cup plain flour
- 4 cups beef stock (or 2 L water + 4 beef stock cubes)
- 800 g can crushed tomatoes
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp soy sauce (or tamari)
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 2 bay leaves
- 2 tsp salt (or to taste)
- 2 tsp black pepper
- 2 tbsp olive oil (for browning)

TO SERVE (OPTIONAL)

- Fresh parsley, chopped
- Crusty bread, mashed potato or steamed vegetables

741 Tip

Browning the beef adds amazing flavour and is worth the extra time!
This casserole also freezes beautifully.

METHOD

FEEDS 7 FAMILIES

1. Pat the beef dry and toss in flour (you can season the flour with a little salt and pepper).
2. Heat olive oil in a very large, deep pot or casserole dish over medium-high heat. Brown the beef in batches until well sealed. Remove and set aside.
3. In the same pot, add a little more oil if needed. Cook the onions for 5 minutes until soft.
4. Add garlic, carrots, celery and capsicum. Cook for a further 5 minutes, stirring occasionally.
5. Return the beef to the pot.
6. Add crushed tomatoes, tomato paste, beef stock, Worcestershire sauce, soy sauce, thyme, rosemary, bay leaves, salt and pepper. Stir well.
7. Bring to the boil, then reduce heat to low. Cover and simmer for 1.5–2 hours, stirring occasionally, until the beef is tender.
8. Add the potatoes and continue to simmer, covered, for 30–40 minutes, or until the potatoes are tender.
9. If using peas, add them in the last 5 minutes of cooking.
10. Remove bay leaves, taste and adjust seasoning if needed.
11. Let it stand for a few minutes to thicken before serving.
12. Portion into 7 family-sized containers.
13. Allow to cool completely before sealing and freezing.
14. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave, stirring occasionally, until piping hot.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Crusty bread, mashed potato or a fresh green salad.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Slow Cooker Beef Stew

TENDER • FLAVOURFUL • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS
7 X FAMILY SERVES

BEEF
- 3.5–4 kg beef (blade, chuck or casserole steak), cut into 4–5 cm chunks

VEGETABLES
- 6 large onions, chopped
- 6 cloves garlic, minced
- 6 large carrots, chopped
- 6 celery stalks, chopped
- 8 large potatoes, peeled and chopped (about 2.5 kg)
- 2 red capsicums, chopped (optional)
- 2 cups frozen peas (add at end)

SAUCE
- 1 cup plain flour
- 3 cups beef stock (or 3 L water + 3 beef stock cubes)
- 2 cans (800 g each) crushed tomatoes
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp soy sauce (or tamari)
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 2 bay leaves
- 2 tsp salt (or to taste)
- 2 tsp black pepper
- 2 tbsp olive oil (for browning)

TO SERVE (OPTIONAL)
- Fresh parsley, chopped
- Crusty bread or mashed potatoes

741 Tip

For extra richness, add a splash of red wine to the sauce, or use sweet potatoes instead of regular potatoes.

METHOD
FEEDS 7 FAMILIES

1. Pat the beef dry and toss in flour, salt and pepper until well coated.
2. Heat olive oil in a large frying pan over medium-high heat. Brown the beef in batches until well sealed. Remove and set aside.
3. Add the onions to the same pan and cook for 5 minutes until soft. Add the garlic and cook for 1 minute.
4. Transfer the beef, onions and garlic to a large slow cooker.
5. Add the carrots, celery, potatoes and capsicum (if using).
6. In a bowl, mix together the crushed tomatoes, tomato paste, beef stock, Worcestershire sauce, soy sauce, thyme, rosemary, bay leaves, salt and pepper.
7. Pour the sauce over the meat and vegetables. Stir gently to combine.
8. Cover and cook on low for 8–10 hours, or on high for 4–5 hours, until the beef is tender and the vegetables are cooked.
9. About 30 minutes before serving, add the frozen peas and stir through.
10. Taste and adjust seasoning if needed.
11. Remove bay leaves.
12. Let it stand for a few minutes to thicken.
13. Portion into 7 family-sized containers.
14. Allow to cool completely before sealing and freezing.
15. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until hot throughout.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Crusty bread, mashed potatoes or a fresh green salad.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Beef and Vegetable Soup

NOURISHING • WHOLESOME • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

BEEF

- 3.5–4 kg beef (blade, chuck or casserole steak), cut into 2–3 cm chunks

VEGETABLES

- 6 large onions, chopped
- 6 cloves garlic, minced
- 8 large carrots, chopped
- 8 celery stalks, chopped
- 8 large potatoes, peeled and chopped (about 2.5 kg)
- 2 red capsicums, chopped (optional)
- 4 cups frozen peas (add at end)
- 2 cups frozen corn (optional, add at end)

SOUP BASE

- 3 litres beef stock (or 3 L water + 6 beef stock cubes)
- 2 x 800 g cans chopped tomatoes
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 2 bay leaves
- 2 tsp salt (or to taste)
- 2 tsp black pepper

TO SERVE (OPTIONAL)

- Fresh parsley, chopped
- Crusty bread or rolls

741 Tip

This soup tastes even better the next day! It freezes beautifully and is perfect for busy nights.

METHOD

FEEDS 7 FAMILIES

1. Heat olive oil in a very large, heavy-bottomed pot over medium-high heat. Working in batches, brown the beef chunks until well sealed. Remove and set aside.
2. Add the onions to the pot and cook for 5 minutes until soft. Add the garlic and cook for 1 minute.
3. Return the beef to the pot.
4. Add the carrots, celery, potatoes and capsicum (if using). Stir well.
5. Add the chopped tomatoes, tomato paste, beef stock, Worcestershire sauce, thyme, rosemary, bay leaves, salt and pepper. Stir to combine.
6. Bring to the boil, then reduce heat to low. Cover and simmer for 1.5–2 hours, or until the beef is tender and the vegetables are cooked through.
7. About 10 minutes before serving, add the frozen peas (and corn if using).
8. Remove the bay leaves. Taste and adjust seasoning if needed.
9. Let it stand for a few minutes to thicken.
10. Portion into 7 family-sized containers.
11. Allow to cool completely before sealing and freezing.
12. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until hot throughout.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Crusty bread, a fresh green salad or crackers.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Beef Stroganoff

CREAMY • FLAVOURFUL • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

BEEF

- 3.5–4 kg beef (blade, chuck or casserole steak), cut into thin strips

VEGETABLES

- 6 large onions, sliced
- 6 cloves garlic, minced
- 6 large carrots, sliced (optional)
- 4 red capsicums, sliced (optional)

SAUCE

- 250 g butter
- 1.5 cups plain flour
- 3 litres beef stock (or 3 L water + 6 beef stock cubes)
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp Dijon mustard (or 4 tbsp regular mustard)
- 2 tsp paprika
- 2 tsp dried thyme
- 2 tsp salt (or to taste)
- 2 tsp black pepper

TO FINISH

- 1.5 kg sour cream
- 1 cup cream cheese (optional, for extra richness)
- Fresh parsley, chopped (optional)

TO SERVE (OPTIONAL)

- Cooked pasta, rice or mashed potatoes
- Steamed vegetables
- Fresh green salad

741 Tip

For the best flavour, let the stroganoff rest for 10–15 minutes after cooking. It also freezes beautifully!

