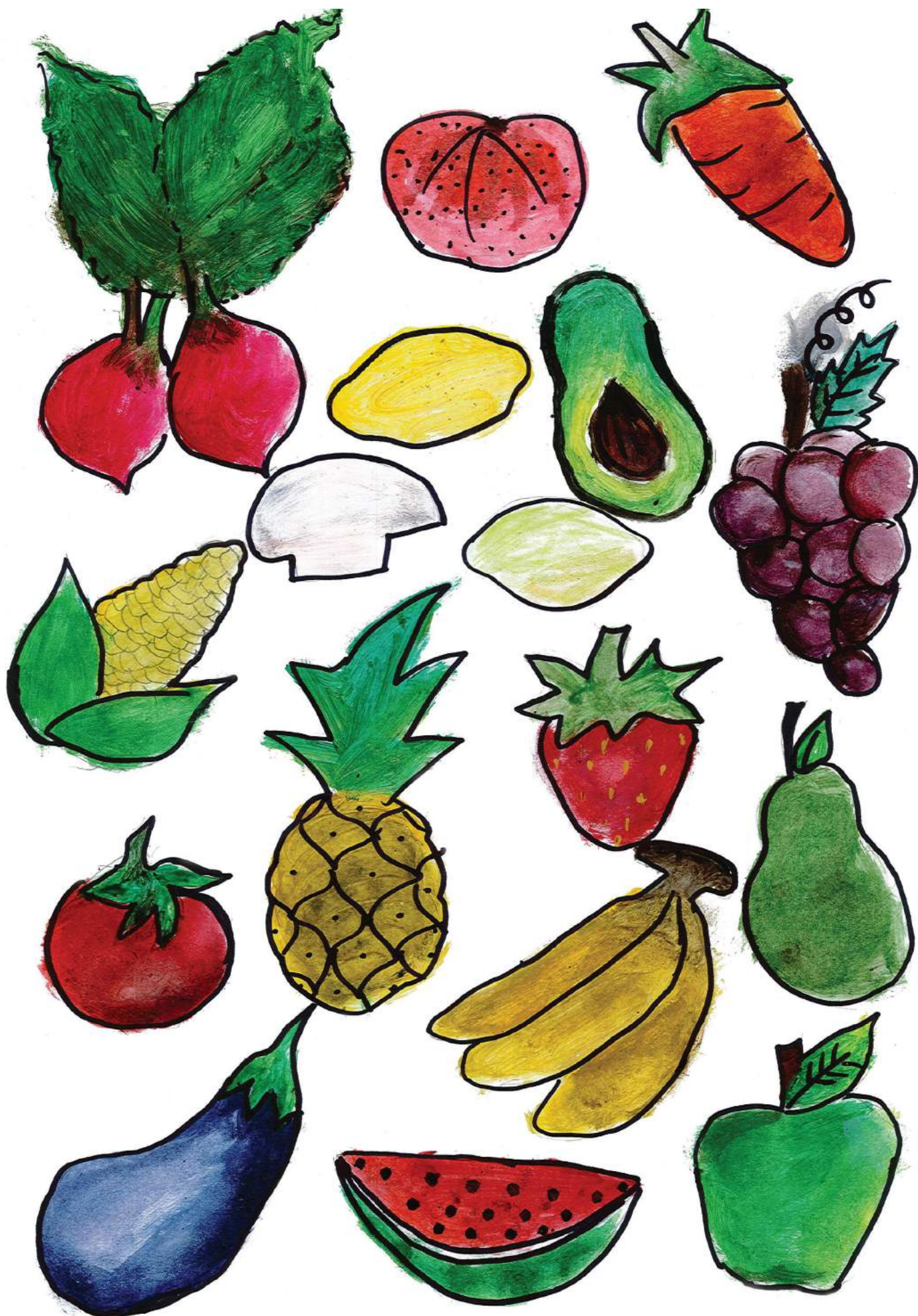


Lakemba Public School **COOKBOOK**

Contains healthy recipes
that reduce food waste for a
sustainable future



Illustration: Raisa Halim



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Tropical Fruit Juice

Tropical Smoothie

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Banana-berry Milkshake

Refreshing and Delicious Yoghurt Fruit Smoothie

Introduction



This exciting cookbook includes delicious, simple, step-by-step recipes designed and created by Stage 3 Lakemba Public School students. The ingredients feature re-purposed food left-overs and fruit and vegetables. Food that otherwise may have been wasted will now be transformed into tasty, healthy snacks and meals.

Each recipe is supported with easy to read diagrams or instructions. These recipes were collaboratively created by our students to address food waste issues (locally and globally) to educate others and to promote the benefits of healthy eating.

This cookbook has been made possible by the support and guidance of OZ Harvest, (Australia's leading food rescue organisation) and our involvement in their FEAST program.

Celebrating Lakemba PS
CHANGE MAKERS
for **FOOD WASTE** prevention
and a **SUSTAINABLE FUTURE**



Kitchen Safety

BEFORE YOU START

Ask an adult before using anything in the kitchen and always wear closed shoes and an apron.

Roll up your sleeves! Tie back long hair!

ALWAYS REMEMBER

No running in the kitchen!

Always use a cutting board.

When using a knife, always cut away from yourself and others.

Keep knives on the table and never carry them around the room.

Be careful when using a grater.

Don't touch any electrical appliances and power sockets with wet hands.

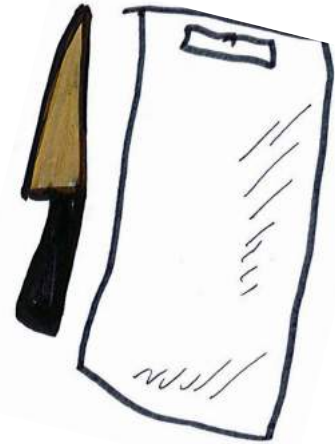
Use oven mitts when taking hot dishes or trays in and out of the oven or microwave.

Don't leave food unattended whilst cooking.

Listen, Listen, Listen to the noises of the kitchen! (for example, water overboiling)

Before leaving, make sure all gas and electrical appliances used are switched off.

Be careful when opening cans of foods, discard the sharp lids responsibly.



Kitchen Hygiene

Wash your hands before and after handling food.

Especially after handling pets and going to the bathroom.

Clean as you go! Wipe spills up immediately to avoid germs.

Store food in its proper place.

Don't reuse spoons when tasting food whilst cooking.

Use different knives and surfaces when preparing raw eggs, chicken, fish, and meats.

Clean utensils and surfaces with hot, soapy water to avoid cross contamination.

Throw out food that has mould on it.

Cover any cuts or sores with the proper bandages before handling food.

Freeze items only once.

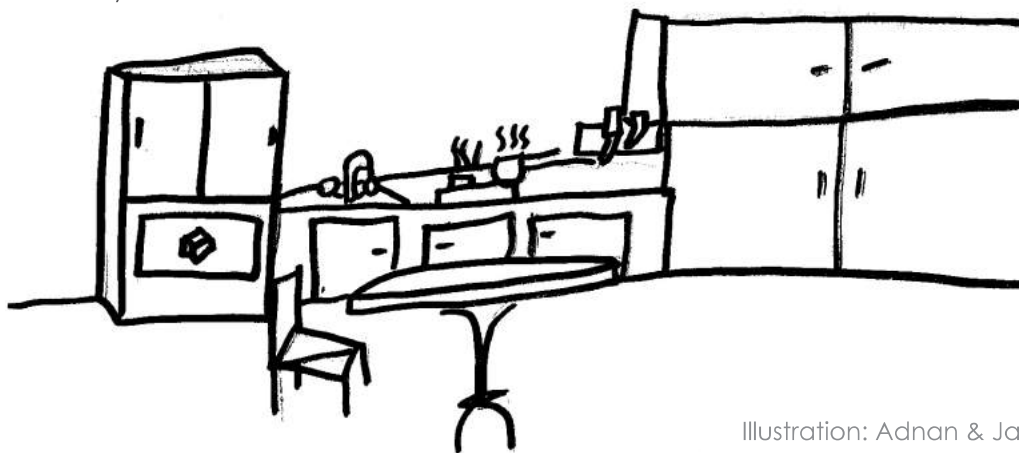


Illustration: Adnan & James

STOP Food



W A S T E

Food Waste

DID YOU KNOW?

35% of the average household bin is food waste.

Source: EPA NSW

Food waste is responsible for 8% of global greenhouse gas emissions.

Source: FAO Food Wastage Footprint Report

One third of all food produced is lost or wasted.

Source: FAO Save Food Global Food Waste & Loss Initiative

One in nine people do not have enough food to eat.

Source: FAO The State of Food Insecurity in the World

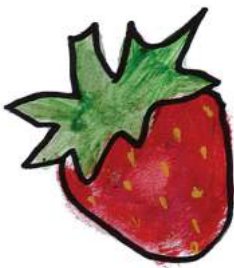
Almost half of all fruit and vegetables produced are wasted (that's 3.7 trillion apples).

Source: FAO Save Food Global Food Waste & Loss Initiative

Top 5 wasted foods are:

- Vegetables
- Bread
- Leftovers
- Fruit
- Bagged Salad

Throwing away one burger wastes the same amount of water as a 90-minute shower.



HOW TO REDUCE FOOD WASTE

In acknowledging the negative impact of food wastage, it is important for today's society to reduce the amount of food wasted.

This includes:

SHOP SMART

Buy exactly what you need...bring a List!

When grocery shopping there is always the temptation to 'shop with our eyes' and buy a lot more than we need. As a result, people tend to buy too much and end up throwing food away.

PORTION CONTROL

Cook only what will be eaten

Know your portions sizes and measure the amount of food to be cooked so that less food will be leftover or wasted.

REUSE LEFTOVERS

Leftovers can be transformed and reused within another dish.

ROTATE FOOD

Rotate food consistently (First In, First Out)

Food waste occurs when food has passed its expiration date and/or gone rotten. To prevent this, organise your groceries in a way that older stock and produce is used first and newer stock is used after. This way all groceries have more of a chance to be used.

French Toast with Fruit Salad

CREATED BY: AMEERA, AMINAH, RAMIZ, MOHAMMED.L, MUNAZZAH

Serves: 4

Preparation Time: 30 mins

Cooking Time: 6 mins

Ingredients

4 stale slices of multigrain bread
2 eggs
Overripe cherries
Half a watermelon
4 soft kiwi fruit
12 soft strawberries
Yoghurt (4 tablespoons)
Milk (4 cups)



