

Family Hamper Initiative

4-week cycle
food boxes



the Vital ingredient

We are Macphie.

Known for producing top quality ingredients from our manufacturing premises here in the UK, we're doing everything we can to feed the nation throughout the outbreak of covid-19.

As well as reformatting our product packs to suit the needs of the market, we're using our bottling line to produce much-needed hand sanitiser for use by frontline care services.

As a family-owned business, we have built a reputation for doing the right thing. A legacy we are proud of and one that we continue to honour as the world fights this pandemic.



the vital ingredient

How it works

- The following pack includes recipes and a full list of ingredients required to produce 1 weeks worth of meals for a family (5 hot meals and 1 dessert) on a 4 week cycle basis
- Order form shows quantities of all ingredients required, scaled up depending on the number of hampers to be produced
- Macphie Products are available through National and Regional Wholesale
- The idea is that the CBU or school kitchen will split down existing foodservice pack formats purchased to make up the individual hampers.
- Families who are eligible for a hamper will collect once per week from CBU, School or Local Hub point, this supports government guidelines to reduce social contact and movement out of home
- Meals included are nutritionally balanced and very simple to prepare

Hamper Boxes contents

Week 1

Dry Products:

Macphie Cheddar Cheese sauce 1L
Macphie Complete bread mix (bag @1 kg)
Macphie Reduced sugar Mississippi chocolate muffin /cake mix (bag @500g)
500g Penne pasta/ or similar
300g tinned sweetcorn
340g tin corned beef
500g pack egg noodles
125ml Bottle dark soya sauce
240g tin garden peas
200ml vegetable oil
Beef stock cube

Chilled products:

Chicken thighs x 8
250g Cheddar cheese block
4 x fresh tomatoes
1kg onions
1kg carrots
2.5kg potatoes
2 Mixed peppers

Week 2

Dry Products:

Macphie Cheddar Cheese sauce 1L
Macphie Demi-glace sauce 1L
Macphie Complete bread mix (bag @1 kg)
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)
100g dried herbs
300g chopped tomatoes
150g instant custard mix / or similar
300g Tinned butter beans
1kg Fuseli /Penne pasta
500g pack Gnocchi

Chilled products:

400g Mince beef
1 pk 8 sausages
2 cauliflowers
300g pack of sliced ham
250g Cheddar cheese block
2 bananas
2 oranges
1kg onions
1kg carrots

Week 3

Macphie Products:

Macphie Demi-glace sauce 1L
Macphie Bechamel sauce
Macphie Nacho cheese sauce
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)
500g penne pasta
500g Macaroni
300g butter beans
300g kidney beans
300g Chopped tomatoes
Chilli powder
400g tinned hot dogs
1 pack tortilla wraps
150g Golden syrup
500g custard

Chilled products:

400g Mince beef
1 pk 8 sausages
2 sweet potato
2 mixed peppers
250g Cheddar cheese block
1kg onions
1kg carrots
2.5kg potatoes

Week 4

Macphie Products:

Macphie Demi-glace sauce 1L
Macphie Cheddar Cheese sauce 1L
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)
300g spaghetti
240g tin garden peas
300g raspberry jam
500g custard
Korma curry sauce Jar
1 tin 150g Tuna
300g tinned sweetcorn
240g tin garden peas
250g rice

Chilled products:

400g Mince beef
400g chicken pieces / thighs
1 pk 8 sausages
300g pack of sliced ham
2 sweet potato
250g Cheddar cheese block
1kg onions
1kg carrots
1kg potatoes



Week 1 recipes

Cheesy Sweetcorn Pasta (makes 4 portions):

- 500ml Cheddar cheese sauce
- 500g Cooked Pasta
- 1 tin of sweetcorn
- 150g Grated cheddar cheese

Mix pasta, Cheese Sauce, cooked chicken and Sweetcorn together. Cover with cheese and place in the oven for 20 minutes until golden

Tomato Pizza (makes a large family size pizza):

- 500g complete bread mix
- 320g water
- 4 large sliced tomato's
- 150g Grated cheddar/ mozzarella cheese

Mix Complete Bread Mix and water together in a bowl, knead by hand or Mix for two minutes on slow speed in a blender. Mix for 10-12 minutes. Rest for 30 mins. Pin out (roll out) your dough so it is about 3mm thick. Add the sliced tomatoes, Sprinkle the pizza with the grated cheddar cheese. Bake in an oven at 200°C (392°F) for 10-15 minutes.

