



Year 6H & 6D
Our Wasty Recipe eBook

Peregian Beach College



Thanks

- Food waste is often overlooked in the climate change debate but is responsible for 8-10% of global greenhouse gases. That's more than all the emissions from the plastic we produce (3.8%), the aviation sector (1.9%) and from extracting oil (3.8%). Food waste is a major contributor to climate change, but we can all take action, starting in the kitchen.
- Our thanks goes to the FEAST team at OzHarvest for the development of this informative educational program and for providing us with the materials and support required to embark on this journey.
- It has been a wonderful and much enjoyed learning opportunity for us, and we are grateful to have been afforded the opportunity of completing this program.



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Main Course



Cam and Indi's Spicy Beef Bao Buns

Prep Time: 10

Cook Time: 10

Contributors: Cam and Indi

Serves: 8



How does the recipe address food waste and healthy eating?

People usually throw away leftover meat because they think it will go bad or they don't know what to use it for. Spiced Beef Bao Buns are a perfect solution to that. You can use any left-over meat really. If you have any left-over vegetables from dinner as well, you can use those in your bao buns. Meat contains protein and iron which is essential to keep you healthy, not to mention the yummy salad items you can add!

Ingredients

200g left over beef	1tsp spice powder
2tps of soy sauce	1tsp of water
1tsp ginger	1 tsp palm sugar
2tsp hoisin	1 packet of frozen bao buns
1tbsp sriracha	Oil to fry
3tbsp cornflour	

1. Slice leftover beef into 8 even sized pieces no more than 1cm thick
2. Mix flour, salt, sand spice and coat
3. Meanwhile combine soy, ginger, water, sugar, hoisin and sriracha to make sauce. You can make any sort of sauce you want though.
4. Fry the beef in oil at 180C until crispy, around 2 minutes drain into paper towel
5. Steam 8 bao buns for 5 minutes
6. Stuff the crispy beef into the buns, dress with sauce.
7. Add the herb salad and serve immediately

Beef Lasagne

Tulip, Milly & Ruby



How does the recipe address food waste and healthy eating?

You can make the lasagne with old onions, carrots, garlic and herbs. Lasagne contains vitamins and minerals that keep you healthy.

Meat sauce	Cheese Sauce
2 tbsp olive oil	2 tbsp butter
1 onion, finely chopped	2 tbsp plain flour
1 carrot, finely chopped	2 cups milk
1 clove of garlic, crushed	Salt & pepper, to taste
500g beef mince	125g mozzarella/cheddar cheese
5 tbsp tomato paste	
2 x 400g canned tomatoes	250g instant lasagne
2 cups chicken stock & salt & pepper	Grated parmesan to serve

1. Preheat oven to 180°C.
2. To make the meat sauce, heat oil in a saucepan. Add onion, carrot and garlic, cook until soft. Add beef mince, cook until brown.
3. Stir in tomato paste, canned tomatoes and chicken stock. Season with salt, pepper and nutmeg. Cover and simmer gently for 20 minutes, stirring occasionally.
4. To make the cheese sauce, melt butter in a separate saucepan, stir in flour and cook for 2 minutes over gentle heat.
5. Remove from heat and gradually stir in the milk. Return to heat, and continue to stir until thick and smooth.
6. Season with salt, pepper and add mozzarella or cheddar cheese, stirring over low heat until cheese melts.
7. To assemble the lasagne, pour $\frac{1}{2}$ cup of the meat sauce into a lightly greased baking dish. Alternate layers of lasagne, meat and cheese sauces, ending with cheese sauce layer (allow for 4 layers).
8. Sprinkle with grated parmesan cheese and bake for 35-40 minutes or until cooked through (test if cooked by pricking with a fork).
9. Allow lasagne to stand for 5-10 minutes before serving.
10. Serve and enjoy with family and friends!

Thai Chicken Meatballs

45m prep 20m cook makes 24

Leo Fedele



Ingredients

MEATBALLS	SAUCE
500g chicken mince	2 tbsp fish sauce
1 garlic clove, crushed	1 tbsp lime juice
2cm piece fresh ginger, peeled, finely grated	1 tbsp brown sugar
3 fresh kaffir lime leaves, finely chopped	1 small red chilli, seeded, finely chopped
1 tbsp chopped fresh coriander leaves	1 tbsp peanut oil
	Lime wedges & mint leaves to serve

Method

1. Combine mince with garlic, ginger, kaffir lime leaves and coriander.
2. Using clean hands, roll level tablespoons of mixture into balls.
3. Place on a large plate and refrigerate for 30 minutes.
4. Meanwhile, place fish sauce, lime juice, sugar and chilli in a small bowl. Stir until sugar dissolves.
5. Heat oil in a large, non-stick frying pan over medium heat. Cook meatballs, in 2 batches, turning, for 10 minutes or until light golden and cooked through. Serve with dipping sauce and lime wedges, sprinkled with extra mint sprigs.

Vege quiche

Jye Walters and Huddy Mudri

Prep time: 20m cook time: 20m servings: 4



How does the recipe address food waste and healthy eating?

It has vegetables, dairy, it is good for school lunches

This recipe has vitamin C, vitamin E, Iron via pumpkin and the tomato provides vitamin C, potassium.

To make this meal you will use leftover tomato and pumpkin which prevents them from being put into landfill. Any leftovers can be put into a worm farm or a compost bin.

Ingredients

- 1tbsp Olive oil.
- Nonstick spray
- 3 eggs.
- 2 spring onions
- 300g pumpkin diced
- 1 large tomato
- ½ cup cream cheese, softened
- 1 tsp. pepper
- 1 tsp. mixed herbs

Preparation

1. Preheat oven to 180°C.
2. Place pumpkin on a lined baking tray, pour over olive oil and bake in oven for 15 minutes
3. Roll each slice of bread to flatten.
4. In a large bowl, add the cream cheese, eggs, milk, spring onion, herbs, salt and pepper. Whisk together until the mixture is well combined.
5. Spray muffin tin with olive oil spray and press 1 slice of bread into each tin, repeat.
6. Mix baked pumpkin and diced tomato together and spoon into muffin tins
7. Spoon the mixture over the vegetables in the muffin tin and bake 20 minutes or until cooked through.
8. Serve with a side of salad

Pulled Pork Burgers

Jett Ford And Daniel Dawes



How does the recipe address food waste and healthy eating?

This recipe reduces food waste because you can use leftover vegetables, leftover pork from the dinner the night before. It can also reduce food waste because it includes homemade mayonnaise which you can make with leftover ingredients.

Ingredients

Sesame Oil ½ tablespoon	Rice Wine Vinegar 1 ½ tablespoon
Soy Sauce 1 tablespoon	Peanut Oil 1 tablespoon
2 Garlic Cloves	Slow Cooked Pork 250g
Coleslaw 225g / Hoisin Sauce ¼ cup	2 Onions
4 Brioche Buns - warmed	Homemade Mayonnaise ¼ cup

Preparation

1. Combine hoisin sauce, sesame oil, rice wine vinegar and soy sauce in a bowl.
2. Heat peanut oil in a wok over medium high heat. Add Garlic. Stir fry for 1 minute or until fragrant. Add Hoisin sauce mixture. Bring To the boil. Reduce Heat to low.
3. Add Pork. Stir Fry, break up lumps with the wooden spoon. For 2-3 minutes or until pork is heated through and mixture is combined. Remove from Heat.
4. Add coleslaw mix and onion to pork mixture. Toss To combine. Top bun bases with pork mixture. Dollop with mayonnaise . Sandwich With bun tops.
5. Serve the burgers.

Pork and Vege Rolls

Jonah Bourne

55 Mins/serves 5



This recipe uses a large number of left-over vegetables like carrots, celery, zucchini and onions that are all common vegetables that you can find in your fridge.

Because of the large number of vegetables, this recipe is a great way to get vitamins and fibre into your body. The pork mince also provides a source of protein. If there are any left-over food scraps you throw them in your worm farm or compost bin.

Ingredients

- 2 celery stalks
- 2 cloves of garlic
- 3 carrots.
- 200g pork mince
- 1 zucchini
- 100g tomatoes
- 100g peas
- 20g basil
- 1 onion.
- 50g of water
- 2 sheets of 15x15cm pastry

Preparation

1. Fry the carrots, celery, zucchini, peas, onion and garlic until soft and transparent and blitz until well combined. Season with salt and pepper.
2. Place the pork mince into a separate frying pan and cook until a slight grey colour.
3. Put the cooked pork mince in with the vegetables. Leave on a low heat.
4. Tomato sauce: Place the tomatoes, basil and water into a food processor
5. Pour the tomato sauce into the pan with the vegetables and mince and leave to simmer at a medium heat.
6. Roll out the pastry and add the vegetables and meat into the pastry and roll up.
7. Place the rolls on a tray and cook at 180 degrees C for 45 mins

Day Old Bread Dumplings

Blake Rugendyke and Charlie Cattermole

No. Of servings: 6

Prep time: 2 hours



How does the recipe address food waste and healthy eating?

