

5A COOKBOOK 2021

FEAST - OZHARVEST

About this book...

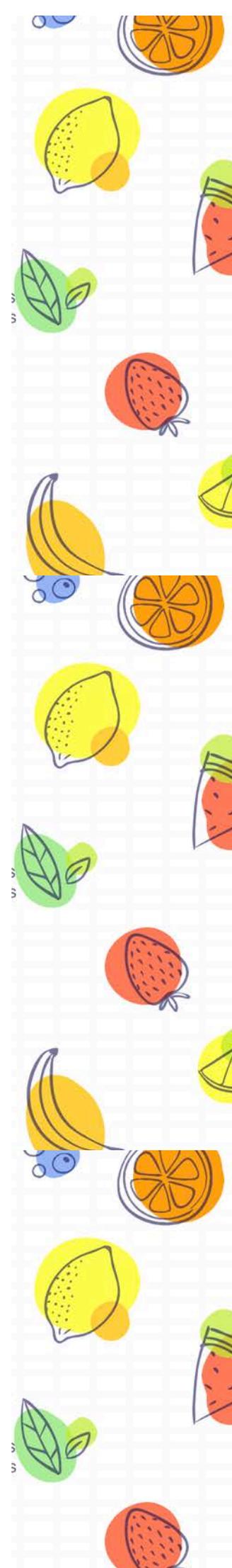
In term 1 2021, 5A, along with the other Stage 3 students of Putney Public School, participated in an OZHarvest FEAST Cooking program.

Students learnt:

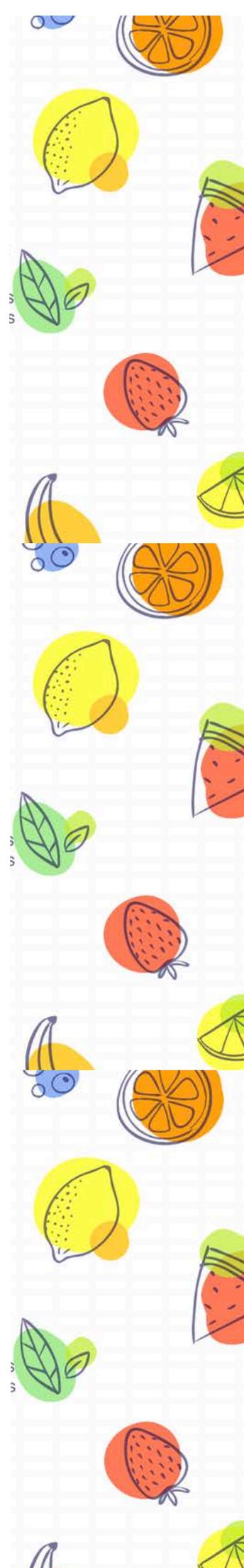
- The structure and components of an informative text including procedures.
- How to follow and create healthy recipes.
- How to reduce food waste by using leftover ingredients found in their pantry and fridge.
- The students then used this knowledge to plan and make their own family favourite recipes. These recipes encourage healthy eating, reduce food waste and ensure we are serving up crowd pleasers all the time.

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Beef, crouton & goat's cheese salad

Serves: 4 | Prep Time: 10 mins | Cook Time: 15 mins

INGREDIENTS

- ❖ 250g Turkish bread
- ❖ 2 tablespoons of olive oil
- ❖ Olive oil cooking spray
- ❖ 500g rump steak, trimmed
- ❖ 2 tablespoons of chopped fresh chives
- ❖ 110g goat's cheese
- ❖ 2 tablespoons of red wine vinegar
- ❖ 2 tea-spoons of Dijon mustard
- ❖ 200g cherry tomatoes, halved
- ❖ 120g baby spinach

EQUIPMENT

- ❖ Oven
- ❖ Barbecue
- ❖ Measuring spoons – tablespoon & teaspoon
- ❖ Baking Tray
- ❖ Tongs
- ❖ Knife
- ❖ Whisk or spoon
- ❖ Bowls – small mixing and large serving
- ❖ Plates

PROCEDURE

1. **Make croutons:** Preheat oven to 200°C. Cut Turkish bread into 3cm pieces. Arrange bread, in a single layer, on a baking tray. Spray with olive oil spray. Bake for 10 minutes, turn and bake for 5 minutes more or until browned and crisp. Cool.
2. **Cook steak:** Meanwhile, heat barbecue to medium – high heat. Spray grill plate with oil. Cook steak for 3 to 4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Stand, covered, for 5 minutes to rest. Thinly slice.
3. **Prepare goat's cheese:** Place chives on a plate. Roll cheese in chives to coat. Thinly slice.
4. **Make dressing:** Place vinegar, mustard and olive oil in a bowl. Whisk well to combine.
5. **Assemble salad:** Add tomato, spinach, dressing, croutons and steak to a large salad bowl. Toss to combine. Top with cheese. Divide mixture between plates. Serve.



Created by Joshua Andoniou

Step by Step Guide



Step 1: To make croutons cut Turkish bread into cubes and bake for 15 minutes at 200°C.



Step 2: Cook steak on BBQ, rest for 5 minutes and then thinly slice.



Step 3: Prepare goats cheese by rolling in chopped fresh chives, then slicing.



Step 4: Make dressing by mixing Dijon mustard, red wine vinegar & olive oil.



Step 5: Mix tomato, spinach, dressing, croutons and steak in a large bowl. Top with cheese.



FOOD WASTE PREVENTION IDEAS

Most of the ingredients in this recipe are natural and not processed. To minimise food waste, this salad can be made using other ingredients that may be in the fridge, in season, locally grown or available in abundance. For example, the spinach can be substituted for lettuce, rocket or other salad greens. The bread for the croutons could be another type that may be a few days old. Plus, additional vegetables like capsicum, cucumber or beans could be added too to make sure they get used.

Any leftover salad can be placed in the fridge for a delicious lunch or another meal the next day.

HEALTHY EATING

This salad is healthy because it is low in sodium, low in kilojoules, high in iron and has 1.5 servings of vegetables per serve. It uses olive oil which has healthy fats.

For a vegetarian version, you can replace the beef with tofu or mushrooms. A gluten free bread could be used to make the croutons if required. For vegans or those with lactose intolerance, there are lactose-free, vegan goats cheese substitutes available.

RECIPE FOR

SOPHIE'S FRUIT SMOOTHIES

NAME OF DISH

CREATED BY

Sophie.Bettridge

INGREDIENTS

BLUEBERRIES
STRAWBERRIES
RASPBERRIES
MILK!

SERVES

2 people

PREP TIME

10 mins

TOTAL TIME

15 mins

DIRECTIONS

- 1 WASH YOUR HANDS WITH SOAP AND WATER
- 2 WASH THE FRUIT!
- 3 CUT THE FRUIT UP!
- 4 PUT ALL FRUIT IN BLENDER
- 5 POUR IN MILK
- 6 TURN ON BLENDER FOR ABOUT A MINUTE
- 7 POUR INTO CUPS!
- 8 DRINK YOUR SOPHIE SMOOTHIE!!!



Jade's Magnificent Milkshake

Ingredients/ Equipment

Equipment:

1. 1 Blender
2. 1 Cup measure
3. 3 Straws (optional)

Ingredients:

1. $\frac{3}{4}$ cups of Berries
2. 3 cups of Milk

Serves

This milkshake serves 3 people

Steps

Step 1. Put $\frac{3}{4}$ cups of berries into blender.

Step 2. Put 3 cups of milk into blender.

Step 3. Blend ingredients.

Step 4. Serve up.

Step 5. Enjoy.



Quinton's Family Pork Chive Dumplings

Serves

60 dumplings

Preparation time

35 mins

Cooking time

1 hour

Ingredients

400 grams fatty ground pork

¼ teaspoon Asian sesame oil

1 1/2 teaspoon finely grated peeled ginger

2 teaspoon soy sauce

½ teaspoon salt

Pinch of white pepper

3 tablespoons finely chopped flowering chives

2 packs of dumplings wrappers (from Asian grocery store, each pack 30 wrappers)



Preparation

Combine all ingredients (Except chives, and wrappers) in a large bowl, then stir chives. Place a slightly rounded teaspoon of filling in the centre of a wrapper and moisten area around filling with. Fold in half to form a crescent and press to seal. Moisten one corner and bring corners together, pressing them, to form a tortellini-shaped dumpling. Repeat with remaining filling and wrapper.

Cook dumplings in a large pot of gently simmering water until pork is just cooked, about 3 minutes.

Transfer with a slotted spoon to a platter.

