

BELMORE SOUTH PUBLIC SCHOOL

# Waste Not Want Not Cookbook

Created in association with OzHarvest  
as part of the FEAST program





# Thank You!

A project like this does not happen without the generous support of organisations and individuals.

We would like to thank OzHarvest for selecting us to pilot their amazing FEAST program, especially Amelia Berner, who has guided us through the process of implementing the program, and Ronni Kahn for inspiring our students to be 'change makers'.

Special thanks to Ms Hargraves and Ms Mitchell for liaising with OzHarvest and connecting us with the organisation.

We also must mention our wonderful parent volunteers: Jeremiah Joseph Araipu Puroku, Lala Giles, Evan Giles, Maggie Henry, Seral Djemal, Yasmina Adimi and Sonia Bagnato. They have spent hours supporting our students through their cooking prac lessons and creating little budding 'MasterChefs'. Thanks also to Donna Stewart who supplied us with Pomelos for use in the recipes and is assisting at the launch of this book.

The wonderful Ms Auld has generously lent her famously scarce time, her expertise both as a chef and as a professional recipe writer, and finally her event planning magic to help make this program a practical reality.

Last but not least, our wonderful Belmore South students who have amazed us with their enthusiasm, their dedication to the cause of reducing food waste, their imaginations and their dedication to create a real cookbook that the community can use.

# It's time to FEAST!

This term, the Stage 3 students at Belmore South Public School have been privileged to participate in a pilot of OzHarvest's FEAST (Food Education and Sustainability Training) program. The FEAST program gives students (and teachers!) the opportunity to practise cooking real recipes whilst learning about the issue of food waste.

OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1000 charities supporting people in need across the country.

Food waste costs Australia an estimated \$20 billion a year. A massive five million tonnes of food ends up in landfill, with over half of this coming from our homes – this is more than the combined waste from farms, manufacturers, supermarkets and the hospitality industry.

We are very proud our students for being so quick to take up the issue of food waste. We have been very impressed watching them use their creative talents to design and illustrate authentic recipes that help address the food waste problem at home.

We hope you enjoy this family cookbook and have fun making our delicious recipes!

**“ Wasting Food  
wastes everything:  
water, land, energy,  
labour, money  
and love ”**

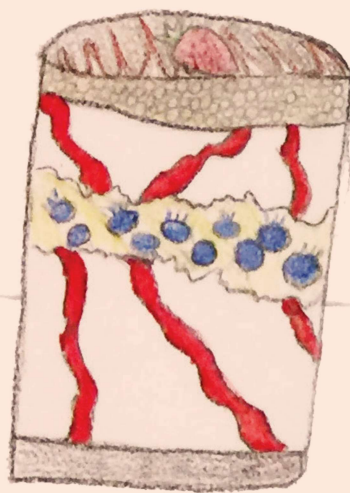
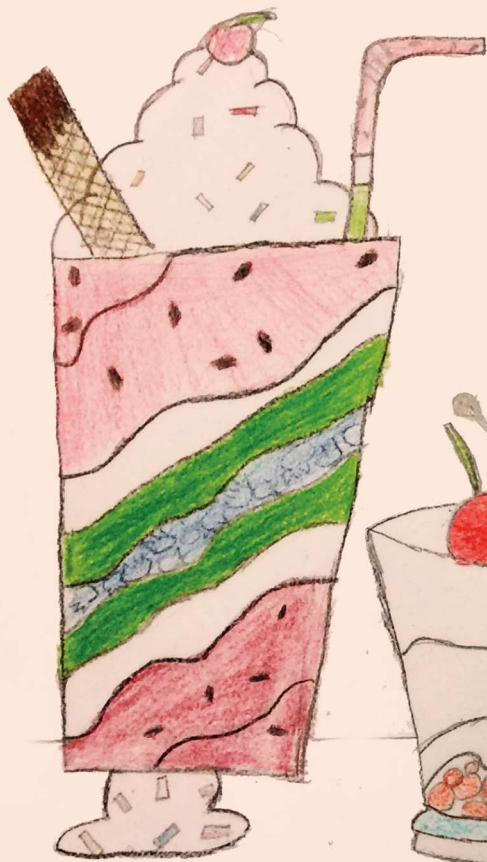
**- OzHarvest**



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# Sweet, Sweet Parfait

## Sugar free ice cream, anyone?

Hello Everyone! Let's talk about the peach parfait we cooked as part of the OzHarvest FEAST program. We are making a slight change to it to make it healthier and reduce food waste!

