

National Food and Drink Policy

Hot meals prepared on site – example vegan and vegetarian recipes

January 2025

This document provides examples of:

- Broccoli and chive filo quiche
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- Satay tofu noodles
- Satay tofu stir-fry
- Spinach lasagne
- Mushroom and spinach pasta
- Vegetable and lentil curry

HE1071

This resource is available
from healthed.govt.nz

Health New Zealand
Te Whatu Ora

Broccoli and chive filo quiche

Vegetarian. Portion size: 180g



Ingredients	Quantity				
	20	40	60	80	100
Filo pastry, rolled	550g	1.1kg	1.7kg	2.2kg	2.8kg
Onion, finely chopped	300g	600g	900g	1.2kg	1.5kg
Garlic, crushed	20g	40g	60g	80g	100g
Broccoli, florets	1.1kg	2.2kg	3.3kg	4.4kg	5.5kg
Chives, chopped	8g	15g	25g	30g	40g
Dill, dried	3g	6g	9g	12g	15g
Cheese, edam, grated	500g	1kg	1.5kg	2kg	2.5kg
Milk	1.5L	2.9L	4.4L	5.8L	7.3L
Egg, liquid	360ml	720ml	1.1L	1.5L	1.8L
Salt, iodised	5g	10g	15g	20g	25g
Pepper, black, ground	2g	4g	6g	8g	10g



Method

1. Prepare filo pastry by spraying layers with cooking oil. Line quiche pans with pastry.
2. Pan-fry onion and garlic until translucent. Add broccoli and cook until al dente.
3. Portion the mixture into quiche pans and scatter chives and dill over the top.
4. Sprinkle $\frac{3}{4}$ of the cheese over the broccoli mixture.
5. Mix the milk, egg, salt and pepper. Pour into quiche pans. Sprinkle the remaining cheese over the top.
6. Bake at 180°C until cooked through, about 30-40 minutes.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Chickpea Thai green curry

Vegan. Portion size: 230g



Ingredients	Quantity				
	20	40	60	80	100
Oil, vegetable	30ml	60ml	90ml	120ml	150ml
Onion, diced	650g	1.3kg	2kg	2.6kg	3.3kg
Capsicum, red, chopped	1.4kg	2.7kg	4kg	5.4kg	6.8kg
Garlic, minced	25g	50g	75g	100g	125g
Thai green curry paste	75g	150g	225g	300g	375g
Cornflour	2Tbs	4Tbs	6Tbs	8Tbs	10Tbs
Lite coconut milk	800ml	1.6L	2.4L	3.2L	4L
Vegetable stock	2L	4L	6L	8L	10L
Broccoli, florets	1.3kg	2.5kg	3.8kg	5kg	6.3kg
Carrot, chopped	1.3kg	2.5kg	3.8kg	5kg	6.3kg
Chickpeas, canned	1.3kg	2.5kg	3.8kg	5kg	6.3kg
Makrut lime leaves	5	10	15	20	25



Method

1. Chop vegetables.
2. Add oil to pan and heat. Cook onion and capsicum over medium heat until soft. Add garlic and curry paste and stir-fry for a few minutes.
3. In a bowl, add cornflour and gradually add half the coconut milk and the stock, stirring until smooth. Add broccoli, carrot, chickpeas, remaining coconut milk and lime leaves, simmer over medium heat until vegetables are tender.
4. Add salt and pepper to taste.
5. Serve with rice.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Broccoli and white bean pasta bake

Vegetarian. Portion size: 200g



Ingredients	Quantity				
	20	40	60	80	100
Broccoli, florets	800g	1.6kg	2.4kg	3.2kg	4kg
Margarine	160g	320g	480g	640g	800g
Flour	160g	320g	480g	640g	800g
Milk	2L	4L	6L	8L	10L
Parmesan cheese, grated	400g	800g	1.2kg	1.6kg	2kg
Mustard, wholegrain	60g	120g	180g	240g	300g
Thyme, dried	12g	24g	35g	50g	60g
Cannellini beans, canned	800g	1.6kg	2.4kg	3.2kg	4kg
Pasta, penne	800g	1.6kg	2.4kg	3.2kg	4kg
Parmesan cheese, grated	160g	320g	480g	640g	800g



Method

1. Steam broccoli for 5 minutes, until just tender.
2. Make a roux by melting margarine, take off heat and add flour, then cook for 2 minutes. Gradually add milk, stirring regularly. Simmer sauce until thickened, about 10 minutes. Add first measure of cheese and stir. Season to taste. Mix in mustard and thyme. Remove from heat.
3. Drain beans and gently fold through cheese sauce and broccoli.
4. Cook pasta and fold into the mixture.
5. Pour mixture into deep-sided roasting trays to a 4cm depth. Evenly sprinkle second measure of cheese on top.
6. Bake at 180°C for 20–30 minutes until heated through.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Courgette and ricotta pasta