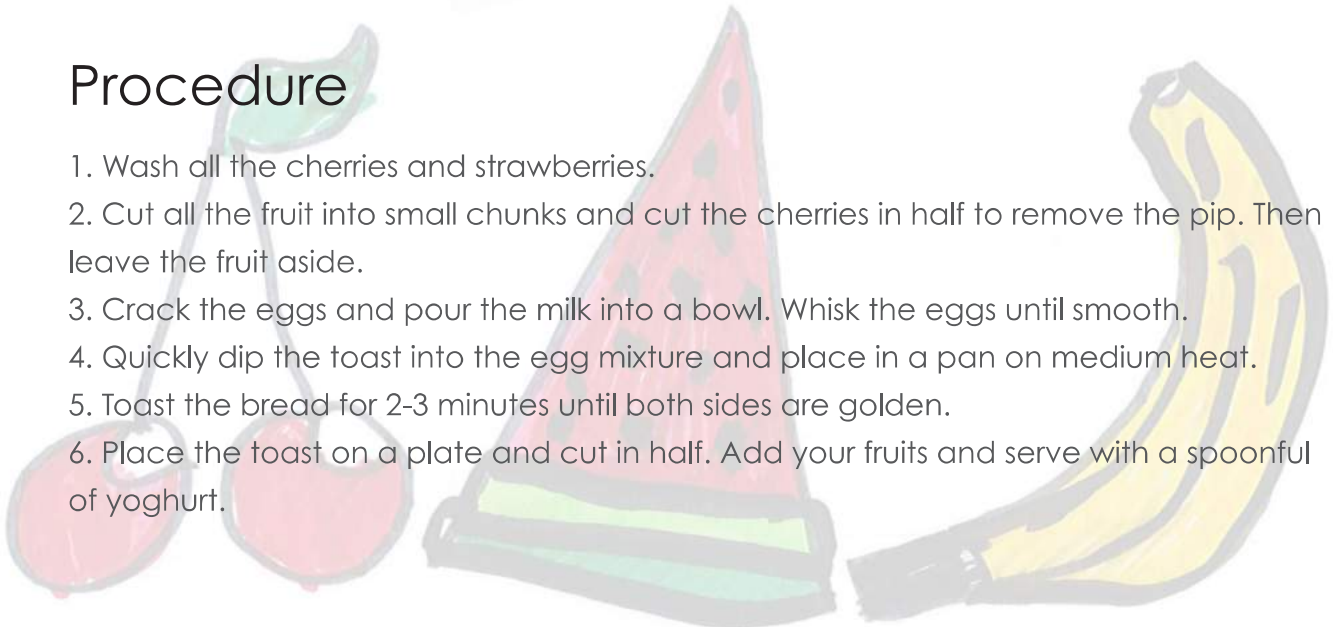
Equipment

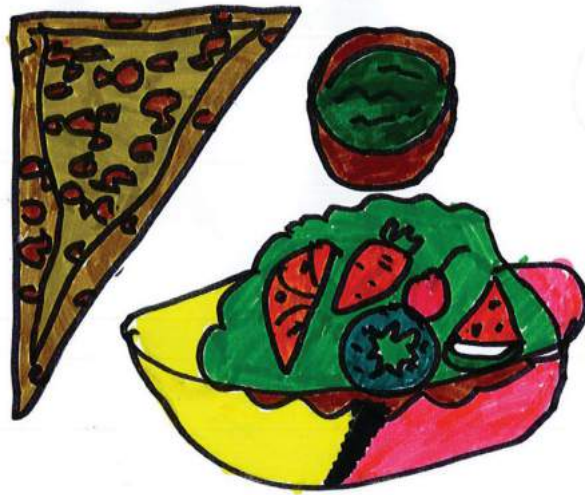
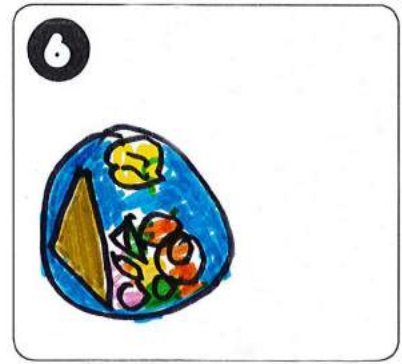
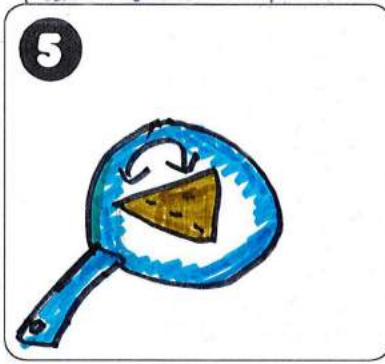
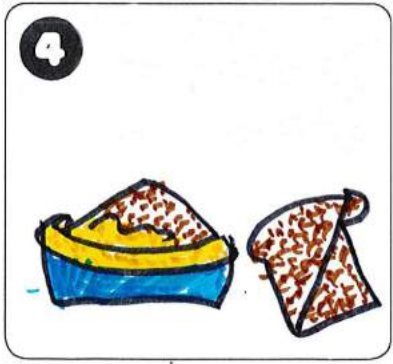
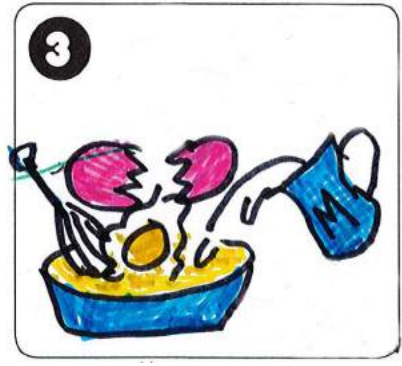
One Large Bowl
Tablespoon
Frying Pan
Knife
Tongs
Egg Slide
Chopping Board
Whisk
4 Serving Cups



Procedure

1. Wash all the cherries and strawberries.
2. Cut all the fruit into small chunks and cut the cherries in half to remove the pip. Then leave the fruit aside.
3. Crack the eggs and pour the milk into a bowl. Whisk the eggs until smooth.
4. Quickly dip the toast into the egg mixture and place in a pan on medium heat.
5. Toast the bread for 2-3 minutes until both sides are golden.
6. Place the toast on a plate and cut in half. Add your fruits and serve with a spoonful of yoghurt.





How does the recipe address food waste and healthy eating?

This recipe involves stale multigrain bread and overripe cherries, strawberries and kiwi fruit. These ingredients often get thrown away because they are not fresh and they don't look as good. People think that because the fruit is overripe they should just throw it away even though it's still safe to eat. Our recipe tries to make something out of leftover foods so they don't go to waste.

This recipe is healthy because it contains lots of nutrients. It has wholegrain bread which has fibre, carbohydrates and protein. The recipe also includes fruits which has fibre, minerals and vitamins.

Sweet'n'Sour Omelette

CREATED BY: OMAR, SIENNA, MUSAAB, SAKENA

Serves: 2

Preparation Time: 2-3 mins

Cooking Time: 4-6 mins

Ingredients

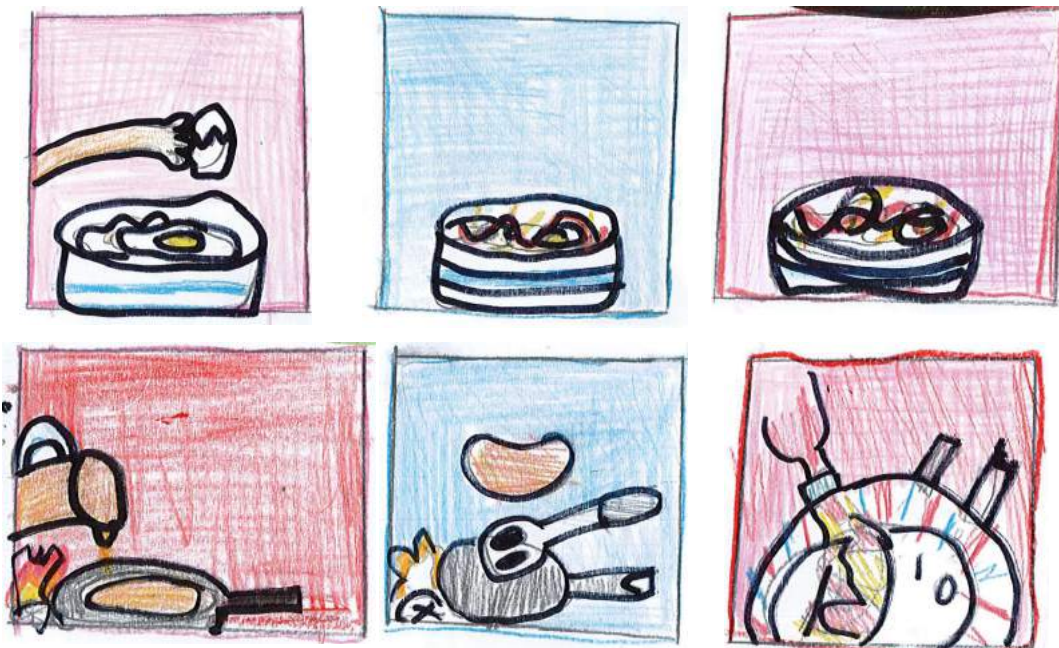
3 tablespoons of Sweet'n'Sour Sauce
¼ cup of onions
½ capsicum
1 slice of cheese
Pepper, Salt
3 eggs
1 tablespoon of olive oil

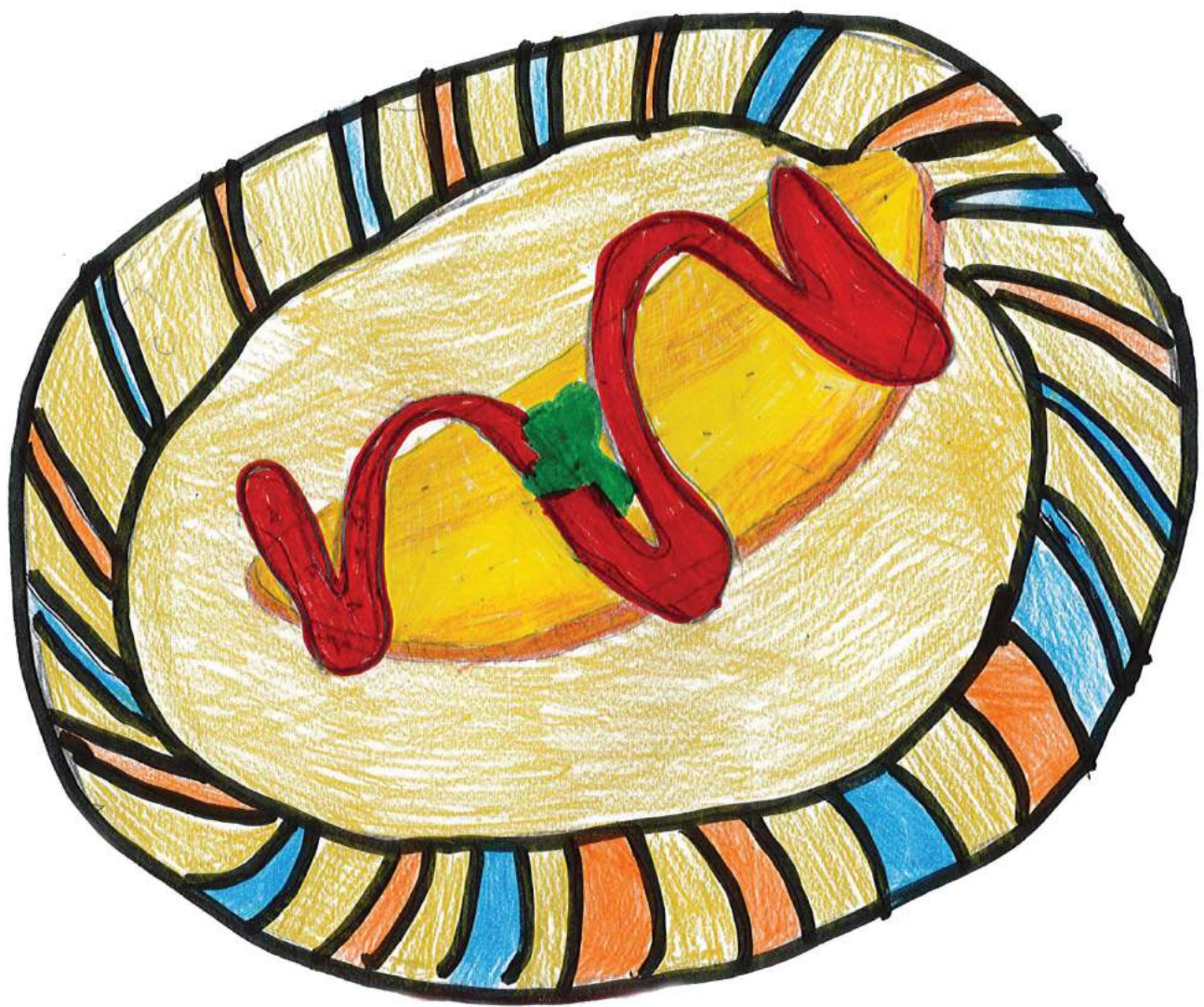
Equipment

1 large bowl
1 Frying pan
1 Spatula
Knife
2 Plates
2 Forks and 2 Spoons
Chopping Board

Procedure

1. Crack eggs into a large mixing bowl.
2. Add Sweet'n'Sour Sauce to egg mixture.
3. Break the slice of cheese into small pieces and add to bowl. Whisk it for 30 seconds.
4. Chop onions and capsicum into small pieces and add into a frying pan with oil. Cook until golden brown.
5. Add egg mixture to the frying pan and cook for about 3 minutes.
6. Flip over and fold. Then place on plate and add salt and pepper for extra flavour.
Optional: Serve with a side of tomato, rocket and olives.





How does the recipe address food waste and healthy eating?

Roughly one third of the food produced in the world for human consumption every year (approximately 1.3 billion tonnes) gets lost or wasted. Food losses and waste amounts to roughly \$680 billion in industrialised countries and \$310 billion in developing countries. Everyone on Earth has a part to play in reducing wastage of perfectly good food. This meal is a perfect example of how the average household can help save food for human consumption and reduce food waste. This meal is a healthy option for all households because it contains eggs which are considered a high source of protein. The added vegetables gives the meal extra flavour, vitamins and minerals and statistically includes some of the top 5 most wasted food products.

Banana Pancakes

CREATED BY: SHOHID,TABIB,HANEEF AND AMZARY

Serves: 3-5

Preparation Time: 10 mins

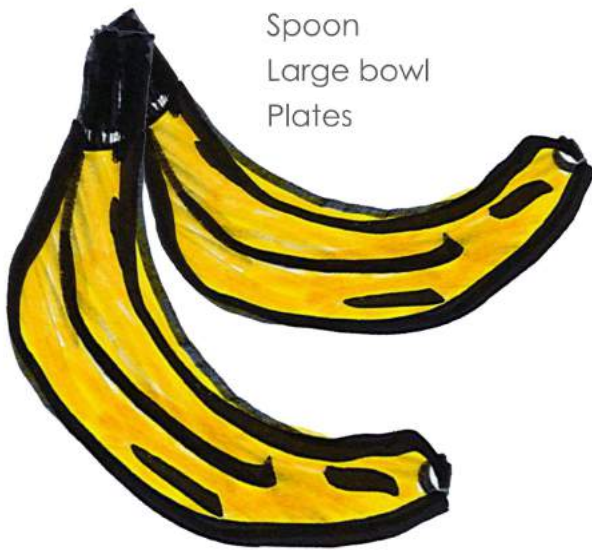
Cooking Time: 30 mins

Ingredients

¼ cup of skim milk
1 egg
3 cups of self-raising flour
30g of butter (unsalted)
3 bananas
Two tablespoons of honey (optional)

