

Autumn

These recipes are designed to feed four students five dinner meals in a week. The recipes are designed for autumn as they use autumn produce, but they can be made any time of the year. The meals are designed to be zero waste - all the ingredients you buy should be used by the end of the week (except for frozen vegetables). For some meals, you may have leftovers. You can eat these for lunch the next day or freeze for another time. The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week list other ingredients that you will need to make the meals, but which you are likely to already have in your fridge or pantry. Check both lists before you go shopping in case you are missing a staple or have already purchased something. The recipes can be made in any order. Feel free to substitute or exclude certain ingredients.

- 1: Sausage and squash traybake
- 2: Kumara and chicken curry
- 3: Stir-fry cabbage and tofu
- 4: Potato, carrot and tomato soup
- 5: One pot leek and bacon rice

Staples for this week:

Oil
Onion
Garlic
Mustard
Ground paprika
Tomato paste
Crushed ginger
Soy sauce
Vinegar
Chilli flakes
Curry paste (red or matsaman)
Brown rice

Shopping list for this week:

2x red onions
1x butternut squash
400g brussels sprouts
3x kumara
1 bag baby spinach
1x cabbage
1x leek
1.5kg bag carrots
4x potatoes
1x capsicum
1 bag spring onions
3x cans chopped tomatoes
2 L vegetable stock
1 can lentils
6-pack pork sausages
500g chicken breast
200g bacon
1 pack firm tofu



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

Sausage and squash traybake

Prep Time: 10 min

Cook Time: 30 min



Instructions

1:

Preheat the oven to 200 °C.

2:

Place the red onion, squash, sausages, and brussels sprouts onto a roasting tray. Add the oil and mustard and use your hands to make sure everything is evenly coated. Roast for 30 minutes, tossing everything halfway.

3:

When everything is cooked its ready to serve.

Ingredients

1 red onion, cut into wedges

1 butternut squash, cut into small chunks

6-pack pork sausages

400g brussels sprouts, cut into halves

2 tbsp oil

2 tbsp mustard

Notes

Be sure to wash the brussels sprouts before using.

Unless your butternut squash has a really thick skin, you shouldn't need to peel it. By keeping the skin on your vegetables, you are not only reducing food waste, but you are also increasing the nutrients and fibre in your meals.

To make this meal vegetarian or vegan, use vegetarian/vegan sausages.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1940 kJ	22%
Protein	20.3 g	41%
Fat, total	18.3 g	26%
- saturated	4.5 g	19%
Carbohydrate	46.9 g	15%
Sodium	689 mg	30%

*based an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.31



"Baked Pork and Fennel Sausages and pumpkin with rosemary, garlic" by avlxiz is licensed under CC BY-SA 2.0

Kumara and chicken curry

Prep Time: 5 min

Cook Time: 20 min



Instructions

1:

Cook the rice according to package instructions.

2:

Bring a small pot of water to the boil and cook kumara for 5-7 minutes until just tender. Drain and set aside, keeping warm.

3:

While the rice is cooking, heat oil in a wok or pot. Add the red onion and chicken and cook for 5 minutes until the chicken is browned and cooked through.

4:

Stir in the curry paste and cook for 1 minute. Add the chopped tomatoes and simmer for 5 minutes. Add the baby spinach and cooked kumara and cook until spinach has wilted.

5:

Serve the curry over the rice.

Ingredients

2 c brown rice

3 kumara, cut into small chunks

1 tbsp oil

1 red onion, cut into wedges

500g chicken breast, diced

2 tbsp curry paste

2 cans chopped tomatoes

1 bag baby spinach

Notes

Remember, you don't need to peel the kumara.

Curry paste will last in the fridge for months so you can use it to make this recipe again.

