



Waste not, want not
Transform the way you cook



Reduce food waste at home



Food waste is an issue in New Zealand; currently over \$872 million dollars worth of food is brought and thrown out uneaten each year. That equates to 122,547 tonnes of food per year, which is enough to food to feed 262,917 people (double the population of Dunedin!).

The environmental impact of the wasted food is enormous – the rotting food creates an estimated 325,975 tonnes of CO2 emissions per year. By taking simple steps to reduce food waste at home, you can help to reduce this waste, benefitting not only the environment but also your wallet.

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Pancakes

This is a great recipe to make when you have any bananas that are going brown, as well as to use up any leftover yoghurt you may have in the fridge

Ingredients:

- 2 eggs
- 250ml milk
- 1 cup yoghurt (or any leftover yoghurt)
- 4 overripe bananas (use any extras to serve with this dish)
- 2 ½ cups flour
- Pinch of salt
- 4 teaspoons baking powder
- 2 tablespoon brown sugar

For Berry Compote:

250g frozen berries (or any leftover fruit that is soft)

1 TBSP sugar

Directions:

1. Mix together the eggs, milk, yoghurt and bananas
2. Sieve the flour and salt with the baking powder into a large bowl, stir in the 'wet' ingredients and the sugar
3. Allow to stand for 10 minutes
4. Heat a medium sized pan and add in a tablespoon of butter
5. Turn heat to low and add pancake mixture in batches
6. Flip pancakes using a spatula and put onto a plate
7. Heat berries in a saucepan on the stove, add the sugar and simmer until sugar is dissolved
8. Serve with extra yoghurt if desired and pour over berry compote

Extra Tips:

- Use up overripe fruit by freezing for later use in the berry compote
- Can freeze pancakes for later use
- Can use leftover cream, whisk the cream with a bit of icing sugar and vanilla essence
- Does not have to be brown sugar any type of sugar will do
- Use any flavour of yoghurt for a new flavour variety
- Extra bananas or any other fruit can be used as a garnish

Allergens:

- Dairy
- Gluten
- Vegetarian

Fried Rice

This is a recipe that incorporates parts of vegetables that are usually discarded, as well as incorporates any vegetables that may be starting to go off. It is also a wonderful recipe to make when you've accidentally made too much rice!

Ingredients

- 1 finely chopped onion
- 2 ½ tablespoons oil
- 1 egg lightly beaten
- 4 tablespoons soy sauce
- 2 chicken breasts (or any previously cooked leftover chicken)
- 2 finely chopped carrots (do not peel and the top is edible)
- ½ cup thawed frozen peas (or any extras that may be in the bag)
- ½ cup thawed frozen corn (or any extras that may be in the bag)
- 4 cups cooked rice (or any amount of extra rice you have lying around)
- 2 tablespoons soy sauce – or more to taste

Directions

1. Heat 1 tbsp oil in a wok; add chopped onions and stir-fry until onions turn a nice brown colour, about 8-10 minutes; remove from wok
2. Allow wok to cool slightly
3. Mix egg with 4 tbsp of soy sauce and set aside
4. Add ½ tbsp. oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg, until egg sets against wok; when egg puffs up, flip egg and cook other side briefly; remove from wok and chop into small pieces
5. Heat 1 tbsp oil in wok; add chicken breasts to wok, along with carrots, peas, corn and cooked onion; stir fry for 2 minutes
6. Add rice, tossing to mix well; stir fry for 3 minutes
7. Add 2 tbsp of soy sauce and chopped egg to rice mixture and fold in; stir fry for 1 minute more; serve

Extra Tips:

- Any other extra vegetables can be added to this recipe; such as broccoli, capsicum, mushroom, etc
- If adding broccoli the stalk can also be added in
- Meat is optional in this recipe, chicken can be replaced with more vegetables or tofu
- This recipe is perfect to use up any leftover chicken that has been previously cooked in a roast, or even other roast meats

Allergens:
- Soy

Gnocchi

Made too much mashed potato? Don't let it go to waste; this is the perfect recipe to make a totally new dish, with those leftovers!