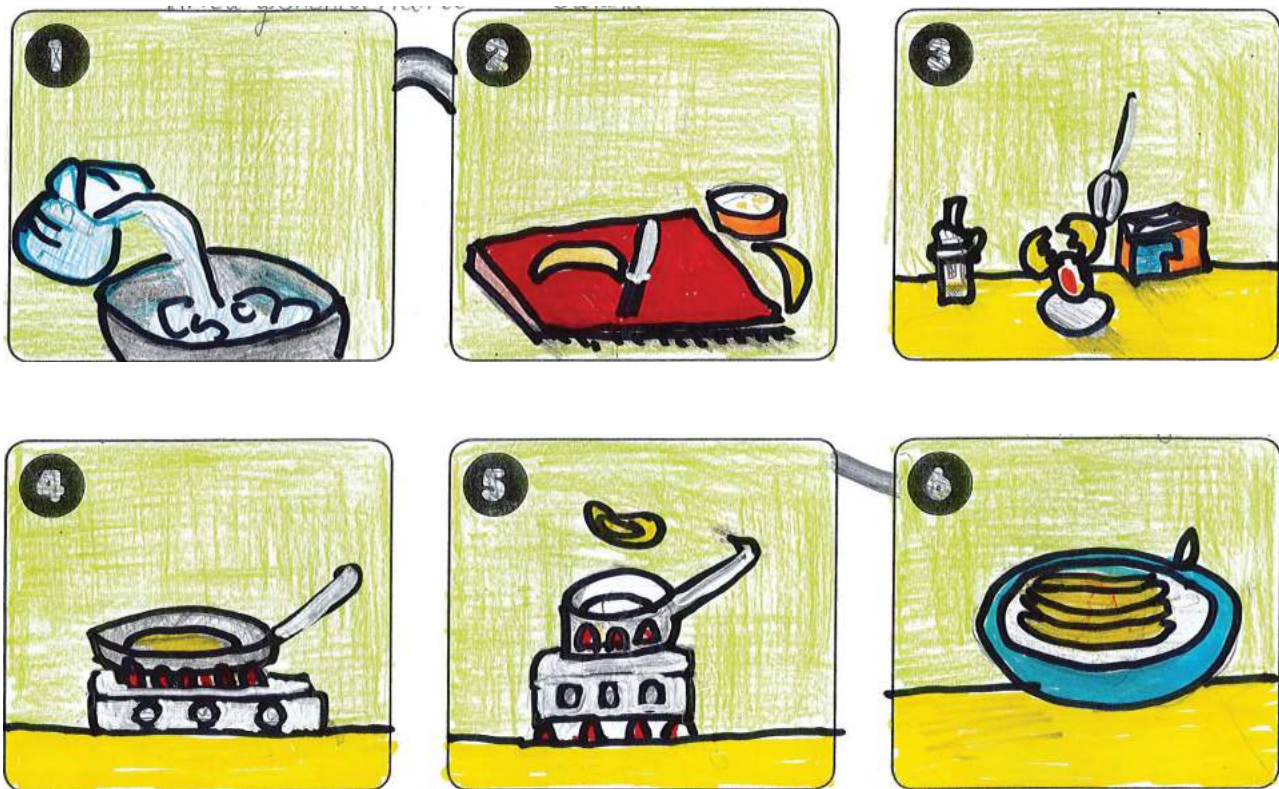
Equipment

Pan
Whisk
Spoon
Large bowl
Plates



Procedure

1. Pour milk into a bowl.
2. Peel the bananas and cut into small pieces.
3. Crack the egg into the self-raising flour and mix. Then add honey and the bananas into the bowl.
4. Whisk the ingredients together to form a pancake batter.
5. Turn the stove onto medium heat.
6. Add the vegan-unsalted butter into the frying pan to lightly grease it.
7. Put ¼ of the mixture in the frying pan and cook for about 2-3 minutes. Then flip it over and cook for another 2 minutes.
8. Once golden brown remove from pan. Repeat step 7, until all pancake batter has been used.
9. Add additional fruit on top of your pancakes (if desired).



How does the recipe address food waste and healthy eating?

Our Banana Pancake recipe has addressed food waste and healthy eating by using left over ingredients that would usually be thrown out and go to landfill.

Tip: Freeze bananas to be used at a later date.

Chicken Sandwich

CREATED BY: YASH, REHAAB, LAYLA, ADEBA, JASMINE

Serves: 2

Preparation Time: 17 mins

Cooking Time: 13 mins

Ingredients

4 slices of slightly stale wholegrain bread
leftover chicken
4 leaves of wilted lettuce
2 overripe tomatoes
1 lemon
2 eggs



Equipment

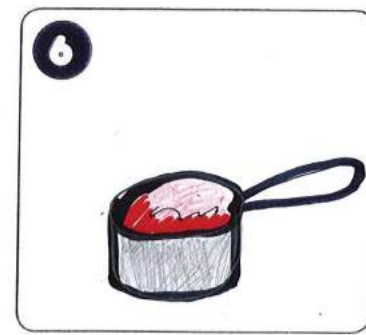
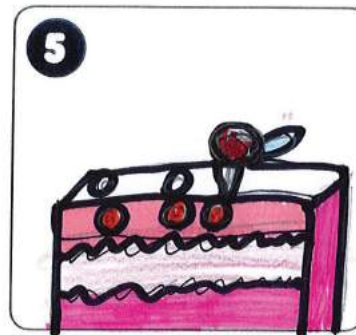
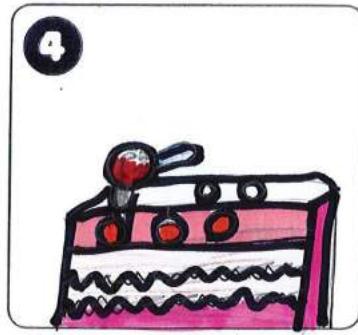
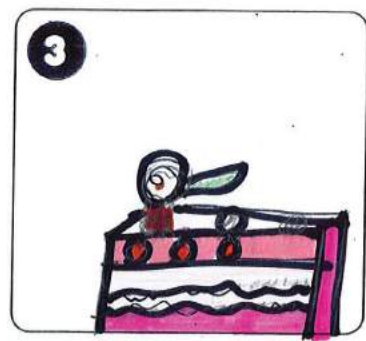
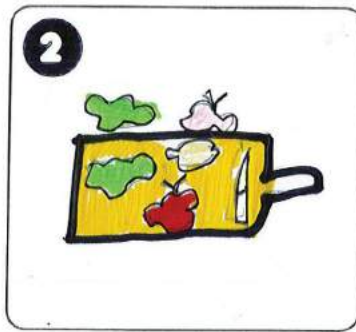
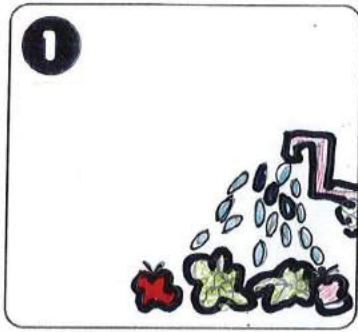
Toaster
Cutting Knife
Cutting Board
Saucepan
Bowl
Plate
Spoon



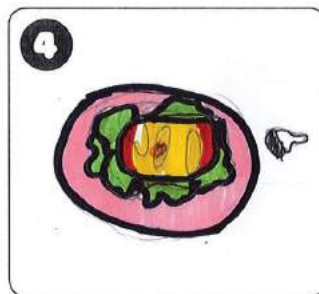
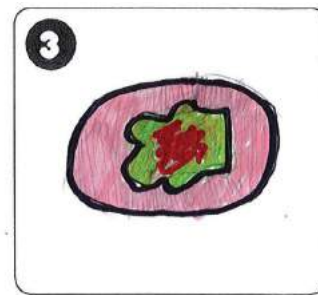
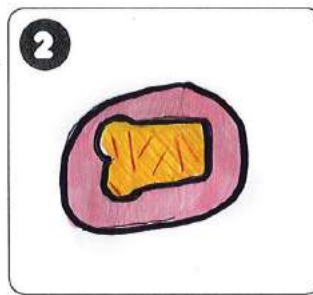
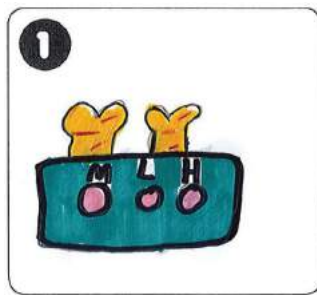
Procedure

1. Wash the overripe tomatoes and wilted lettuce.
2. Cut the tomatoes, lettuce and chicken into slices and a lemon in half.
3. Put the cut tomatoes into a saucepan.
4. Heat stove on medium heat for 10 mins. Stir the overripe tomatoes consistently.
5. Stir until the sauce is liquefied or is turned into a paste. Move the mixture into a bowl.
6. Crack the eggs into a saucepan and fry the eggs for 1 min on low heat.
7. Toast 2 pieces of bread in the toaster.
8. To assemble the sandwich, place one piece of toast on the plate.
9. Put 2 pieces of lettuce on top of the bread and also spread a spoonful of tomato sauce.
10. Squeeze lemon juice on top of the sauce and add the leftover chicken and egg.
11. Top it up with the remaining slice of bread.
12. Repeat steps 7-11 for the second sandwich.





Sandwich Assembly:



How does the recipe address food waste and healthy eating?

This chicken sandwich reduces food waste by using stale bread, leftover chicken, wilted lettuce and overripe or bruised tomatoes. Most people throw away these items because they're either leftovers, or they are foods that are looking bad but are still edible.

The chicken sandwich is healthy because it has a variety of different foods including wholegrain bread, vegetables, fruits and chicken. These foods gives us nutrients such as carbohydrates, protein and vitamins. We need these nutrients to stay healthy and active.

Sandwich Delight

CREATED BY: HUDHAYFAH, YUSUF, SALMA AND SAHIBA

Serves: 4

Preparation Time: 5 mins

Cooking Time: 10 mins

Ingredients

bread roll
tomatoes
grated carrots
1 tablespoon of mustard
cheese
lettuce

Equipment

Knife
Tiny Flag
Grater
Cutting Board
Bowl

Procedure

1. Wash all ingredients thoroughly.
2. Cut bread roll in half.
3. Finely grate carrot and cheese.
4. Cut tomato into thin slices.
5. Tear 1 half lettuce into pieces.
6. Spread mustard on one side of bread roll.
7. Assemble lettuce, cheese, carrots and tomato neatly on one side of bread roll.
8. Place the other half of the bread roll on top of stacked ingredients.
9. Place a flag on top of closed bread roll to hold it together.
10. Serve with sesame seed on a plate. Enjoy.



How does the recipe address food waste and healthy eating?

Our recipe consists of nutritious veggies and fruit which have many vitamins that will keep you fit, strong and healthy. These ingredients are very common in homes around Australia and usually end up in landfill due to not being eaten. This is because it is very hard to buy the right quantity needed for your household. Thus, extra food is bought and hence sits and rots in our fridges and gets thrown out. A sandwich is the perfect and easy to make meal for all ages.

Our group has learnt that we must not waste food because there are many people living in poverty who don't have food to eat. If we prevent food wastage throughout the world, not a single person would go hungry. This recipe shows how we can use foods that have been forgotten but not expired.

The Healthy Sweet Potato & Greek Salad Burger

CREATED BY: FIRDAUS, ABDULLAH, YEMIN, ABDUR & HASSAN

Serves: 4

Preparation Time: 20 mins

Cooking Time: Not Required

Ingredients

2 -3 cups of leftover cooked sweet potato
1 teaspoon of olive oil
1 lemon
1/2 cup of pitted olives
1 ripe tomato
1 Lebanese cucumber
1 small Spanish red onion
4 large cos lettuce leaves
1/2 cup of feta cubes
sea salt and pepper (optional)
4 hamburger buns (crusty buns can also be used)

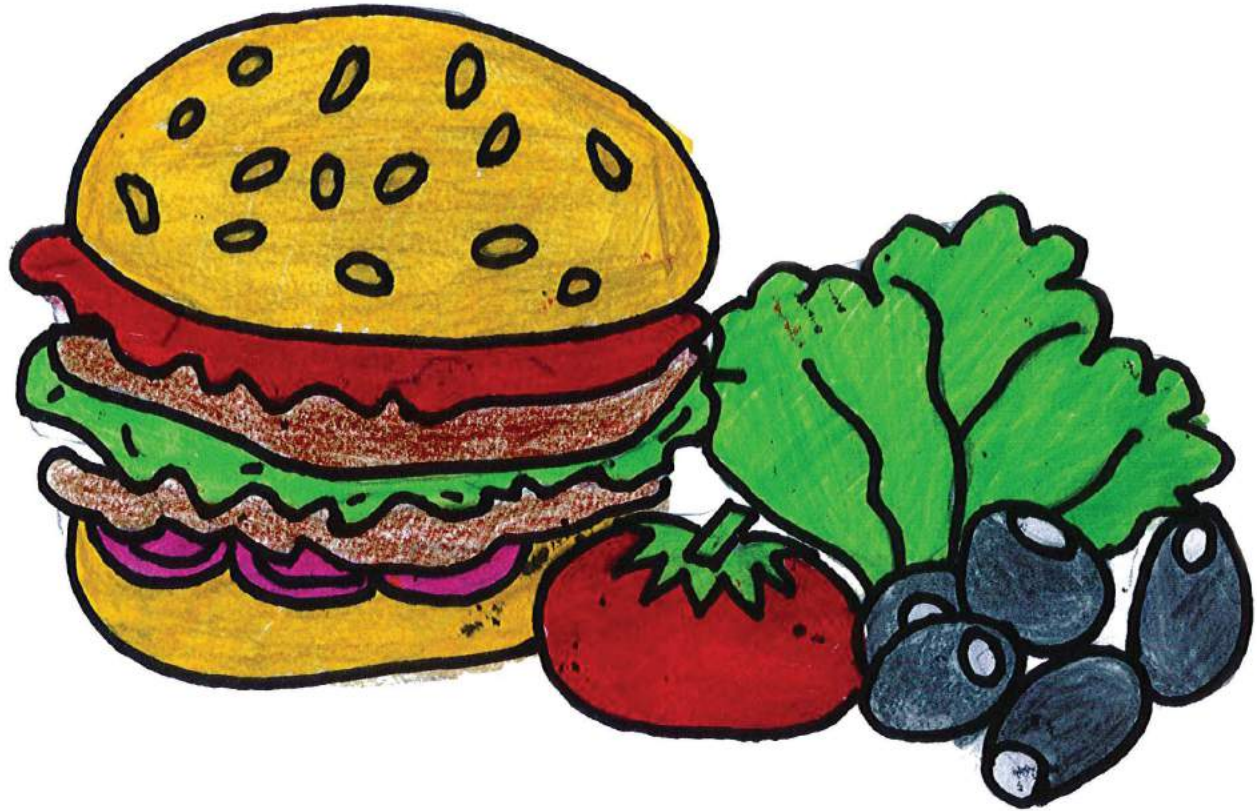
Equipment

medium mixing bowl
knife
chopping board
cup
teaspoon
fork
spoon

Procedure

1. Place the leftover sweet potato into the mixing bowl.
2. Add the feta.
3. Squeeze the juice of one lemon on top.
4. Add a teaspoon of olive oil.
5. Using a fork mix and then mash all ingredients together to form a paste.
6. Slice the tomato, red onion and Lebanese cucumber into thin slices.
7. Wash the cos lettuce leaves.
8. Use a spoon to spread the bottom half of the buns with the sweet potato and feta mixture.
9. Place a cos lettuce leaf on top.
10. Layer the pitted olives, red onion, tomato and cucumber slices over the lettuce.
11. Add salt and pepper to taste.
12. Finally, cover with the top half of the bun and enjoy!