Ollie's Banana Bread

PREP TIME 10 mins

COOK TIME 55 mins

TOTAL TIME 65 mins

SERVINGS 8 to 10 servings

Ingredients

- 2 to 3 medium (7" to 7-7/8" long) very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup butter, unsalted or salted, melted
- 1 teaspoon baking soda
- 1 pinch salt
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour

Method

1. Preheat the oven to 175°C, and butter a loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 175°C, or until a tester inserted into the centre comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)



SPAGHETTI AND MEATBALLS (USING LEFTOVER VEGGIES AND BREAD)

By Ruby Cooley

Ingredients

- Mince meat 500 g (whatever is available - beef, pork, veal - can be combined)
- 1 packet Spaghetti (or any type of pasta will be fine)
- Pasta Sauce
- 1 small onion (finely diced)
- 1 small egg (or egg substitute)
- Herbs (Parsley, Oregano) about 1/4 cup
- 1 cup of left over veggies chopped small or mashed (works best with pumpkin, carrot or zucchini)
- 1/2 cup of Breadcrumbs (from stale bread or store bought)



Method

- 1) Combine the mince, egg, breadcrumbs, herbs and diced onion and veggies in a bowl and squish with your fingers until all ingredients are combined and the mixture sticks together.
- 2) Take a small blob and roll into a ball using your hands. Set aside on a plate. Repeat until all the mixture is made into meatballs and refrigerate for about 30 mins.
- 3) Place a large pot full of water on the stove and heat on high until it boils.
- 4) When it boils, empty the packet of spaghetti into the pot and cook as the directions state.
- 5) Place a large pan on the stove and heat on high.
- 6) Add the meatballs to the pan and make sure they are browned on all sides.
- 7) Once browned add the jar of pasta sauce and turn down the heat so they are simmering, stir frequently.
- 8) When pasta is ready, drain it and add it to the meatball pan. Stir it all together to make the sauce cover the pasta.
- 9) Serve into bowls and enjoy! Leftovers can be kept in the fridge for about a week or frozen for longer.

*Bon
Appetit!*



Greek salad



Prep time: 15
cook time: 15
Serves: 6

INGREDIENTS:

1 medium red onion
4 Medium juicy tomatoes
1 English cucumber (hot house cucumber) partially peeled making a striped pattern
1 green bell pepper cored
Greek pitted Kalamata olives a handful to your liking
kosher salt a pinch
4 tbsp quality extra virgin olive oil
1-2 tbsp red wine vinegar
Blocks of Greek feta cheese do not crumble the feta, leave it in large pieces
½ tsp dried oregano



EQUIPMENT

Cutting board
Knife
Bowl



RECIPE

1. Cut the red onion in half and thinly slice into half moons. (If you want to take the edge off, place the sliced onions in a solution of iced water and vinegar for a bit before adding to the salad. I do this in the video).
2. Cut the tomatoes into wedges or large chunks (I sliced some into rounds and cut the rest in wedges).
3. Cut the partially peeled cucumber in half lengthwise, then slice into thick halves (at least ½" in thickness)
4. Thinly slice the bell pepper into rings.
5. Place everything in a large salad dish. Add a good handful of pitted kalamata olives.
6. Season very lightly with kosher salt (just a pinch) and a bit of dried oregano.
7. Pour the olive oil and red wine vinegar all over the salad. Give everything a very gentle toss to mix (do NOT over mix, this salad is not meant to be handled too much).
8. Now add the feta blocks on top and add a sprinkle more of dried oregano.
9. Serve with crusty bread.

How does the recipe address food waste and healthy eating? You can use leftover vegetables lying in your fridge to create a nutritious homemade meal.

JOSH'S DELICIOUS CARROT MUFFINS!

Prep Time=10 min.

Cook Time=40 min.

Serves=18

INGREDIENTS /UTENSILS

1 cup of raw sugar

2 eggs

2 cup of grated carrot

1 tsp of ground cinnamon

1 cup of Greek style yoghurt

½ a cup of vegetable oil

2 cups of self-raising flour

1 tsp of baking powder

Muffin cases and tin

TOPPING

50g of unsalted butter, softened

80g of caster sugar

100g of cream cheese

INSTRUCTIONS:

1. Put the muffin cases in the muffin tin. Take 50g of butter out of the fridge to soften for topping later
2. Whisk sugar and eggs in a bowl until white. Add carrot, cinnamon, yoghurt and oil. Stir well. Add flour, baking powder. Stir again.
3. ¾ fill muffin cases with mixture. Bake for 20 minutes or until golden. Put on a wire rack. Reline 6 holes of the tray with paper cases and fill and cook as above. Put on wire rack to cool.