Ingredients

- 4 cups mashed potato
- 2 cups plain white flour
- A little salt and pepper
- 2 large egg yolks (save the egg whites for making a meringue later on!)
- Pesto for sauce (or any other sauce you may have laying around)

Directions

1. Season mashed potato with salt and pepper to taste
2. Add mashed potato to a large mixing bowl and add several tablespoons of flour
3. Using your hands mix the potato and flour together and keep adding flour until the mixture comes together as a dough
4. Turn dough onto a floured board and knead it gently adding more flour if necessary. Once the dough is dry enough to stop sticking to the board, cut it into four even portions and gently roll each one into a long snake
5. Use a sharp knife to chop the snake into short pieces and put these on a floured plate. If they touch each other they are likely to stick together
6. Bring a large pan of water to the boil. Drop a few gnocchi pieces into the water – not too many, otherwise they may clump. They will sink and then rise to the surface when they are cooked – this only takes a minute or two
7. Scoop them out when they are floating, toss them with a little oil to stop them from sticking together
9. Serve with pesto, or sauté five cloves of crushed garlic in oil and garnish dish with some chopped fresh herbs

Extra Tips:

- These gnocchi can be made ahead and stored in the fridge for cooking the next day
- These gnocchi can be also be served alongside a salad, if you have any tomatoes, lettuce, cucumber or other vegetables spare
- Gluten free flour can be used as a replacement to regular flour

Allergens:

- Dairy
- Eggs
- Gluten
- Vegetarian

Rice-Crusted Quiche

If you can't be bothered making pastry, and have an abundance of rice laying around then this is the perfect dish for you!

Ingredients

- Enough rice to thickly cover the base of the dish
- 2 tablespoon olive oil
- 6 eggs
- 1 cup grated cheese (any cheese you have in the fridge will work)
- A mixture of sliced vegetables (onions, capsicum and mushrooms – just whatever needs eating up)
- A handful of chopped fresh herbs
- Salt and pepper to taste

Directions

1. Preheat the oven to 200C
2. Crack two of the eggs into a medium sized bowl and beat it lightly and then stir in the rice and olive oil. Grease a shallow quiche dish and spread the rice over the bottom of the dish, pressing it down with the back of a spoon to make a smooth, firm base
3. Sprinkle some of the grated cheese over the base. Put the rice crust into the oven for 10 minutes to firm it up, before you add the topping
4. Beat the two remaining eggs and stir the rest of the cheese, the chopped vegetables and herbs, and the seasoning. Pour this mixture over the rice base and return the quiche to the oven for 30 minutes until golden and firm

Extra Tips:

- If you don't have the same grade of eggs, a mixture will work just fine
- This meal is gluten free and perfect to make when you do not want to spend a long time cooking
- Try adding in any leftover bacon or ham for an extra element to this dish
- This meal can be served with sweet chili sauce, or any sour cream you may have in the fridge

Allergens:

- Dairy
- Eggs
- Vegetarian
- Gluten Free

Pasta All Sorts

Pasta dishes are fabulous for using up leftovers! You can throw anything in and it will taste amazing. If you have leftover chicken, sausages, cold meats or even if you want to go for vegetarian you won't have to put in much effort to make it taste sensational and be food waste friendly too!

Ingredients

- 500g pasta spirals (cooked too much pasta in a previous dish, use it here!)
- 450g sausages (or any meat that needs using – chicken, salami, chorizo)
- 400g bacon
- 1 broccoli (use stalks and leaves)
- 250g peas (add as many veges as possible, especially if they're going soft!)
- 250g grated cheese
- 2 teaspoon dried herbs
- 800ml cream

Directions

1. Bring a large pot of salted water to the boil and add pasta
2. Cook sausages and bacon in a medium sized pan
3. Put all the ingredients apart from the pasta in a sauce pan and heat
4. When the cheese has melted, add the pasta and keep stirring until the cream has reduced, thickened and coats the pasta – and the pasta has warmed through

Extra Tips:

- Cauliflower, as well as it's stalks can also be used as a substitute for broccoli in this recipe
- Any vegetables that are starting to go soft can be added to this pasta dish
- The sauce is totally up to you as well, instead of cream you may prefer sour cream that's left in the fridge, tinned tomatoes that need using, pesto, ANYTHING!
- A mixture of different pastas can also be used in this dish, instead of using just spirals, add in any extra penne or even spaghetti for variety!

Allergens:

- Dairy
- Gluten

Beef and Pasta Bake

You can disguise anything in mince! Grate up zucchini, carrot, pumpkin, and kumara! Any veggies that need using will be a fantastic addition to this pasta bake.