This recipe can also be made by substituting the leftover sweet potato with two overripe avocados.



How does the recipe address food waste and healthy eating?

This vegetarian burger requires no cooking with a unique mix of sweet potato, fetta and Greek salad. It is packed with healthy vegetables and is very filling. It has a generous amount of salad for extra flavour and nutrition. This vegetarian meal avoids food waste by using leftover baked or steamed sweet potato. Alternatively, two overripe avocados could also be rescued and used in the recipe.

Delicious Fruitable Kebabs with Dipping Sauce

CREATED BY: TASHFIA, SAFIA, ADAM AND MOHAMMED KHAN

Serves: 5

Preparation Time: 10-15 mins

Cooking Time: 4-8 mins

Ingredients

1 odd shaped carrot
2 browning bananas
1 bruised tomato
5 bruised strawberries
1 overripe mango
5 carrot tops (collect them)
5 strawberry tops

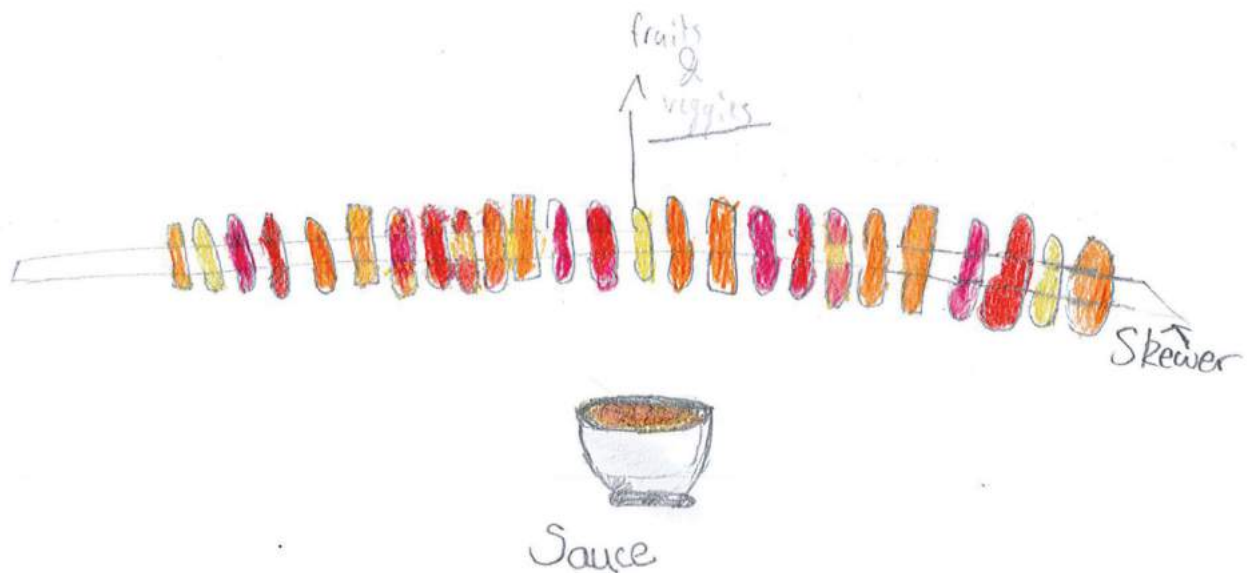
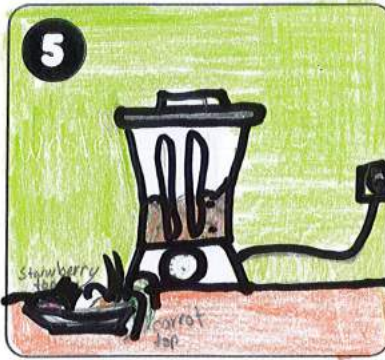
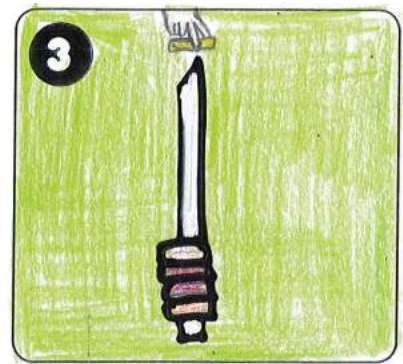
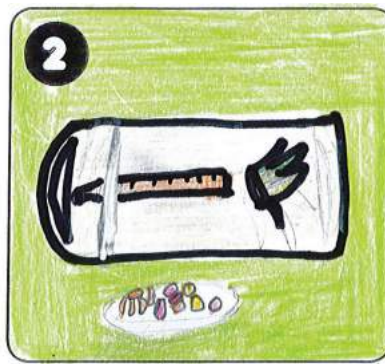
Equipment

5 Skewers
BBQ
Knife
Chopping Board
Bowl
Blender

Procedure

1. Wash the fruits and vegetables (odd shaped carrot and bruised tomato).
2. Cut the fruit and vegetables into small chunks. For the strawberries, cut them in half.
3. Thread the fruits and vegetables onto the skewer. The order can be your own personal preference.
4. On the BBQ, grill the kebabs for 2-4 minutes on each side on low-medium heat.
5. For the sauce, blend carrot tops and strawberry tops in a blender.
6. Put the mixture in a bowl and serve with the fruitable kebabs.





How does the recipe address food waste and healthy eating?

Our recipe helps reduce food waste by using fruits and vegetables such as bananas and strawberries that are old, bruised or browning. For the sauce, we're using strawberry tops and carrot tops that most people throw away or don't eat.

Our recipe is healthy because it includes fruit and vegetables which have vitamins, minerals and fibre. Vitamins help heal wounds, minerals, such as calcium, makes our bones and teeth stronger and fibre helps keep the food moving through the bowel.

Excellent Baked Chips with 3 Amazing Sauces

CREATED BY: ZAHID, KYAW, ADI, REHAN AND AZAAN

Serves: 4-6

Preparation Time: 20-30 mins

Cooking Time: 45-50 mins

Ingredients

2 Zucchini
3 Sweet potatoes
5 Potatoes
5 Chillies
1 Fresh Tomato (depending on the size)
1/8 of a clove of Garlic
Salt & Pepper
1-2 tablespoons of Greek Yoghurt
Rosemary
Spring onion
Coriander
Chives
Honey
Soy sauce

Equipment

Oven
Mortar and pestle
Knives
Baking Paper
Baking Tray
Grinding bowl
3 bowls
Measuring Spoons
Chopping Board

Procedure

1. Preheat oven to 180° - 200°C. Line the base and sides of a 20cm square pan with baking paper.
2. Slice the potatoes, zucchini and sweet potatoes by hand as thin as possible. Ensure that you keep the skin on.
3. Sprinkle lightly with salt and pepper.
4. Place them in the oven and bake for 20-30 minutes.
5. Take the potato, zucchini and sweet potato out of the oven once they are completely cooked and crispy and enjoy with the amazing sauces.

Chilli Sauces

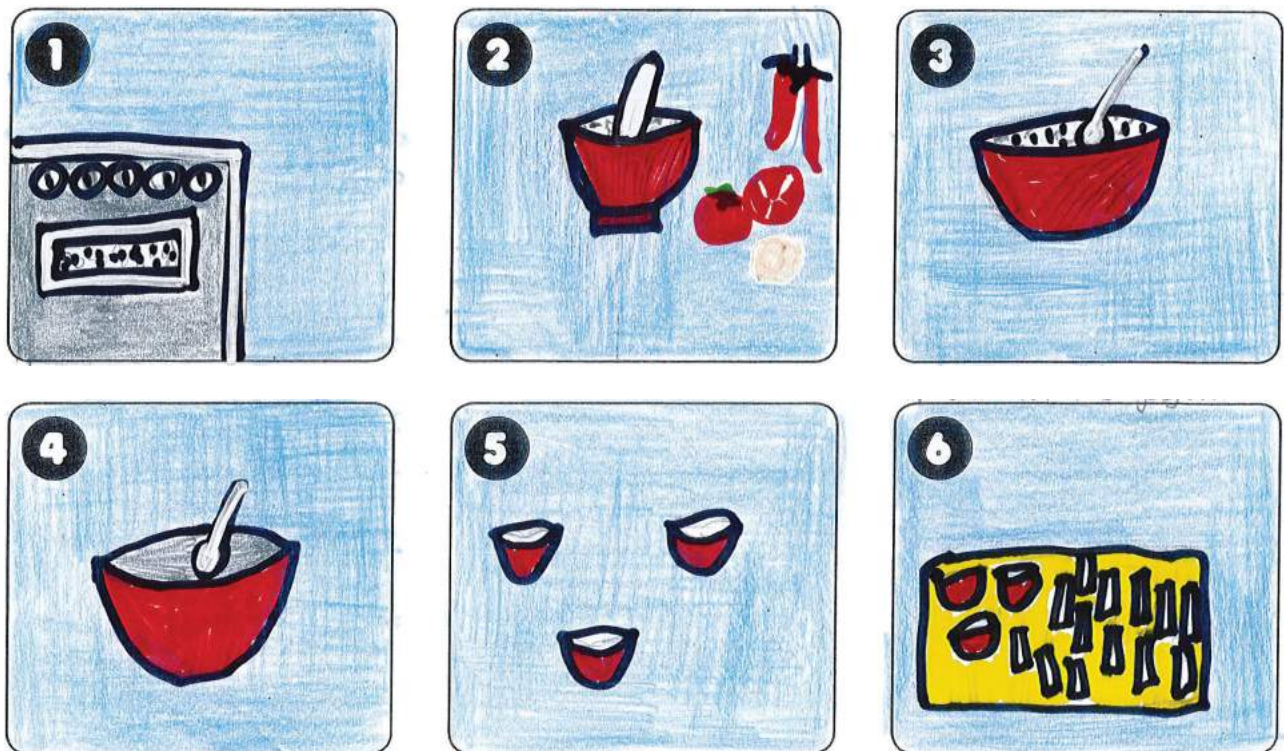
Combine the chilli, garlic and ¼ of the tomato into the Mortar & Pestle and grind them together until it is a smooth paste. Place the chilli sauce into a serving bowl.

Honey and Soy Sauces

Combine the honey and soy sauce and mix it together in a bowl.

Herb and Yogurt Sauces

Combine two tablespoons of Greek yogurt into a mixing bowl. Then add the finely chopped chives, coriander, spring onion, rosemary, a pinch of salt & pepper and mix until evenly combined. Pour the sauce into a serving bowl.



How does the recipe address food waste and healthy eating?

This meal addresses food wastage and healthy eating because instead of throwing out the vegetables and other ingredients that you may not use we have created a delicious meal. This recipe is also healthy because we're not frying the chips, instead we're baking them with no oil.

Fruit Platter

CREATED BY: BHATTI, RAMI, IFRA, MANEL AND SALMA

Serves: 5-7

Preparation Time: 30 mins

Cooking Time: No cooking

Ingredients

2 punnets of strawberries
3 apples
4 bananas
4 mandarins
2 punnets of blueberries
3 oranges
1 bag of grapes
3 fresh passionfruits

Equipment

1 chopping board
1 medium plate
5 - 7 forks
1 safety knife
Spoons
Fridge

Procedure

1. Wash hands and fruit.
3. Peel and cut the fruit in halves and put the leftovers into the compost bin, except for the orange peels.
4. Put the fruit that just got cut onto a plate and make roses with the orange peels.
5. Put platter in fridge for 20 minutes.
6. Take platter out of fridge and squeeze the orange for juice to go on it.
7. Enjoy!



How does the recipe address food waste and healthy eating?

Our recipe addresses food waste and healthy eating by using leftovers and putting them into the compost bin which reduces the amount of food waste that is thrown out in the world! Our recipe also uses fruit which is very healthy for the human body. Our group decided that rather than throwing out the orange peels we should use them as a decoration by making them into roses.

