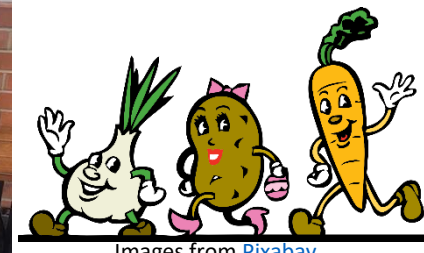




# ANZAC TERRACE PRIMARY SCHOOL



## ROOM 14 OZHARVEST FEAST COOKBOOK



Images from Pixabay



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Food waste Tip  
Use Old  
vegetables on the  
pizza toast



Why we love this recipe is  
because you can use your  
choice of toppings.

### Equipment

- Oven
- Baking paper
- Spoon
- Oven Tray

### Ingredients

- Pizza Sauce
- 2 Bread slices
- Your choice of topping
- Your choice of Seasoning
- Cheese

# PIZZA ON TOAST

By Antonin

Prep and  
cook time  
10 minutes

**Step 1**  
Preheat Oven to 160  
Degrees line tray with  
baking paper.

**Step 2**  
Top toast with sauce  
than cheese.



**Step 3**  
Add your  
choice of  
topping  
and  
seasoning.



**Step 4**  
Put tray in oven  
for 5 minutes.

# Magnificent Mango Tango Smoothie Bowl

Created by: Poppy Konning

Prep time: 1 Min

Cook time: 5 Min

Serves: 1

## Ingredients:

- 1 ½ Cups of Frozen Mango
- ½ Cups of Frozen Blueberries
- 3 Strawberries
- ½ a Cup of Orange Juice
- Granola

## Equipment:

- Blender
- Bowl
- Spoon

1)



Get everything that you will need to make the Smoothie Bowl ready.

2)



Put the Frozen Mango, Frozen Blueberry and Strawberries in a Mixer.

3)



Blend up the Frozen Mango, Frozen Blueberry's and strawberry's together and some Orange Juice when Blending.

4)



Pour the Blended Mixture into a bowl.

5)



Add whatever toppings you would like and Enjoy.

Food Waste Tip: Use Frozen Fruit Because it won't go of and mouldy like unfrozen Fruit can go mouldy over time.

# Squirmy Spaghetti

Created by: Albert

Prep time : 30 minutes

Cook time : 30 minutes

Serves :8

How does the recipe address food waste and healthy eating?  
You can use leftover vegetables.

Ingredients :spaghetti (2 pack), mince, paprika, ½ zucchini, 2 jars Passata, Tomato, onion, bacon, oil, grated cheese, 1 tsp garlic

Equipment : Electric frying pan, wooden spoon, 8 forks, serving spoon, spaghetti scoop, knife, grater, colander

Procedure:

1. Dice ½ the zucchini, Dice the paprika, Dice the tomato, Dice the Onion and cut the 15 olives in half.
2. Dice 5 rashers of bacon on a separate board and use a separate knife to cut.
3. Fry the Mince, bacon, onion and garlic on the frying pan for 2 minutes on medium, don't remove.
4. Add the vegetables gradually and fry until cooked well.
5. After the vegetables are done add the passata and put the lid on and cook on low for fifteen mins.
6. When you put the Passata in, boil some water in a big sauce pan and add spaghetti, take it off the heat when soft and drain the water down the sink using a colander.
7. Sprinkle cheese on top to serve.
8. Serve and Enjoy.



Created by Mei Sangthong

Serves: 4-5 people

Why we love this recipe: its quick , easy and healthy.

### Ingredients:

- 4 eggs
- 1 tsp Soy sauce
- 1 cup baby spinach
- 1 Pumpkin
- 1 Onion
- Dash pepper
- 1 tbsp Olive oil



# Eggcellent Omelette!

Prep time & cook time:  
20-25mins

Healthy tips: you can use different types vegetables

### Equipment:

- 1 Fry pan
- 1 Knife
- 1 Chopping board
- 1 Bowl
- 1 Plate
- Measuring spoons
- Measuring Cups



Step 1: Slice the onion.



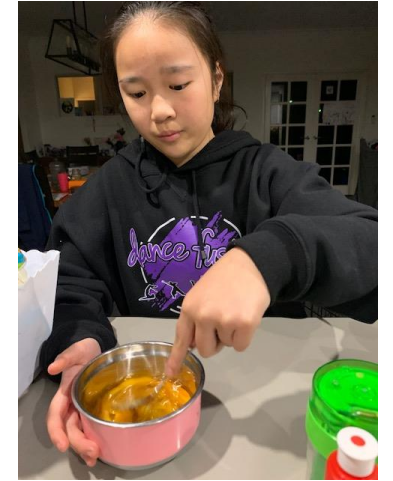
Step 4: Slice the pumpkin.



Step 2: Crack the eggs into a bowl.



Step 5: Chop the baby spinach.



Step 3: Whisk the eggs, add soy sauce and pepper.



Step 6: Heat the pan with olive oil.

# Eggcellent Omelette!



Step 7: Once the pan is hot put the onions in and fry till soften.



Step 8: Add the pumpkin.



Step 9: Add the spinach and mix altogether.



