

SUSTAINABILITY WEEK

Recipes to
reduce food
waste and make
the most of what
you have in your
fridge!

COOK BOOK

TIPS FOR AVOIDING FOOD WASTAGE

Most foods can be frozen for at least 3 months. There are plenty of guides online that will tell you how to freeze different foods and how long they last in the freezer.

Making a meal plan and shopping list before grocery shopping will help you avoid buying food you won't use.

Check date labels and know the difference between:

- 'Use by' - food has to go.
- 'Best before' - food is at its best and can be eaten after this date as long as it has been stored correctly.

www.supercook.com is a great resource to bookmark - simply input whatever ingredients you have on hand and it will list recipes using those foods!

BUBBLE AND SQUEAK

Bubble and Squeak is a great way to use up leftover roast veggies or leafy greens. (Vegetarian, Gluten Free)

Ingredients

- Approx. 2 cups (500g) of leftover roast or mashed potatoes, and any other roast veggies.
- Approx. 2 cups of any greens you have left over - finely chopped. You can add anything from cabbage, kale, spinach, broccoli, peas etc. Or any frozen vegetables you have on hand.
- 1 onion finely chopped
- 4 cloves of garlic, finely chopped
- Small bunch of any herbs you have or can forage.
- 1 tablespoon of butter
- Any cheese you have in the fridge
- Salt & Pepper, to taste



Method

Finely chop your onion, garlic, and greens/veggies. Sauté and leave them in a pan so they wilt and can be mushed into patties with the potato.

Heat a pan with oil, add your onion, and fry for 2 minutes on medium. Add in your garlic and continue to cook for another 2 minutes.

Add in any fresh or dry herbs you have to add flavour. Cook for another minute.

Add in your greens/veggies to the pan. Season with some salt & pepper and a knob of butter. Cook this for about 5 minutes or until it has reduced to about half the size.

Transfer the mixture to a bowl with your leftover potatoes. Add some grated cheese and using a potato masher or your hands, begin mashing all ingredients until you get a smooth mixture that starts to clump together. Roll into burger-sized patties using your hands to shape them into balls and squish them down into thick patties.

Now we are ready to cook them! Heat a pan with a knob of butter or oil and cook your patties for a few minutes on each side until golden brown. Use your spatula to gently push down the patty so there's more surface area to get crispy.

Serve with whatever sauce you like or use it as a burger patty!

EGG AND SPINACH RICE BAKE

Got a bag of spinach that needs to be used up? This recipe is a great way to get your greens before they go slimy! (Vegetarian, Gluten Free)

Ingredients

- 7 eggs
- ½ cup (125ml) milk
- Salt and pepper to taste
- 2 cups of steamed/cooked rice
- 250g spinach leaves (chopped)
- 1/2 block of feta
- 2 cups (240g) grated cheese
- 2 tsp crushed or minced garlic

HANDY HINT

Do you know about the community garden on campus? Just next to Curtin Connect (building 102), you will find herbs, edible flowers and fruit trees. Perfect for grabbing a handful of herbs to add to your dinner.



Method

Preheat oven 180°C/160°C (fan-forced) and lightly grease a ceramic or glass baking dish.

Whisk 3 eggs and milk together in a large mixing bowl - season with salt, pepper and garlic.

Add rice to egg mixture along with spinach, feta and 1/2 your grated cheese. Mix well

Spoon into prepared baking dish and sprinkle with remaining cheese. Bake for 25 minutes.

Remove the rice bake from the oven and make 4 indents into the top with a spoon. Crack an egg into each indent. Return to oven and bake for a further 10-12 minutes or until egg whites are set and yolk is still runny.

SPANISH OMLETTE

Omelette is a perfect way to use up eggs and this recipe utilises potatoes which makes it a great breakfast or lunch option! (Vegetarian, Gluten Free)

Ingredients

- 200g new potatoes, sliced
- 1 small red onion, sliced
- ½ capsicum sliced
- 4 eggs, beaten
- ½ small bunch basil, shredded (or any herbs you have or can forage)
- Salt, Pepper, garlic and any spices you have on hand.

HANDY HINT

Not sure if your eggs are okay to eat?

Simply fill a bowl with cold tap water and place your eggs in it. If they sink to the bottom and lay flat on one side, they are fresh and good to eat. A bad egg will float because of the large air cell that forms at its base. Any floating eggs should be thrown out.



Method

Boil the potato slices in salted water until just tender, about 4-5 minutes.

Crack your eggs into a bowl and whisk with a fork until combined. Add salt and pepper.

Fry the garlic, spices, onions and capsicum in a fry pan in 1 tbsp olive oil until softened.

Add the potatoes to the pan and mix through with your veggies. Pour in the eggs and stir in the basil.

Cook until the egg has set (cooked) on the bottom of the pan - then finish cooking under a preheated grill. Be careful not to put the plastic handle of your fry pan under the grill.

Cut into wedges and serve with any salad greens you may have.

This dish is good hot or cold!

EASY VEGGIE SOUP

The best thing about this recipe is you can put anything in it and it turns out great! For extra protein, add a drained can of kidney beans or to make it extra filling, add cooked pasta at the end. (Vegan, Gluten Free)

Ingredients

Must haves

- Tomatoes (1 kilo fresh, roughly chopped or 2 cans of diced)
- 1 Tbsp Tomato Paste
- 1 x Onion - diced
- 1 x whole clove of garlic - chopped
- 1 Litre of vegetable stock
- Olive Oil
- Salt and pepper.
- Any herbs you have on hand or can forage.
Thyme and rosemary is recommended.

Plus any vegetables you have in the fridge - sweet potato, potato, zucchini, capsicum, celery, peas, carrot, kale, spinach leaves etc - diced or roughly chopped.



Method

In a large pot, heat a tablespoon of oil, add garlic, salt and pepper and onion and fry until fragrant.

Add in your vegies and tomato paste and stir until combined with the oil and garlic.

Add in your tomatoes, stock and herbs. Save some of the herbs for garnish at the end.

Simmer on a medium heat for 30 minutes or until vegies are soft. Stir regularly so nothing sticks to the bottom on your pot.

If you don't like chunky soups, you can blend it with a stick mixer until smooth. You can also use this blended soup as a pasta sauce!

HANDY HINT

If you have bread that's gone stale - cut it into cubes and lightly toast it in the oven - instant croutons!

MIXED CHEESE PASTA BAKE

Use up leftover “posh party” cheese with this simple recipe. (Vegetarian)

Ingredients

- 500g pasta shapes (penne, bowtie, spiral)
- 2 tspn olive oil
- 2 onions, finely chopped
- 5 garlic cloves, crushed
- 1/2 bunch parsley, finely chopped
- 600ml cooking cream
- 2 cups or more of mixed cheese
- 2 eggs, lightly beaten

Our Favourite Cheeses

We've tried this with Cheddar, Red Leicester, Gouda and Parmesan. If you want it extra creamy, add in a few spoons of cream cheese!



Method

Preheat the oven to 200°C.

Boil pasta in a large saucepan of salted water and drain when ready.

Meanwhile, heat oil in a fry pan. Add onion, parsley and garlic, and cook, stirring occasionally, for 8 minutes or until onion has softened. Transfer onion mixture to a bowl, add cream, egg, half the cheese cheeses and salt and pepper, and stir to combine.

Combine pasta and cheese mixture in a large baking dish and top with remaining cheese. Bake for 50 minutes or until golden and bubbling. Stand for 10 minutes, then serve.

Make it Extra Special

Add in mustard, cayenne pepper for an extra flavour kick.

Sauteed Mushrooms or finely chopped broccoli elevates this simple dish.

LEFTOVER SAUSAGE CHILLI

This is a creative way to transform left over sausages into a hearty dinner.

Ingredients

- 1 tbsp olive oil
- 1 medium brown onion, chopped
- 1 medium red capsicum, chopped
- 1 medium zucchini, finely chopped
- 2 tsp chilli powder
- 2 tbsp tomato paste
- Chopped Tomatoes 400g
- 1/2 cup liquid stock
- 125g can corn kernels, drained, rinsed
- 125g can four bean mix, drained, rinsed
- 4 cooked beef sausages, thinly sliced
- Fresh parsley or coriander leaves, to serve
- Steamed white rice, to serve



Method

Heat oil in a frying pan and add onion, capsicum and zucchini. Cook, stirring, for 3 to 5 minutes or until vegetables are just tender.

Add chilli powder. Cook, stirring, for 1 minute or until fragrant.

Stir in tomato paste, tomato and stock. Bring to a simmer.

Add corn, beans and sausages. Simmer for 7 to 10 minutes or until sausages are heated through.

Top with herbs. Serve with rice.

This recipe would also be great with fresh bread or warm tortillas.

