



BELLEVUE HILL PUBLIC SCHOOL

YEAR 5 2019

Rescued Recipes



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.

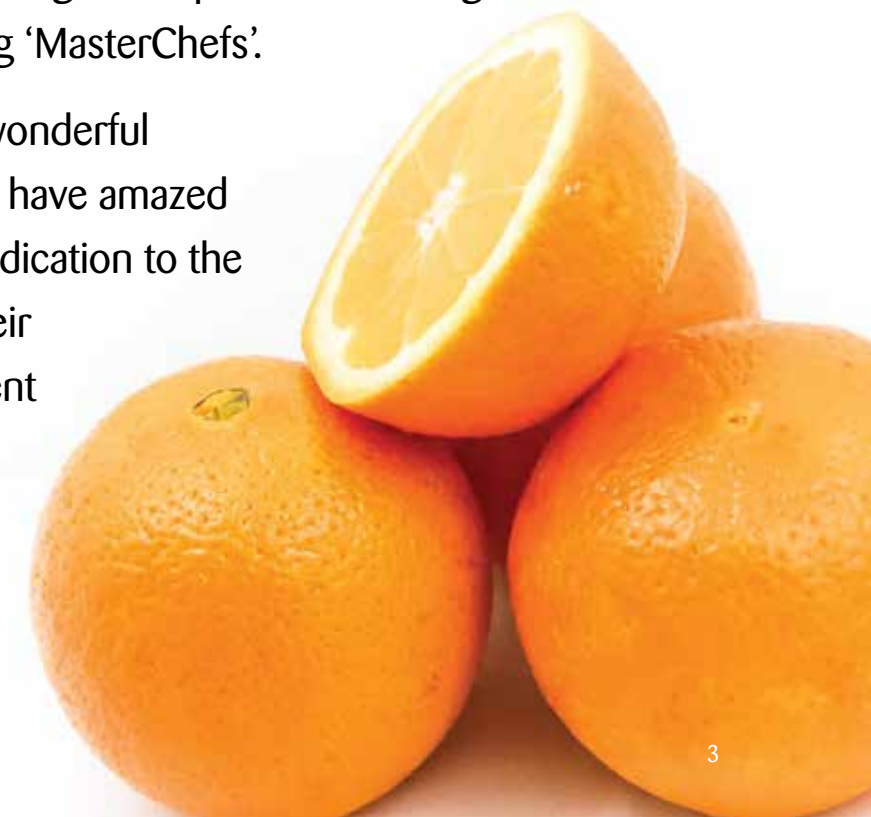
We would like to thank OzHarvest for selecting Bellevue Hill Public School to pilot their unbelievable FEAST program, especially Amelia Berner, who has guided us through the process of implementing the program, and Ronni Kahn for inspiring our students to be 'change-makers'.

A special thank you to Miss Levy for liaising with OzHarvest, connecting us with the organisation and for putting this fantastic cookbook together!

Thank you to Zuzana, OzHarvest Volunteer, Miss Brash, Miss Levy and Miss Kinross for teaching the practical and theory lessons with such enthusiasm with the students each week.

We must also mention our wonderful parent volunteers who have spent hours supporting our students through their practical cooking lessons and creating little budding 'MasterChefs'.

Finally, a huge thank you to our wonderful Bellevue Hill Year 5 students who have amazed us with their enthusiasm, their dedication to the cause of reducing food waste, their imaginations and their commitment to creating a real cookbook that the community can use.





It's time to Feast!

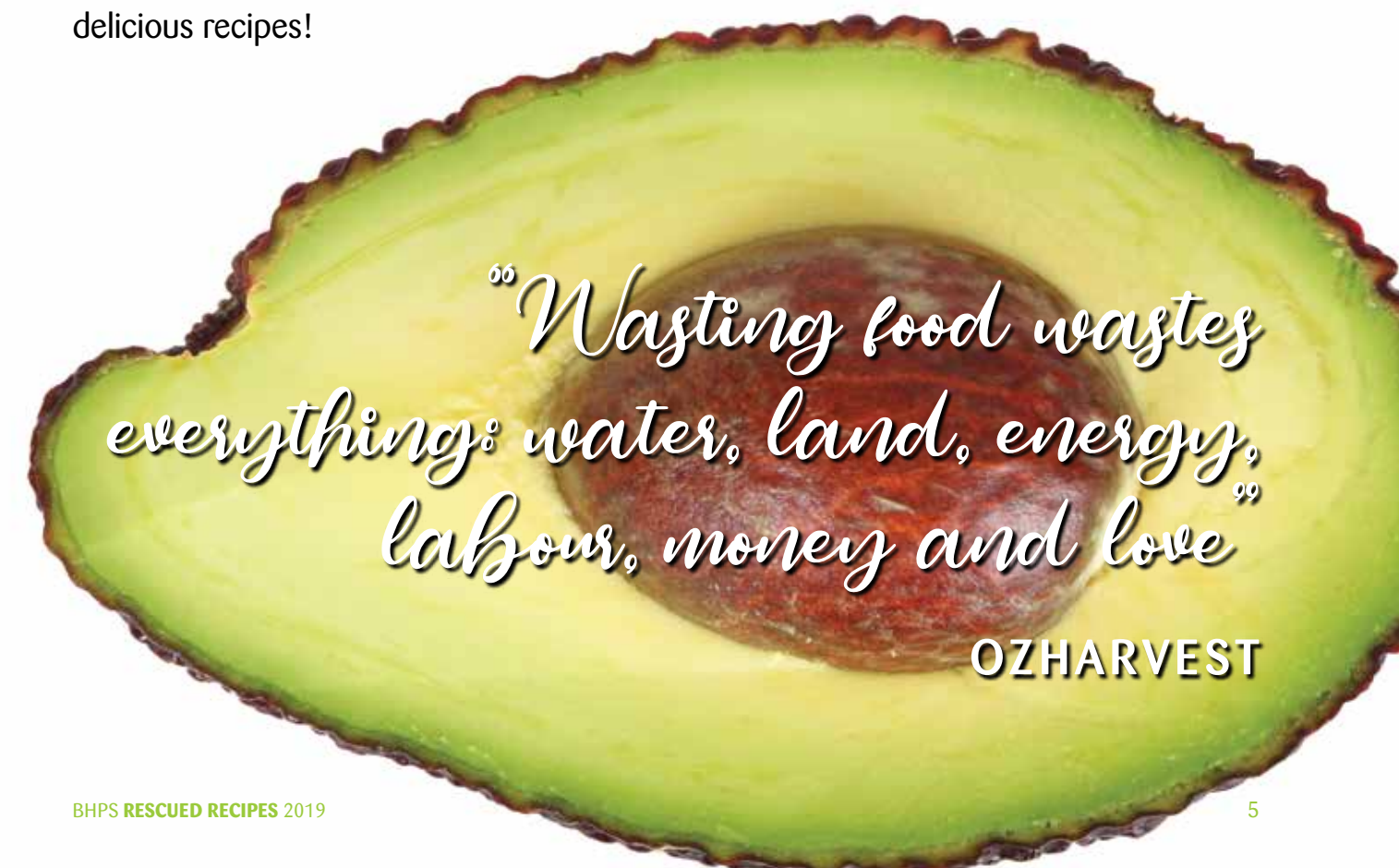
This term, the Stage 3 students at Bellevue Hill Public School have been privileged to participate in a pilot of OzHarvest's FEAST (Food Education and Sustainability Training) program. The FEAST program gives students (and teachers!) the opportunity to practise cooking real recipes whilst learning about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



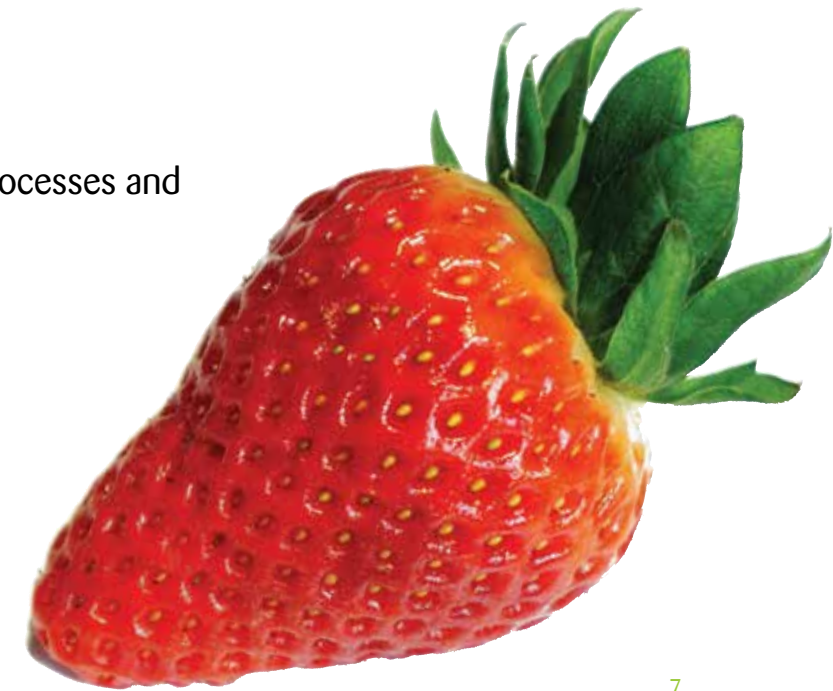
"Wasting food wastes everything: water, land, energy, labour, money and love"

OZHARVEST

Our Learning Goals

I can:

- Identify why it is important that we are aware of food waste.
- Identify what human behaviours can reduce food waste in the home and at school.
- Identify where food comes from, what food waste is and how to make informed healthier food choices; different ways to prepare, select and cook ingredients from different food groups, and ways to design and create recipes to educate others about healthy eating and preventing food waste.
- Write a design brief.
- Use 'Working Scientifically' and 'Design and Production' skills to explore how to reduce food waste.
- Use STEM thinking in STEM Challenge activities to make hypotheses, invent and create recipes.
- Make predictions about recipes that can be created with food that might otherwise be wasted.
- Investigate the effects of food waste.
- Develop design techniques and research skills whilst referring to a design brief.
- Design and make a range of recipes using food that might otherwise be wasted.
- Write procedures.
- Create labelled drawings explaining processes and products used in assigned solutions.
- Present final designed solutions.



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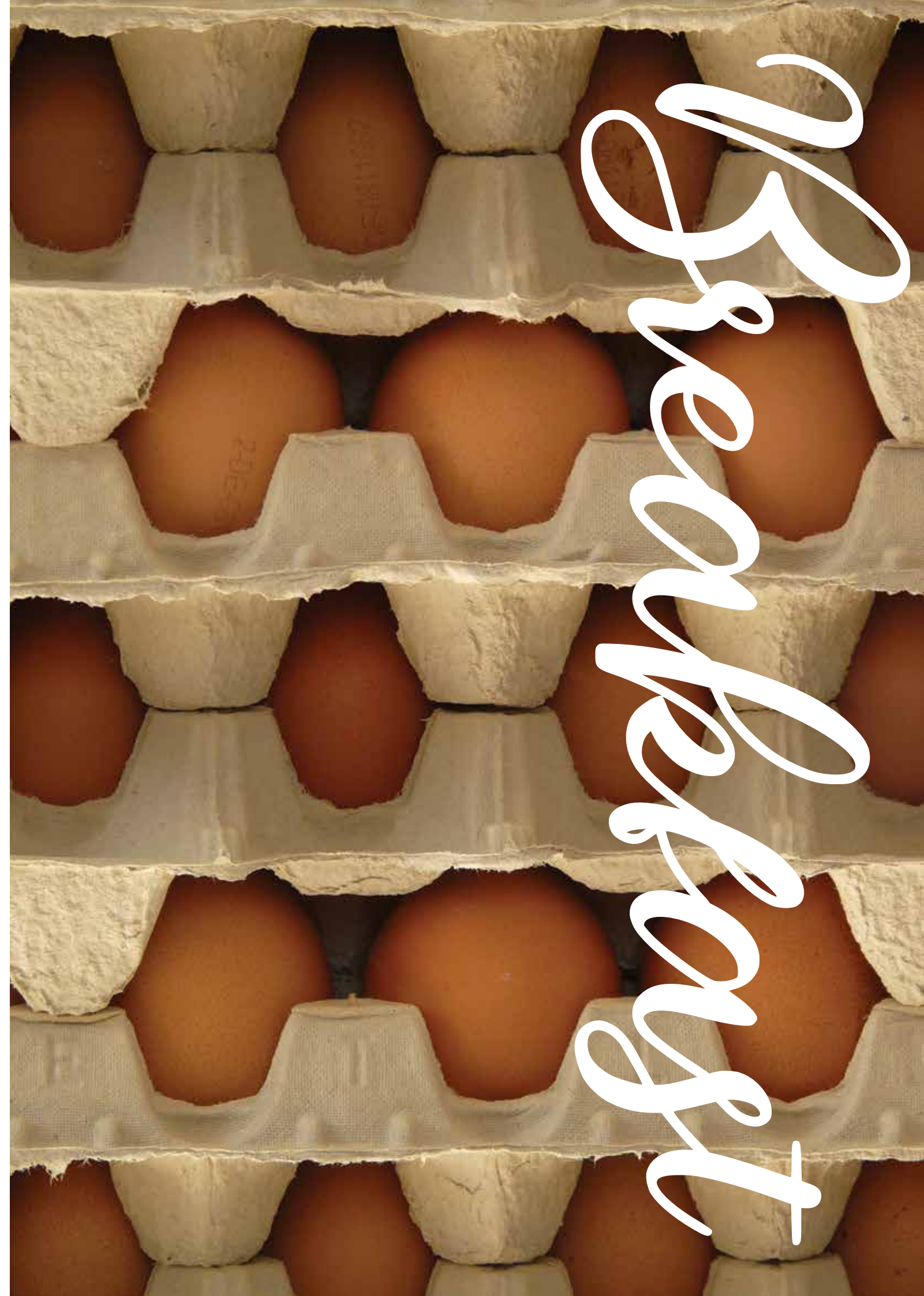
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Hike Wike Wikelets

CREATED BY ANNA K AND SOFYA B

This recipe contains very healthy and beneficial products such as the probiotic drink, Ryazhenka and antioxidants contained in berries which you have saved from being wasted at the back of your fridge. This recipe is delicious and great for breakfast or dessert. We hope you enjoy!

