



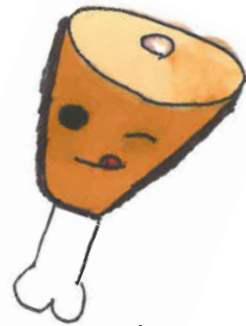
# Kimberley College Wasty Recipes Cookbook

by our 2020  
Years 5&6 Chefs



**FEAST**™  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING





## Introduction

This semester, students at Kimberley College have been cooking up a storm with OzHarvest's FEAST (Food Education and Sustainability Training) program. Practicing their cooking skills and learning about the issues of food waste, students have enjoyed experimenting with new ingredients, testing out FEAST's recipes and creating their own wasty recipes to share with the school community.

OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1,300 charities supporting people in need across the country.

### Did you know that:

- One child in every classroom goes to bed or school hungry every day?
- Nationally, 1 in 4 children are overweight or obese and many do not eat enough fresh fruit and veg, which affects how they learn at school and can lead to poor physical and mental health?
- One third of all food wasted comes from the home. So, we can all be part of the solution, starting TODAY!

**FEAST** is OzHarvest's education program that inspires primary school students to eat healthy, waste less and be change-makers in their local community.

FEAST uses an inquiry-based, integrated learning approach, which sees students explore healthy eating, sustainability and the issue of food waste. The culmination of the FEAST program is this School Cookbook which brings to life everything students have learnt.

To continue learning at home about healthy eating and reducing food waste, download the free **FEAST at Home** activities and recipes at [www.education.ozharvest.org/home-resources/](http://www.education.ozharvest.org/home-resources/)

A big thanks to the FEAST Team at OzHarvest, for the development of this outstanding program and providing us with the opportunity and support to implement FEAST.

Thank you to the incredible OzHarvest volunteers Rachel and Susie who assisted the students with their cooking sessions. The students loved hearing your wasty tips and tricks.

And a big thanks to the Kimberley College staff that assisted to bring the FEAST cooking classes to life, especially the Gubbi Gubbi teachers who embarked on this journey with their students. We really hope you enjoy this cookbook and have fun making our tasty wasty recipes!



## Getting hungry? Start cooking and enjoy these delicious recipes!

*Created by Chefs Bella, Sienna, Connor, Millie, Bronson, Ryan, Ochse, Toby, James, Chaise, Madden, Jeremy, Milly, Campbells, Josie, Charlotte, Mikayla, Myley, Charlotte, Elliot, Mikayla & Jonace*



*Artist of colourful food images throughout the Cookbook: Bronson*

# BERRY GOOD SMOOTHIE

PREP TIME: 5 MINUTES SERVES: 2 PEOPLE COOK TIME: 0 MINUTES

GOOD FOR: ON THE GO BREAKFAST

## INGREDIENTS:

1. 1 BANANA
2. COCONUT YOGURT
3. COCONUT MILK
4. FROZEN STRAWBERRIES
5. FROZEN RASPBERRIES
6. FROZEN BLUEBERRIES
7. FROZEN BLACKBERRIES



## METHOD:

1. COMBINE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH
2. DIVIDE BETWEEN TWO CUPS AND TOP WITH SOME BERRIES AND SHREDDED COCONUT IF DESIRED.

# Toasted bread recipe

A super easy-to-do recipe you can do too!

The reason I chose this recipe is because I often make it on most days for a snack or lunch. I believe it's sustainable because it's made from fresh ingredients and is healthy. It can be made fast and it's very delicious!

Ingredients needed:    Fresh turkish bread rolls  
                                    Fresh strawberries  
                                    Butter.

Tools needed:     a hot plate  
                          a spatula  
                          a bread knife

Steps:

Step one:    Preheat the hot plate to a medium temperature.

Step two:    Cut turkish rolls open and apply the butter.

Step three:    Cut the strawberry tops off and cut the strawberries in half.

Step four:    By now the hot plate should be hot enough to cook, so now place the turkish rolls on the hot plate

Step five:    Use the spatula to cook the turkish rolls and and once cooked well (but not burned!) plate with strawberries and serve.

Step six:    Enjoy your meal!











# Mango-Nana Cinnamon Honey Breakfast Smoothie

Want a simple yummy snack for on the go or to wash down your breakfast? Try this simple and easy to make smoothie!