Braised Chicken and vegetables (makes 4 portions):

- 1 pack of chicken thighs/ drums
- 1 large chopped onion
- 2 chopped carrot
- 250g peeled and chopped potatoes
- Beef stock cube
- 400ml water

Brown the chicken in a deep dish in the oven, add vegetables ½ way through cooking, pour over stock, and cover – cook for a further 45 minutes @ 180 degrees.

Corned beef and mash (makes 4 portions):

- 1 tin of Corned beef
- 1 large chopped onion
- 1 chopped carrot
- 500g potatoes
- Beef stock cube
- 200ml water

Cook the onion and corned beef together, add the stock & water. Cook the potato and mash fully. Spread the potato over the corned hash, bake in the oven for 15 minutes until golden on top

Chinese Vegetable Noodles (makes 4 portions):

- 500g egg noodles
- 1 tin garden peas
- 100ml Soya sauce
- 1 sliced carrot
- 1 sliced pepper
- 1 sliced onion

Cook the noodles in boiling water, then cook the carrots, onion and pepper with soya sauce and little water add the noodles, peas

Chocolate Sponge (makes 6-8 portions):

- 500g Chocolate Mississippi cake mix
- 215g Water
- 125g vegetable oil

Beat the chocolate mix, water and oil together, mix for 2 minutes until smooth. Pour into a well greased shallow sponge tin/baking tray. Cook in the oven at 180°C for 30 minutes. Serve with warm chocolate sauce. Or custard



Order Sheet – Week 1

Food Item	Pack Format	Number of Hamper Boxes to produce				
		12	24	36	48	60
Dry Products:						
Macphie Cheddar Cheese sauce 1L	12 x 1 litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Reduced sugar Mississippi chocolate muffin /cake mix (bag @500g)	1 x 6kg	1 bag	2 bags	3 bags	4 bags	5 bags
Macphie Complete bread mix (bag @1 kg)	1 x 12.5kg	1 bag	2 bags	3 bags	4 bags	5 bags
500g Penne pasta/ or similar						
300g tinned sweetcorn						
340g tin corned beef						
500g pack egg noodles						
125ml Bottle dark soya sauce						
240g tin garden peas						
200ml vegetable oil						
Beef stock cube						
Chilled products:						
Chicken thighs x 8						
250g Cheddar cheese block						
4 x fresh tomatoes						
1kg onions						
1kg carrots						
2.5kg potatoes						
2 Mixed peppers						



Week 2 recipes

Beef Mince & Dumplings (makes 4 portions):

- 400g beef mince
- 1 large diced onion
- 500ml demi-glace sauce
- 250g water
- 200g complete bread mix (for dumplings)
- 1 teaspoon dried herbs

Fry the beef mince and onions. Cook gently for 10-15 minutes, then add the demi-glace sauce. Bring to a simmer, then place into a baking dish. Mix together the complete bread mix, herbs and water and oil to make a wet dough, leave for 15 minutes. Ball the dough (into 8) on top of the mince. Bake the dish in an oven for 35-40 minutes until dumplings are golden.

Sausage Casserole (makes 4 portions):

- 8 sausages
- 500ml demi-glace sauce
- 1 large diced onion
- 2 Diced carrots
- 1 tin of butter beans

Cook the sausage in a pan, add the diced vegetables. Transfer all into a casserole dish, pour over the sauce and beans. Cook in the oven for 20 minutes until the vegetables are cooked.

Cheese Gnocchi bake (makes 4 portions):

- 500g Gnocchi
- 500ml Cheese sauce
- 150g cheddar cheese
- 1 teaspoon dried herbs

Cook the gnocchi in boiling water, mix with the cheese sauce and herbs, place the grated cheese on top. Cook in the oven for 20 minutes until golden.

Cheese & Tomato pasta bake (makes 4 portions):

- 500g Fuseli / penne pasta
- 1 tin chopped tomatoes
- 100g cheddar cheese

Cook the pasta in boiling water, mix with the cheese and tomato's, Cook in the oven for 20 minutes until golden.

Cauliflower Cheese and ham (makes 4 portions):

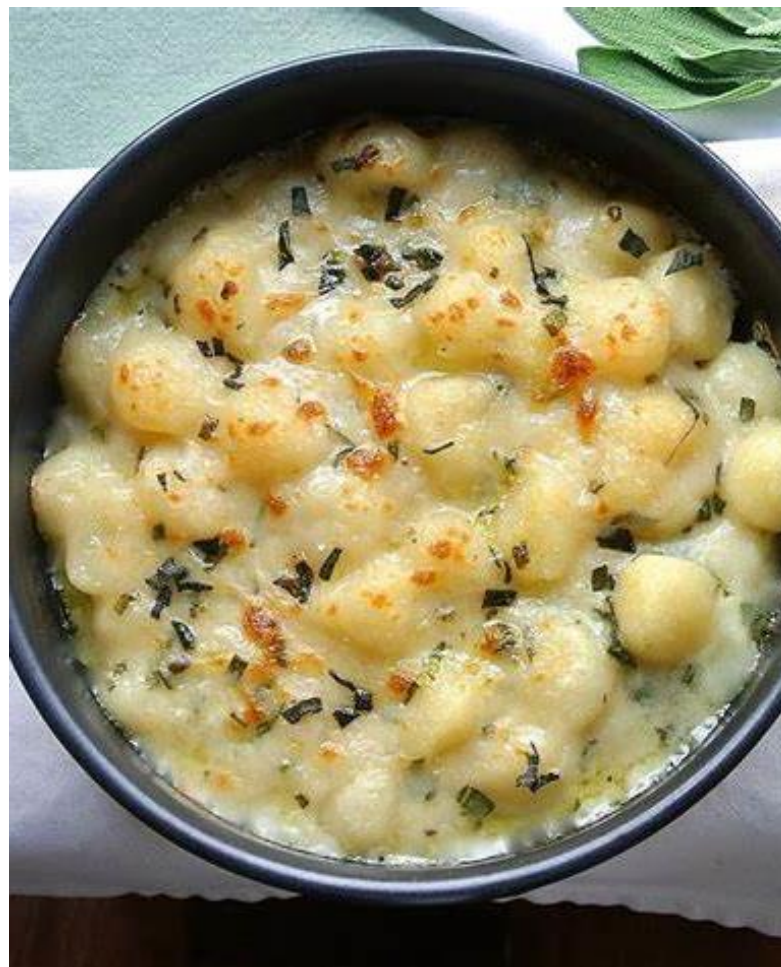
- 2 cauliflowers
- 500ml Cheese sauce
- 1 pack of ham slices
- 1 teaspoon dried herbs

Cut the cauliflower into pieces , place into a dish pour over the sauce, add herbs and folds of ham, Bake in the oven for 30 minutes until golden.

Banana & orange Sponge custard pot (makes 4 pots):

- 500g Plain Mississippi cake mix
- 215g Water
- 125g vegetable oil
- 2 bananas
- 2 oranges
- Instant Custard mix

Beat the plain mix , water and oil together, mix for 2 minutes until smooth. Well grease a shallow sponge tin/baking tray. Cook in the oven at 170°C for 35-40 minutes., remove and cut into dice. Make up custard. Slice banana and segment oranges, layer in a pot or glass with the sponge and custard.