Ingredients

2 teacups of Ryazhenka (probiotic drink)
400g self-raising flour
2½ tablespoons of sugar
A handful of berries
2 eggs
½ teaspoon of salt
1 teaspoon of bi-carb soda

Equipment

Teaspoon
Frying pan
Spatula
Plate
Strainer
Teacup
Bowl
Spoon

Method

1. Pour the Rhyzhanka into a bowl.
2. Crack two eggs into the same bowl.
3. Sprinkle the sugar into the bowl.
4. Mix the two eggs and Rhyzhanka.
5. Tip the mixture into a larger bowl.
6. Tip the self raising flour and bi-carb soda into the large bowl and mix until smooth.
7. Scoop the mixture onto a medium heat fry pan.
8. Wait till they turn golden brown.
9. Use the spatula to flip the pikelets.
10. After they seem ready, place them on a plate and sprinkle with berries.



Serves
4

Prep time
5mins

Cook time
10mins

Multi-coloured Fruity Breakfast Mix

CREATED BY LEXI B AND MIA B

The multi-coloured mix is a fruit salad that includes raspberries, blueberries, strawberries, kiwi fruit, apples, rockmelon, watermelon, grapes and Yoghurt (optional). There are many other fruits you can add. It's up to you! We chose to make the multi-coloured mix because fruit is one of the most wasted foods in the world and it's a healthy option. Fruit salad is one of the ways to use fruit before it goes bad.

A fruit salad does not need to have a lot of fruit in it. If you only want to have a few types of fruit in your fruit salad, it does not make a difference. Our fruit salad is called the multi-coloured mix because of all the different coloured fruits in the fruit salad. The multi-coloured mix is like no other because we have used all different types of fruit and we recommend you try to use as many different coloured fruit that you can. Enjoy!

Ingredients

- ½ punnet raspberries
- ¼ punnet blueberries
- 6 strawberries
- ½ kiwi fruit
- ¼ rockmelon
- ¼ watermelon
- 1 apple
- 2 tablespoons yoghurt (optional)

Method

1. Cut the fruit into small pieces
2. Add the cut fruit into a bowl
3. Add Yoghurt on top (optional)
4. Enjoy the amazing multi-coloured mix

Equipment

- Knife
- Cutting board
- Bowl
- Spoon

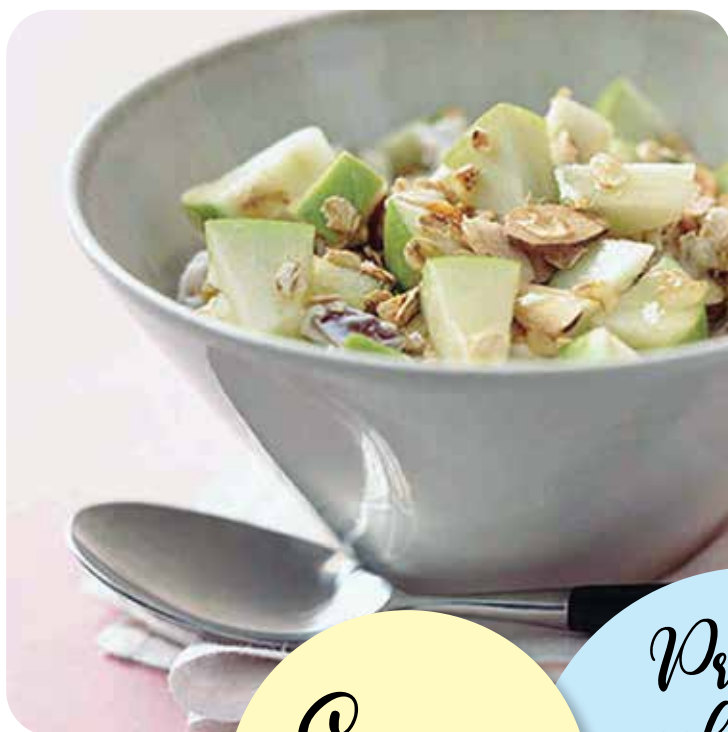
Serves
2

Prep time
10mins



Apple Muesli

CREATED BY WILL H AND TRISTAN D



Serves
5

Prep &
cook time
25-30
mins

Ingredients

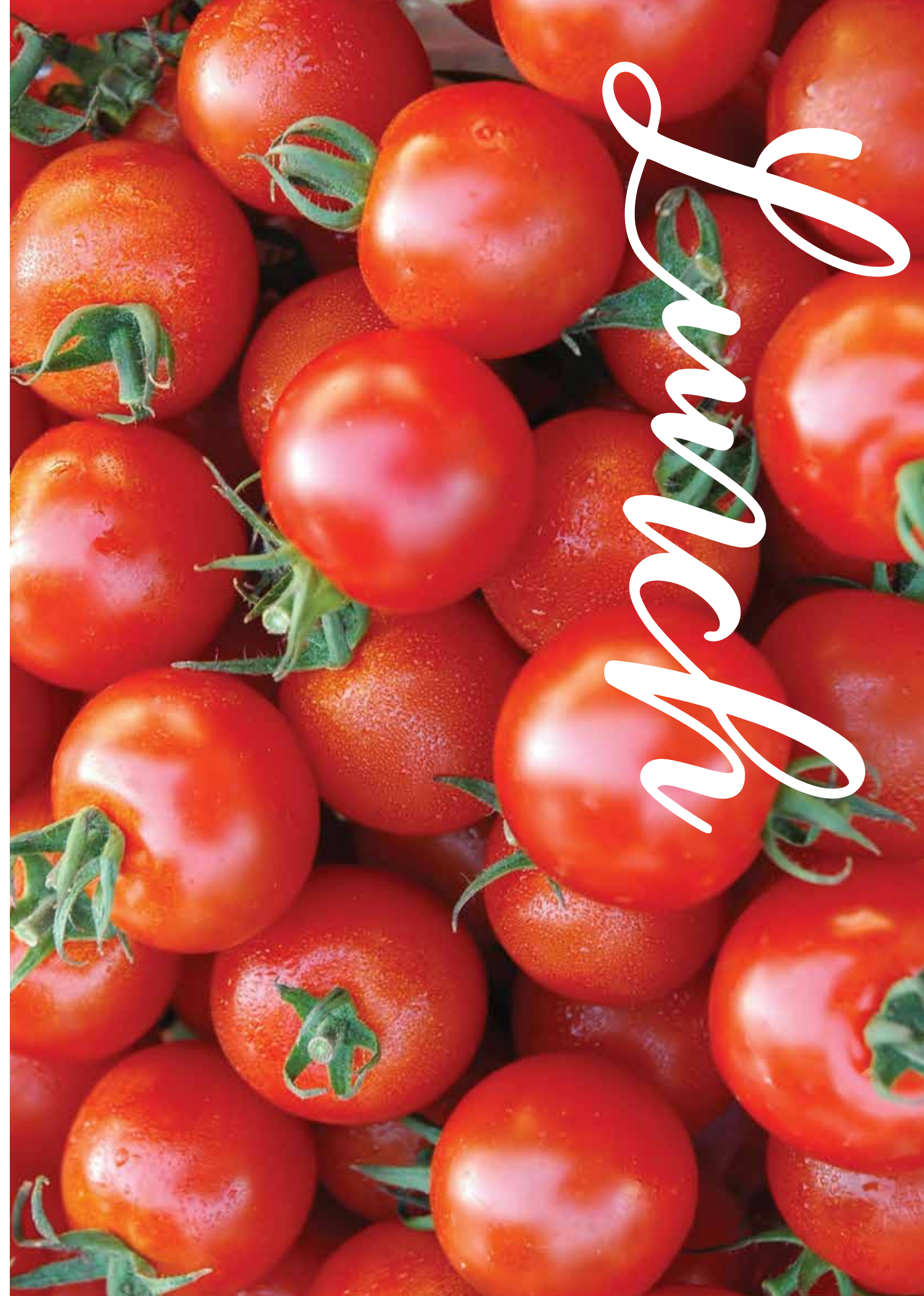
4 cup oats
1 apple, diced
2 bananas, sliced
4 teaspoons brown sugar
4 teaspoons maple syrup
¼ cup olive oil
1 cup milk (for eating muesli with)

Equipment

Measuring cups
Tray
Baking paper
Large bowl
Oven

Method

1. Lay out all of the ingredients and equipment.
2. Put all the dry ingredients in a bowl then add wet ingredients (minus the maple syrup and milk).
3. Add the maple syrup in the bowl and stir until sticky.
4. Add the fruit and continue to stir.
5. Pour onto a lined tray then put it in the oven for about 15-20 minutes (keep checking so it doesn't burn).
6. Once the muesli is out of the oven it should be a nice brown.
7. Put it in a cereal bowl with milk and ENJOY!!!



Summer

Bondi Sauso

CREATED BY CY P AND ADEN T

Ingredients

- 3 sausages
- 3 bread rolls
- 1 onion, diced
- 3 scoops of butter
- Mustard or tomato sauce

Equipment

- Frying pan
- Stove
- Chopping board
- Knife

Method

1. Heat the fry pan to a medium heat.
2. Add one scoop of butter to the hot fry pan and then put the sausages and onion in the pan.
3. Every 2–3 minutes flip the sausages and stir the onions so they cook evenly.
4. Then get your bread roll and cut it open and spread some butter on it. Put the bread roll face down on the pan to melt the butter.
5. When your sausages and onions are cooked, put the sausage and some onions in the middle of the bread roll.
6. Squirt your sauces (tomato sauce and mustard) in a zig zag over your sausage.



Prep &
cook time
**25-30
mins**

**Serves
3**

Perfect Chicken Sandwich

CREATED BY SHIRI G

Ingredients

- 2 chicken breasts, cooked and cut up (about 180g each)
- ½ cup whole egg mayonnaise
- ½ cup celery, chopped
- 13 mushrooms, chopped
- 5 large pickles, sliced

Equipment

- Sandwich press
- Chopping board
- Medium bowl
- Knife
- Spoon



Did you know... After eating chicken, you can put it in the fridge for 3–4 days but in the freezer for about 3–4 months!

Method

1. Combine chopped up chicken and mayonnaise in medium sized bowl and mix.
2. Then add the mushrooms and celery to bowl.
3. Spread chicken mixture on half of a slice of bread and top with a pickle. Then add the other half of the bread on top. Cut into fingers.
4. Put fingers in sandwich press and wait.
5. Take out once slightly toasted.

**Serves
3-4**

**Ready in
30mins**

Cheesy Perfection

CREATED BY ROBBIE C AND ARI L

This recipe helps reduce food waste because we are using cheese and bread which are both commonly wasted foods and this recipe uses leftovers food from meals. Also, this recipe doesn't take a long time to make and is easy to make for a quick lunch.

Ingredients

Tomato paste
Chilli flakes
Dry Italian herbs parsley
Fresh Ricotta
Sourdough baguette
Olive oil spray
Salt and pepper

Equipment

Chopping board
Knife
Fork
Draining bowl
Baking tray
Baking paper

Method

1. Put the oven on 150 degrees celsius.
2. Put the baking paper on oven tray.
3. Drain the fresh ricotta.
4. Place all the ricotta on the baking tray.
5. Cover the ricotta with tomato paste.
6. Sprinkle dry Italian herbs and chilli flakes on the ricotta.
7. Cut the sourdough baguette.
8. Put the ricotta in the oven for 1 hour.
9. When the ricotta comes out of the oven top ricotta with parsley
10. Serve the ricotta with sourdough and enjoy!

Serves
6

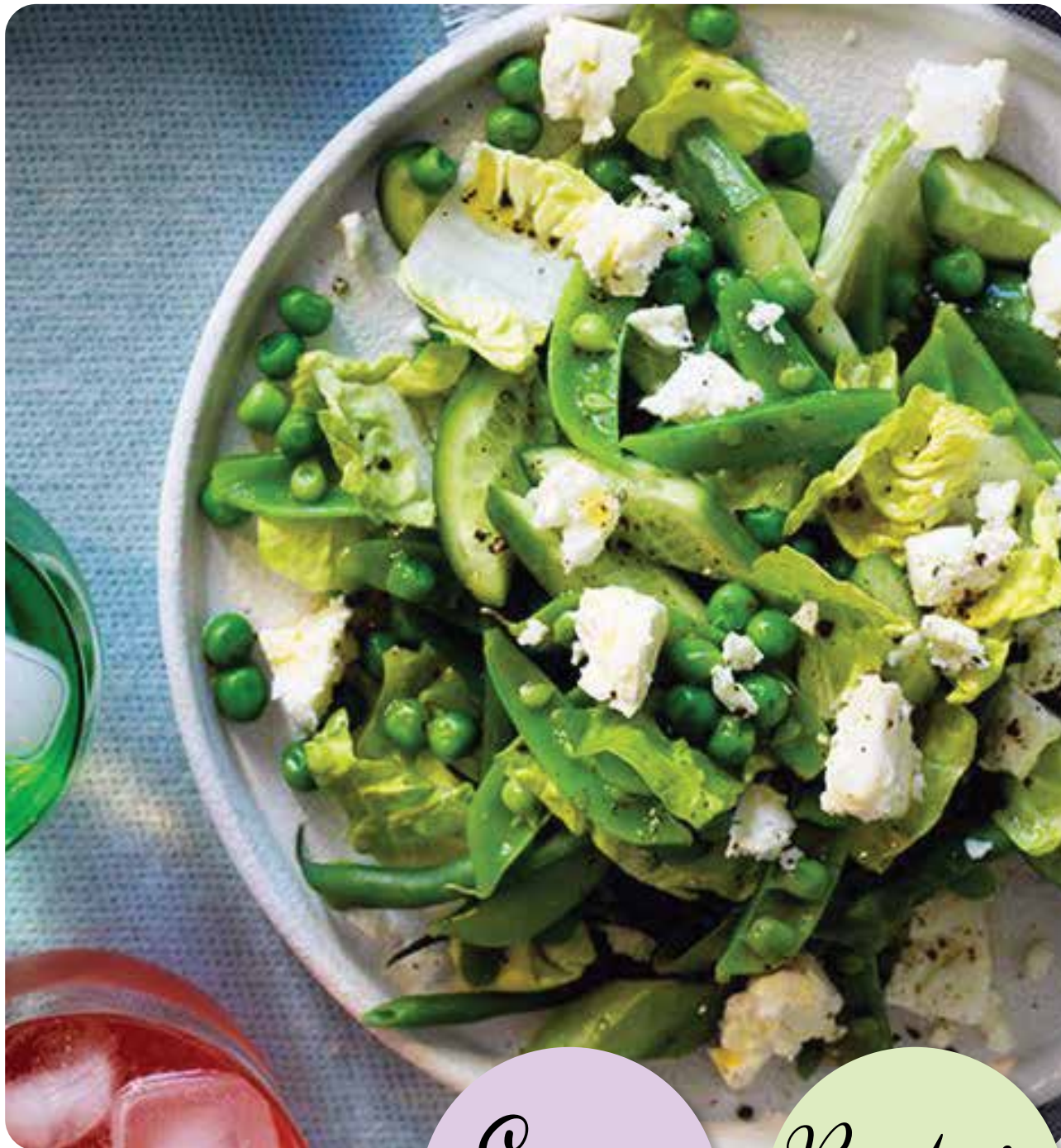
Prep time
5mins

Cook time
1.5hrs



Green Dreams Salad

CREATED BY ADEN M AND TEDDY B



Serves
4-6

Ready in
20mins

Salad Ingredients

150g sugarsnap peas, trimmed
150g green beans, trimmed and coarsely chopped
1¼ cups frozen peas
2 Lebanese cucumbers, coarsely chopped
1 baby cos lettuce, coarsely chopped

Equipment

Recycled screwtop jar
Lemon squeezer
Saucepan
Colander
Ice water in bowl
Serving bowl

Feta Dressing Ingredients

100ml extra-virgin olive oil
Juice of 1 lemon
1 table spoon of sherry vinegar
1 garlic clove, finely grated
100g feta, crumbled
Salt
Pepper

Method

1. For feta dressing, shake oil, lemon, vinegar and garlic in a screwtop jar to combine, season to taste, add feta and refrigerate until needed.
2. Blanch sugarsnap peas and beans until bright green and just tender, adding the frozen peas in the last minute of cooking for 1–2 minutes. Drain, refresh in iced water, then drain well and toss in a bowl with cucumber and lettuce. Store in an airtight container.
3. To serve, toss greens with feta dressing in a serving bowl.

