



FEAST TM

**FOOD EDUCATION AND
SUSTAINABILITY TRAINING**

**FEAST
RECIPES**



WELCOME TO FEAST!

— THE FEAST PROGRAM TEACHES KIDS ABOUT SUSTAINABILITY, FOOD WASTE AND HEALTHY EATING. FEAST IS RUN BY OZHARVEST, AUSTRALIA'S LEADING FOOD RESCUE ORGANISATION.

— With fun and interactive cooking activities, FEAST allows school kids to understand the role food plays in our everyday lives and how to stop good food going to waste.

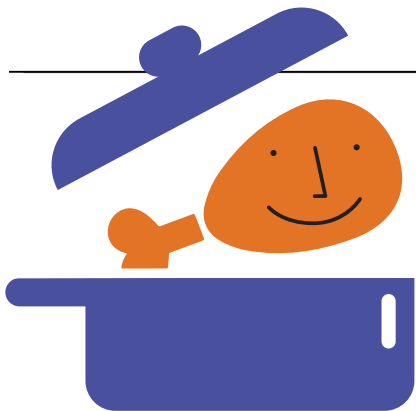
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FOOD
~~WASTE~~

START WITH SAFETY

— THE BEST COOKS ARE SAFE COOKS, SO IT'S BEST TO HAVE AN ADULT HELP YOU IN THE KITCHEN. FOLLOW THESE TIPS TO AVOID ANY KITCHEN MISHAPS!



TIPS FOR COOKING WITH AN ELECTRIC FRYPAN

- Make sure the electric frypan is never left unattended
- Set the temperature to medium as it can heat up quickly
- Do not touch the frypan while it is on
- To avoid scratching the frypan do not use metal utensils
- Turn off and unplug it as soon as you have finished cooking



HOW TO CHOP SAFELY

- Use a sharp knife, a blunt knife makes chopping much harder!
- Make a claw shape with your hand holding the food – keep your fingertips clear of the knife
- Keep a firm grip on the hand holding a knife
- Watch as you chop the food!

KEEP IT CLEAN

Food will be tasty and safe to eat if you keep everything clean, including your hands, the food you are cooking with, equipment and work surfaces. Make sure you pay attention to proper food handling and storage.

Wash your hands

Washing your hands is one of the simplest ways to prevent the spread of the germs that can make you sick. You need to wash your hands before you prepare food and also again if you go to the toilet, cough, sneeze, eat, drink, touch your hair, head or body or touch your phone.

Safe food handling

To keep food safe and avoid cross contamination, which happens when harmful bacteria spreads via surfaces, hands or equipment, it is always best to:

- Tie long hair back
- Use clean and dry utensils for different food products
- Keep work surfaces clean and dry
- Handle food only as necessary
- When using gloves throw out the used pair and wear new ones each time you would usually wash your hands
- Use a spoon to taste your cooking, not your finger!
- Do not eat food while cooking

Guide to hand washing



1 Wet hands with warm running water



2 Add soap and rub over all areas of the hands, including fingers, thumbs and back of hands



3 Wash for at least 20 seconds (or the amount of time it takes to sing happy birthday)



4 Dry thoroughly using a single-use paper towel

HOW TO READ RECIPE MEASUREMENTS

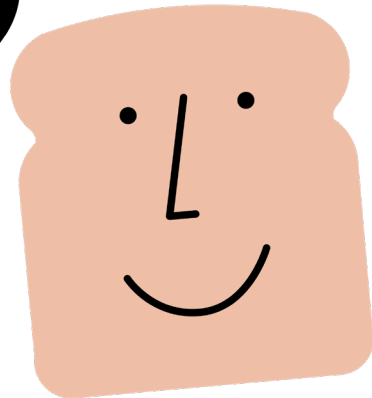
WHY DO WE NEED TO KNOW HOW TO MEASURE INGREDIENTS?

When we measure ingredients properly it helps our recipes turn out the way we want them to.

MEASURING TIPS

- Dry ingredients (like flour and sugar) should be measured using flat-cup measures. Ingredients should be level.
- Spoon measures must be measured with the correct sized spoons. A level spoon is essential.
- Liquid ingredients can be measured in measuring jugs, cups or spoons.