Order Sheet – Week 2

Food Item	Pack Format	Number of Hamper Boxes to produce				
		12	24	36	48	60
Dry Products:						
Macphie Cheddar Cheese sauce 1L	12 x 1 litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Demi-glace sauce 1L	12 x 1 litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Complete bread mix (bag @1 kg)	1 x 12.5kg	1 bags	2 bags	3 bags	4 bags	5 bags
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)	1 x 6kg	1 bag	2 bags	3 bags	4 bags	5 bags
100g dried herbs						
300g chopped tomatoes						
150g instant custard mix / or similar						
300g Tinned butter beans						
1kg Fuseli /Penne pasta						
500g pack Gnocchi						
Chilled products:						
400g Mince beef						
1 pk 8 sausages						
2 cauliflowers						
300g pack of sliced ham						
250g Cheddar cheese block						
2 bananas						
2 oranges						
1kg onions						
1kg carrots						

Week 3 Recipes



Bolognese Pasta Bake (makes 4 portions):

- 200g beef mince
- 400g cooked pasta
- 1 large diced onion
- 1 large diced carrot
- 1 tin of chopped tomatoes
- 250g bechamel sauce
- 100g grated cheese

Dry fry the beef mince in a large saucepan, then add onions & carrots. Cook gently for 10-15 minutes, then add the tomatoes. Bring to a simmer, then cook for 20-30 minutes. Mix with cooked pasta, place into a baking dish, pour over bechamel sauce and cheese and cook in a oven for 15 minutes until golden.

Beef & Vegetable hot pot (makes 4 portions):

- 200g beef mince
- 1 large diced onion
- 1 large diced carrot
- 500g Demi glaze sauce
- 500g Peeled & sliced potatoes
- Salt & pepper

Dry fry the beef mince in a large saucepan, then add onions & carrots. Cook gently for 10-15 minutes, then add the sauce. Bring to a simmer, then pour into a baking dish. in a oven for 15 minutes until golden.

Bean Vegetable Chilli (makes 4 portions):

- 1 tin Butter beans
- 1 tin Kidneys beans
- 1 large onion chopped
- 1 red pepper chopped
- Sweet potato chopped
- 1 tin chopped tomatoes
- 2 tbsp Chilli powder

place the vegetables in a casserole dish, pour in beans, powder and chopped tomato, add 250ml water and place in the oven for 30 minutes.

Macaroni cheese (makes 4 portions):

- 500ml Nacho cheese sauce
- 500g Macaroni pasta

Cook the pasta fully, Heat the sauce and bind together.

Syrup Sponge & custard (makes 6-8 portions):

- 500g Plain Mississippi cake mix
- 215g Water
- 125g vegetable oil
- 150g golden syrup
- 1 pack of instant custard mix

Beat the plain mix, water and oil together, mix for 2 minutes until smooth. Well grease a shallow sponge tin/baking tray. Pour the syrup into the base, then the plain sponge mix. Cook in the oven at 170°C for 35-40 minutes. Make up the custard.

Chilli Hotdog bake (makes 4 portions):

- 1 tin of hot dogs (8)
- 1 pack of small tortilla wraps
- 1 tin of chili beans/ kidney beans
- 500ml Nacho cheese sauce
- 150g cheese

Roll the hotdog in the wraps, place the bean in the bottom of a casserole dish, layer the wrapped hotdogs, then pour the sauce, and add cheese. Bake in the oven for 25-30 minutes until golden @180 degrees.