Bread is the most wasted food in Australia and day-old bread dumpling recipe will stop heaps of stale bread going into the bin. Day-Old Bread Dumplings are also really healthy providing a good mix of grains, dairy and vegetables.

Ingredients

300g of stale bread diced
225ml Milk
3 eggs

60g Plain Flour
3 tbsp chopped flat-leaf parsley
150g tasty cheese

50g parmesan cheese
45g unsalted butter
1 onion finely chopped

2 tsp salt,
1/4 tsp pepper
1/2 tsp nutmeg

Preparation

1. Put stale bread in mixing bowl and add milk eggs, salt pepper and nutmeg. Mix well and rest for 2 hours covered and in a fridge. Stir occasionally.
2. Remove from fridge, add flour, parsley cheese and mix gently.
3. Cook diced onion in oil and butter until translucent, cool and add in the mix. Rest for 30 minutes covered in tea towel.
4. Use hands to form the dumplings and roll in flour.
5. Place dumplings on a baking tray lined with paper, spray with oil and bake for 15 minutes at 180 degrees C or until golden brown.
6. Serve with grated cheese and fresh herbs.



Desserts and Sweets



Tangy bread and butter pudding

Serves 8

Ivory

Prep time: 30 minutes



How does the recipe address food waste and healthy eating?

The recipe helps with food waste because you can use stale or day-old bread for the bread-and-butter pudding. Bread is the most wasted food in Australia and that is why this recipe with a good amount of bread in it. It is healthy because for the sweetness it has healthy fruits and has the healthiest chocolate

Ingredients

4 eggs	70g caster sugar
155ml cream	150ml milk
1 vanilla bean pod	12 slices white bread – with crust
50g salted butter soft	20g raisins
Whole lemon zest	1 cup dark chocolate chips

Preparation

1. Place eggs and sugar into a large bowl and whisk until pale and frothy.
2. Place cream, milk and vanilla into a heavy pot and bring to a simmer.
3. Pour simmered milk mixture onto the egg and sugar mixture and whisk continually.
4. Pass the mixture through a fine strainer and add in your lemon zest, now your custard is ready to use.
5. Use an ovenproof dish 14cm x 7cm to make your pudding in.
6. Butter the slices of bread and place 6 slices in the bottom of your oven proof dish then sprinkle with half the raisins and dark chocolate chips then place the other 6 slices of bread over the top. Add the rest of the raisins and dark chocolate
7. Then pour the custard over the top and leave it to sit for 20 minutes.
8. Place the ovenproof dish in the oven for 170 °C for 20 minutes.
9. Once finished cooking let it sit on a tray to cool.

Banana Bread

Toby Coram & Marcus Meehan

Preparation Time: 20 mins

Cooking Time: 45 mins

Serves: 8 – 10 slices



How does the recipe address food waste and healthy eating?

This banana bread is perfect for bananas that have been left in the dish for a while and black spots on them or are soft. The banana skins can go in the compost and will eventually break down and make healthy, juicy soil for your plants.

Ingredients

1/3 cup sunflower or olive oil
1/2 cup brown sugar
2 eggs
4 to 5 mashed ripe bananas
Few drops vanilla essence
1 cup plain wholemeal flour
1 cup self raising flour
1 tsp bicarbonate of soda
1/2 tsp ground cinnamon

1/3 cup chia seeds, or seeds* or
chopped nuts of your choice, extra for
sprinkling
1/2 cup milk
Juice of half a lemon



Preparation

1. Preheat oven to 180C and grease and line a loaf tin.
2. Mix sugar, oil, bananas, eggs and vanilla together.
3. Add in dry ingredients (flours, spices and seeds).
4. Mix in milk and lemon juice. Stir until combined (but not over mixed). Spoon into tin.
5. Sprinkle with extra nuts or seeds.
6. Bake in oven for about 45 minutes.
7. Test with a skewer or butter knife (inserted into centre of bread).

Monkey Surprise

Serves ?

Lucius Leys

Prep time: ? minutes



How does the recipe address food waste and healthy eating?