LET'S GET
STARTED!



MEASUREMENT CHEAT SHEET

tbsp = tablespoon

tsp = teaspoon

kg = kilogram

g = gram

ml = millilitres

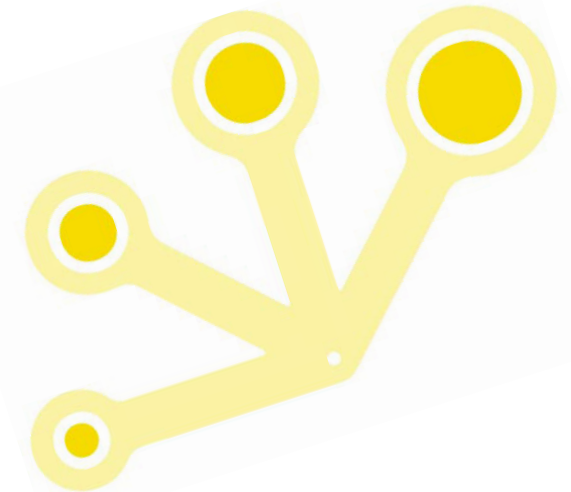
min = minutes

SR = self raising

L = litre

cm = centimetre

pkt = packet



FRUIT BITES

2 Serves (8 bites)

\$0.23 Cost per serve

10 MIN Total prep & cooking time



WHY WE LOVE THIS RECIPE
Fresh strawberries can be substituted for any seasonal fruit to keep costs down.

FOOD WASTE TIP
Chop up old or leftover fruit and freeze in zip-lock bags to use in smoothies.

INGREDIENTS

- 1 banana, sliced into 8 pieces
- 4 strawberries, halved
- 8 pieces pineapple, diced
- ¼ cup dark chocolate, for melting
- Toothpicks

EQUIPMENT

- Plastic spatula
- Measuring cups
- Heatproof medium mixing bowl
- Small saucepan
- Chopping board
- Knife
- Stove top
- Dinner plate

STEPS



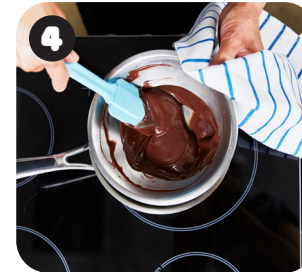
1 Slice all the fruit.



2 Put a piece of each fruit together on a toothpick.



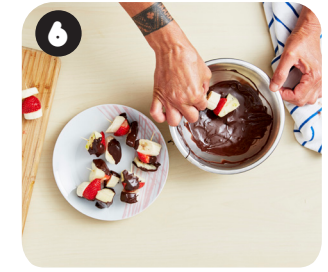
3 Heat chocolate over double boiler* until melted, stirring constantly making sure no water gets into the bowl.



4 Remove from heat, stir and then melt for another 20 seconds. Remove and stir again. Repeat these steps until the chocolate has completely melted.



5 Carefully remove bowl from double boiler and place on heat proof surface. Dip one side of fruit kebabs in chocolate and place on a plate.



6 Serve and enjoy!




*A double-boiler is a heatproof bowl sitting on top of a saucepan half filled with boiling water.

BETROOT & COTTAGE CHEESE DIP

 **2**  **\$0.70**  **20 MIN**

Serves Cost per serve Total prep & cooking time



 **WHY WE LOVE THIS RECIPE**
This is a tasty and protein rich way to sneak extra veggies into your day.

 **FOOD WASTE TIP**
Leftover beetroot juice can be added to a morning juice or smoothie.

INGREDIENTS

- 225g tin sliced beetroot, drained
- ¼ cup cottage cheese
- 2 tsp dried dill
- 1 tbsp lemon juice
- ¼ tsp pepper

Optional:

- To serve: Assorted vegetables cut into sticks
- To serve: Wholemeal pita bread

EQUIPMENT

- Can opener
- Measuring cups
- Measuring spoons
- Colander
- 2 medium bowls
- Chopping board
- Knife
- Fork or masher
- Serving bowl