Order Sheet – Week 3

Food Item	Pack Format	Number of Hamper Boxes to produce				
		12	24	36	48	60
Macphie Products:						
Macphie Demi-glaze sauce 1L	12 x 1litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Bechamel sauce 1L	12 x 1litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Nacho cheese sauce 1L	6 x 1litre	2 case	4 cases	6 cases	8 cases	10 cases
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)	1 x 6kg	1 bag	2 bags	3 bags	4 bags	5 bags
500g penne pasta						
500g Macaroni						
300g butter beans						
300g kidney beans						
300g Chopped tomatoes						
Chilli powder						
400g tinned hot dogs						
1 pack tortilla wraps						
150g Golden syrup						
500g custard						
Chilled products:						
400g Mince beef						
1 pk 8 sausages						
2 sweet potato						
2 mixed peppers						
250g Cheddar cheese block						
1kg onions						
1kg carrots						
2.5kg potatoes						



Week 4 Recipes

Cottage pie (makes 4 portions):

- 400g beef mince
- 1 tin garden peas
- 1 large chopped carrot
- 1 onion diced
- 500ml demi glace sauce
- 500g potatoes

Peel & Boil the potatoes and make a mash. Place the mince in a pan and brown, add the carrot and onion add sauce and then peas. Place into a deep dish, place mash on top and bake in the oven @ 180 degrees for 45-50 minutes

Sausage onion gravy, mash peas (makes 4 portions):

- 8 sausages
- 1 tin garden peas
- 500ml demi glace sauce
- 1 onion sliced
- 500g potatoes

Peel & Boil the potatoes and make a mash. Brown sausage under the grill, place in the pan with the onions and sauce, continue to cook for 20 minutes until ready, serve with pea

Tuna Pizza (makes large family pizza):

- 1 tin Tuna
- 1 tin sweetcorn
- 250ml Cheddar cheese sauce
- 500g complete bread mix
- 320g water

Mix Complete Bread Mix and water together in a bowl, kneed by hand or Mix for two minutes on slow speed in a blender. Mix for 10-12 minutes. Allow to rest for 30 minutes. Pin out (roll out) your dough so it is about 3mm thick. Spread with sauce then sweetcorn and tuna. Bake in an oven at 200°C (392°F) for 10-15 minutes.

Chicken and sweet potato korma (makes 4 portions):

- 500ml Korma curry sauce
- 250g rice
- 1 Sweet potato
- 400g Chicken pieces/thighs

Place the chicken pieces and diced potato in a pan, add sauce, bring to the boil and simmer, until chicken is fully cooked. Boil the rice separately in a pan. Serve both together

Spaghetti with ham & peas (makes 4 portions):

- 300g spaghetti pasta
- 1 tin garden peas
- 500ml Cheddar cheese sauce
- 1 pack of sliced ham

Cook pasta in boiling water, heat cheese sauce, add peas and chopped ham, mix the spaghetti through the sauce while hot and serve

Raspberry Jam Sponge & custard (makes 6-8 portions):

- 500g Plain Mississippi cake mix
- 215g Water
- 125g vegetable oil
- 150g Jam/ 250g water
- 500g Custard

Beat the plain mix, water and oil together, mix for 2 minutes until smooth. Heat together the jam and water. Well grease a shallow sponge tin/baking tray. Pour the raspberry jam into the base, then the plain sponge mix. Cook in the oven at 170°C for 35-40 minutes. Serve with warm custard.



Order Sheet – Week 4

Food Item	Pack Format	Number of Hamper Boxes to produce				
		12	24	36	48	60
Macphie Products:						
Macphie Demi-glace sauce 1L	12 x 1 litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Cheddar Cheese sauce 1L	12 x 1 litre	1 case	2 cases	3 cases	4 cases	5 cases
Macphie Reduced sugar Mississippi Plain muffin/cake mix (bag @500g)	1 x 6kg	1 bag	2 bags	3 bags	4 bags	5 bags
300g spaghetti						
240g tin garden peas						
300g raspberry jam						
500g custard						
Korma curry sauce Jar						
1 tin 150g Tuna						
300g tinned sweetcorn						
240g tin garden peas						
250g rice						
Chilled products:						
400g Mince beef						
400g chicken pieces / thighs						
1 pk 8 sausages						
300g pack of sliced ham						
2 sweet potato						
250g Cheddar cheese block						
1kg onions						
1kg carrots						
1kg potatoes						