

QLD COUNTRY WOMEN'S ASSOCIATION

**COUNTRY**  
*Kitchens*  
Recipe for good health

*Macadamia*

**QCWA Product of the Year - 2025**

RECIPE BOOKLET

[qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)



Queensland  
Country Women's Association



# QCWA Country Kitchens Macadamia Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, aimed to support Queenslanders to improve their health by adopting healthier lifestyle behaviours.

Country Kitchens provides useful nutrition information and basic cooking skills in an environment of fun and friendship with QCWA members in their local branches. The program is proudly funded by Health and Wellbeing Queensland and is underpinned by 5 key messages:



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



Sit less, move more

This recipe booklet has been designed to showcase healthy recipes for the 2025 QCWA Product of the Year - Macadamia. It is intended to accompany the Country Kitchens 2025 Product of the Year Community Activity Guidelines.

Each recipe in this booklet meets the QCWA Country Kitchens nutrition criteria. This means that recipes highlighted as 'everyday foods' contain at least one serve of fruits and/or vegetables per portion, and no added sugar or salt. These are healthy foods recommended by the Australian Dietary Guidelines for daily consumption. The recipes highlighted as 'discretionary foods' contain at least half a serve of fruit and/or vegetables per portion, and should be consumed only sometimes and in small amounts.

We hope that the recipes in this booklet will inspire you to get into the kitchen to prepare and serve healthy, delicious recipes that feature macadamia for your next QCWA meeting or event!

If you would like more recipes or information about the QCWA Country Kitchens program, please visit our website: [qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)

# Banana, Strawberry and Macadamia Loaf

Serves: 10

Prep time: 20 minutes

Cook time: 65-80 minutes



½ serve per portion

## Ingredients

2 ½ cups plain flour

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon salt

½ cup white sugar

½ cup margarine

¾ cup light sour cream

2 large eggs, lightly whisked

1 teaspoon vanilla extract

3 ripe bananas, mashed

2 cups strawberries, roughly chopped

¾ cup macadamias, roughly chopped

## Method

PREHEAT oven to 170°C and line a 25cm loaf pan with baking paper.

SIFT flour, baking soda, cinnamon, and salt together into a bowl.

BEAT sugar and margarine in a separate bowl with a wooden spoon or hand mixer until pale and fluffy. Mix in sour cream, eggs and vanilla.

ADD mashed banana and sifted ingredients, and mix to combine.

FOLD in strawberries and macadamias.

POUR batter into prepared loaf tin. Bake until golden brown and a skewer inserted into the centre comes out clean, about 65 to 80 minutes.

COOL on a wire rack before slicing.



Discretionary Food

*Recipe courtesy of the Country Kitchens team*

# Broccoli and Beans with Roasted Macadamias

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 10 minutes



2 serves per portion

## Ingredients

200g green beans, trimmed

2 small or 1 large head of broccoli, cut into bite size pieces

2 tablespoons olive oil

½ cup roasted macadamias, roughly chopped (plus extra to serve, if desired)

2 cloves garlic, peeled and finely sliced

2 shallots, finely sliced

2 tablespoons lemon juice

## Method

FILL a large saucepan with water and bring to the boil.

ADD beans and broccoli and blanch for 3-4 minutes, until green and just tender.

HEAT olive oil in large frypan over medium heat.

ADD macadamias, garlic and shallots. Sauté for 1 – 2 minutes.

ADD broccoli, beans and lemon juice to the frypan, and toss to combine.

SERVE warm with a sprinkle of extra macadamias, if desired.



Everyday Food

*Recipe courtesy of the Country Kitchens team*

# Chicken and Macadamia Stir Fry

Serves: 4

Prep time: 30 minutes

Cook time: 15-20 minutes



2 serves per portion

## Ingredients

3cm knob ginger, finely grated

3 garlic cloves, finely grated

2 tablespoons oyster sauce

1 tablespoon light soy sauce

1 tablespoon rice cooking wine (Shaoxing wine)

1 teaspoon sesame oil

1 tablespoon cornflour

½ cup water

2 tablespoons olive oil

500g skinless chicken breast, cut into strips

200g (2 ½ cups) brown mushrooms, quartered

2 bunches asparagus, cut into 5cm lengths

5 spring onions, cut into 5cm lengths

2 bunches Asian greens (e.g. choi sum, kai lan or bok choy), roughly chopped

½ cup roasted macadamias

## Method

COMBINE ginger, garlic, oyster sauce, light soy sauce, rice wine, sesame oil and cornflour in a small bowl, then slowly whisk in the water. Set aside.

