



GOOGONG
Public School



GOOGAH GOURMET

STUDENT RECIPES TO PREVENT
FOOD WASTE AND PROMOTE A
GREENER FUTURE



Greek Goddess Salad



Have you ever wondered what happens to the food we don't eat? Food waste is when we throw away food that could have been eaten. In Australia, we throw away 7.6 million tonnes of food every year. Surprisingly, 70% of this discarded food is still good to eat! It's extremely important to try to reduce food waste because it helps us save money and protects the environment. In this Greek salad recipe, we use ingredients like cucumbers, tomatoes, onions and capsicums, that might not look perfect in our fridge, but are still edible. By using these ingredients, we can help reduce food waste and enjoy a delicious salad!

Equipment

- Knife
- Chopping board
- Kitchen scale
- Measuring cup
- Measuring spoons

Ingredients

- 2 large tomatoes, cubed
- 1 continental cucumber, sliced
- 1 red onion, thinly sliced
- 1 capsicum, sliced
- 200g feta cheese, cubed or crumbled
- Kalamata olives (about 1/2 cup), pitted
- 2-3 tablespoons of olive oil
- Salt and black pepper to taste
- Optional: Fresh chopped parsley for garnish



Serves



10 mins

Total prep and cook time

Method

1. Begin by dicing the tomatoes into cubes and slicing the cucumber, red onion, and capsicum.
2. Next, drain any excess juice from the kalamata olives.
3. If using whole feta cheese, cut it into cubes; otherwise, leave it whole to crumble later.
4. Combine the tomatoes, cucumber, onion, capsicum, and kalamata olives in a large bowl.
5. Arrange the feta cheese over the top.
6. In a separate bowl, whisk together the olive oil, salt, and pepper to create the dressing.
7. Drizzle the dressing over the salad.
8. Gently toss the salad to mix all the ingredients. For an extra burst of flavour, sprinkle chopped fresh parsley over the top.
9. Serve and savour every bite of your delightful Greek Goddess Salad!

Exemplar by Mrs Perrin

Tillana Rahman

Strawberry Smoothie

What is food waste, food waste is when people throw out perfectly good food that could be eaten by many people. Did you know food rotting in landfill releases methane 28x stronger than carbon dioxide. Food waste is very important to reduce food waste. because if we don't reduce the the high rates of of food waste and it might effect our future. My respie will reduce the waste age of strawberries so that u can enjoy a very yummy smoothie



Prep Time
5 minutes



Cook Time
5 minutes



Servings
2 minutes

INGREDIENTS

1. Milk 1/2 to 1 cup
2. 6 slices of bananas
3. 6 slices of strawberry

EQUIPMENT

1. Knife
2. Blender
3. 2 Cups
4. cutting board

DIRECTIONS

1. First get your ingredients
2. then put your strawberries on your cutting board and slice them into as much slices you would like
3. After you sliced your strawberries get a banana then slice as much pieces you want
4. Then get a cup then pour 1/2 of milk in a cup
5. After get a blender and add in all your ingredients in the blender
6. After your everything is blended pour your smoothie in a cup
7. If you would like add some sliced pieces of either strawberries or bananas or even both



Yogurt delight

BY: BRODY LEWIS

HAVE YOU EVER WANTED A TASTY YOGURT DELIGHT? WELL I HAVE, SO I AM GOING TO SHARE A RECIPE THAT I HAVE MADE MYSELF AND ALSO JUST IN CASE YOU WANT SOME FACTS ABOUT THIS HERE ARE 3: THIS DISH CAN BE USED FOR A AFTER PARTY DESSERT, WHEN YOU HAVE USED ALL YOUR YOGURT AND HAVE SOME FRUIT SLICES LEFT OVER YOU CAN MAKE A BOWL OF THEM TO EAT (WITCH IS A WAY TO REDUCE FOOD WASTE) AND YOU CAN SLICE THE FRUIT UP INTO MORE SLICES TO SERVE MORE.



(this is not what it will look like!)

Ingredients:

- 1) Yogurt (1 half of a tub)
- 2) banana
- 3) razz berry
- 4) apple
- 5) strawberry

Steps for Cooking:

- 1 Collect your ingredients and place them on the cutting board.
- 2 Slice the banana and apple (for the apple remove the core) into how many slices you need/want.
- 3 Scoop up the yogurt and place it into a cup along with placing the fruit in this order: razz berry, Banana, Strawberry and apple (or in any order if you want) and enjoy.

Equipment needed:

- 1) cutting board
- 2) knife
- 3) cup(s)

Skills needed:

- 1) cutting

Prep time:



Cook time:



Serves:



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STUDENT RECIPE





Coluful Berry Smoothie

Do you wonder how much food that has been wasted. Food waste is wasting good food that looks bad but is still edible. Do you know throwing one burger away is the same as a 90 minutes shower. Reducing food waste is good so you don't waste your money. My recipe reduce strawberry, blueberry and milk. Why we should we make it? because it is yummy

INGREDIENTS

Half a cup of strawberry's

Half a cup of blueberry

Half a cup of milk

Quarter cup of Greek youghurt

A drizzel of honey

DIRECTIONS:

1. Gather the ingredients
2. Cut up the fruit
3. Put the milk and youghurt in the blender
4. Add the fruit
5. Put the drizzel of honey in the blender
6. Blend the smoothie
7. Put in cup
8. Drink



MAKELOMIN



BY RYAN.B

Electric Apple Pie

What You Need

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 6 to 7 cups thinly sliced peeled tart apples
- 1 tablespoon lemon juice
- Dough for double-crust pie
- 1 tablespoon butter
- 1 large egg white
- any squishy blueberries



Prep time:25 m
Cook time: 1h
Cool time :10-15m

Don't you hate when you have a squishy blueberry or a bruised apple. the top most wasted food in Australia are vegetables , bread ,fruit,salad and leftovers from dinners. My apple pie will stop bruised apples an squishy blueberries from going in the bin.

- 1.Preheat oven to 375°. In a small bowl, combine sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.
- 2.On a lightly floured surface, roll one half of dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim even with rim. Add filling; dot with butter.
3. Roll remaining dough to a 1/8-in.-thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top. Beat egg white until foamy; brush over crust.
4. Sprinkle with sugar. Cover edge loosely with foil.
5. Bake 25 minutes. Remove foil; bake until crust is golden brown and filling is bubbly, 20-25 minutes longer. Cool on a wire rack.
6. Serve with ice cream.

By Oscar Lawrey

De taco

THE BEST TACO ALSO MAGNIFCO

METHOD

Add a boal of lettis and a boal of taco saws and put it on your table and add coriander if you want extreme taste.

place the meat in the pan and turn the stove up too 180 degrees and ster for 5m then take the meat out and and a boal of cheese then put your tortillas in a microwave for about 5m and then you are ready too eat.

TACO

EQUIPMENT

You will need a wooden spoon to ster and a pan for the meat and then you need about 5 bowls for ingreadents .

INGREADENTS

As Much meat as you want and cheese, about 10 tortillas , coriander and taco saws and there you go the perfect taco ingreadents for your perfect taco



Prep
time

5m

Cooking
time

10m

Packing
up

5m

De taco is a food waist taco witchis cheap and easy to make taco I chose this food because it is one of my favourite foods that also takes no effort and stops food waist by using left over meat and using Levi's from the odd bunch and cheap tortillas.

By Markus
remmers,
and kindof
mason

BERRY BLAST

Smoothie

By Ava A



Prep time



5 mins

Cook time



8 mins

Servings



Per drink

INGREDIENTS



Tall glass



Milk



Vanilla ice cream



Blue berries



Straw



Blender



Raspberry



Strawberry



Knife



Chopping board

METHOD

First wash all the berries in cold water. Secondly place chopping board on the table. Then finely dice the strawberries and put the diced strawberries in the blender. After that put the blue berries in the blender following with the raspberries. Next put 2 tablespoons of vanilla ice-cream in the blender and a quarter cup milk. Once you do that blend until smooth, pour smoothie into a tall glass and add a straw, and honey. Now enjoy!

Did you know that 45% of fruit goes to waste every year in Australia? This caused by extra moisture resulting in mold. Food waste is one of the biggest challenges Australia phases each year. Because of food waste the Australian Government loses \$36.6 billion dollars per year all because of food waste, releasing green house gases. This is just one of the many reasons of why it is so important to reduce food waste. In my Berry Blast smoothie it includes berries, milk, and ice-cream, to reduce berries going to waste.