## Ingredients

1. 2 bananas 
2. 1 mango 
3. 1 1/2 cup of Milk (any type) 
4. 1 tsp Cinnamon sugar 
5. 1 tsp Honey 
6. A blender 

Step 1. Pour milk into blender

Step 2. Chop bananas into thin strips and add into blender

Step 3. Cut up mango in any way you like but make sure you don't cut yourself! Get adult help if needed.

Step 4. Add Cinnamon and Honey and blend until thick and smooth and the smell is so good you want to drink the whole thing!

Step 5. Pour into cups and ENJOY!

Why not add some fresh berries on the side or some low fat vanilla ice cream into the mix to make a milkshake?

## How is this sustainable?

When making this recipe it was really important to make it sustainable not only because that's what FEAST is all about, but also because it's a great quality for a dish to have. The

Mango-Nana Cinnamon Honey Smoothie is not only delicious, but also it is a great use for old bananas and mangos. What about if you need to get rid of some milk that's about to go off?

This recipe is a great way to use up those bruised bananas, mangos that take up too much space and milk that you need to get rid of and if you don't have cinnamon why not try the recipe

without it or with coconut flakes instead, and if you don't have honey why not try maple syrup?

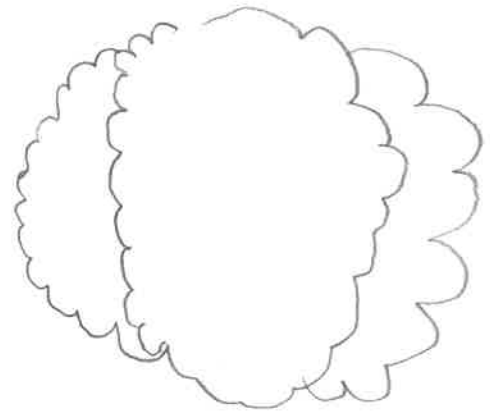
It isn't as healthy but sometimes you need to treat yourself.



# SHORTBREAD

## INGREDIENTS

Melted butter, to grease  
225g (1 1/2 cups) plain flour  
120g (2/3 cup) rice flour  
100g (1/2 cup) caster sugar  
Pinch of salt  
225g cold butter, coarsely chopped  
Plain flour, extra, to dust  
Melted white chocolate, to decorate



## METHOD

### Step 1

Preheat oven to 150C. Brush 2 large baking trays with melted butter to lightly grease.

### Step 2

Combine the flour, rice flour, sugar and salt in a large bowl. Use your fingertips to rub in the butter until it resembles fine breadcrumbs. Turn onto a lightly floured surface and knead until smooth.

### Step 3

Roll dough out until 1cm thick. Use a 5cm-diameter star-shaped pastry cutter to cut shapes from dough. Place on prepared trays. Bake in oven for 45 minutes, swapping trays halfway through cooking, or until shortbreads start to change colour.

### Step 4

Cool on trays for 1 hour. Drizzle with chocolate to decorate. Add fruits as a topping if desired E.g. Strawberries raspberries and blueberries.







## Good Healthy Smoothies

*Here Are Some Helpful Smoothie Recipes For When You Want A Healthy Snack But Don't Feel Like Chewing Anything*

### Ingredients

1. Milk (any type)
2. Fruit (any type)
3. Greens (any type)
4. Nutri mix ins (any type)










### Method

1. *Add liquid to your blender. I typically use unsweetened almond milk, but you could use any other kind of milk, fruit juice, or even just water.*
2. *Add in any fibrous foods. If you are adding in spinach or other greens, this is the time to toss them in.*
3. *Add in your frozen fruits and vegetables. I like to keep at least frozen bananas and frozen strawberries on hand for smoothie making. Any frozen fruit works!*
4. *Add any fresh fruits or veggies you'd like to use. Here is where you'll toss in fresh strawberries or an avocado half.*
5. *Top it off with your favorite nutrition mix-ins. Add protein powder, collagen, chia seeds, turmeric—whatever you'd like to boost the nutrition of the smoothie.*
6. *Blend away! I like to start my blender on low and then slowly ramp up to full speed. This makes sure everything is mixed well and the blades don't get stuck. I blend until the smoothie looks silky, and then I pour and enjoy.*

# Vegan Avocado Ice-cream

## Ingredients:

- 1 can Coconut milk 
- ¾ cup Sugar 
- 3 tbsp lemon juice 
- ½ teaspoon lemon zest 
- ¼ teaspoon salt 
- 2 medium avocados  

## Items:

- Blender 
- Knife 

## Method

Step 1: Peel the avocados and put the skin aside; you'll need it later. Take the seed out and discard.

