

Sunshine Coast Christmas Recipe & Shopping Guide

Shopping List & Timeline

Item	Category	Week to Buy	Make-Ahead Possible
Mangoes	Fruit	Week 3 or 4	Yes – dressing
Lychees	Fruit	Week 3 or 4	No
Pineapples	Fruit	Week 2 or 1	Yes – glaze
Watermelon	Fruit	Week 3 or 4	No
Rockmelon	Fruit	Week 3 or 4	No
Passionfruit	Fruit	Week 3 or 4	No
Avocados	Fruit	Week 3 or 4	No
Limes	Fruit	Week 3 or 4	Yes – dressing
Grapes	Fruit	Week 3 or 4	No
Nectarines	Fruit	Week 3 or 4	No
Peaches	Fruit	Week 3 or 4	No
Plums	Fruit	Week 3 or 4	No
Cherries	Fruit	Week 3 or 4	No
Bananas	Fruit	Week 3 or 4	No
Sweet corn	Vegetable	Week 3 or 4	No
Tomatoes	Vegetable	Week 3 or 4	Yes – roast ahead
Capsicums	Vegetable	Week 3 or 4	Yes – roast ahead
Cucumbers	Vegetable	Week 3 or 4	No
Zucchini	Vegetable	Week 3 or 4	No
Eggplant	Vegetable	Week 3 or 4	No
Beans	Vegetable	Week 3 or 4	No
Lettuce	Vegetable	Week 3 or 4	No
Herbs (basil, mint, coriander)	Herbs	Week 3 or 4	Yes – chop ahead
Macadamias	Pantry	Week 3	Yes – dukkah
Brown sugar	Pantry	Week 3	Yes – glaze
Soy sauce	Pantry	Week 3	Yes – glaze
Ginger	Pantry	Week 3	Yes – glaze
Vinegar	Pantry	Week 3	Yes – glaze

Greek yoghurt	Dairy	Week 3 or 4	No
Seafood (prawns, bugs)	Protein	Week 3 or 4 (pre-order Week 1)	No
Sponge fingers or biscuits	Pantry	Week 3	Yes – store
Coconut cream	Pantry	Week 3	Yes
Whipping cream	Dairy	Week 3 or 4	No
Olive oil	Pantry	Week 3	Yes
Flour	Pantry	Week 3	Yes – pastry
Ice bricks / cooler bag	Equipment	Week 4	N/A

Estimated budget \$170 for 4 people

(prices will vary - estimate based on Queensland market summer pricing).

Recipes

Grilled Sweet Corn & Tomato Salsa

Ingredients:

- 3 cobs sweet corn
- 2 ripe tomatoes, diced
- ½ red onion, finely chopped
- 1 chilli (optional), finely chopped
- Juice of 1 lime
- Handful fresh coriander, chopped
- Salt to taste

Method:

Grill or char corn cobs until lightly blackened; cool and slice kernels off.

Combine corn, tomato, onion, chilli, lime juice, coriander, and salt.

Serve with toasted tortilla triangles or crusty bread.

Avocado & Mango Ribbon Salad with Macadamia Dukkah

Ingredients:

- 2 ripe avocados
- 1 ripe mango
- 1 tbsp lime juice
- 2 tbsp macadamia dukkah

Method:

Slice avocado and mango into ribbons using a peeler.

Arrange on a platter; drizzle with lime juice.

Sprinkle dukkah just before serving.

Prawn & Bug Platter with Two Sauces

Ingredients:

- 1 kg cooked Queensland prawns
- 4–6 Moreton Bay bugs (cooked)
- Mango-Lime Dressing: 1 mango, juice of 2 limes, pinch salt, 2 tbsp olive oil
- Herbed Yoghurt: 1 cup Greek yoghurt, zest of 1 lemon, chopped mint & parsley

Method:

Blend mango, lime juice, salt, and oil for dressing; chill.

Mix yoghurt with lemon zest and herbs; chill.

Arrange seafood on ice; serve with sauces.

Glazed Half Leg Ham (Pineapple–Ginger Glaze)

Ingredients:

- ½ leg ham (bone-in)
- 1 cup crushed pineapple
- ¼ cup brown sugar
- 2 tbsp soy sauce

- 1 tbsp grated ginger
- 1 tbsp vinegar

Method:

Preheat oven to 160°C.

Simmer glaze ingredients until glossy (5–7 min).

Score ham fat, brush with glaze, bake 1½ hrs, basting every 30 min.

Roasted Capsicum–Tomato Herb Galette

Ingredients:

- 2 cups plain flour
- ½ cup olive oil
- Cold water
- 2 capsicums, roasted & sliced
- 2 tomatoes, sliced
- Garlic, herbs (thyme, basil)

Method:

Make pastry: mix flour, oil, water to form dough; chill 30 min.

Roll out, layer roasted capsicum, tomato, garlic, herbs.

Fold edges, bake at 200°C for 35–40 min.

Zesty Mango Slaw

Ingredients:

- ½ wombok or cabbage, shredded
- 1 mango, julienned
- Handful mint leaves
- Juice of 1 lime
- Salt & pepper

Method:

Toss cabbage, mango, mint.

Dress with lime juice, season to taste.

Charred Capsicums with Garlic & Feta**Ingredients:**

- 3 capsicums
- 2 cloves garlic, minced
- 50 g feta, crumbled
- Olive oil

Method:

Roast or grill capsicums until charred; peel and slice.

Toss with garlic and olive oil; top with feta.

Pineapple, Lime & Coconut Icebox Cake**Ingredients:**

- 1 packet sponge fingers or plain biscuits
- 1 cup whipped cream
- ½ cup coconut cream
- 1 cup crushed pineapple
- Zest of 1 lime

Method:

Mix whipped cream, coconut cream, lime zest.

Layer biscuits, cream mix, pineapple in a dish.

Chill overnight; garnish with extra lime zest.

Jug Spritzers**Ingredients:**

- Soda water

- Citrus slices (lime, lemon)
- Herb stems (mint, rosemary)
- Frozen mango cubes

Method:

Fill jug with soda, citrus, herbs.

Add frozen mango cubes for chill and colour.