

# Fill Bellies - Not Bins

Healthy, Easy Recipes

6.3



**FEAST**™  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING



# Caesar Surprise

## Ingredients

4 cups of Lettuce

1/2 a cup of diced  
Chicken

25 grams of  
Parmesan Cheese  
5 cut up Bacon  
strips

1/2 a cup of  
Croutons

## Waste Tips

Leftover bacon  
into quiche

Nice side salad for  
later with tomato  
Extra Lettuce into  
compost

Only add dressing  
to parts you are  
going to eat.

## Steps



Put the lettuce into bowl until full.



Add caesar sauce and mix.



Add chicken and bacon pieces.



Add croutons.



Top it with cheese



Add tomatoes(Optional) Enjoy!



# Chicken Ceasar Salad



## Healthy Tips

Don't put more bacon in than needed.

If feeling hungry add more lettuce and less bacon

Use leftover ingredients to throw in with your dish

Bailey, Patrick, Archie



# Poke Boat

## Ingredients:

- 1 lime, juiced
- 1/2 tsp wasabi paste
- 1 avocado
- 300g smoked salmon
- 1/3 cup shelled edamame beans
- 2 radishes
- 2 tsp black or white sesame seeds
- 1/2 cup cooked brown rice
- 2 spring onions
- Feta Cheese (Top 5 wasted food)

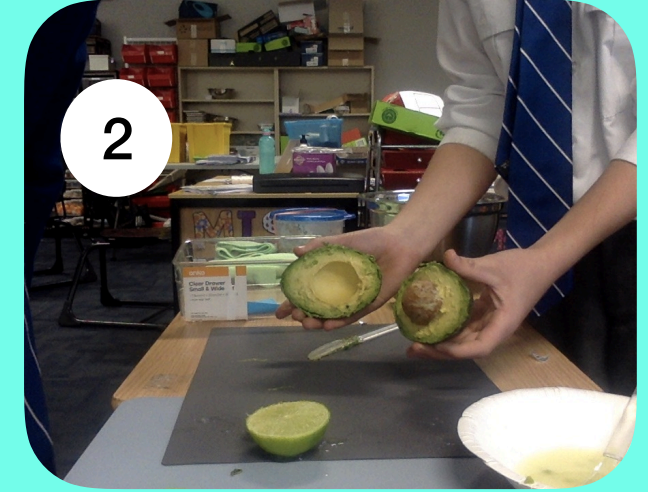
**Waste Tip:**  
Throw left over veggies to compost, refrigerate left over rice and use it for later

**Consideration:**  
Vegans and vegetarians skip the salmon! Its delicious with or without!

## Steps



1 Stir Lime juice and wasabi paste in a small bowl



2 Cut Avocado half length ways and remove seed, scoop out flesh using spoon



3 Cut avocado pieces into cubes and add to lime dressing. Toss to coat and set aside



4 Place salmon, edamame beans, sesame seeds and radishes into a bowl, toss to combine



5 Mix the avocado pieces with the dressing into the bowl with other ingredients, toss to combine



6 Divide rice in the avocado skins then top with salmon mix, add spring onions and some feta to serve



# Avocado 'Poke Boat'



**Final Product of this Recipe**

This Dish is extremely healthy with many different vegetables like avocado, radishes, edamame beans and spring onions (Also known as shallots) . It has little to no waste with the bowl being the actual avocado. An ingredient that is in the top 5 wasted food is Feta which is classified as cheese.

**Healthy Tip:**  
Includes a source of grains, vegetables and lean meats



# Chiki Sushi

## Ingredients:

- 1/2 tablespoon of soy sauce
- 1 Seaweed
- 1 avocado
- 1 cucumber
- 1 cup of rice
- 4 pieces of fried chicken

## Waste Tip:

If you don't finish all of the cucumber or avocado, you can put it into the compost, or you can use it as a sandwich. If chicken is wasted, you can put it back in the fridge and heat it up in a microwave again. If you don't finish eating the rice you can put it in the fridge and reuse it again.