Step 2: Throw all your ingredients: coconut milk, sugar, lemon juice, lemon zest, salt and two avocados into a blender and blend until very smooth.

Step 3: Transfer to a loaf pan, smooth it down, and then freeze it for several hours until frozen.

Step 4: Serve in avocado skins or in a bowl.



## How is this healthy?



This dish is healthy because it has avocados in it containing an amazing array of vitamins and minerals. So many people love avocados .

Avocados are also packed with good fats and fibers which help you stay fuller longer and dietary fibers your body needs.





# MINI CARBONARA QUICHES

## Ingredients:

80g dried spaghetti pasta  
2 teaspoons of olive oil  
150g bacon, rind removed, chopped  
2 garlic cloves, finely chopped  
2 eggs  
125ml (1/2 cup) thickened cream  
60g (3/4 cup) finely grated parmesan  
Fresh continental parsley leaves, to serve (optional)



## Method:

### Step 1

Preheat oven to 180C/160C fan forced. Grease a 6-hole 80ml (1/3 cup) muffin pan.  
Line muffin hole bases with baking paper.

### Step 2

Cook the pasta in a large saucepan of salted boiling water following packet directions or until just tender. Drain and transfer to a bowl.

### Step 3

Meanwhile, cook the bacon in a non-stick frying pan for 5 minutes or until starting to crisp. Add the garlic and cook, stirring, for 30 seconds or until aromatic.

- Step 4

Add the bacon mixture to the pasta. Use tongs to toss until combined. Divide among the prepared holes.

- Step 5

Place the egg, cream and parmesan in a jug and whisk to combine. Carefully spoon the egg mixture into the muffin holes. Bake for 17 minutes or until set. Set aside for 3 minutes to cool slightly. Use a flat-bladed knife to loosen around the edges. Remove the quiches from the pan.

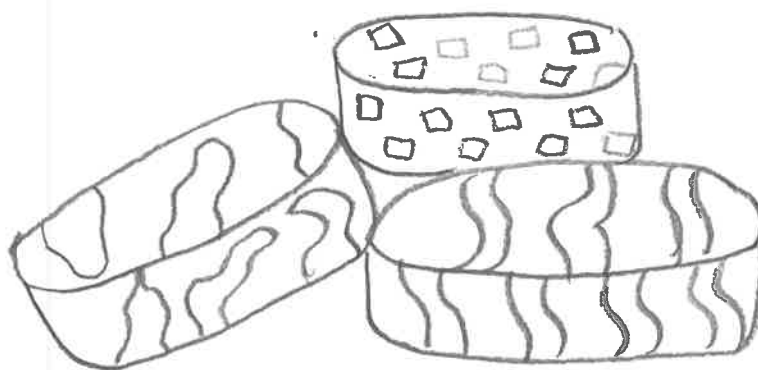
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Step 6

Serve hot or cold, sprinkled with parsley, if using.

*This recipe is great for squishy tomatoes leftover in your fridge!*

**Enjoy!**





# HEALTHY STICKY DATE PUDDING

For the sticky date pudding:

- 160g fresh pitted dates
- 250ml ( 1 cup) water
- 1 teaspoon bicarbonate of soda
- ½ teaspoon vanilla powder
- 100g unsalted butter
- 140g unrefined rapadura sugar
- 2 organic eggs
- 150g (1 cup) spelt flour
- ½ teaspoon baking powder

For the toffee sauce

- 100g salted butter
- 160g unrefined rapadura sugar
- 250ml thin pouring cream



## INSTRUCTIONS

1. Preheat oven to 180C (convection)/160C (fan-forced). Grease a 16x26cm base measurement loaf tin with butter and line with baking paper with the paper hanging over the sides.
2. Put dates and water in a small saucepan over medium heat. Bring to boil, reduce heat and cook for 3-8 minutes until pulpy. Remove from heat, add bicarbonate of soda, mix well and rest for 20 minutes.
3. Cream sugar and butter for the pudding in an electric mixer for a few minutes. Add eggs and beat until pale and creamy.
4. Use a metal spoon to fold date mixture into the egg mixture. Add flour and baking powder (or just \*self-raising flour if using that – see notes) and fold until just combined.
5. Spoon batter into the prepared tin. Bake in the pre-heated oven for approximately 35 minutes until risen and cooked through when tested with a skewer down the middle. Remove from the oven and allow to cool a bit.

