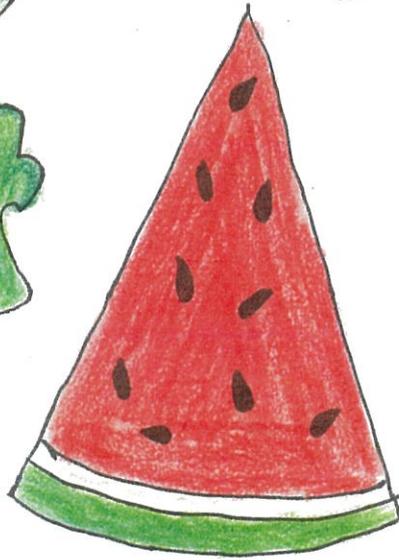
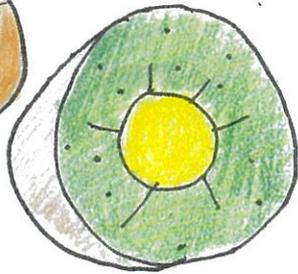
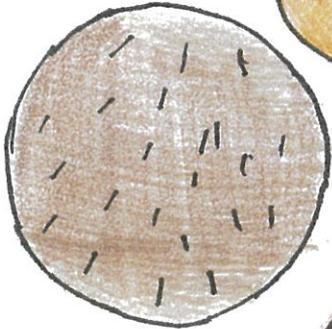
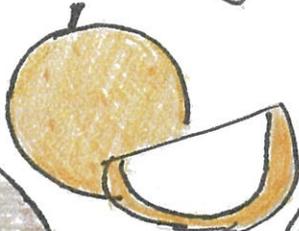
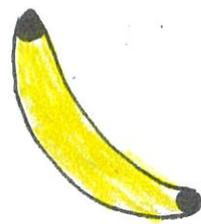


LORDS

Year 4

COOKBOOK



Welcome to our Year 4 cookbook. A special thanks goes to Oz Harvest and the FEAST facilitators for bringing us on this fun learning journey about food waste and healthy eating. We also would like to thank Mrs Haywood, Mrs Macdonald and Mrs Ward for organising and making it possible for us to participate in this program at LORDS. We began this unit by asking, 'how might we reduce food waste?' Through lots of research, guest speakers, experiments, and cooking, we not only learnt how we can do this, but also the effects that food waste has on our environment.

The recipes we have developed in this cookbook are healthy and have tips on how to reduce food waste at home. The photos of the food were taken by us using the valuable tips from a professional food photographer. We thank you for buying our cookbook and hope you enjoy these recipes.



SERVINGS

2-4

PREP

5 min

COOK

1-2 min

DIFFICULTY

Easy



Amelia's Banana Milkshake

DIRECTIONS

1. Peel & cut the bananas into about 1cm chunks
2. Pour all 500mls of milk in to a blender
3. Let the milk & banana blend together until a rich mixture
4. Add any flavourings
5. As they say; ENJOY!

Food Waste Tip: Try to use up your spotty bananas for sweetness

INGREDIENTS

About 500mls of milk

1-2 bananas

10-15ml of honey

Cinnamon sugar



SERVINGS

1

PREP

5 min

Heat up

3-4 min

DIFFICULTY

Easy



Sweet tooth

By Austin

DIRECTIONS

- 1 cut the lemon, lime and kiwi fruit into halves.
- 2 juice the halves into a juicer.
- 3 in a saucepan turn to high heat add the juices and tablespoon of coconut sugar. Stir until sugar has melted.
- 4 cool down the drink with ice cubes.
- 5 stir until ice cube have melted.
- 6 pour into a glass.
- 7 add an equal amount of lemonade to the glass.
- 8 add ice cubes to chill.

Use left over ingredients to make more of the drink. And don't get new ingredients for another drink use the leftovers.

INGREDIENTS

- 1 lemon
- 1 lime
- 1 kiwi fruit
- 1 tablespoon of coconut sugar
- 3-4 ice cubes
- 1 can of lemonade



SERVINGS

4

PREP

44 sec

COOK

5 min

DIFFICULTY

Easy



Billy's Raspberry Lemonade

DIRECTIONS

1. Get an equal amount of Water and Sugar. Heat Up the Water and put the Sugar in the Same Water. Wait until the Sugar Dissolves.
2. While the Dissolved Sugar and Hot Water Mix is Being Made. Get some Frozen or Fresh Raspberries and Lemon Juice put it in a Blender for Six Seconds then take it out of the Blender by pouring it into a cup.
3. Mix the Sugar Water and Raspberry Lemon Juice Together
4. Enjoy

Food Waste Tip: Use up old raspberries for this delicious drink!

INGREDIENTS

Sugar
Water
Lemon Juice
Frozen or Fresh Raspberries

Mango Passion Fruit Smoothie

By Emily



PREPARATION
5 MINUTES



SERVES
2 people



Food waste tip:

Use fruit that is older or will soon go off.

INGREDIENTS

- 1 ripe mango, peeled and diced (1 cup)
- 2/3 cup nonfat vanilla yogurt
- 1/3-1/2 cup frozen yogurt
- ¼ cup water
- 2 ice cubes, crushed

DIRECTIONS

- Combine mango, yogurt, 1/3 cup juice concentrate, and water and crushed ice in a blender.
- Cover and blend until smooth and frothy. Add more concentrate, if desired.
- Serve immediately.



SERVINGS

6

PREP

1-2 min

COOK

5 min

DIFFICULTY

Easy



Elie's Yoghurt Drink

DIRECTIONS

In a blender, combine the first 4 ingredients, cover and press until it is smooth. Add ice cubes; cover and press again until smooth. Pour the yoghurt drink into glasses; serve immediately.

Food Waste Tip: Try to throw away yoghurt and use it in the lovely drink

INGREDIENTS

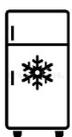
2 cups vanilla yoghurt
2 cups strawberry
Yoghurt
½ orange juice
½ fat-free milk
2 cups ice cubes



Estayah's Sugar Free Fruit Slushy

Food Waste Tip:

Instead of throwing out stuff, you can make it into to something new.



1 Hour



DIRECTIONS

1. Start crushing up some ice in a blender.
2. Pour some of your fruit juice into the ice.
3. Add some of your fruit on your recipe
4. Place in freezer for 1 hour.
5. Enjoy your healthy fruity drink.



INGREDIENTS LIST

270ml fruit juice {Your choice}

1 cup fruit sorbet

Fruit

Crushed ice



SERVINGS

4

PREP

2 min

COOK

10 min

DIFFICULTY

Easy



Lizzie's Homemade Lemonade

DIRECTIONS

1. Squeeze the juice from 3 lemons and pour it into a measuring jug.
2. Mix the lemon juice with the sugar and water do one cup and mix then do that 10 times.
3. Cut the left over 2 lemons into slices around half a centimetre thick.
4. Add the lemon slices and ice onto the lemonade.

INGREDIENTS

5 large Lemons

5 cups of cold Water

1 $\frac{1}{2}$ cups of white Sugar

Ice

Food Waste Tip: Use up old soft lemons for this yummy drink



SERVINGS

3

PREP

3 min

blend

2 min

DIFFICULTY

Easy

Mack's Orange Shake

DIRECTIONS

1. Cut the orange in half and get the pulp and put it in a blender with ice
2. Use orange juice from shops and put in blender and mix

INGREDIENTS

1 orange
Ice bag
Small bottle of
orange juice
1 blender

Food Waste Tip: Use up old oranges for this drink



SERVINGS

1

PREP

3 min

COOK

5 min

FOOD WASTE TIP

Use your old fruit for the Milkshake.



Fruit Milkshake

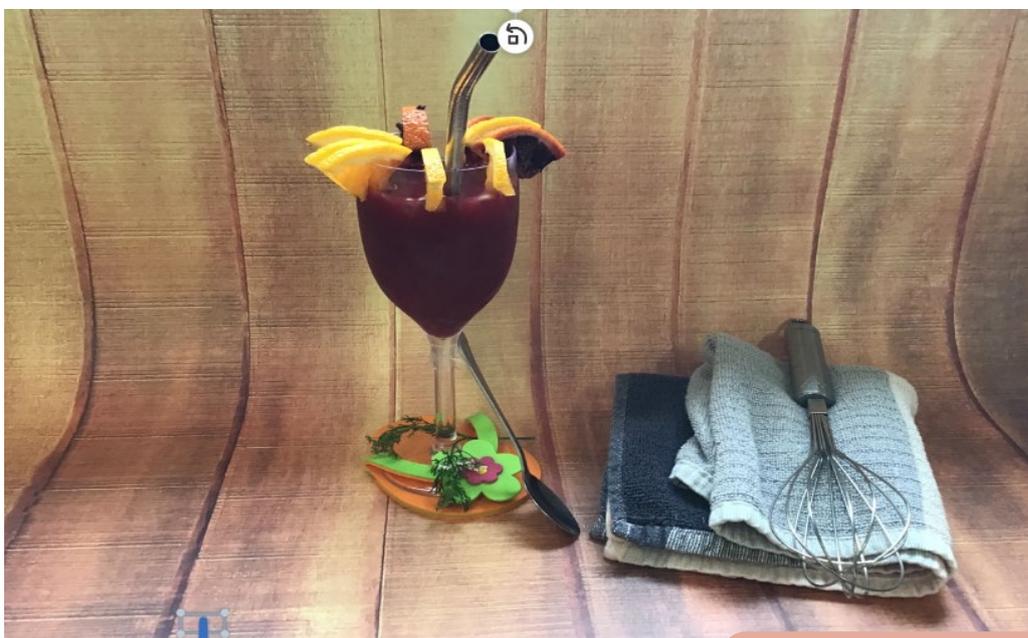
By Phoebe

DIRECTIONS

1. Collect your ingredients.
2. Place the gelato or ice cream in the blender jug.
3. Cut the tops off the strawberries using a sharp knife.
4. Add the 5 raspberries, 3 strawberries and $\frac{1}{4}$ of a mango to the jug.
5. Next, pour the cup of milk into the blender jug.
6. Put the lid on the blender jug, making sure it is on tightly.
7. Turn on the blender and blend until the mixture is smooth.
8. Now pour the milkshake into the glass.

INGREDIENTS

1. 1 cup of milk
2. 2 scoops of vanilla gelato or ice cream
3. 5 raspberries
4. 3 strawberries
5. $\frac{1}{4}$ of a mango



Orange & Blood Orange juice

By Scarlet



Food waste tips

Find older or bruised orange & blood oranges and use them. Do not waste food because by throwing away food is really bad



Prep time 15
minutes



INGREDIENTS LIST

3 blood oranges
2 oranges
4 pinches of sugar

Health tips

Oranges are good for you & also blood oranges are good for you because its fruit!



DIRECTIONS

Side dishes / things you can also add to the drink are:

Passion fruit	Lemons
Pineapple slices	Apple
Strawberries	Grapes
Mango	Limes

First, make sure you wash your hands! Get your 2 different oranges, your normal one and the blood orange. Then you get your squeezer and get a glass or a plastic cup. Cut in half 1 orange and start squeezing with the juicer (and if you're a kid, make sure you have an adult supervisor when cutting the oranges) After finishing squeezing the oranges and blood oranges, add 4 pinches of sugar, stir and then done!!!!!!



SERVINGS

4

PREP

4 min

COOK

6 min

DIFFICULTY

easy



Blake's Pancakes

DIRECTIONS

1. Measure out the self- flour, milk and place into mixing bowl
2. Crack the egg and put it in a shake and shake it
3. Shake it until it fully combined
4. Heat up the fry pan and pour the mixture into the hot pan when bubbles appear on the surface flip the pancake
5. Top your pancake with golden syrup

INGREDIENTS

- 1 cup of self-raising flour,
- 1 cup of milk
- 1 egg
- ½ cup Golden Syrup
- Add any toppings

Food Waste Tip: Use up eggs and milk that are nearly expired



SERVINGS

1

PREP

5 min

COOK

10 min



Charlie's Bacon & Egg Muffins

DIRECTIONS

1. Cook muffin in toaster
2. Place bacon on fring pan and cook till brown
3. Fry an egg on a frying pan
4. Cut tomato into slices
5. Cut and wash lettuce
6. Assemble burger

Food Waste Tip: Use up old bacon because meat is the fifth most wasted food

INGREDIENTS

- English muffin
- 1 slice of bacon
- 1 Egg
- 1 Slice of cheese
- BBQ sauce
- Tomato
- Lettuce



SERVINGS

14

Food waste tip:
Can use any fruit.

COOK

20 min

DIFFICULTY

easy



Berry Pikelets

By Eli

DIRECTIONS

1. Mix flour, honey, salt, egg, milk and vanilla essence with a fork until smooth.
2. Add berries and mix.
3. Heat $\frac{1}{2}$ tablespoon oil in the frypan.
4. When pikelets bubble on top, flip and cook on the other side until brown.
5. Serve warm or cold with cinnamon sugar or yoghurt. Repeat steps 3 and 4 until all batter has been used.

INGREDIENTS

- ✚ 1 cup wholemeal self-raising flour
- ✚ 1 pinch salt
- ✚ 1 egg beaten
- ✚ $\frac{3}{4}$ cup milk
- ✚ 1 teaspoon vanilla essence
- ✚ 1 tablespoon honey
- ✚ 2 tablespoon oil
- ✚ Berry's (blueberry raspberry)

No Bake Carrot Bomb Cakes

By Garratt



FOOD WASTE TIP

Add some raisins or dried fruit to this recipe. You can also use your old, limp carrots for this!



CHEF'S WORDS

Keto Carrot Cake Balls are a no bake protein recipe. They are soft and doughy. Carrot cake bombs can be kept in the freezer for months.

INGREDIENTS

- 1 cup of blanched almond flour
- 1/3 cup of coconut flour
- 1 tablespoon of mixed spice; a combination of nutmeg cloves ginger and cinnamon
- 1 tablespoon cinnamon
- 1/4 cup sugar free maple syrup can substitute for maple syrup
- 1/4 cup shredded carrots
- 1 serving vanilla stevia
- 1/4 cup unsweetened shredded coconut

DIRECTIONS

1. In a high speed blender, food processor or large mixing bowl, combine your almond flour, coconut flour and spices and mix well/blend until just combined.
2. Add your syrup and shredded carrots and blend/mix until just combined. Add your liquid stevia and blend/mix once more.
3. Transfer the carrot cake ball batter into a large mixing bowl. Using your hands (or a small cookie scoop) form 18 balls of dough. Roll each ball in shredded coconut and place on a lined plate and refrigerate or freeze until firm.



SERVINGS

1

PREP

9 min

COOK

35 min

FOOD WASTE TIP

Use your bruised or old bananas in this.



Banana Mug Cake By Indie

DIRECTIONS

1. In a small bowl or mug, mix together your flour, sugar and baking powder and salt.
2. Stir in your butter, milk, banana, egg and vanilla until combined.
3. Microwave for 3 minutes, checking halfway through.
4. Let sit to cool.

Bon Appetite

INGREDIENTS

- 3 Tbs all-purpose flour
- 3Tbs brown sugar
- 1/2 tsp baking powder
- dash of salt
- 1 Tbs butter melted
- 1 egg lightly beaten
- 1 Tbs milk
- 1 banana mashed
- 1/4 tsp vanilla



SERVINGS

10

PREP

10 min

COOK

10-12 min

DIFFICULTY

Easy



Isabella's Shortbread

DIRECTIONS

1. Preheat your oven to 160 degrees and line 2 trays with baking paper
2. Place the butter and sugar into the bowl of an electric mixer and mix on a medium speed for 5-7 min or until the mixture is light and creamy.
3. Reduce the speed of the mixer to slow, and gradually add the flour $\frac{1}{2}$ a cup at a time, mixing well after each addition. Mix for a further 30 seconds or until the mixture begins to resemble dough.
4. Turn the mixture onto a lightly floured bench and gently bring it together to form a ball with your hands.
5. Cut the shortbread dough in half. Wrap one piece in plastic wrap and pop into the fridge until needed.
6. Roll the dough until its approximately 5mm thick and use an 8cm round cutter to shape the biscuits. Transfer the shortbread to the prepared baking trays. Repeat until you've used all the dough including the extra dough in the fridge. Bake for 10-12 min.

INGREDIENTS

250g butter, softened
 $\frac{1}{2}$ cup caster sugar
3 cups plain flour

Food Waste Tip:

Use up old butter in this recipe



SERVINGS

12

PREP

8 min

COOK

45 min

DIFFICULTY

Easy



Jessica's Vanilla Cupcakes 😊

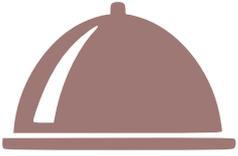
DIRECTIONS

1. Heat the oven to 180 degrees Celsius.
2. Put all the ingredients in the bowl and mix it all together until smooth and combined.
3. Prepare the cupcake tray and line it with cupcake paper.
4. Then half fill each one with the cupcake mixture.
5. Then bake the cupcakes for around 20 minutes.
6. Bake the cupcakes until they are golden brown.
7. Remove the cupcakes from the oven and let them cool for at least 10 minutes.
8. Decorate if you want but otherwise you can now eat and enjoy them!!!!

Food Waste Tip: This list of ingredients are all items you would already have in your pantry

INGREDIENTS

- 50ml of milk
- 125g of self – raising flour
- 120 of white/caster sugar
- 2 eggs
- 1 teaspoon of vanilla essence
- 120 of butter



SERVINGS

1

PREP

5 min

COOK

5 min

DIFFICULTY

Easy



Eggs in Toast

By Kate

DIRECTIONS

1. Cut a hole in a slice of bread, approximately 5cm diameter.
2. Heat frypan over medium heat and add 1 tbsp of olive oil.
3. Place bread slice in pan and toast until lightly browned on the bottom. Flip the bread over.
4. Crack an egg into the hole in the bread, season with salt and pepper and fry until almost set. Flip to finish cooking the top of the egg if desired. Season to taste.

Note- You can also toast the round cut-out of the bread and serve it alongside.

INGREDIENTS/ EQUIPMENT

1 egg
1 slice of bread
Light olive oil
Salt and pepper

Cutting board
Knife or round cutter
Frypan
Egg flip

FOOD WASTE TIP/ HEALTH TIP

In this recipe, you can use stale bread and old eggs.

The eggs in this recipe are very good for you. They are high in protein.



SERVINGS

6

PREP

5 min

COOK

10 min

DIFFICULTY

Easy



Paighton's Pizza Toast

DIRECTIONS

1. Preheat oven to 180°
2. Get baking tray
3. Place bread on baking tray
4. Spread pizza sauce on bread
5. Cover bread with shredded mozzarella and topping of choice
6. Bake until mozzarella is melted

Food Waste Tip: Use up any food that would be suitable as a topping

INGREDIENTS

6 slices bread
Pizza sauce
Shaved mozzarella
Topping of your choice



SERVINGS

4/6

PREP

30 min

COOK

25 min

DIFFICULTY

Medium



Pippa's Blueberry Muffins

DIRECTIONS

1. Preheat the oven to 190c
2. In a medium bowl combine flour, baking powder
3. In a separate large bowl mix together sugar eggs oil milk add to the flour mixture
4. Add blueberries but do not over mix
5. Greased muffin cups pour the batter in to the prepared
6. Now bake in the oven for 20 to 25 minutes and cool muffins for five minutes

Food Waste Tip: Use up any old berries for these muffins

INGREDIENTS

- 2/3 sugar
- 2 eggs
- ½ vegetable oil
- 1 1/3 plain flour
- 2 tsp baking powder
- Blueberries
- ½ cup milk



SERVINGS

12

PREP

4 min

COOK

10/15 min

DIFFICULTY

Easy



Max's Banana Pancakes

DIRECTIONS

1. Add bananas in bowl, mix egg into bowl, pour the milk in bowl.
2. In separate larger bowl sift the flour, make a well in the centre pour in the wet ingredients, then mix to combine.
3. Heat pan at medium setting
4. Add oil
5. Spoon mixture into pan so each pan is about 10cm
6. Flip over pancakes
7. Cook for a further 1 minute

Then remove from pan. Enjoy with your favourite topping!

Food Waste Tip: Use up your old Bananas!

INGREDIENTS

- 1 cup of self-raising flour
- 1 cup of milk
- 1 egg
- 2 bananas



SERVINGS

1

PREP

5 min

COOK

10 min

DIFFICULTY

EASY



Macka's Bacon and Egg muffin

DIRECTIONS

- 1 Cut the English muffin in half
- 2 Cook the bacon in a frying pan until brown
- 3 Smash the egg and pour in the frying pan
- 4 Cut the tomatoes
- 5 Cut the lettuce and wash
- 6 Cook the bread in the toaster
- 7 Take out all the ingredients out of the frying pan and assemble the bacon and egg muffin

Enjoy your home made bacon and egg mcmuffin!

Food Waste Tip: Use up old food in your fridge for this!

INGREDIENTS

Primo bacon
English muffin
Slice of cheese
Lettuce
Salt
tbs sauce
Tomato
Pepper



SERVINGS

6-8

PREP

5 min

COOK

20 min

DIFFICULTY

Easy



Mia's Berry Muffins

DIRECTIONS

1. Combine all dry ingredients
2. Blend ingredients before folding through $\frac{1}{4}$ cup fresh strawberries
3. Pour evenly into muffin pan

Food Waste Tip: Use up any old berries

INGREDIENTS

1-cup self-raising/flour
1/3 cup caster sugar
 $\frac{1}{2}$ tsp vanilla extract
One egg
1 tsp ground cinnamon
40g butter softened
 $\frac{1}{4}$ cup milk

Fruity Pancakes By Michael

Food Waste Tip:

You don't have to throw away fruit, you can use it in this recipe!



INGREDIENTS

2 bananas
2 eggs
½ cup rolled oats
½ teaspoon baking powder
pinch of salt
maple syrup
fresh fruit of your choice

PREPARATION STEPS

1. In a blender, combine the peeled banana, eggs, oats, baking powder and salt.
2. Blend until the mixture is as smooth as you want it to be.
3. Allow the batter to Stand for 10 -20 min until thickened slightly.
4. Heat a non – stick frying pan over medium heat.
5. Fry spoonful's of the batter until golden brown on both sides.
6. Serve with a drizzle of maple syrup and fresh fruit of your choice.





SERVINGS

6

PREP

5 min

COOK

20 min

DIFFICULTY

Medium



Shiloh's Reindeer Lollipops

DIRECTIONS

1. Grease a large baking tray. Draw 6 x 6.5cm circles on a sheet of baking paper. Place baking paper, circle side down on tray.
2. Place 500g of the chocolate in a medium microwave safe bowl. Microwave on HIGH in 20 second bursts, stirring until chocolate is $\frac{3}{4}$ melted add remaining chocolate and stir until smooth.
3. Pipe chocolate in circles on baking paper. Gently tap the tray on the kitchen bench, this will help the chocolate to spread. Place lollipop sticks in the centre of each chocolate disc, then cover the stick with a little more chocolate. Leave for 5 minutes to set slightly.
4. Using the picture opposite as a guide, press two pretzels into each chocolate disc to make antlers and add a raspberry candy in the middle for a nose. Allow to set at room temperature.

INGREDIENTS

600g Cadbury dairy milk chocolate
6 lollipop sticks
12 pretzels
6 red raspberry candies

FOOD WASTE TIP:

Use chocolate that you have already opened



Maple Sweetened Banana Muffins

by TILLY BULL

Serve 12

I love these muffins as they are healthy and yummy!!!!

It helps us reduce food waste by using bruised or very ripe bananas.



35 MINUTES



Recipe ingredients

- 1/3 cup melted coconut oil or extra virgin olive oil
- 1/2 cup of honey or maple syrup
- 2 eggs preferably at room temperature
- 1 cup mashed bananas
- 1/4 cup milk or water
- 1 teaspoon of baking soda
- 1 teaspoon vanilla extract
- 1 teaspoon of salt
- 1 teaspoon of cinnamon plus extra for on top
- 1 3/4 cups of white whole wheat flour
- 1 teaspoon raw sugar



Steps

1. Preheat the oven to 180 degrees Celsius.
2. Grease muffin tin with butter or non stick spray .
3. In a large bowl beat the coconut oil and maple syrup together with whisk, beat well.
4. Mix in the mashed banana and milk followed by baking soda, vanilla extract, salt and cinnamon.
5. Add the flour and oats to the bowl and mix with large spoon just until combined.
6. Divide the batter evenly between the muffin cups.
7. Bake the muffins for 22 to 25 mins.
8. Sprinkle the raw sugar on top.

SERVINGS

1 or 2

PREP

5 min

COOK

40 min

FOOD WASTE TIP:

Use leftover ingredients from the fridge for the recipe.



Ramen Noodles

By Abhai

DIRECTIONS

1. Put the frozen peas and carrots in a bowl of warm water to defrost.
2. When defrosted, put them into a pan and start cooking.
3. Add the beaten egg.
4. Add the noodles after 2 mins, add the mixtures to the pan and start cooking.
5. Boil an egg and once it's boiled, take the shell off and cut it into quarters.
6. Put the noodles into a bowl when they're cooked.
7. Cook the chicken tender.
8. Place boiled egg on top of the nori sheet on top of the noodles.
9. Put BBQ sauce in a tiny bowl next to the noodles

INGREDIENTS AND EQUIPMENT

½ cup frozen carrots and peas
Noodles
Two eggs, one boiled and one beaten
One chicken tender piece
¼ of a sheet of nori
BBQ sauce

Tiny cup
Chopsticks/fork
Pots 1 big 2 small
Chopping board
Knife

Puff Pastry Samosa's

By Armaan



PREPARATION

25 Min



SERVES

2

Food Waste Tips

If you have vegetables that are going off you can use them in this recipe.

INGREDIENTS

2 Potatoes
1 Tbl Green peas
Half a Tsp Salt
Half a Tsp Cumin seeds
1 Tsp Turmeric powder optional for color
1 Puff pastry sheet

DIRECTIONS

Method -

1. Peel the potatoes.
2. Boil the potatoes for ten minutes.
3. Drain and mash them.
4. Add salt and cumin seeds.
5. Add peas and turmeric powder.

Filling - Cut the puff pastry sheet in to 4 pieces then put the filling in the middle and fold the corner to the other corner then press on the sides so it's sealed.

Cook - Bake it at 170 degrees for 10 minutes.



SERVINGS

4

PREP

5 min

COOK

15 mins

DIFFICULTY

Low



Ava's Chicken Curry Pasta

DIRECTIONS

1. Cook pasta as directed on packaging.
2. Get some chicken breasts and cut the chicken into bit sized pieces.
3. Once pasta is done incorporate the chicken.
4. Add some herbs and paprika (your choice).
5. Serve and enjoy!

Food Waste Tip: Use up chicken from the night before

INGREDIENTS

1x Sachet of Chicken Curry Pasta

390ml milk

1 tablespoon of Butter

1 cup of Hot Water

1 Chicken Breast

Paprika



Chelsea's Mini Pizza

Food Waste Tip:

Don't go and buy new food use the stuff that is already in your fridge and pantry.



20 mins



INGREDIENTS LIST

Cup of cheese [per serving]

Half a cup of ham [per serving]

1 piece of bread [per serving]

1 pack of tomato paste



DIRECTIONS

1. First get 1 piece of bread get a spoonful of tomato paste and plop it on your bread.
 2. Sprinkle some cheese on then ham and just a little more cheese.
 3. Now put it in the oven for 10 mins at 108°C
 4. After that is done take it out and let it cool
- Enjoy!

:[



Chloe's Pasta

FOOD WASTE TIP:

Use tinned tomato's that have been sitting in the cupboard for a while.



45 MINUTES



INGREDIENTS LIST

1 Brown onion
Olive oil
Minced garlic
Beef mince
2 tins of tined tomatoes
Pasta



DIRECTIONS

1. Boil a pot of water add tabel salt to the water
2. Turn on the stove and place a larg frying pan on top of the element wate for the stove to het up
3. Cut up the brown onion and put it in the pan with some olive oil and minced garlic.
4. Cook the onion until transparent
5. You can take out the onion or you can leve it in the pan then cook the beef
6. After the mince is cooked add the tins of tomato.
7. While that's cooking put your paster in the Boiling water and wait for the pasta to cook
8. When everything is cooked dish it up and ENJOY!!!!



Food waste tip:

This recipe is reducing food waste by using vegetables that might be nearly out of date!

Mac & Cheese

By Hannah

Takes 1 hour

3-4 tbsp butter
2-3 onions, finely sliced
3 tbsp of plain flour
1 litre milk
300g macaroni
100g cheddar cheese, grated
100g gruyere cheese (or any Swiss cheese)
grated parmesan cheese
1 tsp of mango chutney
1 tsp English mustard
1-2 teaspoons of Worcestershire sauce
1 carrot, grated, squeeze out the juice
1 zucchini, grated, squeeze the juice
1 bunch of thyme
2 rashers of bacon
1 clove garlic
1 cup breadcrumbs



METHOD

1. Heat the oven to 200 degrees Celsius (180 fan forced)
2. Bring water to the boil in large saucepan. (for cooking pasta)
3. Melt butter in large frying pan
4. Add onions and cook on medium high until soft and golden, stir every now and then.
5. Add plain flour and stir until combined.
6. Add milk, a little bit at a time to the pan stirring well until absorbed. Continue until all milk has been added.
7. Bring to simmer at stir occasionally.
8. Add pasta to saucepan and cook for about 5 minutes on a stove.
9. When pasta is cooked, keep a cup of the pasta water for later
10. Take the white sauce off the heat.
11. Add most of the carrot and zucchini, keeping a little to the side.
12. Add carrot, zucchini, mango chutney, mustard and Worcestershire sauce, stir well.
13. Stir in starchy water, as much as needed to reach a good consistency.
14. Add cooked macaroni and stir.
15. Pour all of your mac and cheese into a pan and sprinkle with remaining cheese.
16. Bake for 30 mins.
17. In a medium frying pan, add a small splash of olive oil.
18. Add bacon, thyme and garlic to the pan and cook on medium high heat until light golden.
19. Add breadcrumbs and cook until golden.
20. Serve cooked mac and cheese, topped with bacon and breadcrumb mix

Enjoy 😊



Risotto

By Julia

~food waste tips~

To reduce food waste when you're cooking, you could use old carrots and peas. It will help the world and you're reducing food waste!! We are happy you bought this cook book because you are being sustainable.



35 minutes



DIRECTIONS

1. Chop onions in the blender to small pieces
2. Put 5 tablespoons of olive oil in a medium sized sauce pan, add chopped onion and fry it until it gets soft and caramelized. While frying it, add 1 tablespoon of Vegeta.
3. Slice pork eye filet (chicken breast) into small cubes and season it with 1 tablespoon of garlic powder, 1 tablespoon of oregano crushed leaves and 1 tablespoon of Vegeta. Leave it for 10 mins to absorb herbs.
4. After the onion is soft and caramelized, add meat and stew it for 8-10 minutes. If you see its too dry, add ½ cup of water.
5. Add cut carrots (cut carrots into rings), green peas, 2 tablespoons of mild paprika and ½ cup of water and let it stew for another 5 mins.
6. Add 1.5 cups of rice and 1.5 cups of water. Stew and gently mix until the rice is cooked.
7. Just before the rice is completely cooked, add grated cheese on the top of the risotto, cover it with a lid and stew for 5 minutes. (don't mix at that)



INGREDIENTS LIST

- 3 small brown onions
- 500g pork eye filet or chicken breasts
- 4 medium size carrots
- 200g green peas (not baby peas)
- 1.5 cups Woolworths Arborio risotto rice
- 5 tablespoons olive oil
- 2 tablespoons Vegeta
- 1 tablespoon garlic powder
- 1 tablespoon oregano crushed leaves
- Mild red paprika
- Grated cheese



Chilean Sopaipillas with Pumpkin

By Milli

Food Waste Tip

If you have an old pumpkin you can use it in this recipe.



45 MINUTES



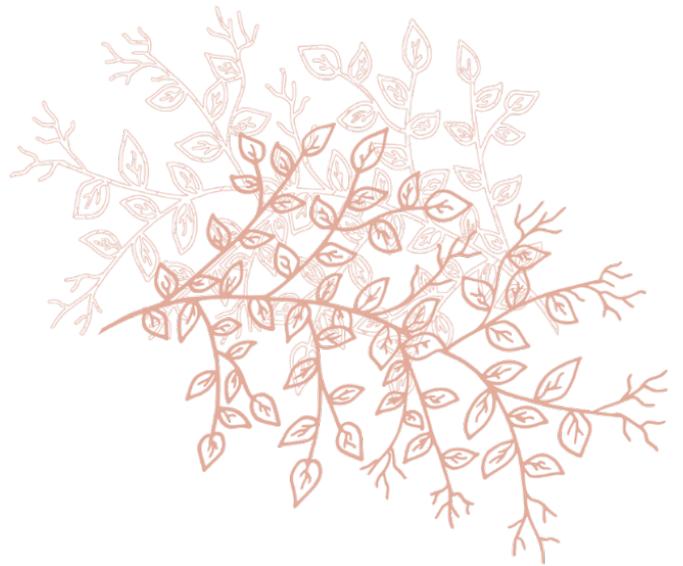
DIRECTIONS

1. Fill a pot with water and boil. Put pumpkin in.
 2. Place the flour, baking powder, and salt in the food processor and pulse a few times to mix, add the remaining ingredients, and pulse until a dough forms, should be smooth and pliable.
 3. Take out the food processor and knead a couple of times. Let stand, cover with a cloth, for 20 minutes
 4. Roll on a floured counter until the desired thickness; I prefer thin, 1/2cm. Heat oil in pan.
 5. Fry for 2-3 minutes per side. They should be golden brown.
 6. Remove to a plate lined with a paper towel to absorb excess oil.
- Then it is served warm.



INGREDIENTS LIST

- 500g diced pumpkin (cooked and cooled)
- 500g Gluten free flour
- 4 teaspoons baking powder
- 2 teaspoon fine salt
- 6 tablespoons vegetables shortening, margarine, Nuttex or butter, melted



NACHOS

BY NIMRAT

FOOD WASTE TIP:
THE NACHOS I MADE REDUCE FOOD FROM GOING TO WASTE IS BECAUSE YOU CAN USE OLDER CHEESE AND EVEN BRUISED VEGETABLES CAN BE USED IN THE NACHOS.



20 MINUTES



INGREDIENTS

175g PACKET ORIGINAL CORN CHIPS

435g CAN REFRIED BEANS

1 CUP OF GRATED CHEESE

LIGHT SOUR CREAM, TO SERVE

FRESH CORIANDER, TO SERVE

GUACAMOLE, TO SERVE



STEPS

STEP 1: PREHEAT OVEN TO 200 DEGREES.

STEP 2: SPREAD CORN OVER BASE OF BAKING DISH.

STEP 3: PUT BEANS OVER CHIPS AND THEN SPRINKLE WITH CHEESE.

STEP 4: BAKE FOR 15 MINUTES.

STEP 5: SERVE NACHOS TOPPED WITH SALSA, GUACAMOLE, SOUR CREAM AND CORIANDER LEAVES.

STEP 6: ENJOY THE NACHOS!

HONEY SOY STIR FRY

By Sam. J.



PREPARATION
20 MINUTES



SERVES
5 PERSONS

FOOD WASTE TIP

Eat any leftovers for lunch the next day.



CHEF'S WORDS

Easy healthy meal to make for your family at home.

INGREDIENTS

250g Hokkien noodles (soaked in warm water for 2 minutes)
1 table spoon olive oil
1 egg lightly beaten
½ red capsicum
½ zucchini
½ carrot
1 tablespoon honey soy sauce
1tablespoon water

DIRECTIONS

Step 1: soak noodles in warm water for 5 minutes separate using a fork then drain.
Step 2: place ½ tablespoon oil in a medium heat electric frypan. Add beaten egg and stir until cooked remove and place on a plate.
Step 3: slice capsicum and zucchi grate carrot add ½ table oil into heated frypan and the capsicum and zucchini 5 minutes.
Step 4: add grated carrot and honey soy sauce mix thoroughly.
Step 5: slowly add the noodles with tongs a little at the time so they can be easily mixed. Add 1 tablespoon water and cook for 5 minutes.
STEP 6: mix in sliced egg and serve.



How Much It Makes

12

PREP

20 min

COOK

20 min

FOOD WASTE TIP:

You can use milk or eggs that are about to expire

Gluten Free Vanilla Cupcakes

By Arliah

DIRECTIONS

- *Melt the butter for 20 seconds in the microwave then add the $\frac{3}{4}$ cups of the white sugar and mix that until it is creamy.
- *Add the 2 eggs and the teaspoon of vanilla essence then mix that.
- *Get the milk and gluten free self-raising flour and add those alternatively until it is like dough
- *Add 1 or 2 teaspoons of gluten free baking powder
- *Put the cupcake liners in the cupcake tray then you can add the mixture to the cupcake liners. If there is leftover mixture, top up some of the smaller cupcakes
- *Bake at 160 degrees for 20 mins or until golden
- *Put the icing sugar in a bowl, add 2 or 3 teaspoons of milk and add a little bit of vanilla essence to make vanilla icing. Mix well. When cool, ice the cupcakes and add sprinkles if wanted.

Enjoy!!!!!!!!!!

INGREDIENTS

- * $\frac{3}{4}$ cups of white sugar
- *150 grams of butter
- *1 teaspoon of vanilla essence
- *2 eggs
- * $\frac{1}{2}$ cups of milk
- *1 $\frac{1}{2}$ cups of gluten free self-raising flour
- *gluten free baking powder
- *1 $\frac{1}{2}$ cups of icing sugar and vanilla essence

ICE-CREAM SUNDAE

By Chase



PREPARATION TIME

5 minutes



FOOD WASTE TIP

Use strawberries or other fruit from your fridge that are going old.

INGREDIENTS

- 1 large scoop of vanilla ice cream
- 1 squirt of whipped cream in a can
- 1 teaspoon of sprinkles
- 3 large strawberries
- 1 bottle of strawberry topping

DIRECTIONS

1. Wash and cut off the green leaves/stem on the strawberries and cut all the strawberries in half
2. Put one large scoop of ice cream into a bowl
3. Sprinkle the sliced strawberries on top of your ice cream but leave one strawberry slice until the end
4. Drizzle the ice cream with strawberry topping
5. Shake the whipped cream can very well then squirt a small twirl of whipped cream on top of the ice cream
6. Gently shake 1 teaspoon of sprinkles on top of the whipped cream
7. Put your last strawberry slice on top of the whipped cream and sprinkles

Serve immediately before it melts

Fresh Fruit Salad

By Cooper

Cooking time: 10 mins

Serves: 3 people

Food Waste tip: You can use old or bruised fruit



INGREDIENTS

1. Apple
2. Banana
3. 5 Strawberries
4. 6 Grapes
5. Orange
6. Watermelon
7. Pear
8. Mandarin

Method

1. Wash Hands
2. Rinse Fruit
3. Cut Core Out Of Apple Then Slice Into 2cm Slices
4. Cut Rind Off Orange And Slice Into 2cm Slices
5. Cut Leaves Off Strawberries And Slice Into Quarters
6. Add Whole Grapes
7. Cut Out Core Of Pear And Dice Into 2cm Cubes
8. Peel Mandarin, Separate Into Pieces And Take Out Seeds
9. Add Watermelon
10. Put All Ingredients Into A Bowl

ENJOY

*Add Any Fruit You Prefer as a Substitute





Emily's Cookie Dough Ice Cream



INGREDIENTS LIST

Cookie Dough

1. 1/2 cup butter {softened}
2. 1/4 cup brown sugar
3. 2 tablespoons white sugar
4. 1/2 teaspoon vanilla extract
5. 2 tablespoons milk
6. 1/4 teaspoon salt
7. 3/4 cup to 1 cup flour
8. 6 tablespoons mini chocolate chips

Ice Cream

1. 1 can sweetened condensed milk
2. 2 teaspoons vanilla extract
3. 2 cups whipping cream
4. 6 tablespoon mini chocolate chips

Food Waste Tip:
Use up old cream and ice cream



30mins



DIRECTIONS

1. Cream together the butter and sugars until mixed and light.
2. Add in the vanilla and milk and stir to combine.
3. Add in the salt and flour until combined. Start with 3/4 cup and add additional a little bit a time if needed to get the mixture a little drier.
4. Spread the cookie dough out on a piece of baking paper in a thin layer.

5. Place in freezer for about 30 minutes.
6. Remove from freezer chop into small squares.

For the ice cream

1. In a large bowl, combine the condensed milk and vanilla extract.
2. Whip the cream in a large bowl until stiff peaks are formed, about 5 minutes on high.



Chocolate Nachos

By Gemma

**Serves: 8-9 prep time:
20 minutes**

I've love chocolate nachos because there is yummy chocolate and bits of delicious fruit that might otherwise be thrown out



INGREDIENTS LIST

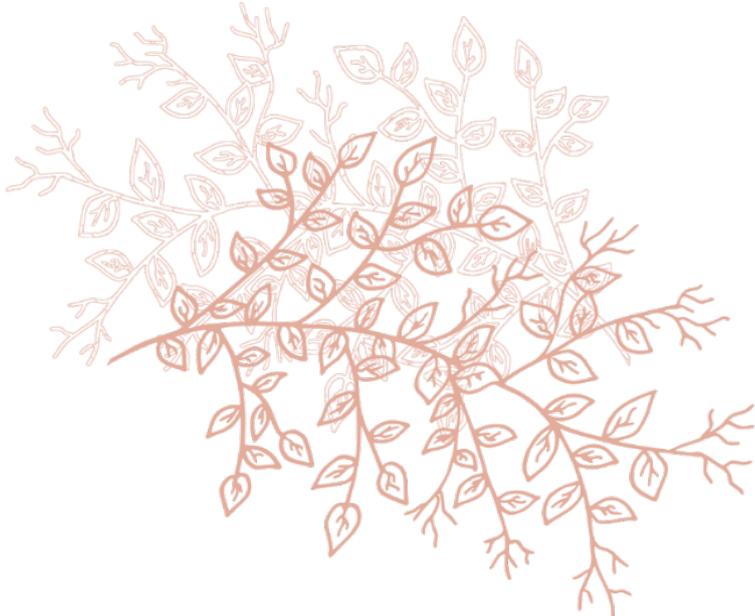
- 170 grams of chocolate
- tortillas (about 8)
- 1 tbsp of coconut oil
- 1 tbsp of desiccated coconut
- bananas (2 mashed bananas)
- fruit (old)



DIRECTIONS



1. Dice up the old fruit to make a salsa
2. Place in a small bowl
3. Melt the chocolate in a microwave or in a bowl over a saucepan with a little boiling water in it
4. Stir continually until the chocolate is melted
5. Mash the banana and set it aside (this will be the avocado)
6. Cut the tortillas into triangles, then lightly toast in an airfryer
7. Spread the bananas on the now warm tortillas, then sprinkle the diced fruit to make the salsa. Add the chocolate sauce and you're done.



SUGAR FREE VANILLA CAKE

BY HARLEEN

FOOD WASTE TIPS:

Make a shopping list so when you go shopping you will know what to buy. If you have bruised or funny looking fruit **DON'T THROW IT AWAY!** Bruised or funny looking food is just as healthy as good looking food.