Frittata Tart

CREATED BY SHANNON K

There's no food in your home but then you're confronted with my famous frittata tart, you take a small bite and it's so good that you don't want to eat anything else again!

My famous frittata tart is very healthy and it uses food that usually gets wasted. If you don't have any of the delicious ingredients then you are welcome to substitute for other ingredients.

Ingredients

2 bunches of baby asparagus
8 eggs
2 spring onions
80ml milk
400g of ricotta
2 tablespoons virgin olive oil
250g cherry tomato
Shredded cheese (optional)
Salt and pepper (to season)

Equipment

Knife
Measuring cup/spoon
Bowl
Scale
Baking tray
Chopping board
Oven

Method

1. Preheat oven to 200 degrees Celsius. Grease and line a 20 x 30cm lamington pan with baking paper.
2. Bring a saucepan of water to the boil. Add the asparagus and cook for 1 minute then drain and rinse under cold water then cut the asparagus.
3. Wash the spring onion and mince it.
4. Combine eggs, milk, parmesan, ricotta, spring onion, half the thyme and season. Pour into tin and top with asparagus. Bake for 25 minutes or until risen and cooked through.
5. Place cherry tomatoes on a tray lined with baking paper, drizzle with oil then scatter with remaining thyme. Season and roast on the shelf under the frittata.
6. Serve frittata with roasted tomatoes!

Prep time
20mins

Serves
6-8

Cook time
25mins



Rainbow Wrap with Chicken Schnitzel

CREATED BY JESSE B AND JOEL M

Ingredients

5 pieces of leftover chicken schnitzel (pre-cooked)
Small handful iceberg lettuce
1 large Tomato, sliced
5 x pita bread
1 capsicum, sliced
Olives (half a tin)
5 tablespoons Mayonnaise

Equipment

Knife
Chopping board
Microwave

Method

1. Wash the capsicum, tomatoes and iceberg lettuce.
2. Slice the iceberg lettuce, capsicum and tomatoes.
3. Place the chicken schnitzel pieces into the microwave for 1 minute.
4. After 1 minute, carefully take the chicken schnitzel pieces out of the microwave.
5. Cut the pita bread in half and place all the vegetables and the chicken schnitzel inside the pita bread.
6. Spread with mayonnaise.
7. ENJOY!



Serves
5

Ready in
30mins

Super Salad Rolls

CREATED BY COBY S AND LEVI K

Ingredients

1 whole pita bread
1 lettuce leaf
1 avocado
1 apple
½ capsicum
5 spinach leaves
1 carrot
1 cucumber
1 tomato
Hummus

Equipment

Knife
Grater
Chopping board

Method

1. Use the knife to cut the pita bread in half.
2. Chop up lettuce, tomato, avocado, spinach and capsicum into thumbnail size pieces.
3. Grate the apple, carrot and cucumber.
4. Use the knife to spread the hummus inside the pita bread.
5. Put all of the chopped up and grated ingredients inside the pita bread.
6. Enjoy your Super Salad Roll.



Instead of throwing away leftovers, use them to make Super Salad Rolls. One in nine people are starving, so think before you throw food away. Just because food has bruises, bumps and looks ugly, doesn't mean it's not healthy or edible.

There is enough food in the world to feed everyone.

Serves
2

Ready in
20mins

Very Vegan Fritters

CREATED BY MISS LEVY



Ingredients

4 cups zucchini, grated
1 cup corn kernels (fresh or tinned)
2 cups fresh spinach
¾ cup onions, finely chopped
3 garlic cloves, minced
2 tablespoons vegetable oil
1¼ cup chickpea flour
2 teaspoons cumin
1 teaspoon oregano
1 teaspoon thyme
Salt and pepper

Equipment

Grater
Frying pan
Can opener
Garlic crusher
Measuring cups
Large bowl

Healthy, vegan, gluten-free, grain-free...
what more could you want?! These fritters are a perfect
lunch box item, and a fantastic way to use up the old
or forgotten vegetables in your fridge.

Method

1. In a large bowl, combine shredded zucchini, corn, fresh spinach, onions, chickpea flour, garlic, cumin, oregano, thyme, salt and pepper. Stir together until well combined.
2. Allow to sit for at least 5 minutes. This step is important as the flour will absorb the moisture from the zucchini and create your batter.
3. Warm a large non-stick frying pan over medium heat. Add 1 tablespoon of oil then scoop ¼ cup of the zucchini mixture at a time into the frying pan.
4. Cook for 3–5 minutes on each side, until golden brown.
5. Serve warm or cold.



Makes
8-10

Ready in
35 mins

Gucci Fish Flops

CREATED BY HEATH B AND JAE S

Ingredients

2 boneless fish fillets
1 cup flour
1 teaspoon baking powder
1 pinch salt
½ cup milk
Tomato sauce
2 potatoes, thinly sliced
1 cup oil
Water

Equipment

Frying pan
Bowl
Knife
Chopping board
Fork
Spoon
Plate

Method

1. Get your ingredients and equipment after washing your hands.
2. Mix flour, baking powder and salt together.
3. Add half a cup of milk and water then slowly beat until batter is smooth.
4. Dip fish into batter, allowing excess to drip off.
5. Cut potatoes to length of 5cm and to width of 2cm.
6. Set the heat on high and fry the fish and chips in the frying pan.
7. Remove fish from frying pan once golden brown.



Serves
2

Prep time
30mins

Cook time
20mins

Dinner

Fishin' Schnitzel

CREATED BY EYAL M AND JOSH E

Ingredients

4 pieces of Whiting fish
1 cup bread crumbs
2 teaspoons flour
1 egg
2 tablespoons oil
Salt and pepper

Method

1. Place crumbs and flour in separate bowls.
2. Using a fork, whisk egg in a shallow dish.
3. Dip one fish fillet in flour, shaking off excess. Dip in egg. Coat in crumb. Place on a large tray or plate. Repeat with remaining fish fillets. Flour, egg and crumbs.
4. Refrigerate for 30 minutes, if time permits.
5. Heat oil in a non-stick frying pan over medium heat. Cook fish, in batches, for 1 minute 30 seconds each side or until cooked through.
6. Transfer to a plate lined with paper towel to drain excess oil. Season to taste.
7. Serve and enjoy!

Equipment

3 bowls
1 frying pan
1 fork

Serves
4

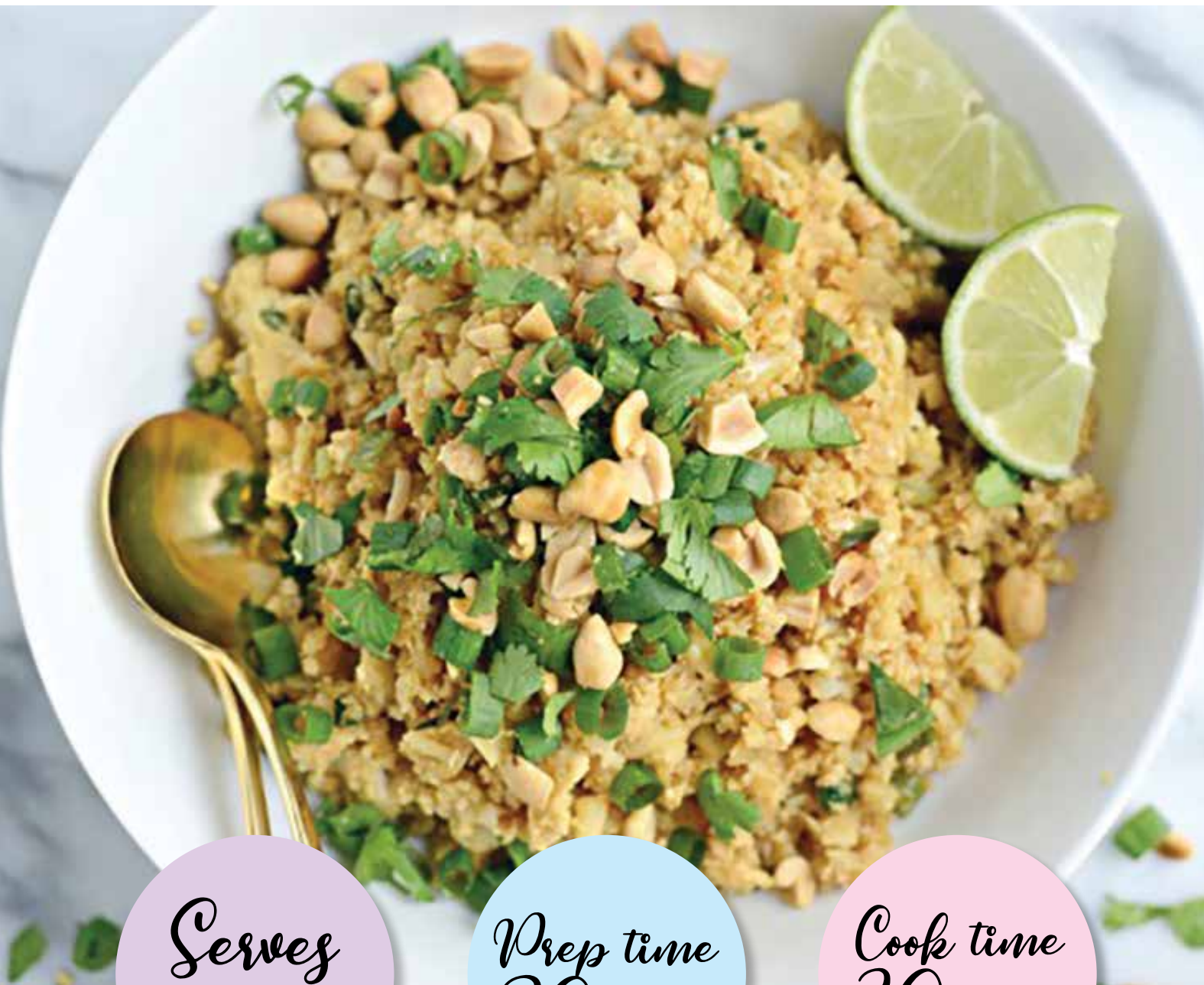
Prep time
30mins

Cook time
10mins



Juicy Cauliflower Thai Fried Rice

CREATED BY ZACK P AND LIAV L



Serves
4

Prep time
20mins

Cook time
30mins

Ingredients

1 head cauliflower, cut into florets
½ leek, sliced
1 garlic clove, diced
½ spring onion, sliced
2 tablespoons coconut oil, divided
Add a pinch of rock salt
1 teaspoon curry powder/ground cumin
½ teaspoon chilli powder
2 organic eggs
1 tablespoon tamari sauce
¼ cup cashews, chopped

Equipment

Knives
Measuring spoons
Measuring cups
Pan
Wooden spoon
Blender



Method

1. Heat one tablespoon coconut oil in a large pan and fry the leeks and garlic.
2. Place the cauliflower florets in a blender and blend until 'rice like', then add the rice to the heated pan of garlic and leeks.
3. Add rock salt, chilli powder and the extra one tablespoon coconut oil.
4. Add the spring onion, and then create a space in the middle.
5. Crack an egg in the middle of the rice and fry the rice and veggies with the egg. Add the tamari sauce and cook.
6. Cook until the cauliflower is golden.
7. Plate up. Sprinkle with cashews to serve. Top with an extra boiled/poached egg if you wish.

Mashed Potato and Veggies on the side

CREATED BY AALIYAH P

Hi everyone. Let's talk about the mashed potato and veggies on the side dish. I'm sure you have wasted some foods in your life time. The ingredients in this dish are the top five most common foods that get wasted. I'm here to reduce the amount of food waste that is thrown out every year. Make sure you have an adult nearby you in case you hurt yourself with the tools and supplies.



Ingredients

¼ cup butter
3 large potatoes
1 carrot
½ cucumber
Salt and pepper

Equipment

A fork
A spoon
A saucepan
A pan
A cutting board
A plate
A potato masher
A frying pan

Method

1. Get two potatoes and peel them, then cut into small pieces.
2. Get a saucepan and fill it just over half-way with cold water.
3. Place the pot onto the stove, turn on the heat and let it boil (Place the lid on top so it avoids the water from over flowing leave for about 15 minutes then check for bubbles).
4. Grab one carrot and half a cucumber and cut them into long strips.
5. Put the potatoes into the pot and let them cook until soft.
6. Scoop some butter into the hot frying pan and add the carrot. Cook for about 15–20 minutes, flipping half way.
7. Once the carrot is completely cooked, remove from heat and place onto a plate.
8. Add the cucumber to the plate.
9. After your potatoes are finished cooking, grab a fork and taste one to see if they are ready.
10. Drain the cooked potatoes.
11. Place the potatoes back into the saucepan and mash until smooth.
Scoop some mashed potato onto the plate with the carrots and cucumber.
12. Add salt and pepper to taste.



Serves
4

Ready in
40mins

Balsamic Beef Kebabs

CREATED BY JOEL K AND ORI L

Ingredients

¾ cup of balsamic vinegar
⅓ cup of extra-virgin olive oil
3 tablespoons Dijon mustard
5 garlic cloves, finely minced
1 tablespoon of salt
1 teaspoon of pepper
2 tablespoons of fresh rosemary, chopped
1 red onion, cut into squares (optional)
1kg of sirloin roast, cut into cubes

Equipment

Wood/metal/bamboo skewers
Small metal bowl
1 cup measure
Whisk
Large ziploc bag
Barbeque tongs
Serving platter
Barbeque grill

Serves
12

Prep time
15mins

Cook time
12mins

Refrigerate
4hrs

Method

1. In a small bowl, whisk together the vinegar, oil, mustard, garlic, salt and pepper.
2. Add the rosemary to the remaining marinade. Place the beef in a large ziploc bag and pour in the marinade.
3. Place the bag in the fridge for 4 hours.
4. Preheat grill to a medium heat.
5. Soak skewers in a bowl of water for 15–20 mins. Thread red onion onto the skewers, followed by meat.
6. Whisk the remaining marinade to recombine. Grill the kebabs until cooked.
7. Transfer to a platter and let cool. Season with salt and pepper.



Honey Soy Lamb

CREATED BY JAKE S AND ETHAN R



Handy Hints...

For the lamb, you can not only use the leg you could also use a lamb shoulder or even a rack of lamb.

For the potatoes you can use leftover potatoes which don't have to be fresh or perfect. If you want to add anything to the lamb it can be anything of your choice for example, vegetables which may be sitting in your fridge.

For the oranges, we used bruised oranges and turned them into orange juice.

Ingredients

2kg leg of lamb
125ml or ½ cup soy sauce
45ml or 3 tablespoons honey
125ml or ½ cup orange juice
45ml or 3 tablespoons olive oil
2 teaspoons paprika
Salt and pepper

Equipment

Roasting pan
Measurement set
Bowl
Oven
Foil
Tray

Serves
10

Prep time
30mins

Cook time
2.5hrs

Marinate
24hrs
prior

Method

1. Mix all marinade ingredients together which include: soy sauce, honey, orange juice, paprika, salt and pepper.
2. Place meat on top of sprayed face of pan.
3. Pour the marinade over the lamb 24 hours before cooking.
4. After 24 hours of marinating pre-heat oven to 160 degrees celsius.
5. Cover meat with aluminium foil and roast on the middle rack of the oven for 2 hours basting continuously.
6. Uncover and roast until your satisfaction has been met.

Chicken Soup: Da Cold Warrior

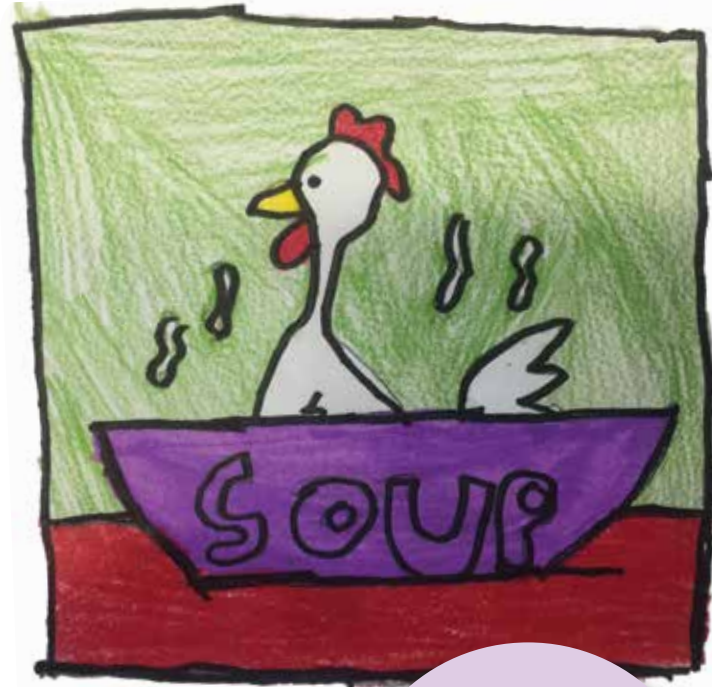
CREATED BY BRANDON F

Ingredients

1 tablespoon olive oil
1 onion, diced
3 carrots, peeled and diced
3 cloves garlic, minced
1 tablespoon freshly grated ginger
1 tablespoon minced lemongrass
5 cups chicken stock
500g boneless chicken thighs
¾ cup uncooked pasta
2 bay leaves
1 lemon, juiced
1 tablespoon fresh rosemary, chopped
1 tablespoon fresh thyme leaves, chopped
Salt and pepper to taste

Equipment

Tablespoon
Large saucepan
Stirring spoon
Whisk
Cup
2 forks



Serves
3

Prep time
15mins

Cook time
50mins

Method

1. Wash hands thoroughly.
2. Heat one tablespoon olive oil in a saucepan over a medium heat. Add onions, carrots and celery. Cook for 3–4 mins occasionally stirring, then add garlic, ginger, lemongrass thyme and rosemary until fragrant for 1–2 mins.
3. Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Add chicken, reduce heat and simmer. Cook, covered until the chicken is cooked through 10–12 minutes. Remove chicken and shred using two forks; set aside.
4. Stir in pasta and cook until tender 8–10 minutes.
5. Stir in chicken and lemon juice; season with salt and pepper.
6. Serve immediately.



Red Souperman Borscht

CREATED BY ROLAN S

The great, earthy flavour of beetroots goes pretty well with this soup. It's sweet and sometimes it's got a slight taste of vinegar. As beetroot is the main feature in borscht, it tastes like cooked beetroots.



Ingredients

2½ cups medium beetroot, peeled and grated.
½ head savoy cabbage
1 carrot, peeled and thinly sliced
2 onions, diced
1 potato, cut into pieces
Cooking oil
250g sour cream
4 cups water
Fresh dill (to serve)

Equipment

Bowl
Grater
Cutting board
Frying pan
Stove
Knife

Method

1. Prepare the potatoes, beetroots, cabbage, carrot and onion.
2. Using the same pot, set the heat to medium and carefully pour a couple of teaspoons of cooking oil.
3. Cook beetroots, carrots and chopped onion covered in water for 20 minutes.
4. Top with sour cream or dill carefully and make sure they are not underneath the soup.
5. Serve warm, not cold and with a fork and spoon.

Serves
4

Prep time
30mins

Cook time
2.5hrs

Terrific Tacos!

CREATED BY LILY S

Have you ever wasted food such as ground beef, lettuce or tomatoes?

We all have... but it is time we make a change. Did you know that all the food you waste goes into landfill? The majority of the food that goes into landfill is good food that can be eaten.

This recipe is a really good way to reduce your wastage of leftovers such as leftover ground beef. Instead of throwing your leftovers away you should use them for recipes like these.

Ingredients

250g ground beef
1 egg
1½ cups of corn meal
1 cup of flour
1½ cups of water
¼ teaspoon of salt
Any vegetables you like

Equipment

Pan
Spatula
Hand beater
Bowl
Spoon

Serves
3-4

Prep time
10mins

Cook time
15mins



Fun fact... I like to fill my tacos with lettuce, tomato, cheese, and mayonnaise! How do you like yours?

Method

1. Mix the flour, egg, corn meal, water and salt in a large bowl using hand beater, until smooth.
2. Pour ¼ of a cup of the mixture into an oiled fry pan.
3. Fry each side like a regular pancake (until brown)
4. Let taco shells cool.
5. Using the same pan, add the ground beef, season with salt and pepper and cook until brown.
6. Once your beef is cooked, remove from heat.
7. Fill homemade taco shell with the ground beef and add whatever vegetables you like.
8. Enjoy your delicious homemade tacos!



Garlic Oregano Chicken

CREATED BY MISS KINROSS



In a busy house, a simple and quick dinner is always a winner. Any leftover chicken can be used in a salad as it is delicious hot or cold.

Ingredients

1kg chicken thighs
1 tablespoon crushed garlic
¼ cup fresh oregano
Salt and pepper
½ cup olive oil
400g butternut pumpkin
½ cup cooked black rice
2 zucchinis

Method

1. Preheat oven to 180 degrees.
2. In a large bowl, combine most of the olive oil, salt and pepper, garlic and fresh oregano. Stir well to combine.
3. Place chicken in the olive oil and coat well. Let sit and marinate for at least 30 minutes (or overnight in the refrigerator).
4. Remove skin from the pumpkin using a sharp knife and cut into small chunks.
5. Cut zucchini into medium chunks.
6. Place pumpkin and zucchini in the roasting pan and coat with salt and pepper to taste and one tablespoon of the olive oil.
7. Place in the oven for 30 minutes or until brown and cooked through.
8. Cook rice as per packet instructions.
9. Preheat fry pan to a medium heat.
10. Place chicken into the hot fry pan. Cook on each side for approximately 4 minutes, until brown and cooked through.
11. Plate up the cooked chicken, vegetables and rice. Enjoy hot.

Equipment

1 large bowl
Measuring cup
Measuring spoon
Tongs
Roasting pan
Frying pan
Sharp knife

Serves
4

Prep time
40mins

Cook time
35mins

Mexican Madness

CREATED BY TALIA R

Ingredients

Smoked paprika
250g mince meat
2 cups lettuce
½ an onion
6 tomatoes
1 handful grated cheese
4 taco shells
1 can beans
1 small avocado
Tomato salsa

Equipment

Chopping board
1 sharp knife
1 pan
Stove
Oven

You don't have to use beef mince you can use any protein source such as chicken, fish or beans. I like to use the vegetables that other wise would have been thrown away. You can substitute any of the vegetables if you need. You don't need to put the taco shells in the oven I just do that so they are hot and crispy.



Method

1. Place taco shells in the oven for 5 minutes on fan forced oven at 180 degrees.
2. While they are in the oven turn on the stove and put the mince in the pan and place it on the stove.
3. Once it starts to cook, chop up the lettuce, onion, tomatoes and then start smashing the avocado in a separate bowl.
4. Check on the mince and sprinkle some paprika on the meat.
5. Now turn off the oven but keep the taco shells in the oven, so they stay nice and hot.
6. Keep your eye on the meat until it is cooked. Once the meat has cooked, turn off the stove and take the taco shells out of the oven.
7. Then start placing all your ingredients in your taco shell and take a big bite of glory.

Gyoza Japanese Dumplings

CREATED BY YOSHI S

This marvellous recipe is not only for people that like gyoza's but also people who are kosher or have dietary requirements such as vegetarians or vegans can modify this recipe to suit their dietary needs.

Ingredients

400g of pork (but if you are Kosher you can use tuna or chicken)
1 cup of finely shredded cabbage
1 teaspoon of sesame oil
3cm piece of ginger, peeled and grated
2 garlic cloves, crushed
30 gyoza wrappers (store bought)
1 teaspoon of vegetable oil
Sliced shallots, to serve
Teriyaki sauce
A bit of water



Serves
5-7

Prep time
15mins

Cook time
15mins



Method

1. Place mince, cabbage, sesame oil, soy sauce, ginger and garlic in a bowl. Stir to combine. Place wrappers on work surface. Make dumplings: Spoon one heaped teaspoon mince mixture on half of wrappers. Brush edges with cold water. Fold remaining wrapper halves over to enclose filling. Press edges together to seal.
2. Heat half the vegetable oil in a large fry pan over high heat. Remove from heat. Reduce heat to medium-high. Arrange half the dumplings in pan. Cook for 1 to 2 minutes or until bases are browned. Add $\frac{1}{2}$ cup hot water. Cover with lid. Cook for 4 to 5 minutes, adding more water if necessary. Remove from heat. Uncover. Stand for 1 to 2 minutes or until dumplings come away from pan easily. Repeat with remaining oil and dumplings.
3. Meanwhile, make dipping sauce. Place teriyaki sauce and sesame oil in a bowl. Stir to combine. Serve dumplings with dipping sauce.

Granny's Potatoes and Salad

CREATED BY JOE JOE M



Serves
4

Prep time
30mins

Cook time
2.5hrs

Ingredients

10 Dutch cream potatoes
785g iceberg lettuce
3 red capsicums
500g buckwheat kernels
2 green cucumbers
5 cocktail truss tomatoes
Pinch of salt
½ tablespoon ground pepper
1½ tablespoons extra virgin olive oil
¾ cup Lemon Juice

Equipment

Spoon
Sharp cutting knife
3 medium saucepans
Cutting board
Large bowl for salad
Large frying pan
Peeler
Large plate for potatoes
Plates
Cutlery

Method

1. After gathering the ingredients, clean out the capsicum until there are no seeds left.
2. Cut capsicum into long pieces.
3. Put buckwheat, potatoes and capsicum into separate pots of boiling water.
4. Boil capsicum for 6 minutes or until soft. Cool the capsicum.
5. Boil buckwheat until soft and chewy. Then boil the whole potatoes until soft.
6. When the potatoes are ready, chop in half vertically.
7. Heat oil on a frying pan before putting the potatoes on. Fry in oil until golden and crispy.
8. Wash lettuce, tomatoes and cucumber, then slice the cucumber into thin circles, then chop the tomatoes into wedges.
9. Transfer buckwheat, capsicum, tomatoes, cucumber and lettuce into a large bowl.
10. Pour lemon juice into bowl. Mix till lemon juice is absorbed.
11. Sprinkle salt and pepper on the salad.
12. Once ready, place the potatoes onto a large plate and serve with salad.
13. Enjoy.

Vegetable Lasagne

CREATED BY JESSICA H AND STELLA L

Lasagne Ingredients

1 large eggplant, cut into 1cm thick slices
125ml olive oil
¼ pumpkin, cut into 1cm slices
2 tins of chopped tomatoes
1 teaspoon of caster sugar
4 garlic cloves, chopped
⅓ cup basil
2 cups baby spinach
One large leek, chopped
20g butter
600g fresh lasagne sheets
100g parmesan cheese, finely grated
Salt and pepper

Cheese Sauce Ingredients

90g butter chopped
90g plain flour
750ml warm milk
75g grated cheddar cheese

Equipment

Oven
Baking tray
Brush
Paper towel
Sauce pan
Knife
Plastic wrap
Frying pan
Heat proof casserole dish



Method

1. Preheat the oven to 200 degrees celsius. Place the eggplant on a baking tray and brush with two tablespoons oil.
2. Roast for 30 minutes turning once or until lightly browned turning once. Remove from oven and drain on paper towel.
3. Meanwhile, to make the cheese sauce, melt the butter in medium saucepan, add the flour and stir over low heat until the mixture is dry and grainy.
4. Gradually whisk the milk and slowly bring to a simmer season to taste and simmer over low heat for 5 minutes. Whisking occasionally until thick. Remove from the heat and stir the cheese cover, with plastic wrap and allow to cool slightly.
5. Meanwhile, in a saucepan over medium heat. Simmer the tinned tomatoes, two tablespoons oil, garlic and sugar for 8–10 minutes, or until thick. Season to taste and stir in basil.
6. Toss the spinach in a large frying pan over medium heat for 2–3 minutes or until wilted. Remove from heat.
7. Heat the remaining oil in a saucepan and cook the leek over low heat until soft.
8. Remove from the heat, stir in the spinach to the cooked leek mixture and season to taste. Reduce the oven temperature to 180 degrees.
9. Rub butter over the sides and base of a three litre heatproof casserole dish and place a layer of pasta over base, top with eggplant slices then half the tomato sauce, top with one-third of the cheese sauce and another layer of pasta. Top with spinach mixture, the remaining tomato sauce and another layer of pasta. Spread the remaining cheese sauce over the top and sprinkle with parmesan cheese.
10. Place the dish on an oven tray and bake for 45 minutes, or until browned and bubbling.

Serves
4

Prep time
30mins

Cook time
10mins

The Kings Chicken Soup

CREATED BY CADEN H AND MATAN K

Ingredients

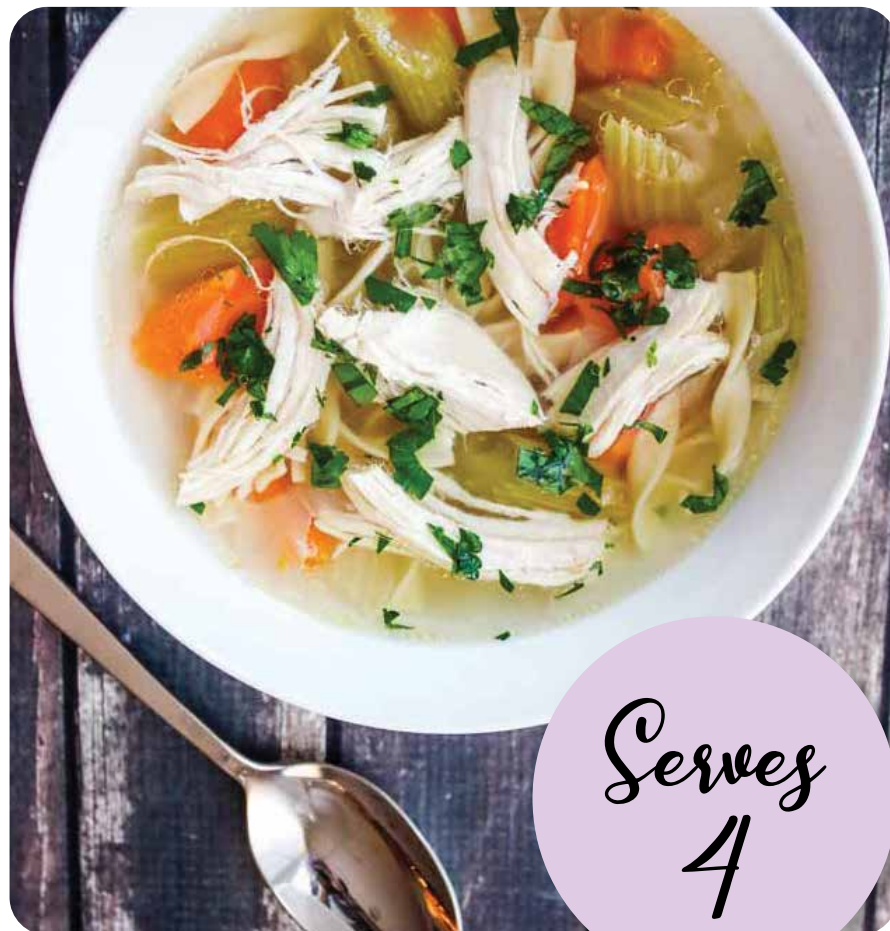
- 2 leftover chicken legs
- 1 large sweet potato
- 1 brown onion
- 3 celery sticks
- 4 chicken stock cubes
- Salt and pepper
- 2 litres of water

Equipment

- Knife
- Chopping board
- Large saucepan

Method

1. Peel the sweet potato and the onion.
2. Chop all the vegetables into large chunks and put them into your pot.
3. Add the chicken legs into the pot.
4. Pour the water into the pot.
5. Add the chicken stock cubes into the pot then put the lid on and place it on the stove, turn on the stove.
6. After 6 hours turn down and stir.
7. After a few minutes stop stirring and enjoy your Kings Chicken Soup.



Serves
4

Prep time
20mins

Cook time
4hrs

Alza's Spicy Mince Tacos

CREATED BY AARON H

Taco Ingredients

- 6 taco shells
- 1 large avocado, mashed
- ¼ cup sour cream
- ½ juice of lemon
- 800g beef mince
- Tomato salsa
- 1 cup shredded cheese

Spice Mix Ingredients

- 1 tablespoon cumin seeds
- 1 tablespoon dried coriander
- 1 tablespoon paprika
- ½ teaspoon chilli powder
- ½ teaspoon garlic powder
- 1 teaspoon ground oregano

 **Spice:**
medium-hot

Method

1. Place cumin in a non-stick frying pan over medium heat. Cook, stirring, for 1–2 minutes or until aromatic. Transfer to a mortar. Gently pound with a pestle until coarsely crushed. Stir in the coriander, paprika, oregano, chilli powder and garlic powder.
2. Put oil in a pan, add the mince and spice mix when the oil is spitting. It doesn't need more than five minutes. If the mince is still pink then keep cooking it, If brown it's ready to go.
3. Divide among taco shells. Top with salsa, avocado, sour cream and grated cheese to serve.



Serves
3

Prep time
15mins

Brashy's Leftover Pasta

CREATED BY MISS BRASH



This recipe is great for using up leftovers! I always have mushrooms and leftover pancetta or BBQ chicken in the fridge at home. Through the FEAST program I have learnt the importance of being mindful about waste. It is an easy throw together mid-week meal.

It's also easy to eat on playground duty!

Ingredients

300g fettucine
Sea salt and black pepper to taste
3–4 tablespoons olive oil
125g pancetta, sliced (use shredded BBQ chicken if you do not eat pork)
2 medium leeks, trimmed and finely sliced
250g button mushrooms, trimmed and sliced
2–3 tablespoons crème fraiche
Parmesan shavings to serve
Parsley

Equipment

Knife
Chopping board
Saucepan
Fry pan
Wooden spoon
Colander

Method

1. Add the pasta to a pot of boiling salted water and cook for 10–12 minutes or to packet instructions.
2. Meanwhile, heat the olive oil in a large pan and add the pancetta. Fry for a few minutes until it is golden brown, then add the leeks, mushrooms and a little salt and pepper. Stir over high heat for 6–8 minutes until the leeks are tender.
3. Drain the pasta and immediately toss with the pancetta, leeks and mushrooms. Stir in the crème fraiche and season with salt and pepper to taste. Scatter over the chopped parsley to serve.

Serves
4

Prep time
10mins

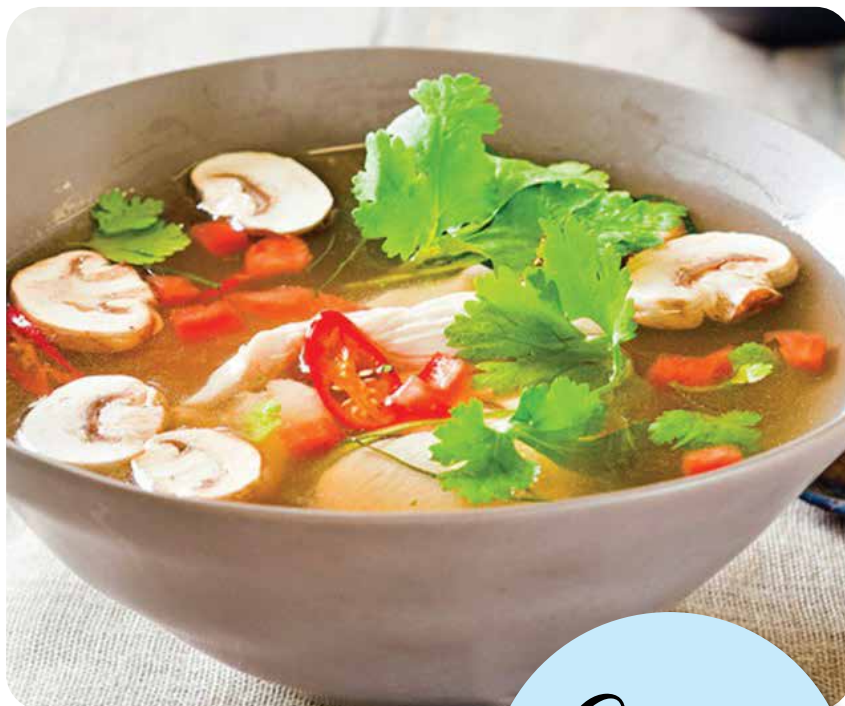
Cook time
25mins

Cha Cha Chilli Soup

CREATED BY ROMY T

Ingredients

- 4 chicken thighs
- Udon noodles
- 3 cups of water
- 2 garlic cloves, crushed
- 3 cups of vegetable stock
- 2 bunches of bok choy
- 1 red capsicum, seeded and thinly sliced
- 2 bird's eye chillies, seeded and finely chopped
- 2 tablespoons of ginger, grated
- 2 tablespoons of tamari sauce
- 4 spring onions, white part only, thinly sliced
- ½ cup of coriander leaves



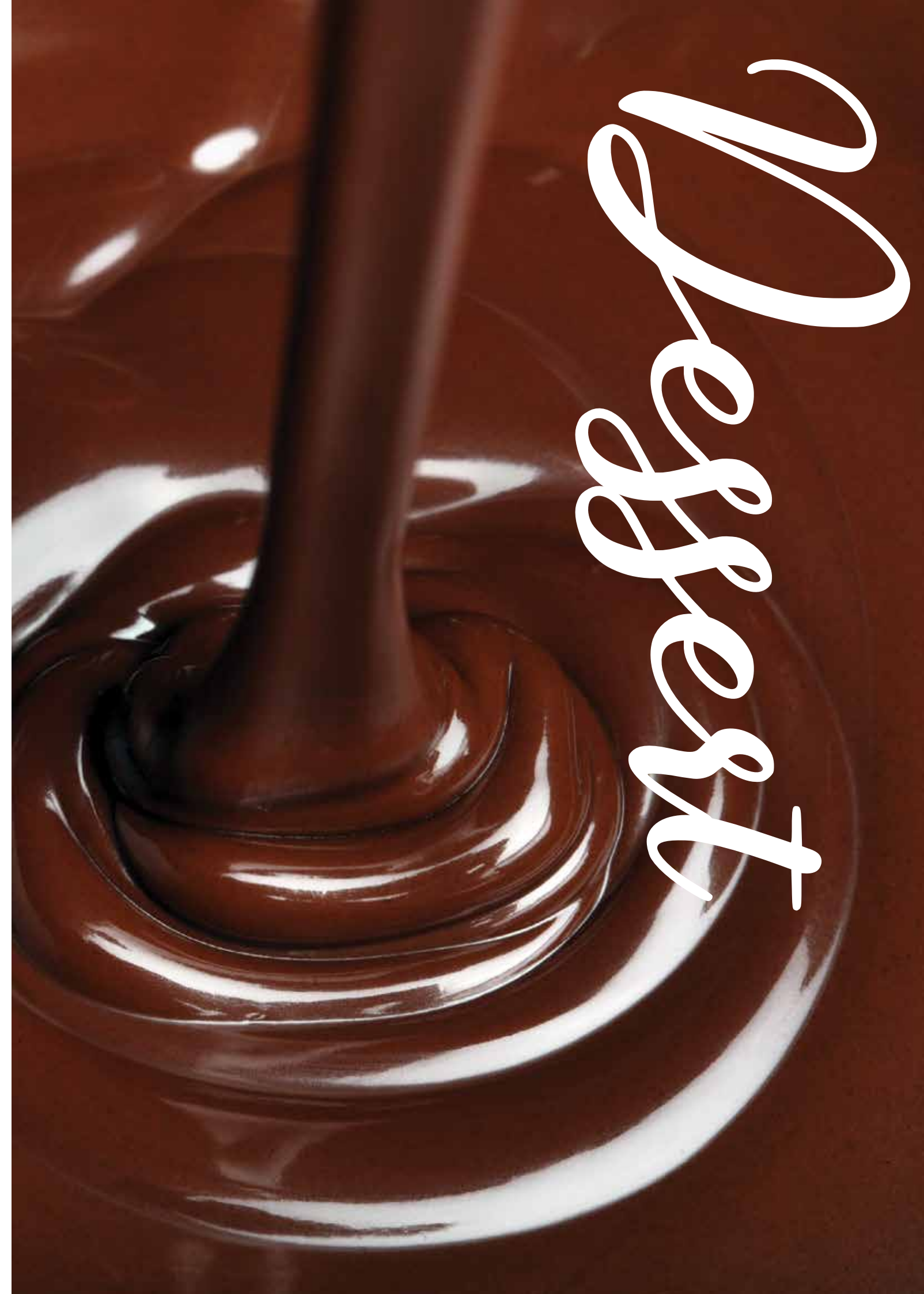
Serves
4

Prep time
15
mins

Cook time
15mins

Method

1. Combine all of the ingredients, except udon noodles, in a large saucepan.
2. Cover and bring to a boil over high heat, then reduce the heat and simmer (covered) for 10–15 minutes until the chicken is cooked through. Then remove the chicken from the stock cover and keep warm.
3. Add the udon noodles to the soup stock and cook as per packet instructions.
4. Add chicken back into the soup, serve and enjoy.



Rescued

Gluten Free Heavens Treat Pie

CREATED BY BAYLA R AND BIANCA I

Ingredients

1 cup sugar
¼ cup corn starch
½ teaspoon salt
2 cups milk
2 eggs
3 tablespoons butter
1½ teaspoons
Vanilla extract
4 bananas
1 cup of strawberries
500ml whipped cream
350ml cream
10 inch gluten-free pie base

Equipment

1 large bowl
1 spoon
1 whisk
1 large saucepan
1 chopping board
1 knife

Method

1. Put the saucepan on the stove and preheat to medium heat.
2. Add sugar, corn starch, salt, milk, eggs and cream to saucepan and mix.
3. Keep mixing until it starts bubbling.
4. Take the saucepan off the stove and add your butter, mix slowly.
5. Add your mixture to a large bowl and cover with cling wrap.
6. Put it in the fridge for 25 mins.
7. While you're waiting, cut up your bananas and strawberries.
8. Get your pie plate and add half of the custard.
9. Add your bananas on top of your custard in your pie plate.
10. Now add the rest of your custard in the pie plate.
11. On top of the custard add your whipped cream.
12. Add your bananas and strawberries and enjoy.