MAKING TOPPING

1. Beat softened butter and sugar together with electric beater until pale and creamy; approximately 5 minutes.
2. Add the cream cheese and beat until combined. Spread over muffins with the back of a small spoon.
3. Decorate with Nestle milk bites.
4. Now eat. YUM YUM!



Traditional Easter Flaounes

By Peter Fillis

Serves: 20

Preparation time: 30 minutes

Cooking Time: 18-20 minutes

You can use this recipe using any left over cheese that you have at home

Ingredients

Filling:

350g romano cheese (grated), any cheese that you have left over
150g halloumi cheese

Mint (fresh)

Sultanas (optional)

1.5 cups self raising flour

½ packet of dry yeast

Eggs (as many as needed for a firm consistency)

Pastry:

1 cup of sunflower or vegetable oil

2.5 cups of milk

1 egg

Method

Preheat oven to 200 degrees celcius

1. Mix all pastry ingredients with a wooden spoon then knead by hand till firm. Allow 1 hour to rest

2. Mix all filling ingredients, adding in enough eggs to bind it all together

3. Roll out dough till flat, approximate size 10cm x 10cm

4. Spoon out two tablespoons of mixture into dough, fold over dough from each corner to close pastry

5. Sprinkle sesame seeds on outside

6. Press with fork on each corner to seal filling into pastry

7. Put it in the oven for 10 minutes.

8. Remove from the oven and Lightly brush with egg wash.

9. Place back in the oven for a further 20 minutes till golden.

10: ENJOY :)



Homemade Chicken Schnitzel and Veggies

By Tully Hallworth

Prep Time:
5 Minutes

Cook time:
30 Minutes

Serves:
3

8 Chicken, Bread crumbs, Flour,
An Egg, salt, and two vegetables of
your choice.

Three Small Bowls,
Peeler (depends on the vegetables),
Knife (be careful) and
A whisk.

1. Put Breadcrumbs and salt into
one of the bowls, in the second
bowl put a egg then beat that
egg, then in the third bowl put
flour. Then with all your chicken
put each piece of your chicken
from flour to egg to breadcrumbs
and salt.

2. Put all chicken in the air fryer
or pan and let them start
cooking for 15 minutes

3. Start preparing your veggies
and take out the chicken.

4. Plate your food and enjoy!

This recipe addresses food waste
and healthy eating because the
Vegetables are interchangeable
And can change what goes in it
depending on what is in your
fridge.



Spaghetti Meatballs

By: Ollie H

Prep time: 15mins

Cook Time: 40mins

Serves: 6

Ingredients: 1kg Beef mince, Half a cup of Bread Crumbs, 2 Eggs, Salt, Pepper, Mixed Herbs, Spaghetti and Bolognese Sauce.

Equipment: Frying pan, Saucepan, Wooden Spoon, Mixing Bowl, Measuring cup, Plate, Colander and Serving spoon.

Procedure:

1. Place mince, breadcrumbs, eggs and seasonings in a large mixing bowl, mix with your hands until combined.



2. Roll the meatballs into a golf ball size, place meatballs onto a plate cover with glad wrap then place in your fridge for at least 30 minutes, which helps them keep their shape and size.

3. Once the meatballs are chilled, put some oil in the pan. Once the pan is hot, place the meatballs into the pan to brown. Turn the heat to medium and allow the meatballs to cook through thoroughly.



4. Drain any excess oil from the pan and add a jar of bolognese sauce. Turn the heat to low and let the meatballs simmer for 15 minutes, stirring occasionally.



5. Bring a medium sized pot of water to boil. Once the water has boiled add the spaghetti and cook according to package instructions (approximately 11 minutes).



6. When the spaghetti is cooked, drain in a colander.

7. Serve spaghetti and meatballs into the bowls and.... **ENJOY.**



Healthy Alternative Options:

1. Instead of Beef mince you could use chicken or turkey mince.
2. You could use a variety of grated vegetables.
3. If you're allergic to egg you use three tablespoons of plain yoghurt per egg.

How does the recipe address healthy eating and prevent food waste?

1. The recipe is healthy because it includes meat, carbohydrates and you can grate up any extra vegetables you have in the fridge.
2. The recipe can help prevent food waste as you can use any extra vegetables. If your vegetables are going a little bit soft you can grate up any of those vegetables to add to the meal. For example: you could add grated carrot, zucchini, or capsicum to the meatballs.

Banana Oat Biscuits

Created by Hugo He 5A

Dated: April 10th 2021

Prep time: 10 min

Cook time: 20 min

Serves: 4

Ingredients:

- 2 bananas chopped (can be bananas with spots)
- 1 cup of oats
- 1 small packet of sultanas filled with boiling water
- 1 apple chopped
- ½ a cup of milk
- Butter (optional)
- Honey (optional)



Equipment:

- Blender
- Scissors
- Tablespoon
- Wooden mixing spoon
- Cutting knife
- Chopping board
- Baking tray
- Baking paper
- Mixing bowl
- Baking gloves

Procedure

1. Put the chopped banana, oats and chopped apple in the blender. Blend well. Pour the mixed ingredients in the mixing bowl. Add 1 and half tablespoon in. Mix well with the wooden spoon. Add the 1 tablespoon of honey in the bowl. Mix well again.



2. Cut the baking paper with scissors. The shape must match the size of the baking tray. Put it on top of the baking tray. Pour the mixed ingredients into the tray and use a spoon to spread it out. Make the mixed ingredients thin. Approximately 1 – 2 cm. Then put the sultanas in and spread it out. Put it in the oven. Make the oven 160 degrees celcius. Set the timer to 20min.
3. Put on the baking gloves and bring the tray out. Let it cool for a few seconds. Then cut it into shapes with scissors. Put it onto the plate. Serve.

How does the recipe address food waste and healthy eating?

It addresses food waste because some bananas which has spots or has been squashed a little bit can still be used.



Apple muffins

By Niamh.Hinton



INGREDIENTS

2 CUPS PLAIN FLOUR
1 TABLESPOON OF BAKING POWDER
2 TEASPOONS CINNAMON GROUND
 $\frac{2}{3}$ CUPS BROWN SUGAR FIRMLY PACKED
1 OR 2 APPLES PEELED AND CHOPPED (THEY DON'T HAVE TO BE PERFECT)
125G BUTTER MELTED COOLED
2 EGGS LIGHTLY WHISKED OR EGG REPLACEMENT
 $\frac{3}{4}$ CUPS MILK

DIRECTIONS

STEP 1. PREHEAT THE OVEN TO 180F GET INGREDIENTS READY AND PANS (PREFERABLY NON STICK)

STEP 2. SIFT PLAIN FLOUR, CINNAMON AND BAKING POWDER INTO A LARGE BOWL STIR IN BROWN SUGAR AND APPLES UNTIL WELL COMBINED.

STEP 3. WHISK TOGETHER BUTTER, EGGS AND MILK UNTIL WELL COMBINED AND ADD TO THE BOWL MIX UNTIL WELL COMBINED

AND PLACE IN THE TIN AND INTO THE OVEN TO COOK FOR 20 MINS.

HOW DOES THIS PREVENT FOOD WASTE
THIS PREVENTS FOOD WASTE BECAUSE WE ARE USING APPLES THAT NO ONE WILL WANT TO EAT BECAUSE IT DOESN'T LOOK THE SAME AS THE OTHERS AND WE ADD IT TO THE RECIPE. THIS IS ALSO HEALTHY BECAUSE APPLES HAVE FIBER IN THEM.



Strawberry Banana Fruit Smoothie

By Dewey Kim

Ingredients:

4-5 Strawberries
1 Banana
Half cup a milk
Half cup of water
2 Tablespoons of Yogurt (ANY)

Cook time: 2-3 minutes

Method:

Step 1: Cut strawberries in half. (OPTIONAL)

Step 2: Cut bananas into four pieces.

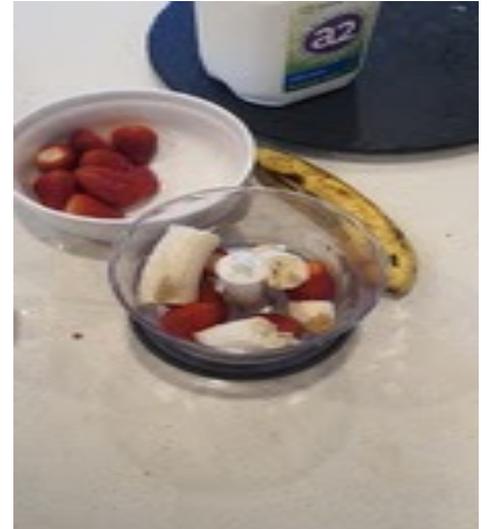
Step 3: Put the banana pieces into the blender with the strawberries.

