

The

Koori

Cook Off



A fun and friendly competition bringing communities together to celebrate culture, creativity and great food

Healthy Eating
Active Living



Acknowledgement of Country

Illawarra Shoalhaven Local Health District (ISLHD) acknowledges that our health district is located on the unceded lands of the Aboriginal people who are the Traditional Custodians of the NSW South Coast. We pay respect to the wisdom of Elders both past and present, and Aboriginal communities of today. ISLHD is committed to improving Aboriginal Health outcomes by eliminating racism and providing a culturally safe health service for our Aboriginal communities.

We advise this resource may contain images, or names of deceased persons in photographs or historical content.

The Koori Cook Off Recipes

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More information

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Kangaroo spaghetti recipe courtesy of Terry Rankmore.

Pippie rissoles recipe courtesy of Uncle John Bolt.

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Black Fish Curry



PREP TIME
10-15 MINUTES



COOK TIME
25 MINUTES



SERVINGS
4

Ingredients

1 tbsp olive oil
3 black fish fillets, cut into small pieces
1 brown onion, finely chopped
3 carrots, thinly sliced
100g green beans, cut into 3-5cm pieces
1 tsp dried chilli
¼ cup hoisin sauce
500mL vegetable stock
400mL reduced-fat coconut milk
150g baby spinach
150g egg noodles

Method

1. Heat oil in wok or frying pan.
2. Cook fish until lightly browned, then remove.
3. Add vegetables to frying pan or wok and cook until soft.
4. Add chilli, hoisin sauce, stock and coconut milk and simmer for 15 minutes.
5. For noodles, follow instructions on packet. Strain noodles and set aside.
6. Briefly return fish to wok, add baby spinach and noodles. Stir to combine and serve.

TIPS:

- Use any seasonal veggies.
- Adjust the amount of chilli used to suit your family's taste.
- Swap noodles for basmati or wholegrain rice.

Chicken & Veggie

Soup



with Wattleseed Johnny Cakes



PREP TIME
25 MINUTES



COOK TIME
30 MINUTES



SERVINGS
4

Soup

Ingredients

Olive oil (as needed)
2 chicken breast fillets
2 cloves garlic, crushed
1 onion, diced
2 dried bay leaves
1 litre chicken stock
1 medium carrot, thickly sliced
3 small potatoes, diced
1 small sweet potato, diced
1 cup baby spinach, chopped
½ cup pasta shells or other small pasta
Parsley leaves

Method

1. Heat saucepan over medium heat with light coating of oil.
2. Cook onion and garlic until translucent.
3. Add bay leaves, carrot and other veggies of choice. Cook for 5 minutes until softened.
4. Add stock; bring to a simmer.
5. Add chicken and cook for 12 minutes or until cooked through. Remove chicken and cool for 10 minutes.
6. Add potato and sweet potato cook 12-15 minutes until tender.
7. Shred chicken and stir into soup with spinach; heat for 1 minute. Remove bay leaves.
8. Sprinkle with parsley. Serve.



Johnny cakes

Ingredients

2 cups self-raising flour
1 tbsp roasted ground
wattleseed
1 pinch salt
30g melted butter
1 cup warm water

TIPS:

- Soup: any seasonal or frozen veggies will work. Use any veggies left in the fridge first.
- Johnny cakes: swap white flour for wholemeal, or try a mix of half white and half wholemeal.

Method

1. Combine dry ingredients in a large bowl. Make a well in the centre and add wet ingredients.
2. Gently mix the ingredients with your hands or a spoon until it forms a dough.
3. Knead gently for 1-2 minutes until smooth.
4. Break the dough into small pieces, roll into balls and flatten each one slightly to make little cakes. Let them rest for 10 minutes.
5. Cook the Johnny cakes for 4-5 minutes on one side, flip and cook until puffed and golden.

Kangaroo

Spaghetti

Recipe courtesy of
Terry Rankmore



PREP TIME
10 MINUTES



COOK TIME
20 MINUTES



SERVINGS
4

Ingredients

1 tbsp olive oil
500g kangaroo mince
200g fresh mushrooms
1 onion, sliced
1 green capsicum, diced
1 red capsicum, diced
1 bunch celery, diced
400g can diced tomatoes
700g passata
1 tsp tomato paste
2 tsp minced garlic
1 beef stock cube
Parsley, chopped
250g uncooked pasta

Method

1. Heat 1 tablespoon of olive oil in wok or frying pan.
2. Brown mince then add onions, mushrooms, celery, capsicum, garlic, and cook for 10 minutes.
3. Add the canned tomatoes, passata and tomato paste and simmer for 5 minutes.
4. Boil water and cook pasta as per instructions on packet.
5. Serve the mince on top of the cooked pasta and garnish with parsley.



TIPS:

- Swap capsicum for diced carrot.
- Add a can of drained lentils for added protein, fibre and iron.

Pippie

Rissoles

*Recipe courtesy of
Uncle John Bolt*



PREP TIME
5 MINUTES



COOK TIME
25 MINUTES



SERVINGS
4

Ingredients

24 pippies, minced
2 tbsp plain flour
1 egg
2 onions, finely chopped
Mixed herbs of your choice
1 tbsp milk
2 tbsp olive oil

Method

1. Place pippies, flour, egg, onions, and herbs into a mixing bowl and slowly add milk to achieve the right consistency.
2. Roll heaped tablespoons of the mixture into balls.
3. Heat oil in frying pan.
4. Press the rissoles onto the frying pan. Cook on both sides until golden.
5. Serve with lemon or lime and green salad or vegetables.



TIPS:

- Swap pippies for drained tinned salmon.
- Rissoles can be baked in the oven instead of frying.

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