

Mango

QCWA Product of the Year - 2027

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au

Queensland
Country Women's Association

health + wellbeing Queensland

Queensland Government





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Introduction to QCWA *Country Kitchens*

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

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

The QCWA Product of the Year

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Product of the Year through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2027 Product of the Year - Mango, and are designed to be used by QCWA members.

This booklet provides an overview of mangoes, including where they are grown in Australia, what nutritional benefits they provide and other fun facts. They also outline four activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages 'get more fruit and veg into your meals' and 'cook at home', and involves completing a healthy mango recipe promotion at a branch meeting or showcase. If you prefer craft over cooking, try the stuffed felt mango activity and promote the key message 'get more fruit and veg into your meals'. The third activity involves making jars of mango trail mix to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'. Finally, the last activity involves setting up a mango-themed showcase which promotes all of the Country Kitchens 5 key messages. The team would love to see how you incorporate the Country Kitchens Mango Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook (@qcwacountrykitchens) or Instagram (@countrykitchens) posts, or send an email to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include any Country Kitchens Product of the Year activities in your monthly branch reports!

Introduction to QCWA
Country Kitchens

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 5.8% of adults and 3.1% of children** are eating the recommended **5 serves of vegetables each day**.[1] We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home **increased from 25 per cent in 1988-89 to 34 per cent in 2015-16**.[2] In Health and Wellbeing Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.[3] Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 31% of Queensland adults are within the healthy weight range and 33% of Queensland children are in the overweight and obese range, according to the 2025 Report of the Chief Health Officer Queensland.**[1] Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few.
Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.
Water is always the best option!



Sit less, move more

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day.** Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

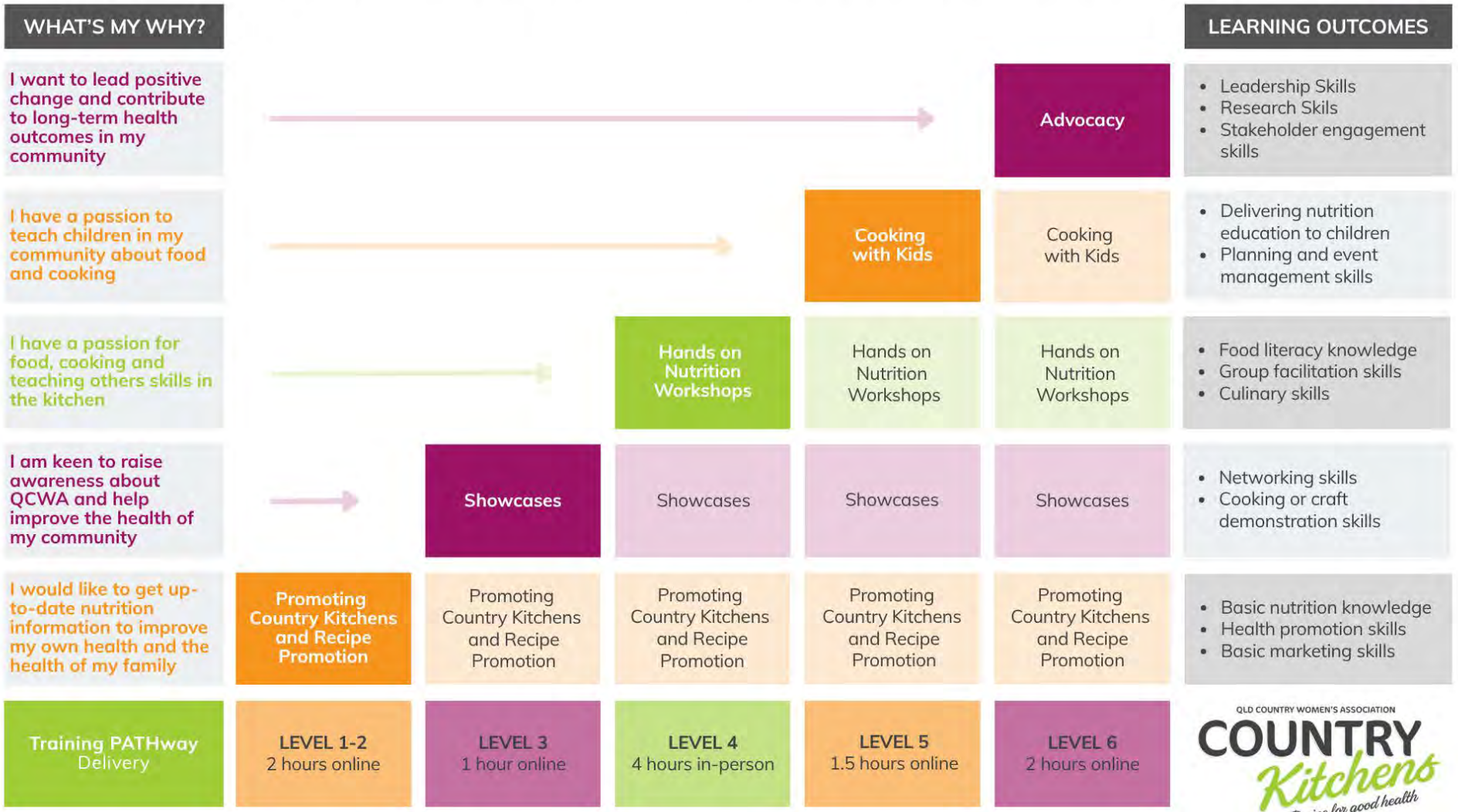
[1] Queensland Health (2025); The health of Queenslanders: Report of the Chief Health Officer. The State of Queensland 2025 (Queensland Health).

[2] Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

[3] A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

PATH - Promoting and Advocating Together for Health

QCWA Country Kitchens Facilitator Training PATHway



Connecting women who have the power to heal their communities

QCWA Country Kitchens
Program Overview



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens Monthly Munch newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations





Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation or community group. These workshops include:

- Nutrition education around healthy and affordable cooking at home, cooking for 1 or 2, healthy lunchboxes or cooking on a budget
- Group hands-on cooking class

Level 5: Cooking with Kids

Facilitators trained in Level 5 may choose to deliver a Cooking with Kids workshop or workshop series. A variety of workshop topics designed for children are available to choose from. Each workshop includes:

- Nutrition education
- An interactive activity
- Hands-on cooking





Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Country Kitchens Product of the Year Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Product of the Year and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline four Country Kitchens activities for the 2027 QCWA Product of the Year - Mango. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist, and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

- Mango recipe promotions (pg. 10)
- Stuffed felt mango (pg. 15)
- Mango trail mix (pg. 22)
- Mango showcases (pg. 28)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions, and within the community. Get in touch with your CK buddy to order any of the 2027 Product of the Year resources listed below:

- Country Kitchens *Mango Recipe Booklet*
- Mango recipe cards
- Mango flip cards
- Mango poster
- Country Kitchens bunting tea towel - customise your bunting by including mango fabric



Mango recipe booklet



Mango flip cards



Mango bunting



Mango poster

QCWA Product of the Year - Mango

Overview



Mangoes are one of Australia's favourite summer fruits, enjoyed fresh, blended into smoothies, added to salads and used in both sweet and savoury dishes. The mango tree, Mangifera indica, belongs to the Anacardiaceae family, which also includes cashews and pistachios. Mangoes are a tropical fruit with juicy flesh surrounding a large, flat seed. They vary considerably in size, shape, skin colour, flesh texture and flavour depending on the variety.

