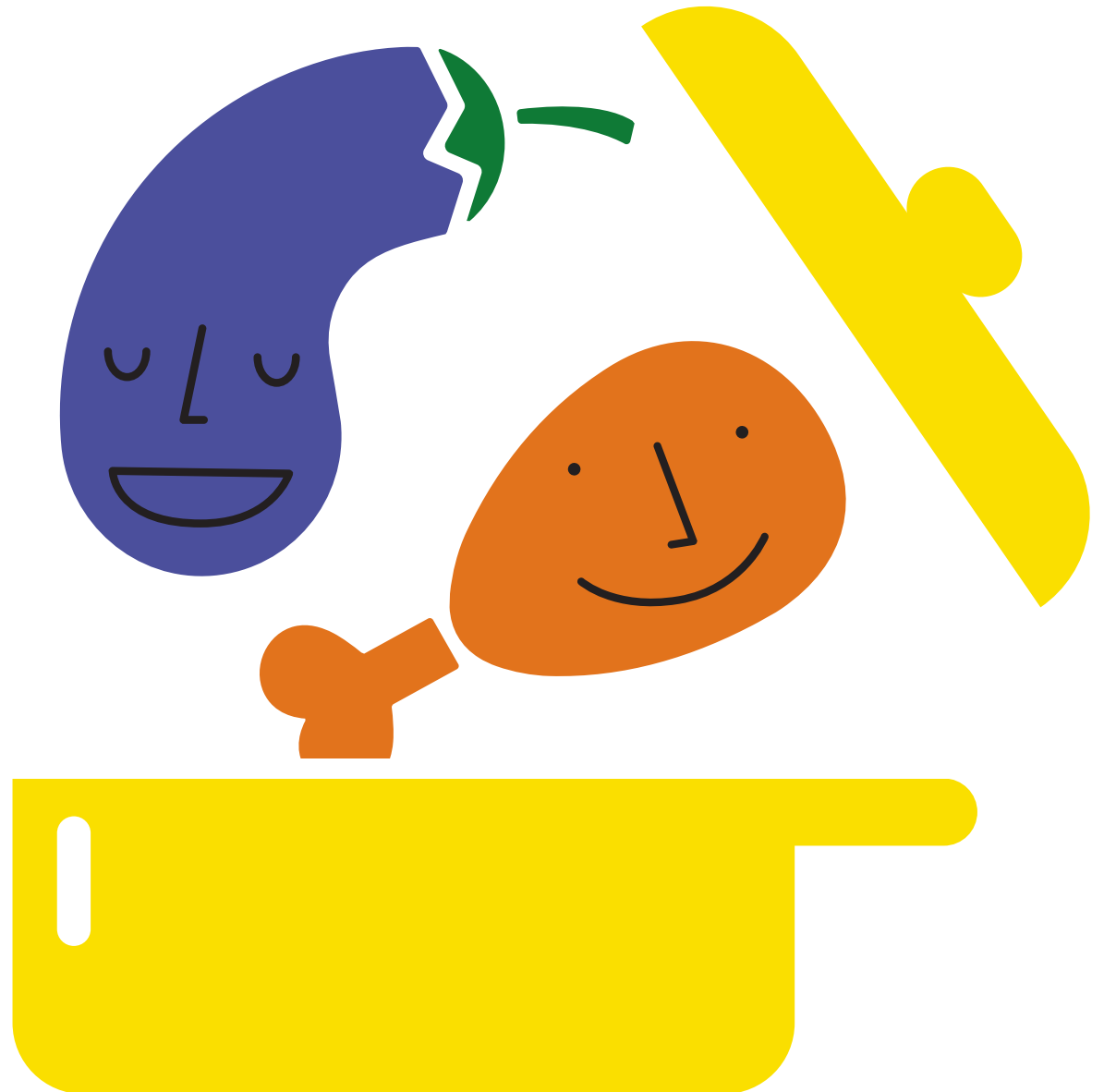




FEAST TM
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

**HOT
RECIPES**



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 FRY PAN

- 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

- 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



- Wet hands with warm running



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



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



- Dry thoroughly using a single-use paper towel

HOW TO READ RECIPE MEASUREMENTS

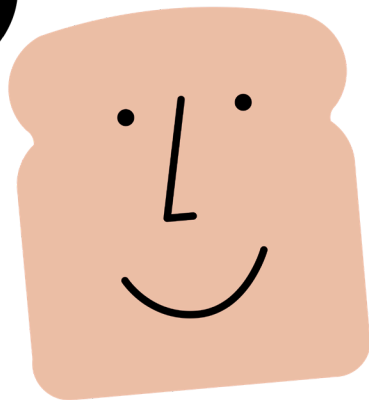
WHY DO WE NEED TO KNOW HOW TO MEASURE INGREDIENTS?

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!**



COOKING ABBREVIATIONS

tblsp = tablespoon

tsp = teaspoon

kg = kilogram

g = gram

ml = millilitres

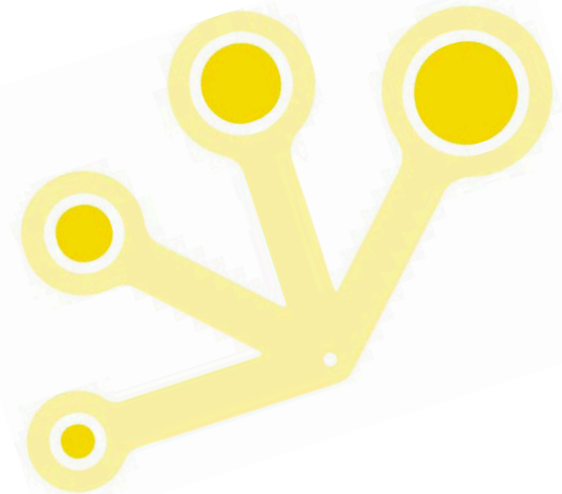
min = minutes

SR = self raising

L = litre

cm = centimetre

pkt = packet



BANANA PIKELETS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

The riper the banana the sweeter it is.



FOOD WASTE TIP

Peel brown bananas and freeze in zip lock bags to use in this recipe for later.

INGREDIENTS

- 1 cup wholemeal SR flour
- 1 pinch salt
- 1 egg beaten
- $\frac{3}{4}$ cup reduced fat milk
- 1 tsp vanilla essence
- 1 banana (preferably over-ripe)
- 1 tbsp honey
- 2 tbsp oil

Optional: Serve with low-fat Greek yoghurt or 2 tbsp of cinnamon/sugar mix!

EQUIPMENT

- Large bowl
- Fork
- Mixing bowl
- Electric frypan
- Spatula
- Measuring cups
- Measuring spoons

SKILLS

- Working with heat
- Mixing
- Slicing
- Measuring



STEPS



Mix flour, honey, salt, egg, milk and vanilla essence with fork until smooth.



In a separate bowl mash banana with a fork. Add to flour mixture and mix.



Heat $\frac{1}{2}$ tbsp oil in the frypan. Spoon 2 tbsp batter to form small circles.



When pikelets bubble on top, flip and cook the other side until brown. Repeat step 3 and 4 until all batter has been used.



Serve warm or cold with cinnamon sugar or low-fat greek yoghurt.



TURKISH CARROT & YOGHURT DIP



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

It is a delicious dip to serve with bread, wraps, fruit, vegetables, fish or steak.



FOOD WASTE TIP

A great way to use up the bendy carrots in the fridge.

INGREDIENTS

- 1 medium carrot
- 1 tbsp olive oil
- 1 tsp cumin powder
- ½ cup low-fat Greek yoghurt
- ½ tbsp lemon juice
- 1 clove garlic, finely chopped
- Salt and pepper to season (optional)

Tip: Serve with pita bread or vegetable sticks!

EQUIPMENT

- Grater
- Chopping board
- Knife
- Electric frypan
- Mixing bowl
- Mixing spoon
- Spatula
- Measuring cups
- Measuring spoons

SKILLS

- Working with heat
- Grating
- Frying
- Mixing
- Measuring

STEPS



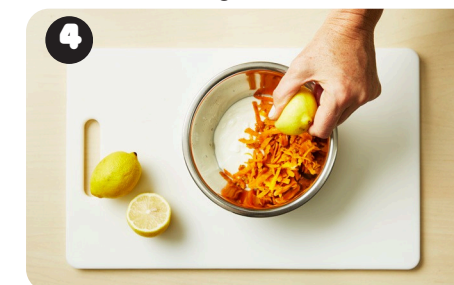
Finely grate carrot on a chopping board.



Heat oil in an electric frypan on medium heat. Add cumin and chopped garlic (optional). Cook for 1 min or until fragrant.



Add grated carrot to frypan and cook on medium heat for 5 min or until softened. Turn off frypan and allow carrot mixture to cool.



Add the carrot mixture and low-fat Greek yoghurt to a mixing bowl. Squeeze the lemon, add a pinch of salt and pepper. Mix to combine.



Cool in fridge. Enjoy this dip with pita bread or vegetable sticks.



FAST FRITTERS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

You can put anything in a fritter!
Try adding chicken, sweet
potato, herbs - be adventurous!



FOOD WASTE TIP

This recipe makes trying new
vegetables fun.

INGREDIENTS

- ¾ cup wholemeal SR flour
- ½ cup low-fat milk
- 1 egg
- ½ cup frozen peas and corn (defrosted) or can of creamed corn
- ½ cup low-fat tasty cheese grated
- 2 spring onions
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

EQUIPMENT

- Knives
- Large bowl
- Fork
- Measuring spoons
- Measuring cups
- Mixing bowl
- Electric frypan
- Spatula
- Wooden spoon

SKILLS

- Science and chemistry in food production
- Working with heat
- Whisking
- Chopping
- Measuring

STEPS



Crack the egg into a bowl and beat it with a fork.



In a large mixing bowl, combine the flour, milk, egg, salt and pepper. Mix until there are no lumps.



Cut the spring onions and add together with the cheese, peas and corn to the mixture and mix together with wooden spoon.



Heat 1 tbsp olive oil in the frypan. When hot, add 2 tbsp batter for each fritter, repeating to make 4 fritters at a time.



When they form bubbles on the top, it is time to flip.



After 2 or 3 min transfer from pan to plate and repeat the above process to finish the mixture - makes approximately 10 fritters.



FROM THE FRIDGE OMELETTE



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Omelettes are a quick meal option for any time of the day.



FOOD WASTE TIP

Use whatever vegetables you have in the kitchen or garden!

INGREDIENTS

- 1 zucchini
- 1 tbsp olive oil
- 5 eggs
- ½ cup frozen peas
- ½ cup crumbled feta
- 1 tbsp low-fat milk
- ½ tsp salt
- ½ tsp pepper

EQUIPMENT

- Chopping board
- Knife
- Spatula
- Electric frypan
- Mixing bowl
- Fork
- Measuring cups
- Measuring spoons

SKILLS

- Dicing
- Frying
- Measuring
- Whisking
- Working with heat

STEPS



Slice the zucchini lengthwise so both halves are on a flat surface for a firm grip. Slice zucchini into semi-circle pieces.



Heat oil in an electric frypan on medium heat. Add zucchini and cook 5 min or until soft and golden in colour.



Break eggs into a bowl and add milk. Season with salt and pepper. Whisk with a fork until well combined.



Add the peas to the electric frypan. Spread the vegetables evenly across the pan.



Pour in the egg mixture and evenly sprinkle with crumbled feta.



Turn down the heat to low and cook for 10 min or until egg has almost set. Cut into 5 pieces and serve.



FRENCH TOAST



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Get fancy by adding grilled peaches, mixed berries, cream cheese or ricotta.



FOOD WASTE TIP

This recipe is a good way to use bread that might otherwise go to waste.

INGREDIENTS

- 5 slices wholemeal bread
- 2 eggs
- 1 tsp vanilla essence
- ½ cup of reduced fat milk
- 3 tbsp olive oil
- 1 banana, sliced (to serve)
- Optional: 1 tbsp of cinnamon or sugar mix to serve.

EQUIPMENT

- Large bowl
- Fork
- Measuring cups
- Measuring spoons
- Electric frypan
- Plastic spatula
- Knives
- Chopping boards

SKILLS

- Working with heat
- Slicing
- Measuring
- Whisking



STEPS



Crack the eggs in a bowl and beat with a fork.



Mix the eggs together with the vanilla essence and milk until well combined.



Heat oil in non-stick frypan, over medium heat.



Dip each slice of bread in the egg wash until coated on both sides and put straight into the frypan.



Cook for 2-3 min each side until golden and it separates easily from the frypan. If the bread is sticking to the pan, cook a bit longer.



Transfer to a plate and serve plain or with sliced banana and cinnamon/sugar mix (optional).

WHOLE-MEAL BURRITO WRAP



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

You can add lots of different vegetables to the bean mix and top with extras like guacamole.



FOOD WASTE TIP

Use squishy tomatoes that might otherwise be wasted instead of canned tomatoes!

INGREDIENTS

- 1 tbsp olive oil
- ½ can kidney beans, drained
- ½ can corn kernels, drained or ½ cup frozen corn (125g)
- ½ onion
- ½ pkt Mexican spice mix
- 1 can crushed tomatoes
- ½ cup water
- 5 large wholemeal tortilla wraps
- 2 cup lettuce chopped (e.g. cos, iceberg, spinach)
- 1 large tomato
- 1 cup tasty cheese, grated

EQUIPMENT

- Strainer
- Can opener
- Chopping board
- Knife
- Electric frypan
- Mixing spoon
- Spatula
- Dinner spoon
- Measuring cups
- Measuring spoons

SKILLS

- Working with heat
- Mixing
- Measuring
- Chopping
- Folding
- Frying



STEPS



Roughly chop lettuce and dice tomato. Set aside. Dice the onion.



Heat 1 tbsp oil in an electric frypan on medium heat. Add onion and cook until soft and browned.



Drain the kidney beans first, add with the corn and crushed tomatoes to the frying pan. Cook and stir.



Add Mexican spice mix and water to frypan. Cook on low-medium heat for 10 min, stirring frequently. Turn off electric frypan and allow mixture to cool.



Lay tortilla wrap on a plate and spoon bean mix into middle of wrap. Top with lettuce, diced tomatoes and cheese.



Fold the bottom, then sides to form the burrito and enjoy!



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 leftovers for lunch the next day.

INGREDIENTS

- 250g Hokkien noodles (soaked in warm water for 2 min)
- 1 tbsp olive oil
- 1 egg, lightly beaten
- ½ red capsicum
- ½ zucchini
- ½ carrot
- 1 tbsp honey soy sauce
- 1 tbsp water

EQUIPMENT

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

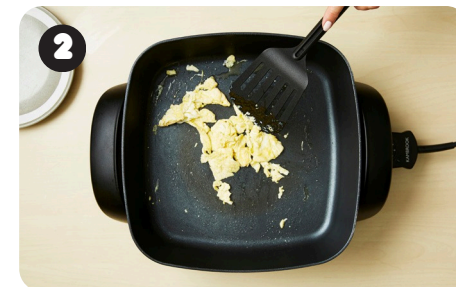
SKILLS

- Working with heat
- Grating
- Measuring
- Mixing
- Slicing

STEPS



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



Place 1/2 tbsp 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 tbsp oil into heated frypan and cook the capsicum and zucchini first for 5 min.



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 tbsp water and cook for 5 min.



Mix in sliced egg and serve.



SAN CHOY BAU (ASIAN STYLE LETTUCE CUPS)



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

We love the fresh and crispy bite of the lettuce combined with the tofu mixture inside it.



FOOD WASTE TIP

This recipe works well if you have enough for leftovers the next day!

INGREDIENTS

- 250g hard tofu
- 1 tbsp olive oil
- 1 garlic clove
- 1cm ginger
- ½ can sliced water chestnuts (110g)
- ½ red capsicum
- 2 tbsp light salt-reduced soy sauce
- 5 iceberg lettuce leaves, rinsed and base trimmed to form the cups
- 1 tbsp fresh coriander or mint leaves (optional)

EQUIPMENT

- Chopping board
- Knife
- Grater
- Mixing bowl
- Spoon
- Measuring spoons
- Spatula
- Electric frypan

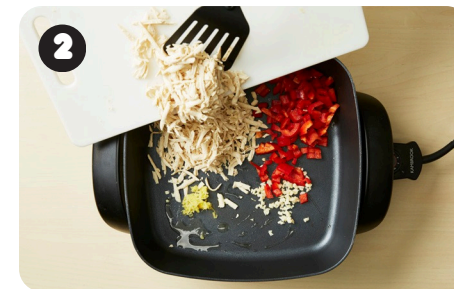
SKILLS

- Chopping
- Dicing
- Slicing
- Grating
- Measuring
- Working with heat

STEPS



Grate tofu and ginger. Finely chop the garlic, dice the capsicum and drain water chestnuts.



Heat 1 tbsp oil in an electric frypan on medium heat. Add the garlic, ginger, water chestnuts, tofu and capsicum in the heated frypan.



Stir all ingredients and let it cook for 2-3 min, until softened.



Reduce heat to low and cover with lid for 3 min, then turn off frypan.



Add the light salt-reduced soy sauce to the mixture. Stir well to combine. Allow mixture to cool and add chopped herbs if using.



Have your lettuce leaf cups ready, open them up and spoon the mixture into the cups.



TORTILLA WRAPS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

There are many fillings you can add to tortilla wraps such as beans, corn, rice and cheese.



FOOD WASTE TIP

Tortillas can be reheated in a microwave or pan.

INGREDIENTS

- 2 cups wholemeal flour
- ½ tsp salt
- ¾ cup water
- 6 tbsp olive oil

EQUIPMENT

- Grease proof paper
- Medium mixing bowl
- Electric frypan
- Spatula
- Rolling pin
- Measuring cups
- Measuring spoons

SKILLS

- Working with heat
- Frying
- Kneading
- Mixing

STEPS



In a medium bowl, combine flour and salt. Stir in water and 3 tbsp of oil.



Turn onto a floured surface; knead 20 times, adding a little flour or water if needed to achieve a smooth dough. Rest for 5 min.



Divide into 10 portions. An easy way to do this is to roll dough into a log and cut into 10 pieces. Roll these pieces into little balls.



Lightly flour the grease proof paper, roll each dough portion between grease proof paper into a 6cm circle*.



Heat 3 tbsp olive oil in the electric frypan and wait until hot. Then cook tortillas over medium heat for 2 min on each side or until lightly browned.



Serve with your choice of dip or Butter Bean Hummus (see next recipe).

*If you don't have grease proof paper, use extra flour on the chopping board surface and on the rolling pin before rolling.



BUTTER BEAN HUMMUS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Canned beans are cheap, nutritious and ready to eat.



FOOD WASTE TIP

Keep canned butter beans in the pantry - they have a long shelf life.

INGREDIENTS

- ½ can butter beans (keep the liquid)
- 1½ tbsp of tahini
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Pinch of salt and pepper (optional)

Tip: Serve with pita bread or vegetable sticks!

EQUIPMENT

- Mixing bowl
- Fork
- Measuring spoons
- Strainer

SKILLS

- Mixing
- Draining
- Measuring
- Mashing

STEPS



Drain the can of butter beans using a strainer with a bowl underneath to catch the juice. Keep the liquid for later and use half of the beans in the recipe.



In a bowl, combine all of the ingredients with 2 tbsp of the butter bean juice.



Puree with a fork. Add more butter bean juice if mixture is too stiff – it should have the consistency of a thin paste.



Serve with the tortilla wraps or vegetable sticks of your choice for example carrot, celery or capsicum.