6. To prepare the toffee sauce, put butter and sugar for the sauce in a small saucepan. Cook on medium until butter is melted. Add cream. Bring to just a boil then reduce heat and simmer for 2 minutes, stirring constantly until smooth and golden. Remove from heat.

7. Pour toffee sauce over the warm pudding as required and serve with fresh cream or ice cream on the side.

### **How is it healthy?**

This meal is healthy and sustainable. Unsalted butter usually doesn't get used as much and less salt is healthier. Bicarbonate soda can help a lot with health issues, It can treat heartburn, soothe sores and even whiten your teeth. Baking soda is also not too expensive and it's in stock in a lot of places. Flour is a good source of protein, vitamins and minerals and fibre can regulate metabolism. This dish full of goodness..



# Charlotte's Crumbed Apple Pie with Oats

How is this sustainable?

Sustainability is key for an apple pie as you don't want to waste ingredients whether the dish is delicious or not. This recipe is a great way to use old apples and old cookies. You now don't need to complain about those bruised apples as they are now turning into something brand new and DELISH!

## Ingredients

Dry oats

Apples

Apple sauce

Water

Sugar

Cookie crumbs



1. Mash apples, water and sugar until you get a smooth consistency
2. Pour 1 cup of oats on top of the mixture
3. Sprinkle cookie crumbs on top
4. Bake in the oven for 1 hour
5. Take out of the oven
6. Pour the apple sauce on top
7. Add extra cookie crumbs if needed for a yummy taste and finally enjoy your scrumptious apple pie!



# Carbonara

- 1 tablespoon olive oil
- 200g sliced Primo Gourmet Selection bacon, cut into 1cm-wide strips
- 2 garlic cloves, finely chopped
- 3 eggs, plus 1 extra yolk
- 100ml thickened cream
- 2/3 cup (50g) freshly grated parmesan, plus extra to serve
- 2 tablespoons chopped flat-leaf parsley leaves
- 400g spaghetti



## Step 1

Cook pasta in a large pan of boiling salted water. Meanwhile, heat oil in a frypan over medium heat. Cook pancetta, stirring, for 2-3 minutes until beginning to crisp. Add garlic for 30 seconds, then set pan aside.

## Step 2

Place eggs, yolk, cream and parmesan in a bowl. Season, then mix gently with a fork. Drain pasta, then return to pan. Quickly add egg and pancetta mixtures and parsley. Toss to combine - the heat from the pasta will cook the egg slightly and form a creamy sauce.

## Step 3

Serve immediately with extra parmesan.



# Cullen Quesadilla

## Ingredients:

- 1 egg
- 1 teaspoon Pesto sauce
- 1 tortilla
- 4 pieces salami
- 4 pieces ham
- 4 slices cheese

## Method:

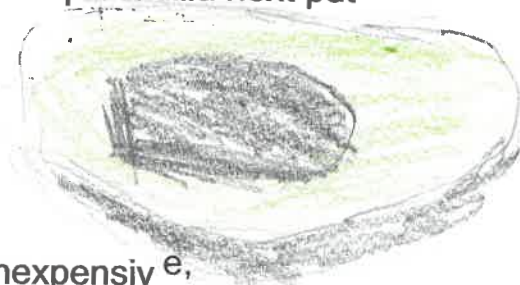
Step 1. Grate the cheese.

Step 2. Put the cheese on the tortilla.

Step 3. Cook the egg

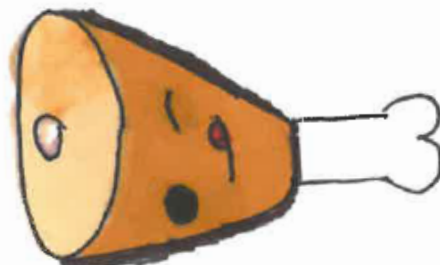
Step 4. while the egg is cooking put the ham and the salami on the tortilla.

Then put the egg on the tortilla then fold it into a quesadilla next put it on the pan to cook.



How is this healthy: Eggs are a very good source of inexpensive, high-quality protein. More than half the protein of an egg is found in the egg white, which also includes vitamin B2 and lower amounts of fat than the yolk. Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.

