

BANANA PIKELETS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

The riper the banana the sweeter it is.



FOOD WASTE TIP

Peel brown bananas and freeze in zip lock bags to use in this recipe for later.

INGREDIENTS

- 1 cup wholemeal self-raising flour
- 1 pinch salt
- 1 egg beaten
- $\frac{3}{4}$ cup reduced fat milk
- 1 teaspoon vanilla essence
- 1 banana (preferably over-ripe)
- 1 tablespoon honey
- 2 tablespoons oil

Optional: Serve with low-fat Greek yoghurt or 2 tablespoons of cinnamon/ sugar mix!

EQUIPMENT

- Large bowl
- Fork
- Mixing bowl
- Electric frypan
- Spatula
- Measuring cups
- Measuring spoons

SKILLS

- Working with heat
- Mixing
- Slicing
- Measuring

STEPS



Mix flour, honey, salt, egg, milk and vanilla essence with fork until smooth.



Using a fork, mash the banana and then add it to the mixture making sure it is well incorporated.



Heat $\frac{1}{2}$ tablespoon oil in the frypan. Spoon 2 tablespoons batter to form small circles.



When pikelets bubble on top, flip and cook the other side until brown.



Serve warm or cold with cinnamon sugar or low-fat greek yoghurt. Repeat step 3 and 4 until all batter has been used.

FAST FRITTERS



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE
You can put anything in a fritter!
Try adding chicken, sweet
potato, herbs - be adventurous!

FOOD WASTE TIP
This recipe makes trying
new vegetables fun.

INGREDIENTS

- $\frac{3}{4}$ cup wholemeal self-raising flour
- $\frac{1}{2}$ cup low-fat milk
- 1 egg
- $\frac{1}{2}$ cup frozen peas and corn (defrosted) or can of creamed corn
- $\frac{1}{2}$ cup low-fat tasty cheese grated
- 2 spring onions
- 2 tablespoons olive oil
- Pinch of salt and pepper (optional)

EQUIPMENT

- Large bowl
- Fork
- Measuring spoons
- Measuring cups
- Mixing bowl
- Electric frypan
- Spatula
- Wooden spoon

SKILLS

- Science and chemistry in food production
- Working with heat
- Whisking
- Chopping
- Measuring

STEPS



Crack the egg into a bowl and beat it with a fork.



In a large mixing bowl, combine the flour, milk, eggs, salt and pepper. Mix until there are no lumps.



Cut the spring onions and add together with the cheese, peas and corn to the mixture and mix together with wooden spoon.



Heat 1 tablespoon olive oil in the frypan. When hot, add 2 tablespoons batter for each fritter, repeating to make 4 fritters at a time.



When they form bubbles on the top, it is time to flip.



After 2 or 3 minutes transfer from pan to plate and repeat the above process to finish the mixture - makes approximately 10 fritters.

HONEY SOY NOODLE STIR FRY



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE
Easy healthy meal to make for your family at home.

FOOD WASTE TIP
Eat any leftovers for lunch the next day.

INGREDIENTS

- 250g Hokkien noodles (soaked in warm water for 2 minutes)
- 1 tablespoon olive oil
- 1 egg, lightly beaten
- 1/2 red capsicum
- 1/2 zucchini
- 1/2 carrot
- 1 tablespoon honey soy sauce
- 1 tablespoon water

EQUIPMENT

- Medium bowl
- Knives
- Chopping boards
- Electric frypan
- Measuring cups
- Measuring spoons
- Plastic tongs
- Mixing spoons
- Small plate

SKILLS

- Working with heat
- Grating
- Measuring
- Mixing
- Slicing

STEPS



Soak noodles in warm water for 5 minutes, separate using a fork, then drain.



Place 1/2 tablespoon oil in a medium heat electric frypan. Add beaten egg and stir until cooked, remove and place on a plate.



Slice capsicum and zucchini and grate carrot. Add 1/2 tablespoon oil into heated frypan and cook the capsicum and zucchini first for 5 minutes.



Add grated carrot and honey soy sauce. Mix thoroughly.



Slowly add the noodles with tongs a little at the time so they can be easily mixed. Add 1 tablespoon water and cook for 5 minutes.



Mix in sliced egg and serve.

MUESLI BLISS BALLS



Serves



Cost per
serve



Total prep
& cooking time

WHY WE LOVE THIS RECIPE

A fun, sweet treat using ingredients from the pantry.



FOOD WASTE TIP

Muesli Bliss Balls will last longer placed in an airtight container stored in the fridge.

INGREDIENTS

- 2 ripe bananas
- 1 $\frac{3}{4}$ cup quick oats
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon cocoa (optional)

EQUIPMENT

- Large mixing bowl
- Fork
- Measuring cups
- Measuring spoons
- Mixing spoon
- Chopping board

SKILLS

- Measuring
- Mixing
- Shaping



STEPS



Mash the 2 bananas in a mixing bowl with a fork until you have a smooth mixture.



Add oats, sultanas, shredded coconut, cinnamon, and cocoa (optional) to the bowl.



Mix well with a spoon until all ingredients form a consistent mixture. Let the mixture rest for 2-3 minutes.



Measure one full spoon of the mixture and hand roll into balls. Continue until all mixture has been rolled into balls, approximately 10 balls.

SANDWICH SUSHI



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

It's a nutritious snack that is fun to make. Add avocado or cucumber as an alternative.



FOOD WASTE TIP

Bread is one of the top wasted foods. You can make this recipe using any type of bread.

INGREDIENTS

- 10 slices wholemeal bread
- 2 ½ tablespoons low-fat mayonnaise
- 10 leaves iceberg lettuce
- 10 low-fat cheese slices (eg. Swiss)
- 1 carrot

EQUIPMENT

- Chopping board
- Knife
- Grater
- Rolling pin
- Measuring spoon

SKILLS

- Rolling
- Layering
- Folding
- Grating
- Chopping

STEPS



Gently roll bread with a rolling pin to flatten (crust included). Set aside.



Grate the carrot. Make sure you hold both the carrot and the grater firmly. When your fingers come close to the grater, tuck them in to prevent cutting.



Spread a thin layer of low-fat mayonnaise on the flattened bread.



Leaving a 1cm border from the crust, layer the bread with cheese, lettuce then carrot.



Gently roll up, pressing on the sides, from the bottom to the top and press lightly.



Cut sandwich sushi into 3 slices.

CRUNCHY NOODLE SALAD



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Any green leafy vegetables can be added to this recipe, such as spinach.



FOOD WASTE TIP

In this recipe you can use any herbs and vegetables you have left over. Be creative!

INGREDIENTS

Salad:

- ¼ small Chinese cabbage
- 1 large carrot
- ½ large red capsicum
- ½ cup coriander or parsley leaves
- ½ cup fresh mint leaves
- 100g packet crunchy fried noodles

Sauce:

- 1 tablespoon salt reduced soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water

EQUIPMENT

- Large bowl
- Small bowl
- Chopping boards
- Knives
- Fork
- Plastic tongs
- Grater

SKILLS

- Mixing
- Measuring
- Grating
- Slicing
- Chopping

STEPS



Chop all cabbage and capsicum into thin slices and place into a large bowl.



Grate the carrot with care, making sure your fingers are tucked in. Combine with the vegetables.



Tear herbs from stems, chop and add them into the large bowl.



To make the dressing, in a small bowl, beat together all soy sauce, lemon juice, olive oil and water with a fork.



Pour dressing over salad and using the tongs toss well to coat salad ingredients.



Just before serving, top with crunchy noodles.



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING