

Fill Bellies - Not Bins

Healthy, Easy Recipes

6.3



FEAST™
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

Caesar Surprise

Ingredients

4 cups of Lettuce

1/2 a cup of diced
Chicken

25 grams of
Parmesan Cheese
5 cut up Bacon
strips

1/2 a cup of
Croutons

Waste Tips

Leftover bacon
into quiche

Nice side salad for
later with tomato
Extra Lettuce into
compost

Only add dressing
to parts you are
going to eat.

Steps



Put the lettuce into bowl until full.



Add caesar sauce and mix.



Add chicken and bacon pieces.



Add croutons.



Top it with cheese



Add tomatoes(Optional) Enjoy!

Chicken Ceasar Salad



Healthy Tips

Don't put more bacon in than needed.

If feeling hungry add more lettuce and less bacon

Use leftover ingredients to throw in with your dish

Bailey, Patrick, Archie

Poke Boat

Ingredients:

- 1 lime, juiced
- 1/2 tsp wasabi paste
- 1 avocado
- 300g smoked salmon
- 1/3 cup shelled edamame beans
- 2 radishes
- 2 tsp black or white sesame seeds
- 1/2 cup cooked brown rice
- 2 spring onions
- Feta Cheese (Top 5 wasted food)

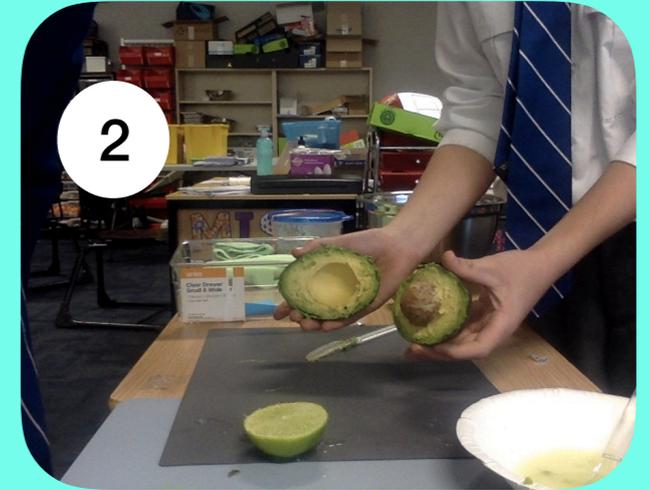
Waste Tip:
Throw left over veggies to compost, refrigerate left over rice and use it for later

Consideration:
Vegans and vegetarians skip the salmon! Its delicious with or without!

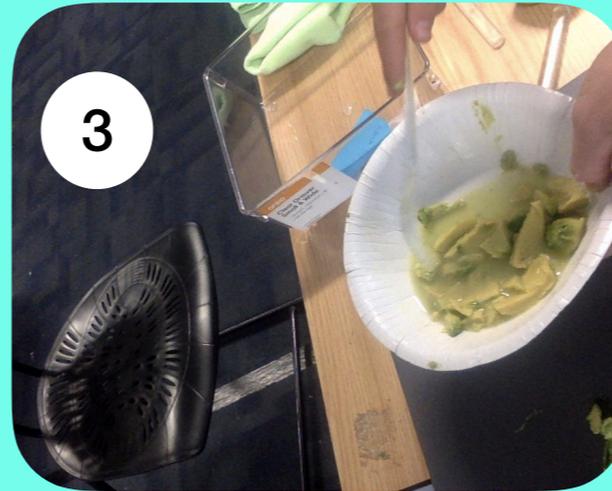
Steps



1 Stir Lime juice and wasabi paste in a small bowl



2 Cut Avocado half length ways and remove seed, scoop out flesh using spoon



3 Cut avocado pieces into cubes and add to lime dressing. Toss to coat and set aside



4 Place salmon, edamame beans, sesame seeds and radishes into a bowl, toss to combine



5 Mix the avocado pieces with the dressing into the bowl with other ingredients, toss to combine



6 Divide rice in the avocado skins then top with salmon mix, add spring onions and some feta to serve

Avocado 'Poke Boat'



Final Product of this Recipe

This Dish is extremely healthy with many different vegetables like avocado, radishes, edamame beans and spring onions (Also known as shallots) . It has little to no waste with the bowl being the actual avocado. An ingredient that is in the top 5 wasted food is Feta which is classified as cheese.

Healthy Tip:
Includes a source of grains, vegetables and lean meats

Chiki Sushi

Ingredients:

- 1/2 tablespoon of soy sauce
- 1 Seaweed
- 1 avocado
- 1 cucumber
- 1 cup of rice
- 4 pieces of fried chicken

Waste Tip:

If you don't finish all of the cucumber or avocado, you can put it into the compost, or you can use it as a sandwich. If chicken is wasted, you can put it back in the fridge and heat it up in a microwave again. If you don't finish eating the rice you can put it in the fridge and reuse it again.

Steps



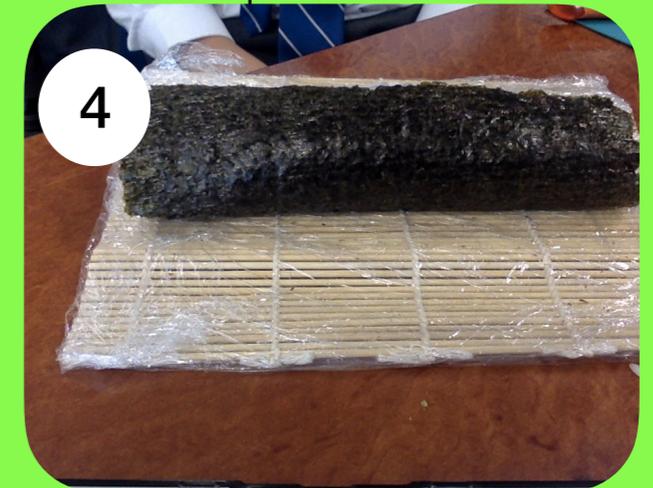
1 Add the seaweed to the sushi wrapper.



2 Add a thin layer of rice on the seaweed. Then slice your cucumber in long pieces on put on rice.



3 Then stack little 5cm pieces of avocado on top of the cucumber, and add three pieces of chicken.



4 Then roll with the sushi wrapper. When rolling make sure you pull back on the seaweed to keep it tight.



5 Then cut in half, you should end up with 2 rolls about 10cm long



6 Enjoy with soy sauce

Chiki Sushi

Healthy Tip

Chiki sushi includes vegetables such as avocado and cucumber, Chiki sushi is very healthy for your body.



Jean - Paul

Luke

Rainbow Shake

- Ingredients:
Serves 2

- 1 little box of raspberry's
- 1 Little box of blueberries
- 1 Packet of skittles
- Yogurt 1 cup
- Milk
- A milk shake machine

Wast tips

If you do not finish using all the blueberries or raspberry's Put them in the freezer to make this again later

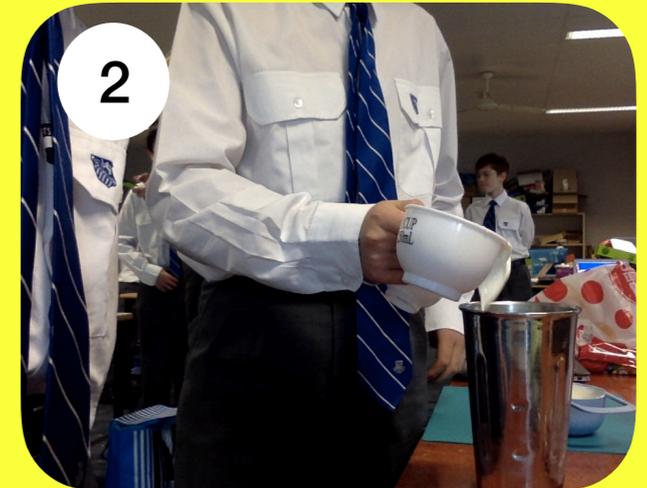
Considerations

If you are vegan or diary free get some diary free yogurt and milk

Steps



1 Put five strawberries and seven blueberries in the bottom of the milk shake machine



2 Get the milk and pour it to half way



3 Then put one cup of yogurt in the shake



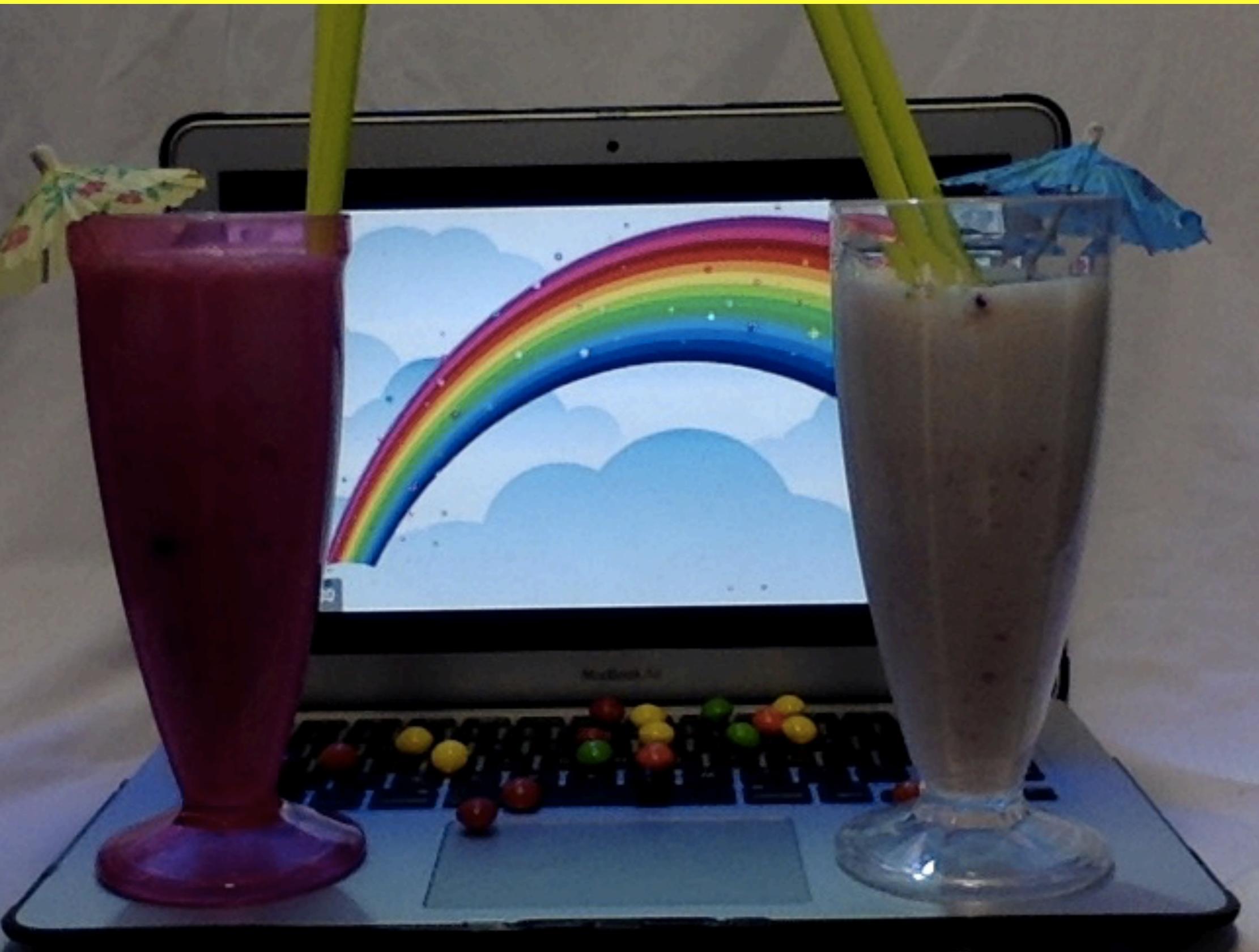
4 Then start the milk shake machine



5 Now get skittles and smash it up and put it on top. You do not have to mash it if you do not want to.



6 THEN DRINK!!!



Healthy
tips:

Raspberries
and
blueberries
are fruit so
are pretty
good for
you

Charlie and Sam

FRUIT SALAD

INGREDIENTS

- 2 wedges of water melon
- 6 strawberries
- 1 apple cut up
- 1 mandarin
- Kiwi fruit peeled
- Lemon juice

WASTE TIP

- If you finish with a lemon you can use it when you get fish and chips next time.

considerations
If you are allergic to
Some of these fruits
It will be dangerous
Four you

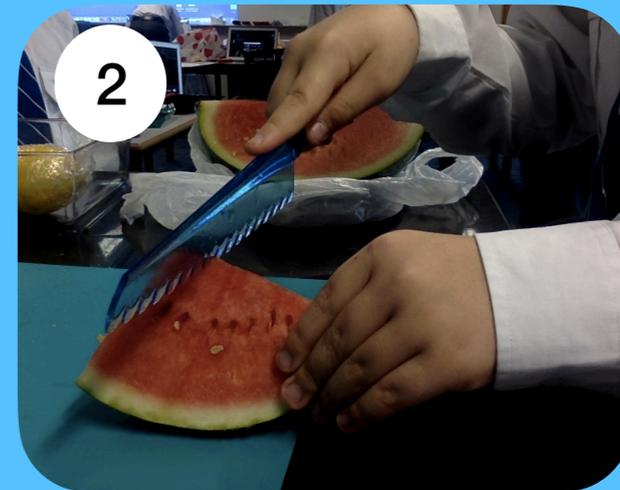
Steps

Serves two people

1



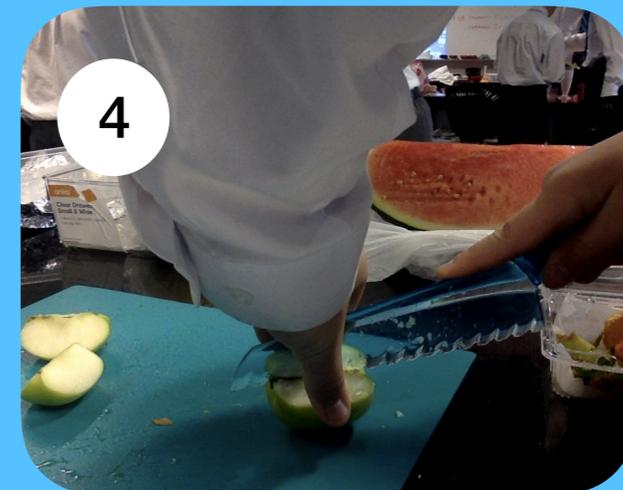
Wash your hands.



Grab the watermelon and slice into pieces.



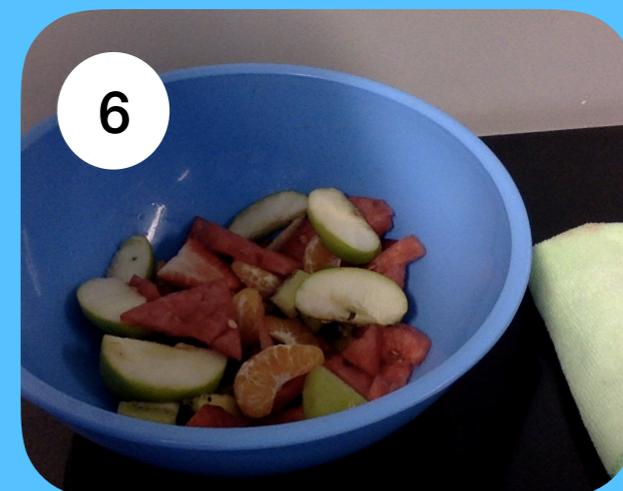
Then grab your six strawberries and cut up into pieces.