To make this meal vegetarian or vegan, either exclude the chicken or substitute it for tofu. This will, however, change the overall cost, cooking time and nutrition information.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	3046 kJ	35%
Protein	40.0 g	80%
Fat, total	10.8 g	15%
- saturated	2.7 g	11%
Carbohydrate	109.5 g	35%
Sodium	680 mg	30%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.62



"curry chicken" by Paul Keller is licensed under CC BY 2.0

Stir-fry cabbage and tofu

Prep Time: 10 min

Cook Time: 20 min



Instructions

- 1: Cook the rice according to package instructions.
- 2: Heat 1 tbsp oil in a wok or frying pan. Add the tofu and cook until golden on both sides. Transfer to a small plate.
- 3: Heat remaining oil in the same pan. Add the garlic, ginger and chilli flakes. Cook for 1 minute.
- 4: Add the cabbage, capsicum, carrot, soy sauce, vinegar and spring onion to the pan and stir-fry for 5-7 minutes, until the vegetables have cooked. Add the tofu and cook for a further 2 minutes.
- 5: Serve the stir-fry over the rice.

Notes

Remember, you don't need to peel the carrot.

Firm tofu can be found in the refrigerator section of most supermarkets. Toss the tofu in cornflour before frying if you want it really crispy.

Use the green part of the spring onion as well as the white stalk.

Ingredients

- 2 c brown rice
- 2 tbsp oil
- 1 pack tofu, cut into dominoes
- 2 garlic cloves, finely chopped
- 1 tbsp crushed ginger
- Pinch of chilli flakes
- ½ cabbage, finely shredded
- 1 capsicum, sliced
- 1 carrot, cut into matchsticks
- 4 tbsp soy sauce
- 1 tbsp vinegar
- 1 bag spring onions, sliced

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2309 kJ	27%
Protein	18.3 g	37%
Fat, total	15.2 g	22%
- saturated	1.8 g	8%
Carbohydrate	80.5 g	26%
Sodium	1431 mg	62%

*based on an average adult diet of 8700 kJ
Note: calculations based on recipe shown

Cost per serving = \$3.43



"Shredded Pickle Salad" by avlxiz is licensed under CC BY-SA 2.0

Potato, carrot and tomato soup

Prep Time: 10 min

Cook Time: 25 min



Instructions

1:

Heat the oil in a large pot. Add the onion and cook until soft. Add the garlic and paprika and cook for a further 1 minute.

2:

Add the vegetable stock, chopped tomatoes, tomato paste, lentils, potatoes, and carrots, and bring to a boil. Simmer until vegetables are soft.

3:

The soup is ready to serve when vegetables are cooked.

Notes

Remember, you don't need to peel the potatoes or carrots.

It is much cheaper to purchase stock cubes than to buy liquid stock. To use a stock cube, dissolve one cube in 1 c of boiling water. Adjust the quantities as necessary to get the amount required for the recipe.

Use up old bread by making croutons to go with the soup.

Ingredients

1 tbsp oil

1 onion, diced

2 garlic cloves, finely chopped

1 tsp paprika

1 L vegetable stock

1 can chopped tomatoes

2 tbsp tomato paste

1 can lentils, drained

4-6 carrots, chopped

4 potatoes, chopped

Cost per serving = \$2.39

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1141 kJ	13%
Protein	9.3 g	19%
Fat, total	5.6 g	8%
- saturated	1.1 g	4%
Carbohydrate	42.0 g	14%
Sodium	1166 mg	51%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown



"Tomato Soup" by wisdomlight is licensed under CC BY 2.0

One pot leek and bacon rice

Prep Time: 10 min

Cook Time: 25 min



Instructions

1:

Heat oil in a large pot. Add the leek and bacon and cook for a few minutes until the leek softens and bacon browns. Add the garlic and cook for 1 minute more.

2:

Add in the cabbage, carrots, vegetable stock, mustard and brown rice. Bring to the boil and simmer for 20 minutes, stirring occasionally.

3:

When the rice is cooked its ready to serve.

Notes

Use the dark green part of the leek as well as the white, just make sure to slice it thinly as it will take longer to cook.

Remember, you don't need to peel the carrots.

To make this meal vegetarian or vegan, either exclude the bacon or substitute it for a meat free alternative. This will, however, change the overall cost, cooking time and nutrition information.

