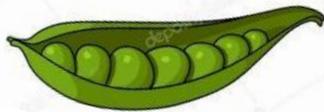


# 5/6 Unit Cook Book-2021

5/6 KD,

5/6 LO,

5/6 GG





# Contents Page

<b>5/6GG</b>	Banana & Avocado Smoothie Three-colour Bean Drink Fluffy Fruit Pancakes Fried Rice Frozen Fruit & Strawberry Popsicles Mango Yoghurt Cake Potato Peel Chips Tuna & Avocado Sushi Vietnamese Bo La Lot	Tymon, Steven & Kenzo Vincent, Tri & Anton Angela, Mia & Alina Michael & Kevin Jamie Monique & Charlotte Freya, Meika & Lucy Danny & Leo Fiona & Peter
<b>5/6KD</b>	Guacamole Banana Muffins Banana Pancakes Com Chien Fried Rice Garlic Noodles Taco Boats Curry Munchers Zesty Tasty Tomato Salsa Orange Cake Veggie Patties Watermelon Popsicle	Alexis & Jenny Kristian, Jermaine & Philip H Mubarak, Donald & Suthan Kelly, Kathy & Phillip N Justin, Abi & Kayden Jaimee, Natalie K & Giselle Regin & Samuel Natalie N Olivia & Nina Saranyaa Rey & Zi Hang
<b>5/6LO</b>	Apple Cinnamon Cheesecake Berry's & Yogurt Parfaits Coconut Milk Strawberry & Banana Pops Compost Soup Banana Muffins Egg Salad Sandwich Smoothie Bowls Strawberry & Banana Smoothie Strawberry Granita Tropical berry smoothie Vitality Smoothie	Rayon, Daniel & Antony Bonnie  Jade Emily & Kaiden Joseph Bobby, Koby & Kaushal Betty, Emma & Lisa Emily & Aaliyah Tina & Alena Julie Chaise & James

# Banana and Avocado Smoothie

Made by Steven, Tymon and Kenzo

## Ingredients

- Banana
- Avocado
- Milk
- ice

## Equipment:

- Any knife
- spoon
- Blender
- Chopping board

## Serves: 2



## Blending time

1 minute 30 seconds

## Prep time

5 minutes

## Procedure

1. Cut up a whole banana.
2. Cut up the avocado.
3. Put all fruits/veggies in the blender.
4. Pour milk until it reaches higher than all ingredients
5. 2 scoops of ice in the blender
6. Blend all ingredients until smooth
7. And enjoy



It reduces food waste by using food you would have in your pantry already. You don't need to go the shop and buy new food which also saves you money. You can use any type of banana. Banana and Avocado is very healthy eating.

# Three Colour Bean Drink (Chè Ba Màu)

By: Anton, Tri, Vincent

Prep Time: Overnight

Cook time 1hr 15mins

Serves: 1

## Equipment:

Any Knife

Table Spoon

Tall Glasses

Steamer

Glass Pie Pan

Glass Container

Small Pot

## Ingredients:

- ½ cup split, hulled mung beans, soaked overnight

## Pandan Jelly

- 1 tbsp. agar agar powder
- 1 tbsp. sugar
- 2 cups water
- 3 drops pandan flavouring

## Sugar syrup

- ¼ cup sugar
- ½ cup water

## Sweet Coconut Cream

- 1 can coconut cream (get one with not too much sugar and sodium)
- 1 tbsp. sugar

## Other Layers

- 1 can red kidney beans (find some with low sodium) rinsed very well and drained
- 2 cups shaved ice



## Instructions

1. Soak the split, hulled mung beans (they're yellow) in about 4 cups of water overnight. Alternatively, you can just soak them for about 1 hour in warm water before you start making this dessert, it's better when soaked overnight though. Rinse and drain the next day.
2. Using a steamer, arrange the mung beans on one of the perforated steam layers and steam over medium heat for about 20 or until they're very soft. If you prefer the soft, mung bean mash type texture, you could cook them in a pot in about 1 1/2 cups water until they're soft. You could then mash with a potato masher or hand blender until you get that really thick texture (adding water as desired).



### Pandan Jelly Layer

1. In a small pot over medium heat, combine agar agar powder, sugar, water and stir well until the agar has dissolved (the water will look clear). Stir in the pandan flavouring and then pour into a glass container (you can use one of those glass sandwich ones, I ended up using a glass pie pan). Let cool and set completely in the fridge for about 2 hours.
2. Once those are set, cut into jelly strips (about 1.5 inch long and maybe 1/4 thick). Set aside.



### Sugar Syrup

1. In a small pot (or alternatively the microwave), heat sugar and water until sugar is completely dissolved (water will look clear). Set aside to cool.

### Sweet Coconut Cream

1. Combine the coconut cream and sugar and heat until sugar is dissolved. Set aside.



### To assemble

1. In a tall glass, add 2-3 tbsp of crushed or shaved ice (optional), 2 heaping tbsp of the kidney beans, another 2 heaping tbsp of the mung beans, a layer of the pandan jelly, more shaved ice, and 1 tbsp each of the sugar syrup and sweetened coconut cream.
2. Enjoy immediately!

Three coloured bean drink is a drink from Vietnam and is really enjoyable on summer days. The three coloured bean drink is healthy as it doesn't contain much fat and you can control how much sugar you want in it. This dessert tackles food waste as you can put what you want in it and is enjoyable with any of your favourite fruit that is leftover that could make a syrup and put it in as a topping

# Huffy fruit pancakes

creators:  
Angela  
Alina  
Mia



preparation time

35 min

serves

4

Ingredients:

4 cups or 500grams of flour (sifted)

4 tablespoons of baking powder

4 cups or 960 ml of warm milk.