HEAT wok (or frypan) over medium-high heat. Add a tablespoon of oil once hot.

FRY chicken for 5-10 minutes until cooked through, then remove and set aside.

Wipe wok clean with paper towel, then reheat and add remaining oil.

ADD mushrooms to wok and fry for 1-2 minutes until browned.

ADD asparagus and spring onion and fry for 2 minutes, then add Asian greens and fry for a further 2 minutes.

RE-WHISK the stir fry sauce. Add sauce to the pan along with the chicken and macadamias, stirring until the sauce thickens (1-2 minutes).

SERVE with your choice of rice or noodles.



Everyday Food

# Fruity Macadamia Munch Bars

Serves: 10

Prep time: 10 minutes

Cook time: 20 minutes



1 serve per portion

## Ingredients

300g mixed dried fruit, finely chopped

$\frac{3}{4}$  cup macadamias, roasted and roughly chopped

$\frac{1}{2}$  cup mixed seeds

1  $\frac{1}{4}$  cups wholemeal plain flour

1 cup oats

3 tablespoons honey

200mL apple juice, no added sugar

## Method

PREHEAT oven to 180°C and line a slice tin with baking paper.

ADD all ingredients to a mixing bowl and stir to combine.

SPREAD mixture into prepared slice tin and bake in oven for 20 minutes or until golden brown on top.

REMOVE from oven and allow to cool before cutting into 10 equal bars.



Discretionary Food

*Recipe courtesy of the Country Kitchens team*



# Macadamia Baked Apples

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 30-45 minutes



1 serve per portion

## Ingredients

4 apples (sweet variety e.g. pink lady)

¼ cup macadamias, finely chopped

½ cup rolled oats

1 tablespoon seed mix (pepitas and sunflower seeds)

2 tablespoons sultanas

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

1 teaspoon olive or macadamia oil

1 tablespoon maple syrup

¾ cup warm water

Natural yoghurt, to serve

## Method

**PREHEAT** oven to 180°C.

**REMOVE** apple cores with a small knife and spoon to create a large well, leaving the bottom of the apples intact.

**COMBINE** macadamias, oats, seeds, sultanas and spices in a small bowl. Add oil and maple syrup and mix until well combined.

**SPOON** ¼ of the macadamia oat mixture into each apple. Place apples in a baking dish and pour warm water down the sides of the pan to prevent apples from drying out and burning.

**BAKE** in oven until apples are tender and filling is golden brown, about 30-45 minutes.

**SERVE** warm with natural yoghurt.



Discretionary Food

*Recipe courtesy of the Country Kitchens team*

# Macadamia Crusted Fish

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 25 minutes

 2 serves per portion

## Ingredients

1 sweet potato, cut into chips

2 tablespoons olive oil

1 tablespoon mixed herbs

1 teaspoon garlic, minced

¼ cup macadamias, finely chopped

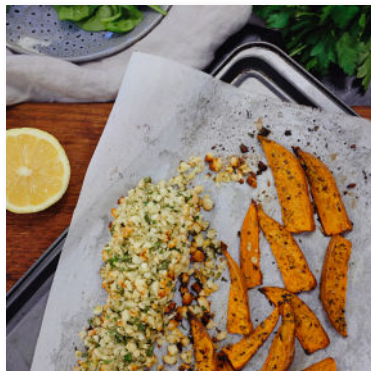
¼ cup fresh parsley, finely chopped

1 lemon, zested and juiced

Cracked pepper, to taste

2 fillets fresh or thawed frozen fish of choice

2 cups mixed salad leaves



Everyday Food

## Method

**PREHEAT** oven to 180°C. Line a baking tray with baking paper.

**TOSS** sweet potato chips in 1 tablespoon of olive oil and mixed herbs, and place on lined baking tray.

**TRANSFER** tray of sweet potato chips to the oven. After baking chips for 10 minutes, remove from the oven and make space on the tray for the fish fillets.

**COMBINE** remaining 1 tablespoon of olive oil, garlic, macadamias, parsley, lemon zest, half the lemon juice, and pepper in a small bowl.