STEPS



1 Open tin and drain beetroot into colander with a bowl underneath to catch the juice for use in another recipe.



2 Finely dice beetroot slices.



3 Transfer the diced beetroot into a medium mixing bowl.



4 Add the cottage cheese and mash together.



5 Add the dill, lemon juice, salt and pepper, and mix well.



6 Transfer to serving bowl and serve with vegetable sticks and pita bread.

TZATZIKI DIP WITH VEGETABLE STICKS



2

Serves



\$0.60

Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Dip any vegetables in tzatziki – cherry tomatoes, capsicum or whatever is in the fridge.



FOOD WASTE TIP

Vegetables don't always need peeling. Just wash, chop and eat them!

INGREDIENTS

Tzatziki dip:

- ¼ cup low-fat Greek yoghurt
- ¼ cucumber diced
- 1 tsp lemon juice
- 1 tsp olive oil

Vegetable sticks:

- ½ carrot
- ½ celery stick
- ½ cucumber

EQUIPMENT

- Fork
- Medium bowl
- Knives
- Chopping boards
- Measuring spoons
- Measuring cups

STEPS



1 Slice different vegetables into sticks. Make sure you cut them safely using a flat surface. Set aside.



2 For the tzatziki dip, finely dice half a cucumber.





3 Place yoghurt, diced cucumber, salt, pepper, lemon juice and olive oil in a bowl. Use a fork to mix all tzatziki ingredients together.



4 Serve sliced vegetable sticks with tzatziki.

SPAGHETTI BOLOGNESE




2

\$2.97
35 MIN

Serves Cost per serve Total prep & cooking time

WHY WE LOVE THIS RECIPE
 A great way to add vegetables and lentils into an old favourite!

FOOD WASTE TIP
 Leftover sauce can be eaten in a burrito or on a potato the next day.

INGREDIENTS

- 1 tbsp olive oil
- ¼ pkt wholemeal pasta
- ½ onion, diced
- 1 clove garlic, minced
- ½ cup diced/grated mixed vegetables (frozen, fresh, or tinned)
- 125g lean beef mince
- ½ tin lentils, drained & washed
- 1 tin diced tomatoes
- ½ tbsp dried mixed herbs
- ½ tsp pepper
- 1 tbsp balsamic vinegar

Optional:

- To serve: 2 tbsp low-fat tasty cheese, grated
- To serve: 1 small bunch fresh parsley or basil, chopped

Tip: to make this recipe a vegetarian option remove the lean beef mince

EQUIPMENT

- Medium saucepan
- Electric frypan
- Knife
- Tongs
- Colander
- Chopping board
- Can opener
- Wooden spoon
- Measuring spoons
- Measuring cups

STEPS



Add pasta to a large pot of boiling water. Stir through with a wooden spoon to prevent sticking and cook to 10-15 minutes, or until tender. Drain and set aside.



Heat the olive oil in a large saucepan on a medium-high heat. Add diced onion stirring for 5 minutes.



Add the garlic, dried mixed herbs, pepper and mince, stirring until mince is brown.



Add the mixed vegetables and lentils and stir well.



Add tinned tomatoes and balsamic vinegar to the boil.



Serve the bolognese sauce with pasta and a sprinkle of low-fat, tasty cheese and chopped basil or parsley.

FAST VEGGIE FRITTERS



Serves
(6 fritters)



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Wholemeal flour has more protein and a lot more fibre than white flour varieties!



FOOD WASTE TIP

A quick and easy way to use up leftover vegetables.

INGREDIENTS

- ¾ wholemeal SR flour
- ¾ cup low fat milk
- 1 egg
- 2 tsp dried mixed herbs or spices (paprika, turmeric, coriander, chilli)
- 2 cup mixed vegetables, chopped or grated (fresh or frozen)
- ¼ cup low fat crumbled feta or grated tasty cheese
- ¼ cup chopped fresh herbs (coriander, spring onion or parsley)
- 1 tbsp olive oil
- Salt & pepper

Optional

- To serve: Low fat Greek yoghurt or guacamole

Safety Tip:

- * Be very careful when cooking with hot oil to avoid burns.