Step 10: Add the egg to the pan



Step 11: Flip the omelette.



Step 12: Plate the omelette.

*Bon  
Appétite*

Adobe Stock | ©2017/1773



Step 13: You can serve with rice or eat it on its own.



By Troy  
Inspired by  
ensure.com.

# BANANA SMOOTHIE

## Ingredients:

- 3 scoops Ensure Vanilla Powder
- 250ml full cream milk
- ½ banana, peeled and cut into chunks
- ½ teaspoon honey
- Pinch of nutmeg

Serves: Makes  
350ml – serves 1

## Method:

- 1: Add milk, Ensure Powder, banana, honey and nutmeg in a blender.
- 2: Blend until smooth.
- 3: Serve and enjoy.

## Food Waste Tip

Use old bananas or unripe bananas. Use whatever type of milk you have.



# Bacon and egg toasties

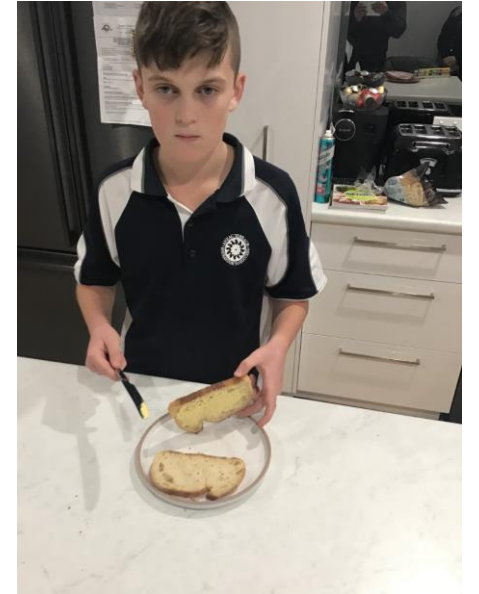
## Ingredients:

- Butter
- 2 pieces of bread
- 2 eggs
- Oil
- 4 strips of bacon



## Utensils:

- 2 frying pans
- Cutting board
- Knives decently sharp
- Plates
- bowls



## Steps

Step 1: turn on your frying pan to a medium heat and wait for it to warm up.

Step 2: gather all your ingredients and butter your bread both sides so you can toast it on the pan.

Step 3: butter your bread and make sure you crack your eggs before you put them in the pan.

Step 4: while the eggs are cooking put 4 pieces of bacon onto the 2nd pan, cook till crispy.

Step 5: after all that is done take your ingredients from the pan.

Step 6: layer your bacon onto the toasted bread then add the cooked eggs hope you enjoy

By Jake



Serves: 1

Food waste tip : you can use old or stale bread.

# Avocado fruit salad



## ingredients

1. 2 avocado's
2. 1 banana
3. condensed milk

## what i like about this food

i like about this is it's fruit's and avocado it's also good for your heart

5.



and you can now take your avocado and add the banana and serve



1.

you need to grab two avocado's and slice it and take the seed and put it in a mixing bowl



3.

then when you did that you can now mixed it until it looks creamy



2.

and after that you put a half a cup of condensed milk or if you don't want it to sweet just add as many as you want



4.

after that you freeze the avocado for 20-30 mins then you can add a topping you can add any topping's you want or you can just add banana

Created by: Lucas  
Prep time: 40 mins  
Cook time: 15min  
Serves: 6



**Ingredients**  
1 can Corn crenels  
1 can Kidney beans  
6 Whole meal wraps  
2 carrots  
500g of Grated cheese  
500g beef mince  
100g Taco spice mix  
½ tsp salt  
1 tbsp olive oil  
½ lettuce  
1 onion  
½ can crushed tomato

**Equipment**  
Electric fry pan or stove  
Wooden spoon spatula  
2 mixing bowls  
Strainer  
Fry pan  
Can opener  
Measuring spoons  
Measuring cups



# POWER PACKED BURRITOS!

**Procedure**  
1. Strain the corn and kidney beans then dice the onion and tomato and lettuce.

3. Add kidney beans corn and crushed tomato's and beef minces and the taco spice mix and stir thoroughly.

2. Heat 1 tablespoon olive oil on medium heat add diced onion and cook until golden brown.

4. Cook beef mince for 10-15 mins. While it is cooking grate the carrot and the cheese and put lettuce in bowls and put tortilla on platters and assemble by putting all fillings and toppings in the burrito.

Tip: Use the leftovers to make tacos or make San Choy Bow with lettuce.

How does the recipe address food waste and healthy eating? It has kidney beans and corn and carrot in it to make it healthy. You can make more than 2 meals with the mince such as San Choy Bow by serving it in lettuce cups or a burrito bowl by adding rice. This reduces wastage.

Assembly of burrito on next page



1. Fold the bottom of the burrito up.



2. Fold the left side in.



3. Fold the right side into the centre.



# How to assemble a burrito !!

# Brilliant Banana Ice Cream



## Ingredients

3 Bananas,  
4 tablespoons  
Peanut Butter

## Equipment

Food processor,  
Spoons,  
Bowls

## Steps

1. Cut up the bananas into chunks and let them sit in a freezer until frozen.

6. Scoop it out and serve.

2. Put them in the food processor on medium speed for 30 seconds.

3. Put the food processor on high for another 30 seconds.

4. Add the peanut butter. Don't forget to scrape down the sides of the food processor to make sure it all mixes together.

5. Put the food processor on medium for another 30 seconds.



**Tip: Use over-ripe bananas to help reduce food waste.**

**By Arye.**

# DELUXE POOR-MAN'S RAMEN

SERVES: 2  
COST PER SERVE:  
\$ 3.20  
TOTAL TIME: 18 mins

## INGREDIENTS

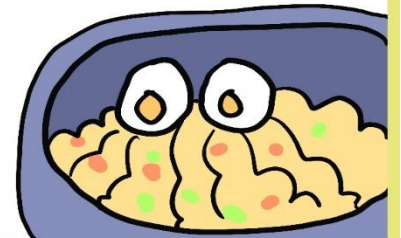
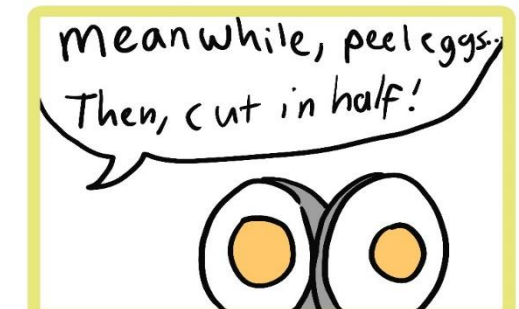
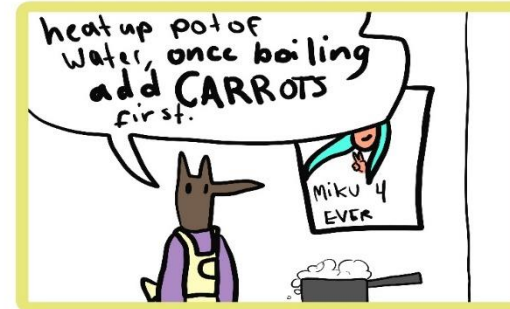
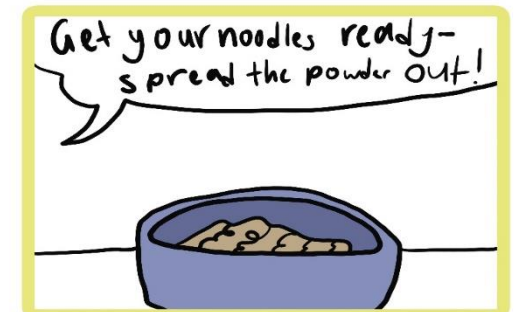
1/2 carrot  
1 spring onion  
2 packets of instant  
noodles  
2 hard boiled eggs  
4 lettuce leaves (ice berg)

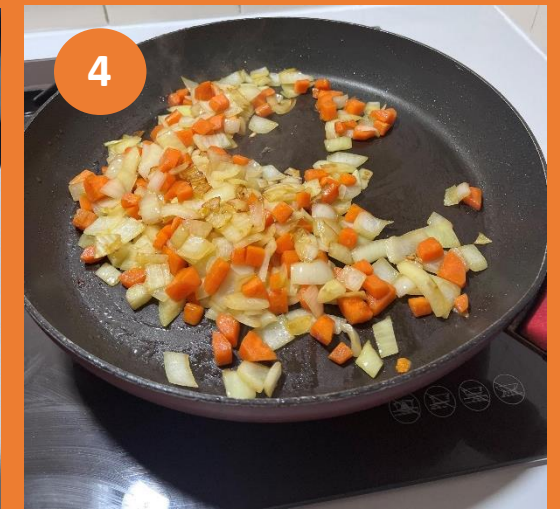
## Equipment

Chopping board  
knife  
pot  
2 plates and 2 bowls  
Chopsticks and spoons

food waste tip:  
You can use any  
leftovers in this!

By Arwen Langfield





**Chicken Fried Rice** (Prep time: 20 min. Cook time: 20 min. Serves: 3-4. Equipment: large frypan, small saucepan, chopping board, knives, large spoon, bowl)

**Ingredients (1):** 1 full cup of uncooked rice, 500g chicken thighs, 3 hard boiled eggs, 2-3 tsp of soy sauce, 1 large onion, 1 cup defrosted peas, 2 chicken stock cubes, 2 carrots and olive oil to grease pan.

**Instructions:** Peel and dice carrots and onion (2 and 3). Fry them in the oil until soft (4). Peel and dice the eggs (5). Cook the chicken until brown and cooked through (6). Add all ingredients except rice and peas and stir (7). Add rice and peas and stir (8 and 9). Serve!

**Addressing food waste and healthy eating:** Most ingredients are found in the average pantry and are cheap. You can make this in bulk and serve for a few days, ingredients are nutritious and low in fat/sugar.

**Cost:** \$12.60 in total so \$3.15 per serve.







# Lovely Lemon Sorbet

Time: 20mins

Freezing: 4hrs

Serves: 4



## Ingredients

1 cup caster sugar

1 cup water

1 strip lemon peel

Juice of 2-3 lemons

## Steps

1. Heat up the water, sugar and the lemon peel in a saucepan until the sugar has dissolved, then bring the pan mixture to boil.
2. Cook for 3mins then turn off heat and leave to cool. Then pick out the lemon peel and discard.
3. Measure out 100ml of lemon juice and add it into the saucepan.
4. Pour in a freezer box and freeze for 1hr 30mins. Then mix it with a whisk/spoon to break up the ice crystals before returning to the freezer.
5. Keep mixing the sorbet once an hour for 4hrs to break up any ice crystals. Stop mixing when firm but still sociable and enjoy.

## Ingredients

125mL (1/2 cup) warm water  
Pinch of caster sugar  
2g of yeast  
200g (1 1/3 cup) + extra for dusting  
1 tsp salt  
20 mL (1 tbsp) olive oil  
12 CC's (nacho cheese flavour) crushed  
500g ham  
4 cups grated cheese  
1/2 cup pizza sauce



## Utensils

Measuring cups  
Measuring Spoons  
Stirring spoon  
chopping board  
knife  
grater  
large bowl  
small bowl  
rolling pin  
bench space  
glad wrap  
canola spray oil  
alfoil

Prep and Cook time: 1 hr 10 mins. Serves: 4

## METHOD

*Combine the water and yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy. Combine the flour and salt in a large bowl and make a well in the centre. Add the yeast mixture and oil. Use a knife in a cutting motion to mix until the mixture is combined. Use your hands to bring the dough together into a ball. Dust the surface of a bench with flour and knead the dough for 10 minutes. Place the dough ball back into the bowl and cover with glad wrap. Leave in a warm place for 30 minutes. Dust bench with flour again and roll out dough with rolling pin until base is 1 cm thick. Cover base with pizza sauce, then grated cheese then ham chopped into 1 cm squares. Cover oven tray with alfoil and light spray of canola oil and place pizza on top. Bake pizza in an oven that's been preheated to 230 degrees C for 15 minutes. Lastly crush CC's in a pestle and mortar until a chunky crumble and sprinkle over cooked pizza. YUM!*



**Healthy Tip! Instead of CC's try your favourite vege chip like beetroot or sweet potato flavour.**

**Less waste tip - Use up your leftovers like sliced meat or cooked veges in place of the ham. Cover with chez and... PIZZA PARTY!**





1. mix honey into Greek yogurt and spread over a pan (any size)



2. Crush your preferred amount of nuts and chocolate (if wanted)



3. Add chocolate, nuts and your choice of fruits



4. Freeze for 2-3 hours



# Fruit covered Yoghurt Bars

By Emily Bason

## ingredients

- Greek Yoghurt
- Honey
- Any fruits
- nuts
- chocolate (optional)

Food waste tip- use any old frozen fruit



Created by: Rosalie

# Excellent Egg Fried Rice

Prep Time

5  
Minutes

Serves

2  
People

Cook Time

10  
Minutes

## ingredients

2 Eggs  
1 cup of Leftover  
Rice  
1/4 of Pea's  
1/4 of Corn  
1 tbsp Soy sauce  
1 teaspoon of Salt  
1 teaspoon Sugar  
1 tbsp of olive oil

## equipment

- a pan
- a spatula

### How does this recipe address food waste and healthy eating?

the peas and corn used can be replaced with old leftover vegetables you have in your fridge. this recipe has eggs and peas and corn, eggs are a great source of important nutrients, such as vitamin B6, B12 and vitamin D.



# Procedure

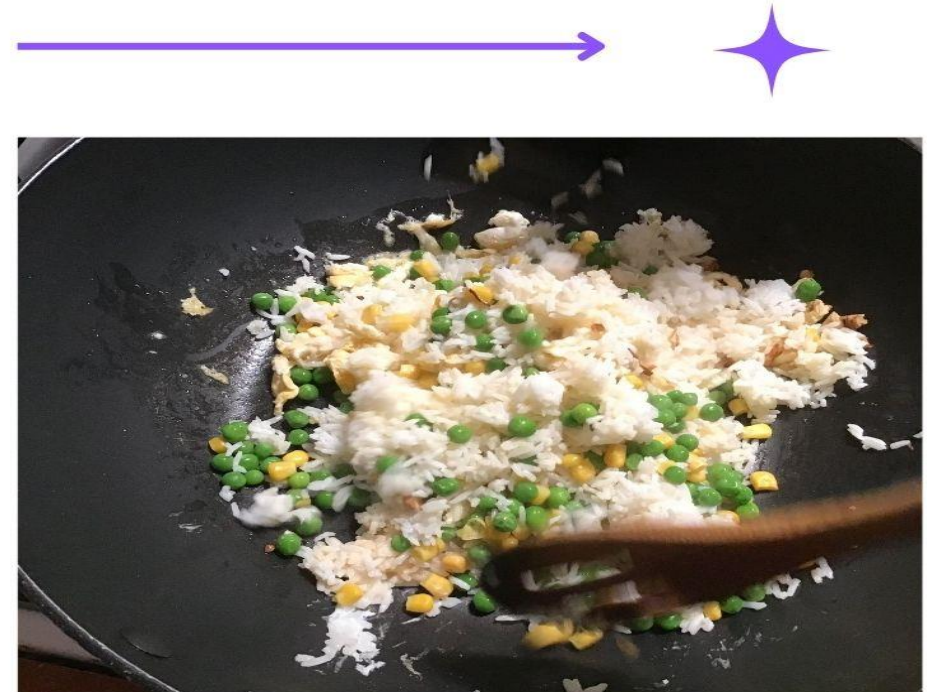
1. add 2 cups of rice and crack 2 eggs.
2. mix until rice becomes a light gold colour.
3. turn the heat on of your stove.
4. Pour 1 tbsp of olive oil into the pan.
5. Add rice in and then crack a egg into pan.
6. break the egg with your spatula and mix.
7. add soy sauce, sugar and salt into the pan
8. mix until all ingredients are evenly mixed.