**COAT** fish fillets with macadamia crust mix and transfer to the tray with the sweet potato chips.

**BAKE** fish and chips in the oven for another 10-15 minutes, or until cooked to your liking.

**TOSS** salad leaves in remaining lemon juice.

**SERVE** fish and chips with salad leaves on the side.

*Recipe courtesy of the Country Kitchens team*



# Pork, Sage and Apple Burgers

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes



1 ½ serves per portion

## Ingredients

500g lean pork mince

1 granny smith apple, grated

1 teaspoon seeded mustard

1 small onion, finely diced

¼ cup wholemeal breadcrumbs

1 sage leaf, finely chopped

1 egg, beaten

½ cup macadamia nuts, finely chopped

2 tablespoons Dijon mustard

4 wholegrain burger buns

2 cups salad vegetables



Everyday Food

## Method

COMBINE pork mince, apple, seeded mustard, onion, breadcrumbs, sage and egg in a bowl.

DIVIDE mixture into 4 even patties.

HEAT a large non-stick frypan over medium-high heat.

ADD patties to the pan and cook on each side for 6 minutes.

COMBINE the macadamia nuts and Dijon mustard in a separate bowl.

SPREAD macadamia mustard onto the burger buns and top with patty and salad vegetables.

*Recipe courtesy of Sara Faddy, Maleny Branch*

## Roasted Capsicum, Feta and Macadamia Dip

**Serves:** ~2 cups

**Prep time:** 15 minutes + cooling time

**Cook time:** 45 minutes

### Ingredients

3 large red capsicums

2 garlic cloves, peeled

1½ tablespoons olive oil

Salt and pepper, to taste

½ cup roasted macadamias, plus extra to serve

100g reduced fat feta

1 tablespoon lemon juice

Fresh thyme leaves, to serve

Assorted vegetable crudites, to serve



### Method

**PREHEAT** oven to 180°C. Line a large baking tray with baking paper.

**PLACE** capsicums and garlic on lined tray. Use hands to cover with 2 teaspoons olive oil, and sprinkle with salt and pepper to taste.

**TRANSFER** tray to oven to bake. Remove garlic after 15 minutes, or once soft and golden.

**CONTINUE** to roast capsicums for a further 25-30 minutes, or until blackened and soft.

**REMOVE** capsicums and set aside to cool in a plastic bag and/or heatproof pot with lid, as this will help to soften the skin and allow for easy removal.

Once cool, gently remove stem, seeds and skin from the capsicums.

**ADD** roasted capsicums and garlic to a food processor, along with the macadamias, feta and lemon juice. Pulse a few times to combine. With the food processor running, slowly drizzle in remaining olive oil until desired consistency is reached. Season with salt and pepper to taste.

**TRANSFER** to a small bowl and top with fresh thyme leaves and extra macadamia pieces.

**SERVE** with assorted vegetable crudites and seeded crackers.

*Recipe courtesy of the Country Kitchens team*

# Roasted Cauliflower and Macadamia Salad

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 30 minutes

 2 ½ serves per portion

## Ingredients

1 cauliflower, cut into bite-sized florets

1 tablespoon macadamia oil

¾ cup macadamias, roughly chopped

100g green beans, trimmed

3 tablespoons Dijon mustard

2 garlic cloves, finely chopped

4 tablespoons red or white wine vinegar

4 tablespoons olive oil

Salt and pepper, to taste

2 cups baby spinach leaves

2 tablespoons flat leaf parsley, chopped

2 tablespoons pickled red onion, to serve (optional)

## Method

**PREHEAT** oven to 180°C.

**PLACE** cauliflower florets on baking tray. Drizzle with macadamia oil and toss to coat.

**ROAST** cauliflower in oven for 15-20 minutes or until tender. Remove from oven, place on serving dish and set aside.

**PLACE** macadamias on the baking tray and roast in the oven for 10 minutes, or until golden. Remove tray from oven and set aside to cool.

**STEAM** green beans in microwave or on stovetop until slightly tender. Remove from heat and drain.

**WHISK** mustard, garlic, vinegar and olive oil together in a jug to make the dressing. Season with salt and pepper to taste.

**ADD** steamed beans, spinach leaves, parsley, roasted macadamias and dressing to cauliflower serving dish and lightly toss.

**TOP** with pickled onion (optional) and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*



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