¾ cups or 170 grams of melted butter

3 egg yolks

4 egg whites

Fruits- strawberries and blue berries you can add maple syrup

## the recipe

- 1) Get a bowl and add the flour and baking powder together then mix with a whisk
- 2) Get another bowl and add the butter milk and egg yolks and mix it together.
- 3) Then use a hand mixer to beat the egg whites until they're foamy.
- 4) Put the bowl with milk and add it into the flour bowl mix
- 5) Then add the beaten eggs with it.
- 6) Get a non-stick pan that is around 20 cm or you can make it the size you desire
- 7) Put the pan on low heat and add 1 ½ cups of the batter into the pan and put the pan lid on
- 8) Cook until golden brown or when a toothpick comes out clean. Put the pancake on a plate and repeat the process until you run out of batter
- 9) Wash the berries then put them on the pancake and enjoy!

## Why is it good

It is good because you can use up leftover eggs and leftover milk and you can also use some leftover fruit in the fridge or if it's just lying around. This recipe also has no sugar and contains milk which will give you calcium. It contains iron which is important for your growth and health. It is easier to eat and is soft to bite into. Pancakes don't look that healthy when you eat them in the morning but it has been proven that it has positive health benefits

things you need: three mixing bowls spatula cook top pan with pan lid



# Fried Rice

By Michael & Kevin

Ingredients:

Rice

Soy Sauce

Eggs

Spring Onion

Carrots

Peas

Serves: 1 cup = 1-2

people

Prep Time - 2 mins

Cook time - 15-17 mins

Equipment:

Spatula

Frying Pan

Fork

Bowl

1. First you could get leftover rice or get new rice.
2. Get a small bowl with 2 or 3 eggs and scramble them.
3. After that put the scrambled eggs in your frying pan and straight after put in the rice in.
4. Mix the rice and the eggs for 1-2 minutes and then you can put some vegetables in.
5. Mix everything together and put some soy sauce and stir the fried rice.
6. When the rice starts to turn a brownish colour you can take it and put it in a bowl.

Fried Rice is healthy because it has Vegetables in it and it helps food waste by using leftover rice.



# frozen fruit and strawberry popsicles

**Prep time**    **cooking time**    **freezing time**

10 min

5 min

1 to 3 hr

By Jamie

## Ingredients

9-10 Strawberries or any kind of leftover fruit

Frozen fruit of any kind

Milk or coconut water or coconut milk

Honey/optional

## Utensils

freezer

ice cream mold or an ice cube tray

blender

spoon and bowl

1. First get 9 or 10 strawberries depending on the size. Wash the strawberries then take the leaf off them, cut them in half and put them in the blender .
2. Then get you frozen fruit and put them in make sure you leave them outside for a couple of minutes so they can soften then put them in the blender then add your liquid of choice
3. Then blend the mixture for around a minute and a half make sure you take breaks when you're blending so you can check the consistency and to this is also the time to add the honey.
4. After you have finished blending transfer the mixture to a bowl and use a spoon to put the mixture into your mold or ice cream tray then put it in your freezer for 1 to 3 hours then take it out and enjoy.

This dessert is a good way to use up any leftover fruit and is a great way to add some good stuff into a sweet treat and is a great activity to do any day. I definitely recomed this recipe if you want would like a seewt treat but with no presevitavs it is a so a chance to use up typse of fruits that we usually don't eat such as soft strawberries freclad bannanas and many more . over all this is a great treat for any day and is something you should definetly try yourself.



# MANGO YOGHURT CAKE

By: Monique and Charlotte

Prep time: 1 hour and 15 minutes      serves: 8

## In this recipe you will need...

### Three eggs

**¾ cup (165 g) caster (superfine) sugar**

**½ cup (125 ml) vegetable oil, plus extra for**

### Greasing

**1 cup (150 g) natural yogurt 1-2 teaspoons**

**Spices and herbs (optional)**

**1 ½ cups (225 g) self-raising flour**

**½ teaspoon baking powder**



## Toppings

**1 mango**

**1/3 cup (60 g)  
brown sugar**

**40 g (1 ½ oz)  
almond meal**

Preheat the oven to 170°C (325°F/Gas mark 3) and grease a 23cm (9 inch) spring form cake tin with baking paper or oil.

Using a hand whisk, briefly mix the eggs and the sugar in a large bowl until pale and a little fluffy, then slowly whisk in the vegetable oil, followed by the yogurt, citrus zest and spices and herbs, if using.

In a separate bowl, whisk together the flour and baking powder, then add this mixture to the wet ingredients and whisk to combine. Pour into the prepared cake tin.

To make the topping, toss together the mango slices, brown sugar and almond meal in a small bowl, and then arrange on top of cake.

Bake for 50 minutes, until a skewer inserted into the centre of the cake that comes out clean.

Rest in the tin for 5 minutes, then use a knife to slide around the edge of the cake and remove it from the tin. (Any leftover cake will keep in an airtight container for up to 3 days)

## WHY IS THIS HEALTHY?

This recipe you should definitely try because it saves you money and helps you use up products that you do not usually use laying around in your pantry. This mango yoghurt cake is very healthy because it has delicious fruits and mango, which they are very healthy. If you do not want to be a sweet tooth, you can take use less sugar if you must.

# Potato peel chips By Meika, Lucy and Freya

Prep time: 10mins

Cook time: 10mins

Serves: 3

Ingredients (base recipe):

3 potatoes

Salt+ Pepper  
board

Olive oil

Equipment:

Bowl

Chopping

Baking tray

Potato peeler

Method:

1. Preheat oven to 160°C/320°F and line baking tray with baking paper
2. Wash and peel potatoes and place in a bowl (use these potatoes for any dish that you are making)



3. Place potato peels on baking tray.

4. Put olive oil, salt and pepper over the peels.

5. Bake for 5mins and then flip

6. Bake for another 5mins or until crispy

7. Serve and Enjoy!



Lots of potato peels are wasted each year because most people think that they are bad for you. While it is true that if you eat an excessive amount of them it can make you sick small amounts can be good. This recipe is a great way to use leftover potato peels after using the potatoes for something such as mash.



Tip:  
You can change out the salt and pepper for anything such as salt and vinegar or chicken salt.

