

FIGHT FOOD WASTE

Food waste is a terrible problem so the two of us have designed the perfect TWO recipes to combat food waste.

SO WHAT IS FOOD WASTE?

Food waste is the edible food that is wasted when people put food into the bin and it gets sent to landfill. Over time food piles up in landfill and starts to rot. It then emits methane into the atmosphere, 2.1 tonnes of CO₂-e per tonne of food to be precise.

THEN WHY IS IT IMPORTANT?

It is massively important that we stop food waste from growing. As stated before every tonne of not eaten food thrown out is 2.1 tonnes of CO₂. But that is not the only reason that food waste is a problem. When food is produced it takes water, soil and money. It then costs money for staff to harvest their produce and sell it to the super market. Once it is at the supermarket it is bought by the person who would like to eat it. If it is thrown out that is a heap of resources and manpower wasted! That is why food waste is important

WELL, WHAT DO I DO THEN?

There is so many things you can do to help prevent food waste.

You can...

- Buy only what you need.
- Put food scraps into a compost bin.
- Use what you have home.
- pick "ugly" fruits and veggies.
- check food use by dates.
- have a Use It Up meal.
- AND LOTS MORE!!!

As you can hopefully see, Food waste is a terrible problem in this day and age. There are so many good recipes that use ingredients from around home. Two particularly good recipes are a blueberry mug muffin and Tooty fruity smoothie. These two recipes use up Milk, Fruit, yogurt and other ingredients around the home. You can view this recipe on this website

https://www.canva.com/design/DAFuT9Eoe4Y/12cCVUDkItXzciDJ9l7sA/view?utm_content=DAFuT9Eoe4Y&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=GKz4SOwG9wt



Bao Buns

Most wasted food: Leftover roast beef

Prep time: 10 min

Cook time: 10 min

Serves: 2

Ingredients

56g leftover slow cooked beef
1 tsp 5-spice powder
2 tsp soy
1 tsp ginger
1 tsp water
1 tsp sugar
2 tbsp hoisin
1 tbsp sriracha
1 packet frozen bao buns
2 bao buns each

Method

1. Slice the lamb into 4 even sized pieces no more than 1cm thick.
2. dust the 5-spices over lamb.
3. Reheat meat in microwave on low for a minute.
5. Steam bao buns for 5 minutes in a pot with baking paper
6. Meanwhile combine soy, ginger, water, sugar, 5 spice and hoisin to make sauce.
7. Stuff the shredded lamb into the buns, dress with the sauce.

Rhubarb salad

Ingredients

Most wasted food: Rhubarb

Prep time: 20 mins.

Cook time: 20 mins.

Serves: 2

2 cups 1/2-inch pieces fresh rhubarb
2 tablespoons sugar
2 tablespoons balsamic vinegar
1 tablespoon canola oil
1 tablespoon minced shallot/spring onion
¼ teaspoon salt
¼ teaspoon freshly ground pepper
4 cups mixed baby greens
1/4 cup crumbled feta
1/4 cup sunflower seeds

Method

Preheat oven to 232°C

Toss rhubarb with sugar in a medium bowl until well coated; let stand, stirring once or twice, for about 10 minutes. Spread in an even layer on a rimmed baking sheet. Roast until just beginning to soften, about 5 minutes. Let cool for about 10 minutes.

Meanwhile, whisk vinegar, oil, shallot, salt, and pepper in a large bowl. Add greens; toss to coat with the dressing. Divide the greens among 4 plates. Top with the rhubarb, goat cheese (or feta), walnuts and raisins.

- A) Explain how the recipe tackles food waste?
- Rhubarb salad tackles food waste the most because it is using up left over salads including rhubarb that is grown from home.
- B) Identity one storage tip to make your recipe last longer.
- You could put the bao buns in the freezer as well as putting the leftover beef in the freezer or fridge too.
- C) Explain one way you would cook or prepare your recipe to maintain or improve the nutritional value.
- You could make it healthier by adding herbs into the bao buns recipe to improve the recipe.
- D) Identify one food safety tip to consider when creating your recipe.
- Make sure the beef and veggies on separate chopping boards and use different knife to prevent contamination.



HELP STOP FOOD WASTE NOW

WITH THIS RECIPE

DON'T USE LEFT-OVERS

BEEF TORTILLA

DON'T USE WASTE FOOD

WHY IS FOOD WASTE BAD:

Food after a while will start to rot. When it rots it creates methane gas (the bad smell that comes from rotten food). Methane gas damages the Ozone layer (the layer that's around the earth protecting us from the sun's rays). Food waste is also bad because the water, energy, fuel and time used to get the products to your homes is wasted as well.

WHY THIS RECIPE IS GOOD:

You can add any vegetable to your tortilla, and you can use any meat. Try to use up leftovers in the fridge, that's what this recipe is all about. This recipe also doesn't have much sugar, fat or salt in it at all. The only unhealthy ingredient in this recipe is the oil and fat that comes out of the meat. It is also a quick and easy recipe. You can put it in the freezer and cook in the sandwich press later.

HOW THIS RECIPE HELPS:

2.5 billion tonnes of food is wasted every year across the world. 155 tonnes of this is meat. This recipe can help reduce this amount.

1125000 tonnes of the food wasted every year is fruit and vegetable. This is 45% of all food waste. This recipe can help reduce the amount wasted.

It's also a great recipe to make with friends



Chicken Tortillas

How it fights food waste:

Chicken tortillas is a great way to use up meat and veggies in the fridge and stop them going into landfill.

Ingredients:

4 Tortillas
4 tbs Dijon Mustard
4 Cheese Slices
4 tbs Butter
 $\frac{3}{4}$ Cup Chicken/ Beef Mince
2 Eggs
2 tbs Tomato Paste
Handful Baby Spinach
1 Spring Onion Finely Diced
4 tbs oil



Method:

1. Set out tortillas, spread butter, Dijon mustard and tomato paste on two tortillas.
2. Chop spring onion and baby spinach until finely chopped. Crack eggs into a bowl and whisk. Then add the chopped onion and spinach and mix again.
3. Prepare frying pan with oil, fry the mince in frypan until brown.
4. Take the cooked meat and place in a separate bowl from the one used for mixing the egg.
5. Add more oil to the frypan and pour egg mixture into the pan. Cook egg right through making sure to constantly stir it in a figure eight.
6. After the egg is cooked place equally the meat and the egg in the tortilla.
7. Place 2 slices of cheese on top of the filling.
8. Wrap the tortilla up, wrap the second one around the first and cook in the sandwich press.
9. Eat well and enjoy!