STUFFED SPUD WITH BOLOGNESE

This recipe calls for leftover bolognese mix but the best thing about a stuffed potato is you can use absolutely any leftovers. (Gluten Free)

Ingredients

- Leftover bolognese sauce
- 4 tbs sour cream
- 1/2 bunch coriander, roughly chopped (to serve)
- 1 spring onion, finely sliced
- 1 can corn kernels
- 1 potato per serve
- 8 cherry tomatoes, roughly chopped
- 1/2 tsp smoked paprika
- 400g black beans, drained
- 1 cup cheddar cheese, grated



Method

Preheat oven to 180°C. Place potatoes on a baking tray and bake for 50 minutes or until soft when poked with a knife.

Meanwhile, place leftover Bolognese sauce in a large saucepan over medium heat. Add black beans, corn and paprika. Stir regularly until sauce is hot and corn is cooked.

Remove potatoes from oven. Cut lengthways into each potato to open. Add a couple of spoonsful of Bolognese sauce and top with spring onion and cheese. Put back in oven to melt cheese.

Dollop with sour cream and garnish with coriander.

LEFTOVER GREENS GOZLEME

A super quick and easy way to cook leafy greens! (Vegetarian)

Ingredients

- Olive oil
- ½ medium onion
- A heap of leftover greens - stems, and leaves.
- Salt and pepper
- 1 Garlic clove or ¼ teaspoon garlic powder
- Any herbs you may want to use (optional)
- Feta or any other cheese
- 1 packet of tortillas of your choice.

Your leafy greens could be spinach, silverbeet, beetroot leaves, rocket or kale.



Method

Fry your chopped greens in olive oil and cook down with some garlic, salt, and pepper. Add any herbs you would like right at the end.

Remove from the heat and put into a bowl. Mix in some broken feta or grated cheese.

Spread some filling to half a tortilla and fold it in half.

Fry on a medium heat in a dry frypan until cheese has melted and the tortilla is crispy.

Serve with some lemon, lime, or yoghurt (optional)

Bonus Recipe:

Turn your mixture into Enchiladas by rolling up your tortillas instead of folding them. Add them to a baking dish, pour over a jar of salsa and some grated cheese. Bake in the oven on 180 until the cheese has melted

PEANUT BUTTER NOODLES

An easy and delicious way to elevate instant noodles. (Vegetarian)

Ingredients

- 3 packets of instant noodles
- 1/3 cup peanut butter
- Chili crisp
- 1 small bunch coriander, chopped
- 1 bunch green onion, chopped
- 1 egg per serve
- 1/4 cup toasted sesame seeds

Chili crisp is a great thing to have on hand to spice up just about anything - an easy recipe can be found here:

<https://www.chilipeppermadness.com/recipes/chili-crisp/>



Method

In a small saucepan, add two cups of water and bring to a boil. Add noodles and cook according to package instructions. Drain noodles and set aside.

In a medium mixing bowl, combine the noodle flavouring sachets with 1.5 cups of water and add peanut butter, chili crisp, coriander, and green onion. Set aside.

In a small nonstick skillet over medium-high heat, add butter or oil. Once shimmering, add eggs and fry until the outer edges are golden brown and crisp and the whites are fully cooked.

Add the cooked noodles to the mixing bowl and toss to combine. Transfer to a serving bowl and top with sesame seeds, cilantro, and fried egg.

For a delicious addition, add some left over cooked chicken from the supermarket.

BANANA BREAD

Got bananas that are brown and overripe? This tried and true recipe is the answer!

Ingredients

- 1 cup (150g) plain flour
- 1/2 cup (75g) self-raising flour
- 1 cup brown sugar
- 1 tsp Ground Cinnamon
- 1 tsp Ground Nutmeg
- 125g butter, melted, cooled
- 2 eggs, whisked
- 3 ripe bananas, mashed

You can add chopped nuts for texture and added protein or choc chips for a sweet treat.



Method

Preheat oven to 180°C. Grease and line the base and side of a loaf pan.

Combine the plain flour, self-raising flour, sugar, nutmeg, and cinnamon in a large bowl.

Whisk butter and eggs together. Stir in banana. and combine with the dry ingredients.

Spoon into prepared pan. Smooth the surface with the back of a spoon.

Bake for 45-50 mins or until a skewer inserted into the center comes out clean. Set aside in the pan for 10 minutes before turning out onto a wire rack.

Serve warm and spread with butter.