



Samoa

QCWA Country of Study - 2026

RECIPE BOOKLET

qcwacountrykitchens.com.au



Queensland
Country Women's Association

**health +
wellbeing**
Queensland



Queensland
Government

QCWA Country Kitchens Samoa Recipe Booklet

The Queensland Country Women's Association proudly presents the Country Kitchens program, which aims 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 2026 QCWA Country of Study - Samoa. It is intended to accompany the Country Kitchens 2026 Country of Study 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. 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 motivate you to get into the kitchen to prepare and serve healthy, delicious recipes inspired by Samoan cuisine and produce commonly used on the Island.

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

Healthy Recipes Inspired by Samoa

The food of the Samoan Islands reflects the rich cultural heritage and deep connection between the people and their natural environment. Food is a way of expressing *fa'a Samoa* (the Samoan way), preserving and protecting the nations cultural traditions and practices, where the needs of the group are prioritised over the individual. Meals are often based on fresh locally produced food and are eaten together with family and community. Food is a way of showing respect, hospitality and strengthening family and community relationships. Meals will be eaten together, with food placed in the centre of the table for everyone to share. Food is often given as a gift to honour a guest, to celebrate an achievement, or to support someone in need.

Mains

Mango Chicken Salad	4
Meatball and Root Vegetable Salad	5
Sapasui	6

Sides and Salads

Keke Pua'a (Pork Buns)	8
Ok a l'a (Raw Fish Salad)	10
Palusami	11
Soifua Maloloina (Potato Salad)	12
Sweet Potato in Creamy Coconut Sauce	13

Desserts

Banana Coconut Rice Pudding	14
Pineapple, Coconut and Mango Muffins	15
Supo Esi (Papaya Soup)	16

Mango Chicken Salad

Serves: 6

Prep time: 20 minutes + cooling time

Cook time: 30 minutes



2 serves per portion

Ingredients

3 sweet potatoes, cut into small cubes

3 tablespoons olive oil

2 teaspoons of cumin

500g chicken breast, sliced thinly

Pinch of pepper

2 cups spinach

1 small red onion, diced

100g feta, crumbled

½ cup pine nuts, toasted

1 mango, sliced

1 avocado, sliced



Everyday Food

Dressing:

1 mango

1 tablespoon olive oil

2 limes, juiced

1 tablespoon water

Pinch of chilli powder (*optional*)

Method

PLACE sweet potatoes on baking tray with 2 tablespoons of olive oil and half of the cumin.

BAKE for 30 minutes or until soft. Set aside to cool.

TOSS sliced chicken with olive oil, black pepper and remaining cumin.

HEAT remaining olive oil in a pan over medium heat and fry chicken until cooked through, about 10 minutes. Set aside.

TOAST pine nuts in pan over medium heat until golden. Set aside.

PLACE all dressing ingredients into a blender and blend until smooth.

ADD spinach, red onion, feta, pine nuts, sliced mango and avocado to large salad bowl. Top with the cooked chicken.

DRIZZLE salad with desired amount of dressing before serving.

STORE remaining salad dressing in the fridge in an airtight container for up to 5 days.

Recipe courtesy of the Country Kitchens team

Meatball and Root Vegetable Salad

Serves: 6

Prep time: 25 minutes

Cook time: 45 minutes



1 1/2 serves per portion

Ingredients

500g lean beef mince

1 egg

1/2 cup breadcrumbs

1 teaspoon garlic powder

1/2 teaspoon paprika

Salt and pepper, to taste

1 large parsnip, cubed

1 medium sweet potato, cubed

2 tablespoons olive oil

1/2 cup light coconut cream

2 tablespoons water



Everyday Food

1 punnet cherry tomatoes, halved

2 corn on the cob, cut into 6 pieces

4 spring onions, thinly sliced

1 cup shredded green cabbage or wombok

Method

PREHEAT oven to 180°C.

ADD mince, egg, breadcrumbs, garlic powder, paprika, salt and pepper to a large bowl and mix well.

FORM beef mixture into small balls, roughly golf ball sized.

ARRANGE meatballs in a large baking dish with the parsnip and sweet potato.

DRIZZLE olive oil on top until meatballs and vegetables are coated.

BAKE in oven for 30 minutes, turning halfway through.

MIX coconut cream and water in a bowl until smooth.

REMOVE baking dish from oven and add in coconut cream, tomatoes, and corn.

BAKE for a further 15 minutes then remove from oven and arrange on a platter.

TOP with spring onions and cabbage and serve.

Recipe courtesy of the Country Kitchens team

Sapasui

Serves: 6-8

Prep time: 15 minutes

Cook time: 30 minutes



1 ½ serves per portion

Ingredients

300g vermicelli noodles

1 tablespoon olive oil

1 brown onion, diced

1 carrot, diced

4 cloves garlic, finely chopped

1 tablespoon ginger, finely grated

600g lean rump beef, diced

3 cups green cabbage, shredded

2 cups frozen peas, carrot and corn

½ cup dark soy sauce

3 cups boiling water

Method

SOAK vermicelli noodles in cold water for 15 minutes. Drain and use scissors to chop the noodles into smaller strands.

HEAT oil in frypan over medium-high heat. Fry the onion, carrot, garlic and ginger for 5 minutes until soft.

ADD meat to frypan and cook for 5 minutes until browned.

MIX in the cabbage and frozen vegetables and cook for 5 minutes.

STIR through the soy sauce, vermicelli noodles and 3 cups of boiling water.

COVER and simmer for 10-15 minutes, stirring occasionally and adding more water if needed.



Everyday Food

Recipe courtesy of the Country Kitchens team

Keke Pua'a

Serves: 12

Prep time: 40 minutes + 1 hour proofing

Cook time: 30 minutes



1/2 serve per portion

Ingredients

Dough:

1 tablespoon yeast

1/4 cup very warm water

1 teaspoon sugar

1 cup warm milk

2 tablespoons oil

1 tablespoon sugar

2 3/4 cup plain flour

1 teaspoon salt

1/2 teaspoon baking powder

1 teaspoon oil (for greasing bowl)

Filling:

2 tablespoons olive oil

1 brown onion, thinly sliced

2 tablespoons brown sugar

2 garlic cloves, crushed

1 teaspoon fresh ginger, grated

250g lean pork mince

2 cups cabbage, shredded

1 cup frozen corn, carrot, pea mix

2 tablespoons corn flour

2 tablespoons oyster sauce

2 tablespoons soy sauce

1/2 cup water

Method

Dough:

ADD yeast, warm water and one teaspoon sugar to a small bowl and stir to activate. Leave for 10 minutes until yeast gets frothy.



Discretionary Food

Keke Pua'a continued...

Method continued:

ADD warm milk, oil and remaining tablespoon of sugar to a large bowl and mix well. Add in yeast mixture once frothy and mix.

ADD flour, salt and baking powder to bowl and mix until dough starts to form.

TURN mixture out onto a floured board and thoroughly coat hands in flour.

KNEAD dough for about 10 minutes, adding more flour to your board and hands as needed.

GREASE the bowl with a teaspoon of oil and place the dough back in. Cover and leave for 1 to 1 ½ hours, until the dough has doubled in size.

Filling:

HEAT olive oil in a saucepan over medium heat and add onion once hot. Fry until translucent and soft – about 10 minutes.

ADD brown sugar, garlic and ginger and cook for a further 1-2 minutes or until fragrant.

ADD pork mince and fry until it starts to brown.

ADD cabbage and frozen vegetable mix and fry until cabbage has softened – 3-5 minutes.

STIR in corn flour and oyster sauce until everything is evenly coated then pour in water.

SIMMER until sauce thickens, 1-2 minutes, then remove from heat and allow to cool.

Assembly:

CUT 12 squares of baking paper to sit underneath each bun (about 8cm x 8cm).

PUNCH air out of dough, then gently roll into a log and slice into 12 even pieces.

PRESS each piece of dough into a circle, about 10cm in diameter and 0.5cm thick.

EVENLY distribute the filling amongst the 12 rounds of flattened dough, being careful not to get it on the edges, then pinch the dough closed around the filling.

PLACE each pinched bun onto a square of prepared baking paper. If you struggled to get the pinched seam neat, you can place the pinched side down on the paper to hide it.

ARRANGE buns in a steamer over a pot of boiling water and steam for 15. Don't overcrowd the steamer as the buns will expand as they cook – you will need to cook in batches.

Recipe courtesy of the Country Kitchens team

Oka l'a

Serves: 5

Prep time: 15 minutes

Cook time: 15 minutes



1 serve per portion

Ingredients

500g fresh firm fish (e.g. snapper, flathead or kingfish), diced into 1cm cubes

½ cup fresh lemon or lime juice

¼ brown onion, finely diced

2 spring onions, thinly sliced

2 tomatoes, diced into small cubes

1 Lebanese cucumber, diced into small cubes

1 cup light coconut milk

Salt and pepper, to taste

1 chilli, finely chopped (optional)

Method

PLACE diced fish in a bowl and cover with the freshly squeezed juice.

MARINADE fish for 10-15 minutes until opaque in colour. Drain excess juice off the fish.

ADD the onion, spring onions, tomato and cucumber to the fish and toss to combine.

STIR in the coconut milk and season with salt and pepper to taste.

REFRIGERATE for an hour before serving.

GARNISH with chilli.



Everyday Food

Recipe courtesy of the Country Kitchens team

Palusami

Serves: 10

Prep time: 10 minutes

Cook time: 60 minutes



1 serve per portion

Ingredients

2 garlic cloves, minced

270mL can light coconut milk

270mL can light coconut cream

2 teaspoons sriracha hot sauce

Salt and pepper, to taste

1 bunch of silver beet, stems separated

280g bag baby spinach

1 white onion, thickly sliced

Method

PREHEAT oven to 180°C.

MIX the crushed garlic, coconut milk and cream, sriracha and salt and pepper in a bowl to make a sauce.

CHOP the silver beet leaves into 3 large and place half in the bottom of a baking dish. Top with half of the sliced onion and silver beet stems.

POUR a third of the coconut sauce over the onions and silver beet.

ADD all of the spinach in one layer over the onion and silver beet then pour another third of the coconut sauce evenly over the top.

ADD the remaining silver beet leaves and stems topped by the last of the onion slices then pour over the remaining coconut sauce.

WRAP tightly in two layers of foil and bake for 1 hour.

SERVE a side dish to accompany meats or BBQ mains.



Everyday Food

Recipe courtesy of the Country Kitchens team

Soifua Maloloina (Potato Salad)

Serves: 6

Prep time: 15 minutes

Cook time: 20-25 minutes



2 serves per portion

Ingredients

1 kg potatoes, cubed

4 celery stalks, finely chopped

1 cup frozen peas and corn, cooked according to packet instructions

1 red capsicum, diced

4 spring onions, thinly sliced

Dressing:

½ cup plain Greek yoghurt

2 tablespoons mayonnaise

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1 tablespoon, olive oil

2 garlic cloves, minced

Method

PLACE potatoes in a large saucepan. Cover with cold water and bring to the boil. Cook uncovered for about 15 minutes or until tender.

DRAIN potatoes and transfer to a large bowl.

COMBINE all dressing ingredients then pour over potatoes while still hot and mix well.

ADD the celery, peas, corn and capsicum to the potatoes. Stir gently to combine.

COOL in the fridge before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team

Sweet Potato in Creamy Coconut Sauce

Serves: 6

Prep time: 5 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

2 large sweet potatoes, washed and cut into cubes

1 brown onion, finely diced

3 cloves garlic, crushed

1 x 400mL can light coconut milk

½ cup vegetable stock

Method

ADD sweet potato, onion, garlic, coconut cream and vegetable stock to a large saucepan and cover with a lid. Bring to the boil.

REDUCE the heat, remove the lid and simmer the sweet potato until cooked through (around 10-15 minutes). Stir occasionally to prevent sticking.

SERVE alongside your choice of protein and green vegetables.



Everyday Food

Recipe courtesy of the Country Kitchens team

Banana Coconut Rice Pudding

Serves: 6

Prep time: 5 minutes

Cook time: 25 minutes



1/2 serve per portion

Ingredients

1 cup short grain rice

1/4 cup brown sugar

2 x 375ml cans light and creamy coconut flavoured evaporated milk or

lite coconut milk

1 teaspoon vanilla extract

3 bananas, thinly sliced

Cinnamon, for garnish

Method

ADD rice and 2 cups of water in a saucepan, bring to the boil and then reduce to medium heat.

COVER rice and cook for 5 minutes or until most of water is absorbed.

ADD sugar, coconut milk and vanilla essence before bringing it to the boil again.

REDUCE heat to low and simmer for 20 minutes, stirring occasionally to prevent sticking, until rice is soft and liquid is fully absorbed.

SERVE rice topped with banana slices (1/2 banana per serve) and sprinkle with ground cinnamon.



Discretionary Food

Recipe courtesy of the Country Kitchens team

Pineapple, Coconut and Mango Muffins

Serves: 12

Prep time: 20 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 egg, lightly whisked

270mL can light coconut milk

1½ cups flour, self-raising

400g can pineapple pieces in juice, drained

1 cup (130g) dried mango, finely diced

¼ cup sugar

½ cup rolled oats

½ cup shredded coconut

2 tablespoons honey

Method

PREHEAT oven to 180°C and line a 12-hole muffin tin with baking paper.

ADD egg, coconut milk, flour, pineapple pieces, ¾ cup of the mango pieces and sugar to a large bowl and mix well.

SCOOP batter evenly into prepared muffin tin.

ADD remaining mango pieces, oats and shredded coconut to the bowl.

HEAT honey for 15 seconds in the microwave until nice and runny then pour over the oat mixture and mix well.

DISTRIBUTE oat mixture evenly on top of each muffin.

BAKE for 25 minutes or until golden brown and a skewer comes out clean.

Recipe courtesy of the Country Kitchens team



Discretionary Food

Supo Esi

Serves: 10

Prep time: 10 minutes

Cook time: 30 minutes



1 serve per portion

Ingredients

1 cup pearl tapioca

2-3 ripe papayas or pawpaws, skin and seeds removed, chopped (1.5kg flesh)

4 cups water

400mL can coconut milk

½ cup sugar

½ cup coconut flakes, toasted (optional)

Method

MEASURE pearl tapioca into a small bowl and cover with water.

PLACE chopped papaya into a large saucepan and cover with 4 cups of water.

COVER with a lid and bring to the boil, then remove lid and boil for 15 minutes, stirring occasionally.

MASH the papaya in the saucepan to turn it into a pulp.

ADD pearl tapioca to the papaya and stir. Stir continuously over the heat for 5-10 minutes until the mixture thickens and the tapioca is translucent.

STIR in the sugar and coconut milk and simmer for a few more minutes, stirring continuously.

SERVE hot or chilled, garnished with coconut flakes.



Discretionary Food

Recipe courtesy of the Country Kitchens team



Connecting women who have the power to heal their communities

qcwacountrykitchens.com.au



Queensland
Country Women's Association

**health +
wellbeing**
Queensland