# Tuna and Avocado Sushi



Names of creator: Leo and Danny

Serves: 2

Preparation time: 40 minutes

Cooking time: 15 minutes

## Ingredients:

2/3 cups sushi rice  
1/4 cup rice wine vinegar  
1/4 cup caster sugar  
1/4 tsp salt 106g canned tuna  
1/4 cup mayonnaise  
2 Nori sheets  
1/4 avocado  
Halved, destoned, peeled, thinly sliced 1/4 cucumber  
Cut into 1cm-thick batons  
Soy sauce  
Wasabi paste and pickled ginger (to serve :)

## Procedure:

1. Rinse rice and cook rice with 3 and  $\frac{3}{4}$  water in large saucepan Set aside for 10 minutes to cool
2. Place vinegar, sugar, salt in a small separate bowl and stir until the sugar has been dissolved
3. Place tuna and mayonnaise in a separate small bowl and mix them together.
4. Put the rice in the heatproof bowl, use a spatula to break up any rice lumps while gradually adding the vinegar mixture
5. Place your sushi mat on a clean

**Equipment:** large saucepan, small bowl, large glass heatproof bowl, spatula, sushi mat, sharp knife.



flat surface and put the Nori sheet on it (put the shiny side on the mat (use damp hands)

6. spread 1/6 of the rice over nori sheet, leaving a 2cm-wide border along edge furthest from you
7. Place 1/6 of each of the tuna mixture avocado and cucumber along centre of rice
8. Hold the filling in place while rolling the mat over to tightly enclose rice and filling
9. Repeat with remaining Nori, rice, tuna mixture, avocado and cucumber.  
And then you just cut the sushi into 2 cm thick slices.



Our recipe is sustainable because it doesn't need to have tuna or avocado, it can use anything from salmon to caviar however you won't have Nori sheets on your every day shopping list but they are cheap so you can buy them for a cheap price at Woolies.



# VIETNAMESE BO LA LOT

FIONA AND PETER

4 SERVES 20 MINUTES PREP TIME

## INGREDIENTS

1/2 Pound Lean (not extra-lean)  
ground beef

2 Tablespoon Chopped Fresh  
Lemongrass

1/2 Pound Lean Ground Pork

1 Tablespoon Five Spice Powder

1/2 Tablespoon Minced Garlic

2 Teaspoons Fish Sauce (use less if  
desired)

1/2 Tablespoon Minced Shallot

1/2 Teaspoons Salt

2 Teaspoons Sugar

1 Teaspoon Whole White Peppercorn

30 Fresh Betel Leaves

## EQUIPMENT

Toothpick  
Skillet  
Chopping Board  
Bowel  
Spoon

In a mortar and pestle or spice mill,  
crack the peppercorns and set aside.

Combine beef and pork in a bowl, then add garlic, shallot, lemongrass, five  
spice, fish sauce, sugar, peppercorn and salt. Mix well and set aside in the  
fridge.



Prepare the betel leaves as shown, by removing each leaf from the vine,  
leaving the stem.



With glossy side down, place a small spoonful of meat on the leaf.



Fold and roll up as shown in pictures.



Poke a hole and push the stem inside to keep the little bundles secure.



At this point you can simply cook them in a skillet with a bit of vegetable oil, over low heat. They cook through within about 10 minutes and taste delicious. For a more authentic preparation, cook over charcoal.



Serve with lettuce, rice or soy sauce to keep it balanced. Enjoy

Bò lá lốt is a Vietnamese dish that Fiona and I chose for our recipe. It is Pound Lean Ground Beef wrapped in betel leaves. It is healthy because it uses betel leaves. Betel leaves are very healthy because it helps restore normal PH levels in our body and helps stomach aches. It helps reduce food waste because it is easy to eat. It is very small and can be eaten in one bite. It is also really yummy.



# Guacamole

Ingredients	SERVES	PREP TIME	COST
1 soft avocado Pinch of salt and pepper ½ tablespoon lime juice 1/2 a tomato 1/4 a red onion Pinch of cilantro	2-3	10-15 Minutes	\$2.50 1 soft avocado \$2.20 lime \$1.11 tomato \$0.70 red onion \$3 Pinch of cilantro

## Step 1

Cut the avocado in half, remove the pit and scoop out inside. Mash the avocado in a bowl with a fork.



## Step 2

Dice tomato into cubes and add it to the avocado. Along with red onion.



## Step 3

Cut the stems off the coriander.



## Step 4

Cut the coriander finely with a sharp knife. And add it into the avocado, tomato and red onion.



## Step 5

Cut a lime in half and squeeze the juice out of both halves. Into a small bowl.



## Step 6

Put in salt and pepper into the guacamole. Add lime juice. Add more ingredients to your taste and serve with corn chips.

What you do with left over coriander

- 1 make it in a soup
- 2 put it in fried rice
- 3 make it with noddles

### HOW DOES THIS RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

This recipe addresses food waste by using leftover soft avocado. Uncut avocados can only last 2 weeks in the fridge. Avocados that are cut can only be stored in the fridge for up to 3 days. It also uses up leftover vegetables in your fridge like tomatoes and red onion.

This recipe addresses healthy eating because you are eating healthy nutritious vegetables.

# Banana Muffins

Serving: 12

Prep: 15 minutes      Cook: 20 minutes



## Ingredients

- 1 1/2 cups-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of salt
- 1 dash of ground nutmeg
- 3 ripe bananas
- 1/2 cup of white sugar
- 1/3 cup of melted butter
- 1/4 cup of lightly brown sugar
- 1 egg
- 1 tablespoon of vanilla extract

If you have bananas that are about to go bad, you can prevent waste by making banana muffins. Any food that is going bad you can cook them so you would not waste.

Step 1. Preheat oven to 175c. Coat muffins pans with non-stick spray. Sift together the flour, baking powder, baking soda and salt set aside

Step 2. Combine bananas, sugar, egg, and melted butter I a large bowl. Fold in flour mixture and mix until smooth. Then scoop into muffin pans.

Step 3

Bake in preheated oven and bake mini muffins for ten to fifteen minutes and large muffins for 25 to 30 minutes. Muffins will spring back when lightly tapped.

# Banana Pancakes

By Mubarak, Donald and Suthan

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 minutes

Serves: 4

## Ingredients

1/2 cups (180g) all-purpose flour

2 Tablespoons (25g) sugar (optional)

2 1/2 teaspoons baking powder

1 pinch cinnamon (optional)

1 pinch salt

2 medium ripe bananas

1 cup (240 ml) milk

2 large eggs

1/4 cup (60 ml) canola oil



## Equipment:

Oil spray

Mixing bowl

Mixing Spoon

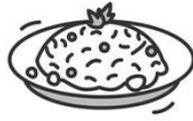
Frying Pan

## Procedure:

1. In a medium-sized bowl, whisk together all-purpose flour, sugar, baking powder, cinnamon if needed, and salt. Set aside.
2. In a separate bowl, mash the bananas with a fork (its fine if small chunks remain). Add the eggs and pour in the milk and canola oil, mixing until just combined.
3. Pour the dry ingredients into the wet ingredients, and mix until just combined (do not overmix). Let sit for a couple of minutes.
4. Heat a large frying pan or griddle over medium heat. For each pancake, spoon about 1/4 cup of the batter onto the frying pan. Cook until bubbles form over the surface of the pancakes, then flip with a thin spatula, and cook 1 or 2 extra minutes.
5. Serve warm with an extra topping of your choice (optional)

Why is this recipe good for you and for your compost bin?

This recipe is good for your compost bin because if you have leftover/overripe banana and just flour and all the other ingredients listed above, just laying around, this would be a good use for them. This recipe is good for you because the sugar is optional and because bananas have a very high percentage of potassium in them, and potassium can help with nerve function and muscle contract.



## FRIED RICE

BY KELLY, KATHY AND PHILLIP

Get ready:

10 mins

Cook:

10 mins

### Ingredients to make it

- Eggs (depends on how much rice do you have) 
- Rice (you can use rice in the fridge) 
- Sausage 
- Spam 
- Shrimp 
- Garlic 
- Oil
- Beans
- Corns
- Carrots
- Soy sauce
- **EQUIPMENT**
- Wood Spoon
- Chopstick
- Non-stick pan
- Bowls
- Can Opener

### How to make it

Step 1: Rice and eggs mix together.

Step 2: Cut spam, sausages, and garlic.

Step 3: Put some oil and cook the garlic first then when the garlic turn to light yellow put the shrimp in.

Step 4: When the shrimp completely cooked, put the rice in.

Step 5: Put the vegetables, spam, and sausages in, then mix them together.

\*Step 6:

You must cook it until the rice completely dry.

This is a way to use some corn and peas and some seafood and sausages, maybe some rice, eggs and the other stuff, like the spam the garlic and then carrots



# garlic noodles

by Justin, Abi, Kayden

## Ingredients-

- 28 grams spaghetti noodles
- 1 table spoon olive oil
- 1 red capsicum
- 2 zucchini, diced
- 1 grated carrot
- 2 tablespoons chopped fresh cilantro leaves

## Sauce-

- 1/3 cup reduced sodium soy sauce
- 3 minced garlic cloves
- 2 tablespoons brown sugar, packed
- 1 table spoon sambal oelek (ground fresh chili taste)
- 1 table spoon oyster sauce
- 1 table spoon freshly grated ginger
- 1 teaspoon sesame oil

## Equipment-

- Frying pan
- Whisk
- Wooden spoon
- Measuring cups
- Teaspoon
- Tablespoon
- Small bowl



Preparation and cooking time:

30<sub>min</sub>

Serves

2-3

People

## DIRECTIONS-

- 1- In a bowl, whisk together soy sauce, garlic, brown sugar sambal oelek, oyster sauce, ginger and sesame oil
- 2- In a large pot of boiling water cook the noodles according to the package instructions.
- 3- Stir capsicum, zucchini and carrot into a Heat olive oil in a large pan over medium high. Cook, stirring frequently, until tender, about **3-4** minutes. Stir in noodles and remaining soy sauce mixture until well combined about **2-3** minutes
- 4- Serve with cilantro

Garlic noodles are healthy and easy to make with leftover ingredients since you can make them with spare noodles and some spare garlic. It is healthy because it has a good amount of vegetables and a low amount of calories, the noodles are a slow cook but the rest would take a reasonable amount of time.



# Taco Boats

By Giselle, Natalie K, and Jaimee

Equipment  
Spatula, Knife, Pan, Stove, Olive oil, Cutlery,

<u>I n g r e d i e n t s</u>	<u>T i m e</u>	<u>S e r v i n g s</u>	<u>C o s t</u>
<ul style="list-style-type: none"> <li>○ Taco Boat Shells</li> <li>○ Lettuce</li> <li>○ 2 Tomato</li> <li>○ 1 packet shredded Mozzarella Cheese</li> <li>○ 1 Cucumber</li> <li>○ 1 packet Mince meat</li> <li>○ 1 packet salsa</li> </ul>	<p>Cooking 15 minutes</p> <p>Preparation 2 - 4 minutes</p>	8	<p>\$20.00 Total</p> <p>\$2.50 per person</p>

**Step 1)**  
First cook your mince meat until it is brown and there are no pink bits



**Step 2)**  
Next dice your tomatoes and when done place in a bowl



**Step 3)**  
Then do the same thing with the cucumber



**Step 4)**  
After that you want to peel a few pieces of lettuce



**Step 5)**  
Pour the salsa in a bowl and cheese in another bowl



**Step 6)**  
Put the lettuce on the bottom of the taco, add meat, salsa, cheese, cucumber and tomato



How does our recipe address food waste?  
Our recipe addresses food waste because for this recipe you can use leftover tomatoes and cucumbers for the taco boats. For this recipe, you can also use lettuce that you might have in your refrigerator. You can also use all the leftover food to make taco boats another time. This recipe is also really easy to make and it tastes good.

# Curry Munchers (By Regin and Samuel)

This recipe is dedicated to all Curry muncher restaurants in Adelaide and in Australia

Servings: 4      Preparation time: 2-2.5 hours

Equipment: wooden spatula,

## Ingredients:

- 2 tbsp of salt, for water
- 2 pounds of potato cut into 2cm cubes
- 1 tbsp of vegetable oil
- 1 medium onion, which is diced
- 4 cloves of garlic, which is minced
- 2 tsp of cumin
- 1 tsp of cayenne powder
- 4 tsp of curry powder
- 1 tsp of salt
- 1 tsp of black pepper
- 2cm pieces of ginger, which is minced
- 14 ounces of diced tomato
- 15 ounces of chickpeas
- 15 ounces of peas
- 14 ounces of coconut milk

1 – Put potatoes in a pot or a Dutch oven, then mix the salt and the water together well. Then put the well salted water over the potatoes. Bring it to boil, then reduce it to simmer. Let the potatoes cook for about 12 minutes until the potatoes are fork tender. After the potatoes are fork tender and cooked, drain them and put them aside.



2 – Put the pot back on the stove and put 1 tbsp of vegetable oil. Cut the onions into small pieces and add it to the pot. Add 4 cloves of garlic. Fry both of them on medium heat. Cook for about 3 to 5 minutes until the onion look tender and look translucent.



3 – Then add some cumin, cayenne powder, curry powder, salt, pepper, and ginger. Stir well before adding the tomatoes, chickpeas, and some peas.



4 – Increase the heat to medium high. Then stir the coconut milk in. After, bring down the heat to a simmer, before adding the drained potatoes back in the pot. After the potatoes are back in the pot, bring the heat down to low and cook everything for about 3 to 5 minutes, before serving.



5 – Enjoy!!!!!!!. Add chopped coriander for seasoning!!

You can also add other vegetables, like eggplant, spinach, and other vegetable you like. This recipe includes 752 calories. you can eat this curry with almost anything, like rice, chappati, dosa, and even as a dip, for samosa. Vegetable curry is 1 type of curry, there are millions (precisely 12) other curries. This recipe also includes a lot of carbohydrates too. Carbohydrates plays an important part in your diet and your body. You can also add other things too, take chicken for example, or bruised lettuce, spotty cauliflower or spinach, you can add any vegetables or protein. The good thing is that you can make this and eat it for your diet meal. It helps old people (Ms day) to help lower their blood sugar and keeps them calm and not have any mental depression, depression itself, or stress. There are a lot of other befenits that curry has, like improving your heart health.

# zesty Tasty TOMATO Salsa

## Ingredients

onion (depending on how much onion you w

Olive oil or vegetable oil.

Salt (Himalayan Salt is good to)

Corn chips

Lemon/s

Cilantro



## Equipment

Bowl to serve your salsa

Knife (be careful or have an adult around you)

Chopping board

## Steps

On a chopping board cut your tomatoes in half and

1. Take the guts out. Then dice/chop it up

Into small pieces. Put your diced tomatoes in a bowl that you would like to serve your salsa in.

2. Cut the ends of your onion/s then peel the skin off. Chop it up into mini cubes like your tomatoes but a bit smaller. Then add it into the bowl with the tomatoes.

3. Add a small drizzle of olive or vegetable oil, add as much salt you want, it really depends on how salty you want it to be, finally add a squeeze of lemon and serve with corn chips. YUM!

This is a sustainable dish because you can use up your leftover tomatoes and onions. Having tomatoes in your diet can help against cancer, maintain healthy blood pressure and reduces glucose in people with diabetes. All in all, it is a yummy, healthy and easy recipe. I know it isn't like your regular salsa but it is an easy and delicious salsa that kids can make.



# ORANGE CAKE BY OLIVIA AND NINA 5-6 KD

PREPERATION TIME	COOKING TIME	SERVES
15 minutes	1 hour	About 12 slices

## INGREDIENTS

2 eggs (small/medium)  
1  $\frac{1}{2}$  coconut sugar  
Orange zest (from one orange)  
Juice from 3 medium oranges  
8 tablespoons of olive oil or coconut oil  
2 cups of coconut flour or almond flour  
3 tablespoons of baking powder

## EQUIPMENT

Mixing bowl  
Wooden spoon  
baking tray  
(For lining of tray)  
Electric mixer  
Baking paper



## PROCEDURE

1. Preheat the oven to 375 F/190 C
2. Place the eggs in the bowl and cream them with sugar until smooth and pale
3. Add the orange zest, freshly squeezed juice (but leave some for later!) and olive/coconut oil and blend with the electric mixer until combined
4. Sift in the flour and baking powder and mix in. (Don't forget to mix these to ingredients beforehand)
5. Pour the combined ingredients into a tray line with the baking paper (add a skewer if you want) and place in oven and cook for about an hour or until the skewer comes out clean
6. Pull out of the oven and squeeze remaining juice onto the top and leave it to cool for 10 minutes

## WHY WE USED THIS RECIPE

This recipe uses up orange juice and its zest that would usually go to waste. We also used this recipe because it can be changed by using lemons instead of oranges for a sourer flavour. (The original recipe's ingredients were altered to make a healthier cake that still tasted just as good). Enjoy!

## Veggie Patties-Saranya

**Preparation Time:**

**45 minutes**

**Cooking Time:**

**15 minutes**

**Serves:**

**Makes 8, Serves 2**

Ingredients	Ingredients	Equipment	Equipment
4 small potatoes	Half teaspoon of coriander paste	A chopping board	Spatula
Half cup of peas	2 small onions	3 plates	A fry pan
3 small chillies	Oil as per needed	A knife	A big bowl
Pinch of turmeric	A plate of breadcrumbs	Deep fry pan	A potato masher
Salt to taste	A plate of corn starch	2 bowls	A spoon
Handful of coriander	Water	Plastic wrap	A peeler

### Process:

- ❖ Peel the potatoes and then boil them in a microwave in a big bowl filled with water.
- ❖ While the potatoes are boiling, peel the onions and chop them into little cubes.
- ❖ Next, using only a bit of oil and a fry pan, fry the chopped onions till golden brown and after they have been fried, put them in a bowl.
- ❖ After the potatoes have boiled, chop them into halves and put them into the same bowl they got boiled in.
- ❖ Then, use the potato masher to mash the potatoes until they become into mashed potato. (Reminder: The mashed potato should still be in the big bowl).
- ❖ Now, cut the chillies into small pieces.
- ❖ Add the peas, chopped chillies, turmeric, salt, coriander, coriander paste and the fried onions to the mashed potato and mix until a mixture is made.
- ❖ After the mixture is made, cover the bowl with plastic wrap and leave it in the refrigerator for 10 minutes.
- ❖ Next, with a spoon make 8 balls with the set mixture and place them on a plate.



- ❖ **Cover the plate with the same plastic wrap and put it in the refrigerator for another 5 minutes.**
- ❖ **While the mixture balls are setting, put breadcrumbs and corn starch on different plates.**
- ❖ **Add a cup of water, to the plate filled with corn starch and mix till liquid.**
- ❖ **After the mixture balls have set, take them out of the refrigerator and put the deep fry pan on a stove.**
- ❖ **Put a bit of oil on the deep fry pan and spread across using a spatula.**
- ❖ **Now, take each ball coat it in the corn starch liquid, then the breadcrumbs. Repeat this process again.**
- ❖ **After that, place the coated patty on the deep fry pan and fry till golden brown.**
- ❖ **Do the same with all the patties and place them on a plate, ready to eat.**



**Bon Appetite**

**My recipe is very healthy and reduces food waste. I got inspiration from my house to make this recipe. I like to eat burgers for lunch, but my mum says it's unhealthy. Also, a lot of potatoes, peas and chillies get wasted in my house. All of this inspired me to make this recipe. These veggie patties are healthy because they are made of vegetables and they reduce food waste because most of the ingredients used in this recipe are usually wasted in a lot of households. I hope that people use my recipe to reduce food waste while having a nice burger patty.**

# WATERMELON POPSICLES



Preparation time: 15 minutes

(Freeze time 2 Hours)

Serves: 9

Per  $\frac{1}{4}$  watermelon

## INGREDIENTS

$\frac{1}{4}$  of a watermelon, half a cup of water,  $\frac{1}{4}$  cup of lemon juice, 1 teaspoon of honey.

## TOOLS

Blender, knife (recommended use under adult supervision), spoon, measuring cup, bowl, Popsicle moulds, chopping board, Popsicle pop sticks

1. Cut out  $\frac{1}{4}$  of a watermelon
2. Use a spoon scoop out chunks of the watermelon into the bowl
3. Pour in  $\frac{1}{2}$  a cup of water and add  $\frac{1}{4}$  cup of lemon juice
4. Put all the watermelon chunks in the blender and pour in the lemon juice and water, then put in the teaspoon of honey, blend it
5. Pour it in the Popsicle mould and stick in the pop sticks, then freeze it in the freezer for two hours
6. Then take it out of the freezer and take the Popsicle out of the mould, pour hot water onto the mould so it doesn't crack.

**ENJOY!**

Watermelon has many benefits for your body such as, helping you hydrate your body, watermelon contains nutrients and beneficial plant compounds that may prevent cancer, watermelons can improve heart health and lower inflammation. Watermelon popsicles can be sustainable because you can add any leftover fruit that you have and you can use reusable tools to stop waste from damaging the ecosystem. Watermelon popsicles prevent food waste because it uses up any left over watermelon, some honey and lemon, adding these ingredients can give more flavour.



# Apple Cinnamon Cheesecake

By Rayon, Daniel, Antony

Serves

12

Cook time

55 min

Prep time

1hr 40min

## Ingredients

1/2 cup butter, softened

1/4 cup packed brown sugar

1/2 teaspoon ground cinnamon

1 cup all-purpose flour

1/4 cup quick-cooking oats

1/4 cup finely chopped walnuts

1 can (14 ounces) sweetened condensed mil

1/2 cup thawed apple juice concentrate

3 large eggs, lightly beaten

16 ounce cream cheese, softened

1 tablespoon butter

2 medium tart apples, peeled and sliced

1 teaspoon corn starch

1/4 teaspoon ground cinnamon

1/4 cup thawed apple juice concentrate

## Steps:

1. Preheat oven to 325°. Beat butter, brown sugar and cinnamon until blended. Beat in flour, oats and walnuts until well blended. Press onto bottom and sides of a greased 9-inch spring form pan. Place on a baking sheet. Bake 10 minutes. Cool on a wire rack.
2. In a large bowl, beat cream cheese until fluffy. Gradually beat in milk and juice concentrate until smooth. Add eggs; beat on low speed just until blended (mixture will be thin). Pour into crust. Return pan to baking pan to baking sheet.
3. Bake until centre is almost set, 40-45 minutes. Cool on a wire rack 10 minutes. Loosen sides from pan with a knife. Cool 1 hour longer. Refrigerate overnight, covering when completely cooled.
4. To serve, in a large skillet, melt butter over medium heat; sauté apples until crisp-tender, about 5 minutes. Cool slightly.
5. For glaze, in a small saucepan, mix corn starch, cinnamon and juice concentrate until smooth; bring to a boil. Reduce heat; cook and stir until thickened, about 1 minute. Add 1 tablespoon glaze to sautéed apples; toss to coat.
6. Remove rim from spring form pan. Top cheesecake with apples. Drizzle with glaze. Serve immediately or refrigerate until serving.

## Why it's healthy and sustainable

Because apples are fruits and fruits are healthy, apples also grow from trees.

When you eat it and get full you can always put it in the fridge and save it for tomorrow.



