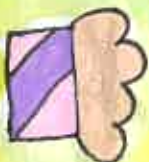


Monpeth Public School
FAS1 Cookbook
Stage 3 2021



Preptime
Pesto
10m

Carrot top
pesto Gnocci

Created by

Maddie



Preptime
Gnocci
1h

cook time
Pesto
10m

cook time
Gnocci
30m

Gnocci
4 left over potato
1 egg
2 cup of plain flour
plain flour to dust

Pesto
1 cup of carrot tops
1 cup baby spinach
1 large garlic clove
1/2 teaspoon salt
pinch of pepper
1/2 of olive oil

Description:

The warm, chewy potato gnocci hops in to your mouth. Topped with green savoury pesto.

How To Make!



1. Place carrot tops, Baby spinach, chopped garlic, salt and pepper in to a blender or food processor and blend. Once blended put your mixture into a bowl add olive oil and mix. When you have mixed put into a container the fridge until needed.
2. wash the blender and put in leftover roasted potatoes in without the skin. Blend it up on a low speed add egg and flour. When the mix is a doughy texture put it in gladrap. Let it sit for 5min.
3. Cook on a low heat until golden brown.

4. EAT IT! yum

ENJOY



Beetroot Crisps

Beetroot crisps save old beetroots and herbs from your deathly fridge. Beetroot crisps are also a great snack for lunch boxes and tastes great. Such an easy recipe that everyone should try and serves 4-5 people.

Ingredients;

3 beetroots
finely chopped garlic
two teaspoons of salt
what ever other finely
chopped herbs
olive oil



Equipment;

Oven
Oven tray
baking paper
knife
chopping board
bowl

method

- Step One, cut the three beetroots into thin slices.
Step two, place the baking paper on oven tray.
Step three, cut the herbs and place the beetroot on the oven tray.
Step four, Sprinkle the herbs over the beetroot.
Step five, put a touch of salt over the beetroot.
Step Six, place in oven for ten minutes on 180 degrees fan forced.
Step Seven, Eat!!!!

Beetroot crisps



Beetroot
crisps



WD

Water melon burst!!



With the water melon burst most water melon get's thrown out and not eaten. It is also very healthy so if parents or children want an ice block i think it would be a perfect snack on a summer day.

prep time

2-5min

cook time

1-3hr

serves

5-8

blender



ice block models

paddle pop sticks



Ingredients

Water melon and water.

Equipment

paddle pop sticks
ice block's models
blender.

water



water melon!!



finish dish

water melon burst!!

water melon burst!!



blender



paddle pop sticks

ice block models



How to cook it:

first you want to get left over water melon. Next get a cup of water. Get your blender out. chop your watermelon into cubs. add your cup of water blend it up. Then get out your ice block models for your mixer in the models add paddle pop stick leave for an

water



Left over watermelon



water melon burst!!

and serve.



Created By:
Lara. gri gull

Strawberry Top Tea

By Charlotte

This tea is perfect for your leftover strawberry tops. Come on this recipe will change your life! It is perfect for sitting by the pool on a hot summers day. This Ice Tea is almost like an unhealthy drink, but in a healthy version.

Method

1. Fill the kettle with fresh water and boil for 1 minute.
2. Place the Strawberry Tops in the teacup along with the sugar.
3. Pour the boiling water in the cup.
4. Put the tea bag in the cup for 5 seconds.
5. Leave for 2 minutes.
6. Add soda water to the mix.

Ingredients:

250ml of boiling water
6 strawberry tops
2 tsp of sugar
1 tea bag
1 dash of soda water

Equipments:

Teacup
Tea bag
Kettle

Serves ☐

Time ☐

Tip!!!
The longer the strawberry tops are in the water the better it can go cold it is Ice Tea.

Finished



Wasty Hot Dogs

Noah

If you want to eat a big, wasty meal, make this recipe that I made myself. This is easy-peasy to make and is saving cows 1 by 1! It tastes so good and uses leftover

total

time 1-3 minutes

1-3 frankfurts

- 1 baguette

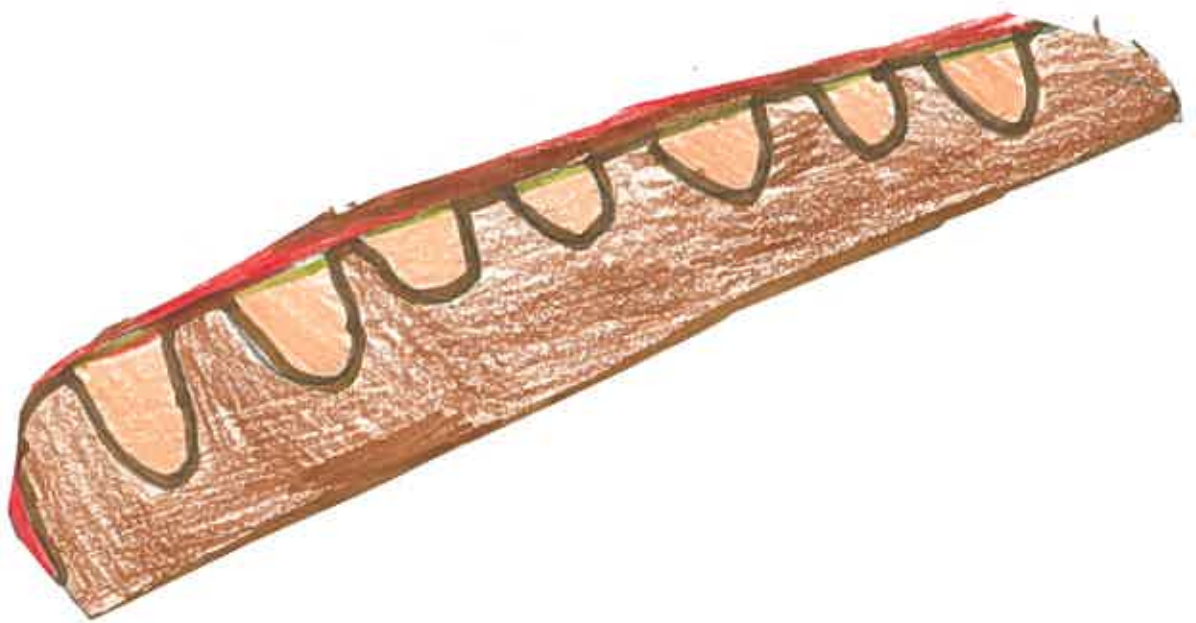
- butter

- sauce (if you want)

ingredients

Method serves 1-2 people

- Cut open baguette and put it aside
- Get your frankfurts and re-heat for as long as you want.
- Put your frankfurts in your baguette and it's ready
- Top with anything you like



Bolo Madeira De Limão || Lemon Madeira Cake

Leftover lemons? No problem! This Madeira cake is for you! Lemons are delicious, cakes are too. Put them together and you've got a delicious mix. Serves 10 and is easy to make.

HOW TO MAKE

Ingredients:

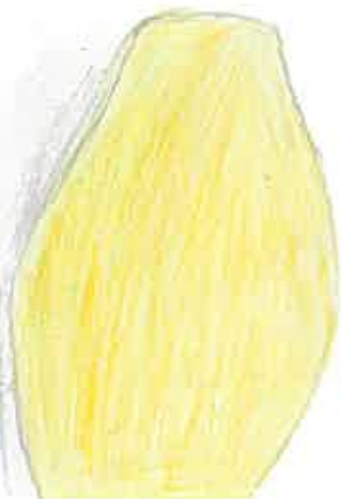
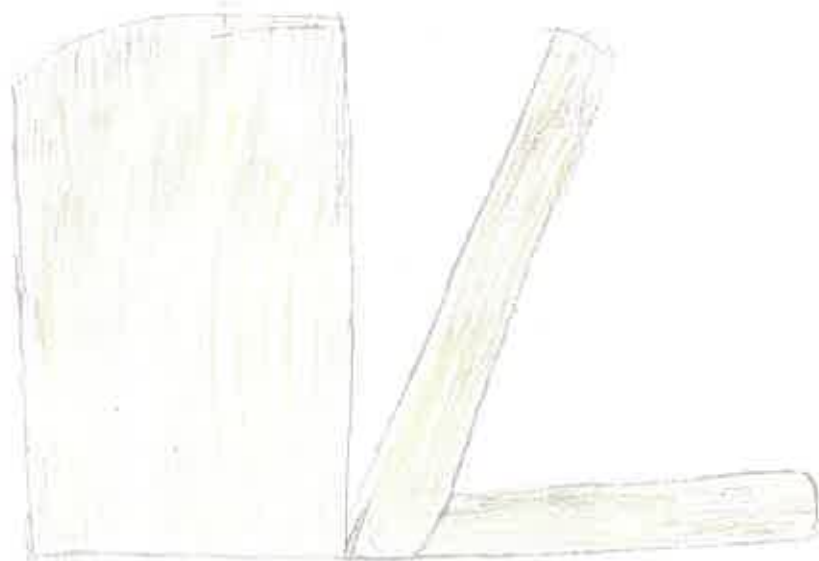
225g melted butter
3 eggs
2 teaspoons lemon zest
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup plain flour
1 cup caster sugar
1 cup self raising flour

Equipment:

2 large bowls
wooden spoon
spatula Oven

Method:

Pre heat oven to $180^{\circ}/160^{\circ}$ fan forced. Combine 225g melted butter with 3 eggs, $\frac{1}{2}$ cup milk in a bowl. In a separate bowl, add 2 ~~teas~~ spoons of lemon zest, $\frac{3}{4}$ cup plain flour, 1 cup caster sugar and 1 cup of plain flour. Make a well in the dry mix, and add the wet. Mix until there is no lumps. Grease and line a cake tin 6cm deep and pour mix. Cook for 40-45 minutes or until golden brown. Slice into 2cm slices and enjoy! recipe by Emma



By Emma!!!



Carrot skin chips

Carrot



These are some ingredients that you will need for carrot skin chips. First... well you will need carrot skins after you skin the carrots you can use the actual carrots for another dish. Then you add salt to the carrot skins and some olive oil and put it in the oven. Then after you get it out you can add other things to it if you want. The equipment that you will need for it: Carrot peeler / oven tray / cooking paper / bottle of olive oil and also some carrot skins.



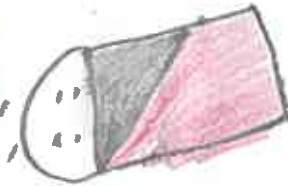
Carrot skin chips!!

virgin oil

Carrot

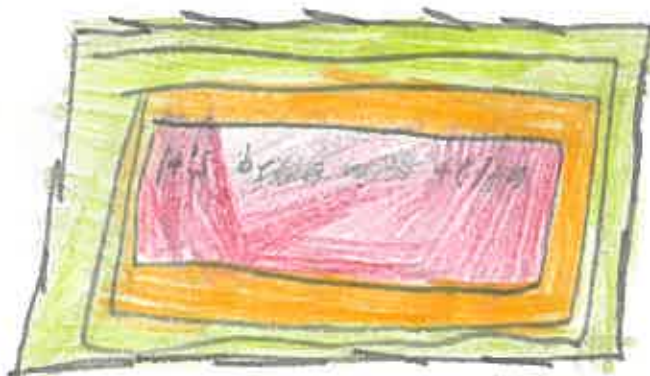
Russian triangle

chip



virgin oil

yummy!!



Mini quiche

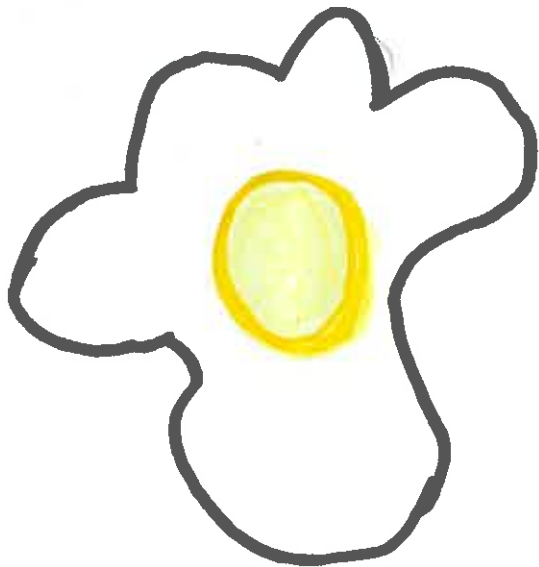
By Sarah Richards

These mini quiches are great for school lunches and are reusing foods therefore good for the environment. These are using eggs and veges that are forgotten about. The prep time is: 25 minutes and the cooking time is also 25 minutes.

Our ingredients are: 1 table spoon of olive oil, one onion finely chopped, chopped bacon, cheese finely grated, 2 large eggs 150ml of milk and salt and pepper as well as pre-made pastry.

Grease a 12 hole muffin tin and cut your pastry with your cookie cutter. Preheat your oven to 190°C. For the filling, heat the oil in a frying pan and fry your onion + bacon for about 5-6 minutes then cool for 5 minutes. Divide the mixture into the muffin tray and cover in cheese.

Beat together eggs and milk then add pepper + salt pour mixture into the muffin trays. Bake in oven for 15-20 mins until golden.



yummy



Note:
you can add any vegetables you have at home to this recipe including corn, grated carrots or finely chopped capsicum.