EQUIPMENT

- Wooden spoon
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small mixing bowl
- Chopping board
- Knife
- Fork
- Spoon
- Egg flip
- Medium baking dish
- Grater
- Stove top or electric frypan

STEPS



Place the flour into a large mixing bowl and gradually add the milk using a whisk or wooden spoon to combine.



Add the eggs.



Add the dried herbs or spices and season with salt and pepper.



Mix together with a wooden spoon or fork until well combined.



Add in the vegetables, cheese and fresh herbs and stir together with a wooden spoon.



Place a large frypan on a medium-high heat and add olive oil.



Add 2 tablespoons of mixture for each fritter. Repeating to make about 2-4 fritters at a time.



When bubbles start to form on top, flip each fritter and cook for a further 2-3 minutes.



Transfer cooked fritters to a warm plate and repeat steps 6-8 until the mixture is finished. Serve with low fat Greek yoghurt or guacamole.

CHEF TRAV'S TACO SALAD



2

Serves

\$1.45

Cost per serve

20 MIN

Total prep & cooking time



WHY WE LOVE THIS RECIPE

Substitute the beef for an extra can of lentils for a meat-free meal.



FOOD WASTE TIP

Shop with a list to avoid buying food you won't eat.

INGREDIENTS

- ½ tbsp olive oil
- 125g lean beef mince
- ¼ tin lentils, drained & washed
- 2 tbsp water
- 2 tsp taco seasoning (see side panel recipe to make your own)
- ½ tin corn kernels, drained
- ½ head (4 cup) iceberg lettuce, shredded
- ½ tomato, diced
- ¼ pkt (50g) corn chips
- Salt & pepper

Optional

- To serve: 2 lemon wedges
- To serve: 2 Tbsp light sour cream or guacamole

EQUIPMENT

- Electric frypan
- Wooden spoon
- Can opener
- Measuring spoons
- Measuring cups
- Knife
- Chopping board
- Mixing bowl
- Spoon

STEPS



Heat the olive oil in a large pan over medium heat. Add beef mince.



Stir the mince with a wooden spoon, breaking up the mince for 5 minutes or until it is browned.



Add the lentils, taco seasoning and water.



Mix well and cook for 5 minutes until thickened.



Chop tomatoes and shred lettuce.



Place lettuce, tomatoes, corn and mince in a bowl and mix well. Top with a handful of corn chips, sour cream or guacamole and a lemon wedge to serve.

HOMEMADE TACO SEASONING (SERVES 4)

- 1 tbsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- ½ tsp. dried oregano
- ½ tsp. paprika
- 1½ tsp. ground cumin
- 1 tsp. salt
- 1 tsp. black pepper

SPANISH PAN OMELETTE



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Eggs are a source of protein and contain lots of vitamins (A, D, B) and minerals.



FOOD WASTE TIP

No need to peel the potatoes, keep the skins on for a waste free meal.

INGREDIENTS

- 1 tbsp olive oil
- ½ onion, diced
- 1 medium potato
- 1½ capsicum, thinly sliced
- ¾ cup green olives, pitted and chopped
- 3 eggs
- 1½ tsp smoked paprika
- ½ tbsp dried mixed herbs
- ½ tsp pepper
- 1 tbsp balsamic vinegar
- 1 tsp dried oregano
- ¼ cup low fat milk
- Salt & pepper

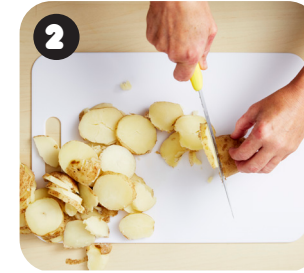
EQUIPMENT

- Medium saucepan
- Electric frypan
- Fork
- Wooden spoon
- Measuring spoons
- Measuring cups
- Knife
- Chopping board
- Mixing bowl

STEPS



Preheat the oven to 210°C. Put potatoes in a small saucepan and cover with just enough water. Place on high heat until potatoes are just cooked.