Step 4: Pour milk, and water into the blender

Step 5: Get 2 tablespoons of yogurt and put into the blender

Step 6: Blend for 2-3 minutes

When done, pour into cups and enjoy.



Food waste tip:

Don't put as much ingredients if you don't want that much

Omelette

Ingredients:

- 2 eggs
- 2 baby Tomatoes
- 1 slice of ham (chopped)
- Salt (as much as you want)
- 2 tablespoons of grated cheese
- Butter (1 teaspoon)
- Olive oil (2 teaspoon)

Equipment:

- Frying pan
- Cook top
- Spatula
- Fork or whisk
- Knife
- Grater
- Bowl
- Chopping Board

Method:



1. Wash your hands



2. Crack the eggs



3. Whisk the eggs



4. Chop up the tomatoes



4. Cut the ham



6. Grate the cheese



7. Pour the tomato and ham into the eggs but not the cheese



8. Mix it together



9. Pour the oil into the pan



10. Put the butter into the pan



11. Pour the egg into the pan



12. Grab the cheese into the pan



13. Then flip the omelette

DONE!!!

Avocado/Spinach & Banana Smoothie

Created by **Ryan Malixi**

Prep Time: 5-10mins. **Cook Time:** 10mins. **Serves:** 1 person.

Ingredients:

½ Banana, An avocado or around 50g of baby spinach (Or maybe even both), 3-4tablespoons of Greek yoghurt (or any other yogurt you think might go well with it), ½ cup of milk, ½ cup of water.

Equipment:

Blender, 2 Tablespoon spoons, Knife, Cutting board, ½ cup measuring cup.

Method:

1. Chop a banana in half then peel a half. Chop an avocado open then scoop out the avocado, and put in blender with banana, or put spinach in the blender with banana.
2. Add yoghurt, milk and water.
3. Blend all the ingredients together.
4. Serve in a cup/glass and enjoy.

In the end you can use the banana peel and avocado skin for compost, or even grow an avocado tree!



Eggplant and Lamb Shank Stew

Created by: Rayan, Mum & Dad

Prep time: 30 min

Cooking time: 1 hr to 1 hr and 30 min

Serves: 6 people

Ingredients: Eggplant 6 No., Zucchini 3 No., Lamb shank 2 No., Onion 1 No., Garlic 3 No., Sour grapes 100 grams, Tomato paste 2 Spoon, Water 3 cups, Turmeric, Cinnamon powder, Pepper & salt and oil as required.

Equipment: Barbecue, stove, pan, pot, spoon, knife, chopping board

Procedure:

1. Peel the eggplants skin off, cut eggplants in three pieces, with a little oil fry them or barbecue them.
2. Wash the lamb shanks and put them in the pot, chop the onion and garlic and add to the lamb shank pot, then add water.
3. Put them on the stove, add the spices. Cook it for 1 hour.
4. Then add the eggplants and tomato paste to the pot. Leave it for more 20 minutes and add the sour grapes for the last 10 minutes of cooking.

How does the recipe address food waste and healthy eating?

It doesn't have any food waste, in the original recipe the eggplant needed to be fried with some oil in a pan, but we barbecued them with a little bit of oil, so using less oil made it healthier.



PAPRIKA CHICKEN BY SAM NANCARROW

INGREDIENTS

2 CHICKEN THIGHS
6 BABY POTATOES
1 TABLESPOON OLIVE OIL
SALT AND PEPPER
2 TSP GROUND PAPRIKA
DRIED ITALIAN HERBS

FRESH SPINACH SALAD
BABY SPINACH LEAVES
3 TOMATOES
1 CARROT
COLESLAW MIX



TOOLS NEEDED

SPOON
KNIFE
BOWL
CHOPPING BOARD
BAKING TRAY
AIR FRYER
OVEN

PROCEDURE

1. TURN ON THE OVEN TO 180°C AND WASH YOUR HANDS
2. MIX THE PAPRIKA WITH 1 TABLESPOON OF PEPPER, 2 TABLESPOON OF SALT AND 5 PINCHES OF ITALIAN HERBS
3. AFTER MIXING, RUB THE SPICES ONTO THE CHICKEN BREASTS IN A BOWL
4. PUT THE CHICKEN ON A BAKING TRAY AND PUT IT IN THE OVEN FOR 20 MINUTES
5. CHOP UP EACH POTATO INTO 4 PIECES AND PUT THEM IN THE AIR FRYER WITH A FEW SPRINKLES OF SALT AT A MEDIUM HEAT FOR 14 MINUTES
6. WHEN THE TIME IS UP, SERVE ON A PLATE AND GARNISH WITH A FRESH SPINACH SALAD