Ingredients

Banana x 2	Self raising flour x 2.5 cups	Milk x 1.5 cups
Sultana x 4-5 cups	Chocolate X 1-7 blocks	vanilla x 1-2.5 tablespoons

Steps

1. Preheat oven 120 degrees Celsius.
2. Obtain a bag of self raising flour, two bananas, full carton of milk four to five cups of sultanas, one to seven blocks of chocolate, and vanilla.
3. Cut two bananas into 10 to 13 slices each measurement is $\frac{1}{2}$ cm in depth and 2cm in height and 2 cm in width and place them into bowl
4. Pour 2 $\frac{1}{2}$ cups of self raising flour into bowl, pour 1 $\frac{1}{2}$ cups of milk into bowl, pour two four to five cups of sultanas into bowl.
5. Place one to seven blocks of chocolate in a melt resistant jug for 3 mins while device is activated.
6. Stir mixture inside bowl while chocolate melts. Once chocolate is ready take chocolate out and let it cool and put mixture into slots inside muffin tray and put it into the oven for 5 minutes. Once ready take out mixture wait for 3 minutes for mixture to cool once cooled make sure it is in a sphere shape then por melted chocolate over the delicious food.

The holy crisps of consumption and apple crumble

3 serves

Parker and Marley.

Prep time: 1:30 to 1h



How does the recipe address food waste and healthy eating?

Most of the time when an apple has been peeled, the peels go in the bin but now we will show you how to use them in a good way instead of them joining the thousands of apple peels wasted.

Ingredients

Apple x 2	Self raising flour x 2.5 cups	
• Peeled apple skins.	2 tablespoons of granulated sugar.	
2 Teaspoons of ground cinnamon.	60g purpose flour(1 tablespoon)	
2 tablespoons of unsalted butter.	Ice-cream	
1 Tablespoon of old fashioned oats,		

Method

1. Pre heat oven to 180 degrees C.
2. **To make apple filling:** peel apples (put aside apple skins) put in a small bowl, toss apples with sugar and cinnamon.
3. Divide apple into 2 individual ramekins and press them lightly and set aside.
4. **To make the topping:** mix flour and sugar, then add melted butter mix with a fork until mixture clumps look crumbly evenly on the top of the apple mixture.
5. Bake for 30 min, until topping is golden brown and apples are tender. Serve warm and top with ice-cream if you want.
6. Preheat oven to 250 degrees
7. Place apple peels in a small bowl, add water to make the cinnamon stick then add the cinnamon.
8. Transfer peels to the prepared baking tray with baking sheet, making sure they are in a single layer.
9. Bake for one hour then serve



Snacks & Treats



Banana Muffin

Maddy Barron & Sarah Maeder

35 minutes & 12 servings



How does the recipe address food waste and healthy eating?

A lot of people don't use the bananas when they're brown or black. Instead of throwing the banana away you can make a banana muffin! Banana muffins include vitamin A, vitamin C, Calcium, and Iron.

Ingredients

	2 cups all-purpose flour
1 cup organic granulated sugar	1 teaspoon kosher salt
3 to 4 very ripe medium bananas	1 teaspoon baking soda
1/4 cup oil, or softened vegan margarine	1 teaspoon of honey (Optional)

1. Gather the ingredients.
2. Preheat the oven to 180 C
3. Prepare 12-cup muffin tin, lightly spray the tin with non-stick spray
4. In a big bowl, mash 3 bananas with a fork until soft.
5. Add the oil and sugar. Mix until smooth
6. In a different bowl put the flour, salt and baking soda until well mixed add the flour to the banana mixture stir it gently to combine and don't over mix it. If batter is too dry mash the remaining banana and mix it with the batter.
7. Carefully use a spoon to get the batter into the muffin tins, make sure each tin is 2/3 full. Make sure you sprinkle some organic sugar before you put it in the oven
8. The muffins should be in the oven for 25 minutes. Test with a toothpick to check if they are well-baked.

Potato Bites

Bailey and Nixon

30 servings per 5 potato's



How does the recipe address food waste and healthy eating?

Most people throw away the potato skin because they don't really know the use of the skin for cooking. Potato skin contains B vitamins, vitamin C, iron, calcium, potassium and other nutrients.

Ingredients

5x potatoes	chicken salt
salt	pepper
lemon juice	lime juice

Preparation

1. skin the potatoes with peeler
2. cut the potato skin into bite size pieces
3. sprinkle a light layer of salt and pepper
4. preheat the oven to 160o
5. place the potato bites onto baking tray with baking paper underneath
6. wait 20mins and then remove from oven if golden crispy
7. sprinkle the chicken salt and lemon or lime juice onto the bites
8. enjoy your Potato Bites

Gummy Citrus Skins

45m prep 20m cook makes 24

Finn Watson and Caden Goodman



How does the recipe address food waste and healthy eating?