Remove the potato from the water and carefully slice. Place in a large bowl and set aside.



Place a large frypan on a medium heat and add olive oil. Add the onion, spices, capsicum and green olives. Cook while stirring for 5 minutes.



Pour the onion mixture over the sliced potato and mix well. Season with salt and pepper to taste. Transfer back to frypan.



In a separate bowl, whisk the eggs and milk together.



Pour egg mixture over potato mixture in the frypan and bake for 15 minutes or until cooked through.

QUICK PICKLE VEGETABLE



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Pickles are a great addition to our FEAST savoury recipes. They also make a great gift.



FOOD WASTE TIP

Any vegetables can be pickled. Carrots, celery, tomatoes, asparagus – it's up to you!

INGREDIENTS

- 2/3 cup water
- 2/3 cup white vinegar
- 3 tsp sugar
- 3 tsp salt
- 1/2 carrot
- 1/2 cucumber
- 5 green beans

Optional

- 1 tsp celery seeds
- 1 tsp coriander seeds
- Fresh dill or parsley stalks from your home or school garden

EQUIPMENT

- Chopping boards
- Knives
- 2 x 250mL jars, washed and dried
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon

ACTIVITY

Work out how big your jar is by filling with water and then using a measuring cup, measure the water. The jars should be 250mL or 1 cup.

STEPS



Slice the cucumber and carrot lengthways so they are on a flat surface. Cut into semi-circle pieces. Cut each bean into 3 pieces.



Optional: distribute the celery seeds and coriander seeds evenly amongst the 5 jars and add dill or parsley stalks.



Distribute vegetables evenly into the 5 jars.



Mix water, vinegar, salt and sugar in a large mixing bowl. Stir until sugar and salt have dissolved.



Pour mixture evenly amongst the jars using measuring cups. Put on the lid and store in fridge.



Pickles will be ready to eat in 2 days and can be kept in the fridge for 2 weeks.

HONEY SOY NOODLE STIR FRY



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Easy healthy meal to make for your family at home.



FOOD WASTE TIP

Eat any leftover for lunch the next day.

INGREDIENTS

- 250g Hokkien noodles (soaked in warm water for 2 minutes)
- 1 tbsp olive oil
- 1 egg, lightly beaten
- 1/2 red capsicum
- 1/2 zucchini
- 1/2 carrot
- 1 tbsp honey soy sauce
- 1 tbsp water

EQUIPMENT

- Medium bowl
- Knives
- Chopping boards
- Electric frypan
- Measuring cups
- Measuring spoons
- Plastic tongs
- Mixing spoons
- Small plate

STEPS



Soak noodles in warm water for 5 minutes, separate using a fork, then drain.



Place 1/2 tablespoon oil in a medium heat electric frypan. Add beaten egg and stir until cooked, remove and place on a plate.



Slice capsicum and zucchini and grate carrot. Add 1/2 tablespoon oil into heated frypan and cook the capsicum and zucchini first for 5 minutes.



Add grated carrot and honey soy sauce. Mix thoroughly.



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.



Mix in sliced egg and serve.

WHOLEMEAL PITA PIZZAS



2

Serves

\$2.31

Cost per serve

20 MIN

Total prep & cooking time



WHY WE LOVE THIS RECIPE

It's quicker to make these delicious pizzas than ordering a delivery!



FOOD WASTE TIP

Any leftover cooked veggies or meat are also delicious on this pizza.

INGREDIENTS

- 2 Medium wholemeal pita bread
- 2 tbsp tomato paste (no added salt)
- 1 tomato, sliced
- ½ cup baby spinach
- 5 Sicilian or Kalamata olives, thinly sliced
- ½ capsicum sliced
- ½ cup reduced fat mozzarella cheese
- 1 tsp dried mixed herbs (or any herbs – oregano, basil, parsley)
- Dash of pepper

EQUIPMENT

- Baking tray
- Baking paper
- Measuring spoons
- Measuring cups
- Spoon
- Knife
- Chopping board
- Oven

STEPS



Preheat oven to 180°C. Line a baking tray with baking paper and place pita breads on tray.



Spread tomato paste on top of pita bread.



Sprinkle the herbs on next.



Add the spinach and capsicum.



Add the olives and tomatoes.



Sprinkle with mozzarella and pepper. Bake in oven for 15 minutes or until golden brown.

CHICKPEA & LENTIL KOFTA PITA POCKETS


2

\$1.40

20 MIN

Serves Cost per serve Total prep & cooking time



WHY WE LOVE THIS RECIPE

Chickpeas and lentils are high in protein to help the body grow.



FOOD WASTE TIP

Use any herbs and vegetables in your fridge instead of tabouleh.

INGREDIENTS

- 1/4 tin lentils
- 1/4 tin chickpeas
- 1/4 red onion, diced
- Small or half a large garlic clove, diced
- 1 sprig or 1 tbsp parsley, chopped
- 1/2 tomato, diced
- 2 tsp olive oil
- 1/4 cucumber, diced
- 1 sprig or 1 tbsp mint, chopped
- 1/4 cup low-fat Greek yogurt
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp cumin
- 1 wholemeal pita bread, cut in half

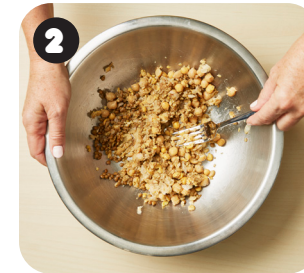
EQUIPMENT

- Chopping board
- Knife
- Measuring cups
- Measuring spoons
- Can opener
- Fork
- Mixing bowls x 3
- Spoons
- Sieve to drain lentil and chickpeas

STEPS



Open the chickpeas and lentils with a can opener and drain the liquid. Be careful not to cut yourself on the sharp edges.



Use a fork to smash the chickpeas and lentils in a bowl until it becomes a chunky, creamy texture.



Dice the garlic and onion. Add together with 1 teaspoon olive oil, cumin, 1/8 teaspoon pepper and 1/8 teaspoon salt to the mixture and mix well.



Measure one full spoon of the mix and hand roll it into the shape of a sphere or cylinder. Try to make at least 4 and place at a plate.



For the tabbouleh, chop the parsley, dice the tomato and cucumber. Add together in a bowl with 1 teaspoon olive oil, 1/8 teaspoon salt and 1/8 teaspoon pepper. Mix well. Chop mint and mix with low-fat Greek yogurt in a separate bowl to make the dressing.



Gently open one half of pita bread. Place two koftas inside. Add tabbouleh mixture and dressing on top of koftas.

FRENCH TOAST

2 Serves

\$0.75 Cost per serve

20 MIN Total prep & cooking time



WHY WE LOVE THIS RECIPE
The eggs, milk and wholemeal bread are good protein sources.

FOOD WASTE TIP
This recipe is a great way to use up stale bread.

INGREDIENTS

- 2 eggs
- ¾ cup low fat milk
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 4 slices wholemeal bread
- 1 tsp canola oil

Optional:

- Pinch of lemon zest
- To serve: ½ cup chopped fruit (strawberries or blueberries) and ½ cup low fat Greek yogurt

EQUIPMENT

- Measuring spoons
- Measuring cups
- Large mixing bowl
- Chopping board
- Knife
- Fork
- Spoons
- Grater
- Egg flip
- Stove top or electric frypan

STEPS



Crack eggs into a large shallow bowl and whisk.



Stir in milk and cinnamon.



Add lemon zest and vanilla extract and mix well.



Dip each slice of bread into the egg mixture, turning to coat both sides.



Place a large frypan on a medium-high heat and add canola oil. Place bread slice onto frypan and cook for 2-3 minutes on each side until lightly browned.



Transfer the cooked French toast to a serving dish. Cover and keep warm while cooking the rest of the bread. Serve with fresh fruit and dollop of yoghurt.

HUMMING BIRD MUFFINS



Serves
(6 muffins)



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE
Bananas get sweeter as they ripen, so brown spotty bananas are the best in this recipe!

FOOD WASTE TIP
A delicious treat that uses up leftover yoghurt.