## tip

if you don't have a rice cooker at home to make rice, Here is a website and YouTube tutorials how to:

<https://www.chinasichuanfood.com/how-to-make-rice-without-a-rice-cooker/>

<https://www.youtube.com/watch?v=0wHV2h8n5TU>



## INGREDIENTS

CHICKEN  
GINGER  
GARLIC  
SOY SAUCE  
MIRIN  
SAKE  
SALT  
PEPPER  
PLAIN FLOUR  
CORN FLOUR

## EQUIPMENT

PLATE  
SAUCEPAN  
GRATER  
SPOON  
ZIPLOC BAG  
CHOPPING BOARD  
LARGE BOWL  
KNIFE  
PLATE

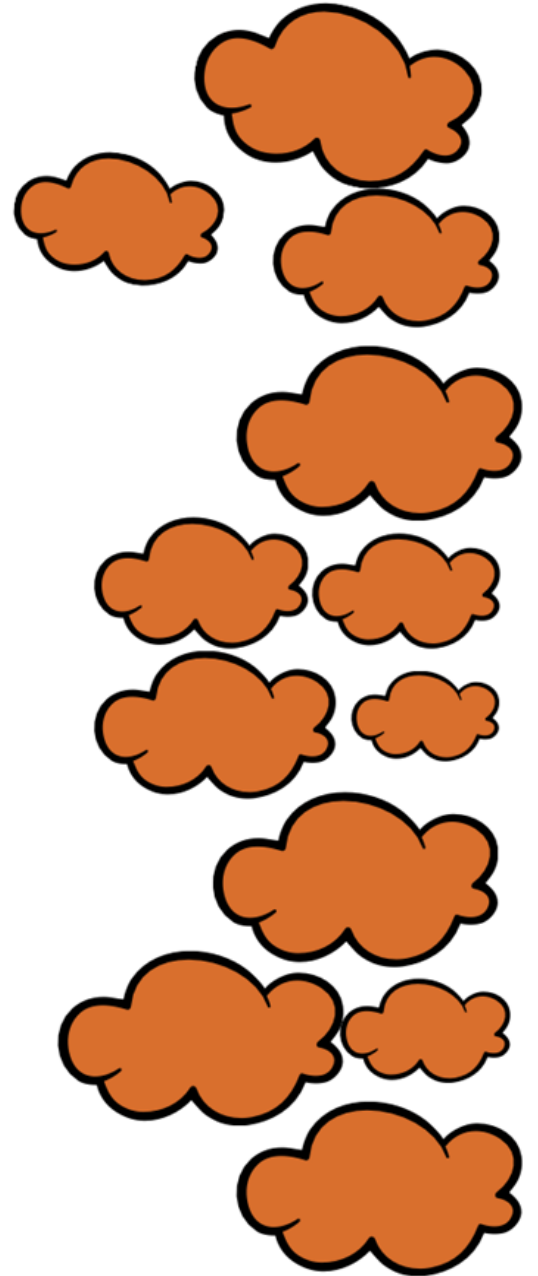
# Karaage Chicken

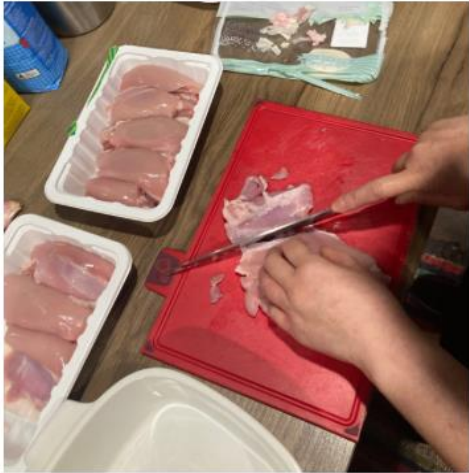
COUNTRY: JAPAN  
TIME: 1HR {ROUGHLY}

BY ROSIE GREENAN ROOM 14

♥ WHY WE LOVE THIS RECIPE ♥  
PERFECT FOR LUNCHBOX SNACKS!

♻️ FOOD WASTE TIP ♻️  
YOU CAN HAVE LEFTOVERS FOR  
DAYS!