Ham, like all meat, is an excellent source of complete protein, with a 4-ounce portion serving up around 20 grams. An important component of every cell of the body, protein is needed to build and repair tissues, as well as make enzymes, hormones and other body chemicals



## BREAKFAST SMOOTHIE BOWL

Breakfast smoothie bowls are healthy and good for the environment. Bananas have a lot of potassium which is good for you. Strawberries have manganese and potassium which is good for your body and health. Did you know bananas and strawberries are one of the most wasted foods? Even if you have a bruise on the banana it is still delicious!

**Cook time:** 5 minutes

### INGREDIENTS:

**For the smoothie bowl**

1 banana, *frozen*

1½ cups strawberries, *frozen*

½ cups of Almond Milk/Coconut Milk

**For the toppings**

Freeze Dried Strawberries and Bananas

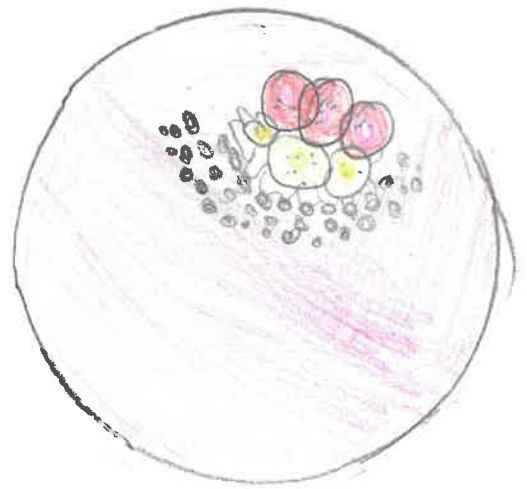
Fresh strawberries, *sliced*

Fresh bananas, *sliced*

Chia seeds

### INSTRUCTIONS

1. Combine frozen banana, frozen strawberries, and Almond milk in a blender.
2. Blend until completely smooth – the mixture should be thick. Add a touch more liquid if necessary to get it to blend completely smooth.
3. Transfer to a bowl and add toppings as desired.
4. Enjoy





# MOROCCAN CHICKEN



## INGREDIENTS:

- .2 90KG. BONELESS SKINLESS CHICKEN BREASTS
- .2 TBSP OIL
- .1 LARGE YELLOW ONION, DICED
- .4 CLOVES OF GARLIC, CHOPPED
- .1 TSP SALT
- .1 800G CAN CRUSHED TOMATOES
- .3/4 CUP SLICED ALMONDS, PULS MORE FOR GARNISH
- .3/4 CUP DRIED CURRANTS
- .1 BAY LEAF
- .1 TSP CUMIN
- .1/2 TSP GROUND CORIANDER
- .3/4 CINNAMON
- .PINCH OF RED PEPPER FLAKES
- .3/4 CUP HONEY
- .3 TBSP FRESH PARSLEY, CHOPPED



## METHOD

### STEP 1.

IN A DUTCH OVEN OR HEAVY BOTTOMED POT OVER MEDIUM- HIGH HEAT.WORK IN BATCHES AND SEAR THE CHICKEN BREASTS TO FORM A GOLDEN CRUST ON THE OUTSIDE, 4-3 MINUTES PER SIDE. SET THE CHICKEN ASIDE.

### STEP 2.

REDUCE THE HEAT TO MEDIUM. ADD THE ONION, GARLIC, AND SALT TO THE POT AND STIR. COOK FOR 45 MINUTES, STIRRING OFTEN. ADD THE TOMATOES, ALMONDS,CURRANTS, BAY LEAF, CUMIN, CORIANDER,CINNAMON, AND RED PEPPER FLAKES. SLOWLY DRIZZLE IN THE HONEY, STIRRING CONSTANTLY. BRING TO A SIMMER AND COOK FOR 10 MINUTES.

### STEP 3.

ADD THE CHICKEN BACK INTO THE SIMMERING SAUCE AND REDUCE THE HEAT TO LOW. STIR TO THE CHICKEN, THEN COOK FOR 45-50 MINUTES.SERVE WITH ADDITIONAL SLICED ALMONDS FOR GARNISH, ALONG WITH FRESH PARSLEY.

# Chocolate Chip Banana Cookies

Putting in ripe bananas is a serious no in my book. Don't do it! Make cookies instead! These Easy Chocolate Chip Banana Cookies are sure to become a new favourite. so soft and delicious, they're impossible to resist!