Vegetarian. Portion size: 300g



Ingredients	Quantity				
	20	40	60	80	100
Courgette, sliced	2.5kg	5kg	7.5kg	10kg	12.5kg
Pasta, penne or spirals	1.3kg	2.5kg	3.8kg	5kg	6.3kg
Oil, vegetable	75ml	150ml	225ml	300ml	375ml
Garlic, crushed	75g	150g	225g	300g	375g
Ricotta	1.7L	3.4L	5.1L	6.8L	8.5L
Lite sour cream	625ml	1.3L	1.9L	2.5L	3.1L
Paprika, ground	12g	25g	35g	50g	60g
Parsely, fine chopped	20g	40g	60g	80g	100g
Lemon juice	75ml	150ml	225ml	300ml	375ml



Method

1. Prepare courgette, sliced <1cm thick or ribboned.
2. Cook pasta until al dente. Drain, but reserve some pasta water.
3. Heat oil, then sauté courgette with garlic until softened. Remove from heat. Add ricotta, lite sour cream, paprika and parsley.
4. Stir into pasta, add lemon and salt and pepper to taste. Add some pasta water if sauce is too thick.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Hoisin tofu bao buns

Vegan. Portion size: 1 bun



Ingredients	Quantity				
	20	40	60	80	100
Bao buns	20	40	60	80	100
Tofu, firm, ≥4 HSR, sliced	1	2	3	4	5
Cornflour	20g	40g	60g	80g	100g
Ginger, minced	40g	75g	110g	150g	190g
Garlic, minced	40g	75g	110g	150g	190g
Hoisin sauce	175g	350g	525g	700g	875g
Soy sauce (vegan)	40ml	75ml	110ml	150ml	190ml
Chinese five spice	6g	12g	20g	25g	30g
Rice wine vinegar	40ml	75ml	110ml	150ml	190ml
Sesame oil	40ml	75ml	110ml	150ml	190ml
Carrot and cabbage mix	300g	600g	900g	1.2kg	1.5kg
Garnish – coriander and crushed peanuts					



Method

1. Oil trays. Steam bao buns for about 8 minutes.
2. Slice tofu into large flat squares, ~3cm thick and 50g each. Lightly press with paper towels to remove excess moisture. Coat in cornflour and bake in 200°C oven for 20 minutes.
3. Combine ginger, garlic, hoisin sauce, soy sauce, spice, vinegar and oil.
4. Coat tofu in half the mixture and bake for 20 minutes. Flip and coat tofu in the remaining mixture and bake a further 20 minutes.
5. Slice bun, place tofu and top with carrot, cabbage and garnish.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Vegetable frittata

Vegetarian. Portion size: 165g



Ingredients	Quantity				
	20	40	60	80	100
Potatoes, diced	1 kg	2kg	3kg	4kg	5kg
Oil, vegetable	50ml	100ml	150ml	200ml	250ml
Onion, red, diced	300g	600g	900g	1.2kg	1.5kg
Garlic, crushed	20g	35g	50g	70g	85g
Vegetables, e.g. mushrooms, asparagus, spinach, capsicum, broccoli	500g	1kg	1.5kg	2kg	2.5kg
Egg, large	20	40	60	80	100
Milk, trim	250ml	500ml	750ml	1L	1.25L
Mustard, wholegrain	20g	40g	60g	80g	100g
Salt, iodised	10g	20g	30g	40g	50g
Pepper, black, ground	5g	10g	15g	20g	25g
Parsley, finely chopped	20g	40g	60g	80g	100g
Cheese, edam, grated	400g	800g	1.2kg	1.6kg	2kg



Method

1. Bake or steam potatoes until tender.
2. Heat oil and sauté onion and garlic until translucent.
3. Combine potato, onion, garlic and vegetables. Portion into pans.
4. Mix egg and milk. Add mustard, salt, pepper and parsley.
5. Pour egg mixture over vegetables in pans.
6. Sprinkle grated cheese on top.
7. Bake at 180°C for 40 minutes or until frittata is cooked.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Creamy red lentil curry