We have changed our parfait recipe by adding strawberries and bananas. Strawberries and bananas are commonly wasted foods when not stored correctly. Did you know bananas are one of the top 5 wasted foods? If your banana is a little bruised it can still taste good. They are also a very healthy food option.

We recommend adding waffles and biscuits to improve the flavour of this dish. Sometimes we do not finish these packet foods. When left in the cupboard they may go stale. We revive them by heating them in the oven for 5 minutes and then using them as decoration.

### METHOD

- 1 Slice bananas and strawberries
- 2 Divide bananas between 5 cups
- 3 Put 2 tablespoons of ice cream in each cup
- 4 Add 3 sliced strawberries in each cup
- 5 Finish each cup off with the remaining ice cream and a wafer or biscuit on top
- 6 Serve with a spoon and enjoy

### INGREDIENTS

- 1 punnet leftover strawberries, halved
- 3 leftover or bruised bananas, sliced
- 2 ½ cups of low fat, sugar reduced ice cream (½ cup per person)
- 5 tea biscuits or waffles, for decoration

Serves  
5

Prep Time  
10 min







# OzRoll

## Rainbow salad rolls with a clucky twist!

After doing some research, we realised that families waste too much meat.

According to OzHarvest's research, meat is one of the top 5 wasted foods. That's why we decided to add chicken that would otherwise be wasted to our OzRoll.

We also decided to include a range of vegetables and change the bread to wholemeal bread to make the recipe healthier. We changed the rainbow salad roll recipe not only to promote reducing food waste, but also so that everyone can get together and enjoy eating!



### INGREDIENTS

5 wholemeal bread rolls  
500 grams of cooked chicken breasts  
1 tomato, thinly sliced  
1 carrot grated  
8 iceberg lettuce leaves  
5 slices of tasty cheese  
5 slices of beetroot  
2 tablespoons of mayonnaise

### METHOD

- 1 slice bread roll in half horizontally
- 2 slice chicken and divide into 5 portions
- 3 place chicken breast, lettuce, cheese, tomato, carrots and beetroot on the bottom half of the roll
- 4 spread top half of roll with mayonnaise
- 5 top with bread roll and enjoy.

Serves  
5

Prep Time  
10 min



# Fastest Fritters

Organic wholefoods increase your speed on the track!

Fast fritters are very tasty and you can have them with any savory dish but the fritters we cooked in class aren't 100% healthy.

We have created a fritter recipe using wholemeal flour and coconut oil instead of plain flour and olive oil to make it a tasty and healthy recipe for all to enjoy. Our group have included a range of commonly wasted vegetables including; carrots, peas and corn.

We have chosen to use defrosted vegetables because they can last for longer, are jam packed with healthy vitamins and when added to the fritters it provides a healthy snack to eat. We have put leftover scraps into the compost to avoid them going into landfill.

We have had a lot of fun creating the fast fritter recipe. Once you have a taste of this mouth watering dish, you will loved it as much as we do!

## METHOD

- 1 In a large mixing bowl combine flour, milk, eggs, salt & pepper make sure there's no lumps.
- 2 Fold through the defrosted veggies and cheese into the batter.
- 3 Heat a tablespoon of coconut oil in a fry pan. When hot add 2 tablespoons of batter for each fritter, repeat to make about 3 fritters at a time.
- 4 When they form bubbles on the top, it is time to flip.
- 5 After 2 or 3 minutes transfer from the pan to the plate.
- 6 Repeat the above process to finish the batter. Makes approximately 15-20

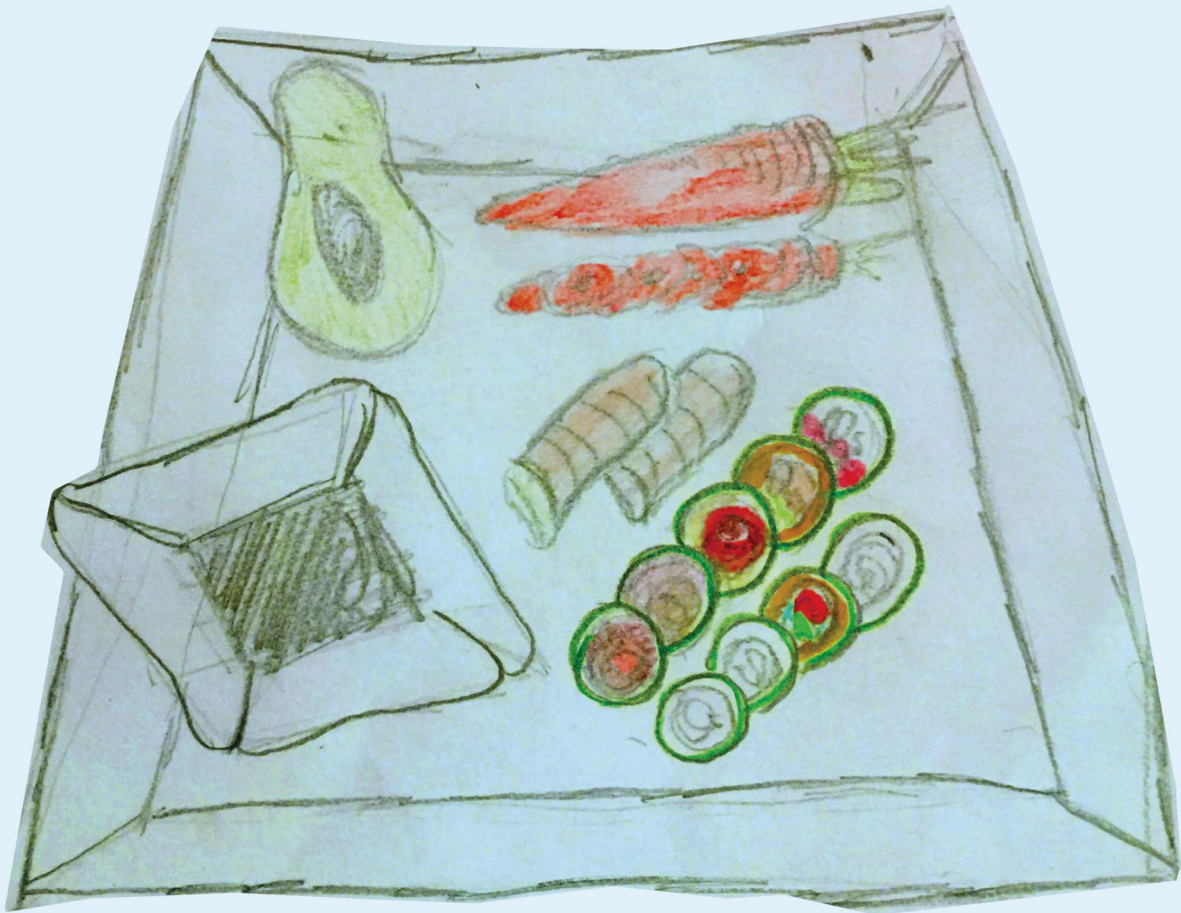
## INGREDIENTS

4 shallots, chopped  
3-4 tablespoons organic coconut oil  
2 eggs- lightly beaten with a fork  
2 cups wholemeal flour  
1 cup of defrosted carrot, peas and corn  
1 cup of tasty feta cheese (grated)  
1 cup of milk  
leftover meat if desired  
a pinch of salt and pepper

Serves  
5

Prep Time  
20 min







# Ricless Tuna Sushi

## Unbag that salad!

We wanted to make this sushi dish because sushi is a healthy and versatile food.

One of the most top 5 wasted foods is bagged salad. We wanted to try to stop wasting bagged salad by using it in sushi. We thought using bagged salad inside the sushi would help because it is a very healthy vegetable.

We are also using other vegetables. You may be thinking, 'Riceless sushi? Is that even a thing?' Well we don't blame you because we were surprised too! But we did do some research about it, and it's true - many chefs have made riceless sushi.

Tuna is the easiest seafood to buy because almost everyone has a can of tuna at their house which means they can easily make this dish. This is also a very good dish because you can change the ingredients to suit your liking. This is why we are choosing sushi.

## METHOD

- 1 Lay seaweed on the bamboo mat and spread half of the mayonnaise neatly on one of the edges. (Mayo helps hold the sushi roll together).
- 2 Place the tuna, carrot, avocado and bagged salad to the opposite side of the mayonnaise in separate rows.
- 3 Roll sushi and cut with a wet knife
- 4 Put the soy sauce and remaining mayonnaise into 2 separate bowls to serve. Repeat as many times as you want and enjoy!