Left-over Vegetables Honey Soy by Larissa

Left-over vegetables are healthy and taste amazing but the best part is there super easy to make the prep time is 10 minutes and the cook time is 5 minutes. The ingredients are Carrots, Broccoli, Peas, Beans and lots of honey soy rice. The equipment is a small bowl, Stir fry spoon and a Plate. You would normally have 3-6 serves but you could have as much as you would like. What you need to do is cut up the carrots really small and put it into a small bowl and fry with honey soy sauce. Put the Broccoli in a stir fry with honey soy sauce. Put it on a low temperature. Then get the Peas and put them in the same bowl with the carrot and beans do the same with the Broccoli once it is cooked. You could add capsicum or mushroom if you want then put it on a Plate then make honey soy rice (Optional.)





Tuna Pasta Bake

Whats better than the classic, creamy Tuna pasta bake? A Tuna Pasta Bake that is no waste! This recipe was made to reduce food waste and make the world a better place! You can eat for Lunch or Dinner, and is best eaten straight after being in the piping hot oven, but you can put it in an air tight container in the fridge for 3-5 days. Enjoy!

Prep time: 15-20 minutes
Cook time: 10-15 minutes
Serves: 10-12 people

Equipment:

Tablespoon, large saucepan, baking dish,
Large spoon.

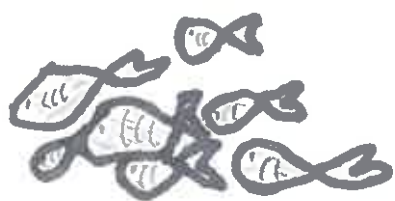


Ingredients:

3-7 cups of leftover pasta, 2-3 tablespoons of butter, 2-3 tablespoons of flour, Milk, Stock, tuna-3-4 cans, diced leftover veggies 2-3 cups, spices, herbs, cheddar cheese, 3 cubes of frozen spinach, parmesan cheese.

Method:

- Put the leftover pasta in a baking dish and preheat oven to 180°C (160°C fan forced)
- Put a saucepan on medium heat and add butter and flour, stir until butter is melted and flour cooked.
- Stir in milk or stock until thick then repeat process until you have as much as you want.
- Add leftover Tuna and leftover diced veggies, add whatever Spices and Herbs fit your taste, put in the grated cheddar and spinach, stir until combined.
- Pour the sauce onto the pasta and sprinkle with parmesan cheese, put into the oven for 5-15 minutes, serve and enjoy!



By Claire. S

Watty!
By using leftover pasta and veges, you are making a waste free, delicious recipe!



Things you will need for sliders

1. rissoles
2. mayo
3. chives
4. cheese
5. Lettuce
6. bread roll

Taste !!

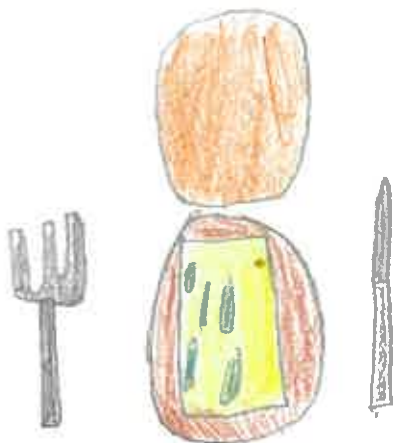
The Juicy rissole goes really well with mayo and the cheese goes well with lettuce and all together is one massive yummy flavour explosions.

Equipment

Wooden spoon, frying pan or barbeque, bowl and spatula.

How would you make it? , heres how

Put the rissole on the barbeque and flip every 2-3 mins
Once you finish that cut up some chives and mayo in a bowl and mix it with the wooden spoon then cut up some lettuce you can put it all on the slider at once and make one big taste bomb!!!



-  = rissole
-  = lettuce (not mold)
-  = Cheese
-  = bun



carrot chips

prep time

5 to 8 mins

Cook time

15 mins

Equipment Tray ~~Printer~~

ingredients

Carrot Skin, Salt, Herbs,
Honey, Soy

put the carrot skins
in the tray and add
Soy Honey and salt for 15mins
and after they are done.

herb
↓



salt
↓



zester
↓



Caesar Salad

This quick little meal will feed your hungry family. It reuses leftover bacon and eggs and bread crusts your children don't eat. Light and easy, it could be a meal or just a side. Takes 10 minutes to cook.



Serves 4

Eggs

Bacon

Lettuce

Cheese

Bread Crusts

Caesar Dressing

Non stick oil

Fry pan

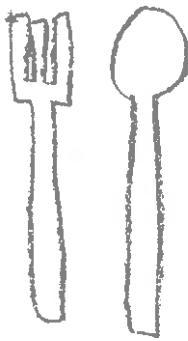
Bowl

Serving Spoons

Knife

1. Combine leftover bacon and eggs with lettuce, cheese and caesar dressing.
2. Sprinkle cheese on cut up bread crusts and lightly tan in a pan.
3. Mix bread crusts with salad and turn over. Enjoy

Finished Product



Tasty-Lemon Slice

ELANA

No one can go wrong with my mouth watering lemon slice. It's great for dessert and the best thing about it is it has food waste in it it has lemon skins in it which would be thrown away 😊

Ingredients

lemon skins
condensed milk
butter
shortbread biscuits
desiccated coconut

Icing
1/2 of icing
sugar
1/2 Lemon juice

1) Method

Get a bowl and put lemon skins and condensed milk

2)

Add 100g of soft butter

3) Add 200g of crushed Shortbread biscuits

4) Add 1 cup of desiccated coconut

5)

mix together and put it into baking tray.

6) Get out of fridge and whisk 1/2 of icing sugar and 1/2 of lemon juice then pour on lemon slice and

ENJOY

By Elana



prep time

15m

cook time

30m

serves

2

Step 1. Butterfly the chicken breast then wash between two pieces of baking paper until about five mm thick then season both sides. Put the flour and egg then coat in the cheesy breadcrumbs.

Step 2. Heat the oil in a frying pan over a medium-high heat and fry the schnitzels for 3-4 minutes or until golden, crisp and cooked through.

Step 3. Combine slaw ingredients in a large bowl, and season. Split and toast the buns. Squeeze a little lemon juice over the schnitzels, then cut each in two pieces. Serve in the buns with the lettuce and slaw, with any remaining slaw alongside.

Angus • Tischler

Created by

2 skinless chicken breasts,
4tbsp plain flour, egg 1 beaten,
1kg dried breadcrumbs, 1tbsp
of finely grated parmesan, 3tbsp
of olive oil, 2 burger buns, lemon
wedges to serve, shredded iceberg
lettuce to serve



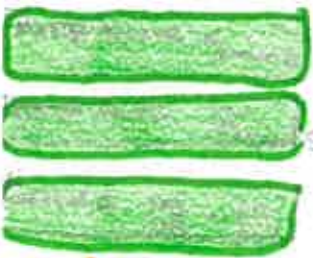
BREAD STICKS



These Snacks are perfect for parties, Snacks and on the go. The beautiful
Delicate crunch as your teeth hit the Bread.