Ingredients

- 500g penne pasta (leftover pasta is great the next day, stirred through mince and veges to make a pasta bake)
- ½ teaspoon olive oil
- 1 onion, finely chopped (carrot, mushroom, tomato, celery, broccoli stalks, chop them small and you won't even notice!)
- 500g beef mince
- 700g bottle pasta sauce (or create your own sauce with tomatoes, tinned or fresh, tomato paste, dried herbs and salt and pepper)
- 100g parmesan, finely grated

Directions

1. Preheat the oven to 200C
2. Cook pasta according to packet directions
3. Brush a large non-stick frying pan with oil and heat over a medium heat. Add onion, cook, stirring for 3 minutes or until soft. Add mince and cook, stirring with a wooden spoon, until browned.
4. Add pasta sauce and stir until well combined. Bring to the boil, reduce heat and simmer for 2 minutes. Remove from heat
5. Stir meat sauce into pasta. Pour into a large shallow, ovenproof dish. Sprinkle Parmesan on top. Bake for 15 minutes or until cheese is golden

Extra Tips:

- Other vegetables can be added to this dish and no peeling is required! Simply just grate carrots, courgettes and other vegetables and add them to the pasta
- If you have a mixture of different cooked pastas lying around, or even just a little bit of one pasta sitting around, add them to this dish!
- Try using up a mixture of different cheeses you may have lying around for an extra cheesy taste

Allergens:

- Dairy
- Gluten

Chicken Pie

Extra meat and vegetables leftover from a roast simply make a healthy and delicious pie with your roast chicken and any old veggies! This recipe is perfect for using up those bits and pieces left from the old Sunday roast!

Ingredients

- 350g cooked chicken (leftover roast chicken is perfect in this dish)
- 2 finely chopped carrots (or any other vegetables you have lying around)
- 1 ½ cup peas
- 4 tablespoons chopped fresh parsley
- 1 sachet chicken gravy (or gravy made from the bones from a roast chicken)
- 800g mashed potato

Directions

1. Preheat oven to 180C
2. Cook carrots over a medium heat until soft
3. Chop up chicken into small pieces
4. Place chicken, carrots and peas into a large ovenproof dish. Sprinkle over ¾ of chopped parsley
5. Cook gravy according to packet instructions
6. Pour gravy over chicken and vegetables. Toss to coats evenly
7. Spread mashed potato evenly over chicken and vegetables. Sprinkle oil over potatoes and bake for 30 minutes, or until the potato is lightly golden
8. Sprinkle with the remaining herbs to serve and season with salt and pepper

Extra Tips:

- Add in any leftover frozen peas or corn that you have lying around
- Add in any leftover vegetables from a roast dinner, as a unique filling to this pie
- This is the perfect opportunity to utilize any leftover mashed potato you may have lying around, as a nice topping to this pie
- Any leftover roast potatoes can also be used to make a rustic mashed potato layer
- Any leftover gravy can be used in this pie, simply just heat it up again
- The bones from the chicken can be used to make a hearty chicken gravy the day/night before making this dish, for a more intense flavour

Allergens:

- Dairy Free

Leftover Vegetable and Orange Cake

A novel way to use up leftover vegetables and fruits is to bake up a sweet, moist sponge, with citrus flavours

Ingredients

- 200g butter
- 140g raisins or sultanas
- zest and juice 2 oranges
- 1 ¼ cups self raising flour
- 1 ¼ cup brown sugar
- 2 teaspoons mixed spice
- 1 teaspoon ground ginger
- 1 teaspoon baking soda
- 4 large eggs, beaten with a fork
- 300g grated pumpkin (can be replaced with other vegetables such as carrots, parsnips or butternut squash)
- 200g icing sugar

Directions

1. Heat oven to 180C. Grease and line a 30 x 20cm baking or roasting tin with baking parchment. Mix the sultanas and zest and juice from 1 orange and microwave on High for 2 mins
2. Mix the flour, brown sugar, spices, baking soda and pinch of salt into a large bowl. Mix the eggs with the melted butter and sultana mixture, then tip into the dry ingredients and stir in with a wooden spoon
3. Stir in the grated veg, and scrape into the tin. Bake for 35 - 40 mins, or until a skewer poked in the centre comes out clean. Cool in the tin
4. Once cool sift the icing sugar into a bowl and stir in remaining orange zest plus enough juice to make a runny icing. Drizzle all over the cake and scatter with the crushed sugar cubes. Leave to set, then slice into 15 squares to serve

Extra Tips:

- Try adding a mixture of carrots (or another vegetable) with the pumpkin to use up any old vegetables
- If you have any walnuts or pecans lying around simply add them to the batter for an extra ingredient
- This cake can be served with any leftover yoghurt you may have lying around, or even cream (just whip it up with some icing sugar and vanilla extract)

Allergens:

- Dairy
- Eggs
- Gluten
- Vegetarian

Banana Peel Cake

Banana's are one of the most common fruits consumed in New Zealand and usually we throw out the peels. Wait until you try this amazing banana peel cake! It will transform the way you think about banana peels.