PREMIUM

VIP

Incredible Chocgurt

Have a Tastful time eating chocolate and yogurt together

Servings

- 1/4 spoon of yogurt
- 2/2 tea spoons of honey
- 1 serving of banana
- 1 serving of cherry
- 2/2 chocolate syrup

Directions

- 1) put the yogurt, chocolate syrup and honey first
- 2) then you whisk the yogurt, chocolate syrup and honey together
- 3) start chopping the bananas, cherries
- 4) finally put the Chocgurt in a bowl ready to eat

Items

- 1) chopping board
- 2) knife
- 3) blender
- 4) whisker
- 5) bowl

INGREDIENTS


- 1) bananas
- 2) cherry's
- 3) honey
- 4) yogurt
- 5) chocolate syrup

Drinks

- 1) tap water
- 2) juice
- 3) chocolate milk
- 4) strawberry milk
- 5) vanilla milk

 Prep Time
10 Minutes

 Cook Time
10 minutes

 Servings
3 to 4 people

James Killoran



Agung (magnificent)

SWEET HONEY CURRY

45

Minutes



Ingredients

White Rice

Chicken slices

Sweet honey sauce

Carrot

Green Beans

Hot water



Method

- place 2 cups on hot water in a bowl of white rice and whisk it and stir it
- put the chicken on an electric stove and cook it between 190 and 200 degrees
- empty the water out of the bowl but try and keep the rice in, then microwave it for 25 minutes
- While the timer is on and the chicken is cooking, cup up the carrots make sure not to put in the ends, BLEH
- if the chicken is done, grab a bowl and put it in then add the rice, the cutter up carrots and the delicious green beans
- Enjoy your meal

Equipment

Electric stove

Chopping board

Knife

Bowl

Microwave

4

Jessica Crick

Serves

Minion Mayhem Smoothie



By Ava S.

Prep time: approx 5 mins

Cook time: at most 10 mins

Serves: 2 (can vary and will depend on the amount of ingredients you use)

Note: You can also use leftovers for decoration.

Note: if you don't have a blender follow the directions but instead purée and mix with a spoon.

Have you ever thought about the food you've recently wasted? Food waste is when we throw out or don't eat perfectly good food. Shockingly, food rotting in landfills around the world release methane 28 times stronger than carbon dioxide. It is important to reduce food wastage because getting rid of global food waste would save 4.4 million tonnes of carbon dioxide from going into the air, that is equal to taking 1/4 of cars off of the road. My smoothie will help reduce food waste by helping use up overripe bananas , almost out of date strawberries , and milk. This will help prevent you from throwing out food, and drink that is safe to eat, and or drink. You might be thinking, " What is the point of making this smoothie", well, by making this smoothie you could both enjoy it, but also help stop and reduce food waste. Who knows,maybe you'll even make friends with the minions!

Ingredients

- One banana (preferably overripe)
- 3 strawberries
- 2 or more (tbsp) ice cream
- 1/2 cup of milk

Tools needed

- Blender
- use spoon (if you don't have a blender)
- use bowl or cup (if you don't have a blender)

Method

Step 1: cut banana into thirds and place it inside of the blender

Step 2: wash strawberries, then either cut off the top or use the top, cut in half and then place inside of blender

Step 3: Next, Add 1/2 a cup of milk to the mix.

Step 4: Then, Add 2 or more (tbsp) of ice cream or yoghurt into the blender.

Step 5: blend until smooth

Step 6: Then finally, enjoy your smoothie

BEAUTIFUL BURRITOS

Serving:
3 serves



Jessica T

Prep/Cook Time:

Prep - 5 minutes

Cook - 20 minutes

Ingridients/

Utensils:

- 3 warps
- 2 can of beans
- 1 lettuce
- salt & pepper
- 2 tomatoes
- 2 carrots
- 1 sour cream cup
- oil
- spatula
- knife
- plates for serving
- 3 soufflé cups
- can opener
- fry pan
- spoon

Method:

1. Open up your wrap and place it on a flat surface.
2. Chop off some lettuce and put it on the wrap.
3. Cut up your carrot and top it on the wrap in a different area.
4. Now pull off your can lid with a can opener and take out the beans with a spoon.
5. Scoop out the beans, an in a different area on your wrap, place it on.
6. Wrap up your wrap tightly and pop it on the fry pan.
7. Turn on the fry pan onto 100 Celsius and let each wrap sit for 10 secs on each side.
8. Serve one in each plate with sour cream on the side in soufflé cups as dipping sauce
9. Tada! You are done, enjoy!





Beautiful Banana Bread



Ethan M



I choose this recipe because it uses many leftovers and is a classic, yummy recipe. I also choose it is a favourite among my family. It includes banana, leftover egg and leftover milk. Feast on this beautiful waste less recipe and enjoy knowing you won't lose your leftovers keep it simple. Add a dash of fruit or other delights.

Ingredients

Over ripe bananas 2
eggs 2
3 cups of flour
Half a cup of milk
2 tbsp of butter melted
banana bread tray
big bowl
mixing spoon

Method

Put ingredients in the bowl (Crack egg and peel banana)
Mix them
Remember to pre heat oven to 260 degrees celsius
Pour mixture in tray
Put tray in oven wait 45 mins
Enjoy!

Burrito

By Max.K

Imagine your coming home from work and want a tasty burrito well I'm here for you! With these ingredients we can also stop food waste!



- **Ingredients:**

Plain white rice or brown rice

Beef burrito filling

Cabbage or lettuce

Corn

Black beans

Red onion

Diced tomato

Cheese

Equipment

Knife

Fork (choice)



The Spectacular Smoothie!

By Angela F!

Have you ever wondered, where does all your expired milk go when you chuck it? Well, food waste is all your's and everyone's food scraps going into the bin. Did you know, all around Australia, 3.7 million households struggle to provide proper meals onto the dinner table. And all that food waste could've helped them! Reducing all that food waste would be as helpful as removing 1.3 billion tons of food waste going into landfills each year! So, The Spectacular Smoothie can help with all that milk, fruits, and other food at the back of your fridge serve you purpose! Furthermore, the food waste in landfills and bins impact heavily into the environment, so using this recipe and some others in the Googah Gourmet cookbook could help reduce all that food waste!

You will need:

- Half a cup of Greek (or normal) Yoghurt
- 3 quarters cup of milk
- blender
- cup/s
- straw/s (optional)



Prep time: 5 mins

Total time: 10 mins



Serves: 2 or 1



Recipe:

- 1.) Prepare your blender, and rinse your fruits with some water and dry with clean towel or tissue.
- 2.) Add your clean fruits into the blender, if something long or big like a banana, split into small bits.
- 3.) Add half a cup of Greek Yoghurt, or regular yoghurt as thickener.
- 4.) Pour in your 3 quarters of milk, put the lid firmly onto the blender, and turn to medium speed.
- 5.) Keep a hand firm on the blender lid to steady the blender. Blend smoothie until even consistency.
- 6.) Once blended, evenly pour into a cup or two, add a straw if you like. And enjoy!

Savory salad



Want a quick snack with your friends, make my savory salad it's quick and yummy. try it now! It also saves food waste because you are using up any leftover veggies

Ingredients: 2 whole cucumber, 5 medium tomato's, feta cheese, oil, salt, pepper, vinegar



Equipment: knife, chopping board, medium bowl, spoon, small serving bowls.

Method:

- 1: chop your veggies into small chunks and place them in the bowl.
- 2: add 2 table spoons of vinegar into the bowl.
- 3: add 1 table spoon of oil.
- 4 add salt and pepper same amount!
- 5 add a sprinkle of feta cheese and enjoy!



By Eva papas





Greek Chicken

Ingredients

Salt
pepper
morenago
olive oil
Chicken
lemon
flour

how long it takes



Method

Sprinkle pepper and salt followed by morenago then set aside for a few minutes pour oil into a deep large frying pan. (use big enough pan so the oil is 1/4 of a inch deep) heat the olive oil medium heat. and then leave the chicken in for about 7-10 minutes total or when the chicken is browned on all sides. transfer the chicken into a large wok then strain the oil from The pot all over the chicken. grab the lemon juice and the flour and put in a small bowl whisk, until There no Clumps. then pour it all over the chicken then cook the chicken on medium to low heat for 20-25 minutes, until cooked threw then serve it with the sauce and enjoy.