INGREDIENTS

- 1 egg
- ¼ cup sugar
- ½ cup low fat Greek yoghurt
- 1 ripe banana
- ½ cup tin crushed pineapple in juice
- 1 tsp vanilla extract
- ¾ cup self-raising flour
- 1 tsp cinnamon
- Olive or canola oil spray

EQUIPMENT

- Large non-stick muffin tin (holds minimum of 6 muffins)
- Wooden spoon
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Fork
- Oven
- Can opener

STEPS



Preheat oven to 180°C. Mix the egg and sugar together in a large bowl.



Open the can of pineapple and add it and the juice to the egg mixture. Mix until well-combined.



Add the yoghurt, vanilla and mashed bananas. Mix until well-combined.



Slowly pour self-raising flour and cinnamon into the mixture, stirring as you go until it resembles a batter.



Spray a muffin tin generously with oil spray.



Use a 1/3 measuring cup to fill the muffin tins with batter.



Bake in oven for 25 minutes. Remove from oven and cool for 10 minutes before removing from muffin tin and serving.

EASY RICOTTA



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Ricotta cheese is a healthy source of dairy.



FOOD WASTE TIP

Leftover whey can be frozen or refrigerated for up to a week.

INGREDIENTS

- 0.5L milk
- ½ tsp salt
- ¼ tbsp water
- ½ tsp citric acid or 25 ml white vinegar

EQUIPMENT

- Saucepan
- Thermometer
- Measuring spoons
- Large metal spoon
- Strainer or colander
- Damp chux

DID YOU KNOW?

Whey (pronounced 'way') is the nutritious, protein-rich liquid expelled from curds during the cheese-making process. Whey has many uses such as a substitute for water in baking recipes!

STEPS



Place the milk in a saucepan and bring to 95°C, stirring to ensure the milk does not burn.



Remove the saucepan from heat. Add the salt.



Mix the citric acid or white vinegar with water, add to the milk and stir well-combined.



Let sit for 10 mins to curdle.



Skim the curd off using a large metal spoon.



Strain the curd through a damp chux, lining a colander and squeeze any remaining liquid.



Transfer the ricotta mixture into a serving bowl. Serve and enjoy!

VEGGIE FRIED RICE



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

You can use any vegetables you have in the fridge.



FOOD WASTE TIP

A great way to use up any leftover cooked rice from the previous day.

INGREDIENTS

- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 cup frozen vegetables
- 1 cup cooked brown rice
- 1 tbsp salt-reduced soy sauce
- ¼ cup shallots finely chopped
- 1 egg, lightly whisked
- ½ tsp Chinese five spice
- Dash of pepper

Optional:

- Lemon juice, to taste

EQUIPMENT

- Electric frypan
- Wooden spoon
- Measuring spoons
- Measuring cups
- Chopping board
- Knife
- Fork
- Medium bowl
- Small bowl

STEPS



Heat olive oil in frypan over medium-high heat. Add the garlic and fry until fragrant.



Add frozen mixed vegetables and Chinese five spice. Cook while stirring for about 3 minutes.



Add the cooked rice, soy sauce and spring onion, stirring until well mixed.



Make a well in the middle of the frypan with a wooden spoon and pour in the lightly whisked egg.



Use a wooden spoon to scramble the eggs until just cooked. Stir through the rice. Season with pepper and add lemon juice (optional).

PUMPKIN & TOMATO QUICHE

2 Serves (6 quiches)

\$1.77 Cost per serve

40 MIN Total prep & cooking time



WHY WE LOVE THIS RECIPE
Pumpkin can be substituted for any vegetables that are in season.

FOOD WASTE TIP
Leftover bread crusts can be turned into bread crumbs and stored in the freezer.