Meat Bowliya

CREATED BY: FARHAN, MOUAD, SHEIKH, AYESHA AND SYEDA

Serves: 5

Preparation Time: 40 mins

Cooking Time: 10 - 15 mins

Ingredients

1 kilogram of leftover chicken
1 crushed garlic
2 tablespoons of chicken powder
2 tablespoons of olive oil
2 tablespoons of oregano
basil
1 bay leaf
5 stale bread slices
1 egg
a pinch of salt
a pinch of pepper
3 overripe tomatoes
1 cucumber
1 carrot
2 cauliflower stems
1/4 cabbage

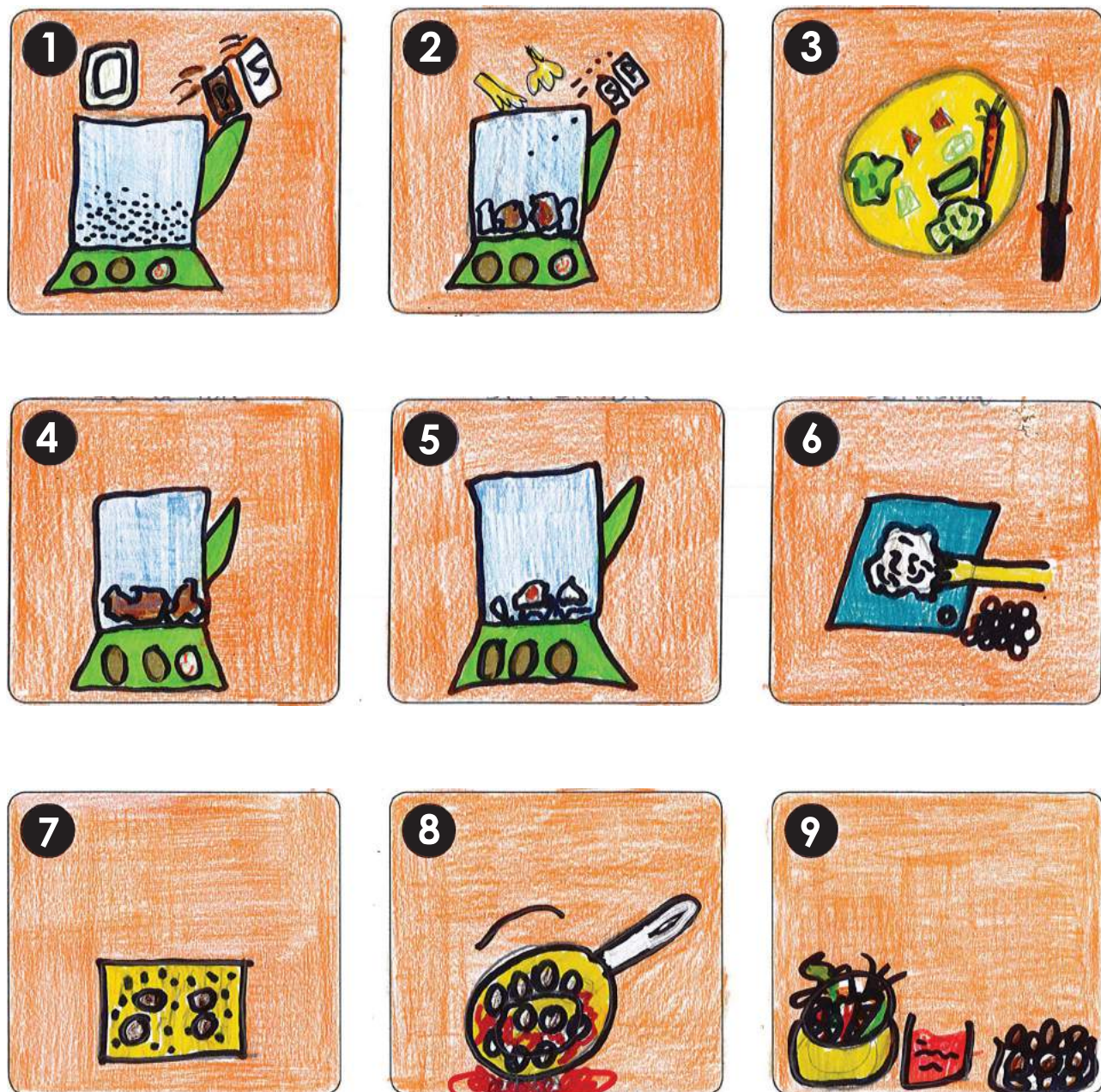
Equipment

Blender
Knife
Frying Pan
Cutting Board
Medium Sized Bowl
Wooden Spoon
Tongs



Procedure

1. Make bread crumbs by adding salt, pepper and stale bread in the blender. Set aside.
2. Make the tomato sauce by adding tomatoes, salt, pepper, oregano, basil and a bay leaf in the blender and blend. Set aside.
3. Then make the salad by slicing a cucumber, carrot, cauliflower stems and cabbage. Set aside.
4. Use the blender to mince the chicken.
5. Add chicken powder, salt and pepper, crushed garlic and an egg all into the blender and blend.
6. Take the mixture out of the blender. Pinch a small amount of chicken and roll it into a ball shape.
7. Roll the balls in the bread crumbs until it is all coated.
8. Add olive oil to a frying pan and fry the meatballs. Fry for 2 minutes on each side on high. Take them out when they are golden brown.
9. Now you have your meatballs with homemade tomato sauce and a side salad.



How does the recipe address food waste and healthy eating?

Our recipe addresses food waste because we use leftover chicken and overripe tomatoes which saves us from throwing away good food that can still be eaten. We also used cauliflower stems which most people usually throw away as rubbish. Last but not least we use stale bread, which is perfect for making bread crumbs.

Our recipe is healthy because it has chicken meat which has protein to build your muscles. The recipe also has lots of vegetables in the salad which has vitamins and minerals, which our bodies need to stay healthy.

Mie Goreng with Vegetables & Eggs

CREATED BY: YASMINE, SAIDA, TEHILLAH & ADAM

Serves: 3

Preparation Time: 10 mins

Cooking Time: 35 mins

Ingredients

Packet Noodles
1 teaspoon of chilli sauce & chilli flakes
½ a cup of boiling hot water
2 leaves of lettuce
1 carrot
Coriander
1 chilli
1 cup of peas
Eggs (1 or 2 is fine)
50mls soy sauce

Equipment

Pan/Pot (stainless steel, steep and large)
Wooden Spoon
Spatula
Medium-sized Plate
Measuring Cup
Eating Utensils
Knife
Chopping Board

Procedure

1. Wash Hands.
2. Dice carrot and chop up lettuce and chilli into smaller bits (also some tomato if you like).
3. Boil Noodles (for about 3 min).
4. Extract water and move noodles to pan and stir fry.
5. Add sauces (Chilli, soy sauce and/or another of your choice).
6. Add cut-up vegetables into pan and add extra vegetables (peas, coriander and chilli flakes).
7. In another pan, crack 2 eggs and scramble for about 1½ minute, then mix with the noodles.
8. After another 2 mins of stir-frying, add an appropriate amount of stir fry to a plate and serve.



How does the recipe address food waste and healthy eating?

Our recipe addresses food waste by using ingredients that are usually thrown away or not used when bought or seen. In our recipe, we used eggs and vegetables as they are commonly thrown out due to families on a daily basis, buying more than necessary. Food waste is constant and the least we can do with the extras, leftovers or ingredients that are almost going off we have at home is to make the most of them and make delicious, healthy dishes.

Our dish contains many delightful benefits for the body since eggs are an excellent source of protein and usually aren't appealing to the eye at first sight. Chilli helps the brain function and maintains healthy eyes. It is a common belief that vegetables are healthy as the nutrients in vegetables are vital for health. Eating a dish consisting of vegetables massively reduces the chance of stroke, heart attack, heart diseases and type-2 diabetes.

The Amazing Sausage Pizza

CREATED BY: ADNAN, JAMES, ZEKOL, ABDUL A. & GAZI

Serves: 5-7

Preparation Time: 4hrs and 30mins

Cooking Time: 15-20 mins

Ingredients

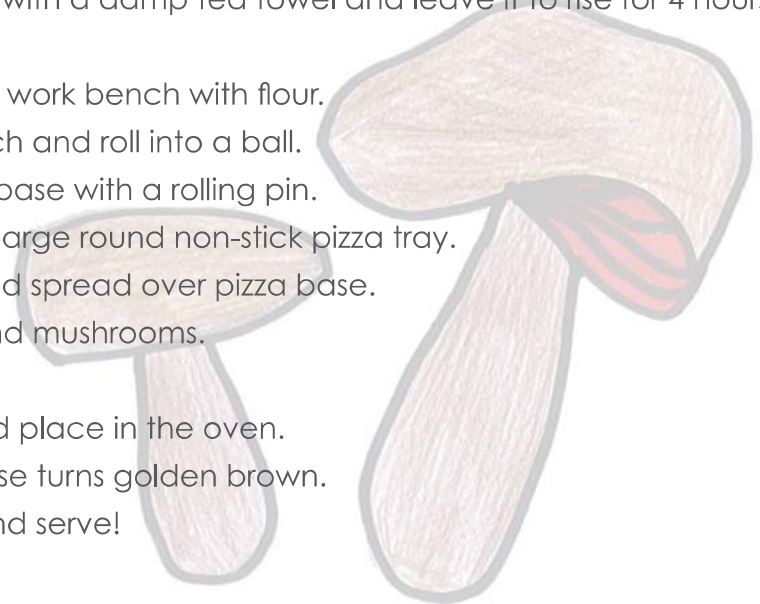
1 ½ cups of flour (if required add more)
½ cup of extra flour when rolling pizza dough
½ cup of water
1 packet of yeast
1 cup of chopped mushrooms
1 finely chopped onion
2-3 leftover barbecued sausages
3 over ripe tomatoes
1 ½ cups of grated mozzarella cheese

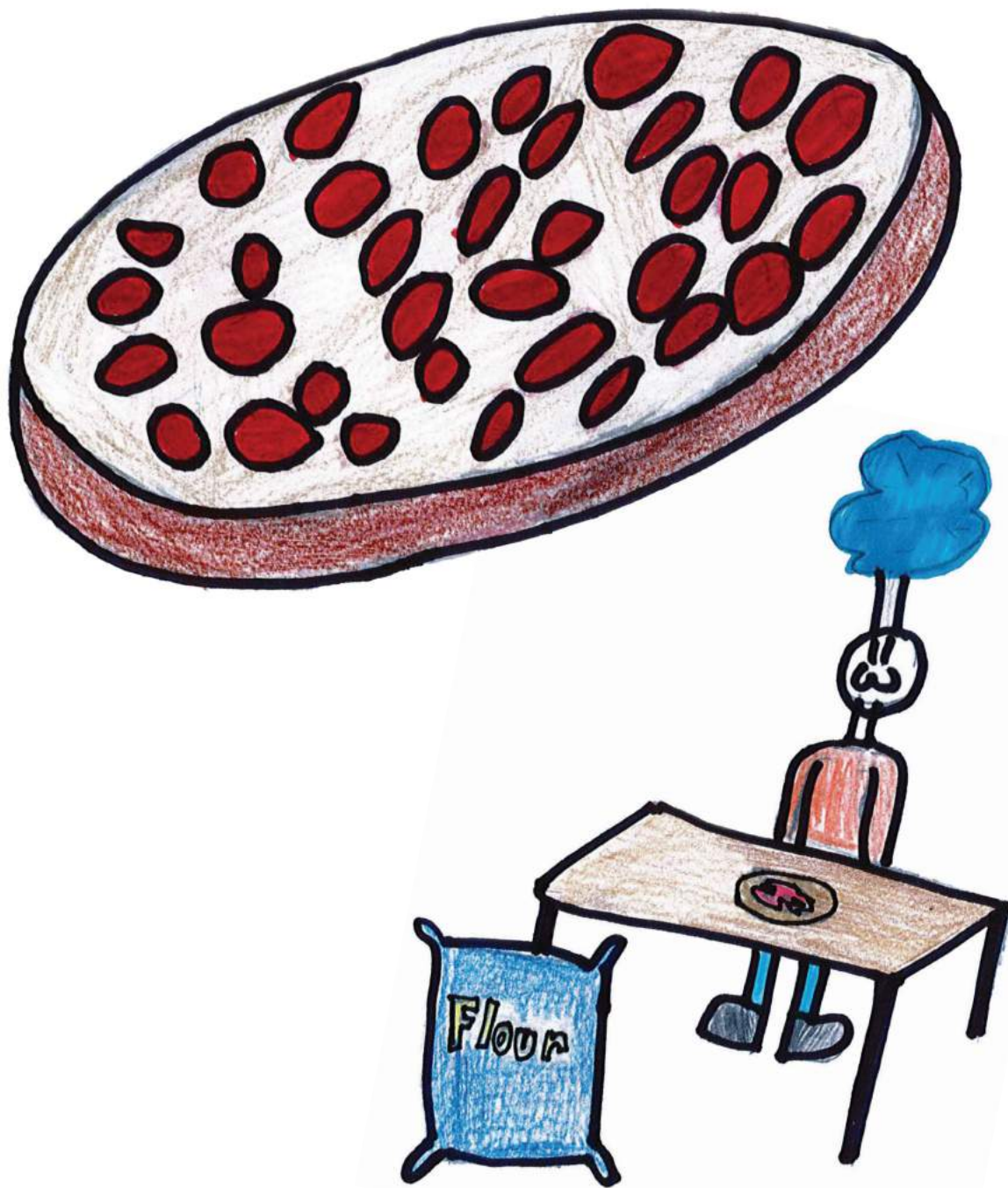
Equipment

Cup
Spoon
Blender
Chopping board
Round non-stick pizza tray
Large mixing bowl
Knife
Rolling Pin

Procedure

2. Place the flour in the mixing bowl.
3. Add the water and mix thoroughly.
4. Add the yeast and knead until the pizza dough is soft and elastic.
5. Cover the bowl containing dough with a damp tea towel and leave it to rise for 4 hours.
6. Preheat oven to 180°C.
7. When the dough has risen, sprinkle work bench with flour.
7. Place dough on floured work bench and roll into a ball.
8. Roll out flat into a thin round pizza base with a rolling pin.
9. Carefully place pizza base onto a large round non-stick pizza tray.
10. Blend tomatoes in the blender and spread over pizza base.
11. Chop leftover sausages, onion and mushrooms.
12. Add them to the pizza.
13. Cover with grated mozzarella and place in the oven.
14. Cook for 15-20 minutes until cheese turns golden brown.
15. When it's done, take it out, cut and serve!