ROUGHLY CHOP THE  
CHICKEN



PUT INTO THE BOWL



GRATE GARLIC AND  
GINGER ON TOP



POUR THE SAUCES ON THE  
CHICKEN.  
MARINATE FOR 30 MINS



ONCE MARINATED COAT IN  
PLAIN FLOUR AND CORNFLOUR



WHEN COATED DEEP FRY IN HOT  
OIL UNTIL OUTSIDE IS CRISPY

PUT ON PLATE AND SERVE

# Isla's Fruit and Nut Muesli

Prep time : 20 minutes Serves: 12  
Cook time : 20 minutes

## Equipment

Large mixing bowl  
Measuring cup and spoons  
Chopping board and sharp knife  
Large roasting pan  
Baking paper  
Wooden spoon  
Oven mit



## Ingredients

3 cups rolled oats  
 $\frac{1}{2}$  cup desiccated coconut  
 $\frac{1}{4}$  cup coconut oil  
 $\frac{1}{4}$  cup honey  
1 cup personal choice of dried fruit  
1 cup personal choice of nuts and seeds  
 $\frac{1}{2}$  teaspoon cinnamon



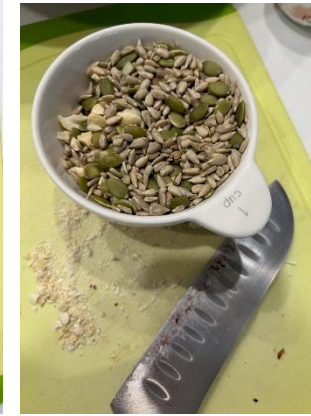
This recipe is especially good for stopping food waste since you can use any leftover nuts, seeds and dried fruit that you have in your cupboard!

It is also healthy because it does not have any refined sugar and is full of healthy ingredients and contains lots of fibre and protein!





1. In a large mixing bowl, combine rolled oats with the coconut, coconut oil, honey and cinnamon.



4. Chop dried fruit and nuts into small pieces the size of your choice.



2. Pour into large roasting pan lined with baking paper.



5. Mix with the baked oat mixture and remaining cup of raw rolled oats.



3. Bake in oven at 180 degrees Celsius for 20 minutes, Be sure to take it out and stir it every five minutes. Remove from oven and allow to cool. Remember to use an



Store in an air tight container and enjoy! This dish is best served as cereal or with yogurt & fruit!



Step 1 : put water in your pot and salt in your water and let it boil.



Step 2: Put your pasta in the pot when the water is bubbling and cook for 15 Minutes

# Masey's Amazing Lentil Spag Bowl



Step 3: Strain your 1 can of Lentils and smash them up until they are mostly mashed up.



Step 4: Add your lentils into the sauce pan with one tin of tomatoes, season with pepper, salt, Italian herbs, bai leaves, chilli flakes and rosemary



Step 5: Add your pasta into a bowl with the lentil sauce and serve up

Serves: 2 People.

Food Waste tip: If you don't have lentils use kidney beans

You can use cheese on top too!

Total cook and prep time: 25 Minutes



Ingredients: Spaghetti, Lentils, Canned Tomatoes, Pepper, Salt, Italian Herbs, Bai leaves, Chilli flakes, Rosemary

By Masey Latham

# Potato Bake

Serves:5 Total prep and cook time:40 mins cost per serve:\$2.45

## Ingredient's:

- .18 potatoes
- . 300g of grated cheese
- . Bread crumbs
- . Mustard
- . Milk
- . 3 Egg yolks
- . Pinch of salt and pepper

## Equipment:

- .Pot
- . 1 Knife
- . Peeler
- . Baking tray
- . Bowl
- .5 Plates
- . 6 Spoons

## Skills:

- . Peeling
- . Cutting
- . Handling heat

By Mira-cle.Peters



Step 1: Put all of the potatoes in a pot filled with boiling water and cook on the potatoes on the stove for 10-15 minutes.



Step 2: Take the pot of the stove and leave to cool for 2 mins. Once cooled peel and cut the potatoes.



Step 3: Lay out half of the potatoes evenly on a baking tray then sprinkle half of your cheese on to the potatoes.



Step 4: Next in a different bowl mix 3 egg yolks, a teaspoon of mustard, 1-4 of a cup milk, a sprinkle of cheese and a pinch of salt and pepper. Then pour the mixer evenly on the potatoes then add the rest of the potatoes next then add the rest of the cheese on top and to finish of with sprinkle a bit of bread crumbs.



Step 6: Put the baking tray in the oven on medium heat for 10 mins or until cheese is golden brown.



Serve and Enjoy.

# Swagged Out Burgers

BY RHYS

- Food waste tip: You can use various fruits to make the burger salad

Ingredients: burger patties, onions, bread rolls, bacon, cheese, salad, butter, sauce of your choice.

Step 1: get ingredients



Step 2: spray frying pan & Cook onions on low heat until cooked



Add onions to bowl



Step 3: Add burger pattie and cook until cooked to your liking



Step 4: butter buns, cook extras if wanted



Step 5: add extras (bacon) if desired



Step 6: Crack open a cold drink and enjoy!

Why we love this recipe: Quick and easy meal weather your at home or out in the bush!

