



OzHarvest

“Use it up”

Cookbook

By Surat State

School

Welcome to our cookbook



This is a project by Year 5, 6, 7 and 8 who have planned, prepared and cooked meals using recipes that help prevent food waste.

We have been learning about the issue of food waste and have developed skills to become change makers by being very thoughtful about ways we can save food through the FEAST program.

We thank Ozharvest for lessons, recipes, kitchen kit, aprons and Woolworths voucher which they provided.

We know putting less food in the bin helps our environment and we hope our cookbook and tips will help you reduce your food waste.

Apple Bread and Butter Pudding

Ingredients:

- 200ml milk
- 200 ml single cream
- 50g caster sugar
- 3 eggs
- 1/2 tsp vanilla extract
- 1/2 tbsp ground cinnamon
- 8 slices of white bread
- 200g cooking apples, quartered, cored and sliced.



Steps:

1. Preheat the oven to 160c. set a saucepan over a medium heat, add the milk, cream and sugar and mix well together. Go until the sugar has dissolved, then set aside to cool.
2. Whisk the egg in a large bowl and stir in the vanilla extract and cinnamon. Whisk in the milk mixture.
3. Overlap the bread pieces and apple slices in an ovenproof dish and pour over the egg mixture. Use your hand to push the bread gently into the egg mixture so that it is completely immersed. Bake in the oven for 45 minutes.



If you have stale bread and apples in the fridge. This is the best recipe to use those foods.

To keep apples fresh here are some ideas.

Store them in a cold store or refrigerator at 0-2°C

Store them in a dark, cool, and humid location such as a cool pantry, cellar, or unheated garage.

Wrap them individually in newspaper or place them in perforated bags.

Keep them separate from other produce.

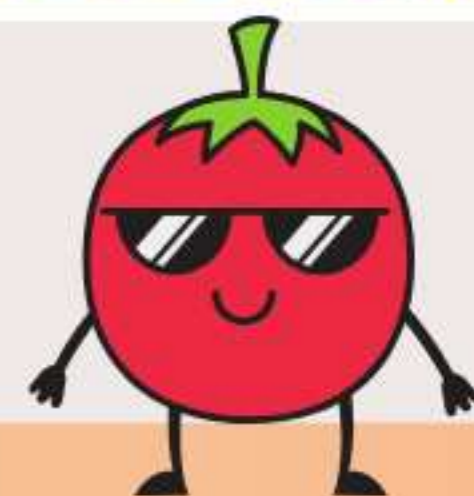


COOL CANELLONI'

COOKING TIME: 30 MIN

SERVINGS-10

PREPPING TIME: 15 MIN



INGREDIENTS;

.250G SPINACH
.375G RICOTTA CHEESE
2 EGG YOLKS
.1TSP MINCED GARLIC
.1/2C CHEDDA CHEESE
.375G LASAGNE SHEETS
.600G PASSATA
.1/2 MOZZARELLA CHEESE
SALT AND PEPPER

DIRECTIONS;

STEP 1
COMBINE SPINACH, RICOTTA, EGG YOLKS, GARLIC AND GRATED CHEDDA IN A BOWL, SEASON WITH S & P

STEP 2
CUT LASAGNE SHEET IN HALF, SPOON THE MIX IN A LINE ON THE SHEET, ROLL UP INTO A TUBE. REPEAT.

STEP 3
PLACE CANELLONI INTO A LIGHTLY GREASED DISH. ADD THE PASSATA OVER THE TOP OF THE CANELLONI, SPREAD OUT.

STEP 4
SPRINKLE THE MOZZARELLA OVER THE SOURCE BAKE THE CANELLONI FOR 30 MINUTES.

STEP 5



FUN FACTS



I USED SCHOOL-GROWN SILVERBEET AND USED UP ALMOST ROTTEN TOMATOES FOR MY PASSATA

ENJOY



STORAGE TIPS

IF YOU WISH FOR YOUR TOMATOES TO STOP ROTTING SO QUICKLY THEN WATCH OUT FOR ROTTEN TOMATOES BECAUSE IF ONE ROTTEN TOMATOE IS WITH OTHER TOMATOES IT WILL SPOIL THE REST SO TAKE THE ROTTEN ONE OUT AND THE OTHERS WILL LIVE A LONGER LIFE.

HOW DOES MY RECIPE ADDRESS FOOD WASTE

IN AUSTRALIA 7.6 MILLION TONNES OF VEGETABLES ARE THROWN OUT A YEAR TOMATOES ARE ONE OF THOSE VEGETABLES. TOMATOES ARE AN ITEM THAT OFTEN GET THROWN OUT BECAUSE THEY BRUISE EASILY. MY CANELLONI USED OLD TOMATOES THAT WOULD HAVE BEEN THROWN OUT. DID YOU KNOW THAT TOMATO SEEDLING HAVE BEEN GROWN IN SPACE BEFORE.



Croissant Breakfast Casserole



By Emerson



10 servings



45 minutes

INGREDIENTS

- 1 jar orange marmalade
- 1/2 cup apricot preserves
- 1/3 cup orange juice
- 3 tsp orange zest
- 10 croissants, split
- 5 large eggs
- 1 cup cream
- 1 tsp vanilla extract
- whipped cream

There are 7.3million tonnes of Oranges going to waste per year in Australia!

DIRECTIONS

1. In a small bowl, mix marmalade, apricot preserves, orange juice and zest.
2. Cut croissants in half
3. Pour the marmalade mixture into a baking dish. (13x9 inches)
4. Place croissant halves into dish with marmalade mixture in it.
5. In another bowl, whisk eggs, cream and vanilla extract. then refrigerate over night.
6. Preheat oven to 175 C
7. Bake, uncovered for 25-30 minutes
8. Serve and enjoy!

- Store whole oranges in a mesh produce bag in the crisper drawer of your fridge.

Funky Pumpkin Sconnes

Servings: 15

prep time: 10 minutes

cook time: 15 minutes



TIPS:

- be careful not to overwork the scone dough to ensure they're light and fluffy
- use QLD blue pumpkins to add moisture and colour to the scones



INGREDIENTS:

- 1 tablespoon butter
 - 1/2 cup sugar
 - 1/4 teaspoon salt
 - 1 egg
 - 1 cup mashed pumpkin (cold)
 - 2 cups flour
 - 1 teaspoon of baking powder
- ...

PROCEDURE:

1. Beat together butter, sugar and salt with electric mixer till light and fluffy
2. Add egg, then pumpkin and stir the flour with a wooden spoon
3. Turn dough onto a floured board and cut into circles
4. Place on a tray on the top shelf of a very hot oven (255- 250c) for 15-20 minutes
5. Remove from oven, allow to cool and serve with butter

6. ENJOY!

...

peppermint ice cream

by Harlow

prep time

5min

equipment

- cutting board
- knife
- freezer
- container
- 1/8 cup
- 1/2 cup
- teaspoon
- blender
- bowl
- spoon/ice cream scoop



serves

1-2

ingredients

- x2 over ripe bananas
- pinch of salt
- 1/8 tsp pure peppermint extract
- food colouring
- 1/2 cup coconut cream
- 1 cup chocolate chips
- 1 cup milk



steps

-cut and peel
bananas



-put the bananas into
the fridge

-put the bananas in the blender and add
in small bits of peppermint at a time

-add milk in with the bananas

-transfer to container and
put in the freezer



enjoy

to keep bananas fresh for longer you can keep wrap
them in cling wrap and store
them in a dark and cool place

this recipe addresses waste by using over ripe
bananas that most people would through away if
they saw them sitting in the fridge

Ingredients

- . 4 large potato,s
- . 1 cup of diced bacon
- . 400mls of thickened cream
- . sprinkle of pepper



Delicious smises potato bake

1. Preheat the oven to 180 degrees
2. Peel the potatoes and cut them in to thin round pieces
3. cut up your chives and put them in a bowl
4. dice your bacon and put them in a bowl
5. Get a safe casserole dish and line it with the round potato's followed by the diced bacon and the chives on top and repeat the steps till the casserole is full and end with potato's
6. Add a sprinkle of pepper and the pour the thickened cream on top



7. Put the full casserole dish in the oven on high for approx 30 minutes

8. remove casserole dish from the oven

9. let it cool

10. once cool enjoy your potato bake

you can put potatoes in a container that has holes in it so then store them in the pantry



watermelon smoothie

how to make a watermelon smoothie

Equipment

2 bowls

2 cups

1

strainer

1 knife

1

watermelon

1/2

6 lime

1 spoon

By Hudson

Ingredients

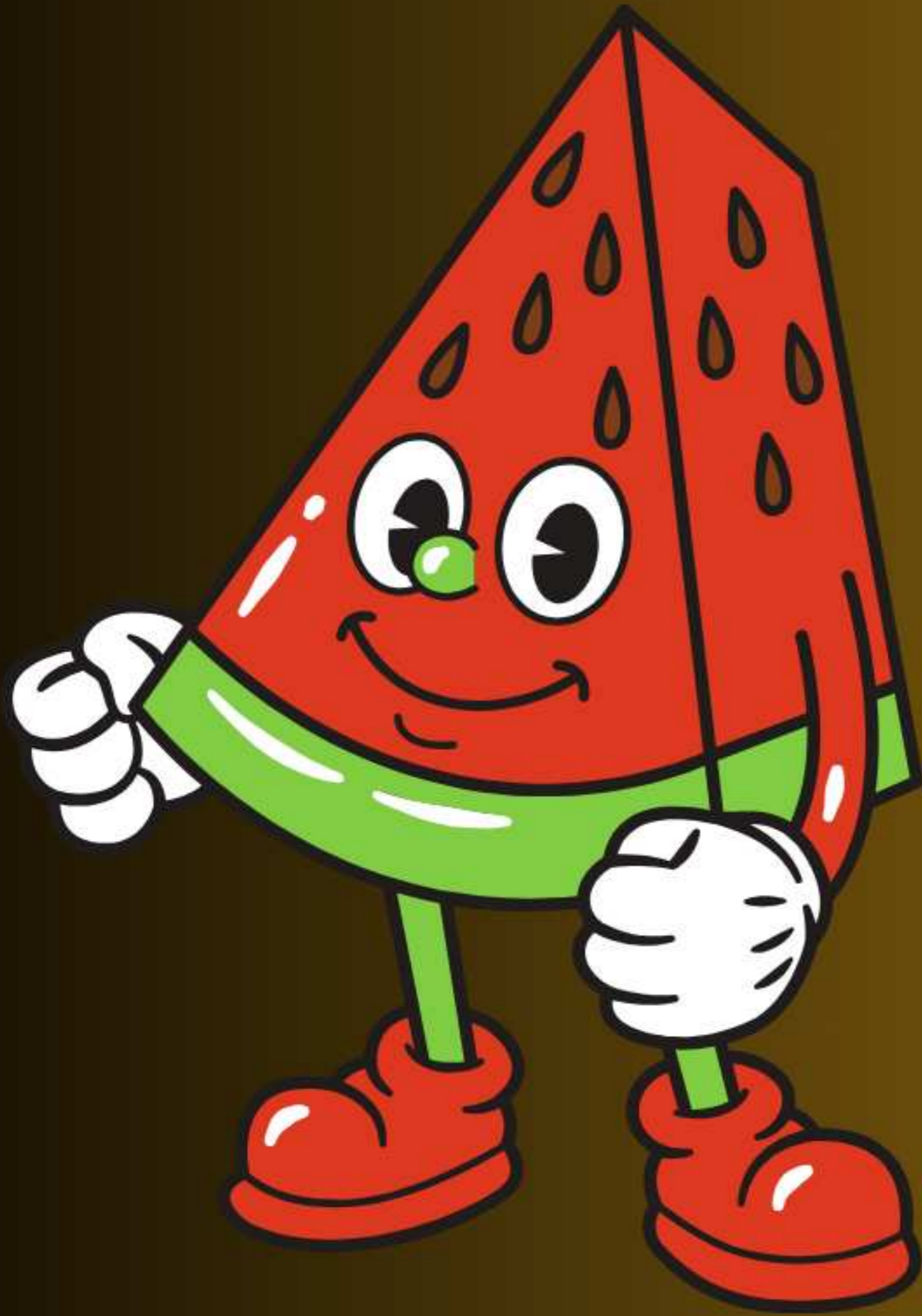
watermelon cubes 3/4

1lime juice



This recipe addresses food waste as it uses lots of watermelon that you might have too much of.

If you're not eating your watermelon right away, store it on the countertop, but out of direct sunlight



cut watermelon



pour lime juice



sieve



blend it together

JACE'S YOGURT CAKE

Step's
preheat oven
to 180 then
mix egg's and
sugar then add
oil lemon zest
and vanilla
then mix again.
add yogurt and
mix to a
smooth
consistency
then In a
separate bowl
whisk together
flour, baking
powder and a
pinch of salt,
add to wet
batter until
well combined,
scrape batter
into the
prepared pan
and bake for
around 40
minute's until
a skewer
come's out
clean.



Ingredient's

1cup yogurt
2 cup flour
1/2 cup white sugar
1/2 scant cup oil
2 egg's
2 tsp baking powder
1/2 tsp vanilla
2 lemon's zest
1 pinch salt



Utensil's

1 loaf pan
1 stirring
utensil
1 whisk
2 bowl's



In order
to store
yogurt
you must
store in a
fridge at
5°C or
freeze to
extend
it's life to
2
month's

This
recipe
use's
leftover
yogurt
which
may be
thrown
out
because
1.5 million
ton's of
yogurt is
thrown
out a year

Grimace shake

Add 4 scoops of vanilla ice cream and 2 cups of milk

Add 1 cup of blueberries and 1 cup of raspberries blend up and add whipped cream

This is a fabulous way to use up any old berries you have in the fridge

Storage tip: After washing, instead of returning your berries to their original packaging, let them breathe by storing fresh strawberries in a wide, flat container lined with paper towels



Perfect passion juice By Jud

Ingredients:

- 2 Peeled Oranges
- 1 Pineapple (Tinned or Fresh)
- 2 Passionfruits



Instructions:

- Peel orange and chop into quarters
- Cut the pineapple into medium sized chunks
- Place all fruit into a large bowl. Leave 1 chunk of pineapple out.
- Mix all ingredients in using a blender
- Pour juice into a cup and place remaining chunk on the each of a cup
- Serve immediately

How Does this recipe address food waste?

This recipe is fantastic in addressing food waste, because it uses commonly wasted foods. Any old fruit, fresh or not, chuck it all in!

It all gets mixed up anyway!

How to store passionfruit:

Freeze the inside of the passionfruit as ice-cubes. Make sure when freezing them, that it is summer or winter, if it is any other season they will not last as long.



tomato pizza

preheat oven to 220c

LINE A PIZZA PAN



Put tomato paste on
a pita bread
Add any toppings
that you like
Cover with cheese
Bake for 15 mins



**storing ripe
tomatoes upside
down (stem-side
down) on paper
towels in an open
container such as
Tupperware, a shoe
box, or a cardboard
flat.**

way to keep
mangoes
fresh

WRAP THEN IN NEWS
PAPPER IF THEY ARE
NOT PROPLY RIPE.

PUT THEN IN FRIDGE TO
KEEP THEM COOL.

MANGO JUICE

By Lucas

Ingredients:

mango
milk
water
lemon juice
ice cubes



WHEN IT IS SUMMER THERE ARE LOTS OF MANGOES IN THE FRIDGE

Strawberry pie by Mavrick

Prep time:

20 minutes

Cook time:

15 minutes

Serves:



8




ingredients:

1. Sugar ¾ cups
2. Corn-starch 2 tablespoons
3. Water 1 cup
4. strawberry gelatine 3 ounces
5. Strawberry's 4 cups
6. whipped cream
7. short crust 1

equipment:

1. cups
2. Knives
3. Tablespoons
4. Saucepan
5. Pie plate

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Preheat oven to 450 degrees	unroll crust into a 9 in pie plate trim edge line unpicked crust with a double thickness of heavy-duty foil or parchment	8 minutes remove foil bake for 5 minutes longer let cool on a wire rack 	In a small saucepan combine the sugar corn-starch and water until smooth	Bring to a boil cook and stir until thick end about 2 min 	Remove from the heat stir in gelation until dissolved

Step 7	Step 8	Step 9	Step 10	Step 11
Refrigerate until slightly cooled 15-18 minutes 	Meanwhile arrange strawberries in the crust	Pour gelatine mixture over strawberry's 	Refrigerate until set	Then serve with whipped cream 

It is SUPER simple to make strawberries last longer. **Here is all that you need to do:**

Step 1: Mix one part vinegar with 10 parts water.

Step 2: Soak your strawberries for 2 Minutes

Step 3: Drain the strawberries

Step 4: Set them out to dry for about 20 minutes (I put them on paper towels)

Step 5: Put them back in a container

Maddie's chicken munchies

BY MADDIE



Ingredients

packet of Japanese karage crumb

1 egg

oil

500gram of chicken thighs

Prep Time: 10 mins | Cook Time: 12mins | Servings: 3



Chop the chicken into small pieces.

Dip the chicken into the egg then coat the egg chicken with the crumbs.

Put the chicken into the air fryer and cook for 12 minutes



1. If you have lots of left chicken this is good recipe for saving it from the bin.

2. To keep chicken fresh wrap each individual chicken breast tightly in plastic wrap. Place the plastic-wrapped pieces of chicken into a Ziploc freezer bag. 3. Or you can wrap them again with a layer of foil. 4. Squeeze all the air out of the freezer bag. 5. Label the bag with the date before putting the chicken in the freezer.

Mitch's lovely chicken Caeser wrap



Ingredients

- white bread cut into half cubes
- 3/4 tsp freshly ground black pepper ,
divided 1 large chicken breast (about 1/2 lb)
sliced in half lengthwise
- some lettuce
chopped
- 1 tbsp - virgin olive oil
- preheat oven to 350 c toss bread with 1 teaspoon olive oil and bake for 10-12
minutes
- season chicken on all sides with garlic powder 1/2 teaspoon pepper
in skillet over medium high heat .Cook chicken turn occasionally on
165 c 2 - 3 minutes per side
- Transfer chicken to cutting board once cool enough slice chicken
into strips and put all ingredients in wrap
- **Quick storage tip** - store wrap in plastic
resealable bag or tin foil for up to a week
- **About my recipe-** it is an easy recipe and
quick to do so you don't waste wraps because
each year 631 million tonnes of food is wasted
and some of that is wraps

Photos of my cooking on other page :)

Mitch's Caesar wrap photos



Finished product



Today Recipe Pumpkin pie!

By Nasaria



Ingredients

1 Refrigerated pie crust (from a pack of 2 or use a frozen pie crust).

1 15- ounce pumpkin puree/ mash

1 14- Ounce can sweetened condensed milk

2 Large eggs

1/2 Teaspoon salt

2 Teaspoons pumpkin pie spice (cinnamon, ginger, nutmeg, allspice and cloves to blend and make pumpkin pie spice).

Add whipped cream for serving

Final result!



Storage tip

Wash the pumpkins in a very mild chlorine solution to destroy bacteria which may cause the fruit to rot. Allow the pumpkin to dry completely. Store the pumpkin in a cool, dry and dark place (if possible) for long term storage.

Store pumpkins upside down (so the stalk is on the bottom) in a cool place, such as your garage. Don't place them directly onto the floor - use a piece of cardboard as a mat for the pumpkin. Stored this way, pumpkins can last up to 3-4 months.



Put the pie crust in the oven for 35 minutes. Leave your pie in there on 425 F for 10 minutes then lower the temperature for the rest of the time.

1. Preheat oven to 425 f.

2. Place pie crust in a pie dish (9- inch). Crimp edges as desired. Chill until ready to fill.

3. Whisk all ingredients in a medium bowl.

3. Pour into pie crust.

4. Put the pie crust in the oven for 35 minutes. Leave your pie in there on 425 F for 10 minutes then lower the temperature for the rest of the time.





banana peel muffin



INGREDIENTS

3 banana skins pureed with
a glass of water

1-1/2 cups all-purpose flour

1 cup sugar

1 teaspoon baking soda

1/2 teaspoon salt

3 medium ripe bananas

1 large egg, room temperature

1/3 cup vegetable oil

1 teaspoon vanilla extract

DIRECTIONS

IN A LARGE BOWL, COMBINE DRY
INGREDIENTS. IN ANOTHER
BOWL, MASH THE BANANAS. ADD
EGG, OIL AND VANILLA; MIX
WELL. STIR INTO THE DRY
INGREDIENTS JUST UNTIL
MOISTENED. FILL GREASED OR
PAPER-LINED MUFFIN CUPS HALF
FULL.

OVER 1/3 OF BANANA'S ARE WASTED
AS WE THROW OUT THE PEEL. THIS
RECIPE SAVES TONNES OF BANANA
A YEAR AND IT IS DELICIOUS



BBQ CHICKEN PIZZA

1 wrap or pitta.

50g of mozzarella

1/2 cup of cooked shredded chicken breast

2 tablespoons of tomato paste



Collect ingredients



Roast the pumpkin

put the ingredients on the wrap or pitta bread.



This is a great recipe as it uses up lots of vegetables from the garden as well as old pita breads.

Be careful you do not use chillies like I do instead of capsicum.

DRAGON FRUIT SMOOTHIE

By Riley

Ingredients

- 1 cup of frozen dragon fruit
- 1 mango
- Strawberries
- 2 cups of milk



Method

Blend the first four ingredients in a blender on high then add two cups of milk



Pour into a glass and enjoy

RUDY'S PUMPKIN SEEDS

1. cut the pumpkin seed out of the pumpkin
2. put the seeds in the oven until roasted.
3. and then you can eat them with salt.

This is a delicious recipe to use up those seeds that normally we would chuck out.

To dry pumpkin seeds you rinse them, then you must put them on dry paper for a week.



THAI GREEN CHICKEN CURRY

By Shakira

Prep time 10 mins

cook time 30 mins serves 6



Ingredients

- 225g potatoes into chunk
- 100g new beans
- 1TB oil
- 1 garlic clove
- 1TB Thai green curry
- 400ml can coconut milk
- 2stp Thai fish sauce
- 1stp caster sugar
- 450g boneless skinless chicken
- 2 lime leaves
- Handful basil leaves
- Boiled rice



Steps

1. Boil the potatoes
2. Add beans and cook for 3 more mins. Then drain. Put aside
3. In a wok heat oil. Then drop in garlic cook until golden
4. Spoon in curry paste and stir for 2 mins
5. Pour 400ml can of coconut milk let it bubble

6. Add Fish Sauce and caster sugar and chicken pieces – cook for about 8 mins
7. Add potatoes and beans and warm. Add coconut milk and then add 2 finely shredded lime leaves



8. Add a handful lime leaves only leaves then briefly heat quickly lose their brightness
9. Scatter with lime leaves to garnish and serve

THERE MILLON TONES OF VEGETABLE AND FRUIT are tossed out each year and ONE OF THE VEGETABLES ARE GREEN BEANS. This recipe is excellent for using up beans that you do not know what to do with. You can also add other vegetables like carrots or bean sprouts.

Newly harvested green beans can stay in your refrigerator for up to 7 days. You can leave them unwashed in a ziplock bag with holes in it. The hole in the plastic bag will regulate the moisture levels and prevent the green beans from getting dry.

Mango ice-cream

By Shivanna

MANGO

Ingredients

1 cup

Half-And-Half

2 tablespoons

Granulated Sugar

1/2 teaspoon

Pure Vanilla Extract

3 cups

Ice

1/3 cup

Kosher Salt

add

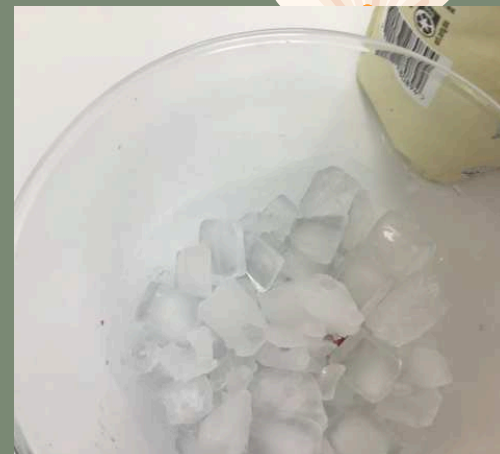
Toppings Of Your Choice



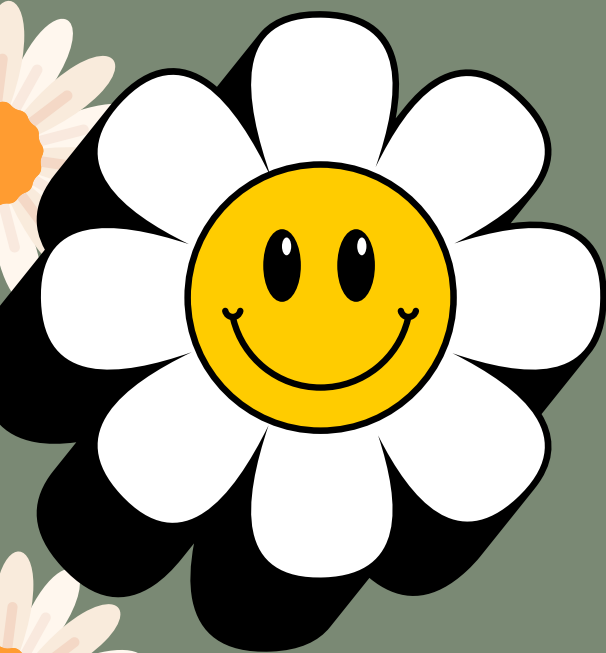
SALT



ICE



End result



steps / method

1. Mix together milk, cream, vanilla, sugar, mango in a bag.

2. Fill the gallon size bag 3/4 cup all the way to the top of ice and add about 1/4 cup of rock salt. (salt into a bag)

3. Place the small bag of ice-cream ingredients into the larger bag of ice and seal the bag.

4. wrap kitchen towel around and get to shaking like crazy for about 5 to 10 mins until it is ice-cream

5. carefully open your bag serve and enjoy



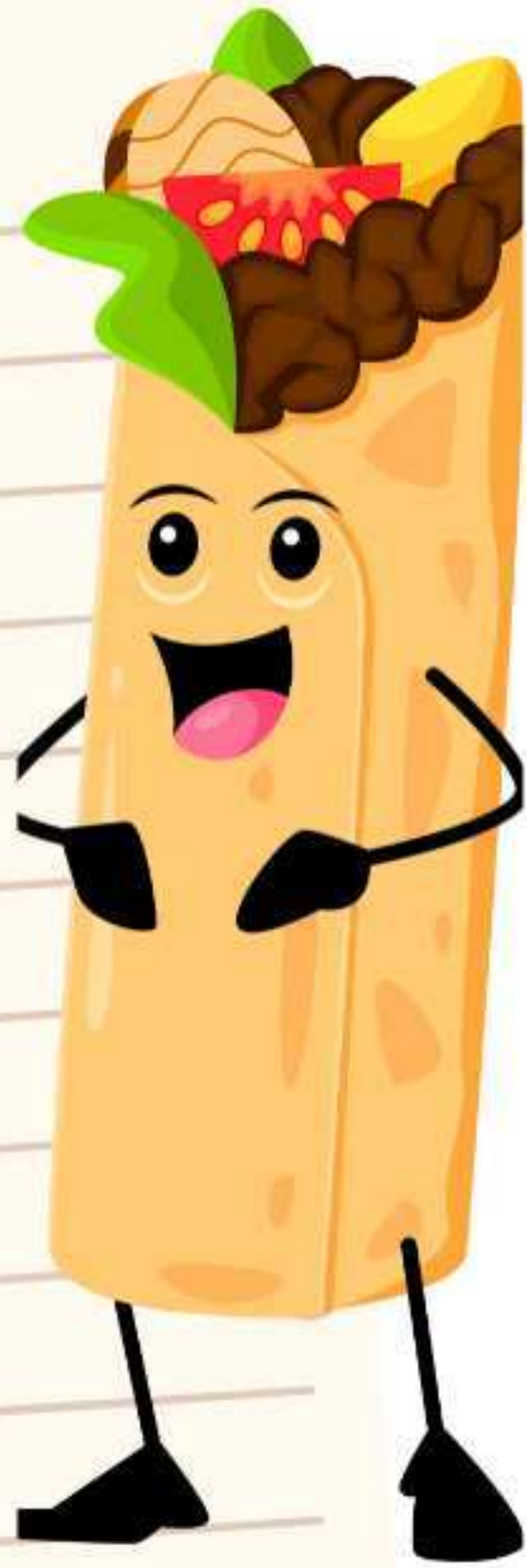
ENCHILADAS

INGREDIENTS

- chicken [preferably baked]
- onion [white, yellow or red will work]
- Beans [black]
- tortillas
- Cheese [whatever you prefer]
- enchilada sauce

STEPS:

- Preheat oven to 175 degrees and prepare your enchilada sauce
- In a large saute' pan, heat oil over medium-high heat. Add onion and saute' for 3 minutes, stirring occasionally. Add diced chicken and with a generous pinch of salt and pepper. Saute' the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through
- To assemble the enchiladas set up an assembly line including tortillas, chicken mixture, enchilada sauce and cheese. Lay out a tortilla and spread 2 TBLS of sauce over the surface of the tortilla.
- Add a generous amount of the chicken mixture in a line down the centre of the tortilla and place it in a greased 9 times 13 - inch baking dish.
- Assemble the remaining enchiladas. Then spread any remaining sauce evenly over the top of the enchiladas, followed by any extra cheese.
- Bake uncovered for 20 mins, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside. Transfer the baking dish to a wire baking rack.
- Serve the enchiladas immediately while they are warm. Enjoy!



EXTRA NOTES

Up to \$3000 are wasted on food each year in most houses. These include wraps bread and many other things mainly because they go stale and mouldy quickly. This recipe uses wraps that would usually be thrown out. You can make chips out of old wraps that you are not going to use.



You can make wraps last longer by freezing them as they can last over 2 months but for short term put them in the fridge and they should last about a week.

1.



2.



3.



4.



5.



Archies cool banana chocolate ice-cream steps :

1. cut your frozen bananas
Put the bananas and almond milk in blender cover and blend until a smooth consistency .

2. Add the peanut and dark chocolate , and cinnamon blend until a smooth consistency.

3. transfer the mixture to a freezer proof container cover and freeze for forty mins.

4. remove from the freezer and divide between serving boles
sprinkle optional grated chocolate or grated almonds
serve

5. put ice cream in freazer



about my recipee
it is dairy free.

it takes 10 mins to prep and 40 mins to
frezza

storege tip

staw in the freezer to enjoy when ever
you like.

Enjoy



tea = teaspoon
table =
tablespoon

PUMPKIN CAKE

Ingredients

1 1/2 cups flour, 2 tea
ground ginger, 1/2 tea
ground nutmeg (tea), 1/2
tea baking powder, 1/2
tea baking soda, 1/2 tea
salt 8 table unsalted
butter, 1 cup packed
brown sugar, 1 egg, 3/4
cups of pumpkin puree,
sanding sugar for
finished result

By: Ashlee Murray

1 heat oven to 350
degrees line two
rimmed backing sheets
with parchment paper



2 In a medium bowl whisk
together the flour, ginger,
cinnamon, nutmeg
baking powder, backing
soda, salt



3 In a large bowl bowl
with an electric mixer
on medium, beat
together the butter
and sugar until fluffy,
beat in the egg
pumpkin and vanilla
extract until blended



4 Add the flour
mixture to the
pumpkin mixture
and beat until
combined

5 scoop the batter into 2-
tablespoons scoop, at least
1 inch apart onto the
prepared sheets. Sprinkle
sanding sugar on them
(optional) gently press with
a teaspoon and put in the
oven for 12 mins .



finished
result



PUMPKIN CAKE

Storage tips for pumpkins

- Pumpkins can be storage in lots of places, but for the best results (2 to 3 months life) are in cool, dry, dark, places and not direct sun light.

Cool facts about pumpkins

- The average pumpkin has approximately 500 seeds

Food waste

- My recipe helps storge address food wates because over the world today 931 million tonnes of food wasted a year so this recipe could really help



Billy's Creamy Tomato Soup

You Will Need:

Servings: 8 people

4 Tbs Butter

1/2 onion

1/2 kilo tomatoes

1 1/2 cups water or chicken or vegetable stock

1/2 tsp salt

Instructions

- Melt the butter over med heat in a saucepan
- add onion wedges, water, tomatoes and salt
- Bring to a simmer
- cook uncovered for 40 mins
- blend and season



Billy [redacted] With His Tomato Soup!!

Easy cheesy deviled eggs By Blake

EASY WAY TO USE EGGS QUICKLY

4 hard boiled eggs
2 TABLESPOON MAYO
1 TBS CHILLI SAUCE
2 TBS CHEDDAR CHEES

SaLT & PEPPER



1.boil eggs



2. cut the eggs in haif



Add cheese, mayo and sauce into the egg yolks and mix

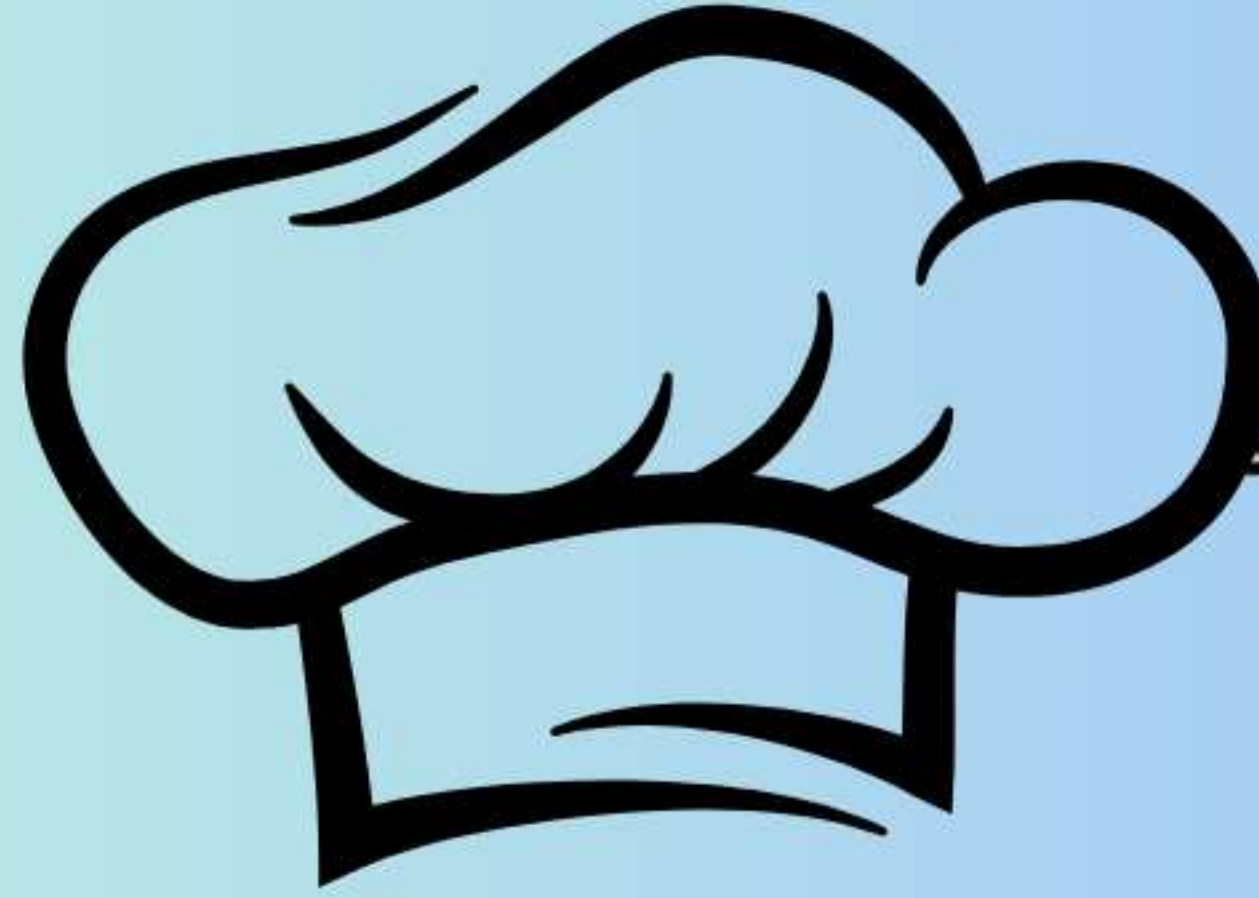
Easy Cheesy Chilli Devilled Eggs

Scoop the mix back into the eggs and you are done!



Best way to keep eggs is to keep them in their cartons and put them in the fridge straight after purchase.

BOWL
SPOON
FORK
MIXER



By Cassidy



Ingredients

2 TABLE SPOONS OF OLIVE OIL
400 GRAMS BEEF MINCE
1 ONION DICED 2 GARLIC CLOVES CHOPPED
100G OF CARROT GRATED
400ML STOCK MADE FROM STOCK CUBES
400G DRIED SPAGHETTI
SALT AND PEPPER



Steps

HEAT A LARGE SAUCE PAN OVER A MEDIUM HEAT. ADD A TABLESPOON OF OLIVE OIL AND ONCE HOT ADD THE HIGH HEAT BE CAREFUL NOT TO BURN THE MINCE. IT JUST NEEDS TO BE DARK BROWN COLOUR. ONCE BROWNEED TRANSFER THE MINCE TO A BOWL AND SET ASIDE.



Silly Spaghetti



Food waste costs Australian house holds up to \$3,000 a year.

Australians waste about 7.6 million tonnes of food every year.

Tomatoes are a food that regularly get's thrown out because people leave them for too long and they go bad.

A tip to store your tomatoes cook them and put them in a zip lock bag and freeze them.



strawberry crumble

By Chloe J

serves 8

**preheat your oven to
160°**

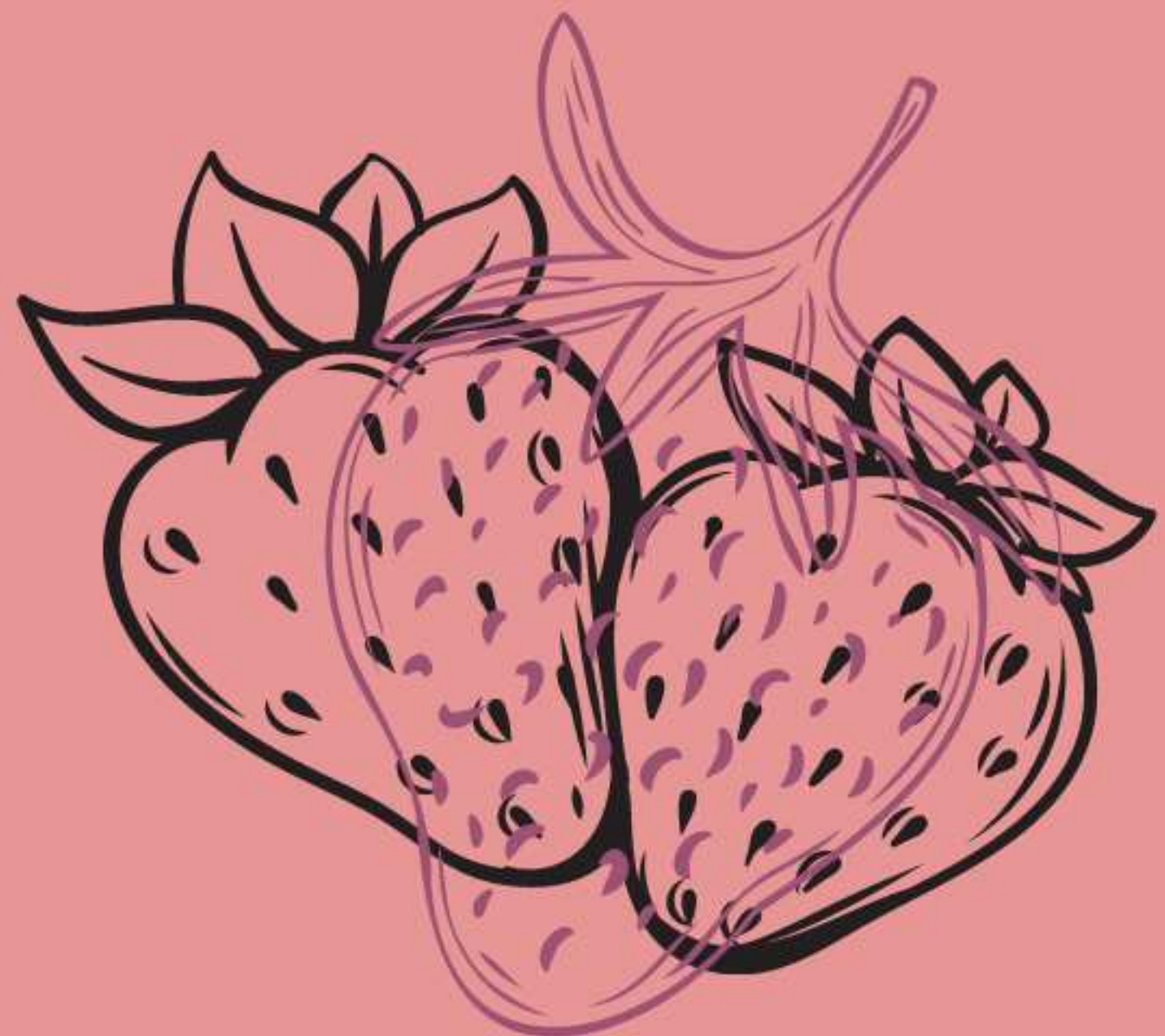


**place the strawberries in
to an tray the put into
oven**

**add the corn flour mix into he
strawberry and the corn flour
so its even**

**add the maple syrup and
the vanilla**

**in a large bowl add all the
topping ingredients. use your
hands to rub the butter to
make the crumble, then add the
crumble topping**



**bake for 25-30 minutes half way
through that add the choc chips
on the top**



**take out of the oven and let
sit for 2-3 minutes then
serve with ice-cream**



filling:

750g strawberries

1/4 cup maple syrup

1 teaspoon vanilla

2 tablespoons of cornflour

crumble topping:

1 cup rolled oats

1/2 cup flour

1/2 cup sugar

75g soft butter

1 cup choc chip

**i am trying to prevent
strawberry waste and u can
also store it in a in an
chilled Esky when u go
camping**

By Connor

SAUTEED MUSHROOMS

ingredients



- 1 pound brown or white mushrooms or cremini or portobello
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 2 tablespoons butter
- ¼ cup white wine optional
- 1 sprig fresh thyme or a pinch of dried thyme
- 2 cloves garlic minced
- chives for garnish optional

Method

Clean mushrooms by gently wiping with a paper towel or using a mushroom brush. Slice into thick slices (about ½").

Add butter and oil to a pan and heat over medium high heat.

Quickly toss the mushrooms & soy sauce (do not do this ahead of time, this will remove too much moisture from the mushrooms)

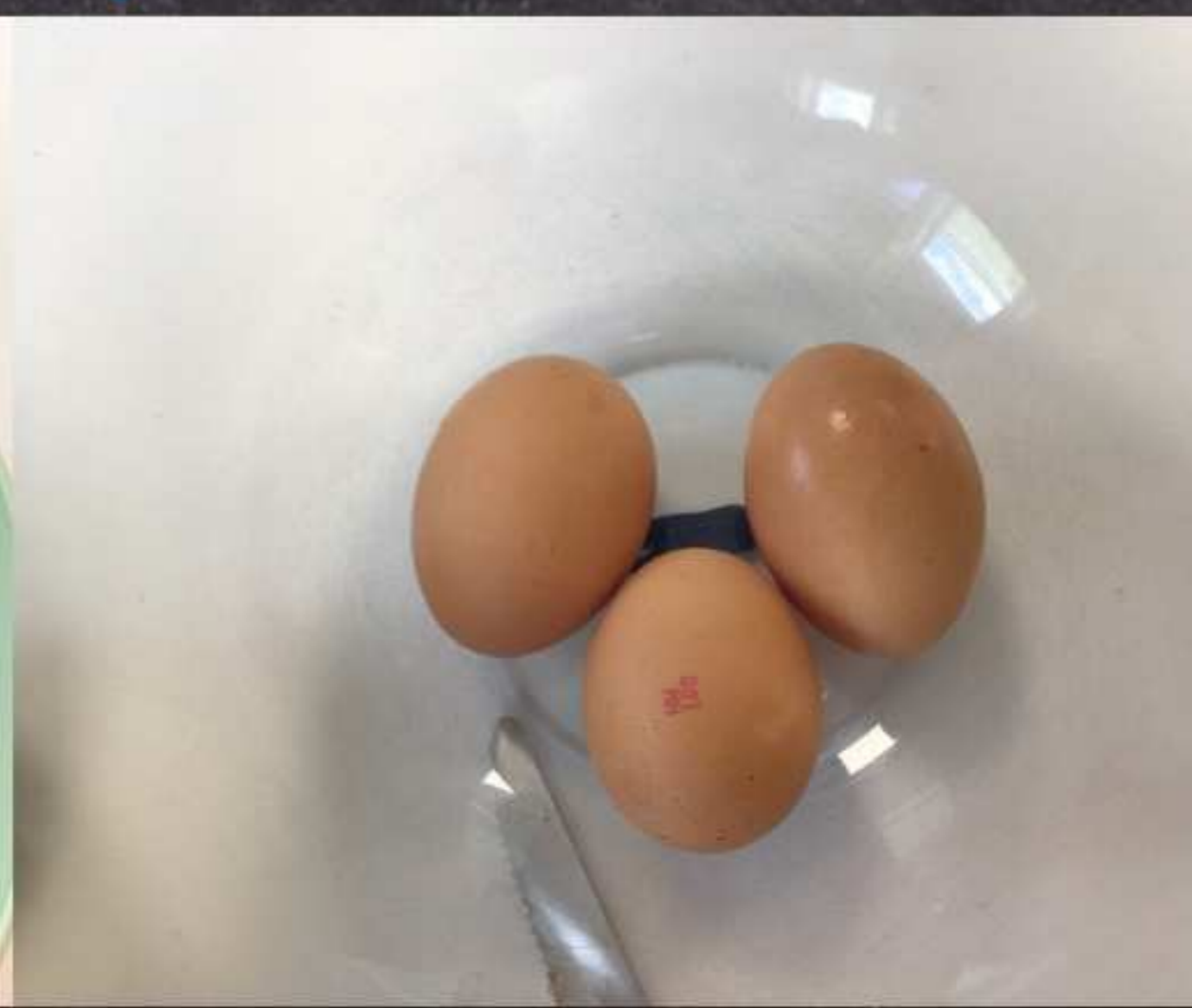
Add the mushrooms to the pan and toss with olive oil mixture. Do not stir allow to cook about 4-5 minutes without disturbing to brown on one side.

Add white wine if using and allow to evaporate. Add garlic and thyme (if using). Continue cooking an additional 3-4 minutes stirring occasionally until cooked.

Season with salt & pepper to taste

how to store

put in fridge in a paper bag or a freezer in a bag and make sure to keep it cool



Easy spinach frittata by Kruz

Ingredients:

- 2 tablespoons extra virgin olive oil
- $\frac{3}{4}$ cup thinly sliced shallots, from 2 to 3 shallots
- 200 grams of spinach or silver beet
- $\frac{1}{2}$ teaspoon salt
- 8 large eggs
- $\frac{1}{3}$ cup cream
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{3}{4}$ cup shredded Cheddar cheese

Instructions:

- Preheat the oven to 180, and set an oven rack in the middle position.
- Heat the oil in a pan over medium heat. Add the shallots and cook, stirring until softened, 3 to 4 minutes. Do not brown. Add the spinach and cook until wilted down, about 1 minute.
- In a large bowl, whisk together the eggs, heavy cream, pepper, and the remaining $\frac{1}{4}$ teaspoon of salt.
- Add the cooked spinach mixture and Cheddar to the egg mixture and stir to combine. Pour the mixture back into the pan (no need to wash it), then place it in the oven and bake until set, 20 to 23 minutes. Immediately place an oven mitt over the pan handle to remind yourself that it is hot (it's easy to forget and burn your hand, and the handle stays hot for a long time). Serve the frittata directly from the pan, or use a rubber spatula to loosen the edges and





Lilly's passionfruit slice



Prep Time :15
Cook Time :20

Serves 12

Ingredients

- Melted butter, to grease
- 150g (1 cup) self-raising flour
- 85g (1 cup) Coles Desiccated Coconut
- 100g (1/2 cup) caster sugar
- 100g butter, melted
- 1 x 395g can sweetened condensed milk
- 125ml (1/2 cup) fresh lemon juice
- 2 tbsp passionfruit pulp



Procedure

Preheat oven to 180°C. Brush a 16 x 26cm (base measurement) slab pan with melted butter to lightly grease. Line the base and 2 long sides with non-stick baking paper, allowing the sides to overhang.

Use a wooden spoon to combine the flour, coconut, sugar and butter in a large bowl. Use your hands to bring the dough together in the bowl. Transfer to the prepared pan. Use a metal spoon to press firmly over the base. Bake for 12

Reduce oven temperature to 150°C. Use a balloon whisk to whisk together the condensed milk, lemon juice and passionfruit pulp in a large bowl until smooth and well combined. Pour into the pan and spread evenly over the base. Bake in oven for 15 minutes until just firm to the touch. Set aside to cool completely. Cut into slices to serve.

Notes

Keep passionfruit in a plastic bag in the fridge and it will last up to a month, in the fruit bowl it will last two weeks.



Watermelon Salad

Ingredients

- 9 cups watermelon
- 4.5 cups cucumber
- 6 tablespoons sliced or small leaves
- 1 cup crumpled fetta
- 9 tablespoons olive oil
- 3 tablespoons lime juice
- salt and pepper to taste

Finished Product



storage tip-

To lengthen the life of your watermelon you can chop them up into cubes just like I did in step 1 you can put them in a container of plastic bag to then pop into the freezer. You can then use them as you have to like in this salad, smoothies or any other yummy watermelon recipes you can find.

This addresses food waste-

45% of the worlds fruit and vegetables gets wasted and watermelon is a big percentage of it is watermelon. This recipe uses old watermelon that is on the verge of going bad. Tip-if you have watermelon that has gone bad you can make grilles watermelon and sausage kababs.

Difficulty 1 out of 5



Equipment

- Knife
- small bowl
- large bowl
- wooden or plastic spoon
- cutting board
- measuring cups

Place watermelon, cucumber and mint in a large bowl

In a small bowl mix together olive oil, lime juice, salt and pepper

Drizzle the dressing over the melon mixture. Toss to coat then add fetta on top



By Lily



way to keep mangoes fresh

WRAP THEN IN NEWS
PAPPER IF THEY ARE
NOT PROPLY RIPE.

PUT THEN IN FRIDGE TO
KEEP THEM COOL.

MANGO JUICE

Ingredients:

mango
milk
water
lemon juice
ice cubes



WHEN IT IS SUMMER THERE ARE LOTS OF MANGOES IN THE FRIDGE

Perfect pumpkin soup *By Will*

Servings: 4-6

Prep time: 10 min

Cook time: 10 min



INGREDIENTS

- 1.2 kg / 2.4 lb pumpkin (any type) OR butternut squash, unpeeled weight (Note 1)
- 1 onion, sliced (white, brown, yellow)
- 2 garlic cloves, peeled whole
- 3 cups vegetable or chicken broth/stock, low sodium
- 1 cup water
- Salt and pepper

FINISHES:

- 1/2 - 3/4 cup cream,

DIRECTIONS

Cut the pumpkin into 3cm / 2.25" slices. Cut the skin off and scrape seeds out (video is helpful). Cut into 4cm / 1.5" chunks.

Place the pumpkin, onion, garlic, broth and water in a pot – liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) – about 10 minutes.

Remove from heat and use a stick blender to blend until smooth. Season to taste with salt and pepper, stir through cream (never boil soup after adding cream, cream will split). Ladle soup into bowls, drizzle over a bit of cream.

NOTES:

to make pumpkin last longer scrape and discard the pumpkin guts. When prepping your pumpkin for carving, be sure to scrape and discard as much of the pulp (aka pumpkin guts) as possible. The cleaner and drier the pumpkin interior, the slower the rotting process. .

hero dish!

storage Tips

-To lengthen the life of your tomatoes you can either keep them in a paper bag in the fridge or if you do not need them straight away cook them up and freeze them in small zip lock bags. These can be kept for up to 6 months and can be used in soups and pasta dishes.

31% of fresh tomatoes are wasted annually each year. Tomatoes are usually thrown out because they go rotten quickly. A way to help your tomatoes last longer is to keep them in a basket on the counter stem side up.





Hero dish



ingredients

1 packet of pasta, fresh garlic, olive oil, parmasen cheese, rocket, a handful of fresh tomatoes and hot water (to fill your pasta pot)

utensils

strainer, saucepan, fork and bowl a pan for bacon.

store in a cealed container in the fridge

method!

S1. Gather all ingredients and utensils

S2. pour pasta into the saucepan filled with water cook until soft.

S3. roast the tomatoes in the oven with cloves of garlic and olive oil cook till wrinkly.

S4. cook bacon in a pan with olive oil and garlic.

S5. strain the pasta

S6. pour the pasta into a bowl add the tomatoes and bacon in (do not add the garlic) put 2 cloves of rocket ontop and ENJOY!



chocolate milk

½ cup sugar

½ cup chopped up
chocolate

4 cups of milk



step's

1. grab a bowl
2. put coco powder
3. put milk
4. chop the chocolate
5. put 2cup's of sugar
6. crush up the chocolate

This recipe used up a litre of milk that was going to be wasted.

Did you know you add a pinch of salt to milk to make it last longer than its use by date? Also put it straight back into the fridge as every 15 mins it is out at room temperature it loses a day.