Fruit Srewers

Sweety Fruit Srewers

Equipment:

- knife
- Chopping bord
- plate
- spoon

Method:

Start Copping the fruit.

Start getting your fruit Srewers

Start putting the fruit on your fruit
srewers.

Put some Yougurt on your plate

5

Minutes



Ingredients:

- Orange
- Apple
- Pinapple
- Bananna
- Yougurt

4

Serve

Do you want to eat heathy well try the amazing,
tastey Fruit srewers.



Quesadilla

ingredients

4 tortillas

any type of cheese
and mince

Equipment

Stove or pan to heat
up the food

Plates

Method

Firstly you get the tortilla fold into a half and
put the ingredients into the tortilla



4

SERVES



Frosty strawberry sorbet



Method

The first step is to prepare your blender so you can do step 2

The second step is to add 2-3 cups frozen strawberry's. Add 1/4 a cup of lemon juice you can add more if needed. 1-2 tsp of honey into the step 2

The second step is to add 2-3 cups frozen strawberry's. Add 1/4 a cup of lemon juice you can add more if needed. 1-2 tsp of honey into the blender.

The next step is to blend it all together after you have done that you put it all in one tin or a glass tray.

Place the tray into the freezer for 2+ hrs until it has a sorbet consistency

Then your ready to enjoy your cold snack. blender.

The next step is to blend it all together after you have done that you put it all in one tin or a glass tray.

Place the tray into the freezer for 2+ hrs until it has a sorbet consistency

Then your ready to enjoy your cold snack.

By making this recipe you stop food was and make a nice cold snack or a dessert. It stops food waste because if you have strawberry's that are too mushy or you don't feel like straight up strawberry's you make strawberry sorbet. When I've made it they loved it and asked for more.



(Prep time 7min)
(freeze time 2+hr)
total time 2:07+



5-7 serves

Ingredients

- 2-3 cups of frozen strawberry's
- 1/4 cup fresh lemon juice add more if needed
- 1-2 tsp honey

Equipment

- glass tray or tin
- blender
- spoon
- Freezer





CREAMY CARAMEL FRUIT



SALAD!







Have you wanted a fruit salad but in a special way? Well you're in luck! The creamy caramel fruit salad is just for you.

It take a few steps to make your creamy, caramel fruit salad.

Serving Make it, enjoy it, and love it.

Equipment

-  Knife
-  plastic cup or cups in case your making some for your family
-  cutting board
-  spoon or fork

Ingredients

- Fruits (optional)
- caramel syrup
- cream



6

Mins

4

Serving



Method

1. get your equipment and ingredients and place it on the bench or table
2. cut your fruits with the knife on the cutting board.
3. get your plastic cups and throw in your cutted up fruits.
4. put your cream on the top of the fruits.
5. get your caramel syrup and make little dots on the cream.
6. Get your spoon or fork and enjoy!



PREMIUM

VIP

Incredible Chocgurt

Have a Tasteful time eating chocolate and yogurt together

Servings

- 1 tbsp of yogurt
- 2 tsp of honey
- 1 serving of banana
- 1 serving of cherries
- 2 tbsp chocolate syrup

Directions

- 1) put the yogurt, chocolate syrup & honey in a mixing bowl and whisk together
- 2) roughly chop the bananas and cherries and put into a separate mixing bowl
- 3) put ingredients into a blender except bananas and cherries and finely blend until smooth
- 4) finally put the Chocgurt in a bowl ready to eat and season with bananas and cherries on top

Items

- 1) chopping board
- 2) knife
- 3) blender
- 4) whisker
- 5) bowl

INGREDIENTS

- 1) bananas
- 2) cherry's
- 3) honey
- 4) yogurt
- 5) chocolate syrup

Drinks

- 1) tap water
- 2) juice
- 3)chocolate milk
- 4) strawberry milk
- 5) vanilla milk



Prep Time
10 Minutes



Cook Time
10 minutes



Servings
3 to 4 people



Fantastic fruit skewers



method

First wash the fruit .
Then get your knife and
cut up the fruit .
Lastly you can put the
fruit on the skewers .
Then enjoy.

Equipment
knife
copping board
skewers

Ingredients

Raspberries
Watermelon
Mandarine
Pineapple
kiwi
Blueberrys
or any other fruit

**10 minutes
to prepare**

This Delicious recipe will
reduce food waste because
you can use all of your old
fruit or old fruit from the
shops .



FRUIT PIKLETS

14
minutes

8 serves



METHOD

FIRSTLY GRAB A MEASURING CUP THAT SAYS 1/4. THEN GET THE MILK AND FILL IT UP 3 TIMES AND POUR THE MILK INTO THE BOWL. NEXT YOU'RE GONNA WANNA GRAB A FORK AND A BANANA. PEEL THE BANANA, PUT THE BANANA PEEL ASIDE. NOW MASH THE INSIDE PART OF THE BANANA INSIDE THE BOWL. MASH WITH THE FORK FOR 1 MINUTE. GRAB THE EGG AND CRACK IT ON THE SIDE OF THE BOWL. MAKE SURE TO PUT NO SHELLS INSIDE THE BOWL. NOW IT'S TIME FOR THE FUN PART! GRAB YOUR MIXING SPOON AND MIX WHAT'S IN THE BOWL FOR 1 MINUTE! MIX THOROUGHLY. ONCE YOU FINISH MIXING GRAB YOUR FLOUR AND ONE CUP. POUR SOME FLOUR IN THE CUP THEN PUT IT IN THE BOWL. NOW YOUR GONNA GRAB A TBSP AND PUT SOME CASTER SUGAR IN IT THEN AS YOU KNOW PUT IT IN THE BOWL. NOW MIX FOR 30 SECONDS. TURN YOUR ELECTRIC FRYPAN ON, SPRAY SOME CANOLA OIL ON THE PAN, THEN POUR A TINY CIRCLE OF YOUR BATTER ON THE PAN. WAIT A FEW MINUTES THEN FLIP YOU HALF BAKED PIKLETS. NOW FLIP YOUR HALF BAKED PIKLETS. WAIT AGAIN FOR A LITTLE BIT. NOW FLIP IT ONTO YOUR PLATE. NEXT UP WE WILL PUT BLUEBERRIES AND STRAWBERRIES ON TOP. HONEY AND BUTTER AS WELL BUT THEY ARE OPTIONAL. NOW YOU HAVE YOUR PIKLET.

INGREDIENTS

3/4 CUPS OF MILK
MASHED BANANA
1 EGG
1 CUP OF COLE'S
WHITE SELF
RAISING FLOUR
1 TBSP OF CASTER
SUGAR
CUT UP
STRAWBERRIES,
HONEY, BUTTER,
AND BLUEBERRIES
FOR THE TOP

EQUIPMENT

ELECTRIC FRYPAN, MEASURING CUPS, PLATES, FORK AND BUTTER KNIFE, SPATULAS, CANOLA OIL, BOWL FOR MIXING AND A MIXING SPOON



Superb salad

10
mins



4
serves

INGREDIANTS

Lettuce
Tomato(optional)
Cucumber
Chicken
Cheese
Ranch

Equipment
cutting board
knife
bowl
fork

Method

- cut the INGREDIANTS that you want in your salad.
- pull apart you already cooked chicken and set that aside
- then put your vegtebles in the bowl and add your chicken
- drizzle some ranch over you salad(optional)
- lastly put some cheese on top and then mix everything together

BY LAYLA TOD

Agung (magnificent)

SWEET HONEY CURRY

45

Minutes



Ingredients

- White rice
- Chicken slices
- Sweet honey sauce
- Carrot
- Green beans
- Hot water

Method

- place 2 cups on hot water in a bowl of white rice and whisk it and stir it
- put the chicken on an electric stove and cook it between 190 and 200 degrees
- empty the water out of the bowl but try and keep the rice in, then microwave it for 25 minutes
- While the timer is on and the chicken is cooking, cup up the carrots make sure not to put in the ends, BLEH
- if the chicken is done, grab a bowl and put it in then add the rice, the cutter up carrots and the delicious green beans
- Enjoy your meal

Equipment

- Electric Stove
- Chopping board
- Knife
- Bowl
- Microwave



4

Serves

ZEUS'S OMELETTE

This reduces food waste because the left over bacon or chives you can add in healthy and reduces food waste

Ingredients

- :2 pinches of chives
- :2 eggs
- :2 strips of bacon
- :6pinches of cheese
- :1 mushroom

Equipment

- pan
- stovetop
- spatula
- bowl
- whisk/fork
- knife
- teaspoon

How to cook an omelette



First turn you pan up to 3degrees and add some oil to the pan.

Get your bowl and crack the two eggs into the bowl with your whisk, whisk the eggs up until soft and orange



after that add your chives and give a stir so the chives aren't all at the top.

Chop the bacon in to little cubes and cut the mushroom, put the bacon and the mushroom into the bowl and mix



get a sreder and shred some cheese into the bowl teaspoon pour two teaspoons of milk into the bowl and mix.



With your egg batter complete pour it into the pan wait until the top is bubbling and then flip the omelette to the other side



Optional: Once the omelette is off the pan sprinkle some cheese on top of the omelette



Now you have a delichis omelette to enjoy

BEAUTIFUL BURRITOS

Serving:
3 serves



Jessica T

Prep/Cook Time:

Prep - 5 minutes

Cook - 20 minutes

Ingridients/

Utensils:

- 3 warps
- 2 can of beans
- 1 lettuce
- salt & pepper
- 2 tomatoes
- 2 carrots
- 1 sour cream cup
- oil
- spatula
- knife
- plates for serving
- 3 soufflé cups
- can opener
- fry pan
- spoon

Method:

1. Open up your wrap and place it on a flat surface.
2. Chop off some lettuce and put it on the wrap.
3. Cut up your carrot and top it on the wrap in a different area.
4. Now pull off your can lid with a can opener and take out the beans with a spoon.
5. Scoop out the beans, an in a different area on your wrap, place it on.
6. Wrap up your wrap tightly and pop it on the fry pan.
7. Turn on the fry pan onto 100 Celsius and let each wrap sit for 10 secs on each side.
8. Serve one in each plate with sour cream on the side in soufflé cups as dipping sauce
9. Tada! You are done, enjoy!





Fried rice



ingredient
diced chicken
red and green
capsicum rice
spring onion
and
seasonings



Equipment
some sort
of pan or a wok
inperitcular witch I
use I think an non
stick pan is the best
and a spatula a knife
and a cutting board .

Method

first we use the knife to dice the whatever vegetable you have here is a tip **make sure your vegetables are very small** so it can cook very evenly and fast then we turn on are stove and put are pan or wok in and then wait 30 seconds and when you put your hand over the pan and make sure it's hot **make sure do not touch your pan or you will burn your self** then if your pan is hot then you add **1/4 cup oil** then you add your vegetable in and keep on mixing it and then you put your lid on and then wait for 35 seconds and then you mix then you put **2 table spoon of salt** and **3 table spoons of pepper powder** and then you put **3 table spoon of chili flakes** then you mix all that together then you add **mixed herbs some oregano** and then mix all that again then **put you heat on low then add crack your 4 eggs** then mix all that together then **make sure you have at least one day old cooked basmati rice or Jasmin rice** both of the are the best rice for fried rice then you add your **12 cups rice** in to your pan / wok then you **mix very carefully so the rice does not turn in to mashed potato** so then you put your heat on low then mix every 10 minutes 3 times then serve with some **thinly slice of spring onion on top**. now this **should be able to serve 6 people in total** . Now this is the end of my fried rice recipe I hoped you all liked it now this what it should look like .

Banana Bread

By Aliyyah

Have you ever thought about food waste going in the bin?

Food waste is about throwing food in the bin even though its good to eat.

7.3 million of food is thrown away every year.

There's some homeless people that need some and if you don't want it just give it to someone.

How does my chosen recipe reduces food waste Bananas, Eggs and butter.

What is the main idea of this paragraph for the concluding sentence? By using 3 ripe bananas.

Have you wanted some delicious banana bread? You will need 3 ripe bananas, mashed 1 melted butter, 1/2 cups all-purpose flour, 1 teaspoon of baking soda, 1 teaspoon of salt and 1/3 cup of walnuts.

The equipment we need is Zoji Virtuoso Plus.

It takes 1 hour and 10 minutes



Easy Peasy

50
minutes



Ingredients
pan, large bowl, whisk or fork, mix with hands and a spatula

Banana Bread

YOU'LL NEED

3 ripe bananas
1 cup white sugar
1 egg
1/4 cup melted butter
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon

ALL YOU HAVE TO DO

1. Mash bananas with a fork.
2. Preheat oven to 325° F (165° C). Grease your loaf pan.
3. Combine bananas, sugar, egg, and butter together in a bowl.
4. In a separate bowl, mix flour and baking soda. Stir into the banana mixture.
5. Add salt then pour into pan.
6. Bake in the oven for about 1 hour.

MEXICO

Magnífico Taco

The best taco in the world also De
Taco - MasonW



17mins

ingredients

- mince
- hard shell taco
- lettuce
- cheese
- chicken brestes
- taco sauce
- top-table

Equipment

- knife
- electric stove
- chopping board
- top-table

7-10
serves

Method

Have ever eaten a taco, because if you did I bet you liked it. I bet you've never tasted anything like my Senior Taco. It like something from the heavens. It would make your mouth water. So please keep reading make it for yourself.

ffirst of all you need to warm the pan up to any temperature enough to cook mince. Then you must cook the mince in the pan. While the mince cooks cut the veg and get it ready. Then grab the taco shells and put the mince and veg on then your ready to eat



Beautiful Banana Bread



Serves



I chose this recipe because it uses many leftovers and is a classic, yummy recipe. I also chose it is a favourite among my family. It includes banana, leftover egg and leftover milk. Feast on this beautiful waste less recipe and enjoy knowing you won't lose your leftovers keep it simple. Add a dash of fruit or other delights.

Ingredients

Over ripe bananas 2
eggs 2
3 cups of flour
Half a cup of milk
2 tbsp of butter melted
banana bread tray
big bowl
mixing spoon

Method

Put ingredients in the bowl (Crack egg and peel banana)
Mix them
Remember to pre heat oven to 260 degrees celsius
Pour mixture in tray
Put tray in oven wait 45 mins
Enjoy!

Yogurt delight

BY: BRODY LEWIS

HAVE YOU EVER WANTED A TASTY YOGURT DELIGHT? WELL I HAVE, SO I AM GOING TO SHARE A RECIPE THAT I HAVE MADE MYSELF AND ALSO JUST IN CASE YOU WANT SOME FACTS ABOUT THIS HERE ARE 3: THIS DISH CAN BE USED FOR A AFTER PARTY DESSERT, WHEN YOU HAVE USED ALL YOUR YOGURT AND HAVE SOME FRUIT SLICES LEFT OVER YOU CAN MAKE A BOWL OF THEM TO EAT (WICH IS A WAY TO REDUCE FOOD WASTE) AND YOU CAN SLICE THE FRUIT UP INTO MORE SLICES TO SERVE MORE.



(this is not what it will look like!)

Ingredients:

- 1) Yogurt (1 half of a tub)
- 2) banana
- 3) razz berry
- 4) apple
- 5) strawberry

Steps for Cooking:

- 1 Collect your ingredients and place them on the cutting board.
- 2 Slice the banana and apple (for the apple remove the core) into how many slices you need/want.
- 3 Scoop up the yogurt and place it into a cup along with placing the fruit in this order: razz berry, Banana, Strawberry and apple (or in any order if you want) and enjoy.

Equipment needed:

- 1) cutting board
- 2) knife
- 3) cup(s)

Skills needed:

- 1) cutting

Prep time:



Cook time:



Serves:



GOOGONG
Public School



DELECTABLE BLUEBERRY STRAWBERRY YOGHURT CREAM



EQUIPMENT

5 SMALL BOWLS

1 SPOON

1 LARGE BOWL

INGREDIENTS

GREEK YOGHURT

7 STRAWBERRIES

13 BLUEBERRIES

PURE VINEGAR



SERVINGS

5

PREP

TIME

10 MINS



STEP 1: POUR THE VINEGAR INTO THE BIG BOWL AND PUT THE STRAWBERRIES AND BLUEBERRIES INTO THE VINEGAR FOR 5 MINS

STEP 2: PUT 3 SCOOPS OF GREEK YOGHURT IN THE SMALL BOWLS

STEP 3: CUT UP THE STRAWBERRIES AND PUT THE BLUEBERRIES IN THE YOGHURT WITH THE STRAWBERRIES

STEP 4: ENJOY YOUR DESSERT!





Charming

CHOC-BERRIES



This easy and yummy snack reduces food waste by using your leftover strawberries (that are just chilling in your fridge) so they don't go to waste.

-Ingredients-

- strawberries
- milk or dark chocolate
- white chocolate

-Equipment-


- microwave
- spoon -fork
- bowl -plate

-Method-

1. Grab your strawberries and wash them and leave them to dry on a plate.
2. After the strawberries are washed grab your (snapped) chocolate blocks (milk or dark) and put them in a bowl.
3. Put your bowl in the microwave and melt it for 1 minute and stir it with a spoon. If it is not fully melted, melt it for another 30 seconds and stir.
4. Get your strawberries after they are done drying and dip them in the melted chocolate and put them on a plate.
5. (OPTIONAL) After the chocolate has hardened, grab your white chocolate and melt it in a microwave for 1 minute and stir.
6. (OPTIONAL) Get your fork and drizzle the white chocolate on the chocolate covered strawberries for garnish.

NOW YOUR CHOC-BERRIES ARE READY TO EAT !

 15 minutes

 makes 4 serves

MADE BY
Lucienne Lee





RILEYS FUN FRUIT SALAD



4 SERVES



ABOUT 10
MINUTES
MAKING AND
5 MINUTES
PREP TIME

EQUIPMENT NEEDED

BOWL,
KNIFE,
CHOPPING BOARD

RECIPE

FRIST STEP IS TO WASH ALL YOUR FRUIT

NEXT STEP IS TO GET 4 KIWI FRUITS AND SLICE ABOUT 2CM EACH SLICE THEN PUT THEM INTO THE BOWL

NEXT STEP IS TO GET 10 SRAW BERRIES AND CUT THEM ALL IN HALF GOING LONGWAYS THEN PLACE INTO BOWL

NEXT STEP IS TO GET ABOUT 20 BLUEBERRIES AND PLACE INTO BOWL

NEXT STEP IS TO GET 2 ORANGES AND CUT THEM INTO QUARTERS WITHOUT THE SKIN AND THEN PLACE INTO BOWL

AND THEN STIR ALL THE FRUIT AND MIX IT UP AND THERE YOU HAVE IT RILEYS FUN FRUIT SALAD

HOW IT REDUCES FOOD WASTE

REDUCES FOOD WASTE BY USING FRUIT THAT IS BAD OR PEOPLE DON'T EAT

HOW IT REDUCES FOOD WASTE

REDUCES FOOD WASTE BY USING FRUIT THAT IS BAD OR PEOPLE DON'T EAT



SMOOTHIE SUNSHINE

Did you know we waste over a million dollars a year? Did you know reducing food waste could save the Earth? According to a company called Oz Harvest, fruit with bruises and blemishes are completely edible and all you have to do is cut it off if you don't want to eat it! In this recipe, use fruit that you usually chuck out, and make an amazing banana and strawberry smoothie!

Introducing the Smoothie Sunshine!

INGREDIENTS:

- . One banana (frozen)
- . Two cups of strawberry (halved)
- . Ice
- . 1/2 yoghurt
- . 1/2 milk
- . Blender
- . Cups
- . Straws

METHOD:

- 1: Put all of the ingredients into your blender, or smash the fruit and ice together.
- 2: Add in the yoghurt, and mix it up with the blended ingredients.
- 3: Add in toppings of your choice.
- 4: Serve it to your friends or family and enjoy!



Serves 2-3



5 mins prep time

ANGELINA
DOAN

ALL BERRY BLAST AÇAÍ BOWL

DID YOU KNOW THAT FOOD WASTE IS OFTEN OVERLOOKED IN THE CLIMATE CHANGE. BUT IN FACT IT'S A MAJOR CONTRIBUTOR RESPONSIBLE FOR 8-10% OF GLOBAL GREEN HOUSE GAS EMISSIONS. EDUCATING OTHERS ABOUT THE DAMAGING ENVIRONMENTAL EFFECTS OF FOOD WASTE CAN HELP

PREP = 10 MINS

SERVES = 2

COST = \$5

A nice delicious treat with a nice berry hit with a delish side of granola and berries to have a cool refreshing cold hint of peace.

A-LOT.

method

- s1 Wash your hands
- s2 Get frozen berries
- s3 Wash the berries
- s4 Put the berries in the blender
With a little bit of ice
- s5 Blend if too hard add a tiny bit of milk
- s6 Put the acai base in a bowl
- s7 please WASH the blender after
- s8 Add toppings | prefer granola , strawberries you can add any though

Equipment

blender

bowl

sink

spoon

ingredrents

frozen berries
granola
fresh strawberries
milk



Won't look like this exactly

THE SLAYING SUSHI

This recipe reduces food waste by using the food that's sits in your fridge and pantry rotting when I could be used in a recipe.

PREP TIME: 5 MINUTES

COOK TIME: 10-15 MINUTES

INGREDIENTS:

NORI

TUNA

AVOCADO

CUCUMBER

SOY SAUCE

MAYONLAISE





Ayla's Amazing Apple Turnover



- 2 cups small diced (peeled) apples
- 1 Tablespoon brown sugar
- 1/2 teaspoon cinnamon
- 1 Tablespoon lemon juice
- 1 package frozen puff pastry (2 sheets)
- Flour, for dusting table
- 1 large egg, whisked

prep time 10min cook time 18 min total 28min

You walk through the front door what do you smell is cake is it chicken no it's ayla's amazing apple turnover. Food waste is when people throw out perfectly good food like bruised apples and brown bananas Australians waste 7.6 million tonnes of food each year and guess what 70% of it is actually perfectly good to eat. It is important to reuse foods that would usually end up in waste like with brown bananas you can make banana bread or bruised apples you could make apple turnover. This recipe helps reduce food waste because it uses apples and apples usually go to waste.

- Preheat the oven to 400°F. Line two baking sheets with parchment paper or Silpats.
- In a large bowl, stir together the apples, brown sugar, cinnamon and lemon juice.
- Unfold the puff pastry sheets onto a lightly floured table. Using a rolling pin, gently roll over the pastry to seal any perforations then cut each sheet into 4 squares.
- Using a slotted spoon, scoop a portion of the apple mixture into the center of each puff pastry square then fold the pastry across diagonally to form triangles. Using a fork, crimp together the edges then transfer the turnovers to the prepared baking sheets, spacing them at least 2 inches apart.
- Cut three small slits in the tops of each turnover then brush them with the egg. Sprinkle the turnovers with the sanding sugar (optional).
- Bake the turnovers for 17 to 20 minutes or until they're golden brown and puffed. Transfers the turnovers to a rack to cool then serve warm or at room temperature.

RAINBOW SALAD ROLL



Time Required:
40 Minutes



Servings: 6

Ingredients:

1/2 lettuce

1 tomato

1 sliced beetroot

1 tablespoon low fat
mayonnaise

1/2 grated carrot

5 bread buns

grated cheese

Steps for Cooking:

get buns and spread the mayonnaise

place leaf of lettuce onto the roll

slice tomato thinly

Place on tomato

and place a slice of beetroot

Sprinkle on cheese and carrot

BLUE BERRY BONAZA SMOOTHIE

EQUIPMENT

CUP
BLENDER
MEASUREING
CUPS



INGREDIENTS

- 1 A CUP OF MILK
- 2 A HALF CUP OF YOGURT (OF YOUR CHOICE)
- 3 ONE THIRD CUP OF RASPBERRIES
- 4 A HALF CUP OF BLUEBERRIES
- 5 WHIPPED CREAM (OPTIONAL)



WHY YOU SHOULD MAKE IT

DID YOU KNOW THAT IN AUSTRALIA ALMOST HALF OF ALL FRUIT AND VEG MADE IS NOT GOING TO GOOD USE? THAT IS FOOD WASTE AND ITS WHERE SOMEONE THROWS OUT A PERFECT APPLE OR BANANA BECAUSE IT HAS A BRUISE OR A BROWN SPOT. THIS STOPS WITH ME WITH THIS REVOLUTIONARY SMOOTHIE YOU CAN GET THOSE BRUISED FRUITS AND REFRESH YOUR SELF WHILE SAVING GOOD FOOD AND MONEY.

STEPS TO SUCCESS

- 1 PUT THE MILK AND YOGURT IN THE BLENDER BUT DON'T BLEND YET
- 2 PUT THE RASPBERRY'S AND BLUEBERRYS IN THE BLENDER THEN BLEND FOR TWO MINUTES
- 3 CAREFULLY POUR YOU SMOOTHIE FROM THE BLENDER CUP TO YOUR CHOSEN CUP
- 4 IF YOU WANT SPRAY SOME WHIPPED CREAM ON YOU SMOOTHIE.
- 5 AND ENJOY.



15-20
minutes

MOUTH WATERING

STRAWBERRIES



Did you know Australia is the tenth most wasteful country in the world? Food wastage is what I mean. Food wastage is throwing away perfectly good food with a little bruise or just because it looks odd. OzHarvest states 2.5 million tonnes of food a year is wasted and they hope that by 2030 it will be halved. OzHarvest also says that 940 billion dollars each year is wasted and 793 people are under-nourished. Potatoes, bread slices and apples are the most wasted. It is important to not contribute to food wastage and if not more green house gases will be released.

My recipe will reduce food wastage and you will still be able to have a delicious dessert that's also healthy.

INGREDIENTS:

- how many strawberries you want
- dark chocolate bar x2

EQUIPMENT:

- microwave
- skewersx20
- bowls x2
- plate x1

METHOD:

- Firstly break up the chocolate bar into small peices and put into a bowl
- Secondly you put the chocolate in the microwave until the chocolate melts
- Next put all of the strawberries on a plate and put the skewers in them
- Lastly dip the strawberries in the melted chocolate then

ENJOY!

BY SOPHIE DALY



Blueberry Bliss Smoothie

Imagine looking in your fridge and 1/3 of it is gone! Well that's how much you waste in a single trip to the shops! According to OzHarvest, an average family spends \$2000-\$2500 dollars a year on food that is thrown away!

Why you should make smoothies, they are a great way to use up fruits and veg, even if they have a bruise.

Ingredients

- 1/2 cup blueberries
- 1/2 cup raspberries
- 3/4 cup yoghurt
- 1 table spoon cinnamon
- 1 table spoon honey

Materials

- Blender
- measuring cups



Method

- 1: Gather ingredients and materials.
- 2: Plug in a the blender into a power point put all of the ingredients into the blender and blend it will have a purple colour like the picture above.
- 3: Pour the smoothie into a cup of your choice and you can put a straw in if you want to. Now enjoy your smoothie.

Serves

1-3
people

Prep time

5 mins

Theodore McGinness



PANCAKE

you know over 1.3 billion tons of food gets waste each year. People buy or cook too much or they do not eat the food they have then the food be comes inedible before people eat it. If one quarter of the food currently lost of wasted could be saved it would be enough to feed 870 million hungry people.

INDREDIENTS

FLOUR CUP 4
1 BANANA
1/2 CUP MILK
1 EGG



METHOD

1

IN A MEDIUM BOWL, SIFT THE FLOUR 4 CUPS AND MIX IN THE SUGAR AND SALT.

2

WHISK IN THE BUTTER, EGG AND MILK UNTIL A SMOOTH BATTER FORM.

3

STIIR IN THE MASHED BANNAN

4

HEAT A FRYING PAN OVER MADIUM HEAT AND ADD WITH BUTTER.

15 min



POUR 1/4CUP MEASURES OF BATTER INTO THE FRYINGPSN. COOK UNTIL BUBBLES FROM ON TOP AND FLIP AND COOK THROUGH.

5

Gurveer and Caleb



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SPARKLING SUSHI



Ingredients

Cook time

1 h 15 min

Soy sauce

TOBIKO
PRAWN

CRAB
CARROT

AVACADO

SEAWEED

RICE

servings



cost per serve

2.50



1. Step one to make sushi first you get out your sushi roller and then get out all you ingredients and get your sea weed first and then cook your rice for twenty minutes and then take it out of the microwave and then put your rice on the sea weed and then put on the carrot prawn crab and cucumber and then serve

away

Did you know Australia is wasting 73 million tonnes of food a year but the biggest problem is our homes are the cause of food wastage in the first place



Smooth Sushi



Did you know that according to Oz Harvest food waste cost the global economy nearly \$1 trillion dollars each year? while 700 million people still go hungry, according to food bank it takes 25 years just for a head of lettuce to grow and people just chuck it out that is why you should make healthy food like sushi.

ingredients:

- sushi rice
- 10 crisp prawns (optional)
- dried seaweed
- one cucumber (optional)
- 5 carrots (optional)
- mayonnaise
- lettuce
- avocado
- soy sauce

Materials:

- sushi roller
- knife
- Chopping board

Time
10/15 min

serves
4

method:

- first take out a slice of dried seaweed.
- Next put the sushi rice on the seaweed.
- Cut up the cucumber and carrots, avocado
- next put the lettuce in with the crisp prawn.



ALL BERRY BLAST AÇAÍ BOWL

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A nice delicious treat with a nice berry hit with a delish side of granola and berries to have a cool refreshing cold hint of peace.

A-LOT.

method

- s1 Wash your hands
- s2 Get frozen berries
- s3 Wash the berries
- s4 Put the berries in the blender
With a little bit of ice
- s5 Blend if too hard add a tiny bit of milk
- s6 Put the acai base in a bowl
- s7 please WASH the blender after
- s8 Add toppings | prefer granola , strawberries you can add any though

Equipment

blender

bowl

sink

spoon

ingredrents

frozen berries
granola
fresh strawberries
milk



Won't look like this exactly

Perfect Passionate Pasta

Have you ever wanted 2 minute noodles but don't have any? Well I have the perfect solution for you. That is healthier and will make you forget about 2 minute noodles. Did you know there is enough food to feed the whole world. Some people think food waste is just throwing out an old banana or a rotten apple. Well food waste is throwing out an apple because it may have a bruise when we really want to think about all the kids that don't have any food and we should eat any way. Which leads to climate change and green house gasses.



20

minutes



2 people

Ingredients

500g - shell Pasta
1 tbsp unsalted butter
1 tsp -olive oil
6 - garlic cloves, minced
400ml thickened cream
 $\frac{1}{2}$ cup chicken stock or vegetable stock
60g parmesan cheese freshly grated
120g Baby Spinach
flat leaf parsley, roughly chopped

Materials

Pot
Spoon
Stove top
Pan
Big metal spoon
Tea spoon
Bowl
Measuring cups

1. Get your shell pasta and fill a pot with water then put your pasta in a pot.
 2. In a large pan place butter garlic and oil. Let the butter melt in the pan over medium heat Add in the chicken stock & bring to a boil, mixing well. Once boiling, add in the thickened cream make sure it doesn't brown.
 3. add in the chicken stock & bring to a boil, mixing well. Once boiling, add in the thickened cream.
 4. add in the spinach, and cheese mix through until it's smooth
 5. transfer the pasta into into the sauce
- Finally serve into two large bowls and done.

Ryleigh Gafa

Phenomenal Omelettes

Have you ever wanted to make a meal, but the ingredients didn't look like how you would picture it, so you threw it away? You probably have or know someone who has, but, don't throw it away, because, 7.6 million tones go to waste in Australia! We can stop that if you use recipes that include the top 5 foods that go to waste. (Bread, bananas, bagged lettuce and salad, milk and meat.)

Ingredients

- Salt and pepper
- Vegetables
- Olive oil
- Cheese
- Onion
- Salted butter
- Minced garlic
- Eggs



2 eggs will make an omelette for one, and 4 eggs will make an omelette for 2



Cook for up to 6 minutes. Watch to make sure it doesn't burn!

Method

- Whisk Spray 8-inch (20 cm) non-stick skillet with cooking spray. Heat over medium heat.
- When eggs are almost set on surface but still look moist, cover half of omelette with filling
- Cook for a minute, then slide omelette onto the plate

SMOOTHIE SUNSHINE

Did you know we waste over a million dollars a year? Did you know reducing food waste could save the Earth? According to a company called Oz Harvest, fruit with bruises and blemishes are completely edible and all you have to do is cut it off if you don't want to eat it! In this recipe, use fruit that you usually chuck out, and make an amazing banana and strawberry smoothie!

Introducing the Smoothie Sunshine!

INGREDIENTS:

- . One banana (frozen)
- . Two cups of strawberry (halved)
- . Ice
- . 1/2 yoghurt
- . 1/2 milk
- . Blender
- . Cups
- . Straws

METHOD:

- 1: Put all of the ingredients into your blender, or smash the fruit and ice together.
- 2: Add in the yoghurt, and mix it up with the blended ingredients.
- 3: Add in toppings of your choice.
- 4: Serve it to your friends or family and enjoy!



Serves 2-3



5 mins prep time

**ANGELINA
DOAN**



Beautiful Banana Smoothies



Have you ever thrown out food before? Maybe, a burger? Well the water wasted in that is equivalent to a 90 minute shower! Over 1 million meals are thrown out daily and 2.5 billion tonnes of food are wasted each year.

By making this recipe, the not so appealing bananas will be eaten in a jiffy, and it doesn't use many ingredients, so any left over yoghurt will have a place to go!

Ingredients

- 2 Bananas- they don't have to be perfect!
- 3/4 tsp vanilla extract
- 2 tbs honey
- 1/2 cup vanilla yoghurt
- Ice (optional)

Method

1. drop the bananas into the blender container.
2. Add the yoghurt into the blender as well, do the same with the all other ingredients .
3. Screw on the lid, attach to the blender and blend.
4. Blend until the mixture is smooth and once it's ready, pour it into a glass.

Materials

- Measuring cups
- Measuring spoons
- Blender

Enjoy!

Kiara S



Berry Tasty Smoothie

Did you know that every year Australia wastes about 7.6m tonnes of food waste! That is enough to fill 13,000 olympic swimming pools! And adding to that up to 10% of global greenhouse gases comes from food that is produced, but not eaten. But there are ways that we can stop food waste like if we see food that we think is rotten don't just throw it out, try and make it into another dish.

Ingredients

- 1 cup chopped strawberries
- 1 cup raspberries
- 1 cup greek yoghurt
- 1/2 cup sugar/sweetener
- 2 cups soy milk
- 1 chopped banana
- 2 tablespoons honey
- optional garnish: mint leaves and fresh berries

Equipment

- blender
- straw
- measuring cups
- spoon

Method

- 1) place the soy milk, berries, yoghurt, honey and sugar into the blender and blend until smooth and creamy. If the smoothie seems too thick then put more milk in (1/4 cup)
- 2) Taste and pour into two glasses. Garnish with fresh berries and mint sprigs.



1 - 2



5 - 6 mins



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SUSHI

Sushi oh sushi my favourite food!

but did you know that sushi can help food waste but how? well you can use bendy carrots, prawns, dark avocado, instead of chuking it out



15/25 minutes to make
per serves 5 roles

Ingredients

rice, avocado, prawns,
seaweed, crab, salmon,
cucumber, chicken, carrot,
fish eggs, soy sauce.



Materials
sushi roler

Perfect Poke Bowl

Did you know that eliminating global food waste could save 4.4 million tonnes of CO2! CO2 causes climate change and we could save the planet. Wasting food is worse than emission from flying, and one third of all food is wasted.

In this dish even if these vegetables aren't perfect this is a great recipe to make.

Ingredients

- 2x 250g microwaveable rice
- 500g large prawns
- 1 tbsl sesame seeds
- 2 cups white and red cabbage
- 2 small avocado sliced
- 1 cup shelled edamame beans
- 1 bunch of radish's
- 1/3 cup pickled sushi ginger
- 1/3 cup gluten free mayonnaise to serve
- lime wedges to serve

4 15

Servings Minutes

Instructions

- Peel prawns keep tails intact and store in fridge until ready to serve
- Heat rice according to packet instructions. Stir through sesame seeds then divide between 4 bowls
- Arrange prawns, shredded cabbage, edamame beans, avocado, radish and pickled ginger over the bowls. Drizzle over spicy mayonnaise, then serve poke bowls with lime wedges on the side.



Popping Portuguese Tarts

Did you know that there are societies trying to reduce food waste. Oz harvest is a local charity that helps reduce food waste by going to super markets like Woolworths and taking food that look weird or they don't want and give it to Oz harvest and uses it to make meals for people in need.

Ingredients:

- 3 egg yolks
- 115g caster sugar
- 2 tbsp cornflower
- 230ml cream
- 170ml milk
- 2tsp vanilla extract
- 300g rolled puff pastry

Equipment:

- 12 hole 80ml muffin tray
- Frying Pan
- Bowl
- Whisk
- Knife
- Rolling Pin
- Wire Rack



Instructions:

1. Lightly grease 12 hole cupcake pan.
2. Mix the egg yolks sugar and cornflower in a pan and whisk together (whisk instil smooth).
3. Put the pan over a medium heat and cook, stirring occasionally so it doesn't burn on the bottom. Stir until starts to boil. (Don't over stir or it will split). Remove from heat and add the vanilla extract. Transfer the mixture to a bowl and cover with cling wrap/cling film. Then let it cool.
4. Preheat an oven 200c
5. Cut the pastry sheet in half, put one on top of the other for 5 minutes. Roll up the pastry tightly around the short end cut the log into 12x10cm rounds. Lay each circle on a floured surface use a rolling pin to roll into 10cm in diameter.
6. Place the pastry into the muffin tin. Spoon the custard in the pastry and bake for 29-25 minutes or until the pastry and custard are golden then transfer to wire rack to cool.

Cook time



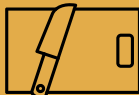
25 mins

Additional time



2 hours 35 minutes

Prep time



1 hour

Serves



Phenomenal Spaghetti Bolognese

Did you know Australia wastes 7.6 million tonnes of food each year? According to Oz Harvest, food waste is fruit and vegetables that get thrown out when they are perfectly fine.

Spaghetti Bolognese has vitamin B12 and iron which help support muscle growth. This is how you make spaghetti bolognese.



Steps:

Ingredients:

- 500g beef minces
- 1 tbsp olive oil
- 2 carrot
- 1 tomato
- cheese
- 2 medium onions
- 1 celery
- 2 garlic cloves
- 2-3 sprigs of rosemary leaves
- 200g Spaghetti half a packet

1. Place spaghetti in a pot of boiling water on stove. Cook for 10 minutes.
2. Spray a frying pan with oil.
3. Gently cook onion and garlic until soft.
4. Spray frying pan with a little more oil add brown mince, breaking up with a wooden spoon.
5. Add in celery and carrot, reducing heat to medium, stirring constantly, for 3-5 minutes.
6. Once vegetables have cooked through add tomatoes to pan.
7. Stir over high heat for 5 minutes.
8. Once spaghetti is cooked, drain the water and serve onto a dinner plate.
9. Top spaghetti with a scoop of the meat bolognaise sauce
10. Sprinkle with cheese

Equipment:

- chopping board
- knife
- casserole
- frying pan
- wooden spoon
- spatular



25 minutes



3-4

Jaelya



AUTHENTIC BURRITOS

INGREDIENTS

- 
- FLOUR TORTILLAS
 - REFRIED BEANS
 - 250G COOKED RICE
 - 500G OF LEFTOVER BEEF MINCE
 - 250G GRATED CHEESE
 - 1 RIPE AVOCADO



20-30 MINUTES





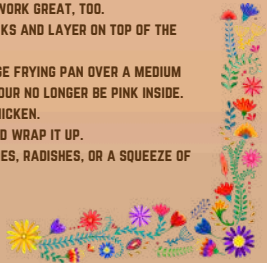
FOUR

MATERIALS

- CUTTING BOARD
- KNIFE
- FRYING PAN
- PLATE
- OIL
- CLEAN HANDS

DID YOU KNOW THAT THE FOOD WASTED IN AUSTRALIA CAN FILL A FOOTY FIELD 10X AND DESPITE ALL THAT PEOPLE ARE STILL WASTING FOOD. THE FOOD WASTE PROBLEM IS COSTING THE AUSTRALIAN ECONOMY \$36.6 MILLION DOLLARS. FOOD WASTE IS FEEDING CLIMATE CHANGE INSTEAD OF STOMACHS. THIS RECIPE MINIMISES FOOD WASTE BECAUSE IT USES FOOD THAT YOU WILL NORMALLY THROW OUT.