METHOD

FEEDS 7 FAMILIES

1. Heat half the butter in a very large, deep pot over medium-high heat. Add the beef in batches and brown until sealed. Remove and set aside.
2. Add the remaining butter to the pot. Add the onions and cook for 5–7 minutes until soft.
3. Add the garlic and cook for 1 minute.
4. If using carrots and capsicums, add now and cook for 5 minutes.
5. Return the beef to the pot.
6. Sprinkle the flour over the meat and vegetables, stirring well to coat.
7. Gradually add the beef stock, stirring constantly to prevent lumps.
8. Add the tomato paste, Worcestershire sauce, mustard, paprika, thyme, salt and pepper. Stir well.
9. Bring to the boil, then reduce heat to low. Cover and simmer for 1.5–2 hours, stirring occasionally, until the beef is tender and the sauce has thickened.
10. Stir in the sour cream (and cream cheese if using). Heat gently for a few minutes – do not boil.
11. Taste and adjust seasoning if needed.
12. Let it stand for 10 minutes before serving.
13. Portion into 7 family-sized containers.
14. Allow to cool completely before sealing and freezing.
15. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until hot throughout, stirring occasionally.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Pasta, rice, mashed potatoes or steamed vegetables.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Slow Cooker Devilled Sausages

SWEET • SAVOURY • HEARTY • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

- 3.5–4 kg sausages (approximately 42–56, depending on size)
- 7 large onions, finely sliced
- 7–14 apples, cored and sliced (e.g. Braeburn or Granny Smith)
- 7 cans (800 g each) chopped tomatoes
- 1.75 L beef stock (or 7 beef stock cubes + 1.75 L water)
- 7 tbsp soy sauce (or tamari)
- 14 tbsp Worcestershire sauce
- 7 tsp crushed garlic (or 7 tbsp minced garlic)
- 21 tbsp brown sugar
- 14 tbsp tomato paste (or tomato sauce)
- 7 tsp paprika
- Cayenne pepper (optional, to taste)
- Salt and pepper, to taste
- 7 tbsp wholegrain mustard
- 7 tbsp cornflour
- 14 tbsp cold water
- 7–14 tsp apple cider vinegar (or white vinegar)
- 7 tbsp butter (optional, for extra richness)

741 Tip

Use a mix of sausages (beef, pork or a combination) for extra flavour. This dish freezes beautifully!

METHOD

FEEDS 7 FAMILIES

1. Slice the sausages (into halves or thirds) if large. Add the sausages, sliced onions and apples to a large slow cooker.
2. In a large bowl, combine the chopped tomatoes, beef stock, soy sauce, Worcestershire sauce, garlic, brown sugar, tomato paste, paprika, cayenne pepper (if using), salt and pepper. Mix well.
3. Pour the sauce over the sausages, onions and apples. Stir to combine.
4. Cook on LOW for 8 hours or HIGH for 4 hours, until the sausages are cooked through and the flavours have developed.
5. In a small bowl, mix the cornflour and cold water to make a smooth paste (slurry).
6. About 30 minutes before serving, stir the cornflour slurry into the slow cooker.
7. Add the wholegrain mustard, vinegar and butter (if using). Stir well.
8. Let it cook for the remaining time, until the sauce has thickened.
9. Taste and adjust seasoning if needed.
10. Remove from heat and allow to stand for a few minutes before serving.
11. Portion into 7 family-sized containers.
12. Allow to cool completely before sealing and freezing.
13. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until piping hot, stirring occasionally.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Mashed potatoes, rice, pasta or steamed vegetables.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Pork Sausage Casserole

HEARTY • COMFORTING • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

SAUSAGES

- 3.5–4 kg pork sausages (approximately 42–56, depending on size)

VEGETABLES

- 7 large onions, sliced
- 14 carrots, sliced
- 14 medium potatoes, peeled and cut into bite-sized chunks (or 2.5 kg)
- 7 celery stalks, sliced

SAUCE

- 7 cans (400 g each) chopped tomatoes
- 1.75 L beef stock (or 7 beef stock cubes + 1.75 L water)
- 7 tbsp tomato paste
- 7 tbsp Worcestershire sauce
- 7 tsp minced garlic (or 7 tbsp)
- 7 tsp dried thyme
- 7 tsp dried rosemary
- 7 tsp paprika
- 7 tsp salt (or to taste)
- 7 tsp black pepper
- 7 tbsp brown sugar (optional, for extra depth)

TO FINISH (OPTIONAL)

- Fresh parsley, chopped
- A splash of balsamic vinegar (for extra flavour)

741 Tip
Try using a mix of sausages (e.g. plain, beef or herbed) for extra flavour and variety.

METHOD

FEEDS 7 FAMILIES

1. Heat a little oil in a very large, heavy-bottomed pot or roaster over medium-high heat.
2. Add the sausages and brown on all sides (work in batches if needed). Remove and set aside.
3. In the same pot, add the onions and cook for 5 minutes until softened.
4. Add the garlic and cook for 1 minute.
5. Add the carrots, celery and potatoes. Stir well.
6. Return the sausages to the pot.
7. Add the chopped tomatoes, beef stock, tomato paste, Worcestershire sauce, thyme, rosemary, paprika, salt, pepper and brown sugar (if using). Stir to combine.
8. Bring to a gentle boil, then reduce heat to low. Cover and simmer for 1.5–2 hours, or until the vegetables are tender and the flavours have developed.
9. Taste and adjust seasoning if needed. Add a splash of balsamic vinegar if desired.
10. Let it stand for a few minutes before serving.
11. Portion into 7 family-sized containers.
12. Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY

Remove cardboard lid.
Bake at 180°C for 30–40 minutes, or until heated through.
For pasta or rice dishes, remove the cardboard lid and cover with foil before reheating.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Bake at 180°C for 30–40 minutes, or until heated through.

SERVE WITH
Steamed vegetables, a green salad or crusty bread.

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Sausages and Gravy with Mash

CLASSIC • COMFORTING • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

SAUSAGES

- 3.5–4 kg sausages (approximately 42–56, depending on size)

ONION GRAVY

- 7 large onions, thinly sliced
- 7 tbsp butter or oil
- 7 tbsp plain flour
- 1.75 L beef stock (or 7 beef stock cubes + 1.75 L water)
- 7 tbsp Worcestershire sauce
- 7 tsp minced garlic (or 7 tbsp)
- 7 tsp dried thyme (or 7 tbsp fresh)
- 7 tsp dried rosemary (optional)
- Salt and pepper, to taste

MASHED POTATOES

- 3.5–4 kg potatoes, peeled and chopped
- 350 g butter (or dairy-free alternative)
- 1.75 L milk (or plant-based milk)
- Salt and pepper, to taste

OPTIONAL

- Steamed vegetables (e.g. peas, beans, broccoli, carrots)
- Fresh parsley, chopped (for garnish)

741 Tip

Use thick beef sausages for the best flavour. You can also make extra gravy if your family loves it!

METHOD

FEEDS 7 FAMILIES

1. Cook the sausages in a large frying pan or roaster, browning on all sides. (You may need to do this in batches.) Remove and set aside.
2. In the same pan, add the butter and sliced onions. Cook over medium heat for 8–10 minutes, until soft and caramelised.
3. Add the garlic and cook for 1 minute.
4. Sprinkle in the flour and stir well, cooking for 1–2 minutes to remove the raw flour taste.
5. Slowly add the beef stock, stirring constantly until smooth.
6. Add Worcestershire sauce, thyme, rosemary, salt and pepper. Bring to a simmer and cook for 5–10 minutes, until the gravy has thickened.
7. Return the sausages to the pan and simmer gently for 15–20 minutes, until the sausages are cooked through and coated in the gravy.
8. While the sausages are simmering, cook the potatoes in a large pot of salted boiling water until tender.
9. Drain the potatoes and mash with butter, milk, salt and pepper until smooth and creamy.
10. Taste and adjust seasoning if needed.
11. Portion sausages and gravy with mash into 7 family-sized containers.
12. Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY

Remove cardboard lid.
Bake at 180°C for 30–40 minutes, or until heated through.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months.
Label with name and date.

TO REHEAT
Bake at 180°C for 30–40 minutes, or until heated through.

SERVE WITH
Steamed vegetables or a fresh salad for a complete meal.



Curried Sausages with Apple

Hearty • Family Friendly • Full of Flavour

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

Real Food Real People Brighter Tomorrows

INGREDIENTS
7 X FAMILY MEALS
(approx. 5 serves each)

- **3.5 – 4 kg sausages** (pork, beef or chicken)
- **7 onions,** sliced (or 3–4 tbsp onion powder if preferred)
- **7 apples,** peeled, cored and diced (e.g. Granny Smith or Braeburn)
- **7 carrots,** sliced
- **7 tbsp curry powder** (mild or medium)
- **7 tbsp plain flour**
- **3.5 litres beef stock** (or 3.5 L water + 7 beef stock cubes)
- **7 tbsp tomato paste**
- **7 tbsp Worcestershire sauce**
- **7 tbsp brown sugar**
- **Salt and black pepper,** to taste
- **Oil or butter,** for browning
- **Optional: 1 kg frozen peas** (add towards the end)



METHOD
FEEDS 7 FAMILIES

1. **Brown the sausages**
   Heat a little oil in a large, heavy-based pan. Brown the sausages until golden (they don't need to be fully cooked). Slice into chunks if desired. Set aside.
2. **Cook the vegetables**
   In the same pan, add a little more oil if needed. Cook the onions and carrots for a few minutes until they begin to soften. Add the apples and cook for another 2–3 minutes.
3. **Add the spices**
   Sprinkle over the curry powder and plain flour. Stir well and cook for 1–2 minutes to bring out the flavour and cook out the flour.
4. **Make the sauce**
   Gradually pour in the beef stock, stirring continuously to avoid lumps. Add the tomato paste, Worcestershire sauce and brown sugar. Stir until smooth.
5. **Add the sausages**
   Return the sausages to the pan. Bring to a gentle simmer and cook for 20–25 minutes, stirring occasionally, until the sausages are cooked through and the sauce has thickened.
6. **Add peas (optional)**
   If using peas, add them in the last 5 minutes of cooking.
7. **Taste and adjust**
   Taste before portioning. Add more curry powder, salt, pepper or Worcestershire sauce if needed. The flavour should be rich and well-balanced.
8. **Portion and freeze**
   Divide evenly between seven large foil trays. Allow to cool, then add lids, label with meal name and date, and freeze or keep refrigerated.

REHEATING INSTRUCTIONS – FOIL TRAY

Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until piping hot throughout.
Can also be reheated in the microwave (remove lid, cover loosely).

TIPS & VARIATIONS

- Use good-quality, flavoursome sausages.
- Try adding a grated apple instead of diced for a smoother sauce.
- For extra flavour, add a splash of vinegar or a dash of chilli flakes (optional).
- Works well with gluten-free flour.
- Freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of water if needed.

SERVE WITH
Creamy mashed potatoes, rice or steamed vegetables. A simple green salad also works well.

741

SEVEN FOR ONE

Good Food Stronger Communities ♡



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Homestyle Chicken & Vegetable Soup with Homemade Bone Broth

NOURISHING • HEALING • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

COOKED CHICKEN

- 3.5 – 4 kg cooked chicken meat (breasts, thighs or a whole chicken), shredded or chopped

SOUP MIX (HOMEMADE VERSION)

- 300 g red lentils
- 250 g green or brown lentils
- 250 g yellow split peas
- 200 g green split peas
- 250 g pearl barley
- 150 g quinoa

VEGETABLES

- 14 large onions, diced
- 14 carrots, diced
- 14 celery stalks, diced
- 7 medium potatoes, peeled and diced
- 7 garlic cloves, minced
- 2 cups frozen peas (optional)
- 2 heads brococli, chopped (optional)

SEASONING

- 7 tbsp dried thyme
- 7 tbsp dried parsley
- 7 bay leaves
- Salt and pepper, to taste

TO SERVE

- Sourdough bread (make 1–2 large loaves or serve with purchased sourdough)
- Butter (optional)

741 Tip

This soup is budget friendly, packed with nutrition and perfect for 741. You can vary the vegetables or grains based on what you have available.

METHOD

FEEDS 7 FAMILIES

1. Make the chicken bone broth (see recipe below). You'll need about 7–8 litres of finished broth.
2. In a very large, heavy-bottomed pot, add the bone broth and bring to a gentle boil.
3. Add the lentils, split peas and pearl barley. Simmer for 30–40 minutes, stirring occasionally.
4. Add the onions, carrots, celery, potatoes, garlic, thyme and bay leaves. Simmer for another 20–30 minutes, until the vegetables and pulses are tender.
5. Add the quinoa and cook for 10–12 minutes.
6. Stir in the cooked shredded chicken.
7. Add frozen peas and broccoli (if using) and simmer for a further 5–10 minutes.
8. Remove the bay leaves. Taste and adjust seasoning with salt and pepper.
9. Let the soup rest for a few minutes for the flavours to develop.
10. Portion into 7 family-sized containers.
11. Allow to cool completely before sealing and freezing.

HOMEMADE CHICKEN BONE BROTH (MAKES 7–8 LITRES)

INGREDIENTS

- Chicken frames/bones (from 2–3 whole chickens, or leftover bones)
- 4 large onions, quartered
- 6 carrots, roughly chopped
- 6 celery stalks, roughly chopped
- 4 garlic cloves, smashed
- 4 bay leaves
- 2 tbsp apple cider vinegar (optional)
- Water (enough to cover, approx. 10–12 litres)
- Salt and pepper (optional)

METHOD

1. Add all ingredients to a very large pot or slow cooker.
2. Bring to a boil, then reduce to a gentle simmer.
3. Simmer for 6–12 hours (or overnight in a slow cooker), occasionally skimming any foam.
4. Strain through a fine sieve.
5. Let cool and use immediately or store in the fridge/freezer.
6. You'll need about 7–8 litres for this soup.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Thaw overnight. Reheat gently on the stovetop until piping hot. Add a splash of water or broth if needed.

SERVE WITH
Sourdough bread and a side salad or extra steamed vegetables.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Butter Chicken

RICH • CREAMY • FAMILY FRIENDLY • ALWAYS A FAVOURITE

INGREDIENTS

7 X FAMILY SERVES

CHICKEN

- 3.5–4 kg chicken meat (breast or thighs, diced)

MARINADE

- 1 cup plain yoghurt (dairy or dairy-free)
- 4 cloves garlic, minced
- 2 tbsp fresh ginger, grated (or 2 tbsp ginger paste)
- 2 tbsp lemon juice
- 2 tbsp garam masala
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp turmeric
- 1 tsp salt

SAUCE

- 4 tbsp butter or olive oil
- 2 large onions, finely diced
- 6 cloves garlic, minced
- 2 tbsp fresh ginger, grated (or ginger paste)
- 2 tbsp garam masala
- 2 tbsp ground cumin
- 2 tbsp ground coriander
- 1 tbsp paprika
- 2 x 400 g cans crushed tomatoes
- 2 cups tomato puree (or passata)
- 2 cusp cream (or coconut cream for a dairy-free option)
- 1 cup plain yoghurt (or coconut yoghurt)
- 1 tbsp brown sugar
- 1 tsp salt (or to taste)
- 1 tsp black pepper (or to taste)

TO SERVE (OPTIONAL)

- Cooked rice
- Naan bread
- Fresh coriander, chopped

741 Tip

Marinating the chicken helps keep it tender and full of flavour. This recipe also freezes beautifully!

METHOD

FEEDS 7 FAMILIES

1. In a very large bowl, combine all marinade ingredients. Add the diced chicken, mix well, cover and refrigerate for at least 1 hour (or overnight for best flavour).
2. Heat butter or oil in a very large, deep pot over medium heat. Add onions and cook for 5–7 minutes until soft and translucent.
3. Add garlic and ginger. Cook for 2 minutes until fragrant.
4. Add garam masala, cumin, coriander, turmeric and paprika. Cook for 1–2 minutes, stirring constantly.
5. Add the marinated chicken (including all the marinade). Cook for 5–7 minutes, stirring, until the chicken is sealed and starting to cook through.
6. Add crushed tomatoes, tomato puree and brown sugar. Stir well and bring to a gentle simmer.
7. Reduce heat and let it simmer, uncovered, for 20–30 minutes, stirring occasionally, until the chicken is tender and the sauce has thickened.
8. Add cream and yoghurt. Stir well and simmer for a further 5–10 minutes.
9. Taste and adjust seasoning if needed.
10. Serve with cooked rice, naan bread and fresh coriander if desired.
11. Allow to cool, then portion into 7 family-sized containers.
12. Cool completely before sealing and freezing.
13. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave, stirring occasionally, until hot throughout.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Rice, naan bread and a fresh green salad.

741

COOK ONE
SHARE SEVEN
STRONGER TOGETHER

GOOD FOOD • REAL PEOPLE • STRONGER COMMUNITIES

Creamy Chicken & Vegetable Casserole

A HEARTY MEAL FOR BUSY FAMILIES

Simple Meals Stronger Communities ♡

MAKES 7 FAMILY MEALS | APPROX. 5 SERVES EACH | 35 SERVES TOTAL | FREEZER FRIENDLY | FAMILY APPROVED



INGREDIENTS

CHICKEN

3.5 – 4 kg boneless chicken, cut into bite-sized pieces

Use whichever is best value:

- **Chicken thighs** – juicier and very freezer-friendly
- **Chicken breast** – works beautifully; just avoid overcooking
- Or a mixture of both

VEGETABLES (Approx. 4 kg total)

1.2 kg carrots, sliced
800 g frozen peas
800 g frozen corn
800 g green beans, chopped
400 g broccoli, courgette, capsicum or another suitable vegetable

Feel free to change the combination according to what's affordable, in season or already in the freezer – just aim for approximately 4 kg of vegetables altogether.

NO MUSHROOMS
(Tuatapere Hub requirement)

CREAMY SAVOURY SAUCE

300 g butter
300 g plain flour
3 litres chicken stock or bone broth
750 ml cooking cream
3 Tbsp onion powder
3 Tbsp garlic powder
3 Tbsp Dijon mustard
3 Tbsp Worcestershire sauce
3 Tbsp dried mixed herbs
2 tsp dried thyme
2 – 3 tsp black pepper
1 – 2 Tbsp salt, to taste
Optional: 2 – 3 Tbsp chicken stock powder, if extra flavour is needed
A little oil for browning chicken

METHOD

1 Brown the chicken
Heat a little oil in a large pan and brown the chicken in batches. It doesn't need to cook completely through at this stage.

If using chicken breast, brown very lightly and don't overcook it.

2 Start the vegetables
Cook the carrots and other firm fresh vegetables until they're just beginning to soften. Leave peas, corn and other quick-cooking frozen vegetables until later.

3 Make the sauce
In a very large pot, melt the butter. Stir in the flour and cook for about 2 minutes. Gradually add the chicken stock, stirring or whisking well to prevent lumps. Add the cream, onion powder, garlic powder, Dijon mustard, Worcestershire sauce, mixed herbs, thyme and pepper. Bring to a gentle simmer until you have a rich, casserole-style gravy that coats the back of a spoon.

4 Bring it together
Add the chicken and firm vegetables to the sauce. Simmer gently until the chicken is completely cooked through and the vegetables are tender. Add the peas, corn and other quick-cooking vegetables towards the end.

5 Taste!
This is especially important with a batch this large. Taste and add salt as required. If it needs more depth, add a little chicken stock powder, more garlic or onion powder, herbs, pepper, Dijon or Worcestershire until it's really nicely flavoured. It shouldn't taste bland simply because it's a bulk recipe!

6 Divide into trays
Mix everything well so the chicken, vegetables and sauce are evenly distributed. Divide evenly between 7 × 5-serve 741 foil trays.

FREEZING INSTRUCTIONS

Allow the casserole to cool promptly before covering and refrigerating/freezing. Don't leave a large quantity sitting at room temperature for a long period. Once chilled, cover securely, label and freeze.

SERVING SUGGESTIONS

Delicious served with:

- Creamy mashed potatoes
- Rice
- Kūmara mash
- Baked potatoes
- Crusty bread or garlic bread
- Extra steamed vegetables

Each household can make this meal their own!

SUGGESTED 741 MEAL LABEL

CREAMY CHICKEN & VEGETABLE CASSEROLE
Approx. 5 serves

Serve with mash, rice, baked potato, kūmara mash or crusty bread.

Contains: dairy, gluten, mustard
Check individual stock/Worcestershire ingredients for additional allergens.

Good food brings people together ♡

741
SEVEN FOR ONE

Good Food Stronger Communities ♡



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Honey Soy Chicken
with Rice and Vegetables

SIMPLE • FLAVOURFUL • FAMILY FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS
7 X FAMILY SERVES

CHICKEN
- 3.5 – 4 kg chicken thigh fillets (or a mix of thighs and breasts), cut into bite-sized pieces

MARINADE / SAUCE
- 1 cup honey (340 g)
- 1 cup soy sauce (or tamari)
- 1/2 cup tomato sauce
- 1/4 cup brown sugar (optional – for extra richness)
- 4 tbsp rice vinegar (or apple cider vinegar)
- 4 tbsp sesame oil (or 2 tbsp if preferred)
- 7 garlic cloves, minced
- 4 tbsp fresh ginger, grated (or 4 tsp ground ginger)
- 2 tbsp cornflour (mixed with 1/2 cup cold water, to thicken)
- 1/2 tsp chilli flakes (optional)

VEGETABLES
- 14 large onions, sliced
- 14 carrots, sliced or julienned
- 14 capsicums (any colours), sliced
- 7 large heads broccoli, cut into florets
- 2 kg snow peas or green beans (optional)

RICE
- 1.75 kg jasmine or long grain rice (about 7 cups, uncooked)
- 3.5 litres water
- 1 tsp salt

TO GARNISH (OPTIONAL)
- Sesame seeds
- Sliced spring onions

741 Tip
You can use frozen mixed vegetables to make this even easier. Adjust veggies to what you have available.

METHOD
FEEDS 7 FAMILIES

1. **Optional – Marinate the chicken**
Place the chicken in a large bowl. Mix together honey, soy sauce, tomato sauce, rice vinegar, sesame oil, garlic, ginger and chilli flakes (if using). Pour over the chicken and let it marinate for at least 30 minutes (or up to overnight in the fridge).

2. **Cook the rice**
Rinse the rice, add to a large pot with 3.5 litres of water and 1 tsp salt. Bring to the boil, then reduce heat, cover and simmer for 15–18 minutes, or until tender. Fluff with a fork and set aside.

3. **Cook the chicken**
In a very large, deep pan or stockpot, cook the marinated chicken over medium-high heat until browned and nearly cooked through. Remove and set aside.

4. **Cook the vegetables**
In the same pan, add a little extra oil if needed. Add the onions, carrots and capsicums. Cook for 5–10 minutes until they start to soften.

5. **Combine**
Return the chicken to the pan. Add any remaining marinade. Bring to a gentle simmer.

6. **Thicken the sauce**
Stir in the cornflour mixed with 1/2 cup cold water. Cook, stirring constantly, until the sauce thickens.

7. **Add remaining vegetables**
Add broccoli and snow peas (or green beans). Simmer for a further 5–10 minutes, until the vegetables are tender but still vibrant.

8. **Taste and adjust**
Add a little extra soy sauce, honey or pepper if needed.

9. **Combine and portion**
Serve the honey soy chicken with rice. Portion into 7 family-sized containers (rice and chicken together, or separate if preferred). Sprinkle with sesame seeds and spring onions if using.

10. Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY
Remove cardboard lid. Bake at 180°C for 30–40 minutes, or until heated through. You can also reheat in a large pan on the stovetop, adding a splash of water if needed.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a large pan over medium heat, adding a splash of water if needed.

SERVE WITH
A fresh green salad or extra steamed vegetables.

741
SEVEN FOR ONE

Good Food Stronger Communities ♡



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Chicken Rice Risotto

Creamy, Comforting & Family Friendly

SATISFYING • BUDGET FRIENDLY • PERFECT FOR FREEZING

INGREDIENTS
7 X FAMILY SERVES

CHICKEN
- 3.5 – 4 kg cooked chicken meat (breasts, thighs or a mix), shredded or chopped

RICE
- 1.75 kg arborio rice (risotto rice or medium grain rice)

VEGETABLES
- 14 large onions, finely chopped
- 14 carrots, diced
- 7 celery stalks, diced
- 4 capsicums (any colours), diced
- 3 kg frozen peas
- 4 cups frozen corn (optional)
- 4 cups spinach or silverbeet, chopped (optional)

LIQUID
- 3.5 litres chicken stock or homemade chicken bone broth
- 1.5 litres water

FLAVOURINGS
- 14 garlic cloves, minced
- 4 tbsp dried parsley (or 2 cups fresh)
- 4 tbsp dried thyme (or 2 cups fresh)
- 2 tbsp salt (or to taste)
- 2 tbsp cracked black pepper (or to taste)

CREAMY FINISH
- 500 g butter (or dairy-free alternative)
- 500 g cream cheese (or dairy-free option)
- 1.75 cups grated cheese (e.g. tasty, cheddar or dairy-free)

741 Tip
You can use whatever vegetables you have on hand. This is a great recipe to use up extra veggies from the garden or freezer.

METHOD
FEEDS 7 FAMILIES

1. **Prepare the chicken**
If not already cooked, cook and shred the chicken. Set aside.

2. **Sauté the vegetables**
In a very large, heavy-bottomed pot, melt half the butter over medium heat. Add the onions, carrots, celery and capsicums. Cook for 8–10 minutes until softened. Add the garlic and cook for another 1–2 minutes.

3. **Cook the rice**
Add the arborio rice and stir well, coating the grains in the butter and vegetables. Cook for 2–3 minutes, stirring constantly.

4. **Add the liquid**
Gradually add the chicken stock/broth and water, a few cups at a time, stirring regularly. Let the rice simmer gently, stirring often, until the rice is tender and creamy (about 20–25 minutes).

5. **Add chicken and extra vegetables**
Stir through the cooked chicken, frozen peas, corn and spinach (if using). Cook for a further 5 minutes until everything is heated through.

6. **Add creamy finish**
Remove from heat. Stir in the remaining butter, cream cheese and grated cheese until melted and creamy.

7. **Season**
Add herbs, salt and pepper to taste.

8. **Rest**
Let the risotto sit for a few minutes to thicken.

9. **Portion**
Divide into 7 family-sized containers.

10. **Cool and freeze**
Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY
Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through.
You can also reheat in a large pot on the stovetop, adding a splash of water or stock if needed.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a large pot over low–medium heat, adding a splash of water or stock if needed.

SERVE WITH
A fresh green salad or steamed vegetables for a complete meal.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE

741

SEVEN FOR ONE

Good Food Stronger Communities ♡



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Fish Pie

Classic Comfort, Full of Flavour

HEARTY • FAMILY FRIENDLY • FREEZER FRIENDLY • PERFECT FOR SHARING

INGREDIENTS
7 X FAMILY SERVES

FISH
- 3.5 – 4 kg firm white fish (e.g. hoki, cod or a mix), cut into chunks

SAUCE
- 1 kg butter (or dairy-free alternative)
- 3/4 cup plain flour (or gluten-free flour)
- 3.5 litres milk (or dairy-free milk)
- 3 tbsp onion powder
- 2 tbsp garlic powder
- 2–3 tbsp mustard powder
- 3 tbsp Worcestershire sauce (optional)
- Juice and zest of 2 lemons
- 3 tbsp dried parsley (or 1 cup fresh)
- 2 tbsp dried dill (or 1 cup fresh)
- 1 tsp salt (or to taste)
- 1 tsp cracked black pepper (or to taste)

VEGETABLES
- 7 large onions, diced
- 7 carrots, diced
- 4 celery stalks, diced
- 4 cups frozen peas
- 4 cups frozen corn (optional)

MASHED POTATO TOPPING
- 3.5 – 4 kg potatoes, peeled and chopped
- 500 g butter (or dairy-free alternative)
- 1.5 litres milk (or dairy-free milk)
- 1–1½ tbsp onion powder
- 1 tsp salt (or to taste)
- 1 tsp cracked black pepper (or to taste)
- 500 g grated cheese (e.g. tasty)
- Extra grated cheese for topping

741 Tip
Use a mix of fish if you can — it's more economical and adds great flavour. Taste the sauce before adding the fish and adjust the seasoning as needed.

METHOD
FEEDS 7 FAMILIES

1. **Prepare the potatoes**
Peel and chop the potatoes. Boil in salted water until tender. Drain and mash with butter, milk, onion powder, salt and pepper. Stir through 250 g of the grated cheese. Set aside.

2. **Cook the vegetables**
In a very large pot, melt the butter over medium heat. Add the onions, carrots and celery. Cook for 8–10 minutes until softened.

3. **Make the sauce**
Stir in the flour and cook for 2 minutes. Gradually whisk in the milk until smooth and thickened. Add onion powder, garlic powder, mustard powder, Worcestershire sauce (if using), lemon zest and juice, parsley, dill, salt and pepper. Simmer for 5 minutes, stirring often.

4. **Add fish and vegetables**
Gently add the fish chunks to the sauce along with peas and corn (if using). Simmer for 5–8 minutes until the fish is just cooked and flakes easily. Be careful not to overcook. Taste and adjust seasoning.

5. **Assemble the pie**
Pour the fish mixture into large oven dishes or divided foil trays. Spread the mashed potatoes over the top and smooth or pipe. Sprinkle with the remaining grated cheese.

6. **Bake**
Bake at 200°C for 20–25 minutes, or until golden and bubbling.

7. **Portion**
Divide into 7 family-sized containers.

8. **Cool and freeze**
Allow to cool completely before sealing and freezing.

TO REHEAT – FOIL TRAY
Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through.
You can also reheat in a large pot on the stovetop, adding a splash of milk or water if needed.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a large pot over medium heat, adding a splash of milk if needed.

SERVE WITH
A fresh green salad or steamed vegetables for a complete meal.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE

741
SEVEN FOR ONE



MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

Sweet and Sour Meatballs

CLASSIC • FAMILY FRIENDLY • KID APPROVED • PERFECT FOR FREEZING

INGREDIENTS

7 X FAMILY SERVES

MEATBALLS

- 3.5–4 kg beef mince
- 4 eggs
- 2 cups breadcrumbs
- 1 cup milk (or water)
- 2 tbsp onion powder (or 2 large onions, finely grated)
- 4 cloves garlic, minced (or 2 tbsp garlic powder)
- 2 tsp salt
- 2 tsp black pepper
- 2 tbsp dried mixed herbs (optional)
- 2 tbsp olive oil (for browning)

SWEET AND SOUR SAUCE

- 2 cups tomato sauce
- 1 cup white or apple cider vinegar
- 1.5 cups brown sugar
- 1 cup pineapple juice (reserve from pineapple pieces or use canned juice)
- 3 tbsp soy sauce (or tamari)
- 2 tbsp cornflour
- 1 cup water
- 2 red capsicums, chopped
- 2 green capsicums, chopped
- 4 large onions, chopped
- 2 x 440 g cans pineapple pieces (in juice), drained
- 1–2 carrots, sliced (optional)

TO SERVE (OPTIONAL)

- Cooked rice
- Steamed vegetables
- Fresh spring onions, sliced
- Sesame seeds (optional)

741 Tip

You can also make the meatballs smaller for parties or lunchboxes. This recipe freezes beautifully!

METHOD

FEEDS 7 FAMILIES

1. In a large bowl, combine the mince, eggs, breadcrumbs, milk, onion (or powder), garlic, salt, pepper and herbs. Mix well.
2. Roll into meatballs (approx. 4 cm diameter). You should get around 80–100 meatballs.
3. Heat olive oil in a large, deep frying pan. Brown the meatballs in batches until golden on all sides. They don't need to be cooked through. Remove and set aside.
4. In a large pot, whisk together the tomato sauce, vinegar, brown sugar, pineapple juice, soy sauce, cornflour and water until smooth.
5. Add the onions, carrots (if using) and capsicums to the sauce. Bring to the boil over medium-high heat, stirring regularly.
6. Reduce heat and simmer for 5 minutes, until the vegetables start to soften.
7. Add the browned meatballs to the sauce.
8. Stir in the drained pineapple pieces.
9. Cover and simmer for 20–30 minutes, stirring occasionally, until the meatballs are cooked through and the sauce has thickened.
10. Taste and adjust seasoning if needed.
11. Let it stand for a few minutes before serving.
12. Portion into 7 family-sized containers.
13. Allow to cool completely before sealing and freezing.
14. To reheat: thaw overnight in the fridge. Reheat gently on the stovetop or in the microwave until hot throughout.

SERVES
7 family serves (approx. 6–8 portions)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

TO REHEAT
Thaw overnight in the fridge. Reheat on the stovetop or in the microwave until hot throughout.

SERVE WITH
Rice, steamed vegetables or a fresh green salad.

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Steak and Cheese Pies

MAKES 7 MEALS

1 FOR YOU

6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5kg stewing steak, diced small (or beef mince)
- 14 tbsp oil
- 7 onions, diced
- 14 garlic cloves, crushed
- 4L beef stock
- 16 tbsp tomato paste
- 7 sheets sourdough discard or shortcrust pastry (base)
- 7 sheets puff pastry (top)
- Approx. 2 L homemade tasty-cheese sauce, for filling
- 7 eggs, beaten, for egg wash

METHOD

FEEDS 7 FAMILIES

1. Brown beef in oil, set aside. Cook onion and garlic until softened.
2. Return beef to the pot with stock and tomato paste. Simmer until tender and rich, then thicken only enough that it will sit inside pastry. Stir through about 2 L tasty-cheese sauce once slightly cooled.
3. Line pie tins with base pastry, fill with beef and cheese mixture, top with puff pastry, sealing edges.
4. Brush tops with egg wash and slit to vent.
5. Bake at 200°C for 25-30 minutes until golden (or freeze unbaked with clear cooking instructions on the lid).