Serves  
2

Prep Time  
10-15min

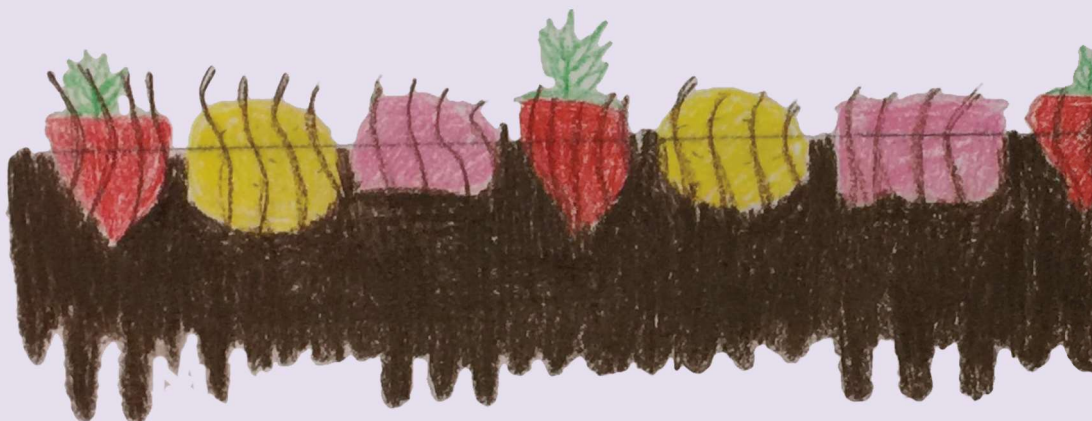
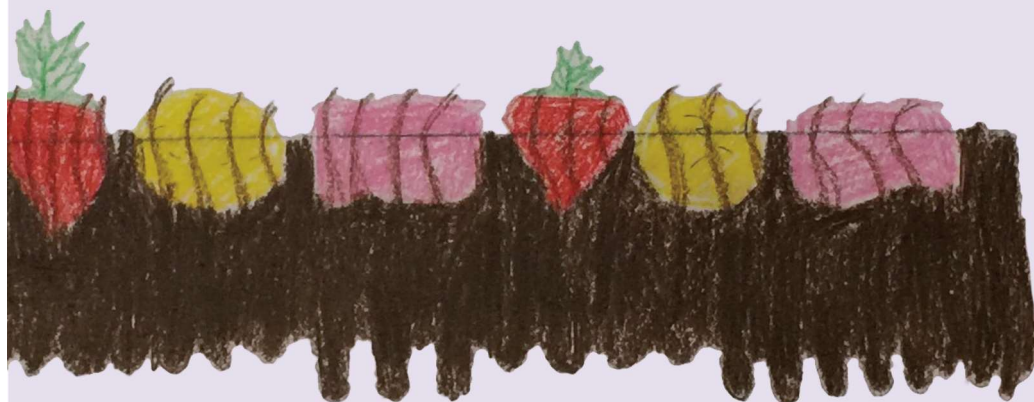
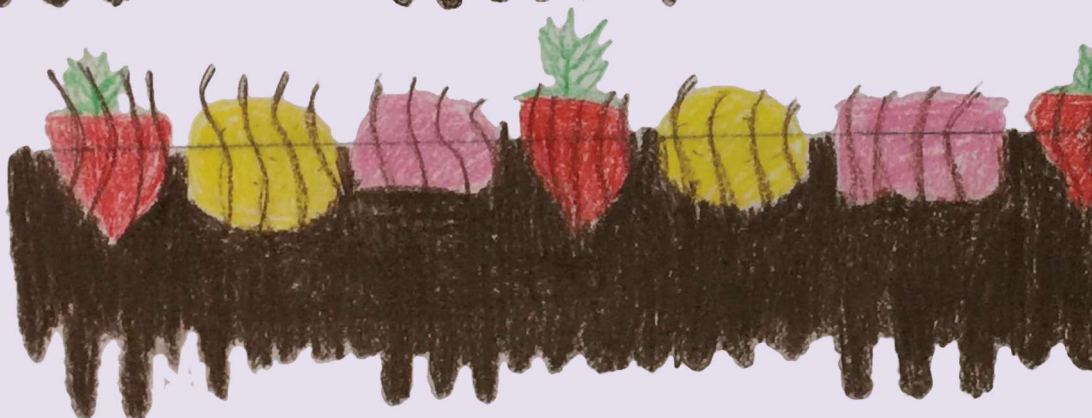
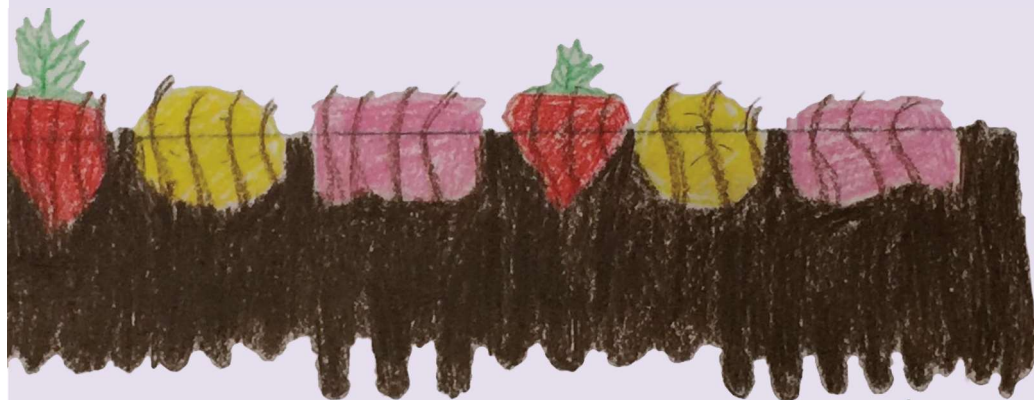
## INGREDIENTS

2 sheets of seaweed  
425 grams of tuna, drained  
½ an avocado, sliced  
1 carrot, sliced  
½ a bag of mixed salad  
2 tablespoons of mayonnaise  
100 ml of soy sauce

## EQUIPMENT

Bamboo mat  
2 knives  
Chopping board  
Plate  
2 Small bowls for sauces





# Fro-Yo Choc Fruit Skewers

Spice it up with a little tahini.

Our fro-yo (frozen yoghurt) fruit skewers with tahini chocolate are a delicious summer treat that we're sure you'll love. We have tweaked the original recipe so it's perfect for someone with a sweet tooth.

We encourage you to use unused fruits found in the fridge. Our recipe is an improvement on the original because you can use fruits that end up in the bin.

Tahini is an organic and gluten free chocolate substitute the you can enjoy!

The dip can be stored in the fridge for up to a week. The cocoa powder and the tahini is on the bitter side so if you want something sweeter add more maple syrup.

## INGREDIENTS

10 wooden skewers  
500g natural strawberry yoghurt  
1 punnet of strawberries, washed and cut in half  
3 bananas, cut into 1cm thick slices  
½ cup organic tahini  
½ teaspoon vanilla essence  
1 tablespoon unsweetened cocoa powder  
½ tablespoon maple syrup

## METHOD

- 1 Pre-soak your skewers for 5 minutes to avoid splinters.
- 2 Wash and prepare the strawberries, also prepare to cut the fruit.
- 3 Pour the yoghurt into 1 icecube tray and freeze for 1 hour or until set.
- 4 Thread the strawberries and bananas onto the skewers.
- 5 Remove the frozen yoghurt cubes from tray by sitting the bottom of the tray in hot water for a few seconds. Yoghurt should slide out easily. Thread onto each skewer.
- 6 Serve with dipping sauce on the side.

Serves  
5

Prep Time  
1hr 30mins









# A Berry Banana Parfait

You can never have too many berries. Or bananas.

There are a number of ways to make parfait such as the Berry Parfait which is the version we are making. The ingredients in our parfait include strawberries, toasted muesli, blueberries, raspberries and much, much more!

We have chosen these ingredients which will help reduce food waste as the fruit (strawberries, blueberries, bananas) can go rotten relatively quickly if not stored correctly or forgotten about, so making this recipe is a way to use overripe fruits and not waste them.

To make the recipe a healthy option for breakfast or a snack we have included Greek yoghurt, muesli and of course a range of fruits.

We hope you enjoy making the tasty, appetizing berry parfait treat.

## INGREDIENTS

½ cup toasted muesli (gluten free)  
¼ cup blueberries  
¼ cup raspberries  
2 bananas, sliced  
¼ cup strawberries  
200mL whipped cream

## METHOD

- 1 In a blender, blend strawberries and raspberries
- 2 Divide ½ the berry mixture between 5 cups
- 3 Add ½ the sliced banana to each cup
- 4 Add ½ the toasted muesli to each cup
- 5 Evenly divide the blueberries and the raspberries
- 6 Layer the remaining bananas on each cup
- 7 Add the remaining muesli to each cup
- 8 Top each cup with remaining cream and drizzle with the berry mixture



Serves  
5

Prep Time  
15 min



# Savoury Fritters

Oils ain't oils.

In one of our cooking classes with OzHarvest, we made a Fast Fritters recipe with peas and corn. These fritters were really tasty and we enjoyed cooking them, however our group thought we could make them even better!

Instead of using vegetable oil or olive oil you could use rice bran oil because it's better for you. As a group, we decided to use rice bran oil and breadcrumbs. We learned in class that we can make breadcrumbs by blending stale bread in a blender.

We also used whole shallots in our recipe for flavour and also to reduce any food waste.



## INGREDIENTS

1 ½ cups of bread crumbs  
1 cup milk  
2 eggs  
1 pinch of salt and pepper  
1 cup of grated cheese  
1 tablespoon of rice bran oil  
cups frozen peas and corn

Serves  
5

Prep Time  
10 min

Cook Time  
20 min

## METHOD

- 1 In a large bowl combine the breadcrumbs, milk, eggs, salt and pepper. Mix until smooth.
- 2 Add peas, corn, cheese and shallots to the above mixture and stir until combined.
- 3 Heat rice bran oil in a fry pan, when hot, add 2 tablespoons of batter for each fritter. Do not overcrowd the pan.
- 4 When the fritters form bubbles on the top, flip and continue to cook.
- 5 After 2 or 3 minutes or firm to the touch, transfer from the pan to the plate.
- 6 Repeat the above process to finish the batter- makes approximately 15-20 fritters





# Chicken Pasta Soup

## Pasta chicken, please!

Each year, Australians send 4 million tons of food to landfill. That's \$8 billion worth of fresh food, leftovers, packaged and life-long products that could feed a lot of homeless people.

Our meal contains a variety of the most wasted foods such as: chicken, carrots, broccoli, celery tops and many more. This recipe is packed with flavour and is very nutritious because chicken is full of protein.

### INGREDIENTS

- 1 tablespoon of olive oil
- 1 onion diced
- 1/3 cup of celery tops, diced
- 2 cloves of garlic, crushed
- 1L chicken stock
- 2 cups leftover vegetables, chopped
- 1 1/2 cups leftover bbq chicken
- 1 cup leftover pasta

### METHOD

- 1 Heat oil in large pot.
- 2 Add onion, celery and garlic and sauté until transparent.
- 3 Pour stock into pan and bring to a simmer
- 4 Add remaining ingredients and bring to a low boil. Cook for 2 minutes.
- 5 Remove from heat and season to taste.

Serves  
6

Prep Time  
10 min

Cook Time  
20 min



# Pomelo Slice

## What do you do with a bunch of leftover pomelos?

A parent of a stage 3 student donated a bag of pomelos to the school. After hearing about the Oz Harvest program she thought that the falling pomelos on her front lawn that are usually thrown in the bin every year could be utilized. After some investigation on the use of pomelos, this recipe has been adapted to incorporate the fruit.

If you're not familiar with pomelos, they're larger than a grapefruit but similar in colour on the inside. However, they taste much sweeter than a grapefruit & almost like a mix between a Meyer lemon and a tart orange.

### INGREDIENTS

For the shortcrust base:

3 Tablespoons pure icing sugar

2 tablespoons of caster sugar

250 grams unsalted butter

For the Pomelo filling:

6 egg yolks

$\frac{3}{4}$  caster sugar

$\frac{3}{4}$  cup Pomelo Juice (approx. 1-2 large pomelos)

Zest of 1 lemon

150grams butter, softened

3 tablespoons of icing sugar for dusting

### METHOD

- 1 To make the shortbread crust, whisk together both sugars in a medium bowl. Add the butter and beat with electric beaters for 2-3 minutes until fluffy and creamy. Add  $\frac{3}{4}$  cup flour and mix until blended. Add the remainder of the flour and mix again until it forms a ball. Press dough into the prepared pan. Bake for 30 minutes or until the edges just turn golden brown and remove from oven.
- 2 To make the pomelo filling, use a wooden spoon to beat the egg yolks and the sugars in a medium-sized saucepan. Stir in the pomelo juice and butter and turn on the burner to medium heat. Stir the mixture constantly for about 8 minutes or until it thickens just enough to coat the back of a wooden spoon. Your mixture should never come to a full boil if you're stirring constantly. You want to avoid this for risk of curdling.
- 3 When the pomelo curd is thick enough to coat your wooden spoon, remove from the heat. Stir in the lemon zest. Pour the curd on top of the crust, and use a spatula to make sure it's covering each nook and cranny. Return the pan to the oven and bake for 15-20 minutes or until the filling looks set but still slightly wiggles.
- 4 Cool the pomelo bars in the pan for at least one hour. Dust with icing sugar and slice.
- 5 Store in an airtight container at room temperature for up to 3 days.

Makes  
25

# Spiced Rainbow Veggie Patties

## We did the mash.. ...the Veggie Mash!

Some kids are not sure about vegetables, but we are sure that once you try our delicious mash, you won't look at veggies the same! Even the fussiest of eaters will love it!

After learning so much about food waste over the last term with OzHarvest, we decided to use ingredients that would normally be wasted, like lettuce for example, into a healthy, waste-free dish.

We were shocked to learn that potatoes and lettuce are in the top five foods wasted in the world, so we decided to include potatoes in our recipe! Our recipe uses carrots, peas, lettuce, broccoli, cabbage and of course, potato, but it is super adaptable. You can include literally any leftover vegetables that would otherwise go to waste. You can also add as little or as much chilli as you like, depending on how much spice you like!

This mash can be eaten by itself or served with porotas or yoghurt, so start eating!

Serves  
5

Cook Time  
20 min

Prep Time  
40 min

## INGREDIENTS

3 large potatoes, cooked  
1/2 cup broccoli, cooked  
1/2 cup of peas, cooked  
1/2 cup of cabbage, cooked and chopped  
2 carrots, cooked and chopped  
3 shallots, finally sliced  
1 red chilli, finally diced  
1 teaspoon of turmeric  
1 teaspoon of paprika  
1 teaspoon of cumin  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon salt & pepper  
1/4 cup bran oil  
2 eggs, whisked  
1/2 cup plain flour  
2 cups breadcrumbs



## METHOD

- 1 In a large bowl mash potatoes, broccoli, peas, carrots, chilli, shallots and spices together.
- 2 Using a 1/3 cup measure mould mix into patties.
- 3 Refrigerate for 30 minutes.
- 4 Coat each pattie with flour, egg and breadcrumbs.
- 5 Heat half the bran oil in a frying pan. Fry each patty until golden brown on both sides. Repeat with remaining oil and patties.
- 6 Drain patties on paper towel. Serve patties with Greek yoghurt or parotas on the side.





# Toasted Rainbow Wraps

## Feelin' toasty?

Our toasted rainbow wraps are toasted wraps containing schnitzel, cucumber, cheese, lettuce and lemon juice.

This dish is healthy because of all the vegetables and the schnitzel used. The chicken contains protein and chicken is in the top 5 wasted foods.

This was inspired by the awesome OzHarvest organisation. This dish reduces food waste because it makes use of the bagged salads which very often go to waste at the back of our fridges .

## INGREDIENTS

2 chicken breasts  
3 sliced cucumbers  
500g cheese  
1 bagged salad packet  
½ cup of lemon juice  
6 gluten free wraps  
1 cup of gluten free flour  
2 cups of gluten free bread crumbs  
3 eggs, whisked

Serves  
5

Prep Time  
10 min

Cook Time  
20 min

## METHOD

- 1 Lay each of the wraps on the table.
- 2 Beat the chicken breast (with a mallet) then coat the chicken breast in flour, egg and breadcrumbs.
- 3 Cook the schnitzel at a medium temperature in a frying pan until golden brown on both sides and cooked all the way through.
- 4 Remove the schnitzel from the fry pan and cut it into thin strips. Lay 3 chicken strips onto each wrap.
- 5 Grate cheese onto wrap. Place the cucumber onto the wraps.
- 6 Drizzle each wrap with lemon juice
- 7 Roll up each wrap and toast it for 5 minutes in a sandwich press.



# Our Chefs and Artists

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