Did you know... Bananas and strawberries are often wasted in family households. We decided to make this pie where you can use brown bananas or strawberries which otherwise would have been thrown away.

Serves
8

Prep time
15mins

Fridge time
25mins

Fruit Tartlet

CREATED BY RUBY-LYNN W

My recipe is waste free because it contains banana and strawberry which is normally left in the back of someone's fridge and never gets eaten while there is way more people who would need food. It is healthy because it also has pineapple, kiwi fruit, raspberries and passionfruit.

Ingredients

- 1 passionfruit
- 6 raspberries
- 1 banana, frozen
- 3 pineapple slices
- 5 strawberries
- 1 kiwi fruit
- 6 tartlet shells (store bought)
- Whipped cream (optional)

Equipment

- Mixer
- Knife
- A plate

Method

1. Place a frozen banana in the mixer together with strawberry, kiwi fruit, passionfruit and pineapple.
2. Mix this until you have a smooth consistency.
3. Pour the mixture into the empty tartlet shell.
4. Add whipped cream and raspberries on top (optional).



Serves
6

Prep time
15mins

Fridge time
5mins



Berry Boi Jam

CREATED BY RONEN B

Ingredients

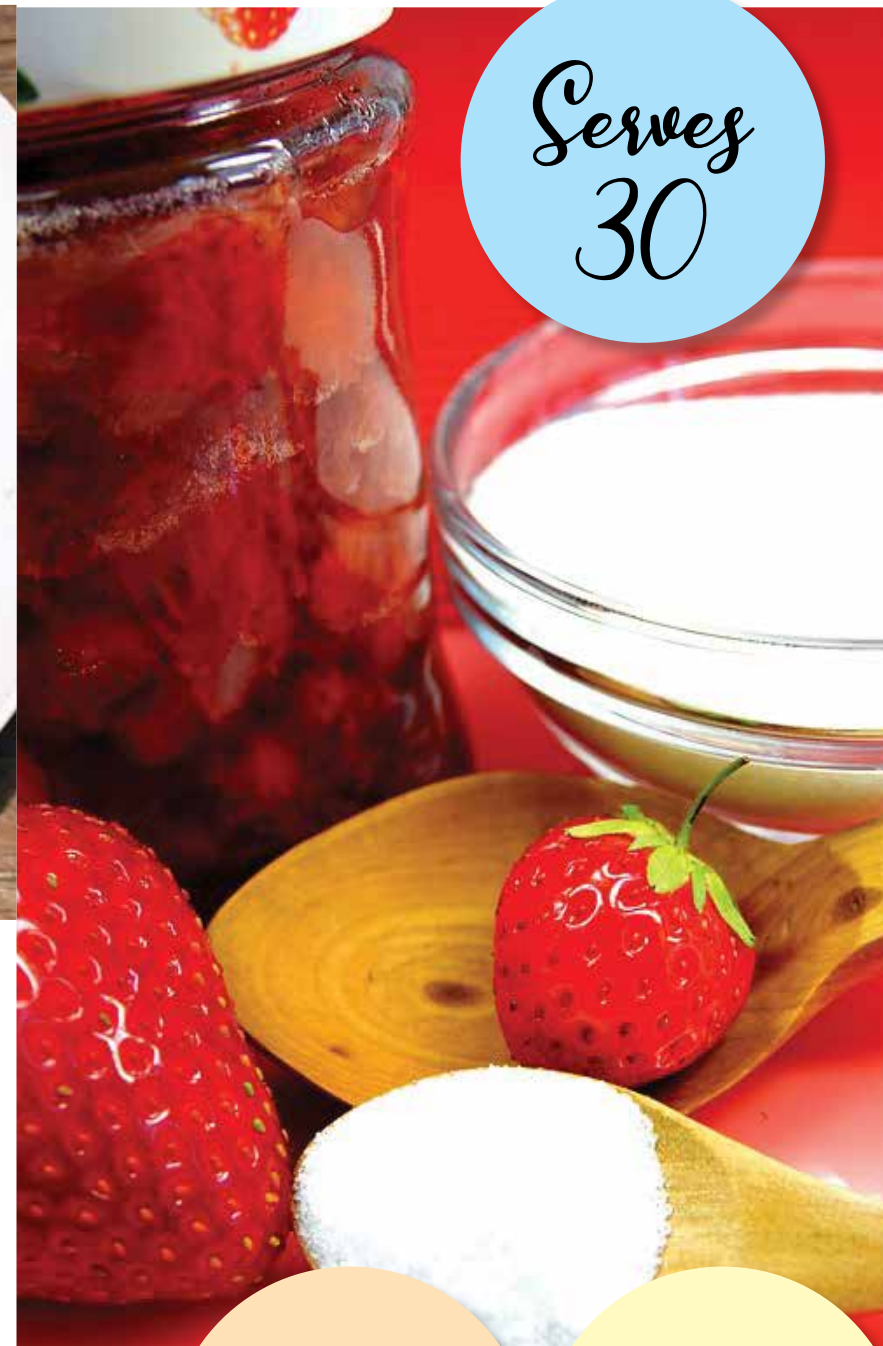
- 1kg fresh berries of your choice
- 4 cups caster sugar
- 4 tablespoons of lemon juice

Equipment

- Heavy based saucepan (clean)
- Potato masher
- Stove
- Sterile jars

Method

1. In the saucepan crush the strawberries with the potato masher.
2. Add the sugar and lemon juice, then stir over low heat.
3. Increase heat gradually, and stir regularly. You can stop when the mixture is at 105 degrees celsius.
4. Keep this heat for 20 minutes.
5. Transfer the jam to hot, sterile jars and put the jars lids on right away.
6. Flip the jar over for 5 minutes and then flip back over, and see if it worked!



Serves
30

Prep time
20mins

Cook time
20mins

Perfect Panna Cotta with Great Granola

CREATED BY OLI S AND RYAN H



Did you know... There is enough food produced in the world to feed everyone. Throwing away a burger wastes the same amount of water as a 90 second shower.

That's why we've chosen a healthy panna cotta as our recipe choice. You can use any fruit you have in your fridge to go on the panna cotta and it will taste just as good. We are using rescued fruit, dairy and granola/cereal. The panna cotta is a healthy, yummy breakfast or dessert because it is made with yoghurt, served with fruit and healthy granola. It is also kept sweet with the best and most natural sweetener – honey.

Ingredients

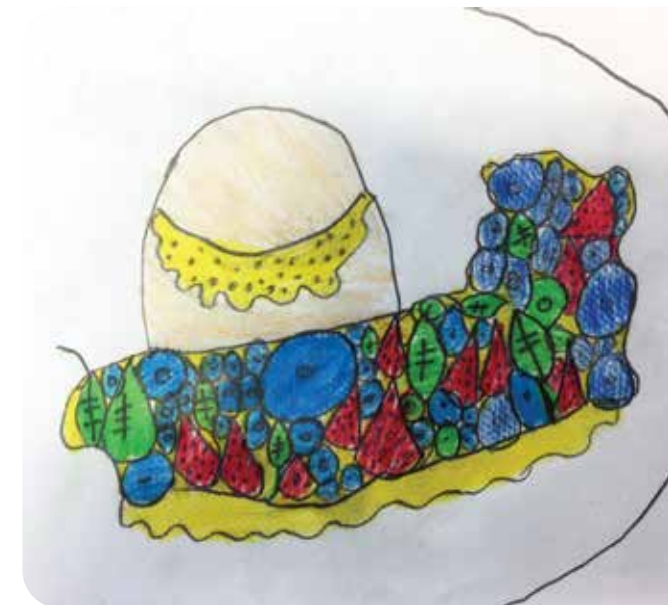
300ml full cream milk
3 tablespoons honey
1 tablespoon vanilla bean paste
3 gelatine leaves
200g Greek yoghurt
300g fruit of your choice
50g granola (store bought)
50g cornflakes

Equipment

Whisk
Saucepan
Stovetop
Bowl
Dariole moulds
Refrigerator
Serving plate

Method

1. Whisk together milk, honey and vanilla bean paste in a saucepan, place over medium heat.
2. Bring to a simmer and remove from heat. Then soften gelatine leaves in cold water.
3. Squeeze the excess water from the gelatine leaves bowl and whisk it into hot milk mixture, allow mixture to cool to room temperature.
4. Gradually whisk Greek yoghurt into milk mixture until smooth.
5. Once smooth pour the mixture into the dariole moulds. Then place the moulds into the refrigerator to set for 4 hours or overnight.
6. While the panna cotta sets crush up some granola and cornflakes and cut up any fresh fruit in your fridge.
7. Once set, remove the panna cotta from mould and place on a serving plate. Serve with cut up fruit and crushed granola.



Serves
1-2

Prep time
25mins

Fridge time
4hrs

Buzzing Banana Chocolate Chip Cakes

CREATED BY ESHANA J

Ingredients

2 cups wholemeal flour
1 teaspoon baking soda
¼ teaspoon salt
2 eggs
3 ripe bananas
½ teaspoon vanilla extract
500g butter (melted)
½ cup milk
Chocolate chips
(as much as you like!)

Equipment

Measuring cup
Whisk
A reasonable sized bowl
A spoon to scoop batter
Mixer (electrical, or you can do it by hand)

Method

1. Preheat the oven to 180C. As this task is dangerous you can ask an adult for help.
2. Measure and pour in all of the dry ingredients. Make a well shape in the centre of the bowl.
3. Mash your bananas with a fork until runny and smooth, pour it into the well.
4. Then melt 100g of butter and pour it into your bowl.
5. Next, crack your two eggs and whisk them until it is bright yellow, pour it into your bowl.
6. Then you add your 1 teaspoon of baking soda. And then add your brown sugar into the bowl.
7. Next, add your milk and chocolate chips and mix thoroughly once you have a bit of a doughy texture.
8. Spoon your batter into your tins that you have lined and put it in the oven to bake until golden brown. This should take about 15–20 minutes.
9. Once they have baked take them out of the oven to cool for a couple minutes, then you can enjoy!

Did you know... Bananas are one of the top five most wasted foods? Use your brown bananas to make these delicious cakes!



Serves
2

Prep time
30mins

Cook time
20mins

The Digits of Apple and Rhubarb π

CREATED BY JOSH G AND MAX N



Serves
6-8

Prep time
20mins

Cook time
40mins

Hi there. Are you craving something sweet? I've got the perfect recipe for you. It's called the Digits of Apple and Rhubarb Pie. This recipe is healthy and helps reduce food waste because apples and rhubarb are healthy and fruit and vegetables are the most wasted foods in the world. You can help reduce food waste by using any fruit you have in your fridge that is old or brown in the pie instead of apple or rhubarb. Whatever you choose, make sure you're not wasting!

Ingredients

30g unsalted butter
6 Granny Smith apples, peeled, cored and chopped
150g of caster sugar
1 bunch of rhubarb, washed and sliced
½ teaspoon of ground cinnamon
2 sheets of puff pastry
Ice cream on top (optional)

Equipment

Chopping board
Knife
Large measuring cups
Oven
Wooden spoon
Pie dish
Apple corer
Frying pan

Method

1. Preheat oven to 180 degrees.
2. Melt butter in a frying pan. Add chopped apples and sugar cook over low heat for 2-3 minutes.
3. Add rhubarb and cinnamon and cook for 2-3 minutes or until softened.
4. Transfer the ingredients from the pan to the pie dish and set aside to cool.
5. Take out the puff pastry and let it defrost and place over pie dish.
6. Cook for 40-50 minutes in the oven then take out of oven and serve with ice cream.

Cake Muraveynik (Anthill Cake)

CREATED BY JAN E

Ingredients

600g sugar cookies
2 cans caramel condensed milk
400g unsalted butter, softened
Poppy seeds or bar of
milk chocolate (to decorate)

Equipment

Large bowl for cream
Large bowl for cookies
Electric mixer
Spoons
Grater (if using chocolate
to decorate)
Flat plate

Method

1. In a large bowl, crush the cookies breaking them into small pieces (not too small – they shouldn't be crumbs)
2. In a different bowl, using an electric mixer, beat the softened butter until fluffy, then beat in the caramel condensed milk until smooth.
3. Pour the liquid mixture over the crushed cookie mixture and mix well.
4. Form the mixture into an 'anthill' on the flat plate.
5. Sprinkle with poppy seeds and/or grated chocolate.
6. Refrigerate for at least 3 hours or overnight.
7. Serve and enjoy!



Prep time
15mins

Fridge time
3hrs

muraveynik



Fresh Melon Smoothie Bowl

CREATED BY AMY K AND HONEY H

It's a boiling hot day and you want something cold but you don't know if you want to eat or drink something. Then try our Fresh Melon Smoothie Bowl!

If you are missing some of the ingredients and you don't want to waste food then use these tips: You don't have coconut milk but you still have some leftover almond milk or regular milk that you don't want to waste, use that as a substitute. If you don't have a rockmelon, use your leftover watermelon.

If you don't have mango, use papaya. If you don't have strawberries, use blueberries. If you don't have banana, use raspberries.

This Fresh Melon Smoothie Bowl is healthy, is guaranteed to make you happy and is a great way to cool you down on a hot day.