741 FREEZER / REHEAT NOTE

PIE NOTE: Keep the steak filling moist and rich but not runny. The cheese sauce adds moisture without making the pastry soggy.

741

SEVEN FOR ONE

GOOD FOOD
REAL PEOPLE
STRONGER
COMMUNITIES

Simple Meals Big Impact ♡

Hearty Meals Happier Homes ♡

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

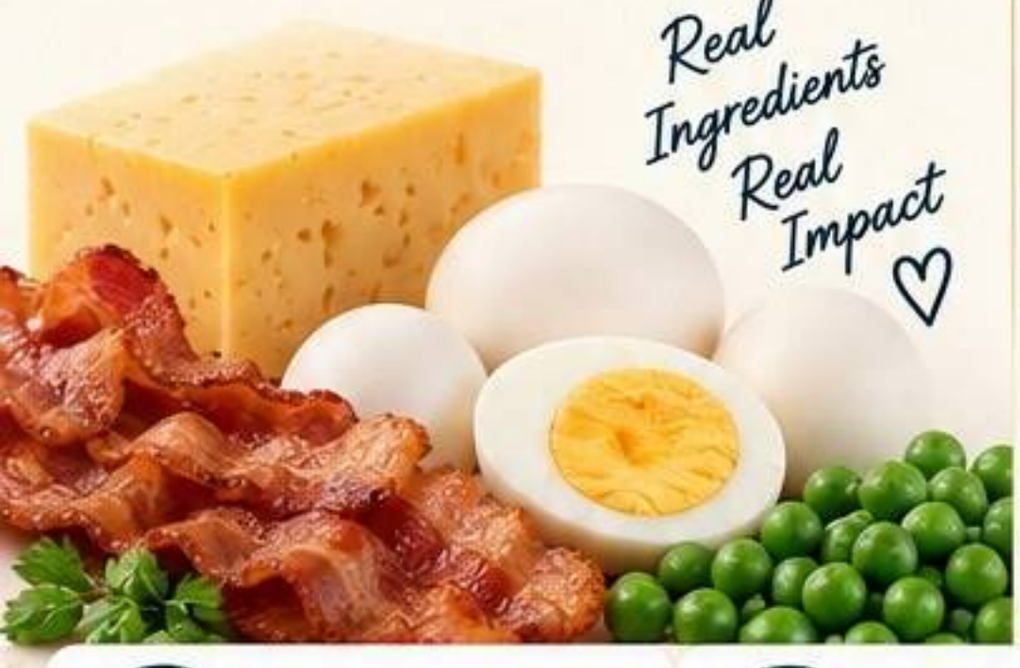
Loaded Macaroni Cheese
With Bacon, Eggs & Peas

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS
7 X FAMILY MEALS
(35 SERVES TOTAL)

MACARONI & ADD-INS
- 3.5 kg macaroni (dry weight)
- 3.5 kg bacon, chopped
- 28 eggs, hard boiled and chopped
- 7 cups frozen peas (or 1 kg)

CHEESE SAUCE (HOMEMADE)
- 17½ cups tasty cheese, grated (approx. 2 kg)
- 4.4 litres milk
- 17 tbsp butter (approx. 250 g)
- 17 tbsp plain flour
- 7–14 tbsp onion powder (to taste, about ½ cup)
- 3½ tsp mustard powder
- Salt and pepper to taste



Real Ingredients Real Impact ♡

METHOD
FEEDS 7 FAMILIES

1. **Cook the macaroni**
Cook the macaroni in plenty of salted water until just al dente. Drain and set aside.

2. **Cook the bacon**
In a large frying pan, cook the chopped bacon until crispy. Drain excess fat if needed.

3. **Boil the eggs**
Hard boil the eggs, cool, peel and chop into chunks.

4. **Make the cheese sauce**
In a large pot, melt the butter. Add onion powder and mustard powder and cook for 1 minute. Stir in the flour and cook for 2 minutes. Gradually whisk in the milk, a little at a time, until smooth and thickened. Remove from heat and stir in the grated cheese. Season with salt and pepper.

5. **Combine**
In a very large bowl or pot, combine the cooked macaroni, bacon, chopped eggs, peas and cheese sauce. Mix well, making sure everything is evenly coated. The mixture should be creamy and a little extra saucy, as the pasta will absorb the sauce when frozen and reheated.

6. **Portion**
Divide evenly between seven large foil trays.

REHEATING INSTRUCTIONS – FOIL TRAY
Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through and bubbling. Stir halfway if desired.

Comfort in every bite ♡

TIPS & VARIATIONS
- Add extra cheese on top before baking for a golden crust.
- You can use pre-cooked bacon to save time.
- Try a mix of cheeses (tasty + mozzarella) for extra creaminess.
- Great with a side salad or steamed vegetables.
- This freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of milk if needed.

SERVE WITH
A side salad, steamed vegetables or garlic bread.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE ♡

741

SEVEN FOR ONE

GOOD FOOD • SHARED LOAD

Stir Fry (Any Meat)

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS

7 x FAMILY MEALS • 35 SERVES

- 3.5-4 kg meat of choice (chicken, beef strips or pork), sliced thin
- 14 tbsp oil
- 0.7-1 kg onions, sliced (or onion powder to taste)
- 14 garlic cloves, crushed
- 7 tbsp grated ginger
- Approx. 4-5 kg mixed vegetables (capsicum, carrot, broccoli, green beans, snow peas, peas or corn)
- 1.5 L chicken or beef stock
- 2 cups soy sauce
- 1 cup oyster sauce
- 14-18 tbsp cornflour mixed with cold water, or enough to thicken
- Black pepper to taste

METHOD

FEEDS 7 FAMILIES

1. Cook the meat in batches over high heat until just browned, then set aside.
2. Stir-fry onion, garlic, ginger and vegetables, starting with the firmest vegetables.
3. Return meat to the pan. Add stock, soy sauce and oyster sauce.
4. Thicken gradually with cornflour slurry until the sauce coats everything but remains generous.
5. Divide into 7 meals. Pack rice or noodles separately.

741 FREEZER / REHEAT NOTE

FREEZER-FRIENDLY: This version has more vegetables and more sauce than the older generic stir-fry recipe so it reheats without becoming dry.