METHOD

- 
- 
- 
1. WARM THE SOFT TORTILLA IN THE MICROWAVE FOR 35-45 SECONDS.
 2. USING THE BACK OF A SPOON, SPREAD A THIN LAYER OF THE REFRIED BEANS OVER EACH TORTILLA, ALMOST TO THE EDGE. THE REFRIED BEANS HELP TO HOLD THE INGREDIENTS AND TORTILLAS TOGETHER.
 3. ADD COOKED RICE, AGAIN SPREADING WITH THE BACK OF A SPOON, LEAVING A GAP OF ABOUT 3CM FROM THE EDGE OF THE TORTILLA.
 4. ON TOP OF THE RICE, ADD SLICED AVOCADO FORMING A RECTANGULAR SHAPED "COLUMN". FRESH INGREDIENTS LIKE LETTUCE, RED CABBAGE, OR TOMATO WORK GREAT, TOO.
 5. USE A FORK TO SHRED THE LEFTOVER CHICKEN INTO BITE-SIZED CHUNKS AND LAYER ON TOP OF THE COLUMN OF AVOCADO.
 6. ALTERNATIVELY, TO PREPARE UNCOOKED CHICKEN, PLACE OIL IN LARGE FRYING PAN OVER A MEDIUM HEAT, ADD THE CHICKEN AND COOK UNTIL THE MEAT IS GOLDEN IN COLOUR NO LONGER BE PINK INSIDE.
 7. SPOON A DOLLOP OF SALSA ON TOP OF THE CHICKEN.
 8. SPRINKLE THE BEEF MINCE ON TOP OF THE SALSA AND WRAP IT UP.
- OPTION: ADD YOUR FAVOURITE MEXICAN GARNISHES LIKE CORIANDER, CHILLIES, RADISHES, OR A SQUEEZE OF LIME.

MADE BY EISA SYED

Carrot saving Spaghetti

2 serves



20-30 min



Ingredients

- 1.300 g Beef
2. 2 tsp olive oil
3. 250 ml strained tomatoes
4. 2 whole old carrots
5. half a clove of garlic
6. 200 g Spaghetti
7. (optional) parmesan cheese
8. (optional) pepper
9. (optional) salt
10. (optional) extra carrot

Did you know there are companies that help with food waste?

According to OzHarvest since 2004 they have made around 250 million meals out of perfectly good food that nobody wanted. These meals have been given to people without access to meals.

Have you ever thrown out a wrinkly carrot from your fridge. Well grab your carrots and start cooking with my carrot saving spaghetti bolognese.

Method

1. Fill a pan half way with boiling water and add salt.
2. Add the spaghetti to the water.
3. Chop the garlic and parsley.
4. Grate the carrot and pour the oil into a medium sized pan
5. Add the chopped veggies and the beef leave for 2-3 mins
6. Add strained tomatoes and your carrot to the meat.
7. Drain the water from the spaghetti add the meat and spaghetti into a boll and Enjoy!

Charlotte Green



Dripping Soy Sauce Sushi

Have you ever wanted to know about food waste? Food waste is bad for the environment, the most wasted food is fruit and vegetables. 1/3 of all food produced globally goes to waste, that's 931 million tones! When food ends up in landfill it produces methane, a toxic greenhouse gas which damages the environment. In Australia over 7.6 million tones of food get wasted every year. If you have a brown avocado use it up in this recipe. And Do the same with rice.



Ingredients

- 6 sheets of seaweed
- 1 cup of rice
- 226 grams of salmon
- 113 grams of cream cheese sliced into strips
- 1 avocado sliced
- soy sauce to serve

Materials

- rice paddle
- sharp knife
- bamboo mat

Instructions

Place the seaweed on a bamboo mat, then cover the sheet of seaweed with an even layer of prepared sushi rice. Smooth gently with a rice paddle. Layer salmon, cream cheese, and avocado on the rice, and roll it up tightly. Slice with a sharp knife, and enjoy right away with soy sauce.

Serves



6 rolls

Prep time



15 minutes



FRENCH TOAST RECIPE

- choco style -



INSTRUCTIONS

1. Crack egg(s) into bowl
2. take any bits of shell out of the bowl, put shell(s) in bin
3. add milk
4. mix
5. soak bread in egg mix
6. cook bread and flip mid way
7. add honey (optional)
8. add cinnamon (optional)
9. add chopped banana (optional)

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TOOLS

Pan
Bowl
Fork
Chop board
knife

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INGREDIENTS

Bread -1 per person
Egg -1/2 people
Bananas
Milk
honey
Cinnamon

SKILLS

Chopping	30mins
Mixing	30mins

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PANCAKE

you know over 1.3 billion tons of food gets waste each year. People buy or cook too much or they do not eat the food they have then the food be comes inedible before people eat it. If one quarter of the food currently lost of wasted could be saved it would be enough to feed 870 million hungry people.

INDREDIENTS

FLOUR CUP 4
1 BANANA
1/2 CUP MILK
1 EGG



METHOD

1

IN A MEDIUM BOWL, SIFT THE FLOUR 4 CUPS AND MIX IN THE SUGAR AND SALT.

2

WHISK IN THE BUTTER, EGG AND MILK UNTIL A SMOOTH BATTER FORM.

3

STIIR IN THE MASHED BANNAN

4

HEAT A FRYING PAN OVER MADIUM HEAT AND ADD WITH BUTTER.

15 min



POUR 1/4CUP MEASURES OF BATTER INTO THE FRYINGPSN. COOK UNTIL BUBBLES FROM ON TOP AND FLIP AND COOK THROUGH.

5

Gurveer and Caleb



Fruit yoghurt

Do ever wonder how much food we waste as a country? According to Oz Harvest we waste 1.3 billion tonnes a year. How can we save food? We all can save food by fighting food waste and stop buying unnecessary food and storing food wisely.
We all can save the food and the plant.



Ingredients
yoghurt
fruit
bowl



- 1) cut up some fruit
- 2) get some yoghurt
- 3) get a bowl and put your yoghurt in it
- 4) put your fruit in the bowl of yoghurt
optional oats

serves:3

Gurnaaz saini **time:8 minutes**



burrito

HOW I MADE BURRITO
COST IS 25\$
PEOPLE SEVERING TO 4



FIRST STEP: TO MAKE A BURRITO
GET THE WARP THEN HEAT IT
IN THE MICROWAVE FOR 30 SECOND.

SECOND STEP: THEN TURN ON THE STOVE.

THIRD STEP: AND PUT BUTTER AND OLE ON THE
PAN.

FORTH STEPS: THEN ADD MEAT INTO THE PAN
STIR WHEN BROWN.

FIFTH STEP: ADD TACO SAUCE THEN TAKE OUT
THE MEAT AND PUT IT ON THE WARP GET THE.

SIXTH STEP: RICE PUT IT IN THE RICE MAKER
WHILE WHETING.

SEVENTH STEP: GET CHEESE AND COOK THE
BEAN WHEN ALL COOKED.

EIGHTH STEP: PUT IT ALL ON THE WARP AND YOU
HAVE A BURRITO.

EQUIPMENT
PAN.
WOODEN
SPOON.
PLATE.
RICE COOKER.



KAYDEN
BOURNE



INGREDIENTS

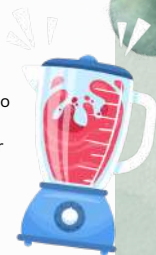
WARP.
BEEF.
LETTUCE.
RICE.
BEAN.
CHEESE.

Fruity Juicy Smoothie!

Weird looking food? would you through it away?

Well did you know that according to Oz Harvest 7.6 billion of good food gets chucked out in Australia 95% of that food is fruit and vegetables. Food is wasted through the whole food chain according to Oz Harvest food is wasted at the farms, manufacturing factories, transportation, super markets, resteronts and most importantly our homes.

To help reduce food waste I have created a smoothie that could change your minds about wasting that bruised apple or even that squished raspberry.



Servings 10

Time 5 Minutes



Ingredients

- 200g of mixed berries
- 90g of frozen kiwi
- 90g frozen apple
- 90g of frozen pineapple
- 90g of frozen watermelon
- 1 egg wight
- 3 TBLS of honey
- 80g of sugar

Materials

blender, straw and glass cup

How To Make

- Step 1. Add all the frozen fruit into blender and turn it into speed 10 for 40 seconds
- step 2. Take a glass put the blended up smoothie in the glass and ENJOY!