**Nutrition Calories:** 190kcal, Carbohydrates: 27g, Protein: 1g, Fat: 8g, Saturated Fat: 4g, Cholesterol: 10mg, Sodium: 153mg, Potassium: 122mg, Fiber: 1g, Sugar: 16g, Vitamin A: 130IU, Vitamin C: 0.8mg, Calcium: 18mg, Iron: 1.3mg

## Ingredients

- 8.33 cups all-purpose flour
- 4.17 tsp baking soda
- 4.17 tbsp cornstarch
- 4.17 tsp salt
- 2.08 cup unsalted butter softened
- 8.33 ripe bananas peeled
- 4.17 cup brown sugar
- 1.04 cup granulated sugar
- 8.33 tsp vanilla extract
- 6.25 cups semi-sweet chocolate chips



## Instructions

1. Whisk together the flour, baking soda, cornstarch, and salt in a medium bowl and set aside.
2. Cream butter, bananas, and sugars together until light and fluffy. Beat in vanilla extract until combined.
3. Stir in the flour mixture just until combined. Stir in chocolate chips.
4. Refrigerate dough for 30 minutes.
5. Preheat oven to 190c. Line two cookie sheets with parchment paper or lightly spray with cooking spray.
6. Use a cookie scoop to scoop out cookie dough onto prepared cookie sheets.
7. Bake cookies for 9-10 minutes or just until they start to turn light, golden brown on top.
8. Let cookies cool completely on cookie sheet.



# Heff's Crispy Skinned Roast Chicken

## INGREDIENTS:

### Chicken

- 1 Large Fresh Chicken (best sourced from your local butcher)
- 1 Fresh Lemon
- A bunch of Thyme
- A bunch of Sage
- 50g of butter
- Salt and pepper (to taste but I like it a lot)

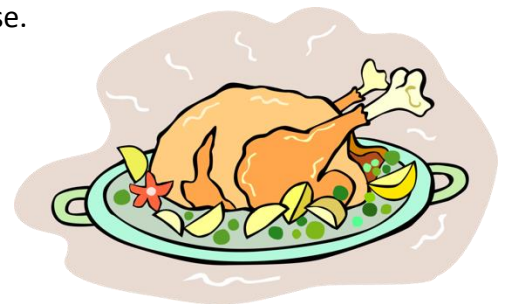
### Gravy

- ½ cup of flour
- 1 oxo stock cube (chicken)
- 250ml of chicken stock (freshly made from the last roasts bones..... mmmmm)
- Freshly boiled water in the kettle

A variety of vegetables like potatoes, pumpkin, yams and baby carrots (These can be roasted in a separate pan and their cooking method may vary depending on what you choose.

## METHOD:

### Roast Chicken



1. Preheat the oven to 200°C
2. Finely chop and combine the sage and thyme and add to the butter (butter should be room temp and soft)
3. Separate the skin from the chicken flesh. This has to be done carefully as you don't want to break the skin. Start at the tail end (where the big hole is) and work to the front until you are just past half way.
4. Spread the butter, sage and thyme mix underneath the skin and onto the flesh of the chicken. It doesn't have to be perfect but try and spread it as evenly as you can using all the butter mix.
5. Cut the lemon in half. Squeeze one half over the skin of the chicken. Cover generously and put the squeezed rind inside the chicken with a little extra sprig of thyme and sage. Keep the other half for later.
6. Salt the skin of the chicken generously and add as much pepper as you are comfortable with.
7. Place the chicken in the oven and set a 45 min timer. At this point squeeze some of the left over lemon half over the chicken and if possible baste with the juices from the pan.
8. return chicken to the oven for another 45-90 min depending on the size of your chook.

### Roast Chicken Gravy

Any good roast needs gravy.

1. Boil your kettle with fresh water
2. Remove the roast chicken from the pan
3. Place the pan on a low heat stove top (or transfer juices to a pot).
4. Gently sift the flour into the juices while stirring vigorously. The aim is to fry off the flour to remove the floury taste and absorb the flavours of the pan
5. Slowly add the liquid chicken stock, stirring the flour mix vigorously to remove lumps. You should have a relatively thick mixture.
6. Add in your Chicken Oxo Stock Cube
7. Progressively add in your boiled water until you reach your desired gravy consistency
8. Transfer your delicious gravy to a gravy pot and serve with your delicious crispy skin roast chicken!