741

SEVEN FOR ONE

GOOD FOOD
REAL PEOPLE
STRONGER
COMMUNITIES

Simple Meals Big Impact ♡

Hearty Meals Happier Homes ♡

MAKES
7 MEALS
1 FOR YOU
6 TO SHARE
♡

Apricot Chicken

Sweet • Savoury • Family Favourite

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

INGREDIENTS
7 X FAMILY MEALS
(35 SERVES TOTAL)

CHICKEN AND VEGETABLES

- 3.5 – 4 kg boneless chicken thighs (or breasts), cut into large pieces
- 700 g – 1 kg onions, sliced (or 3–4 tbsp onion powder)
- 1.5 kg carrots, sliced
- 1 kg red capsicum, cut into chunks
- 2 tbsp oil (for browning)

APRICOT SAUCE

- 4 x 825 g tins apricot halves in juice (drain and reserve the juice, roughly chop apricots)
- 1.5 litres apricot nectar (or use reserved apricot juice and top up to 1.5 litres)
- 1 – 1.25 litres chicken stock (total liquid 2.5 – 2.75 litres for extra sauce)
- ½ cup soy sauce
- ⅓ cup Worcestershire sauce
- ⅓ cup tomato paste
- ¼ cup apple cider vinegar
- 3 tbsp minced garlic (or 3 tsp garlic powder)
- 2 tbsp ground ginger
- 2 tbsp mild curry powder
- 2 tbsp paprika
- 1 tbsp salt (start with this, then adjust)
- 1 tsp black pepper (or to taste)

TO THICKEN

- ½ cup cornflour
- ¾ cup cold water



Real Ingredients Real Impact ♡

METHOD
FEEDS 7 FAMILIES

1. **Prepare ingredients**
   Drain the apricots, reserving the juice. Roughly chop the apricots. Prepare the chicken and vegetables.
2. **Brown the chicken**
   Heat the oil in a large pan or pot. Cook the chicken in batches until lightly browned (it doesn't need to be fully cooked). Transfer to a large pot or roasting dish.
3. **Cook the vegetables**
   In the same pan, add a little more oil if needed. Sauté the onions for a few minutes, then add the carrots and cook for 5 minutes. Add the capsicum and cook for a further 2 minutes.
4. **Make the sauce**
   In a large jug or bowl, combine the reserved apricot juice, apricot nectar, chicken stock, soy sauce, Worcestershire sauce, tomato paste, vinegar, garlic, ginger, curry powder, paprika, salt and pepper. Stir well.
5. **Simmer**
   Add the vegetables to the chicken. Pour over the sauce. Bring to the boil, then reduce heat and simmer gently for 20–25 minutes, or until the chicken is cooked through and the carrots are tender.
6. **Add apricots and thicken**
   Stir in the chopped apricots. Mix cornflour with cold water to make a slurry, then add gradually to the pot, stirring, until you have a rich, glossy sauce. Simmer for a few minutes.
7. **Taste and adjust**
   Check the flavour. Add a little more vinegar or Worcestershire if it's too sweet, or a splash more apricot juice if it's too sharp.
8. **Portion**
   Divide evenly between seven large foil trays.

REHEATING INSTRUCTIONS – FOIL TRAY

Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through and bubbling. Stir halfway if desired.

Comfort in every bite ♡

TIPS & VARIATIONS

- For very young children or families sensitive to spice, start with 1 tbsp mild curry powder. Taste the sauce, then add more if desired.
- Use chicken thighs for extra tenderness (great for freezing).
- Serve with steamed rice, mashed potato or kūmara, and green vegetables.
- For a little extra flavour, add a pinch of chilli flakes (optional, for adults).
- This freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of stock if needed.

SERVE WITH
Rice, mashed potato or kūmara, and a side of green vegetables.

Together WE COOK, SHARE AND SUPPORT OUR COMMUNITY.

741 • SEVEN FOR ONE ♡



Honey Garlic Pork Stir-Fry

Tasty • Colourful • Family Friendly

ONE BATCH • SEVEN MEALS • STRONGER COMMUNITIES

Real Food Real People Brighter Tomorrows

INGREDIENTS
7 X FAMILY MEALS
(35 serves total)

PORK
- **3.5 – 4 kg pork** (shoulder, leg or loin), trimmed and cut into thin strips (stir-fry size)

VEGETABLES (approx. 4 – 5 kg total)
- **1 kg onions**, sliced
- **1 kg carrots**, cut into thin sticks
- **1 kg red capsicum**, sliced
- **1 kg green capsicum**, sliced
- **750 g broccoli**, cut into small florets
- **750 g frozen green beans** or snow peas
- **750 g frozen mixed vegetables** (optional, e.g. peas, corn, carrot)

SAUCE
- **1.25 litres (5 cups)** chicken or beef stock
- **1 cup soy sauce** (low salt if preferred)
- **1 cup honey** (or 1 cup brown sugar)
- **7 tbsp garlic powder** (1 tbsp per 500 g) or 1 cup fresh garlic, minced
- **3 tbsp ground ginger** (or 1 cup fresh ginger, grated)
- **7 tbsp cornflour** (1 tbsp per 500 g)
- **3 tbsp Worcestershire sauce**
- **2 tbsp sesame oil** (optional)
- **Black pepper** to taste

TO SERVE (each household adds)
- Steamed rice, noodles or quinoa
- Extra fresh vegetables if desired



Good food brings people together

METHOD
FEEDS 7 FAMILIES

1. **Prep the pork**
   Trim and slice pork into thin stir-fry strips. Set aside.
2. **Prepare the vegetables**
   Wash and chop all vegetables into thin, even pieces so they cook quickly and reheat well.
3. **Make the sauce**
   In a large jug or bowl, whisk together stock, soy sauce, honey (or brown sugar), garlic powder, ginger, Worcestershrie sauce and cornflour until smooth. Set aside.
4. **Cook the pork**
   In a very large pan, wok or electric fry pan, heat a little oil and cook the pork in batches over medium-high heat until just browned. Remove and set aside.
5. **Cook the vegetables**
   In the same pan, add a little more oil if needed. Add onions, carrots and capsicums. Stir-fry for 3–5 minutes. Add broccoli, green beans and any other vegetables. Cook for a further 5 minutes until just tender but still bright and firm.
6. **Combine**
   Return the pork to the pan. Pour in the sauce and stir well. Bring to a simmer and cook for 5–10 minutes, stirring regularly, until the sauce thickens and everything is coated and cooked through.
7. **Divide and cool**
   Allow to cool slightly, then divide evenly between seven large foil trays.
8. **Freeze or bake**
   Let trays cool completely, then add lids, label with meal name and date and freeze. Reheat until piping hot before serving.

REHEATING INSTRUCTIONS – FOIL TRAY
Remove cardboard lid, cover with foil.
Bake at 180°C for 30–40 minutes, or until heated through.
Stir halfway if possible.

TIPS & VARIATIONS
- You can use any mix of vegetables you like – just keep the total around 4–5 kg.
- For extra flavour, add a splash of oyster sauce or a sprinkle of chili flakes (optional).
- You can use fresh garlic and ginger instead of powder.
- Works well with chicken if preferred – just swap the meat.
- This freezes well for up to 3 months.

SERVES
7 family meals (approx. 5 serves each)

FREEZER FRIENDLY
Freeze for up to 3 months. Label with name and date.

STOVETOP REHEAT
Reheat gently in a pan over medium heat, adding a splash of water if needed.

SERVE WITH
Steamed rice, noodles or quinoa and an extra side of vegetables.