# { BERRY AND YOGHURT PARFAITS }

Prep time: 10 minutes

Bonnie Daley

Cook time: 10 minutes

Serves: 2

## Ingredients

2 cups greek yogurt  
( one for each )  
2 cups oats (one for each)  
2 ¼ cups berries ( one for each  
( you could also use frozen  
berries))

## Equipment

2 tablespoons ( to serve )  
2 cups ( to serve in )  
2 1 cup  
1 ¼ cup  
1 ½ cup

## Procedure

FIRST. wash your hands thoroughly and prep ingredients



SECOND. take your cups and put half of the cup oats in the bottom of both cups ( save the rest )

THIRD. take one cup Greek yogurt to each cup and put that on top of the oats in the cup

FOURTH. Add the rest of the oats after the yoghurt.

FIFTH. add a ¼ cup of berries { your choice } to each to top it off

SIXTH. add your tablespoons and serve



This recipe uses up leftover berries and oats that are just lying around. It is also healthier because Greek yoghurt which has less sugar in it.



# Coconut Milk, Strawberry and Banana Pops - By Jade

## Ingredients

- ✚ 1 can of coconut milk
- ✚ 1 container of strawberries
- ✚ 1 sliced banana
- ✚ 2 table spoons of maple syrup

## Equipment

- ✚ 12 freezer pop molds or 12 paper cups

## Preparation time:

5 minutes

## Cook time:

4 hours (freeze time) and 15 minutes

This recipe addresses food waste by using over ripe strawberries and bananas. Plus if you have used your own coconut and have used coconut water the shells can be used for...

- Simple Coconut Shell Plant Pot. The first, easiest and simplest idea to consider is simply using half coconut shells as plant pots
- Hanging or Vertical Coconut Shell Planters
- Bird Feeder
- Coconut Shell Basket
- Coconut Shell Bowl
- Simple But Effective Ladle
- Candle Holder
- Coconut Shell Jewellery



1. Chop strawberries into cubes and slice bananas into coins.



2. Place coconut milk, 1-1/2 cups strawberries, banana and syrup in a blender; cover and process until smooth.

3. Divide remaining strawberries among 12 molds or paper cups and pour mixture evenly between each



4. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm, at least 4 hours

# COMPOST SOUP



**PREP TIME**  
15mins



**COOK TIME**  
45mins



**SERVES**  
6 People

## INGREDIENTS

- 3 to 4 tablespoons of olive oil
- 8 to 10 cups of water, vegetable broth, bean broth or a combination
- Salt and pepper (optional)
- Any left over vegetables

## EQUIPMENT

- Soup pot to put everything in
- Wooden spoon to stir
- Measuring cups for measuring
- Tablespoons to Measure
- Large knives to cut the veggies

## PROCEDURE

1. In a large pot add your water, vegetable broth or bean broth in and let it simmer for a couple of minutes.
2. Cut all the vegetables that you are using up and put olive oil all over them.
3. Put all the vegetable in with the broth of your choice and let it simmer for a further 15-20 minutes or until the vegetables are tender.
4. Blend all the vegetable together until you get a smooth runny paste. You can add some salt and pepper here too.

## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTH EATING?

This recipe addresses food waste because you need to reuse vegetable that would have just been wasted and because you wouldn't use in some dishes that you would cook. If you have any leftover vegetables you should definitely try this recipe if you are unsure about what you will be using them for.

# BANANA MUFFINS

By Joseph

**Prep Time**

*10 minutes*

**Cook Time**

*20-22 minutes*

**Serves**

*12*

## INGREDIENTS

- 3 very ripe bananas
- 1 large egg
- $\frac{1}{3}$  cup non-fat Greek yoghurt
- 2 tablespoons canola oil
- $\frac{1}{3}$  cup light brown sugar
- $\frac{1}{4}$  cup maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon ground cinnamon
- $1\frac{1}{2}$  cups of whole wheat flour

## EQUIPMENT

- Bowl
- Whisk
- Fork
- Measuring cups
- Measuring spoons
- Muffin tin
- Patty pans

1. Preheat oven to 180°C and place patty pans in a muffin tin.
2. Mash bananas in a large bowl until smooth.
3. Whisk in egg, yoghurt and oil.
4. Whisk in brown sugar, maple syrup and vanilla.
5. Sprinkle baking soda, salt and cinnamon and stir until combined.
6. Gently stir in flour.
7. Scoop the mixture into the patty pans.
8. Bake for 20 to 22 minutes until a toothpick inserted in the centre comes out clean.



Store muffins in an airtight container for up to 4 days or freeze in a freezer safe container for up to 3 months.



## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTH EATING?

When your bananas have black skin and are very soft, they are still okay to use in muffins. Do not throw in the bin. Use the soft banana for the muffin and put the skin into the compost bin or the green waste bin.

This recipe is healthier than normal muffins because it uses yoghurt and maple syrup. You can add walnuts if you like as well.

## **Egg Salad Sandwich** *Bobby, Kobe and Kaushal*

### Ingredients:

- 2 eggs
- 2 pieces of bread
- Old salad that is still safe to eat
- Mayonnaise (optional)
- oil

Preparation time:  
5 minutes

Serves: 1

Equipment:  
pan, bowl, toaster

### **Steps**

1. Turn on pan and put oil in it.
2. Crack and beat the eggs in a bowl.
3. When pan is heated enough add the eggs to the pan.
4. Cook the eggs.
5. Get the pieces of bread and toast them.
6. Get salad of your choice.
7. Put the egg, salad and mayonnaise in-between the bread.



### How it helps:

It help the food waste because you can use up the old eggs and you can also use old salad that is still safe to eat even though it is floppy because it is still safe to eat.