How does the recipe address food waste and healthy eating?

Most people enjoy barbecues and sometimes there are left overs that end up in the bin. Our recipe addresses food waste by using left over barbecued sausages as our main ingredient for our pizza topping. We also save overripe tomatoes by blending them to create a fresh pizza sauce. Mushrooms that have lost their firmness and are nearly ready to be thrown out can also be rescued by chopping into slices and used as a topping too. This pizza is home made using wholesome ingredients and is a healthier and tastier alternative to take away pizza.

Stir Fry Vegetables with Soy Sauce

CREATED BY: MAY, HALA, IZAAN AND SERIE

Serves: 5

Preparation Time: 5 mins

Cooking Time: 45 mins - 1 hour

Ingredients

3 cups of brown rice
2 carrots
1 onion
1 bulb of garlic
1 ½ cup of frozen peas
1 capsicum
3 tbs Olive oil
Soy Sauce

Equipment

Rice Cooker
Cutlery
Sharp Knife
Chopping Board
2 Bowls
1 Pot

Procedure

1. Put 3 cups of brown rice with water into a rice cooker for 30 minutes.
2. Wash, then chop the vegetables into small bite sized pieces.
3. Slice the onion into thin pieces and crush the garlic.
4. Put 3 tbs of oil into a pot, add all the vegetables and cook it on medium heat for 7-8 mins. If you feel that it is drying up, add a few drops of water to the pot. Prior to removing from heat, add ½ cup of soy sauce and stir it in well.
- 5 Add a desired amount of brown rice onto a plate. Then put the stir fry on one side of the plate and mix. (Optional)





How does the recipe address food waste and healthy eating?

We decided to use all the leftover vegetables in our fridge for a stir fry instead of throwing them out. This way we used vegetables that would have ended up in landfill, instead we have created a healthy, tasty meal. This meal is healthy because it contains vegetables and brown rice which gives you nutrients such as fibre, protein, vitamins, minerals and other health-promoting substances.

Berry Sundae

CREATED BY: NURTAZ, MYA, MOHAMMED Z, RUSSELL AND HAMZA. S

Serves: 5

Preparation Time: 5 mins

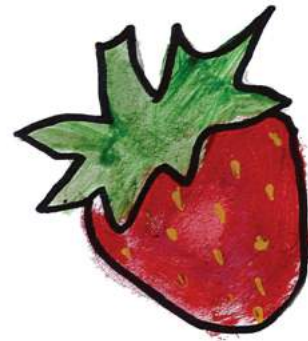
Cooking Time: No cooking

Ingredients

2 ½ cups of Greek yoghurt
A punnet of strawberries
A punnet of blueberries
1 fresh passionfruit
A punnet of raspberries

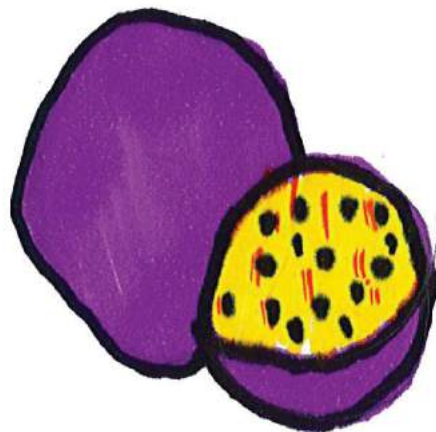
Equipment

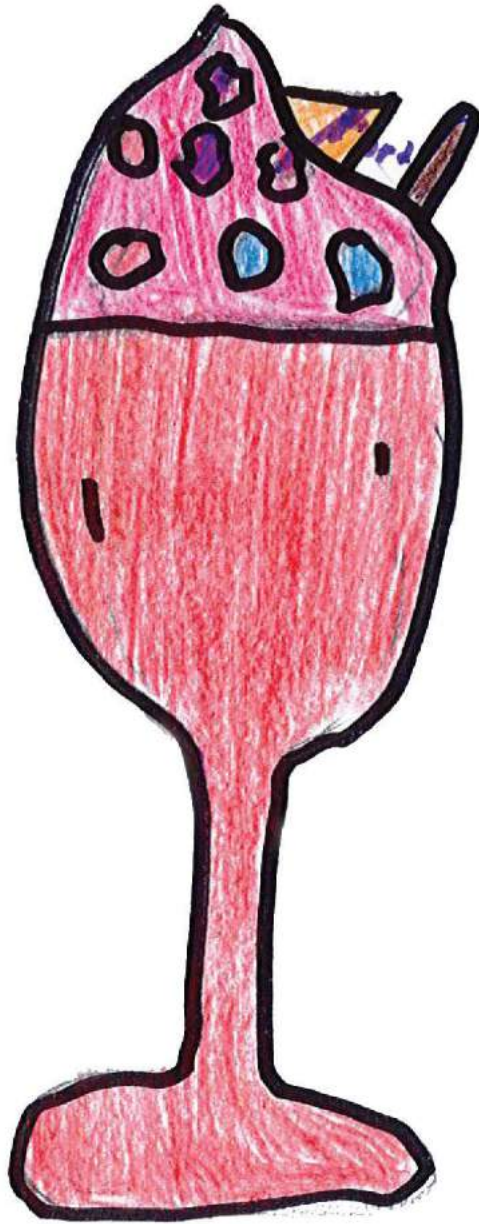
5 Plastic cups
5 Spoons (to eat with)
Knife
Cutting Board
Blender



Procedure

1. First you wash all the fruits with water thoroughly.
2. Slice 2 strawberries into halves and the passionfruit into quarters
3. Blend in 2 ½ cups of Greek Yoghurt, 5 strawberries, 5 blueberries and 3 raspberries (1 serve)
4. Pour the blended mixture into a cup then add a dollop of Greek yoghurt on top with the sliced fruit and serve!





How does the recipe address food waste and healthy eating?

This creamy and delicious recipe will definitely make you come back for more! This healthy recipe uses berries such as strawberries that are about to go to waste! The ingredients you will need for this mouth-watering recipe is: 2 ½ cups Greek yoghurt 20 strawberries (4 each) 25 blueberries (5 each) 1 passionfruit ¼ slice each 15 raspberries (3 each). That is all you need for this awesome recipe. This delicious recipe is easy to make and healthy to eat! It's fully nutritious and great for an afternoon snack!

Fruity Popsicles

CREATED BY: SARRI, AYMAN, HAMZA, SAHISTA AND HABBIBAH

Serves: 4

Preparation Time: 40 mins

Freezer Time: 5 hours

Ingredients

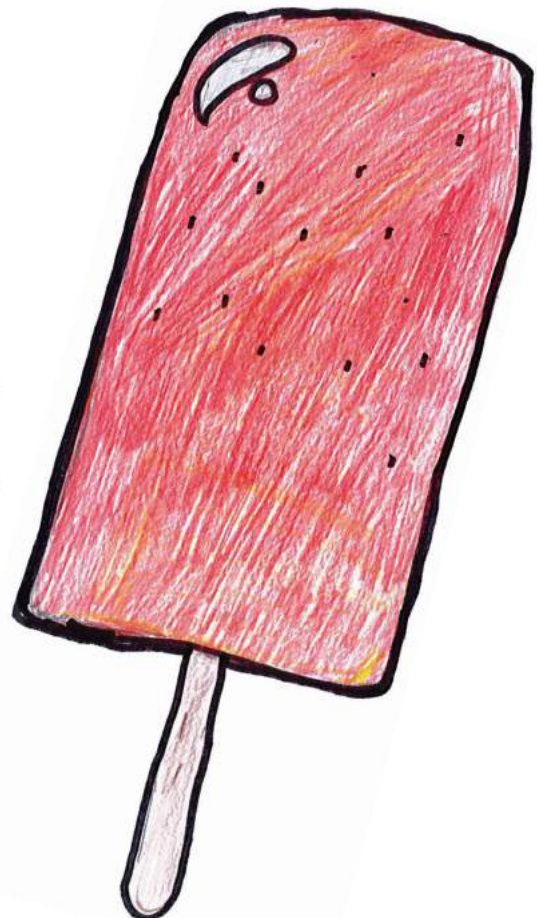
2 overripe bananas
12 overripe strawberries
4 table spoons of greek yoghurt

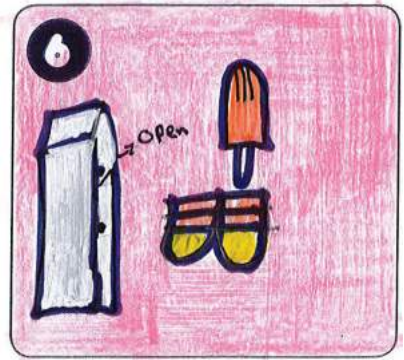
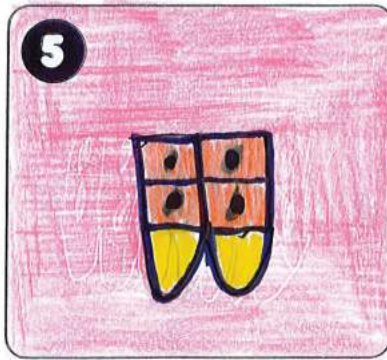
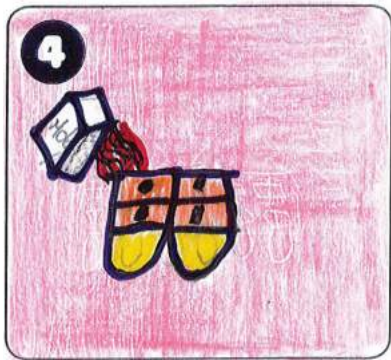
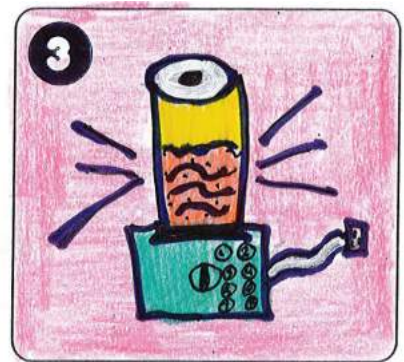
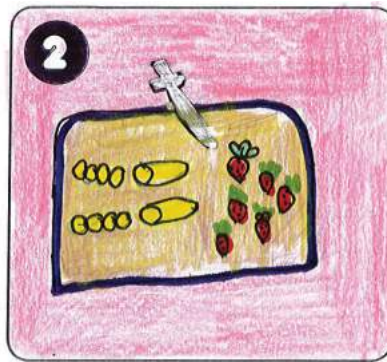
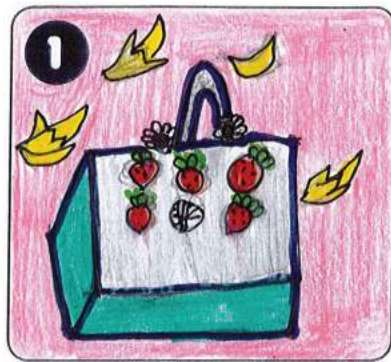
Equipment

1 Blender
4 paddle-pop-sticks
1 Chopping board
1 Knife
1 Freezer

Procedure

1. Wash the overripe strawberries and peel the skin off the overripe banana.
2. Chop the overripe strawberries and bananas into small chunks.
3. Blend the fruit and yoghurt in a blender until its smooth.
4. Slowly pour the mixture into popsicle moulds.
5. Push the paddle pop sticks through hole in the popsicle mold lids.
6. Put the molds in a freezer until it's frozen. Slowly remove the popsicles and ENJOY!





How does the recipe address food waste and healthy eating?

Our recipe addresses food waste because we are using overripe fruit which most people would usually throw away because they might not like the look or the taste. By adding yoghurt we have improved the taste of the fruit and turned it into something that looks delicious!

Our recipe addresses healthy eating because all of our ingredients are healthy and are recommended in the Australian Healthy Eating Guide. The ingredients we have in our recipe gives us nutrients. For example: yoghurt gives us protein and all the ingredients give us vitamins. We need protein for our growth and we need vitamins to stay healthy.

Chocolate Berry Forest

CREATED BY: YASMINE, TEHILLAH, SAIDA ,ADAM, ABDULLAH

Serves: 4

Preparation Time: 15 mins

Cooking Time: 40 mins

Ingredients

Strawberries
Blueberries
Raspberries
Dark chocolate
Yoghurt

Equipment

Chopping Board
Knife
Skewers
Bowl
Plate
Fridge

Procedure

1. Wash the berries thoroughly.
2. Cut the leaves off the strawberries.
3. Attach the berries to skewers. Leave enough space to hold the skewer.
4. Dip or pour the dark chocolate until it's fully covered.
5. Place the chocolate covered skewer on a tray with parchment paper.
6. Place into the fridge for 30 mins.
7. Serve with a spoonful of yogurt, if desired.





How does the recipe address food waste and healthy eating?