Ingredients

1 tbsp oil

1 leek, thinly sliced

200g bacon, diced

2 garlic cloves, finely chopped

½ cabbage, thinly sliced

3-4 carrots, cubed

1 L vegetable stock

1 tbsp mustard

2 c brown rice

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2611 kJ	30%
Protein	18.6 g	37%
Fat, total	17.9 g	26%
- saturated	5.1 g	21%
Carbohydrate	90.4 g	29%
Sodium	1365 mg	59%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.11



"Bacon Fried Rice" by jbcurio is licensed under CC BY 2.0

Did you know that 1/3 of the food produced each year is lost or wasted?⁴ While your first instinct may be to blame big food companies and supermarkets, the reality is that in New Zealand most food waste occurs at a household level.⁵ In fact, food waste makes up more than 30% of all domestic kerbside rubbish collected.⁶ Sending food to landfill creates a big problem. As the food breaks down, the greenhouse gas methane is released which contributes to climate change.⁷ To quantify that, if food waste were a country, it would rank as the third-highest national emitter of greenhouse gases after the US and China.⁸ Not only is methane an environmental issue with wasting food, but all of the precious resources that went into producing that food (such as land, water, chemicals and energy) are also wasted.⁸ With this in mind, it might not be surprising that eliminating food waste was ranked as the third-best global solution to address climate change.⁹ This statistic is what really piqued my interest in food waste, along with the fact that it combines sustainability and food. But if the environmental benefits of reducing food waste are not convincing enough by themselves, there are also social and economic benefits. If just half of the food currently being lost and wasted was recovered, it would be enough to feed the undernourished global population.¹⁰ In New Zealand alone the amount of food wasted each year is enough to feed the entire Dunedin population twice over.⁶ Plus, if households did eliminate their food waste, they would save \$10.83 each week.⁶ As a student, saving money is a pretty good motivator.

This resource has been put together taking inspiration from multiple sources. If you would like to know more about food waste, Love Food Hate Waste (<https://lovefoodhatewaste.co.nz/>) is a great place to start. To contact us regarding these meal plans, please email food.waste@otago.ac.nz.

¹Lyndhurst, B. (2007). WRAP food behaviour consumer research (report to WRAP; currently unpublished). Retrieved from

<https://www.wrap.org.uk/sites/files/wrap/Food%20behaviour%20consumer%20research%20quantitative%20jun%202007.pdf>

²Tucker, C. A., & Farrelly, T. (2016). Household food waste: The implications of consumer choice .in food from purchase to disposal. *Local Environment*, 21(6), 682-706. doi:10.1080/13549839.2015.1015972

³McMaster, A. (2020). Understanding food waste produced by tertiary students living in student flats: Implications for marketers and policy makers (Master's thesis, University of Canterbury, Christchurch, New Zealand). Retrieved from

https://ir.canterbury.ac.nz/bitstream/handle/10092/100747/McMaster%2c%20Aimee_Master%27s%20Thesis.pdf?sequence=1&isAllowed=y

⁴Gustavsson, J., Cederberg, C., & Sonesson, U. (2011). Global food losses and food waste. Food and Agriculture Organization of the United Nations. Retrieved from <http://www.fao.org/3/a-i2697e.pdf>

⁵Environment Select Committee. (2020). Briefing to investigate food waste in New Zealand. Retrieved from https://www.parliament.nz/resource/en-NZ/SCR_96164/cebeaf7cf20b40245fdf5c60601d83a2ac5b105f

⁶Shine Yates Consulting. (2018). New Zealand food waste audits. Retrieved from <https://lovefoodhatewaste.co.nz/wp-content/uploads/2019/02/Final-New-Zealand-Food-Waste-Audits-2018.pdf>

⁷WRAP. (2007). Understanding food waste. Retrieved from http://www.wrap.org.uk/sites/files/wrap/FoodWasteResearchSummaryFINALADP29_3_07.pdf

⁸Scialabba, N., Jan, O., Tostivint, C., Turbé, A., O'Connor, C., Lavelle, P., ... Batello, C. (2013). Food wastage footprint: impacts on natural resources. Food and Agriculture Organization of the United Nations. Retrieved from <http://www.fao.org/3/a-i3347e.pdf>

⁹Hawken, P. (2017). *Drawdown: the most comprehensive plan ever proposed to reverse global warming*. Penguin Books. <http://dx.doi.org/10.22621/cfn.v131i2.2007>

¹⁰Food and Agriculture Organization of the United Nations. (2016). Food loss/waste. Retrieved from <http://www.fao.org/resources/infographics/infographics-details/en/c/414196/>