INGREDIENTS

- Olive oil spray
- ½ tbsp olive oil
- ½ cup pumpkin, finely diced
- 4 slices thin cut wholemeal bread, crusts removed
- ½ medium tomato, diced
- 1 egg
- 2 tbsp low-fat cream cheese, softened
- 1 tbsp spring onion, finely chopped
- ½ tsp dried mixed herbs
- Salt & pepper

EQUIPMENT

- Baking tray
- Baking paper
- Large non-stick muffin tin (holds minimum of 6 muffins)
- Knife
- Chopping board
- Rolling pin
- Wooden spoon
- Spoon
- Mixing bowl
- Measuring spoons
- Measuring cups

STEPS



Preheat oven to 180°C. Place pumpkin on a lined baking tray, pour over olive oil and season with salt and pepper. Bake in oven for 15 minutes.



Roll each slice of bread to flatten.



Spray muffin tin with olive oil spray and press 1 slice of bread into each tin, repeat.



Mix baked pumpkin and diced tomato together and spoon into muffin tins.



In a large bowl, add the cream cheese, eggs, milk, spring onion, dried herbs, salt and pepper. Whisk together until the mixture is well combined.



Spoon the mixture over the vegetables in the muffin tin and bake 20 minutes or until cooked through.

EASY CHEESY FRITTATA



2

Serves

\$1.88

Cost per serve

55 MIN

Total prep & cooking time



WHY WE LOVE THIS RECIPE

Milk and cheese are good sources of calcium, potassium and vitamin D.



FOOD WASTE TIP

A great way to use up forgotten fridge vegetables!

INGREDIENTS

- ½ tbsp olive oil
- ¼ onion, diced
- 1 clove garlic, minced
- 1 cup mixed vegetables, chopped or grated (fresh or frozen)
- 1 cup spinach
- 3 eggs
- ¼ cup low fat milk
- ½ tsp mixed herbs
- ¼ cup low-fat cheese, grated
- Olive or canola oil spray
- Salt & pepper

EQUIPMENT

- Electric frypan
- Wooden spoon
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Chopping board
- Knife
- Fork
- Medium baking dish
- Grater
- Oven

STEPS



Preheat oven to 180°C. Heat oil in a medium frypan and cook onion and garlic for 2 minutes.



Add mixed vegetables and cook for an additional 3 minutes, stirring occasionally.



Add spinach and cook until wilted.



Meanwhile, crack the eggs into a mixing bowl.



Add the milk, herbs, salt and pepper into the eggs and whisk it together.



Spray a small baking dish or loaf tin generously with oil spray. Add the cooked vegetables into the dish and pour over egg mixture. Top with cheese. Place baking dish in oven for about 25 minutes or until cooked through.

POACHED EGGS IN TOMATO SAUCE



2

Serves

\$1.77

Cost per
serve

30
MIN

Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Packed full of protein, iron, and B-vitamins, thanks to the eggs and spinach!



FOOD WASTE TIP

Check egg freshness by placing them in cold water – if it floats don't eat it!

INGREDIENTS

- 1 tbsp olive oil
- ¼ onion, diced
- 1 clove garlic, minced
- 2 eggs
- ½ capsicum, diced
- 1 tsp turmeric & 1 tsp paprika
- 1 small bunch of parsley, chopped
- ½ tsp mixed herbs
- 1 tin diced tomatoes
- 1 cup baby spinach, or 1 block frozen chopped spinach
- Salt & pepper

Optional:

- To serve: 1 small bunch of parsley, chopped
- To serve: 2 slices wholemeal bread, toasted

EQUIPMENT

- Wooden spoon
- Measuring spoons
- Small mixing bowls
- Chopping board
- Knife
- Can opener
- Medium baking dish
- Stove top or electric frypan and lid

STEPS



Heat the oil in a large, deep frypan on medium-high heat and add the diced onion.



Add capsicum, stir with a wooden spoon for 5 minutes or until it starts to soften.



Add garlic, dried mixed herbs, pepper, salt, turmeric and paprika, and stir well.



Add the tinned tomatoes, stir well and bring to the boil.



Add the spinach and stir regularly until spinach is soft and wilted.



Reduce heat to low. If the mixture looks dry during cooking, add a little water.



Make a gap in the sauce with a wooden spoon. Tip the egg into the gap. Repeat for all eggs.



Cover with the lid and simmer until eggs are cooked. Serve the eggs and sauce in a bowl with a sprinkle of parsley and a slice of wholemeal toast.