Ingredients

1/3 cup coconut milk
3/4 cup rockmelon, cubed
1/2 banana, sliced
1 cup mango, cubed
1 cup ice
1/3 cup strawberries, sliced

Equipment

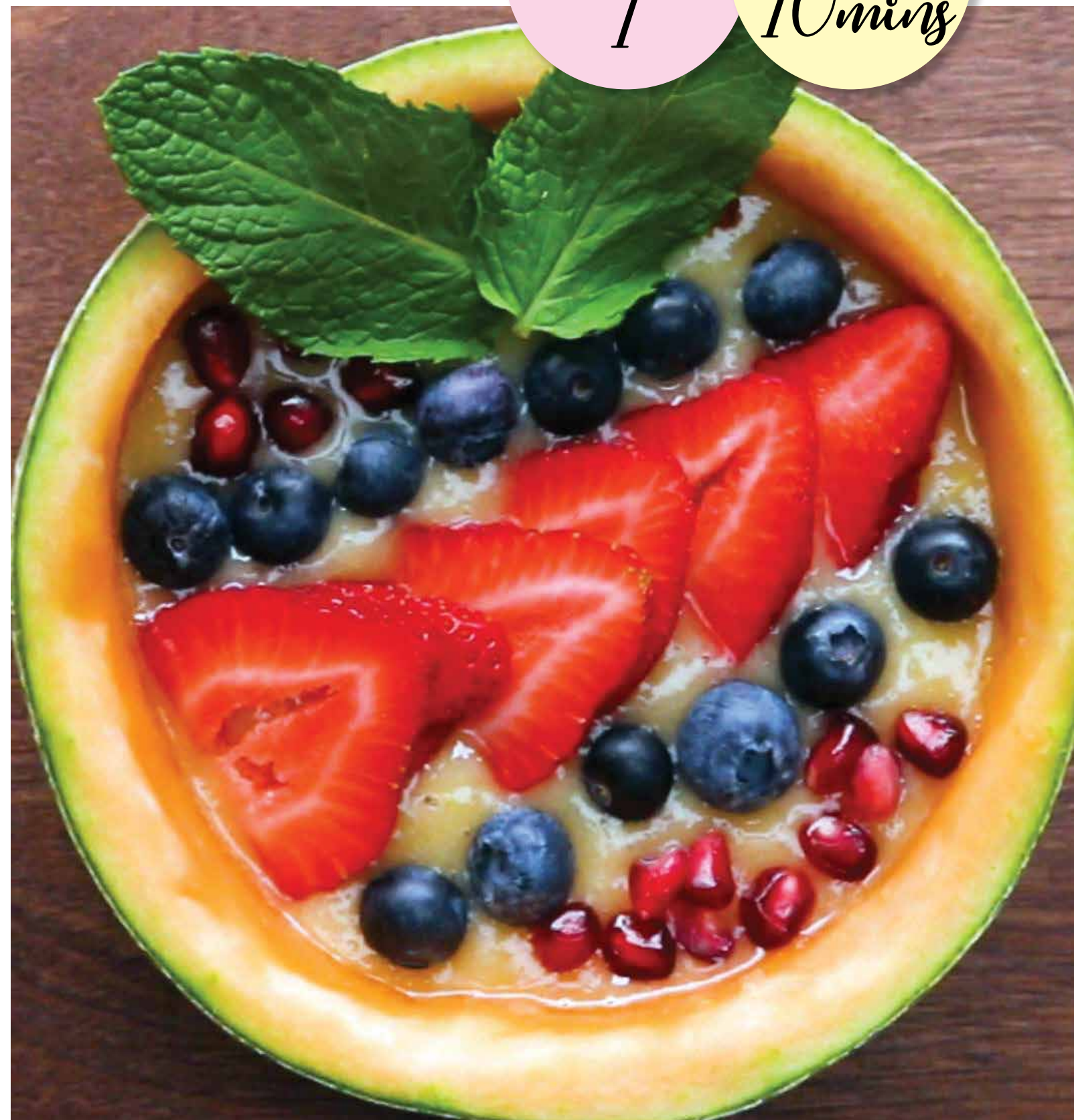
Blender
Spoon
Bowl

Method

1. Cube your rockmelon and mango.
2. Slice your banana and strawberries.
3. Get your blender and add your coconut milk.
4. Add all your fruits and ice.
5. Pour your smoothie into a bowl.
6. Add decorations, and enjoy.

Serves
1

Ready in
10mins



Beaming Banana Bread

CREATED BY KEIRA S



Serves
8

Prep time
15mins

Cook time
50mins

Making this banana bread is really easy and it is sure to be enjoyed by everyone as it is moist, healthy and extremely delicious. It uses the natural sweetness from the ripe bananas for flavour, so it has no refined sugar. Bananas are in the top five most wasted food items in Australia and so instead of throwing away over ripe bananas, you can use them to make this dish. You can also add some fruit on the side if you want to. Enjoy your healthy Beaming Banana Bread!



Ingredients

3–4 bananas
2 eggs
½ cup of olive oil
¼ cup of milk
1 teaspoon of vanilla essence
1 teaspoon of cinnamon
1 cup of wholemeal flour
1 cup of plain flour
1 teaspoon of baking powder
1 teaspoon of bi-carb of soda
1 pinch of salt

Equipment

11cm x 22cm loaf pan
Whisk
Fork
Oven
Bowl

Method

1. Preheat the oven to 160C or 140C fan-forced. Get a loaf pan lined with baking paper on the inside.
2. Mash bananas in a large bowl until smooth.
3. Add eggs, oil, milk and vanilla essence and stir until combined. Add sifted flours, cinnamon, baking powder, bi-carb soda and salt to the banana mixture. Stir until all the ingredients are combined.
4. Spoon the mixture into your loaf pan and level top with a spatula.
5. Bake for 50 minutes or until a skewer inserted in the centre comes out clean.
6. Leave in pan for 5 minutes. Remove from pan and let it cool.
7. Serve and enjoy!

Banana Super Sticks

CREATED BY EVAN K AND DEAN C

Ingredients

4 bananas
800g of chocolate
(white, milk or dark)
Toppings
(eg sprinkles, coconut and lollies)

Equipment

1 bowl
8 paddlepop sticks
1 tablespoon
1 big plate
Microwave

Method

1. Get all the equipment and ingredients ready and wash your hands.
2. Take the chocolate out of the wrapper and place the chocolate in the bowl and then put the bowl with the chocolate in the microwave for 2 minutes.
3. After the 2 minutes are done, take the bowl with the melted chocolate out of the microwave and chop the bananas into half and put the bananas on the paddle pop sticks.
4. After you are done putting the bananas on your sticks, dip the paddle pop sticks with the bananas on them into the melted chocolate then put it onto the plate and you can put toppings on if you want.
5. Put the plate in the fridge for 1 hour.
6. Take it out and you can eat it :)



Serves
8

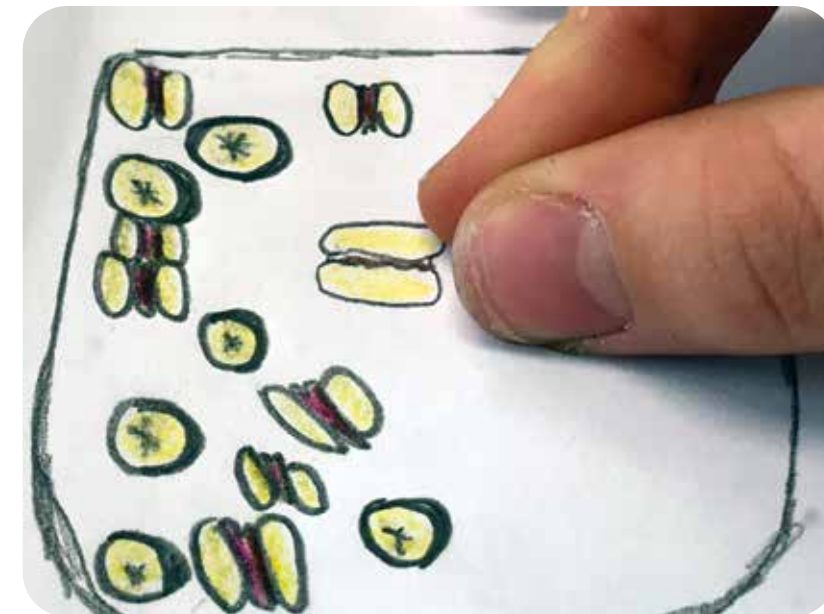
Prep time
5mins

Freeze time
1hr

Frozen Banana Bites

CREATED BY ZANETA D

My recipe is healthy and waste efficient because the bananas and chia seeds have a good level of protein and dietary fibre and are rich in potassium, the raspberry chia jam is a great source of energy and fibre and can be swapped for jams that you aren't going to use and the natural peanut butter has a nice amount of magnesium and protein which can be swapped for any nut butter you have lying around.



Ingredients

- 2 bananas
- 1 tablespoon natural peanut butter
- 1 tablespoon raspberry chia jam

Equipment

- Butter knife
- Knife
- Chopping board
- Freezer
- Container or plate or bowl

Method

1. Peel and cut bananas on chopping board.
2. Spread natural peanut butter on one slice of banana with butter knife.
3. Dollop some raspberry chia jam on top of the Natural Peanut Butter and place another slice of banana on top.
4. Repeat steps 1, 2 and 3 until you run out of ingredients. Then freeze the Frozen Banana Bites for 10 mins in your container or bowl or plate.

Serves
1

Ready in
15mins

Drinks

Brilliant Banana Milkshake

CREATED BY JOSH L

By making this recipe you are helping the environment as the bananas you use can be the brown ones you would have wasted or thrown away.

Ingredients

250ml milk (your choice of milk)
1 scoop of vanilla ice cream
2 rescued or brown bananas
50ml of whipped cream
1 sprinkle of cinnamon

Equipment

A blender
2 glasses that holds 300ml each
2 metal straws

Method

1. Pour 250ml of milk into the glass.
2. Scoop one scoop of ice cream and scoop in the glass.
3. Open the bananas and chop them once chopped, put into the glass.
4. Pour the cup that you used into the blender then blend until smooth.
5. Pour the shake into the glass then top with 50ml of whipped cream.
6. Put a metal straw in the glass to drink with.



Serves
1

Ready in
10mins

Fruity Mocktails

CREATED BY NATASHA J

The fruity mocktail is a healthy drink and it reduces food waste at the same time. It is a quick and simple recipe that everyone can make and love.

Did you know that fruit is one of the most wasted foods in the world because people don't want imperfect fruits but to reduce that you can use fruits by putting them in delicious foods just like the fruity mocktail.

Ingredients

1 diced strawberry
Pulp of 1 passionfruit
½ cup mango juice
½ cup lemonade
Pink food colouring
White sugar
1 egg white

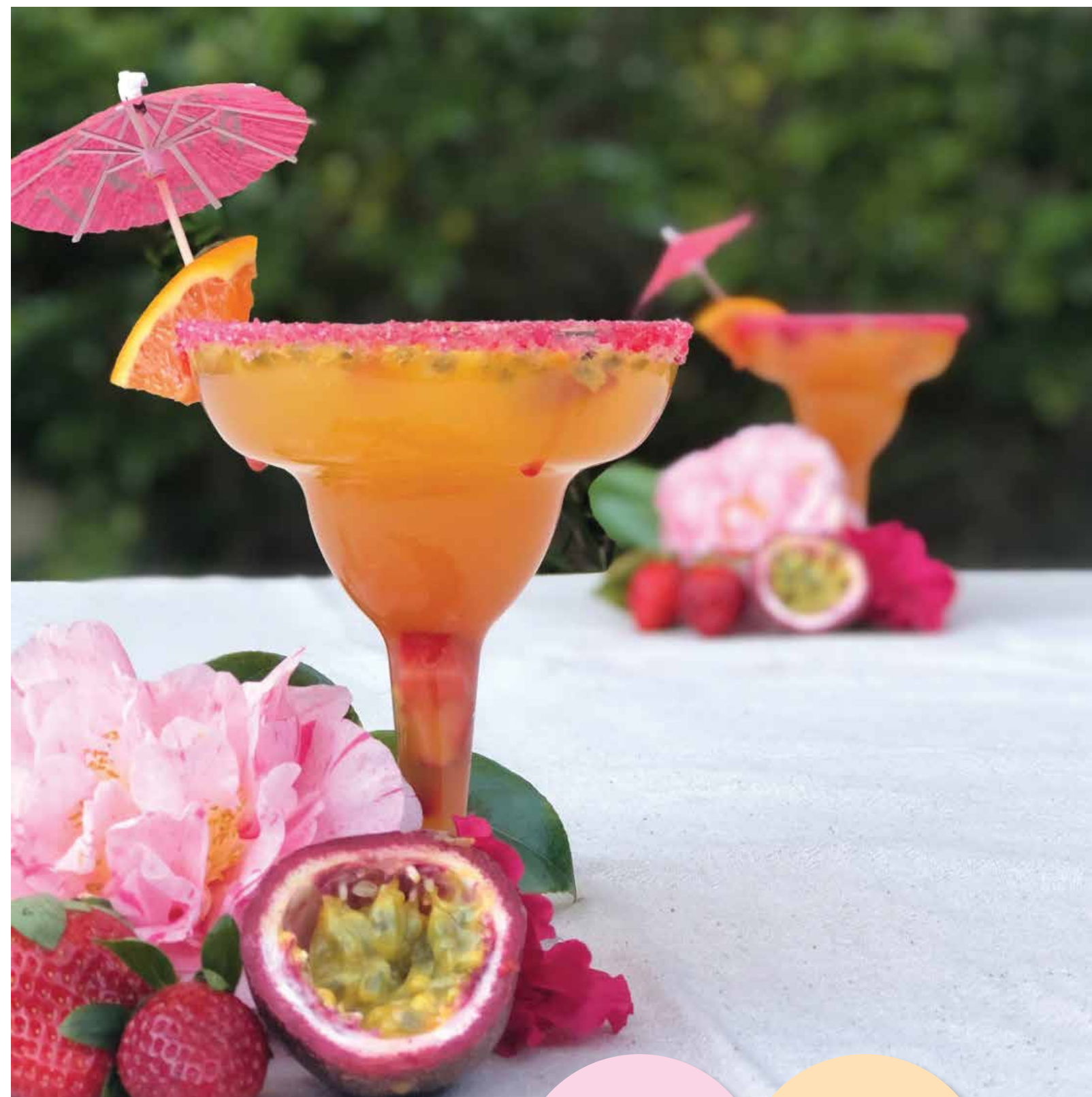
Equipment

Knife
Spoon
Fork
Chopping board/plate
Mocktail glass/cup
2 bowls



Method

1. Separate the egg white from the yolk and place in a bowl. In a separate bowl dye white sugar pink, then dip the rim of your glass into the egg white then into the sugar.
2. Dice one strawberry into small pieces and place on the bottom of your glass.
3. Scoop out the pulp of one passionfruit and put on top of the strawberries.
4. Pour mango juice into half of your glass and then pour lemonade to fill the rest of your glass and DO NOT MIX.
5. Enjoy your fruity mocktail.



Serves
1

Ready in
10mins

Ombre Smoothie

CREATED BY JAIME G AND JESSI L

Almost half of all fruit and vegetables produced are wasted (That is like 3.7 trillion apples). Over 5 million tonnes of food ends up in landfill, which is enough to fill 9000 Olympic sized swimming pools. Our recipe reduces food waste by being able to replace ingredients you don't have. You can also add extra ingredients to make it to your satisfaction. Some examples are honey to make it sweeter, vegetables instead of fruit, extra bananas to make your smoothie thicker and different toppings that you prefer.