Ingredients

- 6 banana peels (never thought you could use banana peels, try this!)
- 4 egg yolks
- 4 egg whites
- 2 ½ cups white sugar
- 3 cups plain flour
- 75g butter
- 2 tablespoons baking powder

Directions

1. Preheat oven to 190C
2. Grease a 20cm cake tin
3. In a blender or food processor, chop the peels with 1/2 cup of water. They should quickly turn to a dark brown, aromatic mush. Set aside.
4. Combine the butter, yolks, and sugar in a mixing bowl until homogenous—it should have the consistency of fluffy scrambled eggs.
5. Add the banana peels, the flour, and the baking powder, and mix well.
6. Whisk the egg whites until frothy, and gently fold into the mixture, careful to preserve the air
7. Pour into a cake pan. Bake for about 45 minutes, or until the cake passes the toothpick test.

Extra Tips:

- Bananas can be frozen and then used in this recipe later on
- The banana peels do not have to be yellow, the peels of browning bananas can also be used
- If you eat a banana, leave the skin in a bowl of water, to use when making this dish on the same day, or else just freeze the skin to use later on, when making this dish
- This cake can be served with any leftover yoghurt you may have lying around, or even cream (just whip it up with some icing sugar and vanilla extract)

Allergens:

- Dairy
- Eggs
- Gluten
- Vegetarian

Asian Infused Lettuce Wraps

Offal might not be the first thing you think of cooking. Most of it gets thrown out before it even makes it to the supermarket shelves. If we can show that offal is something that we want to cook with it may prevent all this waste!

Ingredients

- 800g beef mince
- 300g liver
- 1 iceberg lettuce
- 6 cloves garlic minced
- 2 tablespoons minced ginger
- 2 limes, juiced and zested
- 2 teaspoons red chili paste
- 5 spring onions, chopped
- One handful of chopped coriander
- 2 tablespoons soy sauce

Directions

1. Heat a medium sized pan with oil
2. Add the beef mince and liver and cook on medium
3. Add the garlic, ginger, zest and lime juice, spring onions, coriander, chili paste and soy sauce
4. Stir well until the meat is cooked through
5. Remove from heat and place in a serving bowl
6. Rinse the lettuce and dry well. Place clean leaves onto a plate
7. Serve alongside the meat – scoop meat onto lettuce and wrap, roll or fold

Extra Tips:

- More liver can be added to this recipe in replacement of some beef mince
- If there is excess coriander left over, use this to garnish the wraps
- Place the leftover lime scraps into a compost bin
- This dish can also be served with any remaining sweet chili sauce you may have lying around

Allergens:
- Soy

Chickweed and Watercress Pesto

This is a forager's delight and one full not only of robust autumn flavours but one rich in nutrients and minerals. Chickweed is growing in abundance at present as is the wild garlic!

Ingredients

- 1 cups chickweed
- 1 cup watercress
- 2 cloves garlic
- ¼ cup almonds
- ½ tsp salt
- 30 g feta cheese (optional)
- 1 Tbsp red wine vinegar
- ½ cup olive oil/ hemp or rapeseed

Directions

1. Begin by adding the chickweed, watercress and garlic together, add a pinch of salt and mash well in mortar and pestle (otherwise pulse in food processor).
2. Add the nuts if using and combine coarsely.
3. Add the vinegar and crumble in the feta cheese, stir as you pour in the oil to lightly emulsify.
4. Taste and adjust the balance of flavour if desired.
5. Store in the fridge for up to 2 weeks if covered with layer of oil.

Extra Note:

- This recipe is from Alison Lambert from the Otago Farmer's market

Allergens:

- Nuts
(Almonds)
- Dairy (Feta)
- Vegetarian

Potato and Watercress Soup

Combining two seasonal ingredients which are easily obtained can be economical but more importantly it can be nourishing and nutritious.

Ingredients

- 2 Tbsp olive oil
- 1 leek, sliced thinly
- 3 garlic cloves, thinly sliced
- 2 large (500g) potatoes, scrubbed and cut into bite sized pieces
- 300g watercress, stalk and leaves
- salt and freshly ground pepper
- 750ml veg or chicken stock
- Lemon wedges, for serving

Directions

1. Heat a medium saucepan over medium-high heat. Add oil, leek and garlic, cook gently without colouring for 5 minutes.
2. Add the potatoes, stir and cover with a lid and continue to cook for a further 5 minutes.
3. Add the stock, season lightly and bring to the boil. Reduce to a simmer and cook for 15 minutes or until the potatoes are tender.
4. Stir in potato and 1/2 teaspoon salt. Cook 1 minute.
5. Roughly chopped the watercress and add to the soup. Return to a boil. Reduce to a simmer for 1 minute. Taste and adjust the seasoning if necessary.
6. Divide among soup bowls and squeeze a lemon wedge into each bowl.
7. Serve immediately.

Extra Note:

- This recipe is from Alison Lambert from the Otago Farmer's market

Allergens:
- Vegetarian

Notes: