



FEAST TM
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

**FEAST
RECIPES**



WELCOME TO FEAST!

THE FEAST PROGRAM TEACHES KIDS ABOUT SUSTAINABILITY, FOOD WASTE AND HEALTHY EATING. FEAST IS RUN BY OZHARVEST, AUSTRALIA'S LEADING FOOD RESCUE ORGANISATION.

With fun and interactive cooking activities, FEAST allows school kids to understand the role food plays in our everyday lives and how to stop good food going to waste.

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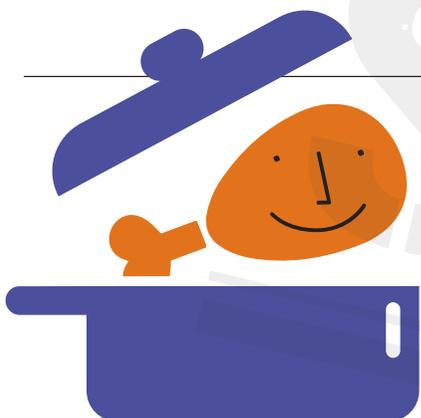
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**FOOD
WASTE**



START WITH SAFETY

— **THE BEST COOKS ARE SAFE COOKS, SO IT'S BEST TO HAVE AN ADULT HELP YOU IN THE KITCHEN. FOLLOW THESE TIPS TO AVOID ANY KITCHEN MISHAPS!**



TIPS FOR COOKING WITH AN ELECTRIC FRY PAN

- Make sure the electric frypan is never left unattended
- Set the temperature to medium as it can heat up quickly
- Do not touch the frypan while it is on
- To avoid scratching the frypan do not use metal utensils
- Turn off and unplug it as soon as you have finished cooking

HOW TO CHOP SAFELY

- Use a sharp knife, a blunt knife makes chopping much harder!
- Make a claw shape with your hand holding the food – keep your fingertips clear of the knife
- Keep a firm grip on the hand holding a knife
- Watch as you chop the food!

KEEP IT CLEAN

— Food will be tasty and safe to eat if you keep everything clean, including your hands, the food you are cooking with, equipment and work surfaces. Make sure you pay attention to proper food handling and storage.

Wash your hands

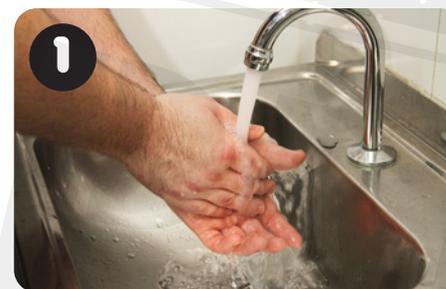
— Washing your hands is one of the simplest ways to prevent the spread of the germs that can make you sick. You need to wash your hands before you prepare food and also again if you go to the toilet, cough, sneeze, eat, drink, touch your hair, head or body or touch your phone.

Safe food handling

— To keep food safe and avoid cross contamination, which happens when harmful bacteria spreads via surfaces, hands or equipment, it is always best to:

- Tie long hair back
- Use clean and dry utensils for different food products
- Keep work surfaces clean and dry
- Handle food only as necessary
- When using gloves, throw out the used pair and wear new ones each time you would usually wash your hands
- Use a spoon to taste your cooking not your finger!
- Do not eat food while cooking

Guide to hand washing



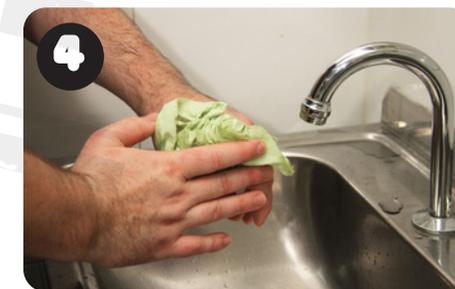
— Wet hands with warm running



— Add soap and rub over all areas of the hands, including fingers, thumbs and back of hands



— Wash for at least 20 seconds (or the amount of time it takes to sing happy birthday)



— Dry thoroughly using a single-use paper towel

HOW TO READ RECIPE MEASUREMENTS

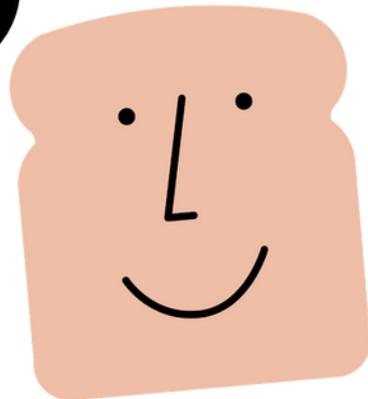
WHY DO WE NEED TO KNOW HOW TO MEASURE INGREDIENTS?