Vegan. Portion size: 230g



Ingredients	Quantity				
	20	40	60	80	100
Oil, vegetable	60ml	120ml	180ml	240ml	300ml
Onion, diced	600g	1.2kg	1.8kg	2.4kg	3kg
Ginger, crushed	25g	50g	75g	100g	125g
Garlic, crushed	25g	50g	75g	100g	125g
Curry powder	14g	28g	42g	56g	70g
Cumin, ground	10g	20g	30g	40g	50g
Turmeric, ground	10g	20g	30g	40g	50g
Tomatoes, canned	400ml	800ml	1.2L	1.6L	2L
Lite coconut milk	400ml	800ml	1.2L	1.6L	2L
Red lentils, dried	700g	1.4kg	2.1kg	2.8kg	3.5kg
Vegetable stock	1.4L	2.8L	4.2L	5.6L	7L
Vegetables, e.g. carrot, beans, cauliflower	2kg	4kg	6kg	8kg	10kg



Method

1. Heat oil and sauté onion until soft. Add ginger, garlic and spices, stir until fragrant.
2. Stir in tomatoes and lite coconut milk.
3. Add lentils and stock and bring to the boil, simmering uncovered for 30 minutes.
4. Add vegetables and cook for 20 minutes or until lentils and vegetables are soft.
5. Add salt and pepper to taste.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Satay tofu noodles

Vegan. Portion size: 250g



Ingredients	Quantity				
	20	40	60	80	100
Hokkien noodles	2kg	4kg	6kg	8kg	10kg
Tofu, firm, ≥4 HSR, cubed	1.8kg	3.5kg	5.3kg	7kg	8.8kg
Cornflour	1Tbs	2Tbs	3Tbs	4Tbs	5Tbs
Oil, vegetable	150ml	300ml	450ml	600ml	750ml
Broccoli, chopped	1.5kg	3kg	4.5kg	6kg	7.5kg
Spring onion, chopped	5 bunches	10 bunches	15 bunches	20 bunches	25 bunches
Peanuts, roasted, chopped	300g	600g	900g	1.2kg	1.5kg
Peanut butter (no sugar)	225g	450g	675g	900g	1.1kg
Soy sauce (vegan)	225ml	450ml	675ml	900ml	1.1L
Sweet chilli sauce	100ml	200ml	300ml	400ml	500ml



Method

1. Place noodles in a bowl, cover with boiling water, stir and leave to soften then drain well.
2. Place tofu cubes on a paper towel-lined board and press paper towels over top to absorb excess moisture. Toss tofu in cornflour.
3. Heat oil in pan, add tofu and arrange in a single layer, cook undisturbed until tofu is browned on one side, then turn pieces and brown all sides. Alternatively, bake in a 180°C oven for 30 minutes or until golden brown. Set aside.
4. Stir-fry broccoli and spring onion until semi-soft, add a little water to cook broccoli if necessary. Return tofu to pan, add drained noodles and peanuts and toss to combine.
5. In a small bowl combine peanut butter, soy sauce and sweet chilli sauce.
6. Add sauce to pan, toss and stir-fry for 2-3 minutes to coat all ingredients.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Satay tofu stir-fry

Vegan. Portion size: 170g



Ingredients	Quantity				
	20	40	60	80	100
Tofu, firm, ≥4 HSR, cubed	1.5kg	3kg	4.5kg	6kg	7.5kg
Cornflour	1Tbs	2Tbs	3Tbs	4Tbs	5Tbs
Oil, vegetable	75ml	150ml	225ml	300ml	375ml
Peanut butter (no sugar)	800g	1.6kg	2.4kg	3.2kg	4kg
Ginger, minced	32g	64g	96g	128g	160g
Soy sauce (vegan)	180ml	360ml	540ml	720ml	900ml
Sweet chilli sauce	90ml	180ml	270ml	360ml	450ml
Water	500ml	1L	1.5L	2L	2.5L
Capsicum and/or broccoli	800g	1.6kg	2.4kg	3.2kg	4kg
Mushroom and/or baby corn, chopped	600g	1.2kg	1.8kg	2.4kg	3kg
Onion, chopped	325g	650g	975g	1.3kg	1.6kg



Method

1. Place tofu cubes on a paper towel-lined board and press paper towels over top to absorb excess moisture. Toss tofu in cornflour.
2. Heat oil in pan, add tofu and arrange in a single layer, cook undisturbed until tofu is browned on one side, then turn pieces and brown all sides. Alternatively, bake in a 180°C oven for 30 minutes or until golden brown. Set aside.
3. Mix sauce ingredients in a bowl (peanut butter, ginger, sauces, water).
4. Stir-fry chopped vegetables until tender. Add sauce and cook until thick and glossy.
5. Serve with steamed rice.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Spinach lasagne