# PIPING HOT CHICKEN PHO

Created by: Alex Serves: 2

Prep time: 20min

Cook time: 1h  
40min



## Equipment:

- Large pot with lid
- Colander
- Sharp knife
- Heat proof bowl
- 2 noodle bowls
- 2 spoons

Cost per serve: \$3.50

## Ingredients:

- Vegetable scraps
- 100g rice noodles
- 200g cooked chicken breast
- 2 tbsp crushed ginger
- 1 sliced onion
- 2 cloves garlic
- 2 star anise
- 3 tsp light soy sauce
- 2 cloves
- 10 black whole peppercorns
- 1 tbsp fish sauce
- 2 tbsp lime juice
- 1 thinly sliced spring onion

Waste Tip: Instead of using normal vegetables this recipe uses vegetable scraps because you just put the scraps in the bin anyway.



## Procedure:

1. Gather and prepare your ingredients.
2. Add vegetable scraps to large pot with cold water.
3. Bring to the boil and then put on low heat and let it simmer for an hour.
4. Strain out scraps and then you put it back in the pot.
5. Put the noodles in a bowl, cover with boiling water and let them sit for 5 minutes. Strain and put in noodle bowls.
6. Combine your stock with your onion, ginger, star anise, cloves, peppercorns, soy sauce, lime juice and fish sauce in saucepan. On high heat bring to boil, then reduce heat and simmer for 10 minutes.
7. Drain soup, then return to pot and add chicken. Simmer for 2 minutes.
8. Add soup and chicken to noodle bowls and put two spoons.
9. Now eat your pho – to add more flavour add more fish sauce and lime juice.



# Mash & Cheese Balls

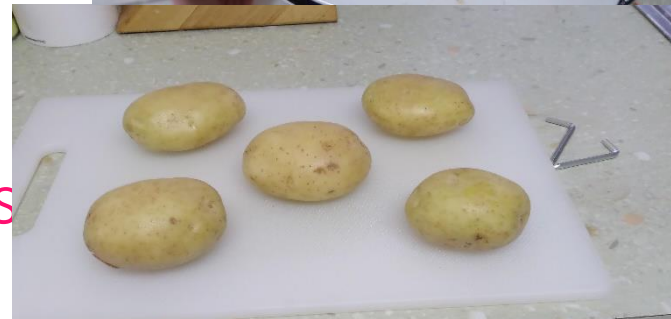
By Aaliyah

How to make mash potato and cheese balls



Ingredients: potatoes, salt, pepper, cheese, bread crumbs, eggs, oil

- **1. Mash potato with butter salt and a tiny amount of white pepper . You can grate some cheese in it while it's hot and mix it around . Then you need to let it get cold in the fridge over night .**
- **2. Roll the potato into little balls and use your finger to push a tiny bit of cheese into the middle of the ball and close the hole over.**
- **3. Put 2 eggs in a bowl and whip with fork until combined then put bread crumbs, salt, pepper and garlic powder into a bowl**
  - **4. Coat the balls in the egg then roll them in the powder mix .**
  - **5a. Drop them gently into hot oil And fry until golden brown.**
  - **5b. coat in a bit of oil and put on a baking tray into a hot oven 180' . Until golden .**



# Strawberry Smoothie

By Marcus

## Steps

1. Put all ingredients in a the blender jar.

2. Put the blender jar on. Now blend the ingredients for about 20-30 seconds

3. Pour the smoothie into a glass cup and serve.

## Ingredients

- 5 strawberries
- ½ a cup of milk
- Ice (optional)
- Strawberry yoghurt or Greek yogurt

## Why We Love This Recipe

You can use any fruits and old fruits and it taste delicious.

## Food Waste Tip

You can use old and very ripe fruits to make any smoothie.

**Time:** 5 mins





# Tomako Egg Toasts

Recipe By: Florence Qiu

**Cook+Prep Time: 10-15 mins**

**Serves: 2**

**Ingredients: 2 Eggs, 1**

**Tomato, 2 Slices of bread.**

**Equipment: Any clean**

**cooking pan, Knife,**

**Chopping Board, Any kind**

**of stove, Bowl, Fork, 2**

**Plates, Toaster.**

**Tasty Tip: Try adding 2-3 pinches of salt for flavour!**

**Food Waste Tip: How about adding any vegetables you may have in your fridge! Instead of fresh tomatoes you can use mushy ones or maybe add some old milk you have for the egg to be more creamy.**



**1. Place 2 slices of bread into toaster and let cook for 3 minutes.**



**2. Wash the tomato and dice evenly while the toast is cooking.**



**3. Beat eggs then add diced tomato, mix slightly.**



**4. Place egg into the pan on medium heat, scramble when egg has lightened.**



**5. When egg is cooked place onto a plate, place toast on another one.**



**6. Wash your hands and serve.**



# MAGNIFICENT POTATOES BY LUKE



## Ingredients:

1 knife, Cutting board, 1-3 potatoes, Vegetable skinner, Stove, 1 pot and salt.

## Steps:

- 1: Skin the potatoes, make sure no pieces of skin are left on the potato.
- 2: Cut off the ends if you desire.
- 3: Place potato on its end (or the flat surface if you have cut off the end) and cut vertically down.
- 4: Grab the halves and put them on their flat side horizontally and cut again vertically.
- 5: Fill pot with water and place potato pieces in the pot.
- 6: Put the pot on the stove and turn the heat to a boiling heat. Once the water starts to boil turn down to a medium temperature.
- 7: While the potato pieces are boiling add 2-3 decent pinches of salt.
- 8: Wait for 10 minutes or test until soft and ready to eat!

# Hilarious Hot Dogs!

Food Waste Tip: Stale Hot Dog Buns Can Also Be Used For This Recipe.

Prep Time: 2 min  
Cook Time: 15 min  
Servings: 1 Person

## Ingredients:

- 1 Tablespoon Of Butter
- 4 eggs
- 1 hot dog bun
- 1 pre-cooked
- A Hint Of Pepper And Salt
- Ketchup (Optional)
- Mustard (Optional)
- 1 Tablespoon Of Milk



## Procedure:

- Step 1. Place The Sausage On The Pan Cook On Medium Flame For Roughly 5 Minutes. Once Done Remove Sausage From Pan.
- Step 2. Add The 4 Eggs In The Bowl, 1 Tablespoon Of Milk And A Pinch Of Salt And Black Pepper And Beat The Mixture Lightly With The Whisk.
- Step 3. Melt 1 Tablespoon Of Butter On The Pan On Low Heat. When It Starts Foaming, Pour The Eggs In And Leave It To Set For 60 To 90 Seconds. Once Done, Remove The Pan From Heat Just Before The Eggs Finally Set. Leave It Sit For A Minute Or Two So The Egg Can Gently Finish Cooking In Its Own Heat.
- Step 4. Using The Spatula, Take The Sausage And Place It Inside Of The Hot Dog Bun. Finally, Sprinkle The Scrambled Eggs On The Hot Dog And If You Want (Optional) Squirt Some Ketchup Or Mustard (Or Both!) On It And Enjoy!!!

## Utensils:

- Stove
- Pan
- Spatula
- Mixing Bowl
- Whisk
- Timer (Optional)

*Thank you!*

# Ingredients

1 can of coconut cream  
3 Large eggs  
2 spring onions  
Bánh xeo flour  
Salt  
vegetable oil

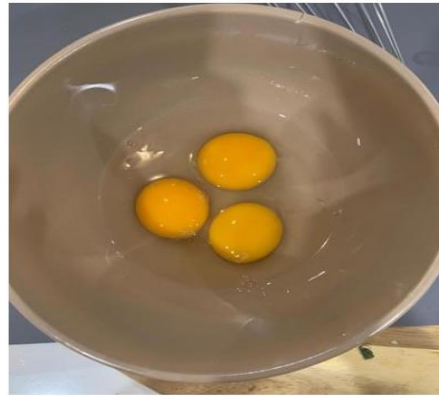
# Equipment

Ladle  
bowl  
whisk

something that can flip an omelette

Prep time: 5 minutes  
cooking time: 10 minutes  
Serves: 10

Spring Onion Ban Xeo by Maryanne



## Step 1

Crack 3 Large eggs and put them into a large bowl and stir for 2 minutes



## Step 2

add 1 can of coconut cream, 100 grams of Bánh xeo flour and 2 pinches of salt if wanted. Stir for another 2 minutes



## Step 3

preheat frying pan to medium heat and add 1 tbs of vegetable oil let an adult watch on it while you continue



## Step 4

Go back to your mix and cut 2 spring onions. sprinkle them and then mix for 2 minutes

## Food waste tip

**THIS RECIPE ALSO TASTES AMAZING WITH LEFT OVER VEGETABLES**

## Step 5

Change frypan heat to high. Pour in your mixture with a ladle and then flip when the bottom is crisp or a different colour and put it into a plate to eat. repeat step 5 until there's no mixture in the bowl





# Vegemite Scrolls

-Made by Izzy-



Safety Precautions: Wash hands, and wipe down the bench before handling food. And prepare your workspace.

Step 1- Pre heat the oven 180\*



Step 2- Grate Cheese into bowl enough to cover four sheets of puff pastry.



Step 3- Lay pastry out, and peel back plastic off of pastry sheet.



Step 4- Apply a thin layer of Vegemite to the pastry,



Step 5- Sprinkle cheese on the pastry so it covers most of it.



Step 6- roll the pastry into a log type shape to for the scroll design. Cut the role into chunks about a cm wide, and make sure to cut off the ends.



Step 7- put the scrolls into a tray, four in each row. About 5 rows can fit, depending on your size of tray.



Step 8- Pick-up the tray and enter it into the oven. Check after 10 minutes, they usually take around 24 minutes to cook :))



Step 9- once they look ready use the oven mits to carefully take them out and place on a plate, box, or a cooling tray.



Step 10- Ready to eat :) (You could also add different things in the scrolls like, Ham tomato sauce, and cheese for like a pizza type scroll, or some salad otherwise :)

## Ingredients!

- Vegemite
- Cheese
- Pastry

## Utensils!

- Knife
- Oven Mits
- Bowl
- Baking paper
- Trays





# THANKS



We would also like to thank the Oz Harvest FEAST Program for giving us this amazing opportunity. In addition to learning how to cook sustainably and produce less food waste, we learnt how to budget & shop for food online, use Excel to tally up our expenses, learn about food safety & hygiene and developed our collaboration & co-operation skills.



# THANKS



Room 14 would like to thank our awesome helpers who came along and helped with cooking each week.