SERVES: 24 people
BAKING TIME: 45
minutes
PREP TIME: 10 mins
TOTAL TIME: 55 mins



INGREDIENT LIST

- : 3 ½ cups of flour
- : 3 ¼ teaspoons of baking powder
- : ¾ teaspoon of salt
- : 1 cup unsalted butter, softened
- : 1 ½ cups of maple syrup
- : 4 large eggs
- : 2 teaspoons vanilla extract
- : ½ cup of milk
- : 120g cream cheese softened
- : ½ cup unsalted butter, softened
- : 6 tablespoons of maple syrup



DIRECTIONS

1. Heat oven to 325 degrees F. Coat a baking pan with non-stick cooking spray.
2. In medium bowl, whisk flour, baking powder and salt.
3. With mixer on medium speed, beat butter and maple syrup in bowl until light and fluffy.
4. Add eggs, one at a time, beating after each.
5. Beat in vanilla.
6. On low, beat flour mixture alternately with milk into butter mixture, beating after each addition.
7. Pour into prepared pan and bake at 325 degrees F for 45 minutes or until toothpick inserted comes out clean
8. While cake cools, prepare frosting. Beat cream cheese and butter in a large bowl until smooth. Beat in maple syrup until good spreading consistency. Spread onto, cooled cake. Store in refrigerator.



SERVINGS

4

PREP

20 min

COOK

25 min

DIFFICULTY

Medium



HARRY'S APPLE CRUMBLE

DIRECTIONS

Step 1 Preheat oven to 160C/180C fan-forced. Combine apples juice sugar and water in small saucepan medium heat. Cook for 3 minutes or until slightly softened

Step 2 To make the crumble the flour sugar oats and butter use fingers to rub in butter. Until it resembles bread crumbs

Step 3 Put apples somewhere and put on the crumble on the apples put it in the oven for 20 to 25 mins, serve with cream.

Food Waste Tip: Use up your old apples

INGREDIENTS

3 medium apples, peeled, cored and diced
1 tbsp lemon juice
1 tbsp caster sugar
¼ cup water
1/3 cup plain flour
1/3 x2 cup caster sugar
1/3 cup uncle tobys traditional rolled oats
60g butter
Cream to serve



Mixed Berry Sorbet

By Isla

Can be made in Thermomix or
blender



10 MINUTES



INGREDIENTS LIST

1. 100g raw sugar
2. 200g berries
3. 1 egg white
4. 600g ice cubes

FOOD WASTE TIP

Use sugar and berries that are bruised, or never used.

SERVES UP TO 10 people



DIRECTIONS

1. Place the raw sugar into thermomix or blender then mill for ten seconds until sugar is powdered.
2. Add berries, egg whites and 350g of ice and slowly increase to full speed for 20seconds.
3. Add left over ice and blend on a high speed for 1min use the help of a spatula if required.
4. Put in freezer in a air tight container or serve right away,



SERVINGS

4

PREP

15 min

COOK

25-35 min

DIFFICULTY

Easy



Locklan's Mango & Coconut Crumble

DIRECTIONS

1. Preheat oven 180 degrees
2. Combine pineapple, mango and passionfruit in a bowl. Spoon mixture into a 1.5L ovenproof dish. Place dish on a baking tray.
3. Combine flour and sugar in a large bowl. Rub in butter to make fine crumbs. Stir in pistachio mixture in the dish.
4. Bake for 25-30 mins or until golden brown.
5. Let stand for 5 mins.
6. Serve with Coconut Cream

Food Waste Tip: Use up old mangos for this yummy dessert

INGREDIENTS

440 can pineapple pieces in natural juice, drained
2x425g can mango slices in syrup, drained
½ 170g can passionfruit pulp in syrup
¾ cup plain flour
1/3 cup caster sugar
100g butter, chilled & chopped
1/3 cup unsalted pistachio kernels, coarsely chopped
¾ cups shredded coconut
270ml can coconut cream

Raspberry Gelato

By Melody

Food Waste Tip:
Scavenge through your fridge for slightly bruised limes. To make it last longer, freeze it for a day and take it out.



INGREDIENTS AND EQUIPMENT

- 500g frozen raspberries
- juice of 1 lime
- 3 tablespoons icing sugar
- $\frac{3}{4}$ cup thickened cream
- dark chocolate for garnish (approx. 2 squares of Club Dark)
- 1 punnet fresh raspberries
- measuring cups
- food processor
- knife
- serving bowls and spoons
- grater

10-15 MINS



Serves 4-6



Method

1. Put the raspberries, lime juice and icing sugar in a food processor and process until the raspberries look like wet sand. To juice the lime you can either use a juicer, turn a fork inside each half of the lime or squeeze by hand.
2. Pour in the cream and continue to process until the gelato is smooth and the cream is well combined with the other ingredients.

3. Scoop the gelato into bowls and serve with finely grated chocolate and top with fresh berries for a berry blast.

For a different taste try topping with freshly sliced banana and toasted coconut.



SERVINGS

5

PREP

5 min

COOK

8 min

DIFFICULTY

Easy



Navneet's Fruit Skewers 😊

DIRECTIONS

1. Wash your fruit
2. Dry your fruit
3. Cut your fruit into little pieces
4. Then put your fruit on the skewers
- you can do any patterns with your fruit

Food Waste Tip: Use up any old fruit you may have in the house

INGREDIENTS

Watermelon
4-5 Strawberrys
Rockmelon fruit
4-5 grapes
Honeydew
Skewers



SAM'S CHOCOLATE STRAWBERRIES

FOOD WASTE TIP:

Use Strawberries that are old instead of wasting them.



25 MINUTES



DIRECTIONS

Step 1: Line a tray with baking powder. Break milk chocolate into even pieces. Place into a heat proof bowl.

Step 2: Fill a saucepan 1/3 with water. Bring to the boil. Reduce heat to low. Place chocolate bowl over the top of saucepan (do not let the bowl touch the water). Stir with a metal spoon until smooth.

Step 3: Dip 1/3 of the strawberries into the chocolate mix. Place onto tray. Repeat with Dark and white chocolate. Refrigerate to set.



INGREDIENTS LIST

150g milk chocolate
150g dark chocolate
150g white chocolate
750g large strawberries
(washed and drained)