# smoothie EQUIPMENT NEEDED INGREDIENTS



**b O W I S**

**Bowl**

**Blender**

**measuring cups**

**spoons**

**knife**

**chopping board**



\*THIS RECIPE SHOULD SERVE ABOUT 3 PEOPLE AND SHOULD TAKE YOU AT LEAST 5 MINUTES

- 3 scoops of berry sorbet
- A handful of frozen raspberries
- A handful of blueberries
- 6 strawberries chopped into halves
- 3 cups of milk
- A tablespoon of shredded coconut (optional)

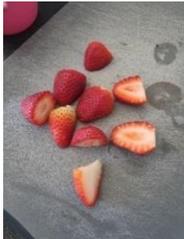
Our smoothie bowl is good because it has many fruits which makes it healthy such as raspberries, strawberries and blueberries. It is good for food waste because if you ever have leftover fruits that are still good to eat instead of putting it in the bin you can make a smoothie bowl.

## WHY WE LOVE THIS RECIPE

We love this recipe because it's nice and healthy also super refreshing on a hot day. It is a great way to use all your fruits as well.

## Method

1. Cut 6 strawberries into halves and add to blender.
2. Add a handful of blueberries into the blender.
3. Put a handful of raspberries into the blender.
4. 3 scoops of berry sorbet and add to your blender.
5. Measure 3 cups of milk and pour into blender.



lid to blender and blend until it is a smooth texture.  
the bowl and then decorate with extra berries and coconut.

1 Cut strawberries into halves.



Picture of ingredients.



2 Add all ingredients to the blender



Put all your toppings on



Final product!

# Strawberry and Banana Smoothie

Aaliyah & Emily C

Prep Time

5 mins

Serves

3

## INGREDIENTS

- 2 Frozen banana
- 9 Strawberries
- 2 ½ tbs of Yogurt
- 1 tbs of water

## EQUIPMENT

- knife
- blender

## PROCEDURE

1. First wash your hands.
2. Wash all of the fruits and put them in the freezer for 2 hours
3. Put all of the fruits in the blender until it is all mixed together and nice and creamy then you can add the yogurt until blended completely.
4. If you want to use any other fruit you can add it in.



## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTH EATING?

Using brown bananas and using strawberry leaves and not cutting them off,  
It is healthy because you're using up fruit.

# strawberry granita

Alena and Tina

## ingredients

- 2 cups of strawberries
- 1 cup of water
- a pinch of salt
- 1 teaspoon of lemon juice

*Equipment needed –  
strainer, blender, tray  
and bowl (optional)*

*Prep time – 5 minutes*

*Cooking time – 15  
minutes*

*Serves – 4 serves*

*is an amazing and  
easy dish you can  
make when you have  
leftover strawberries  
(or really any type of  
fruit). Along with it  
preventing food  
waste, it is also very  
healthy and packed  
with all sorts of  
vitamins and fibre.*

*Wash and hull the  
strawberries then put them in  
your blender/fruit processor  
with salt, lemon juice and  
water. Blend until pureed.*



*Pour the puree in a strainer  
into a bowl (or tray) and  
make sure all the seeds are  
only in the strainer and not  
in the bowl/tray.*



*If not done yet, pour the  
liquid into a tray that you  
can put in your freezer with  
and refrigerate for 4-5  
hours. Keep checking on the  
strawberries for each 40  
minutes.*



*After refrigeration, take the tray  
out and make sure it looks a bit  
like this.*



*If it still looks like liquid, keep in  
the freezer for a bit longer (1  
hour or more).*

*Take the solids out the  
tray and put in a cup or  
whatever you desire. Add  
some toppings like peaches  
and sugar free whipped  
cream and you're done.*



# Tropical Berry Smoothie

Name: Julie Nguyen

Serves: 2

Prep time: 5 minutes

Total time: 10 minutes

## Ingredients:

1 cup banana

1 ¼ cup frozen strawberries

1 cup frozen blackberries, (more for garnish optional)

1 ¼ cups frozen raspberries

1 1/4 cups almond milk or any other milk

1/2 cup Greek yogurt

Choice of fruits



## Directions:

- In a blender, combine all ingredients and blend until smooth.
- Divide between two glasses, Decorate with your fruit and extra yogurt (optional)

We chose strawberries, blackberries, raspberries, and bananas to be our base, but any combo of fruit is great. Make a tropical smoothie of pineapple, mango, and banana or add blueberry and peach to switch it up a bit for a summer twist. Aim for about 3 cups of fruit.

## Fresh or frozen fruit?

For smoothies, frozen fruit is best. It blends up thicker than fresh fruit and gives you a really cold smoothie to enjoy after blending. If you do not have frozen fruit, freeze your fresh fruit for 30 minutes before blending or add about 1 cup of ice and blend until smooth!

## Why wasted fruits can be used?

Using up fruit by freezing it means you have fruit available for your smoothies. It is healthy for people because there are fruits that have vitamin for people to get healthier and less junk, some people like smoothies as refreshments, like I do, I recommend it for some people but it's your choice making your tropical berry smoothie, have fun enjoy your refreshing drink.

# VITALITY SMOOTHIE

BY CHAISE & JAMES

Prep time

5-15

of cups)

serves

1-3 (depending on volume

Ingredients

Kale

1 average sized  
orange

1 average sized  
apple

150ml milk

1 average avocado  
(optional) or 1  
average banana  
(optional)



equipment

Knife

Blender

Cutting board

Cups



Instructions.

Step 1. Prepare ingredients for vitality smoothie

Step 2. Peel orange and apple,  
don't forget to remove the apple core (optional to peel). Banana is optional and avocado

Step 3. Destem kale

Step 4. Put ingredients in blender.

Step 5. Blend for approximately 2-5 minutes or until smooth.

Step 6. Pour into cups and enjoy



How this recipe helps the problem of food waste.

This recipe helps solve food waste because it uses up ingredients that could go off soon or you might not be planning on using some of the ingredients. Are you planning to use up the kale, apple or the orange that's sitting around? If you said no or yes this recipe is good for helping stop food waste. You know that milk that's in your fridge and it's going to spoil soon but, you don't know how to use it up? Maybe you just want this recipe every way you should make this recipe to help the environment. You can freeze some of the ingredients that might go off soon including apples, bananas, avocados and oranges.