Then cut up the apple into slices.



Then peel mandarin and squeeze lemon juice in.



Then clean up your stuff and start eating and put everything in your bowl.

Fruit Salad

The health rating on the fruit salad is very good



HAMISH AND PATRICK

Strawberry Smoothie

Ingredients

- 12 strawberries (Tops cut off).
- 1/2 a cup of yogurt.
- 1/2 a tray of Ice.
- 1 cup of milk.
- Whip cream (optional)

Waste Tip

- Put the leftover strawberries in your fridge/freezer and save them for next time you want to make this recipe/eat them.
- Eat the yogurt or put it in your fridge for afternoon tea or as a snack.

Steps



Put ice in the bottom of the blender. (Optional, it will just help keep the recipe cold while you're making it.)



Pour the milk in after the ice.



Cut the tops of your strawberries off, and them in the blender, along with the ice and milk.



And now put some yogurt in.



Begin blending, and blend for until it gets thick, then take the strawberry smoothie out of the blender.



(Optional) And finally put some whip cream on-top, and enjoy!

Strawberry Smoothie

Healthy Tips:

- If someone is either on a diet, or allergic to a certain milk, you could either change it up or remove it.
- When we made our Strawberry Smoothies, our most unhealthiest item in the strawberry smoothie was whip cream, so as we mentioned in the step by step and ingredients that it is optional.



Strawberry and Banana Shake

Ingredients per serve

- one banana
- 5 strawberries (top cut off)
- one cup of milk
- two spoons of yogurt (plain)

Waste tips

- Use the whole of the banana, or if you have too much put it inside of the freezer

For lactose intolerant people replace dairy with dairy free items like almond milk.

Steps



1 Chop up your banana and drop it in your shaker cup. And to the same with the strawberries Unless they are frozen.



2 Next pour milk and yogurt into your shaker then put four blocks of Ice in the shaker cup.



3 Close the lid of your shaker cup and start to shake it until for 2 minutes. Then after open the lid.



4 Optional: pour into a milkshake cup or jug.



5 Optional: Spray whipped cream on top with some berries if you would like.



6 Enjoy your drink or give it to a friend.

Strawberry and Banana Shakes



Healthy tip
Avoid using too much whipped cream if you want it to be healthier.

Use more fruits
more more
nutrience inside
of you're shake

James and Lachlan

Enjoy a healthy choice

Fruitylicious Salad

Ingredients:

- 1/4 cup of grapes
- 1 apple
- Quarter watermelon
- 2 mandarins
- 6 mixed berries

Waste Tip:

If you have leftovers fruit you can put it in a smoothie.

With the left over skin on your fruit put it into compost.

1

Steps

2

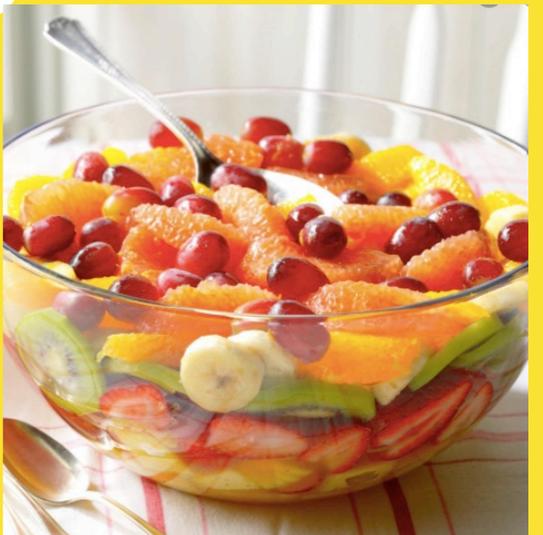


3

Wash your hands

4

Organise your fruit



5

Start cutting your fruit

6

Make your layers



Put the fruit in to the bottle



Eat and enjoy

Fruit Salad

Healthy Tips:

Top your fruit salad with yogurt and oats.

If you have any food allergies be cautious of what you put in the fruit salad.



By Jimmy and Max