When we measure ingredients properly it helps our recipes turn out the way we want them to.

MEASURING TIPS

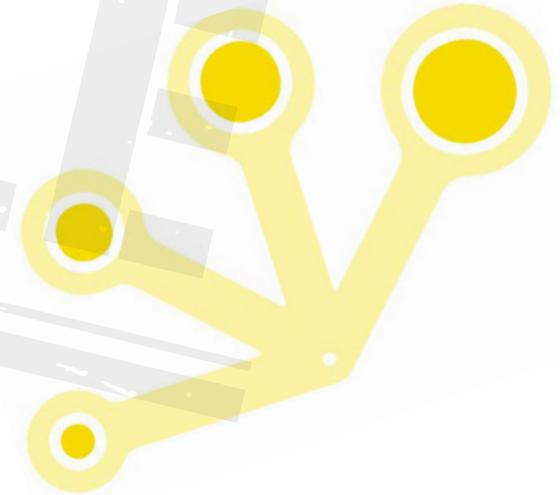
- Dry ingredients (like flour and sugar) should be measured using flat-cup measures. Ingredients should be level.
- Spoon measures must be measured with the correct sized spoons. A level spoon is essential.
- Liquid ingredients can be measured in measuring jugs, cups or spoons.

**LET'S GET
STARTED!**



MEASUREMENT CHEAT SHEET

tbsp = tablespoon
tsp = teaspoon
kg = kilogram
g = gram
ml = millilitres
min = minutes
SR = self raising
L = litre
cm = centimetre
pkt = packet



FRUIT BITES



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Fresh strawberries can be substituted for any seasonal fruit to keep costs down.

FOOD WASTE TIP

Chop up old or leftover fruit and freeze in zip-lock bags to use in smoothies.

INGREDIENTS

- 1 banana, sliced into 8 pieces
- 4 strawberries, halved
- 8 pieces pineapple, diced
- ¼ cup dark chocolate, for melting
- Toothpicks

EQUIPMENT

- Plastic spatula
- Measuring cups
- Heatproof medium mixing bowl
- Small saucepan
- Chopping board
- Knife
- Stove top
- Dinner plate

STEPS



Slice all the fruit.



Put a piece of each fruit together on a toothpick.



Heat chocolate over double boiler* until melted, stirring constantly making sure no water gets into the bowl.



Remove from heat, stir and then melt for another 20 seconds. Remove and stir again. Repeat these steps until the chocolate has completely melted.



Carefully remove bowl from double boiler and place on heat proof surface. Dip one side of fruit kebabs in chocolate and place on a plate.



Serve and enjoy!



*A double-boiler is a heatproof bowl sitting on top of a saucepan half filled with boiling water.

BETROOT & COTTAGE CHEESE DIP



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

This is a tasty and protein rich way to sneak extra veggies into your day.



FOOD WASTE TIP

Leftover beetroot juice can be added to a morning juice or smoothie.

INGREDIENTS

- 225g tin sliced beetroot, drained
- ¼ cup cottage cheese
- 2 tsp dried dill
- 1 tbsp lemon juice
- ¼ tsp pepper

Optional:

- To serve: Assorted vegetables cut into sticks
- To serve: Wholemeal pita bread

EQUIPMENT

- Can opener
- Measuring cups
- Measuring spoons
- Colander
- 2 medium bowls
- Chopping board
- Knife
- Fork or masher
- Serving bowl

STEPS



Open tin and drain beetroot into colander with a bowl underneath to catch the juice for use in another recipe.



Finely dice beetroot slices.



Transfer the diced beetroot into a medium mixing bowl.



Add the cottage cheese and mash together.



Add the dill, lemon juice, salt and pepper, and mix well.



Transfer to serving bowl and serve with vegetable sticks and pita bread.

TZATZIKI DIP WITH VEGETABLE STICKS



Serves



Cost per serve



Total prep & cooking time



STEPS



1 Slice different vegetables into sticks. Make sure you cut them safely using a flat surface. Set aside.



2 For the tzatziki dip, finely dice half a cucumber.



3 Place yoghurt, diced cucumber, salt, pepper, lemon juice and olive oil in a bowl. Use a fork to mix all tzatziki ingredients together.



WHY WE LOVE THIS RECIPE

Dip any vegetables in tzatziki - cherry tomatoes, capsicum or whatever is in the fridge.



FOOD WASTE TIP

Vegetables don't always need peeling. Just wash, chop and eat them!

INGREDIENTS

Tzatziki dip:

- ¼ cup low-fat Greek yoghurt
- ¼ cucumber diced
- 1 tsp lemon juice
- 1 tsp olive oil

Vegetable sticks:

- ½ carrot
- ½ celery stick
- ½ cucumber

EQUIPMENT

- Fork
- Medium bowl
- Knives
- Chopping boards
- Measuring spoons
- Measuring cups



4 Serve sliced vegetable sticks with tzatziki.

SPAGHETTI BOLOGNESE



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

A great way to add vegetables and lentils into an old favourite!



FOOD WASTE TIP

Leftover sauce can be eaten in a burrito or on a potato the next day.

INGREDIENTS

- 1 tbsp olive oil
- ¼ pkt wholemeal pasta
- ½ onion, diced
- 1 clove garlic, minced
- ½ cup diced/grated mixed vegetables
- (frozen, fresh, or tinned)
- 125g lean beef mince
- ½ tin lentils, drained & washed
- 1 tin diced tomatoes
- ½ tsp dried mixed herbs
- ½ tsp pepper
- 1 tbsp balsamic vinegar

Optional:

- To serve: 2 tbsp low-fat tasty cheese, grated
- To serve: 1 small bunch fresh parsley or basil, chopped

Tip: to make this recipe a vegetarian option remove the lean beef mince

EQUIPMENT

- Medium saucepan
- Electric frypan
- Knife
- Tongs
- Colander
- Chopping board
- Can opener
- Wooden spoon
- Measuring spoons
- Measuring cups

STEPS



Add pasta to a large pot of boiling water. Stir through with a wooden spoon to prevent sticking and cook to 10-15 minutes, or until tender. Drain and set aside.



Heat the olive oil in a large saucepan on a medium-high heat. Add diced onion stirring for 5 minutes.



Add the garlic, dried mixed herbs, pepper and mince, stirring until mince is brown.



Add the mixed vegetables and lentils and stir well.



Add tinned tomatoes and balsamic vinegar to the boil.



Serve the bolognese sauce with pasta and a sprinkle of low-fat, tasty cheese and chopped basil or parsley.

FAST VEGGIE FRITTERS



Serves



Cost per serve



Total prep & cooking time



WHY WE LOVE THIS RECIPE

Wholemeal flour has more protein and a lot more fibre than white flour varieties!



FOOD WASTE TIP

A quick and easy way to use up leftover vegetables.

INGREDIENTS

- ¾ wholemeal SR flour
- ¾ cup low fat milk
- 1 egg
- 2 tsp dried mixed herbs or spices (paprika, turmeric, coriander, chilli)
- 2 cup mixed vegetables, chopped or grated (fresh or frozen)
- ¼ cup low fat crumbled feta or grated tasty cheese
- ¼ cup chopped fresh herbs (coriander, spring onion or parsley)
- 1 tbsp olive oil
- Salt & pepper

Optional:

- To serve: Low-fat Greek yoghurt or guacamole

Safety Tip: Be very careful when cooking with hot oil to avoid burns.

EQUIPMENT

- Wooden spoon
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small mixing bowl
- Chopping board
- Knife
- Fork
- Spoon
- Egg flip
- Medium baking dish
- Grater
- Stove top or electric frypan

STEPS



Place the flour into a large mixing bowl and gradually add the milk using a whisk or wooden spoon to combine.



Add the eggs.



Add the dried herbs or spices and season with salt and pepper.



Mix together with a wooden spoon or fork until well combined.



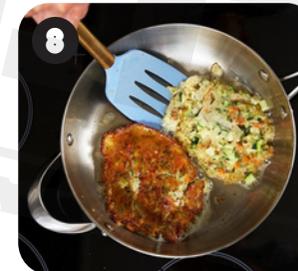
Add in the vegetables, cheese and fresh herbs and stir together with a wooden spoon.



Place a large frypan on a medium-high heat and add olive oil.



Add 2 tablespoons of mixture for each fritter. Repeating to make about 2-4 fritters at a time.



When bubbles start to form on top, flip each fritter and cook for a further 2-3 minutes.



Transfer cooked fritters to a warm plate and repeat steps 6-8 until the mixture is finished. Serve with low-fat Greek yoghurt or guacamole.