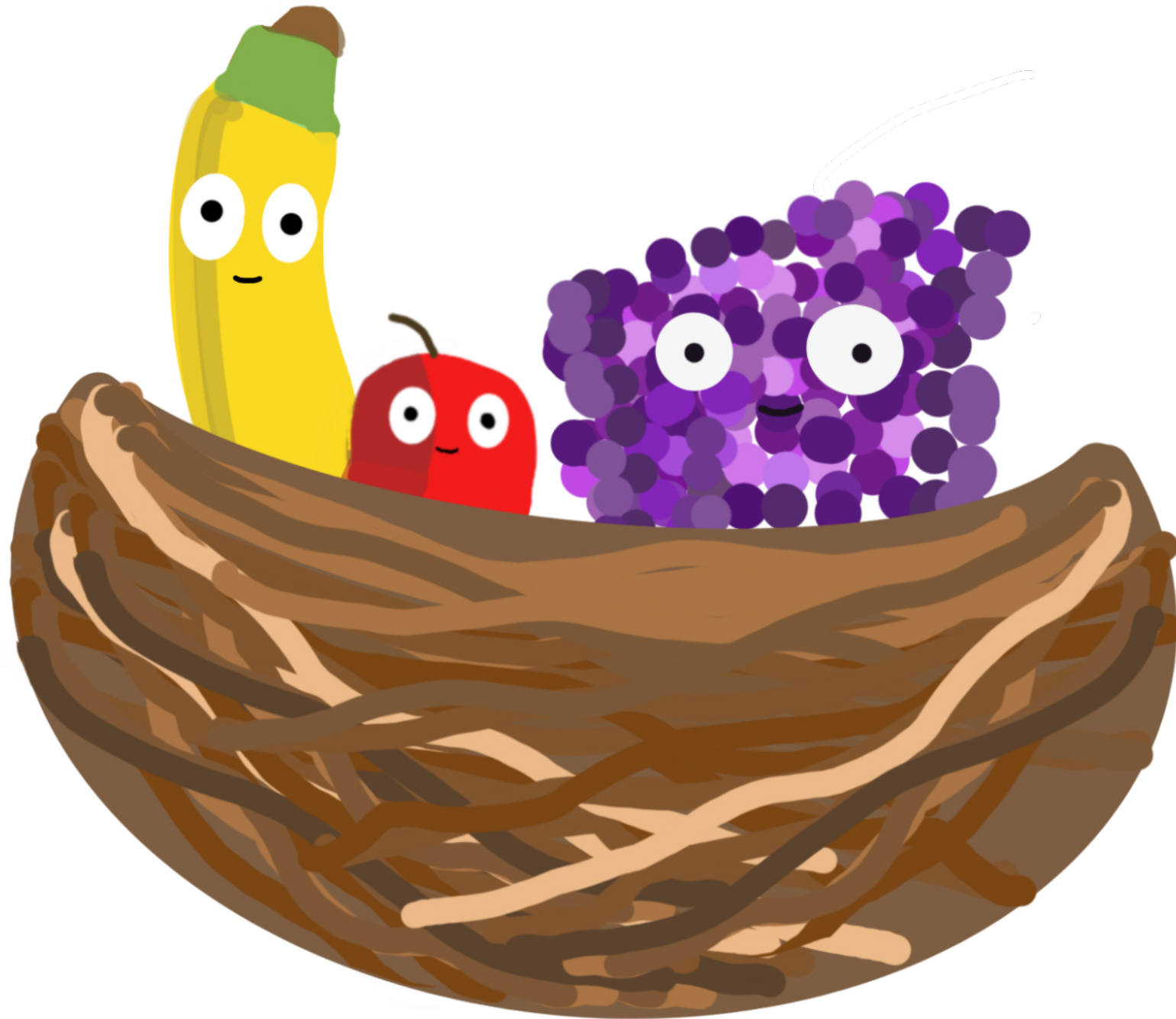


Our FEAST Journey



By Piara Waters Primary School



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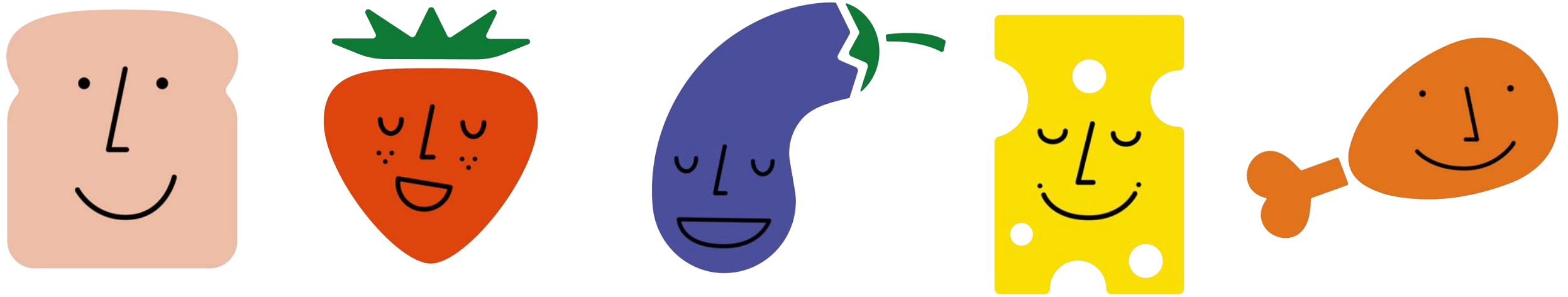
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Thanks

Our sincere thanks goes to the FEAST team at Ozharvest for the development of this outstanding program and for providing us with the materials and support required to embark on this journey.

Additionally, we would like to thank the volunteers for setting aside time to support this program as well as our classroom teachers for leading us on this learning journey.

This has been a wonderful and much enjoyed learning opportunity for us. We are grateful to the school for facilitating and funding this program.



Challenge

The FEAST program challenges students to be change-makers. It asks the question: *What does it take to produce and prepare healthy food and how can we avoid food waste?*

Students were challenged to answer this question by using STEM thinking to explore how food is produced, prepared for healthy eating and why food waste is an issue in Australia and other parts of the world. In order to do this students were encouraged to explore, cook, learn and ultimately design new healthy recipes that use food that might have otherwise been wasted.

This cookbook is the final product of the FEAST challenge.

Guacalicious Garlic Bread

Serves: 6

Cost: \$ 14.01

Time: 30 mins

Waste Tip

You could use this recipe to save avocados because they could get mushy, baguettes because they could get old and lime, because they get so sour that they get wasted. You also could use bread that is going to waste instead of a baguette.

Healthy Eating

This fun recipe includes avocados, that are really nutritious, baguettes that are high in fibre and there is lime that gives you potassium that is important for the body.



By Aiden, Namhayjot, James, Brooke, Spencer and Holly

Guacalicious Garlic Bread

Ingredients

- corn chips
- 1 lime
- 150g garlic butter
- 2 avocados
- 1 tomato
- 500g cheese
- 2 baguettes

Equipment

- knife
- spatula
- spoon
- frying pan (electric or not)
- chopping board
- plate
- lemon juicer
- fork

Method

1. Gather ingredients and equipment.
2. Cut the baguette in half lengthways.
3. Spread garlic butter on each face of baguette.
4. Sprinkle a pinch of cheese on one face of the baguette.
5. Heat up pan and put the chopped face of the baguette onto frying pan.
6. Cook until both cheese and garlic melt, then flip the other side of the baguette onto the frying pan. When done, place the baguette on the plate and cool for 5 minutes.
7. While the garlic bread is cooling, rinse the tomato under a tap.
8. Grab your washed tomato, along with the lime and avocado, and place them on the chopping board.
9. Dice the tomato, and leave it in a small bowl.
10. Peel the skin of the avocados off then mash it with a fork.
11. Once you're done, add the avocado with the diced tomato and mix the mixture.
12. Cut the lime in half and squeeze the juice into the bowl.
13. Lastly, mix all diced tomato, lime juice and mashed avocado together and eat with garlic bread and corn chips.



Magnificent Bro-ski Toasties

Serves: 7

Cost: \$14.55

Time: 50 mins



Waste Tip

- Uses bread which is often thrown away and wasted
- Uses tomato and you can use squishy tomato to reduce food waste
- You might have leftover cheese at home so you don't have to buy new cheese

Healthy Eating

- This recipe has many protein that are good for our body and healthy
- There are fresh tomatoes in this recipe that are very healthy but still very yummy!
- The wheat in bread is very healthy if you don't eat too much of it

By Princess, Meekah, Chayse, Aadhavan, Summer T, Ryan

Magnificent Bro-Ski Toasties

Ingredients

- cheese slices tasty x 1 pack
- toast bread white x 1 loaf
- fresh tomato x 1
- mayonnaise x 1 bottle

Method

1. Get 2 slices of white bread flat side down, cut the tomato into slices
 2. Slice the cheese into thin slices, put the cheese aside
 3. Spread some butter on the outsides of the bread, have the frying pan ready on medium heat
 4. Put the cheese inside the bread, as well as the tomato slices
 5. Put both of the bread slices on the pan, leave the first face of the toasts for 3-4 minutes
 6. Flip it to the other side and leave for 3-4 minutes, put them on the plate after the 3 minutes are done, rest for it to cool.
- Place into containers and rest to make it cooler, then it is ready to eat

Equipment

- chopping Board (2)
- knife (2)
- electric Frypan (1)
- spatula (2)



Wacky Wraps

Serves: 5

Cost: \$12.10

Time: 30 mins



Waste Tip

- If you have left over wraps from a dinner you can use them to make the wacky wraps
- You can put any vegetables or meat intended wraps
- Instead of using tinned tomatoes you could use some fresh tomatoes that might not otherwise be eaten

Healthy Eating

- These wraps include vegetables and lots of other healthy foods
- There is no junk food and it still tastes really really good
- There are kidney beans that are very healthy and the wraps are loaded with protein and vegetables

By Jai, Tawhiri, Blessing , Lorna and Varishvan

Wacky Wraps

Ingredients

- white wraps 8 pack
- canned diced tomatoes 400g
- canned kidney beans 420g
- burrito spice mix
- tasty cheese 500g

Method

1. Gather all ingredients
2. Strain kidney beans
3. Grate cheese
4. Turn on electrical frying pan on medium heat and add 1 tablespoon of oil
5. Put kidney beans, Mexican spice mix and canned tomatoes in electrical frying pan and stir
6. Stir for 10 minutes and add a quarter of a cup of water
7. Get your wraps
8. Put all your ingredients in your wrap
9. Fold your wrap
10. Enjoy

Equipment

- strainer
- grater
- tablespoon measure
- quarter of a cup measure
- electric frying pan



Vege-Tastic

Serves: 6

Cost: \$11

Time: 1 hour 30 mins

Waste Tip

- You can use soft tomatoes
- You can use funny shaped carrots
- You can use bendy carrots
- You can use any dressing that you would like
- You can make it over and over and over with the left overs

Healthy Eating

- Healthy eating is recipes that contain vegetables and healthy ingredients
- We should make healthy eating a regular thing
- Some people can't eat the food, for example vegetarians do not eat meat so our recipes are meat free



By Sophia, Patrick, Xavier, Olivia, Summer, and Jaxon

Vege-Tastic

Ingredients

- lettuce 1
- tomato 2
- carrot 1
- halloumi 1
- rice crackers 1
- cucumber 1
- salad dressing 1 (any kind)

Equipment

- knife 3
- grater 1
- chopping board 4
- electric frying pan 1
- bowl 2
- spoon 2
- spatula 2
- plates 2

Method

1. Get the equipment
2. Wash all the vegetables
3. Grate the carrot
4. Cut the rest of the vegetables and mix them together with the dressing
5. Cut the cheese into cubes
6. Cook the cheese till golden brown
7. Open your crackers and serve



Spicy Cheesy Nachos

Serves: 5

Cost: \$14.97

Time: 50mins



Waste Tip

- Bruised avocado can be used for this recipe
- If people don't eat canned food instead of throwing it out you can use it for this recipe
- If there are bruised and sad tomatoes you can use them instead of canned tomatoes

Healthy Eating

- You are eating many healthy veggies like tomatoes, black beans, capsicum and more
- You are also eating grain from the nachos
- Sour cream is good dairy
- Black beans are good legumes
- You can use any veggie or spice for the mix

By Steven, Jillian, Josh, Ella and Lakshana

Spicy Cheesy Nachos

Ingredients

- 1 can of 125 gram edgell diced capsicum
- 1 bag of Mission cheesy nachos corn chips
- 1 can of black beans 420 grams
- Hass Avocado
- Half a lime
- Block of cheese 400 grams
- Nacho spice mix
- Sour cream 300 ml
- Canned tomatoes 400 grams

Method

1. Drain the black beans and capsicum if they need draining
2. Put the tomatoes, capsicum and black beans in a big bowl
3. Add half or the whole packet of spice mix depending on your needs and mix
4. Heat up the frypan with 2 tbsps of olive oil
5. Pour the mix into frypan and mix for 7 mins on medium heat.
6. Layer corn chips on containers/ plates
7. Pour mix onto corn chips
8. Take the green out of avocado and put in a bowl
9. Cut the lime and take the juice out. Add juice in bowl and add salt and mix
10. Grate cheese and add on top of nachos
11. You can add Guacamole and sour cream to serve

Equipment

- grater
- strainer
- juicer
- fork
- can opener
- plastic knife
- frying pan
- spatula
- big bowl
- big spoon
- small bowl



Weetbix Banana Pancakes

Serves: 5

Cost: \$8.67

Time: 30mins

Waste Tip

You can use brown bananas that could go to waste.

You can use different types of cereal as long as it's not too sugary.

You can use Weetbix whenever you want because it doesn't go out of date.



Healthy Eating

Banana has natural sugar which is not linked to negative health.

By, Hadi, Selena, Oliver, Aldrin and Chloe

Weetbix Banana Pancakes

Ingredients

- 1 cup flour
- 1 cup milk
- 1 banana
- 4-5 strawberries
- 2 Weetbix

Method

1. Put 2 Weetbix in a bowl and crush with a spoon into a fine dust
2. Mash 1 banana until slightly smooth and add into the bowl with the Weetbix in it
3. Add 1 cup of milk to the banana and Weetbix
4. Add 1 cup of plain flour to the bowl with the Weetbix, milk, banana and mix until combined
5. Heat up your frying pan and put 1 teaspoon of oil in the pan
6. Chop up 4-5 strawberries
7. Add in your Weetbix mixture in the pan for 1-2 minutes then flip until your pancakes are ready

Equipment

- frying pan
- bowl
- fork
- spoon
- plate
- spatula
- knife



Fabulous Stir Fried Noodles

Serves: 4

Cost: \$12.35

Time: 40 minutes

Waste Tip

Instead of letting your corn go gross in the fridge or your peas get freezer burn add it to your next stir fry.



Healthy Eating

This recipe contains peas and corn which are healthy and equal to one serve of vegetables. To make it more healthier you can try adding some other vegetables like carrot or broccoli.

By Dinara, Neluki, Hannah, Chayse, Aarib & Cameron

Fabulous Stir Fried Noodles

Ingredients

- 200g peas
- 2x corn cobs
- 1x pack of Wokka Thin Hokkien Noodles
- 1/4 cup soy sauce
- Sprinkle of chilli powder
- Salt
- Oil

Method

1. Gather all your ingredients together.
2. Cook noodles according to pack instructions.
3. Using a knife, cut corn kernels off corn cobs.
4. Heat oil in a large fry pan.
5. Fry the frozen peas and corn over a high heat for 2 - 3 minutes.
6. Drain the noodles thoroughly then add to the pan, frying them for 2 minutes.
7. Add soy sauce and chilli powder and cook for a further 2 minutes.
8. Divide noodles into four bowls and enjoy.

Equipment

Fry Pan
Knife
Spatula

Chopping board
Bowl
Measuring cups



JETTL Fruit Salad

Serves: 5

Cost: \$14.80

Time: 15 minutes



Waste Tip

A great way to use up any fruit before it goes bad is to create a fruit salad.

Healthy Eating

Fruit is healthy and eating this fruit salad will count towards your 2 serves of daily fruit. Yoghurt is also great as it is full of probiotics.

By Jayden, Elliot, Tayah, Thomas & Lena

JETTL Fruit Salad

Ingredients

- 1x pink lady apple
- 125g blueberries
- 125g raspberries
- 250g strawberries
- 1x banana
- 250g custard

Method

1. Chop your fruit into small bite sized pieces.
 - Bananas: small slices
 - Apples: small square pieces
 - Blueberries: cut in half
 - Strawberries: cut into quarters
 - Raspberry: cut in half
2. Divide the fruit equally into 6 bowls.
3. Pour custard onto the top of the fruit.

Equipment

Large bowl
Spoon

Knife
Spatula



Grilled Crispy Corn Cobettes

Serves: 14

Cost: \$14.75

Time: 27 minutes

Waste Tip

A good way to use up all the corn you have is to fry them up and make Grilled Crispy Corn Cobettes.

Healthy Eating

Corn is healthy and eating a Grilled Crispy Corn Cobette will count towards one serve of your daily vegetable intake.



By Evie, Zahra, Milit, Simra, Ivan & Oscar

Grilled Crispy Corn Cobettes

Ingredients

- 6x corn cobs
- 2 tbsp curry powder
- 150g butter
- Bullseye Sweet BBQ Sauce
- 2 tbsp salt & pepper
- Oil

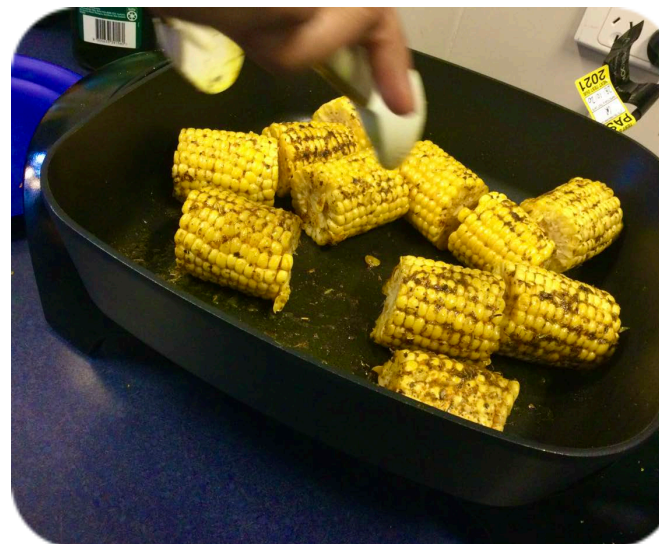
Method

1. Chop corn into 3 pieces to make cobettes.
2. Spread butter evenly over the corn.
3. Add curry powder, salt and pepper to the corn.
4. Fry corn for approximately 10 minutes making sure you cook each side.
5. Remove corn from fry pan and add to plate.
6. Drizzle Bullseye Sweet BBQ sauce onto corn and serve.

Equipment

Tongs
Large plate
Knife

Bowl
Fry pan



Groovy Granola

Serves: 6

Cost: \$12.30

Time: 30 minutes



Waste Tip

If your oats are nearly out of date you can create this yummy granola recipe. You can also use up any leftover fruit and yoghurt that you have left in your fridge.

Healthy Eating

Fruit is healthy and this recipe will help you achieve your 2 serves of fruit. Oats are also healthy as they are a good source of fibre. The yoghurt in this recipe is also full of probiotics.

By Alyssa, Danna, Sienna, Aaron, Julian & Skye

Groovy Granola

Ingredients

- 2x apples
- 3x bananas
- 250g strawberries
- 300g oats
- 400g greek yoghurt
- 1 tbsp cinnamon

Method

1. Gather together all your ingredients.
2. Wash your apples and strawberries.
3. Cut your fruit into small bite sized pieces.
4. Combine the fruit, oats, greek yoghurt and cinnamon in a large bowl and mix together.
5. Divide into 6 bowls to serve. You can sprinkle some extra cinnamon on top if you wish.

Equipment

Large spoon
Cutting board

Large bowl
Knife



Great Guacamole & Tasty Tortilla Chips

Serves: 8

Cost: \$14.16

Time: 20 minutes

Waste Tip

If you have avocados that are starting to go bad and tortillas that are approaching their used by date, then create yourself this tasty snack.

Healthy Eating

All the ingredients in this recipe are super healthy. Avocados are known for being rich in nutrients. You can also swap the tortilla wraps for gluten free wraps.



By Morgan, Kaitlyn, Chanel, Amiria, Traye & William

Groovy Guacamole & Tasty Tortilla Chips

Ingredients

- 4x avocados
- 1x tomato
- 1/2 red onion
- 1x lime
- 1/4 cup coriander
- 10x tortilla wraps
- Salt to taste

Method

1. Dice the tomato and red onion.
2. Roughly chop the coriander.
3. Cut avocados in half and remove the seed.
4. Spoon out all the avocado flesh into a bowl and mash it with a fork.
5. Squeeze the juice of the lime into the bowl.
6. Add tomato, red onion, coriander and salt to the bowl and stir until combined. Set aside.
7. Put oil in a fry pan and put it on medium heat.
8. Slice up your tortilla wraps to create tortilla chips.
9. Fry tortilla chips until they are golden brown.
10. Serve guacamole together with tortilla chips.

Equipment

Knife

Spoon

Chopping board

Tongs

Fork

Juice press

Fry pan

Large bowl



Cheesy Garlic Bread

Serves: 1 bread slice per person Cost: \$12.25 Time: 10-15



Waste Tip

A great way to use leftover cheese before it goes mouldy and bread before it goes stale.

Healthy Eating

Using garlic is healthy to recover people from sicknesses.

by Hayley, Althea, Dhiya, Chris & Caleb

Cheesy Garlic Bread

Ingredients

- 125g parmesan cheese
- 1 loaf of sliced bread
- 2 tbsp of dried parsley
- 1 head of garlic
- 200g butter

Method

1. Leave the butter out for 20 minutes to soften.
2. Peel the garlic cloves. Crush garlic with the garlic press into the bowl.
3. Add butter into the bowl of garlic and mix together.
4. Add the parsley to the butter mixture and mix.
5. Spread the mixture evenly onto each slice of bread using a spoon or a butter knife.
6. Sprinkle parmesan cheese onto the bread and fry on each side for 2-3 minutes.
7. Serve!

Equipment

Garlic press
Fork
Bowl

Spoon
Butter knife
Frying pan



Refreshing Rolls

Makes: 17 Wraps

Cost: \$10.86

Time: 1 hour

Waste Tip

You add any vegetables you like, or if you had salad the night before you can add your extras into your rice paper wraps. Reducing your food waste produced.

Healthy Eating

In our recipe we included 4 vegetables but you can always use more.



By Amber, Shaylee, Venecia, Vasa and Talen

Refreshing Rolls

Ingredients

- Rice paper wraps x 1 packet
- Carrot x 1
- Iceberg lettuce 1/2 packet
- Hosin sauce mr chens
- Spring onion x2
- Mint (garden)
- Water (for rice paper wraps)
- 1/2 packet Vermicelli Noodles

Method

1. Fill a bowl of warm water
2. Place your vermicelli rice noodles in the warm water and let soak
3. Rinse all vegetables then pat dry.
4. Chop spring onion, cabbage and mint.
5. Grate your carrot
6. Fill up a big bowl of warm water.
7. Place your rice paper rolls one by one in the the warm water until corners start curling in.
8. Assemble your rolls with noodles, carrot, mint, lettuce and spring onions, then roll and fold all sides in.
9. In a separate bowl, pour the hoisin sauce. Dip an enjoy.

Equipment

- | | | |
|-----------|----------------|------|
| Bowl | Knife | Fork |
| Tea towel | Chopping board | |
| Spoon | Sieve | |



French Toast

Serves: 5 serves

Cost: \$2.70 per serve

Time: 20 min

Waste Tip

This recipe is great because bread is the most common wasted food every year in Australia! When you use this recipe you will be able to use stale bread, saving bread from ending up in landfill.

Healthy Eating

It is healthy because you get one of your daily serves of grain from bread, and you get some egg's as well, plus it is yummy !bonus!



By Addison, Seirah, Emmie, Apeksha and Kameron

French Toast

Ingredients

- White sandwich bread -1 loaf
- Extra large free range eggs -5
- Cinnamon/sugar mix -1 tbs
- Skim milk -1/2
- Strawberries a whole punnet
- Vanilla essence -1tbs
- Peaches in juice -1 can
- Oil -1 tbs
- Bananas -1

Method

1. Get 2 slices of bread per person
2. Carefully crack 5 eggs in a bowl and thoroughly beat the eggs until well combine.
3. Add 1 tbs of vanilla essence and 1/2 cup of skim milk and mix until smooth
4. Heat 1 tbs of oil in frypan at medium heat
5. Dip each slice of bread in the egg mixture flip the bread and coat on both sides and put straight into frypan
6. Let bread cook for 3-5 mins at medium heat until golden brown
7. Once the toast is well done wash fruits and cut the fruits and serve with the prepared fruits and cinnamon/sugar mix

Equipment

- Bowl
- Knife
- Measuring spoons and cups
- Fork
- Chopping board
- Frying pan

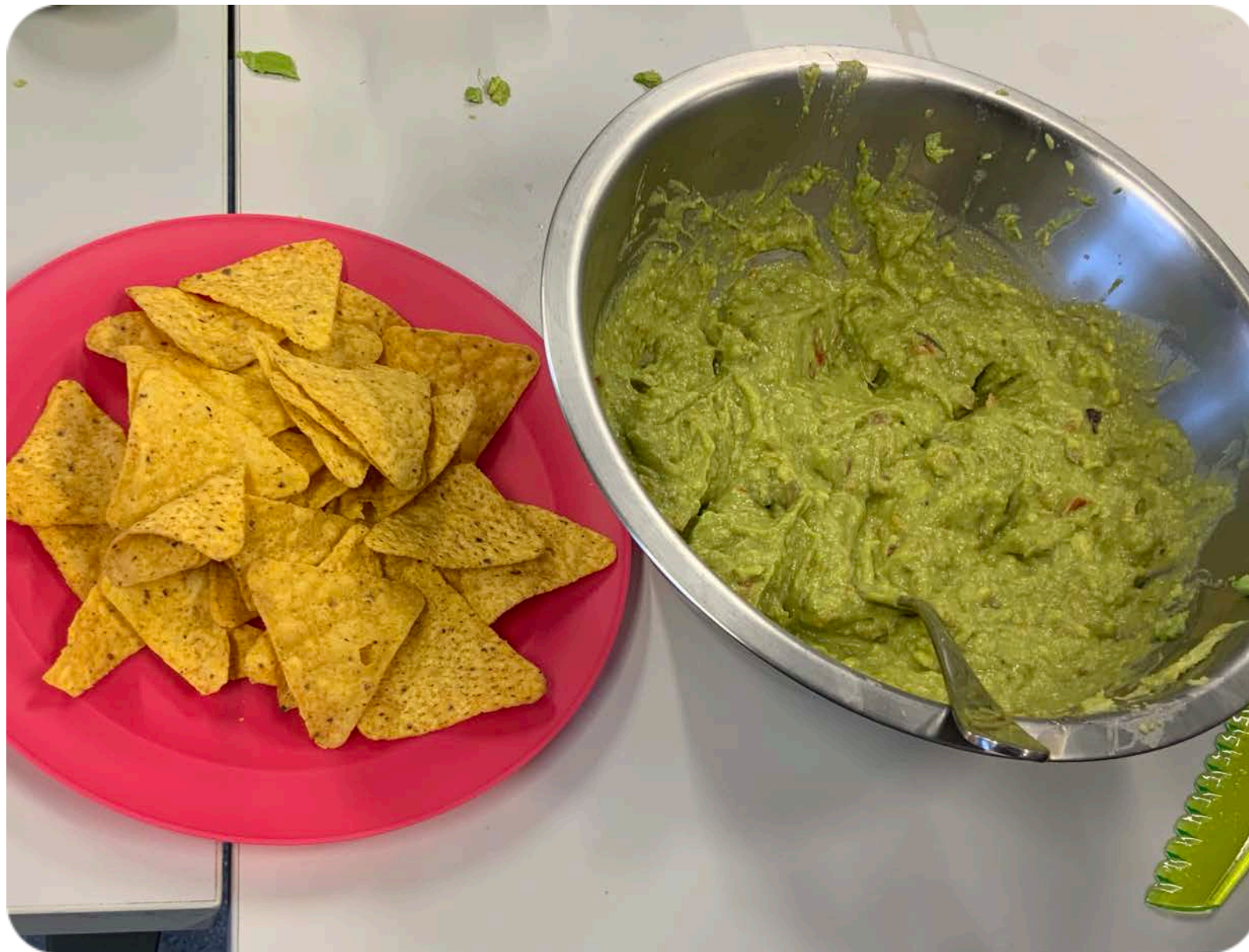


Grandma's Guacamole

Serves: 6

Cost: \$10.93

Time: 30 mins



Waste Tip

How our recipe reduces food waste is that you can reduce waste of squishy avocados, tomatoes and onions. Our recipe is at its best when we use squishy avocados. Also you could plant the avocado seed.

Healthy Eating

It uses healthy vegetables to make a delicious, nutritious snack for everyone and it covers one of the daily veggie and grain serves.

Don't add too much salt as this can increase your blood pressure.

By Srinidhi, Trinity, Olivia, Ashlyn, Charlee and Karan

Grandma's Guacamole

Ingredients

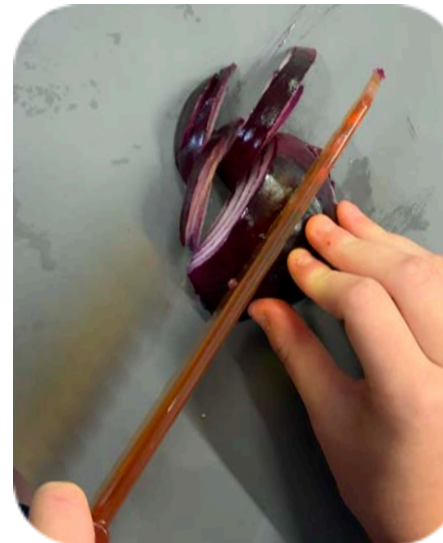
- 4 avocados
- 1 tomatoes
- 1 packet of corn chips
- 1/2 a red onion
- 1 lime
- Salt and pepper

Method

1. Wash the tomatoes and peel the onions.
2. Carefully dice tomatoes and onions.
3. Slice the avocados in half and spoon out the seed with the spoon.
4. Scoop out the flesh of the avocado with the spoon into the bowl.
5. Thoroughly mash with a fork.
6. Add the tomatoes and onions into the bowl and mix with the avocado.
7. Carefully cut the lime in half and gently squeeze 1/2 teaspoon of lime juice in the bowl
8. Mix all ingredients together
9. Serve delicious meal with salt and pepper to taste, enjoy with corn chips

Equipment

- Bowl and plate
- Measuring cups and spoons
- Fork and spoon
- Knife and chopping boards



Tactical Fuerte Tacos

Serves: 6

Cost: \$17.15

Time: 30 minutes



Waste Tip

If your lettuce, cheese and tomatoes are going off you can use them in this recipe.

Avocados that are very mushy are perfect for tacos they are very easy to mash and taste the same as fresh ones.

Healthy Eating

This recipe helps with your daily serves of vegetables, dairy and grains. These amazing tacos contain lots of nutrients and vitamins. It is also vegetarian.

This recipe goes well with Grandma's Guacamole.

By Vikram, Junchi, Darragh, Cris and Jasiah

Tactical Fuerte Tacos

Ingredients

- Garlic head 1x 6 cloves.
- 12 taco shells (crunchy) 1x full box
- Half a iceberg lettuce 1x 3 leaves
- 3 bean mix Mexican style canned 1x full can
- Hass avocados 2x
- Oil 1 tbsp
- Crushed tomatoes canned 1x
- McCornick Mexican style food seasoning 1x whole packet
- Mexican cheese 1x full packet
- Woolworths mild salsa 1x (Optional)
- Water 1/2 cup

Method

1. Peel the 6 garlic cloves and thinly dice the garlic and iceberg lettuce in small bowls.
2. Carefully heat the oil in a frying pan on medium heat.
3. Drain the Mexican style bean mix and add with garlic and canned tomatoes. Mix.
4. Add the Mexican spice packet and water to to the pan, cook on low medium heat for 10 minutes. Mix frequently.
5. Turn the pan off and let the mixture cool and set aside in a large bowl.
6. Mash the avocados in a small bowl with a fork.
7. Put an equal amount of the bean mix, cheese, lettuce, avocado and salsa in the taco shells and enjoy your tactical fuerte tacos.

Measuring spoons
Electric frying pan
Chopping board
Knife
Measuring cup

Equipment

2 small bowls
Spoon

Mixing spoon
Dinner spoon
12 plates
Mixing bowl
Fork



Fruit Parfait

Serves:6

Cost: \$12.98

Time:35-45 min



Waste Tip

Our recipe saves fruit, like bananas. If a banana becomes spotty you can actually still eat the it, it just means it's more ripe. You can keep mixed berries in the freezer to keep them cool and they can last longer.

Healthy Eating

If you want to eat healthier then you can add more fruit. Kids our age should aim to eat 2 serves of fruit a day.

By Alvina, Jazz, Sean, Andrè, Emmy and Manal

Fruit Parfait

Ingredients

- 2x bananas
- 1x packet of mixed berries (defrosted) 250grams
- 1x tub of Greek yoghurt
- 1x can of peach slices
- 1x packet of Australian rolled oats, 384 grams

Method

1. Get your rolled oats, mixed berries, peach slices, bananas and yoghurt
2. Prepare all the fruits in small bowls. Peel the mandarins and bananas. Then cut the bananas horizontally with a knife and cutting board. Scoop out the pomegranate with your finger into the bowl/container.
3. Scoop out carefully 1 layer of yogurt with a spoon in each container/bowl.
4. Scoop a layer out slowly of your first choice of fruit in your container/yogurt that your yogurt was in.
5. Pour in carefully half a cup of rolled oats in your container/bowl layering on top of your fruit and yogurt.
6. Keep on layering your yogurt choice of fruit and oats to make it a delicious fruit parfait.

Equipment

- | | |
|------------------|---------------|
| 1x cutting board | 6x containers |
| 3x bowls | 3x spoons |
| 1x knife | |