Vegetarian. Portion size: 180g



Ingredients	Quantity				
	20	40	60	80	100
Oil, vegetable	30ml	65ml	95ml	130ml	160ml
Onion, diced	625g	1.3kg	1.9kg	2.5kg	3.1kg
Oregano	4g	8g	12g	16g	20g
Basil, dried	4g	8g	12g	16g	20g
Nutmeg	4g	8g	12g	16g	20g
Tomatoes, canned	410g	820g	1.2kg	1.6kg	2kg
Spinach, frozen	1kg	2kg	3kg	4kg	5kg
Margarine	100g	200g	300g	400g	500g
Flour	100g	200g	300g	400g	500g
Milk, standard	1L	2L	3L	4L	5L
Cheese, edam, grated	625g	1.3kg	1.9kg	2.5kg	3.1kg
Lasagne pasta	530g	1.1kg	1.6kg	2.1kg	2.7kg



Method

1. Heat oil and sauté onion until translucent.
2. Add oregano, basil, nutmeg and tomatoes and simmer for 10 minutes until fragrant. Add spinach and cook until tender.
3. Make a roux by melting margarine, stir in flour and cook for 2 minutes. Gradually add milk, stirring regularly. Simmer sauce until thickened, ~10 minutes. Stir in half the cheese. Add salt and pepper to taste. Remove from heat.
4. Grease baking dishes, place a layer of lasagne pasta, followed by vegetable mixture, then cheese sauce. Evenly sprinkle remaining cheese on top.
5. Bake at 180°C for 60 minutes until heated through and golden brown.
6. Cool before cutting into portions. Garnish with chopped parsley or basil.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Mushroom and spinach pasta

Vegetarian. Portion size: 190g



Ingredients	Quantity				
	20	40	60	80	100
Pasta, spaghetti or penne	500g	1kg	1.5kg	2kg	2.5kg
Margarine	100g	200g	300g	400g	500g
Flour	115g	230g	345g	460g	575g
Milk, trim	1.6L	3.2L	4.8L	6.4L	8L
Lite cooking cream	250ml	500ml	750ml	1L	1.3L
Mushrooms, sliced	800g	1.6kg	2.4kg	3.2kg	4kg
Spinach, frozen, thawed	300g	600g	900g	1.2kg	1.5kg
Garlic	10g	20g	30g	40g	50g
Nutmeg, ground	5g	10g	15g	20g	25g
Oregano, ground	5g	10g	15g	20g	25g
Cheese, edam, grated	250g	500g	750g	1kg	1.3kg



Method

1. Cook pasta until al dente. Reserve some pasta water. Strain pasta, rinse in cold water and drain.
2. Make a roux by melting margarine, stir in flour and cook for 2 minutes. Gradually add milk and lite cream, stirring regularly until thickened, ~10 minutes. Add salt and pepper to taste.
3. Add mushrooms, spinach, garlic, nutmeg and oregano and simmer on low heat until tender.
4. Add cheese and pasta, allowing time to combine. Add some pasta water if sauce is too thick.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Vegetable and lentil curry

Vegetarian. Portion size: 300g



Ingredients	Quantity				
	20	40	60	80	100
Margarine	100g	200g	300g	400g	500g
Onion, diced	600g	1.2kg	1.8kg	2.4kg	3kg
Garlic, crushed	30g	60g	90g	120g	150g
Ginger, crushed	20g	40g	60g	80g	100g
Curry powder	40g	80g	120g	160g	200g
Turmeric, ground	10g	20g	30g	40g	50g
Water	2L	4L	6L	8L	10L
Vegetable stock	35ml	70ml	105ml	140ml	175ml
Tomatoes, canned	1L	2L	3L	4L	5L
Red lentils, dried	800g	1.6kg	2.4kg	3.2kg	4kg
Carrot, diced	500g	1kg	1.5kg	2kg	2.5kg
Cauliflower, chunks	500g	1kg	1.5kg	2kg	2.5kg
Peas, frozen	500g	1kg	1.5kg	2kg	2.5kg
Evaporated milk	800ml	1.6L	2.4L	3.2L	4L



Method

1. Melt margarine, slowly sauté onions, garlic and ginger until soft, about 10 minutes.
2. Turn up heat and stir in curry powder and turmeric. Cook for 2 minutes until fragrant.
3. Add water, stock, tomatoes and lentils and stir. Bring to a boil, adjust to low/medium heat and simmer for 30 minutes.
4. Remove lid, add vegetables and milk. Simmer uncovered for another 10–15 minutes, until vegetables are tender. Add salt and pepper to taste.

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