HEALTHY TIP
SWAP THE GREEN SALAD FOR PUMPKIN, CORN AND ZUCCHINI. YOU CAN POP THOSE IN THE AIR FRYER TOO

NUMBER OF SERVINGS

2

TIME TO PREPARE

15
MINUTES

TIME TO COOK

22
MINUTES

HOW DOES THIS RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

THIS RECIPE IS HEALTHY BECAUSE THE POTATOES ARE COOKED IN AN AIR FRYER WHICH IS HEALTHIER THAN FRYING IN OIL. THE CHICKEN IS A GREAT SOURCE OF NUTRITION, THE HEALTHY GREEN SALAD PROVIDES ALL THE NUTRIENTS THAT A FAMILY NEEDS AND THE OLIVE OIL PROVIDES GOOD OMEGA-3 FATTY ACIDS. THERE IS NO FOOD WASTE BECAUSE ANY LEFTOVERS CAN BE STORED IN A TUPPERWARE CONTAINER FOR A TASTY SNACK LATER!



FOR SOMETHING DIFFERENT TRY USING PORK INSTEAD OF CHICKEN

Tomato Skewers Recipe

by Anabelle

Prep time: 10 minutes

Materials:

- Sharp Knife
- 5 or more skewers
- Chopping boards
- Drainer

Ingredients:

- Mozzarella Cheese
- Cherry tomatoes
- Basil (or any type of leafy herb)
- Optional: capsicum or sturdy vegetable

Method:

1. Rinse and drain the cherry tomatoes, then dry them so they are easier to put on the skewer. Place them in a bowl.
2. Drain the mozzarella cheese balls and put them in a bowl near the tomatoes.
3. Pick basil leaves off the stems and place them in a bowl. If you don't have basil you can use mint.
4. Then start placing the tomatoes, mozzarella and basil on the skewers in a pattern. You don't want to have more than 2-3 of each item per skewer.
5. ENJOY!



Paneer

Created by Sierra

Ingredients

3 litres whole milk
4 tablespoons vinegar
1 tablespoon butter
½ teaspoon ground pepper

Prep Time	Cook Time	Serves
5 mins	30 mins	4

Equipment

Heavy bottom pot
Big spoon
Muslin cloth
2 Baking trays
Baking rack
Strainer
Heavy object/mortar
Knife
Big bowl
Saucepan

Method

1. Pour milk in pot and boil on medium heat.
2. When milk boils, add vinegar. Then you will notice the milk splits completely and separates into whey and cheese curds. Turn off the stove and stir it.



3. Line the strainer with a muslin cloth then pour the curd mixture. Ensure you place a bowl underneath the strainer. The whey collects in the bowl which you set aside to use for fruit juices.



4. Rinse the curd thoroughly under a tap thereafter bring the ends of the muslin cloth together and squeeze out the water.



5. Place a baking rack over the tray. Then tighten the muslin cloth which firms the curd and place another baking tray and heavy weights e.g. mortar.



6. Place in fridge overnight. The next morning the paneer is firm and ready to be cut into squares.



7. In a saucepan saute paneer in butter, then sprinkle pepper. Once golden brown on all sides it is ready to be served.



Paneer is high in many nutrients including protein and B vitamins. Paneer is also an excellent source of calcium, a mineral that plays a major role in tooth and bone health. Whey, which is a by-product, can be added to smoothies and shakes to provide more proteins, vitamins and minerals.



BANANA BREAD (JACK PLACE 5A)



Prep time - 10 minutes

Cook time - 40 minutes

Serves - 10 people

Equipment

Saucepan
Loaf tin
Fork
Spatula
Wooden spoon
Measuring cup
Oven and cooktop

Procedure

1. Melt butter, sugar and vanilla essence in the saucepan.
2. Add mashed bananas (and chopped apple), stir through.
3. Add egg.
4. Stir in flour.
5. Add milk and mix lightly.
6. Bake at 170 degrees for approximately 40 minutes.



How this recipe includes stopping food waste

If there are bananas that are black or very old lying around your house you can use them for some healthy banana bread.

You can freeze them until you are ready to bake the banana bread.

Instead of throwing it out you can add chopped 'old' fruit (e.g apple, berries).

Ingredients

125g of cooking butter
1/2 cup of sugar
1 teaspoon of vanilla essence
1 egg
2 black or old bananas mashed
1.5 cups of self-raising flour
¼ cups of milk
(We also added a chopped apple)



RASAM

Delicious Indian Soup

Created by Shriya

Serves = 4 prep time= 10mins cook time = 15mins

INGREDIENTS

- 1 lime size tamarind ball
- 4 tbsp coriander seeds
- 1 tbsp cumin seeds
- ¼ tsp fenugreek seeds
- 4 strands curry leaves
- ½ tsp asafoetida
- 2 tbsp red chilli powder
- ¼ red lentils
- 3 tomatoes chopped
- 1 tsp turmeric powder
- 1 tbsp jaggery
- 4 cups water
- ½ chopped coriander leaves
- Salt to taste

EQUIPMENT USED

Hot pot

Ladle

STEPS:

1. Soak the tamarind and lentils in hot water separately for 5mins
2. Dry roast all the spices in a pan for 2mins and powder them in a grinder.
3. Take a hot pot and add the soaked tamarind water with 4 cups of water.
4. Add the chopped tomatoes to the hot pot and bring it to a boil for 6-7mins.
5. Add 3-4 tbsp of the rasam powder then add the jaggery and cook lentils for 15mins then add to rasam.
6. Cook mixture for 5mins on low flame then garnish it with coriander leaves.
7. Your delicious rasam is ready to be served with hot rice and papadum or just by itself.

REDUCE FOOD WASTE:

THIS RECIPE USES TOMATO WHICH LOTS OF PEOPLE WASTE AND IS A VERY HEALTHY RECIPE BECAUSE OF THE INGREDIENTS WE USE.



Berry Surprise

Created By: Ariana Stanley

Prep Time	Cooking Time	Servings
2 Mins	5 Mins	3

Ingredients	Equipment	Procedure
Apple and blackcurrant juice Frozen mangos Frozen pineapple Frozen raspberries Frozen blueberries Honey	Blender Measuring Cup (1 cup) Spoon	<ol style="list-style-type: none"> 1. Collect your ingredients 2. Pit 1 cup of apple blackcurrant juice in the blender 3. Add fruit 4. Blend 5. Add honey (optional) 6. Sip and enjoy



Wraps

by the Stockwell family

Ingredients

Any fruit, any vegetable, any sauce, cheese, and a wraps pack

Utensils

1 bowl per fruit/ vegetable, chopping board, knife, and plates for everyone

Method

Step 1

Carefully wash all fruits/ vegetables.



Step 2

Chop all fruits/vegetables to your likings and sort into the bowls.



Step 3

Put ingredients into a wrap and enjoy.



This helps sustain food waste as you can use any fruit/vegetable or sauce. Its healthy because it has lots of fruits/ vegetables.

Trinh's Vegetarian Nachos

Ingredients

- Corn Chips
- Sour Cream(To serve)
- Guacamole(To serve)
- Salsa (Mild or Spicy)
- Shredded Cheese

Equipment

- Thongs(To serve)
- Spoons
- Tray(Preferably circular)
- Baking paper

Procedure

The first thing you need to do before any cooking is wash your hands!

1. Heat up your oven to 180 degrees. Line your tray with baking paper until it covers it all. Then fill your tray with corn chips.
2. Evenly spread salsa onto your corn chips. Make sure there are as few lumps as possible.
3. Spread out shredded cheese around the tray, covering as much chips as you can. Try not to make the cheese go onto the baking paper as it can stick.
4. Pop the tray into the oven. Make sure to put on oven mitts! You might get burnt!
5. Wait 5-7 minutes as you will see your nachos get golden and delicious. After 5-7 minutes take them out and voila! Dig in and enjoy!

Why is Trinh's Vegetarian Nachos fighting food waste?

It is fighting food waste because it is vegetarian and you can add any vegetables you like! It is also fighting food waste because it is vegetarian and includes ingredients that you can find lying around in your pantry or fridge waiting to be used. And this is the perfect way to use them!

Information

Created by: The Trinh Family

Prep time:2-5 mins

Cook time:5-7 mins

Serves:4-6 people



Fruit Juice by Anna

F R U I T
J U I C E



BASIC INGREDIENTS



Crushed Ice



Honey

water and fruit

BLEND

1st: get a blender and put some fruits in then add some water and honey

2nd: put some ice and blend until it looks smooth then serve in a cup with or without straw.