Ingredients

- > 3 slices of Bread
- > olive oil
- > Parmesan cheese
- > Dried thyme
- > Salt and pepper



equipment

- Bowl / Plate
- Baking trays x2
- Parchment Paper

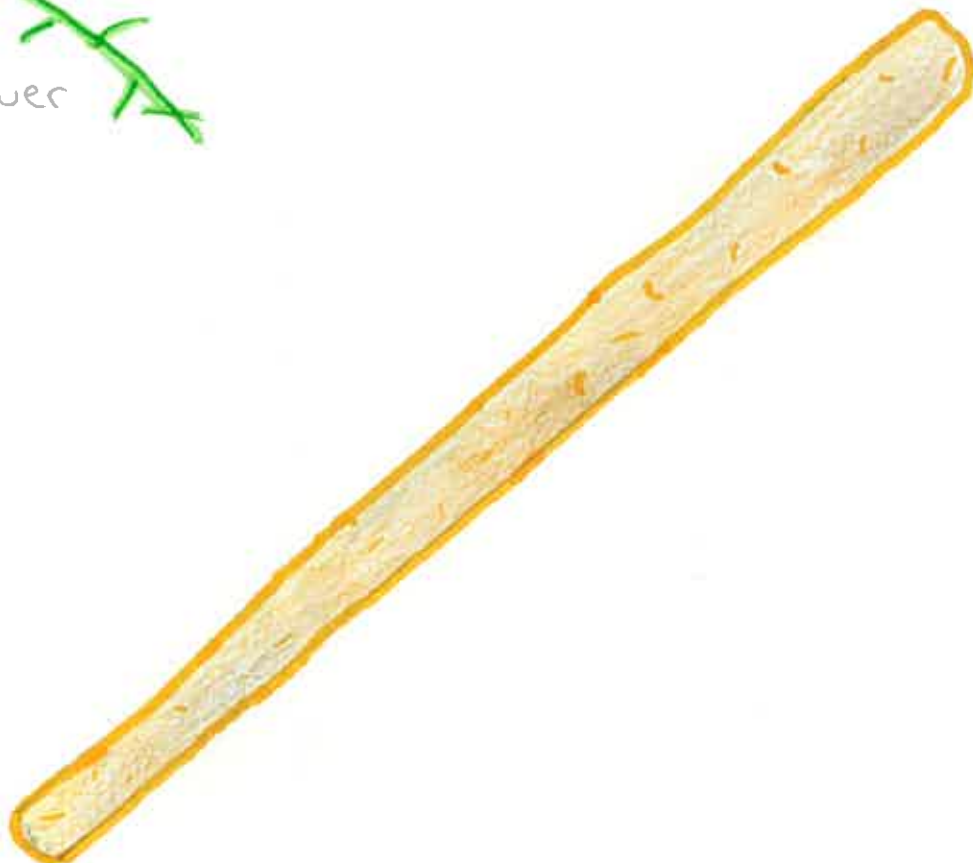
Waste tip

- used left over

Bread

method

- 1 > cut and Put Bread into a Bowl.
- 2 > Drizzle olive oil, tossing it as you go
- 3 > add remaining ingredients
- 4 > Cook for 8 minutes
- 5 > Serve with extra thyme



left over fruit Muffins Portia Jack

ingredients

- 1 cup of any fruit (diced)
- 1 egg and banana
- $\frac{1}{2}$ cup of water
- $\frac{1}{2}$ cup of coconut oil
- 2 cups of wholemeal flour
- 1 table spoon of bicarb

Equipment +1

spatula, mixing bowl, muffin tray, muffin liners, mallet

when you have old fruit you can put in these amazing muffins.

Steps

1. Pre-heat oven to 160° and grease muffin trays with butter.
2. add banana, eggs, sugar, and oil to mixing bowl and gently fold.
3. add flour, baking powder, bicarb and cinnamon to mixing bowl and gently fold.
4. add curry ~~fruit~~ mix gently.
5. divide mixture evenly into 12 muffin trays and bake for 25 minutes.
6. Pull out of oven when finished, let cool down and enjoy



Lemon Chips!

> Have you ever had lemon on your fish and thrown the peel out? I know I have! With this recipe, not only is it a delicious meal, but it reduces waste and guess what? It is also quick and easy to make and here's how:

Ingredients:

- > 1 lemon
- > 1/2 flour
- > 1 egg
- > 1/2 bread crumbs

Things you will need to know:

- > Serves 5-6 pieces per lemon.

Method:

- 1) peel lemon so you have the strips of the peel.
- 2) put flour in a bowl.
- 3) put egg in a bowl and beat it.
- 4) put bread crumbs in a bowl.
- 5) put 1 of the lemon peel strips, in flour then in egg, then in bread crumbs.
- 6) Repeat with other strips.
- 7) put strips in air-frier for 15-20mins or in oven for 20-25mins at 180°C.



W.A.O.
16/6

By Tippi Wennbacher

Banana split

Cut a banana but don't cut in half. Melt the chocolate in a bowl and add ice-cream. serve and in enjoy.

prep time	cook time	serves
2 min	3 min	5-6

ingredients

- 1 banana
- 1 tablespoon of chocolate sauce
- 3 Scoops of ice-cream

Equipment

- Spoon
- bowl
- tin fowl

I had used a brown banana, some old chocolate chips and old ice-cream.



step 1: get a brown banana and cut it so it doesn't touch the bottom
 step 2: Melt chocolate chips in a bowl and heat it up. Step 3: add the 3 scoops of ice-cream and chocolate then
 by: Patrick Buehler



✓✓A.O.
16/6

Crust Schnitzel

Do you know someone who DOESN'T eat their crusts? Well I know I do because I don't eat them myself! This recipe will help reduce LOTS of waste and is VERY yummy!

Ingredients:

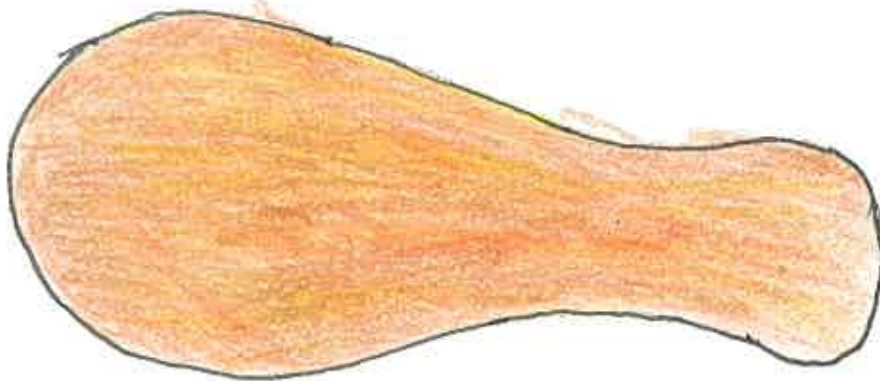
- > egg
- > flour
- > frozen crusts you didn't eat
- > Chicken

Equipment:

- > food processor
- > pan / air fryer
- > spatula / tongs
- > fork
- > 2 bowls
- > 1 plate to serve with

Method:

- 1) Take some old crusts and blend them in a food processor
- 2) Grab 2 bowls and fill one with flour and one with egg. beat the egg.
- 3) take some chicken and coat it in the: flour, then egg, then crumbs.
- 4) fry chicken
- 5) Serve with whatever you like
- 6) EAT!



Jan. 16/16

By Charlotte

APPLEBERRY Smoothie

- Step 1: Get apple core or old apple, Frozen blueberries and raspberries and put on chopping board.
- Step 2: Chop the apple core/old apple and put it into NutriBullet with the berries (if wanted add honey)
- Step 3: Add water to the NutriBullet cup and put in the NutriBullet for 20-40 seconds.
- Step 4: Take out of NutriBullet and serve it up :)

after a hot day you come home to a empty house apart from fruit you blast it up only in a jiffi it's done.

Ingredients:

- * apple core/old apple
- * raspberries
- * blueberries
- * honey
- * water

Equipment:

- * blender/NutriBullet
- * blender cup
- * knife
- * chopping board.
- * cup/glass.

Serves:

1-2

Prep time:

2-3 minutes

cook time:

20-40 seconds



(by Maan P)

MILKSHAKE

(banana flavour)

"Mmm, this is so good, what is it." This is a banana milkshake. A banana milkshake that will take away your taste buds. It's that good. And if you want a quick snack drink recipe, you got one. It also reduces food waste.

Ingredients:

5-10 banana skin peices
2 bananas, vanilla ice-cream
Honey.

Equipment:

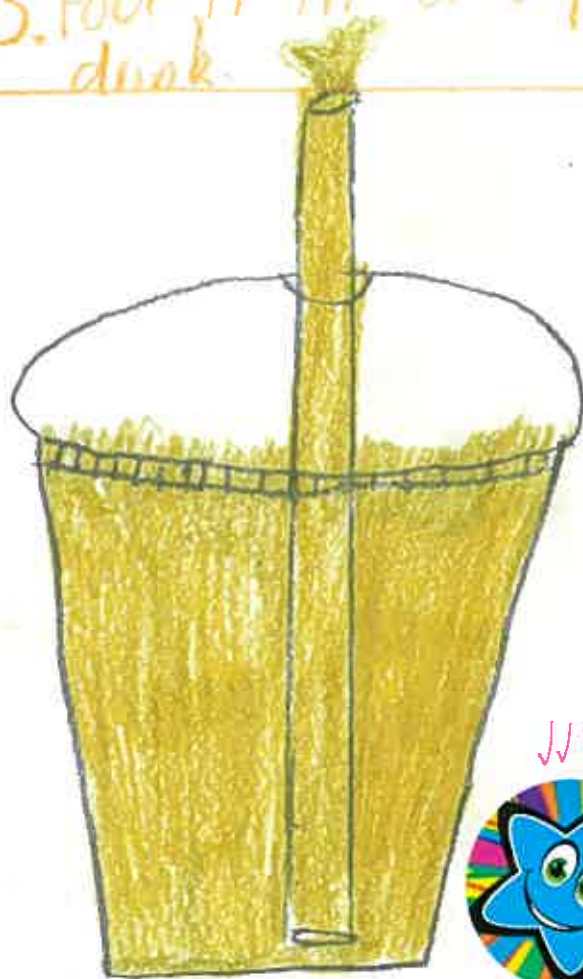
Blender

Cup

Straw

Method:

1. Put all the ingredients in the blender.
2. Blend Ingredients unt smooth.
3. Pour it in a cup as drink.



Smoothie

Do you want a flavour full smoothie that tastes superb and reduces waste? I bet you do! You could make a yummy smoothie in just a few steps. I used strawberry tops in my smoothie to help reduce waste.

Ingredients:

- * mixed berries
- * strawberry tops
- * greek yoghurt
- * milk

You will need:

- * blender
- * cups

Prep time: 5min
Cook time: 1-2 min

Serves: 2-4



J/A.O. 16/6

By: Isabella.M

steak Burger

If your family wants a burger that doesn't have normal meat you just make a leftover steak burger, it's yum and way better than a normal burger. I used steak because I don't want poor animal food to get wasted.

Ingredients..

steak
bacon
cheese
lettuce
tomato
salt
pepper
tomato sauce
bun

Equipment

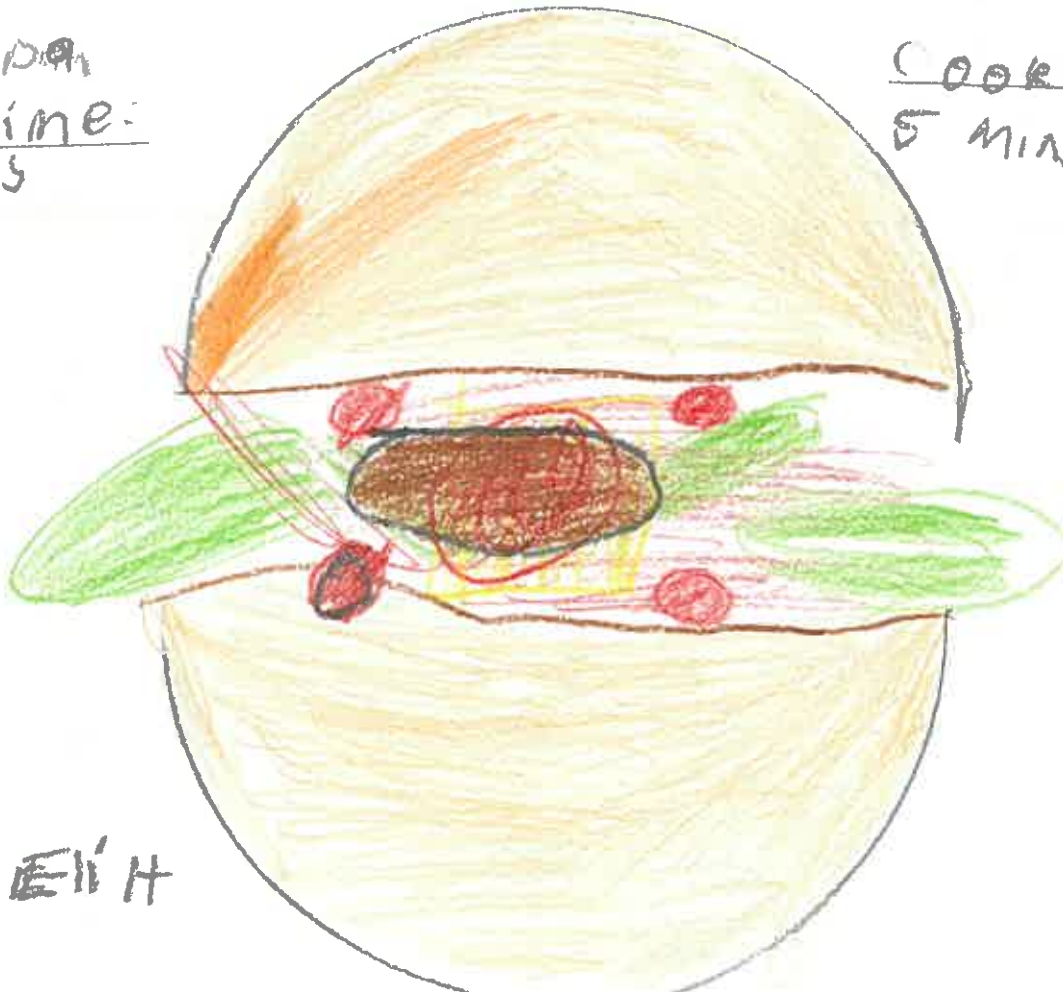
microwave
knife
plate

frying pan
prep time:
5 mins

Procedure:

1. Heat up steak in the microwave for 1:30.
2. Add your steak to the bun.
3. Add the steak, bacon, cheese, lettuce, tomato, salt, pepper.
4. Add the tomato sauce
5. Eat and enjoy

Cook time.
5 mins



BY ELLI H



✓✓ A.O. 16/6

Potato Chips

This recipe is delicious and the perfect snack for any occasion. It takes barely any time to cook and prepare so if you are looking for an easy recipe, this is the one. As well as being an amazing recipe it also reduces food waste because you use the potato skins, that you normally throw out to make the chips. This is an all time favourite recipe that everyone loves.

Ingredients:

leftover potato skins

olive oil

salt and pepper

Equipment:

Oven

Baking Tray

Baking Paper

Prep Time:

5-10 minutes

Cook Time:

10-15 minutes

Serves:

4 people

BY: Peggy Bidwell

Procedure

1. Lay the potato skins on a baking tray lined with baking paper.

2. Smother the potato skins in olive oil.

3. Season them with pepper and salt or spices of your choice.

4. Cook for 10-15 minutes at 180C or until they are crispy.

5. Serve and season with extra spices if necessary.

6. Eat and Enjoy!



Carrot Pasta

Have you ever thrown out carrot skin well here is a good way to not waste the skin. This is a tasty dinner that will put that smell back on that diet.

Method

1. Put the carrot skin into a fripan.
2. Slice the zucchini in to the fripan.
3. place the mince into the fripan.
4. Add tomato past.
5. mix slowly on medium heat.
6. Eat.

Ingredients:

carrot skin x 5
beef mince x 1
tomato past 250g
chopped carrot x 5
zucchini x 1

Equipment:

Fripan
wooden spoon
chopping board
knife

Prep time

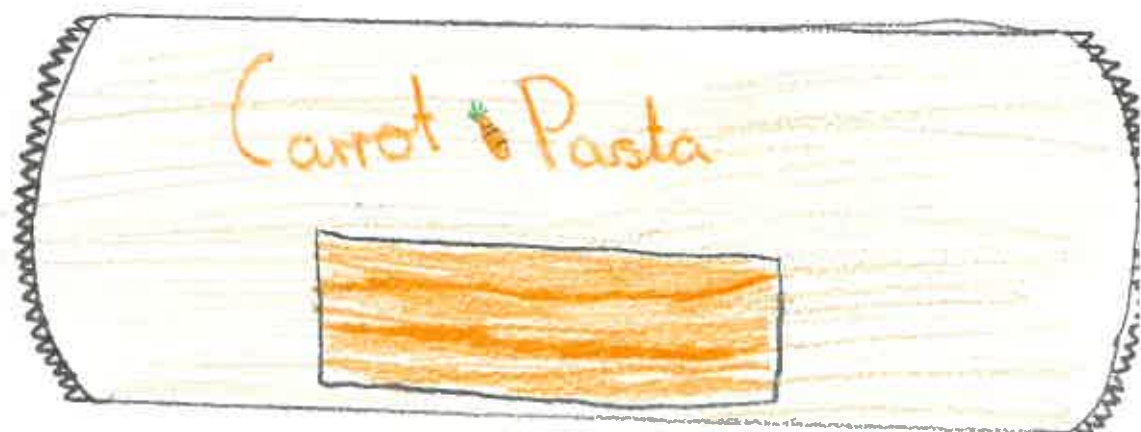
10 mins

cook time

10 mins

Serves

4-5



16/6
J.A.O.



By Eloise Fitzherbert

Fruit Smoothie

By Eli Flanagan

Prep time

10 min

No Cooking
Involved

Serves

up to
4

Ingredients

- Fruit of your choice
- 1 cup of milk
- 1 cap of vanilla
- 1 scoop of vanilla ice-cream
- 2 spoons of vanilla yoghurt.

Equipment

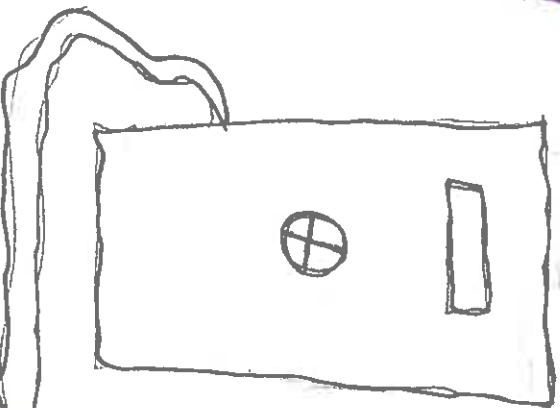
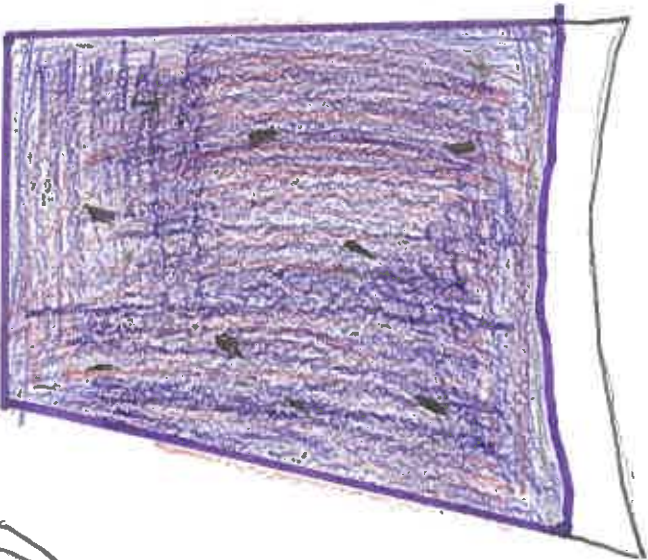
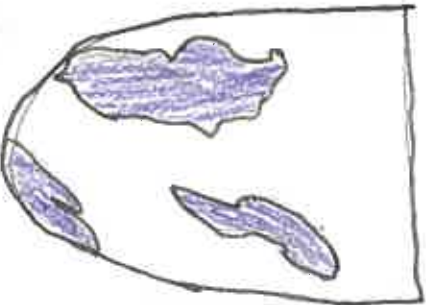
- Blender
- knife
- chopping board

It uses multiple things that usually get left in the fridge and go out of date for example yoghurt and milk.

Procedure

- 1 First put the 1 cup of milk in the blender
- 2 Next put the 1 cap of vanilla in the blender along with the two spoons of vanilla yoghurt
- 3 Next put the 1 scoop of vanilla ice-cream in.
- 4 Fourth put the fruit in and blend.

It is now complete.



Tylah

Chicken Curry

16/June/21

Hot, yummy, tasty and reduces food waste that's right it's a chicken curry and you don't need to buy anything because it's all at home.

6 serves

cooking time
30 minutes

Ingredients

Chicken
carrots
peas
potatoes
corn
curry sauce

Equipment

knife
wok
rots
bowls
hasher
peeler



Procedure

1. Cut the chicken & peel the potatoes and the vegetables.
2. Boil the vegetables.
3. Cook the chicken.
4. Add the curry sauce.
5. Add the vegetables to the wok.
6. Mash the potato.
7. Put it all in the bowls.
8. Serve.
9. Enjoy.



✓ J.A.O.
16/6

Carrot chips

How to make Carrot chips. Firstly prep time will take around 20 minutes. Secondly cook time should take about 8 minutes to cook on the frying pan.

Thirdly it serves about 1-2 people with one carrot for each person.
Ingredients You will need some carrots, carrot skins and some spray to spray along the frying pan.

Equipment For equipment you will need a frying pan, peeler and some spray.

How does it stop food waste It stops food waste by peeling of carrot skin and instead of putting it in the compost you reuse it.

Cooking First step pick a carrot from your garden. Second step peel it sideways I know it's a bit weird but it will be a masterpiece. Third step lay out the carrot skins on the frying pan. Then the last step is flip your carrot skins and wait for it to cook and then you have masterpiece.



N.A.O.
16/6

by Jarden

Sweet Potato Skin Fries

Have you ever thrown away sweet potato skins and felt bad? Well, this easy recipe uses up all of the sweet potato skins and it's great for a delicious and nutritious snack.

Prep time
5-10 mins

cook time
10-15 mins

serves
1-2

ingredients:

Sweet Potato skins

olive oil

Sea Salt

equipment:

potato peeler
cookie tray
baking paper



1. peel sweet potatoes
2. pre-heat oven to 180°
3. cover cookie tray with baking paper
4. place sweet potato skins on the tray and cover with olive oil
5. Bake for ten to fifteen minutes
6. get out of oven and season with salt
7. enjoy!



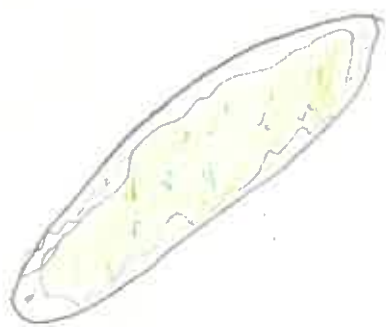
W.A.O.
16/6

Chicken and Potato Cassroll

A tasty snack for a party that lets you use chicken that wasn't eaten. Serves 6-7 people and takes 1-2 hours to cook, pre time 11 minutes.

Ingredients

- 2 table spoons light olive oil
- 12 shallots
- peeled lovares separated
- small potatoes cut in half
- 2 cups of salt
- chicken stock
- leamon juice
- Pepper
- 3 table spoons dried origan
- freshly ground black pepper
- 1 1/2 of frozen Peas
- 2 table spoons of freshly cut Parsley
- 1 clove of garlic



Step 3
remove from oven and return dish to oven and cook for 15 more minutes until almost cooked. stir peas into mix + we look for final 5 minutes

Step 4
in a small bowl combine Parsley, garlic and lemon zest drizzle over

Step 1
pre heat oven to 200c. heat half the oil in a large fryin pan over high heat. Fry shallots and potato for 5 minutes until browned. Transfer to a large roasting dish and pour over stock and lemon juice. Transfer to oven bake fifteen minutes

Step 2
mean while, score chicken with knife and rub with brown and pepper. add remain oil to frying pan and fry chicken in 2 batches for 2-3 minutes each side until evenly browned



11.16/6

Australian Pasta

This recipe is perfect for all families. The recipe has something everyone can add and enjoy, the five serves are very delicious and with the taste of joy for kids it's a perfect meal for dinner and for you.

The carrots in the meal don't get skinned what is perfect for food waste

ingredients

big carrot

mince

curly
Pasta

onion

Pasta
Sauce

EQUIPMENT

Bowls

Knife

Plates

small container

Big flat hard Plate

Pan

microwave

stove

Prep time

10-30

Cook Time

30-1 hour

5

serves



● - mince

● - onion

● - curly pasta

● - pasta sauce

● - carrots

By Bradley



✓✓A.O. 16/6

Greek yogurt alfredo sauce just in

In a medium sauce-pan, melt butter over medium heat.

Stir in garlic powder. Stir in milk (or water). Remove heat & allow to cool for 2-3 minutes.

Gradually whisk in greek yogurt.

Add parmesan cheese to sauce and stir until melted. (if cheese doesn't melt completely it's because the sauce is too cool, return to low for a couple of minutes)

Add salt & pepper to taste and eat with your favorite pasta noodles.

Serves & eat, enjoy.

Ingredients:

- 2 tablespoons of butter
- $1\frac{1}{2}$ tablespoons of garlic powder
- $1\frac{1}{2}$ cups of milk (or water)
- $3\frac{1}{4}$ of a cup of plain greek yogurt
- $1\frac{1}{2}$ - $2\frac{1}{3}$ cup of shredded parmesan cheese
- salt & pepper to taste
- optional: $\frac{1}{2}$ teaspoon of dried parsley



W.A.O.
16/6

Wills pork and slow special

Ahhh. The sweet smell of a pork and slow sandwich.

In this recipe I have used leftover pork for my 'wasty' product, now back to the juicy information.