Serves
1-2

Ready in
15mins

Ingredients

- 1 cup milk (your choice of milk)
- ½ cup vanilla yoghurt
- 1 cup frozen bananas
- 1 cup frozen strawberries
- 1 cup frozen raspberries
- ½ cup frozen blueberries
- Coconut flakes (optional)

Equipment

- 2 cups/jars
- Blender
- Metal straw (optional)
- Gloves (optional because fingers will get stained)



Method

1. Pour the milk, yoghurt, ½ a cup of the bananas and ½ of the strawberries in the blender and blend until smooth.
2. Pour half of the mixture into a cup/jar and leave the rest of the mixture in the blender
3. Place the cup/jar with the first layer in the freezer for 15 mins. While it's in the freezer, start on the second layer which is in the blender.
4. Add ½ a cup of frozen bananas, ½ a cup of frozen strawberries, ½ of frozen raspberries and ½ a cup of frozen blueberries to the mixture in the blender and blend until smooth.
5. The layer in the blender should be darker than the one in the freezer and if you want it darker, add more frozen blueberries. When the first layer is done, get it out of the freezer and carefully pour the layer in the blender on top.
6. If you want to, add berries, coconut flakes and a straw on top of the smoothie. If you would like to save it for later, store it in the fridge and enjoy!



Green Smoothie

CREATED BY BEN E

Hey, So you might be thinking, gross! A GREEN smoothie?! Well to be honest I don't blame you but hey! Don't knock it 'til you try it. It's really tasty and if you love fruit you'll LOVE this smoothie!

Ingredients

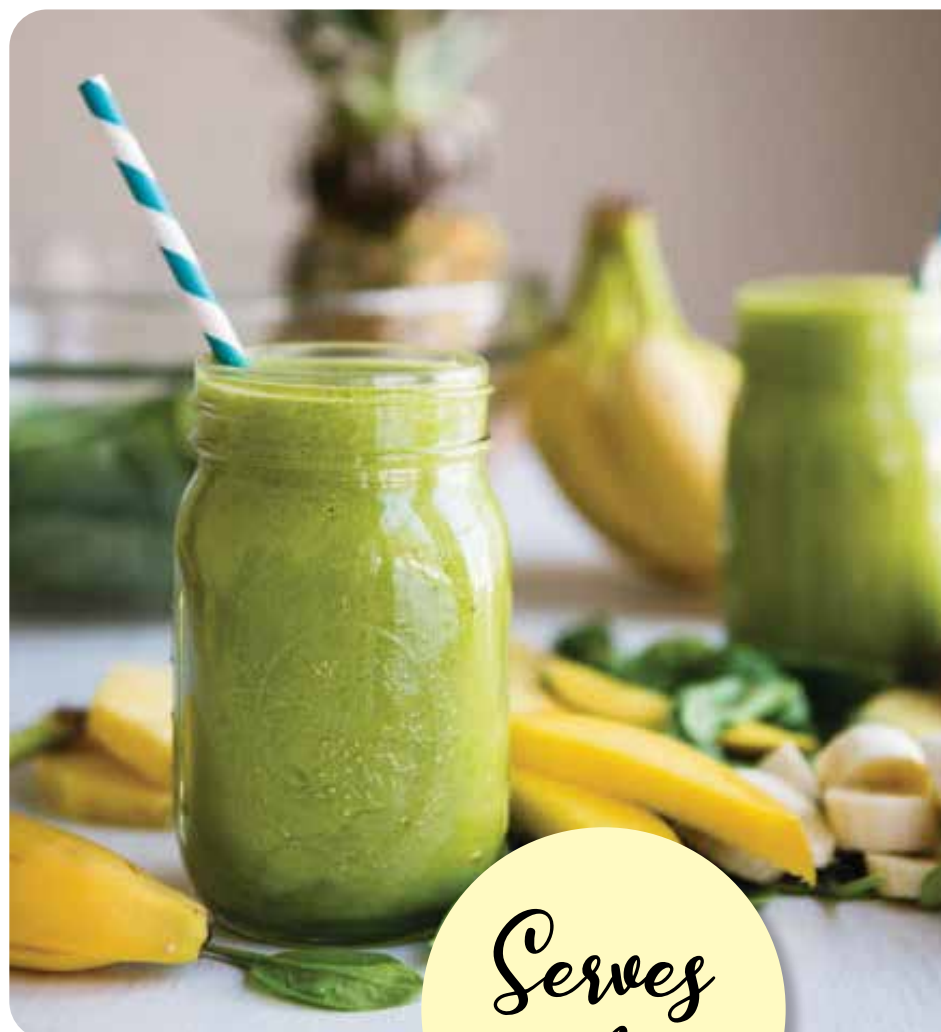
1 cup milk (cow or soy)
½ cup ice
Whole mango
1 frozen banana
Handful green grapes
1 kiwi fruit

Equipment

A cutting board
A knife
(PS: don't cut off your fingers)
Blender
Glass to serve
Metal straw

Method

1. First, peel the banana and cut the skin away from the kiwi fruit, cut the mango away from the seed as well.
2. Put all ingredients into a blender and blend for 1 minute or until smooth.
3. Pour into a serving glass with a reusable metal straw. ENJOY!!



Serves
1

Ready in
10mins

All Berry Bang

CREATED BY SOHAM K AND TAJ O

Did you know that 8% of greenhouse gases heating the planet are caused by food waste! There are a lot of wasted foods around the world and we can help that by freezing foods, only buying what we need and picking from the odd bunch. Substitute for other fruits if you don't have these specific ones.

Ingredients

½ cup apple juice
Frozen strawberry yoghurt
Small handful blueberries (optional)
5 strawberries, chopped
1 teaspoon cocoa powder
1 banana
1 tablespoon honey
5 ice cubes

Equipment

Blender
Chopping board
Knife
2 glasses
Peeler

Method

1. Assemble all ingredients, clean equipment then wash hands.
2. Put all of the ingredients in the blender.
3. Put on the lid and turn on the blender. (Put it on ice crusher for a while then put it on max and slowly reduce to pulse).
4. Take off the lid and pour the smoothie into the large cups. Serve and enjoy!



Serves
2

Ready in
15mins

Pink Island Smoothie

CREATED BY ANNA O

Hello everyone, in this recipe you will be learning to make the Pink Island Smoothie! Bananas and strawberries are in this tasty drink and guess what? They are in the top five most wasted foods! This delicious drink is both healthy and really fun to make with someone. This drink can be changed to what you would like! If you want soy, almond or normal milk you can do that! If you would like honey can be added to sweeten the drink. I hope you try this out because this drink is the new top smoothie!

Ingredients

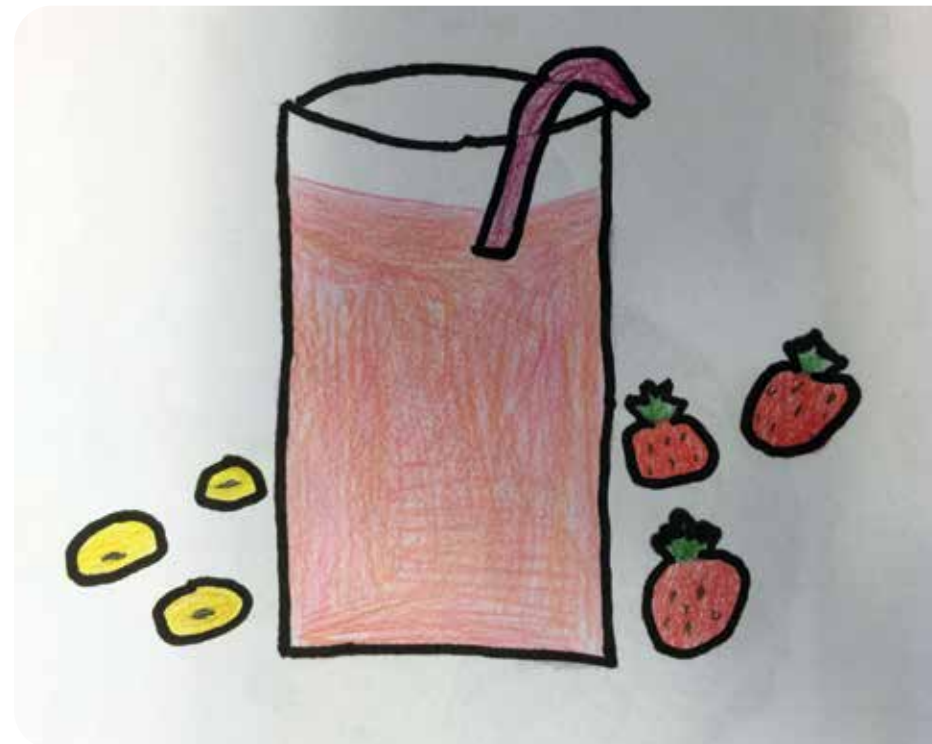
2 cups frozen strawberries
1 fresh banana, peeled
1 cup milk (you can either use normal, soy, or almond)

Equipment

Blender
Knife
Glasses to serve

Method

1. Cut the bananas and strawberries and place them to the side.
2. Pour in one cup of milk into the blender (you always put liquids in before others in this smoothie.)
3. Now put the cut fruit into the blender. (If you don't have frozen fruit, add ice.)
4. Blend! Start on low speed and increase to high. Blend on high speed for about 30–60 seconds.
5. It's time to serve! Pour the smoothie into your glasses and drink!



Serves
3

Ready in
10mins



Tips... If your fruit isn't frozen add one cup of ice into the blender, It may be a bit harder to blend but it works! If you aren't able to finish the smoothie but you want to save it for next time put the smoothie in the fridge and the next time you go to drink it just stir it for a few seconds.

Silk in a Cup

CREATED BY CHARLEE D

Berries such as strawberries are quite tasty and regularly bought during summer, but these tasty fruits have a big flaw. They go off and rot very quick, so in dedication of the very loved berry and citrus families, I decided to make this recipe.

This recipe is vegan, has low carbs and is gluten-free I've decided to make my smoothie suitable for many people who either dislike the fact of eating animal products or have a medical condition like lactose intolerance. This recipe combines a tangy flavour with soft delicate strawberries.

Ingredients

120g fresh strawberries
1 grapefruit,
peeled and cut into cubes
120g frozen berries of choice
350ml hazelnut milk
or other nut milk of choice
2 teaspoons of honey
or rice malt syrup
35g oats
2 tablespoons of seeds
such as chia or sesame

Equipment

Blender
Knife
Grater
Glass to serve

Method

1. Put all your ingredients together.
2. Use a grater and collect the zest of the grapefruit.
3. Add the berries grapefruit hazelnut milk and honey in the blender.
4. Pour into whatever you are drinking it from and add the zest and berries on top.
5. Decorate with berries or citrus if wanted and enjoy.



Prep time
20mins

Cook time
10mins

Carrot, Apple, Orange Smoothie

CREATED BY ANDREW S

Ingredients

1 small apple,
peeled and cubed
1 carrot,
peeled and cubed
½ orange
Water to blend
½ cup ice

Equipment

Blender
Glass to serve

Method

1. You put carrot, apple, orange, ice, water in a blender.
2. Press start on the blender and blend for 30–60 seconds.
3. Pour it into a glass.
4. Enjoy!



Serves
1-2

Ready in
10mins

Triple Berry Smoothie

CREATED BY ZOE G

A Triple Berry Smoothie includes two of the top five wasted fruits, that is bananas and strawberries. This recipe has four different types of berries which are blackberries, blueberries, raspberries and strawberries. This smoothie is healthy and saves food from going to the bin. You can half, quarter or third this drink and you can use almond milk instead of regular milk.

Ingredients

2 bananas
3½ cups frozen berries
2½ cups milk or almond milk
1½ cups Greek yoghurt

Equipment

Blender
Spatula
Measuring cups
6 glasses

Method

1. Cut up the bananas into small pieces and put it into the blender. Then put frozen berries into the blender and blend it until it is mixed evenly throughout the mixture, approximately 30 seconds.
2. Then add Greek yoghurt and blend it for 15 seconds. If there is still yoghurt on the side of the blender you can scrape it down with a spatula.
3. After it's mixed in then add milk or almond milk. Then mix it for 1-2 minutes to loosen up the smoothie.
4. If you can see any lumps of fruit then blend it for another 30 seconds.
5. You can serve the smoothie now and it's ready to enjoy!

Tips... Cut the bananas into small pieces so it will blend easily. Hold the knife using the 'pinch and grab' strategy. If you don't have frozen berries you can use normal berries then add ice to make it a cold and refreshing. If it's not finished you can freeze it and will last a lot longer.

Serves
6

Ready in
10mins



Berrylicious Frappé

CREATED BY ZOEY W

Hello everybody! Today I will show you step by step on how to make a Berrylicious Frappé at home. If the berries or mango aren't frozen you can add five more ice cubes to make it more like a frappé style drink. Strawberries most of the time go to waste as they are placed at the back of the fridge and are forgotten about. A Berrylicious Frappé helps to reduce food waste and so will you when you make this recipe.



Ingredients

5 ice cubes
2 tablespoons of frozen mixed berries
1 tablespoon of frozen raspberries
2 tablespoons of frozen mango
2 frozen strawberries
100ml of pine-orange juice
150ml of water
100ml of apple juice

Method

1. Gather all your ingredients and utensils required.
2. Put 5 ice cubes into your blender.
3. Add 2 tablespoons of frozen mixed berries into your blender.
4. Add 1 tablespoon of frozen raspberries into your blender
5. Add 2 frozen raspberries into your blender.
6. Add 2 frozen strawberries, since there's already frozen strawberries in the mixed berries.
7. Pour 100ml of pine-orange juice into the blender.
8. Pour 150ml of water into the blender, so it doesn't clump together.
9. Pour 100ml of apple juice into the blender.
10. Blend all your ingredients together until it looks like a frappé.
11. Then pour your Berrylicious Frappé into a cup and enjoy.

Equipment

Blender
Measuring cup
1 large cup
1 tablespoon



Serves
2

Ready in
10mins

Our Chefs and Artists

5L

Heath B
Teddy B
Sofya B
Dean C
Zaneta D
Romy T
Ruby-Lynn W
Joshua E
Brandon F
Joshua G
Jaime G
Honey H
Ryan H
Jessica H
Natasha J
Eshana J
Levi K
Anna K
Evan K
Joel K
Amy K
Stella L
Jessi L
Joshua L
Ori L
Joe Joe M
Aden M
Eyal M
Maxwell N
Cy P
Ethan R
Oliver S
Coby S
Jake S
Jae S

5B

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Lexi B
Mia B
Jesse B
Robbie C
Tristan D
Charlee D
Ben E
Jan E
Zoe G
Shiri G
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Aaron H
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BELLEVUE HILL PUBLIC SCHOOL

Cnr Birriga and Victoria Road Bellevue Hill NSW 2023

Telephone 02 9389 3928 | Fax 02 9369 4651 | Email bellevuehi-p.admin@det.nsw.edu.au
www.bellevuehillpublicschool.com



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