## Steps



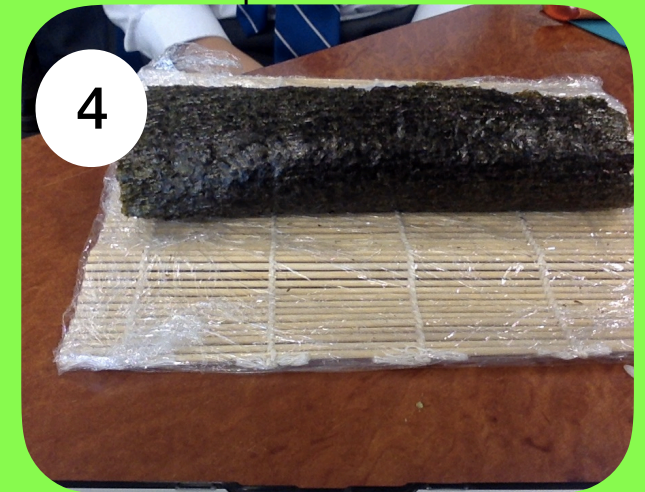
Add the seaweed to the sushi wrapper.



Add a thin layer of rice on the seaweed. Then slice your cucumber in long pieces on put on rice.



Then stack little 5cm pieces of avocado on top of the cucumber, and add three pieces of chicken.



Then roll with the sushi wrapper. When rolling make sure you pull back on the seaweed to keep it tight.



Then cut in half, you should end up with 2 rolls about 10cm long



Enjoy with soy sauce



# Chiki Sushi

Healthy Tip

Chiki sushi includes vegetables such as avocado and cucumber, Chiki sushi is very healthy for your body.



Jean - Paul

Luke



# Rainbow Shake

- Ingredients:  
Serves 2

- 1 little box of raspberry's
- 1 Little box of blueberries
- 1 Packet of skittles
- Yogurt 1 cup
- Milk
- A milk shake machine

## Wast tips

If you do not finish using all the blueberries or raspberry's Put them in the freezer to make this again later

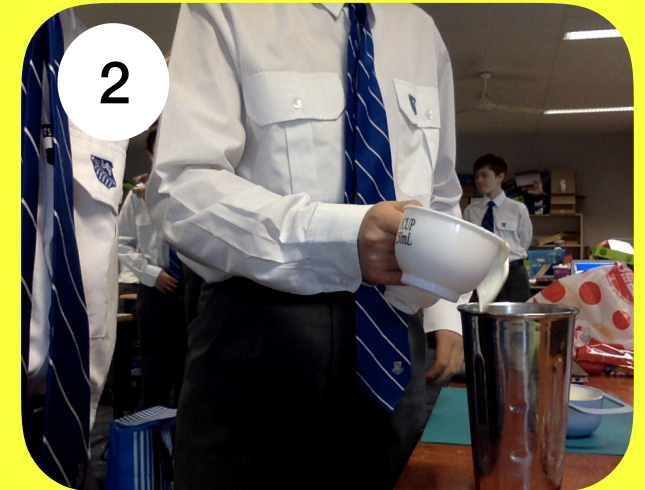
## Considerations

If you are vegan or diary free get some diary free yogurt and milk

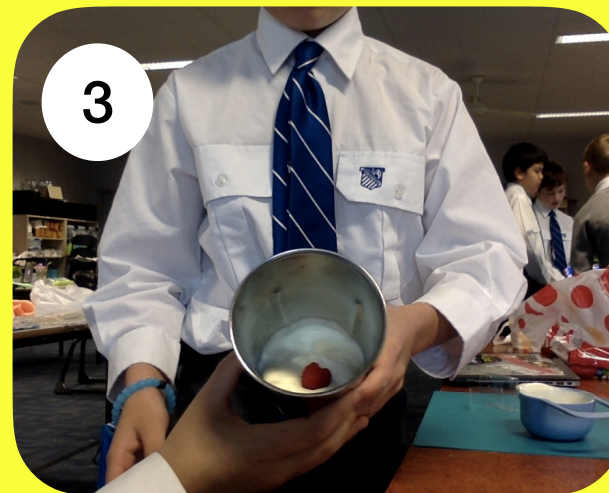
## Steps



1 Put five strawberries and seven blueberries in the bottom of the milk shake machine



2 Get the milk and poor it to half way



3 Then put one cup of yogurt in the shake



4 Then start the milk shake machine

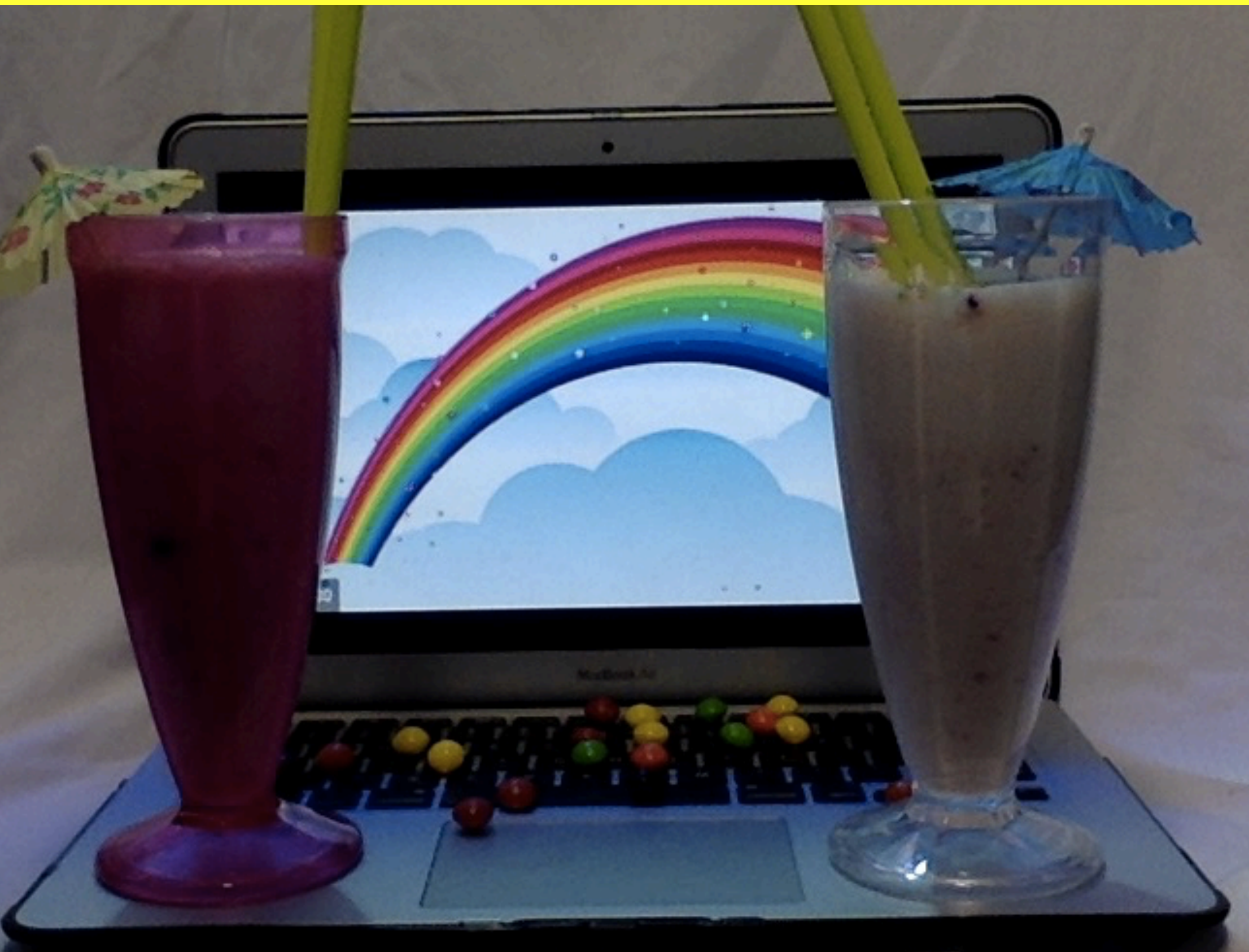


5 Now get skittles and smash it up and put it on top. You do not have to mash it if you do not won't to.



6 THEN DRINK!!!





**Healthy**  
**tips:**

Raspberries  
and  
blueberries  
are fruit so  
are pretty  
good for  
you

Charlie and Sam



# FRUIT SALAD

## INGREDIENTS

- 2 wedges of water melon
- 6 strawberries
- 1 apple cut up
- 1 mandarin
- Kiwi fruit peeled
- Lemon juice

## WASTE TIP

- If you finish with a lemon you can use it when you get fish and chips next time.

**considerations**  
**If you are allergic to**  
**Some of these fruits**  
**It will be dangerous**  
**Four you**

## Steps

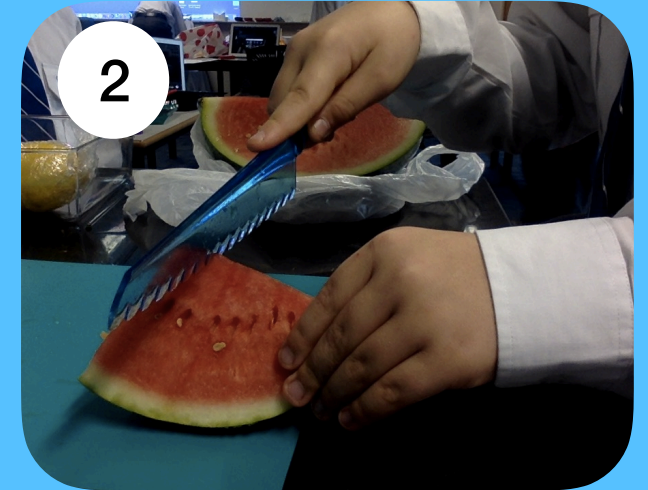
**Serves two people**

1



Wash your hands.

2



Grab the watermelon and slice into pieces.

3



Then grab your six strawberries and cut up into pieces.

4



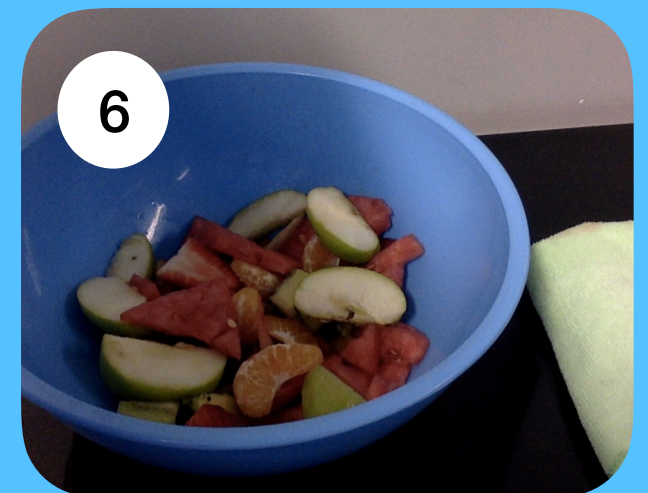
Then cut up the apple into slices.

5



Then peel mandarin and squeeze lemon juice in.

6

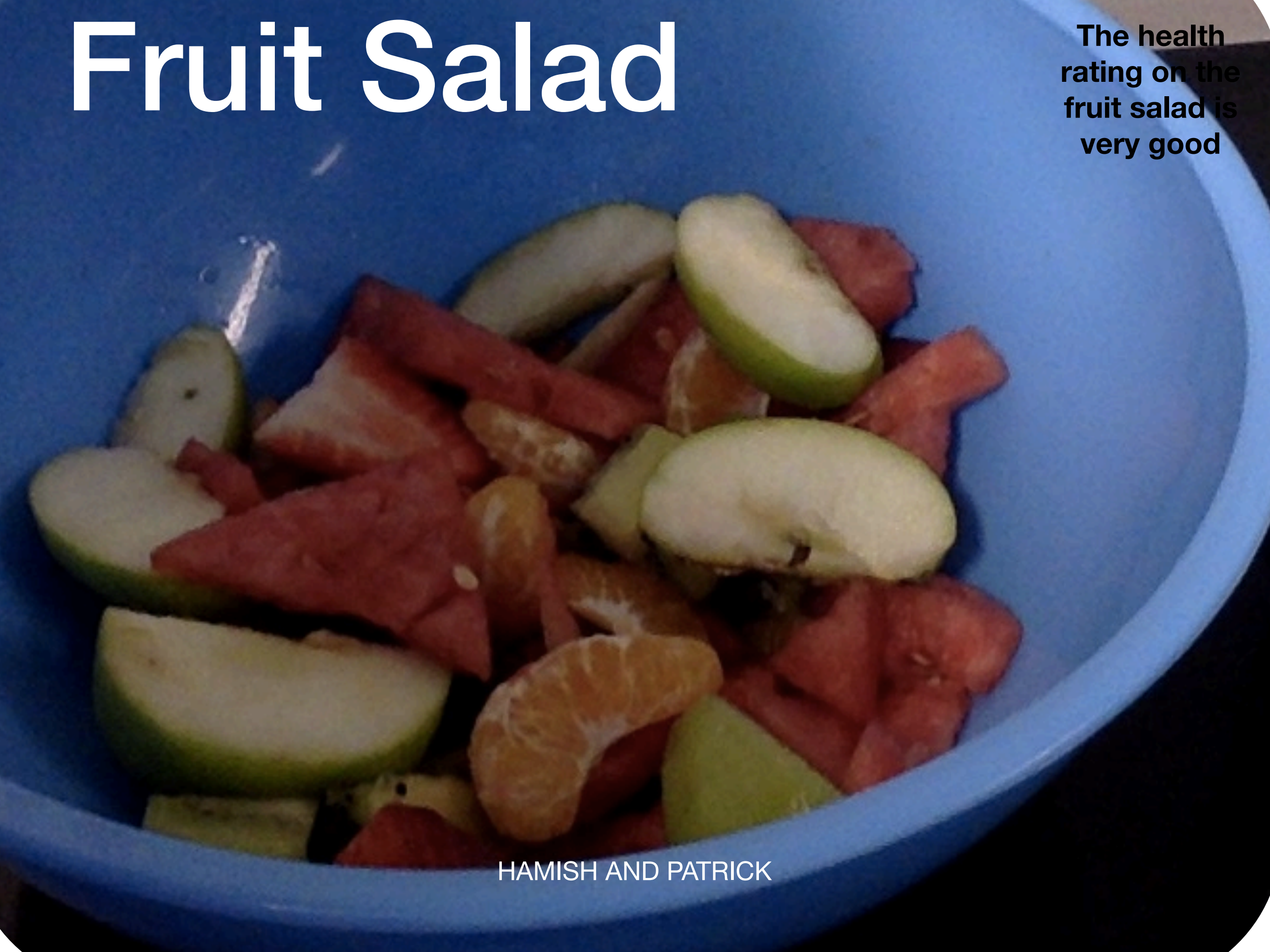


Then clean up your stuff and start eating and put everything in your bowl.



# Fruit Salad

The health  
rating on the  
fruit salad is  
very good



HAMISH AND PATRICK



# Strawberry Smoothie

## Ingredients

- 12 strawberries  
(Tops cut off).
- 1/2 a cup of  
yogurt.
- 1/2 a tray of Ice.
- 1 cup of milk.
- Whip cream  
(optional)

## Waste Tip

- Put the leftover  
strawberries in  
your fridge/  
freezer and save  
them for next  
time you want to  
make this  
recipe/eat them.
- Eat the yogurt or  
put it in your fridge  
for afternoon tea  
or as a snack.

## Steps



1 Put ice in the bottom of the blender.  
(Optional, it will just help keep the recipe  
cold while you're making it.



2 Pour the milk in after the ice.



3 Cut the tops of your strawberries off,  
and them in the blender, along with the  
ice and milk.



4 And now put some yogurt in.



5 Begin blending, and blend for until it  
gets thick, then take the strawberry  
smoothie out of the blender.



(Optional) And finally put some whip  
cream on-top, and enjoy!



# Strawberry Smoothie

## *Healthy Tips:*

- If someone is either on a diet, or allergic to a certain milk, you could either change it up or remove it.
- When we made our Strawberry Smoothies, our most unhealthiest item in the strawberry smoothie was whip cream, so as we mentioned in the step by step and ingredients that it is optional.



William and Joshua



# Strawberry and Banana Shake

## Ingredients per serve

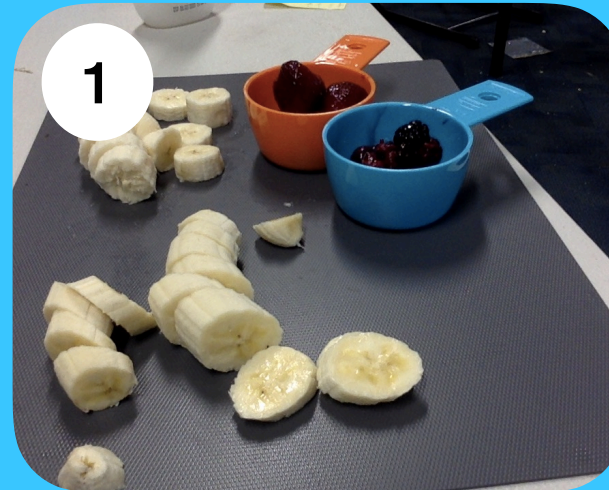
- one banana
- 5 strawberries (top cut off)
- one cup of milk
- two spoons of yogurt (plain)

## Waste tips

- Use the whole of the banana, or if you have too much put it inside of the freezer

For lactose intolerant people replace dairy with dairy free items like almond milk.

## Steps



Chop up your banana and drop it in your shaker cup. And to the same with the strawberries Unless they are frozen.



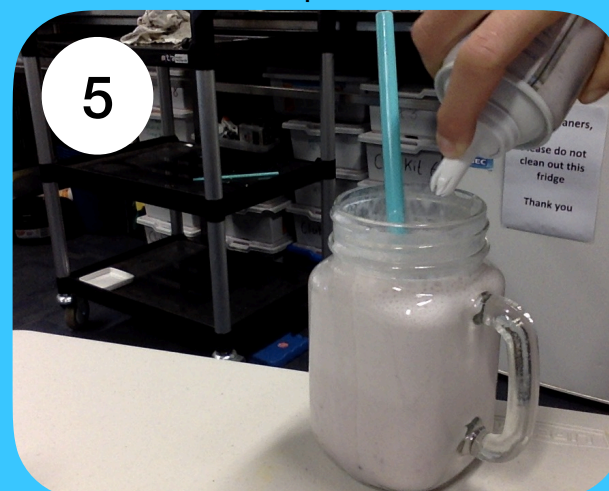
Next pour milk and yogurt into your shaker then put four blocks of Ice in the shaker cup.



Close the lid of your shaker cup and start to shake it until for 2 minutes. Then after open the lid.



Optional: pour into a milkshake cup or jug.



Optional: Spray whipped cream on top with some berries if you would like.



Enjoy your drink or give it to a friend.



# Strawberry and Banana Shakes



Healthy tip  
Avoid using too much whipped cream if you want it to be healthier.

Use more fruits  
more more  
nutrience inside  
of you're shake

James and Lachlan

*Enjoy a healthy choice*



# Fruitalicious Salad

## Ingredients:

- 1/4 cup of grapes
- 1 apple
- Quarter watermelon
- 2 mandarins
- 6 mixed berries

## Waste Tip:

If you have leftovers fruit you can put it in a smoothie.

With the left over skin on your fruit put it into compost.

1

## Steps

2

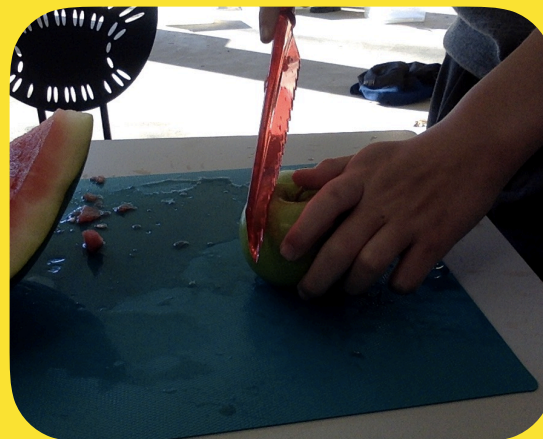


3

Wash your hands

4

Organise your fruit



5

Start cutting your fruit

6

Make your layers



Put the fruit in to the bottle

Eat and enjoy



# Fruit Salad

## Healthy Tips:

**Top your fruit salad with yogurt and oats.**

**If you have any food allergies be cautious of what you put in the fruit salad.**



**By Jimmy and Max**