Mangoes have been cultivated in South and Southeast Asia for thousands of years. The species is native to a region extending from Assam in India through to southern China, Myanmar and Thailand. From this region, mangoes spread throughout tropical and subtropical parts of the world.[4]

Australia now has a well-established mango industry, with commercial production concentrated across tropical and subtropical regions. Queensland, the Northern Territory and Western Australia are major growing areas, with smaller production occurring in other parts of Australia. The wide range of growing regions and varieties allows Australian mangoes to be available for much of the warmer parts of the year.[5]

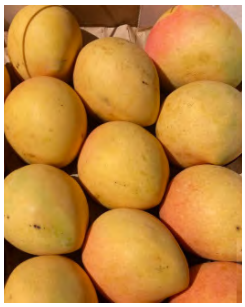
Mangoes in Australia

Mangoes are grown commercially across Australia's tropical and subtropical regions. In Queensland, major production areas include Mareeba and Dimbulah, Bowen and the Burdekin, as well as central and southern Queensland. The Queensland harvest generally begins in North Queensland in late October and continues through to early April in southern growing areas.[5]

Mango production also occurs in the Northern Territory, particularly around Darwin and Katherine, and in Western Australia around Kununurra and Carnarvon. The spread of growing regions means that mangoes can be harvested at different times depending on location and variety.[5]

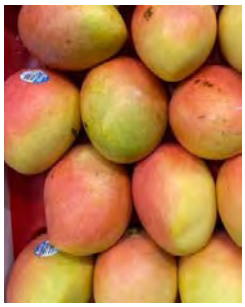
Common Mango Varieties

Australia grows many different mango varieties, the most common being Kensington Pride, Calypso, R2E2 and Honey Gold, with Keitt and a growing number of newer varieties also contributing to the industry.[6]



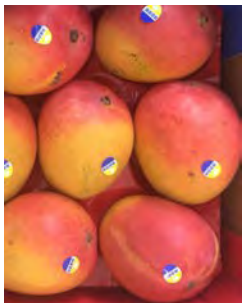
Kensington Pride

- Sweet and tangy
- Juicy flesh
- Strong aroma



Calypso

- Sweet and juicy
- Firm flesh
- Small seed



R2E2

- Larger, round size
- Firm flesh
- Distinctive colour



Honey Gold

- Sweet flavour
- Smooth flesh
- Small seed



Keitt

- Mildy sweet
- Smooth, firm flesh
- Green colour

Background

How Do Mangoes Grow?

Mangoes grow on large evergreen trees that can produce fruit for many years. Mango trees prefer warm conditions and are well suited to tropical and subtropical climates. In Australia, commercial mangoes are generally grown in areas with warm summers and a drier period that encourages flowering and fruit development.[7] Mango production follows several key stages:

1. Planting

Mango trees are generally established from grafted plants rather than grown from seed for commercial production. Young trees need suitable soil, adequate water and protection from strong winds while they become established.

2. Leaves

Mango trees produce repeated flushes of new leaves and shoots. Healthy vegetative growth provides the leaves needed for photosynthesis and helps the tree build the reserves required for flowering and fruit production.[7]

3. Flowering

Mango flowers are produced in large branching clusters called inflorescences or panicles. Each panicle can contain thousands of small flowers.[7]

4. Pollination

Mango flowers can be pollinated by wind and insects. Wasps, bees and large flies are among the more effective pollinators. Most mango varieties are self-compatible, meaning flowers can be fertilised using pollen from the same tree.[7]

5. Fruit Development

After successful pollination, fruit begin to develop. Mango trees initially set many more fruit than they can carry through to harvest, with most young fruit naturally dropping from the tree.[7]

6. Ripening

Mangoes are harvested when they have reached an appropriate level of maturity and then continue to ripen. During ripening, the flesh softens, the flavour develops and the fruit becomes ready to eat. Skin colour is not always a reliable indication of ripeness, as different varieties can retain green, develop yellow tones or show a red or pink blush when ripe.[8]



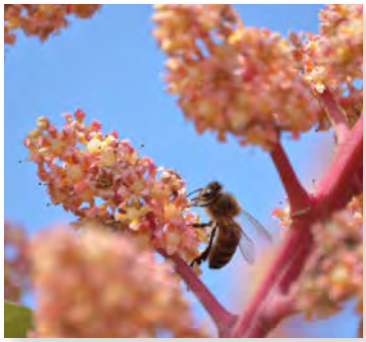
1. Planting



2. Leaves



3. Flowering



4. Pollination



5. Fruit Development



6. Ripening

Background

Nutrition

Mangoes are classified as a fruit and are therefore a core food according to the Australian Guide to Healthy Eating. We should be aiming to eat two serves of fruit each day. One cup of diced mango is equal to one serve of fruit.[9]

Mangoes provide a range of nutrients including dietary fibre, vitamin C, folate, potassium and vitamin E.[10] Vitamin C is important for our immune system, skin health, healing and more while fibre is an important part of a healthy diet and contributes to normal bowel function.

Eating Mangoes

Selection

When selecting mangoes, don't rely on skin colour alone to determine ripeness. Depending on the variety, ripe mangoes can remain green, develop yellow or orange tones, or have a pink or red blush.

Instead, gently squeeze the mango. A ripe mango should give slightly when pressed. A fruity mango aroma around the stem can also be a useful sign that the fruit is ripe.[8]

Choose mangoes that are free from significant bruising, cuts or signs of decay. Minor marks on the skin do not necessarily affect the quality of the flesh.

Storage

Unripe mangoes should be stored at room temperature, away from direct sunlight. Mangoes should not be refrigerated before they are ripe because refrigeration can interrupt the ripening process.[8]

Once ripe, mangoes can be placed in the refrigerator for a few days to slow further ripening. Mangoes should not be stored in plastic bags as they need air circulation.[8]

If you have more mangoes than you can eat while fresh, ripe flesh can be peeled, chopped and frozen for later use. Frozen mango is useful in smoothies, desserts, sauces and baking.

Preparation

To cut a mango, stand the fruit upright and slice down either side of the large, flat seed to create two cheeks. The flesh can then be scored into cubes without cutting through the skin and scooped out with a spoon.

Mango can also be peeled and sliced from the seed. It can be enjoyed on its own or added to fruit salads, yoghurt, porridge, smoothies, salads, salsas and desserts.