This uses your otherwise wasted citrus peels by turning them into gummy citrus skins and it is healthy because citrus skins have a lot of healthy fibre.

Ingredients

1. Citrus skins of any kind
2. 2 cups of water
3. Sugar

Equipment

1. Pot
2. Strainer
3. Oven tray
4. Knife

Preparation

1. Put two cups of water into your saucepan and place on stove to boil.
2. Cut up your citrus skins into strips.
3. Put the peels into your water.
4. Keep checking over them over the course of fifteen minutes three times.
5. Tip all of the water into a strainer and place on a oven tray.
6. Sprinkle sugar over and place in fridge for one hour.

Brekkie Banana Pancakes

Xavier

No. of servings: 2/Prep time: 5mins



How does the recipe address food waste and healthy eating?

Well, it helps save the brown bananas that we will just chuck in the bin and makes them delicious! You can also freeze bananas.

Ingredients

Ingredients	Equipment
2 small brown bananas	Pan
1 medium egg	Mixing Bowl
2tbsp self-raising flour	Wooden spoon
oil	Fork
1tsp Vanilla essence	Spatula

Preparation

1. First mash one of the bananas with the fork, until smooth in the mixing bowl.
2. Crack in the egg and pour in the flour. Mix with the wooden spoon until mixed.
3. Now pour in the Vanilla and mix again.
4. Put some oil in the pan and pour in half the mixture.
5. Wait until crispy brown underneath then flip. Once the entire thing is brown take it out and pour in the other half.
6. Wait until brown then take out. Cut up the other banana in thin slices, then put it on top. Pour on some maple syrup and it's done!

Banana Drop Cookies

Alyssa Hall and Sasha Young

No. Of servings: 30 / Prep time: 40mins approx



How does the recipe address food waste and healthy eating?

This banana cookie recipe saves almost completely all brown bananas from going to waste.

Most people will not eat a black banana and just throw it away. They would most likely just waste it, but in this recipe, no one will know the difference.

This cookie is also a nice, easy-to-cook healthy, yummy snack for everyone!

Ingredients

½ butter	1 cup sugar
2 large eggs	2 over ripe bananas
1 tsp baking soda	2 cups flour
½ teaspoon salt	½ tsp cinnamon
1 cup of dark chocolate	1 tsp of vanilla

Preparation

1. Collect all ingredients.
2. In a small bowl, combine flour, baking soda, and salt and 1/2 teaspoon of cinnamon.
3. Mix sugar, butter, and vanilla until light and fluffy
4. Add eggs and beat well. Stir in banana. (mash in the banana well)
5. Slowly mix dry ingredients into wet. Chill 30 minutes in the refrigerator.
6. Preheat oven to 200 degrees C
7. Drop teaspoon sized balls of dough 5 cm apart on greased cookie sheets. Sprinkle with cinnamon/sugar mixture if wanted
8. Bake 8-10 minutes or until browned. Cool 2 minutes, then transfer to racks.
9. Now you can enjoy your banana drop cookies!! :)

Banana tarts

Serves 8

Toby and Riley

Prep time: 30 minutes



How does the recipe address food waste and healthy eating?

Everything is healthy in the banana tarts and it's a yummy snack to have when you feeling hungry. Addresses food waste by using overripe bananas instead of throwing them out.

Ingredients

70g unsalted butter

150g of caster sugar

4 overripe bananas

2 sheets puff pastry

Preparation

1. Heat the butter in a pan and when melted add sugar and tuck the edges down a round the fruit.
increase heat and wait for golden colour.
2. Preheat in oven at 200 degree C.
3. Peel and slice 4 bananas into 2cm thick place them on top of the caramel to cover the hole pan.
4. Flour a bench lightly then place the two pastry sheets on top of each other then roll at in till they are 25cm in size
5. Using a plate the same size, trim the edges of the pastry 25cm circle. Use a fork to prick holes in the pastry then place pastry over the top of the bananas
6. Bake at 200 degrees C for 20min then remove.
From oven
7. Let cool for 3-4 mins. Place on a chopping board.
8. Serve with vanilla ice-cream



Thanks to our eCookbook designers –
Ivory, Blake, Charlie