Strawberries are one of the berries that usually gets thrown away in our fridges as families tend to buy more than they need. Berries also don't have a long shelf life and usually, more often than not, get thrown out due to this. One way to avoid this wastage is to freeze the berries for later use. We have shown within our recipe, that instead of throwing away perfectly fine fruit, we can make it into something healthy, fun, and enjoyable and save the community lots of money and the environments energy. This meal helps reduce wastage by teaching people a simple recipe to save this fruit from landfill. We used dark chocolate as studies have shown that it can improve health and lower the risk of heart disease and is also a delicacy for most people. A dash of yoghurt is also incorporated into this meal for the more health conscious person.

Peach Parfait

CREATED BY: RHIANNAN, HEBA, CHAHD, YANI AND AHMER

Serves: 5

Preparation Time: 5 mins

Cooking Time: No cooking

Ingredients

3-4 Peaches,
1 tub plain yogurt
1 tub Blueberries
2 cups toasted muesli

Equipment

1 measuring cup
1 spoon
Plastic cups
Chopping board
Knife

Procedure

1. Cut the peaches so they fit in the cup.
2. Put the peaches and muesli into the cup.
3. Add one cup of yoghurt into the cup.
4. Add blueberries into the cup.
5. Add honey on top.
6. Put all the cups into a platter and serve.

How does the recipe address food waste and healthy eating?

This recipe uses peaches and blueberries that might normally be thrown out because they are too soft or overripe. We chose to create this recipe because we know that fruits are one of the top 5 wasted foods.

This recipe is really healthy. We have used fruits in season, honey instead of sugar and Greek yoghurt for natural sweetness. Peaches are full of vitamins (especially vitamin A and C) which are needed for healthy growth.

Tip: if you don't want to use the peaches straight away you could cook them so they last longer. Also, you can freeze the blueberries if you don't want to use them straight away.



Family Fruit Sundae

CREATED BY: HAMZA.R, RIYAS, AMIRA, ZAHRA, AMINAH

Serves: 2

Preparation Time: 20 mins

Cooking Time: No cooking

Ingredients

2 bananas
½ apple
1 cherry
Blueberries
3 scoops of vanilla ice cream

Equipment

Chopping board
Knife
Bowl
Spoon
Blender



Procedure

1. Cut all the fruit into small pieces except the cherry and blueberries.
2. Get 1 small bowl and wash it. Put 3 scoops of vanilla ice cream into the bowl.
3. Put the ice cream in the freezer for 10 minutes.
4. Get the ice cream out of the freezer and put the fruits on top.
5. Put a cherry on top and serve.
6. Enjoy your fruit sundae.



How does the recipe address food waste and healthy eating?

Our family fruit sundae is healthy because of the fruits on top but it's kind of not healthy because the ice cream is not healthy. We added fruits because they are one of the most wasted ingredients in the world.

Fruity Tooty Crust

CREATED BY: KARAM, ZAWAR, AHMED & ARMAN

Serves: 6

Preparation Time: 10 mins

Cooking Time: 20 mins

Ingredients

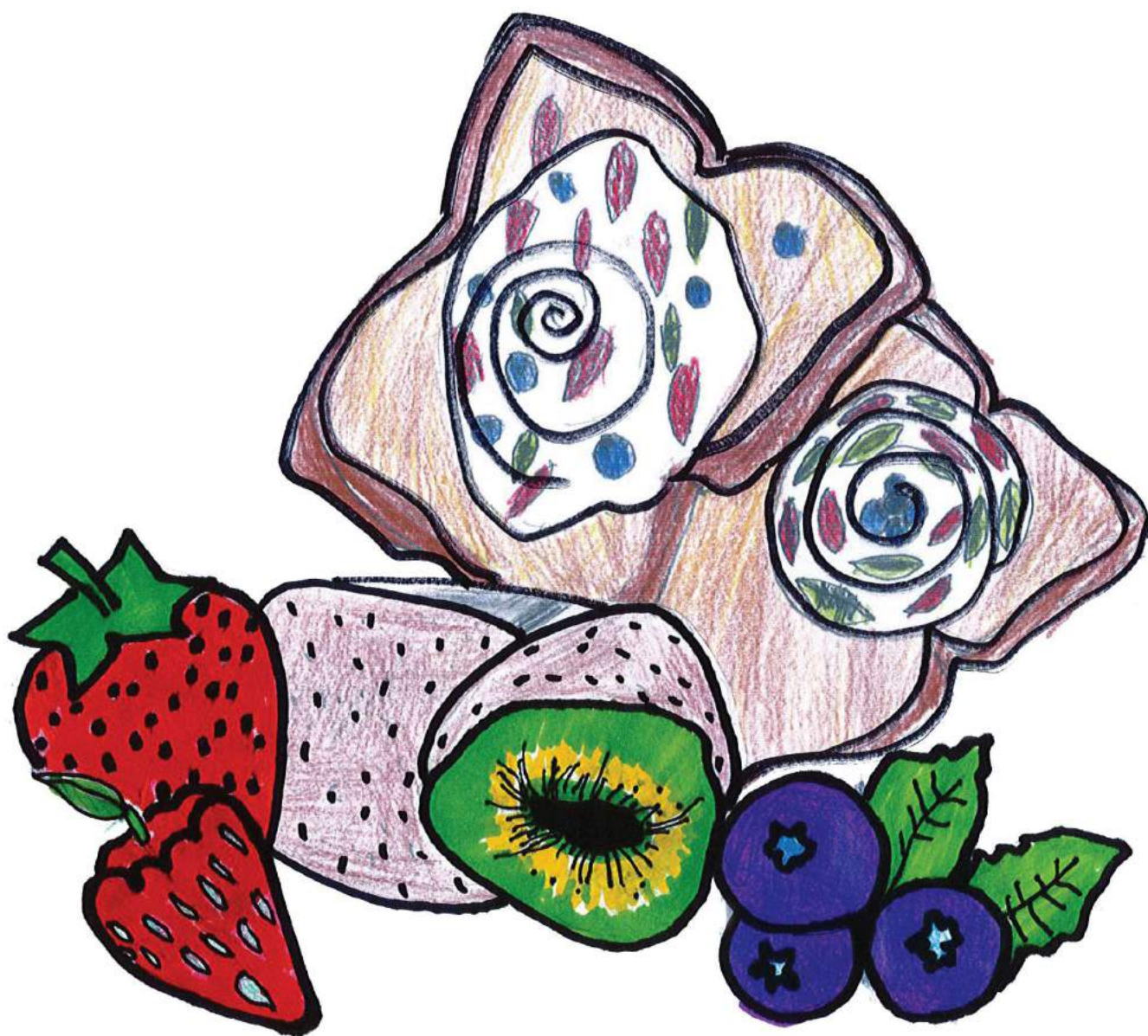
1/4 cup plain flour
1 cup (250ml) milk
a pinch of salt
1/2 cup vegetable oil (use a little with each slice when frying)
3 eggs
1/2 teaspoon ground cinnamon
1 teaspoon vanilla essence
1 tablespoon caster sugar
12 thick slices of stale bread
2 cups of rescued strawberries & blueberries from your fridge.
4 fresh kiwi fruit (cut into slices)
cinnamon sugar
(optional) yoghurt, cream or vanilla ice-cream

Equipment

measuring cup
measuring jug
whisk or a fork
teaspoon
tablespoon
large mixing bowl
non-stick frypan
knife

Procedure

1. Peel and slice 4 kiwi fruit and set aside.
2. Place the flour into a large mixing bowl.
3. Pour in the milk and gently whisk until there are no lumps.
4. Add the salt, eggs, cinnamon, vanilla essence and sugar until smooth.
5. Heat a lightly oiled fry pan over medium heat.
6. Soak bread slices in mixture until fully coated on both sides.
7. Fry bread slices on each side until golden brown.
8. Place on a serving plate and top with rescued chopped strawberries and blueberries.
9. Add the kiwi fruit slices on top.
10. Sprinkle cinnamon sugar over the slice and serve.
(optional) yoghurt, cream or vanilla ice-cream as an additional topping.



How does the recipe address food waste and healthy eating?

Instead of throwing out bread that is no longer fresh, use it to create this recipe.

Strawberries and blueberries can additionally be rescued and added as a topping.

The berries can also be placed in an air tight sealed bag and placed in the freezer to use for other recipes such as smoothies. By saving these ingredients, you are avoiding food waste and creating an awesome breakfast masterpiece. A delicious bite into satisfaction that will have you begging for more.

Berriyo

CREATED BY: TASMIAH, AZZAAM, SHAFWAN, MOHAMMAD, MUSARRAT, RAISA

Serves: 4

Preparation Time: 3-5 mins

Cooking Time: 10 mins

Ingredients

2 cups Greek yoghurt (freeze it for a few minutes before mixing)
1 punnet strawberries
¼ punnet blackberries
½ punnet blueberries
½ punnet raspberries

Equipment

1 large mixing bowl
Mortar and pestle
Chopping board
1 sharp knife
Spoon for mixing
Bowls (to serve)
Ice-cream scooper

Procedure

1. Wash your hands and all fruit.
2. Hull and cut the strawberries into quarters.
3. Use your mortar and pestle to lightly mash the fruits.
4. Take the mixture out of the mortar and pestle and place it into a large mixing bowl.
5. Add in the yogurt to the fruit mixture and stir to combine.
6. Put the berriyo into a serving bowl and enjoy!





How does the recipe address food waste and healthy eating?

We wanted to create a recipe that would address food waste so we thought of berries, which are (berry good). They easily rot in fridges. Berries in general don't have a long shelf life. This means that if they are not eaten within a few days they spoil and get thrown out, thus increasing the problem of food wastage. Another way to reduce food waste is to freeze the berries and use them later. Combining the sweet berries with the sour yogurt is a perfect match. The berries in the recipe have vitamin C in it which forms and repairs red blood cells, bones and tissues. This is the perfect way for picky eaters (kids) to get nutrition in their bodies. This is so healthy that you could eat it for breakfast, dessert or for a snack.

Carrot Cake

CREATED BY: MIN, KYAW, SUFYAN, ZAIM AND SADAT

Serves: 4-5

Preparation Time: 5 mins

Cooking Time: 60 mins

Ingredients

2 ½ cups of self-raising flour
1 teaspoon of baking powder
½ teaspoon of baking soda
1 teaspoon of salt
¾ of a cup of unsalted butter
5 large egg whites
3 carrots finely grated
1 cup of honey

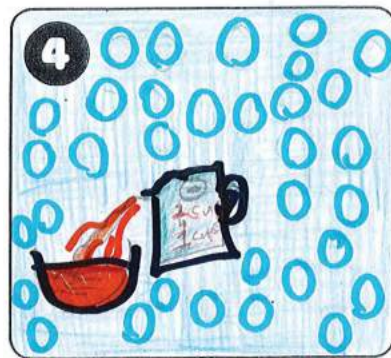
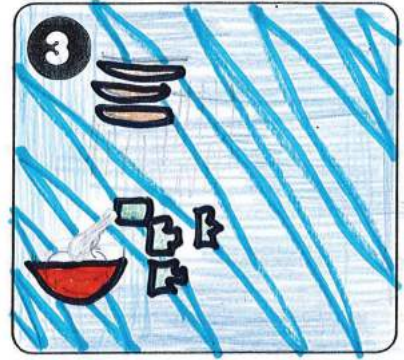
Equipment

Spoons
Bowl
Teaspoons
Knife
Spatula
Mixer
Measuring cup
Cake tin
Baking paper

Procedure

1. Preheat the oven to 160°C. Grease and line the base with baking paper.
2. Sift self-raising flour into a bowl.
3. Add the finely grated carrot and honey into the self-raising flour.
4. Then, add the salt, baking powder, baking soda, and egg whites. Mix all ingredients until combined.
5. Pour mixture into the tin and bake for 45 mins to 1 hour or until a skewer comes out clean.





How does the recipe address food waste and healthy eating?

This is a sustainable recipe because we are turning soft or bruised carrots into a healthy delicious cake. It addresses food wastage because we are using unused carrots rather than throwing them away just because they are slightly bruised or discoloured. If you are a person who throws carrots out, you might want to think of how to be more sustainable and use them by baking a carrot cake! It will be a mouth-watering recipe.