The smooth surface of the bun, and the
crispy crusts of the pork.

recipe:

1. put olive oil in the frypan.
2. put the pork in the frypan.
3. flip the pork over.
4. Take the pork out.
5. put the pork on a bun.
6. put the rest of the ingredients on and enjoy!



prep time: 15-20 mins cook time: 10-15 mins serves 1-2

by will



Taco Cheesey Pasta

my taco Cheesey Pasta is good for all families that likes tacos and spagety so try it your self

Prep time 30 minutes

cook time 1 hour and minutes

Serves 7

Step 1 boil the shelled pasta for 9-14 minutes.

Step 2 get the left over taco mince and reheat it in the microwave.

Ingredients

left over taco mince

Shelled Pasta

cheese

step 3 add the pasta into the mince then add cheese.

step 4 When done put taco Cheesey Pasta in the bowls then serve

Equipment

microwave

Drainer

wooden spoon

or



✓✓ A.O. 16/6

Prep Steps

Step 1. Get the left over rice and mint.
Step 2. So now you got the mints. Now put a little of rice in the middle and start to mix with your hands.
Step 3. Get some more rice first put a cutting board under it then place the rice under and the top of the patty shaped like a burger buns.

1. RICE
2. MINTS
3. hot plate

Ingredients

Food waste

RICE
MINTS

TIMES

Prep 5 minutes
Cook 10 minutes
Serves .5.

Silas
Wall!

: RICE-Burger:



W.A.O.

16/6

Breakfast Burger.

Ingredients:

Bacon
eggs
old crusts
salt

Equipment:

Frying pan
toaster
Spacula
Plate

Preptime:

5 mins

Cooktime:

10-20
mins

Steps

1. Cook Bacon in fry pan.
2. take out Bacon and place eggs
3. take out eggs and put in plate with the bacon.
4. get old crusts and toast them
5. after you take out your toast put it on a plate
6. Build your Burger and add salt



✓ A.O. 19/6

Roast tomatoes and sourdough with gorgonzola dolce

This recipe is good because the tomatoes are healthy and the little basil leaves are to. Also this recipe I don't want people to go to a fast food place for dinner. I want them to take their time and have a nice meal with their family.

Ingredients

Thinly sliced
gorgonzola dolce
(substitute other blue
cheese) basil leaves.

- 300g sourdough, thickly sliced
- 8 medium tomatoes
- 250g Cherry tomatoes on the vine

- 6 garlic cloves, unpeeled
- $\frac{1}{4}$ cup (60ml) extra virgin olive oil plus extra to drizzle

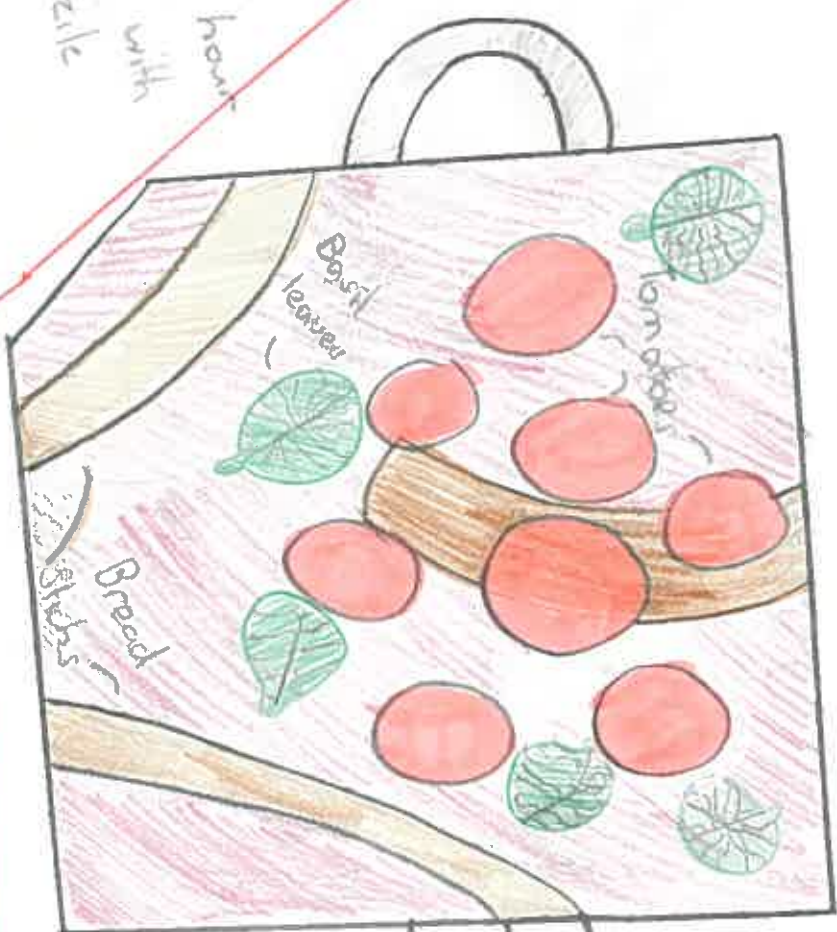
Step 1 = Preheat the oven to 200°C

Step 2 = Toss sour dough, tomatoes, garlic and oil in a baking dish and roast for 1 hour or until tomatoes are blistered. Scatter with gorgonzola and basil leaves, and drizzle with extra oil to serve.

Prep Time = 10 mins

Cook time = 1 hour

Serves = 6



What's your
'wasty' ingredient?
1/4c 21/6

Fruit ice-cream

Do you need to stop wasting your money on ice-cream and you ONLY like fruit ice-cream, well... I bet you do! Here is fruit ice-cream that reduces waste, the waste is the fruit. NOW stop wasting your money on fruit ice-cream and make it yourself.

Steps

Step 1: Grab the fruit from the freezer—any fruit.

Step 2: Cut the fruit up.

Step 3: Smash up the fruit.

Step 4: Grab the ice-cream.

Step 5: put the mashed up fruit in the ice-cream.

Step 6: put the ice-cream in the freezer for 24hrs.

Step 7: Grab out of freezer and ENJOY

INGREDIENTS

ice-cream

any fruit

• something to mash with.

Equipment

• knife

• freezer

• bowl—two big one and small.

• spoon

prep time: 10-15 mins

cook time: 24 hrs

Serves: 2-3 serves



W.A.O.
2/6

Bannana Bread

do you want a yummy sweet bannana bread that reduces waste I bet you do well you've come to the right place learn how to in a few easy steps. I used rotten bannana to help reduce food waste.

Ingredients

- 2 rotten bannanas
- butter
- 2 eggs
- sugar

Equipment

- Spoon
- knife
- thermomix
- tea spoon

Serves

6-10

Method

1. 140g brown sugar
2. 50g butter
3. then put lid on thermomix and on do speed 10
4. then crack the eggs
5. then repeat step 3
6. 180 dg in oven



✓✓ A.O. 16/6

