

Mango
QCWA Product of the Year - 2027

RECIPE BOOKLET

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Country Women's Association

health + wellbeing
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QCWA Country Kitchens Mango 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 2027 QCWA Product of the Year - Mango. It is intended to accompany the Country Kitchens 2027 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. 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 only be consumed 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 mango 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

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.

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.

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.

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.

Chicken Mango Roulade continued...

Method continued:

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.

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.

Indian Mango Pilaf Continued...

Method continued...

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.

Recipe courtesy of the Country Kitchens team

Mango and Capsicum Chutney



Everyday Food

Serves: 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.

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.

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.

Recipe courtesy of the Country Kitchens team

Mango Flummery



Discretionary Food

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

½ serve per portion

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.

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.

Recipe courtesy of the Country Kitchens team

Mango Sticky Rice



Discretionary Food

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

½ serve per portion

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.

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.

Recipe courtesy of the Country Kitchens team

Spicy Mango Salsa



Everyday Food

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

2 serves per portion

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.

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.

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.

Recipe courtesy of the Country Kitchens team



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