Mini Strawberry Cupcakes

CREATED BY: FATIMA, MEAZA, SHENYAN, IMAAN AND LISA

Serves: 5

Preparation Time: 15-20 mins

Cooking Time: 30 mins

Ingredients

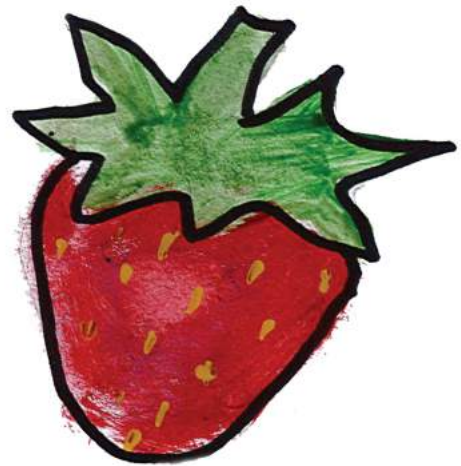
1 punnet strawberries [slice in half & remove stem]
1½ cups of all-purpose flour
1 teaspoon of salt
¼ cup of skim milk
½ cup unsalted butter
¼ cup of honey
1 large egg
1 teaspoon of vanilla extract (optional)
Spray oil

Topping ingredients

3 cups of finely blended strawberries (pureed)
5 table spoons of Low Fat Greek Yoghurt
3 ½ cups of coconut shavings
½ teaspoon of vanilla extract
5 pieces of dark chocolate

Equipment

Measuring cups
Tea spoon
Blender
Bowl
Knife
Muffin Tray

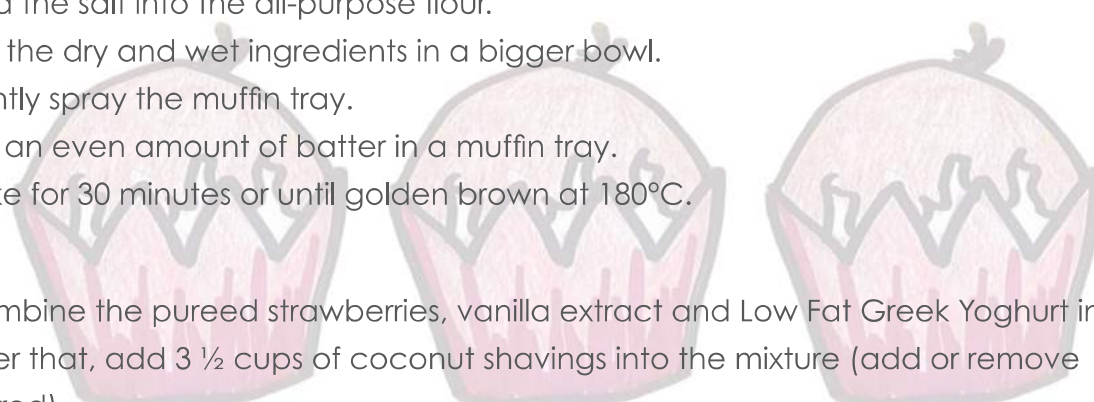


Procedure

1. Cut strawberries into quarters then put them in a blender and blend until smooth.
2. Add the salt into the all-purpose flour.
3. Mix the dry and wet ingredients in a bigger bowl.
4. Lightly spray the muffin tray.
5. Put an even amount of batter in a muffin tray.
6. Bake for 30 minutes or until golden brown at 180°C.

Icing

1. Combine the pureed strawberries, vanilla extract and Low Fat Greek Yoghurt in a bowl.
2. After that, add 3 ½ cups of coconut shavings into the mixture (add or remove if desired).
3. Cut some small pieces of dark chocolate and sprinkle on the top.
4. Enjoy your healthy, delicious and nutritious treat.





How does the recipe address food waste and healthy eating?

We chose to do mini strawberry cupcakes because we wanted to use strawberries, which have a short shelf life, to reduce the amount of food that would otherwise go to waste.

This is a healthy version of the common strawberry cupcake by replacing sugar with honey and powdered sugar with coconut shavings. The ingredients used in this recipe are very healthy and very nutritious. Now you don't need to eat sticky, greasy cupcakes. Instead, enjoy a light, fluffy and healthy strawberry cupcake.

Healthy and Golden Banana Oat Muffins

CREATED BY: AATEFA, SARA, BILKISH, GARTENIA & TIBA

Serves: 12

Preparation Time: 15 mins

Cooking Time: 20 mins

Ingredients

1 & 1/2 cups (185g) plain flour
1 cup rolled oats
1/2 cup (110g) white sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 egg
3/4 cup (190ml) milk
1/3 cup (85ml) vegetable oil
1/2 teaspoon vanilla essence
1 cup mashed bananas
cinnamon sugar

Equipment

2 large mixing bowls
beater
wooden spoon
fork
12 cup muffin tin
12 paper muffin liners
knife

Procedure

1. Combine flour, oats, sugar, baking powder and salt in a bowl.
2. In a separate large bowl, beat the egg lightly.
3. Stir in the milk, oil and vanilla.
4. Add the mashed banana and combine thoroughly.
5. Stir the flour mixture into the banana mixture until just combined.
6. Line a 12-cup muffin tin with muffin liners and divide the batter among them.
7. Bake at 200°C for 18 to 20 minutes.
8. Serve warm topped with fresh banana slices.
9. Drizzle with honey or dust with cinnamon sugar. Enjoy!



How does the recipe address food waste and healthy eating?

These delicious homemade, healthy muffins are full of fibre and contain nutritious ingredients such as oats, egg and milk. The very ripe bananas and milk in the bottom of the carton, were saved from being thrown out and used to create an amazing breakfast or snack sensation resulting in extra energy throughout the day. Be aware of food waste and freeze your bananas and use them to create this wonderful recipe.

Tropical Fruit Juice

CREATED BY: IQRA, CAITLYN, RABIYA, WARDA AND CONNIE

Serves: 4

Preparation Time: 15 mins

Cooking Time: not required

Ingredients

1 Pineapple
4 Oranges
2 punnet of Strawberries
4 Passionfruit
1 Watermelon
½ cup mint leaves
Ice (optional)

Equipment

Knife
Chopping board
Blender
Jug
cups

Procedure

1. Cut all fruits in ½.
2. Blend pineapple, oranges, strawberries, passionfruit and watermelon.
3. Add mint leaves into the blender.
4. Add some ice (optional).
5. Blend until smooth or desired texture.
6. Serve chilled and enjoy.



How does the recipe address food waste and healthy eating?

This is a sustainable recipe because it addresses food wastage. This doesn't need many ingredients to make. Also, it's a healthy recipe just because it doesn't have any sugar besides the natural sugars in the fruit. It's better to make juice from fruit instead of buying fruit juice from the store that is unhealthy and really sugary. Enjoy the recipe and you should try this recipe at home!

This Tropical Fruit Juice recipe addresses food waste because we are using almost expired and damaged food. Instead of throwing out these slightly damaged fruits, we used it to make juice.

TIP: Fruit can be frozen and used at any time.

Tropical Smoothie

CREATED BY: ABRAHAM AND SADAT

Serves: 1-2 **Preparation Time:** 15 mins (chill for 30 mins)

Ingredients

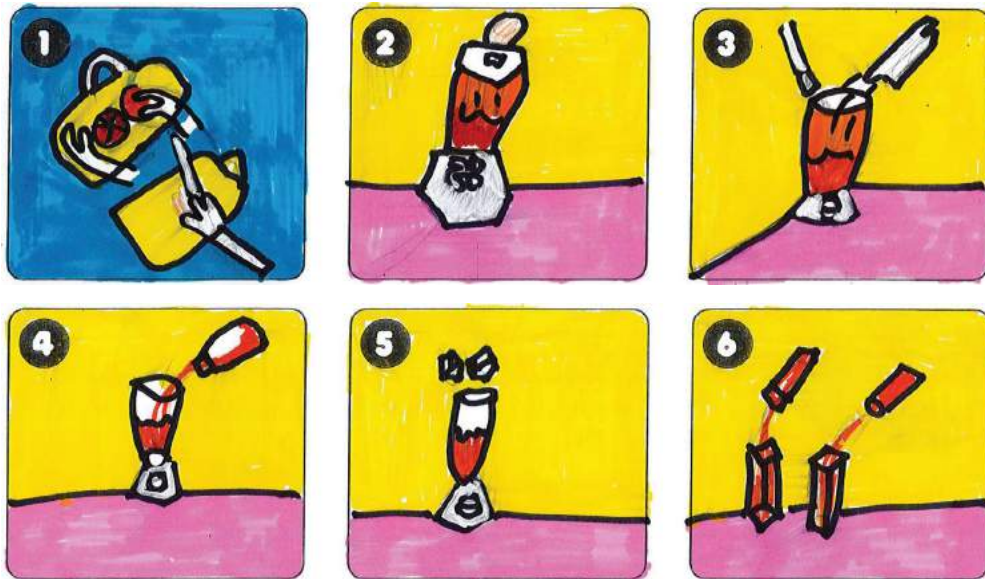
½ mango, peeled and seeded
½ papaya peeled and seeded
1 ripe brown speckled banana peeled
1 ½ cups of skim milk
¼ cup non-fat yogurt
1 teaspoon of honey (add extra if needed)
2 cups ice

Equipment

Blender
Knife
Cups

Procedure

1. Peel and cut the fruit into smaller pieces.
2. Combine the mango, papaya, banana, milk, yogurt, honey, and ice.
3. Blend until smooth.
4. Pour into cups and refrigerate for 30 minutes.
5. Enjoy.



How does the recipe address food waste and healthy eating?

This tropical smoothie is sustainable because you can add any overripe fruit that you can find in your fridge, reducing the amount of fruit that will otherwise go to waste. The use of skim milk, low fat yoghurt and honey is another way of being healthy. Fruit such as strawberries, blueberries, mango and bananas can be frozen prior to avoid wastage.

Banana And Mango Smoothie

CREATED BY: ZAHID, KYAW, ADI, REHAN AND AZAAN

Serves: 3-5

Preparation Time: 5-10 mins

Cooking Time: 10-15 mins

Ingredients

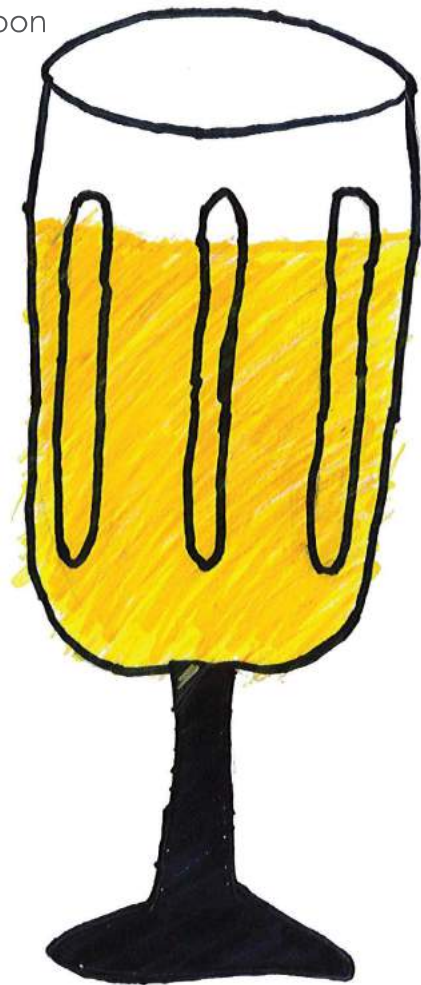
3/4 cup slightly brown bananas
2 peeled mangoes
2/3 cup milk (soy or skim)
1 teaspoon honey
10 ice cubes

Equipment

Blender
Measuring cup
Teaspoon
Cups

Procedure

1. Prepare all the ingredients and materials needed. Wash the mangoes, then peel and cut the bananas and mangoes in half.
2. Add the peeled and chopped bananas and mangoes into the blender, then add the milk and blend on medium speed.
3. After the ingredients are half blended add the honey and ice cubes into the blender with the fruit and milk.
4. Continue blending until desired texture is reached.
5. Taste the smoothie to ensure the desired flavour is achieved.
6. Pour the smoothie into the cups, serve and enjoy with your family!



How does the recipe address food waste and healthy eating?

In this smoothie we are addressing food waste by using the leftover, slightly mushy bananas and mangoes which otherwise would have been thrown out. This also addresses healthy eating by not using any processed products such as sugar. Instead we have used honey as a substitute. It's an easy and healthy way to reduce food waste.

Banana-berry Milkshake

CREATED BY: ISSA ,SIMRA.H ,SIMRA.M ,IBRAHIM, FATHIA

Serves: 5

Preparation Time: 30 mins

Cooking Time: 2 mins

Ingredients

6 Strawberries
2 Bananas
10 Blueberries
5 tbs honey
3 tbs yoghurt
5 cups of milk
Pomegranate seeds (as many as you wish)

Equipment

1 Knife
1 Blender
1 Cutting Board
5 Glass Cups
5 Metal Straws

Procedure

1. Wash all fruits.
2. Chop up bananas and berries.
3. Pour milk, honey, yoghurt and berries into a blender to combine.
4. Serve mixture into a cup and pile bananas & pomegranate seeds on top.
5. Add a metal straw.
6. Serve and enjoy.

How does the recipe address food waste and healthy eating?

Our recipe includes milk, banana, honey, yoghurt, berries and pomegranate seeds. We chose bananas, berries & milk because they are known as the top 5 most wasted foods in the world. Did you know eating berries may help your memory? They have high levels of compounds that help widen arteries, which helps blood to flow smoothly. Pomegranate seeds are loaded with important nutrients such as vitamins and protein. Because of food waste, the Australian economy wastes \$20 billion on food every year. This is why we are making this nourishing & delicious recipe.



Refreshing and Delicious Yoghurt Fruit Smoothie

CREATED BY: HADIA, AMNA, HANEEN, SARAH & AAKIFA

Serves: 2

Preparation Time: 10 mins

Cooking Time: Not required

Ingredients

1 cup of chopped and peeled
peaches.
1 cup of strawberries.
2 cups of Greek yogurt
1/2 cup milk.
1 teaspoon of honey for extra
sweetness (optional)
2 strawberries for garnish

Equipment

blender
teaspoon
knife
chopping board
cup

Procedure

1. Place the chopped peaches and strawberries in a blender.
2. Add the yogurt and milk.
3. Blend well.
4. Add honey for extra sweetness (optional).
5. Add 3 or 4 ice cubes if you prefer it chilled. Blend again.
6. Pour smoothie mixture into two tall glasses.
7. Garnish with fresh strawberries.
8. Enjoy!!!



How does the recipe address food waste and healthy eating?

Our recipe addresses food waste because we included strawberries and peaches that could be thrown out as they are not as fresh and firm. These fruits are still edible and can be used to make a delicious smoothie with a healthy mix of fruit, milk and yogurt. Often milk cartons containing small amounts of milk are thrown out to make room in the fridge for new purchases, especially if they are close to the expiry date. Our recipe also includes that little bit of milk at the bottom of the carton to add extra calcium to our smoothie.

Notes



Notes





Illustration: Raisa Halim





Illustration: Raisa Halim



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