[4] Royal Botanic Gardens, Kew, Plants of the World Online: Mangifera indica L. Accessed: https://powo.science.kew.org/taxon/69913-1

[5] Queensland Government, Department of Primary Industries, Mango industry in Queensland. Accessed: https://www.business.qld.gov.au/industries/farms-fishing-forestry/agriculture/crops/fruit-veg/mango/industry

[6] Australian Mango Industry Association, Our Industry: Australian Mango Industry. Accessed: https://www.industry.mangoes.net.au/who-we-are/our-industry/

[7] Queensland Department of Primary Industries, Mango Information Kit. Accessed: https://era.dpi.qld.gov.au/id/eprint/1647/

[8] Australian Mango Industry Association, Australian Varieties and Mango Tips. Accessed: https://mangoes.net.au/about-australian-mangoes/australian-mango-varieties/

[9] Eat for Health: Australian Dietary Guidelines 2025, Australian Government: Department of Health, Disability and Ageing. Accessed: https://www.eatforhealth.gov.au/

[10] Food Standards Australia New Zealand, Australian Food Composition Database, Release [3]. Accessed: https://www.foodstandards.gov.au/science-data/food-nutrient-databases/afcd



ACTIVITY 1
MANGO RECIPE PROMOTIONS
Preparation and Planning

Use this activity guide to:

- Complete a healthy mango recipe promotion
- Promote the key messages ‘get more fruit and veg into your meals’ and ‘cook at home’ in the context of the 2027 QCWA Product of the Year

Recipe Promotions

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Mango Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Product of the Year event. For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Mango Recipe Booklet* or turn to the appendix (pg. 36-51) for a full list of the recipes.

STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.

STEP 3. Report your activity

Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets essential nutrition criteria for either everyday or discretionary foods. The *Mango Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, food labels, and potential allergens.
- **Recipe cards** - reach out to your CK buddy if you would like to order mango recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event), If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 36-51) under the heading *'What's Great About It'*. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Mango Recipe Promotions*

DIFFICULTY →

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (*optional*)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (*optional*): - Australian Guide to Healthy Eating - Food safety		

 Allow at least one facilitator/volunteer for each symbol

 Costs may include printing, food and hall hire

 Equivalent to approximately 1 volunteer hour

Session Checklist - *Mango Recipe Promotions*

BEFORE ACTIVITY

- [ ] *Optional:* re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
- [ ] Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
- [ ] Choose a mango recipe from the Country Kitchens *Mango Recipe Booklet* or the appendix pg. 36-51
- [ ] *Optional:* order resources from your CK buddy (minimum 2 weeks prior)
- [ ] Confirm participant numbers
- [ ] Purchase ingredients
- [ ] Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
- [ ] Using the session plan (pg. 14), identify the five elements that make your recipe a healthy choice (to present on the day)
- [ ] Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

- [ ] Set up promotional materials and equipment
- [ ] Arrange tables and chairs for participants
- [ ] Introduce yourself, the program and the 5 key messages using the session plan (pg. 14)
- [ ] Promote the recipe using the points listed in the session plan (pg. 14)
- [ ] Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
- [ ] Share taste testers of your recipe with participants
- [ ] Pack up and leave the venue as found

POST ACTIVITY

- [ ] Post photos to social media and tag Country Kitchens
- [ ] Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
- [ ] Reflect on what worked well and what could be done differently next time

Session Plan - *Mango Recipe Promotions*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

You might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about strawberry and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2
STUFFED FELT MANGO
Preparation and Planning

Use this activity guide to:

- Complete a stuffed felt mango craft activity on your own or with a small group e.g. QCWA branch or craft group
- Promote the key message 'get more fruit and veg into your meals' in the context of the 2027 QCWA Product of the Year



Stuffed Felt Mango



Adults in Queensland are not eating enough fruit and vegetables for good health.[1] We should aim to eat five serves of vegetables and two serves of fruit every day. This stuffed felt mango activity is designed to be used as an alternative health promotion strategy for those who love handcrafts. It is a fun craft activity designed to accompany discussion around getting more fruits and vegetables into meals and explaining what a serve of fruit looks like. The stuffed felt mango also makes a great addition to a QCWA Product of the Year themed showcase.

This activity can either be completed individually, with branch members (e.g. as part of a craft day), or in small groups as part of an interactive showcase (e.g. during an event celebrating the QCWA Product of the Year).

Materials:

- Mango pattern (pg. 18)
- Baking paper
- Pen
- Yellow/orange felt
- Green felt
- Brown felt
- Fabric scissors
- Pins
- Embroidery needle
- Polyester fill/stuffing
- Brown, green and orange/yellow embroidery thread

Instructions:



1. Lay a sheet of baking paper over the mango pattern (pg. 18) and trace each piece. Cut out each piece from the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from the felt. Cut the following pieces:

- 2x 'Mango 1' from orange or yellow felt
- 1x 'Mango 2' from orange or yellow felt
- 1 x 'Mango Leaf' from green felt
- 1 x 'Stem' from brown felt



Making the mango:

3. Match the 'Mango 2' piece along the outside edge of one of the 'Mango 1' pieces, so that it's sitting a couple of centimetres from the bottom of the 'Mango 1' piece. The 'T' on the pattern (pg. 18) indicates which side of the 'Mango 2' piece should be at the top of the mango.

4. Using three strands of orange or yellow thread and a blanket stitch, attach the two pieces together. Keep the needle and thread attached.



5. Line the second 'Mango 1' piece up to create the other half of the mango body, and finish stitching in place with a blanket stitch. Leave a small hole for stuffing. Keep the needle and thread attached.

Instructions - *Stuffed Felt Mango*



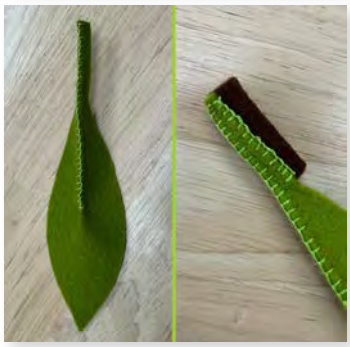
6. Fill the mango with stuffing until it is as firm as you would like.

7. Close the opening with a blanket stitch and double knot to secure.



Making the stem and leaf:

7. Roll the 'Stem' felt piece in the direction of the arrow on the pattern (pg. 18), and secure the edge in place with a blanket stitch and three strands of brown thread.



8. Fold the 'Mango Leaf' piece in half lengthways, and starting from outside of the fold, at the top of the leaf, stitch halfway down using three strands of green thread and a blanket stitch. This will create a more natural leaf shape.

9. Use three strands of green thread to attach one side of the leaf to the stem with a blanket stitch. Repeat on the other side, to attach the other half of the leaf to the stem.



Finishing touches:

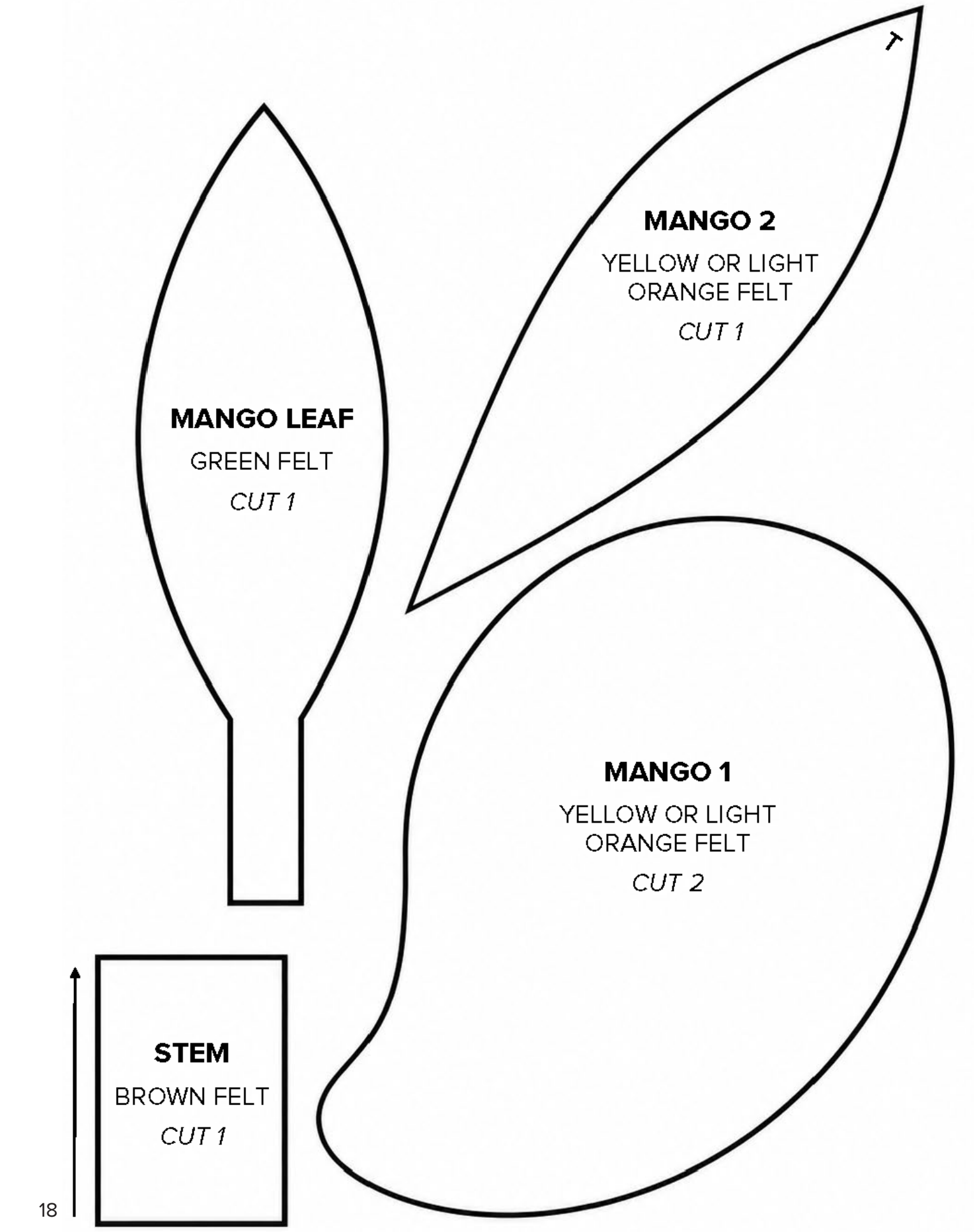
10. Using three strands of brown thread and a whip stitch, attach the base of the stem to the top of the mango, so that the leaf is sitting in front.



You now have a completed mango!

Incorporate your stuffed mango into a Product of the Year showcase, or have a go at running this activity with a small group at your QCWA branch or in your community. Extra copies of the mango pattern are available to download from the Country Kitchens website or can be requested from your Country Kitchens buddy.

Pattern - *Stuffed Felt Mango*



Resource Guide - *Stuffed Felt Mango*

DIFFICULTY →

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Banner Craft supplies Instructions and pattern			
Promotional materials	Mango poster AGHE poster	5KM cards Brochures		

 Allow at least one facilitator/volunteer for each symbol

 Costs may include printing, craft materials and hall hire

 Equivalent to approximately 1 volunteer hour

Session Checklist - *Stuffed Felt Mango*

BEFORE ACTIVITY

☐	Confirm venue resources (tables, chairs)
☐	Confirm participant numbers
☐	Use the session plan (pg. 21) to plan what equipment and materials you will need
☐	Purchase/organise craft equipment and supplies (scissors, felt, thread, pins etc.)
☐	Print copies of the mango instructions (pg. 16-17) and pattern (pg. 18) for each participant
☐	*Optional*: organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

☐	*Optional:* set up promotional materials
☐	Arrange tables, chairs and craft supplies for participants
☐	Introduce yourself, the program and the 5 key messages using the session plan (pg. 21)
☐	Make the stuffed felt mango by working through each step as a group
☐	Take photos!
☐	Pack up and leave the venue tidy

POST ACTIVITY

☐	Post your photos to social media tagging all relevant parties
☐	Include your craft activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Stuffed Felt Mango*

STUFFED FELT MANGO CRAFT ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

***Optional* - Skill you will demonstrate and resources you will need:**

E.g. How to do a blanket stitch, tips for threading a needle etc.

Checklist	
☐	Resources ordered from Country Kitchens buddy
☐	Materials for each station
☐	Printed mango instructions and pattern for each participant

If you need to, make copies of this session plan and use it each time you are running a stuffed felt mango craft activity until you feel confident doing it without one.



ACTIVITY 3
MANGO TRAIL MIX
Preparation and Planning

Use this activity guide to:

- Complete a mango trail mix activity with your branch or a small group
- Promote the key message 'cook at home' in the context of the 2027 QCWA Product of the Year

Mango Trail Mix



Many of us don't eat enough fruit for good health. We should aim to eat two serves of fruit every day. This trail mix activity showcases dried mango which is rich in fibre, vitamin C and antioxidants, paired with macadamias and coconut for healthy fats, and pepitas for plant-based protein and magnesium. Together they make a more balanced, satisfying snack than dried mango alone. The dry ingredients are packaged into small glass jars, which can be used as healthy gifts or prizes for competitions, or sold at events.

This activity can either be completed individually, with branch members, or in small groups as part of an interactive showcase.

Materials:

- Recipe ingredients (listed below)
- 120mL glass jars with lids
- Recipe cards/instructions
- Measuring spoons (tablespoon)
- Jar tags (pg. 24)
- String/twine
- Scissors

Instructions:

1. Confirm participant numbers for your activity. Each participant will prepare one jar of trail mix.
2. Purchase groceries for your activity. One jar contains the ingredients listed below. Multiply the amounts by the number of participants you have confirmed.
    - 2 tablespoons dried mango, chopped into bite size pieces
    - 1 tablespoon macadamia nut halves
    - 1 tablespoon coconut flakes (optional: toasted)
    - 1 tablespoon pepitas (pumpkin seeds)
    - ¼ lime, zested (optional – add fresh just before eating to keep ingredients crisp)
3. Gather the remaining materials for the activity:
    - 1 x 120mL glass jar per participant
    - 1 x recipe/instruction card per participant (see right). Order these from your CK buddy
    - 1 x jar tag per participant. Make copies of the tags on pg. 17 or order these from your buddy. Cut and fold the labels so they are ready for use
    - Source string/twine to attach the labels to the jars. You may like to pre-cut the lengths and provide one per participant
    - Source enough measuring spoons for your group (participants can share equipment)
4. Run your activity with your group! Remember to take photos, and include your activity in your monthly report.



Mango Trail Mix

Makes: 1 jar
Prep time: 5 minutes
Cook time: 0 minutes

Ingredients
2 tablespoons dried mango, chopped into bite size pieces
1 tablespoon macadamia nut halves
1 tablespoon coconut flakes (optional: toasted)
1 tablespoon pepitas (pumpkin seeds)
¼ lime, zested (optional)

Method
LAYER or MIX ingredients (except lime zest) into a 120mL jar. Fasten lid securely.
ATTACH jar tag around lid with twine and store in a cool, dry place.
ADD lime zest fresh just before eating to keep everything crisp.

Recipe courtesy of the Country Kitchens team

health + wellbeing

qcwacountrykitchens.com.au

Mango Trail Mix
Activity Recipe Card/Instructions

Jar Tags - *Mango Trail Mix*





Resource Guide - *Mango Trail Mix*

DIFFICULTY →

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Ingredients 120mL glass jars Recipe cards/ instructions	Jar tags, string and scissors Kitchen equipment	Banner (optional)	
Promotional materials	Mango poster Mango flip cards	AGHE poster 5KM cards Brochures		

 Allow at least one facilitator/volunteer for each symbol

 Costs may include ingredients, jars, printing and hall hire

 Equivalent to approximately 1 volunteer hour

Session Checklist - *Mango Trail Mix*

BEFORE ACTIVITY

☐	Confirm venue resources (tables, chairs)
☐	Confirm participant numbers
☐	Use the session plan (pg. 27) to plan what equipment and materials you will need
☐	Purchase/organise ingredients, equipment and supplies (glass jars, recipe cards etc.)
☐	Order copies of the *Mango Trail Mix Activity Recipe Card Instructions* from the team
☐	Print copies of the jar tags (pg. 24) or order from the team
☐	*Optional*: organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

☐	*Optional:* set up promotional materials
☐	Arrange tables, chairs and activity supplies for participants
☐	Introduce yourself, the program and the 5 key messages using the session plan (pg. 27)
☐	Make the mango trail mix jars by working through the instructions as a group
☐	Take photos!
☐	Pack up and leave the venue tidy

POST ACTIVITY

☐	Post your photos to social media tagging all relevant parties
☐	Include your activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Mango Trail Mix*

MANGO TRAIL MIX ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

***Optional* - Skill you will demonstrate and resources you will need:**

E.g. How to measure ingredients correctly

Checklist	
☐	Resources ordered from Country Kitchens buddy
☐	Materials for each station
☐	Recipe cards for each participant

If you need to, make copies of this session plan and use it each time you are running a mango trail mix activity until you feel confident doing it without one.

ACTIVITY 4
MANGO SHOWCASES
Preparation and Planning



Use this activity guide to:

- Complete a mango showcase activity at your branch or as part of an event
- Promote the Country Kitchens 5 key messages in the context of the 2027 QCWA Product of the Year

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competiton or raffle with a prize (e.g. a Country Kitchens cookbook), or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Mango Showcases

All three types of showcases outlined above can be given a mango theme using the various Country Kitchens Product of the Year resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Mango Static Showcase

Give your static showcase a mango theme by including mango recipe cards, mango bunting, or the mango poster. Keep it stocked with the other Product of the Year resources such as the *Mango Recipe Booklet* and a set of *Mango Flip Cards*. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.







Overview - *Mango Showcases*

Mango Interactive Showcase

Use the *Mango Recipe Booklet* and the recipe promotion guide (pg. 10-14) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the mango flip card activity or run the mango trail mix activity with your group instead. You could even run a 'guess the weight of the mango' competition, with a Country Kitchens cookbook or the mango as the prize.





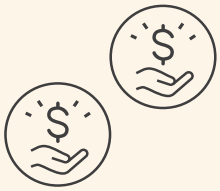
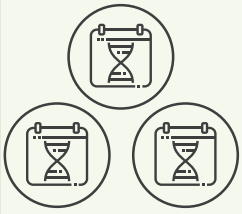
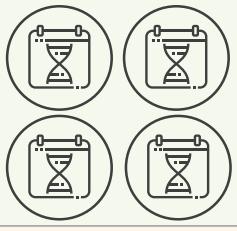
Mango Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Mango Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.





DIFFICULTY →

	STATIC	INTERACTIVE	DEMONSTRATION	
Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner (*optional*) Backdrop (*optional*)	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	

 Allow at least one facilitator/volunteer for each symbol

 Costs may include printing, food and hall hire

 Equivalent to approximately 1 volunteer hour

Session Checklist - *Mango Showcases*

BEFORE ACTIVITY

☐	Decide on the type of showcase you will deliver (static, interactive or demonstration)
☐	Organise and book the venue/space
☐	Print/order resources from your CK buddy and organise a prize if running a 'guess the weight of the mango' competition
☐	Advertise your event (*optional*). Use the templates provided in the *Publicity Resource Kit*
☐	Locate equipment/promotional gear in your division and organise use for the day/period of time
☐	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
☐	Select recipes, purchase groceries and prepare food using the session plan on pg. 33 (interactive or demonstration showcases only)

ON THE DAY

☐	Promote Country Kitchens and the 5 key messages
☐	Network with key community stakeholders
☐	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
☐	Run an activity e.g. mango trail mix activity or the mango flip cards
☐	*Optional:* set up chairs for the audience for your demonstration (demonstration showcase only)
☐	Use Country Kitchens Stamp of Approval markers and serving platters for taste testers
☐	Discuss food safety with your audience (demonstration showcase only)
☐	Pack up: remove all promotional gear and leave the venue tidy
☐	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

☐	Reflect on what worked well and what could be done differently next time
☐	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
☐	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
☐	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
☐	*Optional:* Use the template provided in the *Publicity Resource Kit* to write a post event media release

Session Plan - *Recipe Demonstration Showcase*

INTRODUCTION

Introduce yourself, your branch and the program

RECIPE PROMOTION

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe demonstration activity until you feel confident doing it without one.

Session Plan - *Recipe Demonstration Showcase*

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist	
☐	Demonstrator Cheat Sheet
☐	Ingredients
☐	Equipment list
☐	Resources organised (stamp of approval markers, recipe cards etc.)
☐	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.



APPENDIX
Mango Recipes

The Country Kitchens team has put together a collection of 16 healthy recipes to feature for the 2027 Product of the Year - Mango. The recipes have been health-a-sized to meet the Country Kitchens nutrition criteria and are great options to incorporate into your branch or division events. Request extra copies of the Country Kitchens *Mango Recipe Booklet* from the team.

Asian Mango Salad



EVERYDAY FOOD

Serves: 6
Prep time: 20 minutes
Cook time: 0 minutes

1 ½ serves per portion

Ingredients

2 large mangoes, peeled, sliced into strips
¼ continental cucumber, cut into strips
½ red capsicum, deseeded, cut into strips
¼ small red onion, thinly sliced
1 jalapeno or long red chilli, thinly sliced (optional)
½ cup peanuts, toasted, roughly chopped
½ cup mint, roughly chopped
½ cup coriander, roughly chopped

Dressing:
2 tablespoons fresh lime juice
1 tablespoon neutral oil (e.g. peanut, avocado, canola, light olive oil)
1 tablespoon soy sauce
½ teaspoon honey
¼ teaspoon fresh ginger, grated (optional)

Method

PLACE all salad ingredients into a large bowl, reserving roughly 1 tablespoon of peanuts for garnish.
MIX to combine salad ingredients.
PLACE all dressing ingredients into a small jar with a lid and shake well to combine.
POUR dressing over salad just before serving and toss lightly to combine.
SPRINKLE with reserved peanuts and serve immediately.

What's Great About It?

This bright and colourful salad has a variety of flavours and textures and is the perfect accompaniment to your next summer BBQ. Unlike traditional Asian mango salad, this recipes uses ripe mango which is sweeter and easier to come by. The crunchy peanut, zesty lime, spicy jalapeno and fresh herbs all compliment the mango and create a layered, flavourful salad that's sure to impress!

Recipe courtesy of the Country Kitchens team

Beef and Mango Stir Fry



EVERYDAY FOOD

Serves: 4-6
Prep time: 20 minutes
Cook time: 8 minutes

1 ½ serves per portion

Ingredients

500g beef (rump or sirloin), cut into thin slices
1 teaspoon corn starch
2 tablespoons soy sauce
1 tablespoon oyster sauce
1 teaspoon fish sauce
2 tablespoons peanut oil
3 garlic cloves, minced
1 tablespoon ginger, grated
2 spring onions, sliced lengthways
1 carrot, sliced
1 red capsicum, sliced
2 mangoes (ripe but firm), sliced
1 handful fresh coriander, roughly chopped
1 lime, cut in to wedges (to serve)

Method

MIX the beef with the cornstarch and 1 tablespoon of soy sauce in a bowl. Set aside to marinate for 10 minutes.
In a small bowl, mix the remaining tablespoon of soy sauce with oyster sauce, fish sauce and 2 tablespoons of water. Set aside as the stir fry sauce.
HEAT 1 tablespoon of oil in a wok or large frying pan over high heat. Add the beef in batches and sear until brown but not fully cooked through, about 2 minutes. Set the cooked beef aside.
ADD the remaining tablespoon of oil to the pan. Add garlic, ginger and spring onion and stir fry for 30 seconds until fragrant.
ADD the carrot and capsicum and stir fry for 2-3 minutes until just starting to soften, but still crisp.
RETURN the beef to the pan and add in the sauce mixture.
TOSS everything together and fry for a further 1-2 minutes until the sauce thickens slightly and coats the beef and vegetables.
REMOVE from heat and gently fold in the fresh mango slices.
TOP with coriander and serve with lime wedges.

What's Great About It?

This stir-fry is a fast, colourful way to get a proper meal on the table on a busy night. The sweetness of mango against the savoury beef, vegetables and aromatics gives it a flavour that feels a bit more special than your usual stir-fry. Swap the beef for chicken or tofu if you're catering to different tastes. Serve over steamed rice or noodles.

Recipe courtesy of the Country Kitchens team

Cheeky Breakfast Mangoes



EVERYDAY FOOD

Serves: 4
Prep time: 15 minutes
Cook time: 0 minutes

1 serve per portion

Ingredients

1 cup rolled oats
2 tablespoons olive oil
¼ cup tablespoons macadamia nuts, finely chopped
¼ cup shredded coconut
¼ cup pepita or sunflower seeds
2 tablespoons honey
2 mangoes
1 cup natural yoghurt
1 cup frozen mixed berries, defrosted

Method

PREHEAT oil in a large pan on medium-low heat.
ADD in oats, macadamia nuts, coconut and seeds. Mix and stir until oats are light brown, about 5 minutes.
ADD in honey and stir for an additional 5 minutes until brown and toasted.
REMOVE from heat and allow to cool.
CUT both cheeks off the mangoes and place 1 cheek in each bowl.
POUR ¼ of the yoghurt over each mango cheek.
TOP with berries and cooled granola before serving.

What's Great About It?

This colourful take on a parfait combines plenty of fruit with creamy yoghurt and crunchy seed-filled granola for a delicious mix of flavours and textures. It's quick and easy to prepare, making it a fresh and nutritious option for breakfast, dessert or a snack.

Recipe courtesy of the Country Kitchens team

Chicken Mango Roulade



EVERYDAY FOOD

Serves: 4
Prep time: 20 minutes
Cook time: 30 minutes

2 ½ serves per portion

Ingredients

1 tablespoon olive oil
¼ red onion, finely diced
1 celery stick, finely diced
⅓ cup dried mango, finely diced
½ teaspoon smoked paprika
1 cup baby spinach, finely chopped
2 slices wholemeal bread
½ cup fresh mango, finely diced
⅓ cup fresh coriander leaves, finely chopped
1 egg white, whisked
2 large chicken breasts, butterflied
Salt and pepper, to taste
Potatoes, to serve
Green beans or salad, to serve

Method

PREHEAT oven to 200°C fan forced.
HEAT olive oil in a frying pan over medium heat.
ADD onion, celery, dried mango and paprika and sauté for 5 minutes until the vegetables are soft.
STIR in the spinach and cook for 1 minute until wilted. Transfer the mixture to a bowl and set aside to cool.
BLEND the bread in a food processor to make crumbs then add to the vegetable mixture.
ADD fresh mango, coriander, egg white and salt and pepper to the vegetable mixture and combine well. Set aside.
PLACE chicken on a board between two sheets of baking paper and pound to flatten evenly to a 1cm thickness.
SPREAD half of the vegetable filling over each chicken breast, leaving a 2cm gap at either end.
STARTING at the free edge, roll each breast tightly into a log.
PLACE each log onto a separate sheet of baking paper and wrap tightly around it, twisting the ends on each side to form a seal.
PUT the wrapped chicken on a tray and bake in the oven for 30 minutes. The parcels will puff up slightly with the trapped steam.
REMOVE the chicken parcels from the oven and allow to rest unopened for 10 minutes. Carefully unwrap the parcels and slice into pinwheels with a serrated knife.
SERVE with roast potato and steamed greens or a side salad.

What's Great About It?

This roulade is perfect for entertaining and impressive on the plate but is made with everyday ingredients and minimal fuss. Mango, spinach and coriander give it a fresh, vibrant flavour, and the dried mango can be left out for a milder sweetness. For a crispier finish, try pan-searing the parcels for 2-3 minutes per side before baking.

Recipe courtesy of the Country Kitchens team

Indian Mango Pilaf



EVERYDAY FOOD

Serves: 6
Prep time: 20 minutes + 30 minutes soaking
Cook time: 25 minutes

1 ½ serves per portion

Ingredients

1 cup basmati rice
1 small brown onion, finely diced
1 celery stalk, finely chopped
2 garlic cloves, minced
2cm piece fresh ginger, grated
1 medium green chilli, finely chopped (optional)
½ teaspoon turmeric powder
½ teaspoon cumin seeds
1 carrot, grated
½ cup frozen peas
1 large mango, peeled and pureed
2 tablespoons neutral cooking oil (e.g. light olive oil, vegetable, canola)
Salt and pepper, to taste
½ cup almonds
½ cup cashews
⅔ cup cranberries or raisins
¼ cup fresh coriander leaves, torn

Method

RINSE the basmati rice under cold water until the water runs clear.
SOAK the rice in water for about 30 minutes then drain and set aside.
HEAT 1 tablespoon of oil in a large saucepan over medium heat.
ADD nuts and cranberries/raisins and let them sizzle for a minute or so until toasted. Remove from pan and set aside.
ADD the remaining oil, onion and celery to the pan and sauté until the onion is translucent and slightly golden.
ADD the garlic, ginger, chilli, turmeric and cumin and fry for 30 seconds until fragrant.
ADD the carrot, peas and pureed mango and cook for a minute until heated through.
ADD the drained rice to the pan and stir until the rice is evenly coated.
SEASON with salt and pepper and return the nuts and dried fruit to the pan.
POUR 1 ½ cups of water into the pan and bring to a boil, then reduce the heat to low, cover the pan with a tight-fitting lid and let it simmer for 15-20 minutes until rice is cooked and liquid is absorbed. Avoid opening the lid during this time.
REMOVE from heat and let it rest for 5 minutes before opening the lid.
FLUFF the rice gently with a fork, garnish with coriander leaves and serve.

What's Great About It?

This flavourful mango pilaf is inspired by Indian cuisine, and pairs sweet mango with spicy cumin, crunchy nuts and plenty of added veg. It can be served as a side dish, or bulked out with chicken, prawns or tofu for a more substantial meal. It's bright and colourful and all comes together in one pot!

Recipe courtesy of the Country Kitchens team

Mango and Capsicum Chutney



EVERYDAY FOOD

Makes: 800mL
Prep time: 15 minutes
Cook time: 90 minutes

Ingredients

2 ripe mangos
2 unripe mangos (or frozen mango)
1 red capsicum, finely diced
4 medjool dates, finely diced
⅓ cup apple cider vinegar
½ red onion, finely diced
2 garlic cloves, minced
1 tablespoon fresh ginger, grated
½ teaspoon red chilli flakes
½ teaspoon ground cinnamon
½ teaspoon mustard seeds
¼ teaspoon salt

Method

COMBINE all ingredients in a medium-size saucepan over medium heat and bring to a gentle boil.
REDUCE heat to low and simmer, stirring occasionally, until the mango and capsicum soften and the mixture thickens to a jam like consistency – approximately 1 ½ hours.
REMOVE from the heat and let cool to room temperature. Transfer to clean jars and refrigerate.

What's Great About It?

This is a versatile chutney that you can dollop alongside a curry, serve with a cheese board, or use as a glaze for grilled meat. It comes together in one pot with minimal effort, and the natural sweetness of the mango and dates means there is no added sugar. It also keeps well in the fridge for weeks, so a single batch goes a long way.

Recipe courtesy of the Country Kitchens team

Mango Baked Oatmeal



EVERYDAY FOOD

Serves: 4
Prep time: 15 minutes
Cook time: 20-30 minutes

1 serve per portion

Ingredients

2 cups rolled oats
½ cup shredded coconut
½ cup chopped macadamia nuts
1 ¼ teaspoons baking powder
¼ cup vegetable or canola oil
1 large egg
200ml milk, reduced fat
¼ cup honey
1 apple, grated
2 cups fresh or frozen mango
Serve with natural yoghurt

Method

PREHEAT oven to 180°C fan forced. Grease a small baking dish with oil or margarine.
COMBINE the oats, coconut, macadamias and baking powder in a large bowl. Make a well in the centre.
WHISK the oil, eggs, milk and maple syrup together in a medium bowl until well combined. Add to the oat mixture and stir gently to combine.
POUR the mixture into the prepared dish and top with sliced mango.
BAKE for 20-30 minutes or until golden and set in the centre.
ALLOW to cool before cutting into 4 pieces or 8 pieces for snack size.

What's Great About It?

Prep this delicious mango baked oatmeal ahead of time for an easy breakfast or snack whenever you need it. Made with simple ingredients, it's naturally sweet, satisfying and easy to freeze for later.

Recipe courtesy of the Country Kitchens team

Mango Chia Pudding



EVERYDAY FOOD

Serves: 4
Prep time: 10 minutes
Cook time: 30 minutes

½ serve per portion

Ingredients

2 large mangoes, peeled and diced (~2 cups)
½ cup chia seeds
1 ½ cups milk of choice (low fat milk, lite coconut milk or almond milk)
2 tablespoons maple syrup

Method

PURÉE the flesh of one mango in a blender or food processor.
WHISK the chia seeds, milk, syrup and mango purée together in a mixing bowl until well combined.
STIR through the chopped mango, reserving a few chunks for topping.
CHILL in the fridge for 30 minutes.
SPOON into four serving glasses. Top with the reserved mango chunks and serve.

What's Great About It?

This mango chia pudding is a delicious make-ahead breakfast or snack that feels like a treat but is packed with goodness. Sweet, juicy mango adds plenty of flavour while chia seeds provide fibre and healthy fats to help keep you feeling satisfied. It's quick to prepare, requires no cooking and is a great way to enjoy mango when it's in season.

Recipe courtesy of the Country Kitchens team

Mango Flummery



Serves: 12
Prep time: 20 minutes
Chill time: 1-2 hours

½ serve per portion

DISCRETIONARY FOOD

Ingredients

½ cup boiling water
2 tablespoons gelatine powder
340mL can evaporated milk, chilled
½ cup caster sugar
2 cups mango, fresh or frozen (defrosted), pureed
3 fresh mangoes, diced
¼ cup shredded coconut, toasted

Method

MIX together the hot water and gelatine in a small bowl and set aside to cool.
WHIP the evaporated milk in a large bowl with an electric hand mixer or stand mixer until soft peaks form.
ADD the sugar and whip until well combined.
FOLD in the pureed mango.
MIX through the dissolved gelatine.
DIVIDE the diced mango between 12 glasses.
TOP the mango with the flummery mixture in each glass.
SPRINKLE with shredded coconut.
COVER and chill for 1-2 hours or until set.

What's Great About It?

This light and fluffy mousse-like dessert is perfect for summer entertaining, and so quick to prepare! Make this when mangoes are in abundance, or use frozen mango. Be sure to chill the evaporated milk in the fridge before whipping. The flummery could also be poured into a larger serving dish and then scooped out and served with diced mango.

Recipe courtesy of Betty Dickson

Mango Spritz



DISCRETIONARY FOOD

Serves: 8
Prep time: 10 minutes
Cook time: 0 minutes

Ingredients

4 pieces dried mango, halved lengthways, chopped
1 cup frozen raspberries
10 sprigs of mint
1L mango nectar
1L sparkling water
Ice

Method

COMBINE the dried mango, raspberries, mint and mango nectar in a 3 litre jug and stand for 10 minutes.

STIR in the sparkling water and ice then pour into serving glasses.

What's Great About It?

This is refreshing drink is perfect for summer entertaining. There are equal amounts of sparkling water and juice, so the amount of sugar per portion is halved compared to drinking the nectar alone. You can use other frozen berries, such as blueberries or strawberries, or even frozen mango for an extra mango-y flavour!

Recipe courtesy of the Country Kitchens team

Mango Sticky Rice



Serves: 4
Prep time: 5 minutes
Cook time: 25 minutes

½ serve per portion

DISCRETIONARY FOOD

Ingredients

270mL can light coconut cream
¼ cup sugar
2 cups cooked jasmine rice
2 mangoes, sliced
Sesame seeds, to garnish

Method

ADD the coconut cream and sugar to a pot and cook over medium low heat until the sugar has dissolved.
HEAT the jasmine rice in the microwave if cold.
ADD the hot rice to a pot with lid and pour over ⅔ of the coconut sauce. Reserve the last third.
COVER the rice pot with a lid and let it sit for 20 minutes until the rice has absorbed the coconut sauce.
SPOON the rice into four bowls and add half a sliced mango to each.
DRIZZLE with the remaining coconut sauce and sprinkle with sesame seeds.

What's Great About It?

This recipe is a modified version of Thai mango sticky rice, which is a lot quicker and easier to prepare. You can use day old rice that has been stored in the fridge, just make sure to heat it in the microwave before adding the coconut sauce. Serve with your favourite mango variety for a quick and delicious summer dessert!

Recipe courtesy of the Country Kitchens team

Mango Trail Mix



EVERYDAY FOOD

Serves: 1
Prep time: 5 minutes
Cook time: 0 minutes

½ serve per portion

Ingredients

2 tablespoons dried mango, chopped into bite size pieces
1 tablespoon macadamia nut halves
1 tablespoon coconut flakes (optional: toasted)
1 tablespoon pepitas (pumpkin seeds)
¼ lime zested (optional)

Method

LAYER or mix all ingredients except lime zest into a 120mL jar or takeaway container. Fasten lid securely.
STORE in a cool, dry place until ready to consume.
ADD lime zest just before eating (optional) to keep everything crisp.

What's Great About It?

This trail mix is the perfect snack on the go but also makes for a great gift when packaged in a pretty jar decorated with a piece of ribbon! Nutritious, full of fibre and crunch, and the perfect way to enjoy mango year-round.

Recipe courtesy of the Country Kitchens team

Mango, Coconut and Lime Muffins



DISCRETIONARY FOOD

Serves: 12
Prep time: 20 minutes
Cook time: 25-30 minutes

½ serve per portion

Ingredients

1 cup self-raising flour
1 cup wholemeal plain flour
1 teaspoon baking powder
½ cup sugar
½ cup shredded coconut
½ cup milk
1 large egg, lightly beaten
½ cup vegetable oil
2 teaspoons lime zest
1 cup mango, pureed
1 cup mango, cut into 1 cm cubes
½ cup dried mango, thinly sliced

Method

PREHEAT oven to 180° C fan forced.
LINE a 12-cup muffin tin with baking paper.
ADD flours, baking powder, sugar and coconut to a large mixing bowl and stir to combine.
IN a second bowl, add milk, egg, vegetable oil, lime zest and pureed mango. Stir well.
COMBINE wet ingredients with dry.
ADD mango cubes. Stir to combine.
TRANSFER mixture to muffin tray. Top with dried mango.
BAKE for 25-30 minutes or until a skewer comes out clean.

What's Great About It?

Mango, coconut and lime are a perfect combination of tropical flavours! These muffins have been modified to contain a reduced amount of sugar and an increased amount of fibre by using half wholemeal flour and extra fruit in the form of dried mango.

Recipe courtesy of the Country Kitchens team

Spicy Mango Salsa

Serves: 4
Prep time: 20 minutes
Cook time: 0 minutes

2 serves per portion



EVERYDAY FOOD

Ingredients

1 mango, cut into 1cm cubes
1 avocado, cut into 1cm cubes
½ a lime, juiced
1 long red chilli, finely diced
250g cherry tomatoes, quartered
¼ small red onion, finely diced
½ bunch coriander, finely chopped

Method

CUT the avocado and mix with the lime juice.
ADD mango, chilli, onion, tomatoes and coriander and stir well.
ALLOW the salsa to rest for 15 minutes for flavours to combine.
SERVE with grilled seafood or chicken, as a tortilla topper, part of a cheese and fruit platter or as a stand-alone salad.

What's Great About It?

This fresh and colourful salsa is a simple way to enjoy more fruit and vegetables in one delicious dish. Sweet mango, creamy avocado and juicy tomatoes are balanced with zesty lime, fresh coriander and a little chili for a flavour-packed combination that is perfect for sharing. Fresh, practical and easy to prepare, it's a great addition to your next meal or gathering. Serve as a side dish alongside grilled meat or fish, as a dip with corn chips or loaded on top of tacos.

Recipe courtesy of the Country Kitchens team

Sticky Mango Chicken Skewers



EVERYDAY FOOD

Serves: 5 (makes 15 skewers)
Prep time: 30 minutes (+1 hour to marinade)
Cook time: 10-15 minutes

2 serves per portion

Ingredients

Marinade:
1 cup chopped fresh or frozen mango
1 tablespoon honey
1 garlic clove, minced
2 teaspoons grated ginger
1 stalk lemongrass, finely chopped
¼ cup coriander stems, finely chopped
2 chicken breasts, cut in 2cm cubes

Skewers:
2 small zucchinis, cut in 2cm cubes, half sliced
1 red capsicum, cut in 2cm cubes
1 red onion, cut in 2cm cubes, half sliced
1 large R2E2 mango, cut into 2cm cubes
15 bamboo skewers, soaked in water

Method

BLEND the mango, honey, garlic, ginger, lemongrass and coriander in a food processor.
POUR the mango marinade over the chicken in a bowl and toss to coat.
COVER and refrigerate for 1 hour or overnight to allow flavours to develop.
THREAD zucchini, chicken, capsicum, red onion and mango onto the bamboo skewers.
HEAT a BBQ or frypan on medium-high. Cook the skewers, turning every few minutes for 10-15 minutes or until cooked through.
HEAT the remaining marinade in a saucepan until thick and use as a dipping sauce.

What's Great About It?

Prefect for a summer BBQ as an appetiser or main, these skewers are colourful and delicious. The R2E2 mango is ideal for this recipe as it has a firmer texture and holds its shape well, however other mango varieties will also work. This mango marinade would also be a fantastic addition to grilled chicken or fish.

Recipe courtesy of the Country Kitchens team

Thai Mango Chicken Curry



EVERYDAY FOOD

Serves: 4
Prep time: 20 minutes
Cook time: 25 minutes

2 serves per portion

Ingredients

2 tablespoons vegetable oil
2 chicken breasts, chopped into bite-sized pieces
2 tablespoons red curry paste
2 garlic cloves, minced
3 spring onions, sliced into 2cm lengths
1 carrot, sliced
1 head broccoli, cut into small florets
1 can light coconut milk
2 cups mango puree
1 teaspoon fish sauce
2 kaffir lime leaves (optional)
1 cup snow peas, trimmed and halved
Basmati rice, to serve
1 lime, cut into wedges
½ cup fresh coriander, chopped

Method

HEAT 1 tablespoon of the oil in a frypan over medium high heat.
ADD the chicken and cook for a few minutes until white all over. Remove and set aside in a bowl.
HEAT remaining oil and add the curry paste, garlic, spring onions, carrot and broccoli to the pan and cook for 2 minutes until fragrant.
MIX in the coconut milk, pureed mango, fish sauce, kaffir lime leaves, and chicken, and simmer for 10 minutes.
STIR through the snow peas and simmer for a further 5 minutes or until the vegetables are softened, chicken is cooked though, and sauce has thickened.
SERVE with basmati rice, lime wedges and garnish with coriander.

What's Great About It?

This recipe is packed with vegetables and has a wonderful balance of flavours. The kaffir lime leaves add a beautiful aroma to the curry sauce. If you like more spice, add an extra 1-2 tablespoons of red curry paste. Other vegetables that could be swapped in to this recipe include green beans, eggplant, or zucchini. Add extra slices of mango for more mango flavour!

Recipe courtesy of the Country Kitchens team

Notes

Notes



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