

# 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: Chickpea and tofu curry

2: Pesto chicken pasta

3: Vegetable fajitas

4: Veggie spaghetti bolognese

5: Pork and vegetables on rice

## Staples for this week:

Oil

Onion

Garlic

Curry paste (red or matsaman)

Brown rice

Plain flour

Cheese

## Shopping list for this week:

1 bag baby spinach

1.5kg bag carrots

1x red onion

2x courgettes

1x capsicum

2x cans chickpeas

4x cans chopped tomatoes

1 can lite coconut milk

500ml vegetable stock

500g bag spaghetti pasta

1 jar pesto

40g packet fajita seasoning

20g packet spaghetti bolognese base

500g pork mince

400g chicken breast

300g beef

1 pack firm tofu

1kg bag frozen mixed vegetables

6-pack tortillas



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

# Chickpea and tofu curry

Prep Time: 5 min

Cook Time: 20 min



## Instructions

1:

Cook rice according to package instructions.

2:

While the rice is cooking, heat the oil in a wok or pot. Add the onion and cook until soft. Add the garlic and curry paste and cook for a further 1 minute.

3:

Add the chopped tomatoes, coconut milk, chickpeas and tofu and simmer for 10 minutes. Add the spinach and cook until wilted.

4:

Serve the curry over the rice.

## Notes

Firm tofu can be found in the refrigerator section of most supermarkets.

Save the brine when you drain the chickpeas. This is called aquafaba and can be used to make meringues or chocolate mousse.

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

## Ingredients

2 c brown rice

1 tbsp oil

1 onion, diced

2 garlic cloves, finely chopped

2 tbsp curry paste

2 cans chopped tomatoes

1 can lite coconut milk

2 cans chickpeas, drained

1 pack firm tofu, cut into small cubes

1 bag baby spinach

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	3189 kJ	37%
Protein	28.2 g	56%
Fat, total	21.2 g	30%
- saturated	7.6 g	32%
Carbohydrate	104.9 g	34%
Sodium	961 mg	42%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.05



"Photo 002-4168" by BobPetUK is licensed under CC BY 2.0

# Pesto chicken pasta

Prep Time: 10 min

Cook Time: 15 min

## Instructions

1:

Bring a pot of water to the boil and cook the spaghetti according to package instructions. Drain and keep warm.

2:

Heat the oil in a frying pan. Add the onion and chicken and cook until the chicken has browned. Add in the garlic and carrots and continue cooking until the carrots have softened.

3:

Add the chicken carrot mixture to the spaghetti along with the pesto. Mix to combine.

4:

Serve with a sprinkle of cheese.

## Notes

You don't need to peel the carrot, just make sure to wash them well. 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.

Keep cheese tightly wrapped in its packaging or plastic bag to stop it drying out. If hard cheese grows mould, it is safe to cut the mould off and still eat the cheese.

To make this meal vegetarian, either exclude the chicken or substitute it for a meat free alternative.

## Ingredients

½ bag spaghetti pasta

1 tbsp oil

1 onion, diced

400g chicken breast, diced

3 garlic cloves, finely chopped

⅔ bag carrots, finely sliced

1 jar pesto

1 c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2622 kJ	30%
Protein	41.4 g	83%
Fat, total	24.0 g	34%
- saturated	6.7 g	28%
Carbohydrate	56.1 g	18%
Sodium	715 mg	31%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.51



"Sun Dried Tomato Pesto Pasta" by ella.o is licensed under CC BY 2.0

# Vegetable fajitas

Prep Time: 10 min

Cook Time: 10 min



## Instructions

1:

Heat oil in a frying pan. Add the red onion, beef, fajita seasoning, courgette and capsicum and stir-fry until the vegetables and beef are cooked.

2:

Warm the tortillas by microwaving for 30 seconds. Fill the tortillas with the vegetable beef mix and serve.

## Notes

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

Create an 'eat me first' shelf where you put food that other people can help themselves to, like leftovers and food that has a short shelf life.

To make this meal vegetarian or vegan, either exclude the beef 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 red onion, sliced

300g beef, thinly sliced

40g packet fajita seasoning

2 courgettes, sliced

1 capsicum, sliced

6-pack tortillas

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1891 kJ	22%
Protein	33.8 g	68%
Fat, total	15.6 g	22%
- saturated	6.2 g	26%
Carbohydrate	41.8 g	13%
Sodium	761 mg	33%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.73



"File:Fajitas con Carne 2.jpg" by gaudiikari is licensed under CC BY-SA 4.0

# Veggie spaghetti bolognaise

Prep Time: 5 min

Cook Time: 15 min



## Instructions

1:

Bring a pot of water to the boil and cook the spaghetti according to package instructions. Drain and keep warm.

2:

Heat the oil in a frying pan. Add the onion and cook until soft. Add the garlic and spaghetti bolognaise base and cook for a further 1 minute.

3:

Add in the carrot, frozen mixed vegetables and chopped tomatoes and simmer for 10 minutes.

4:

Serve the bolognaise over the spaghetti and sprinkle with cheese.

## Notes

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

This recipe assumes that the frozen mixed vegetables are a mix of peas, beans, corn and carrots. If your mix has larger vegetables like broccoli and cauliflower, then you may need to cook them for slightly longer.

To make this meal vegan and dairy free, either exclude the cheese or use a vegan cheese alternative.

## Ingredients

½ bag spaghetti pasta

1 tbsp oil

1 onion, diced

2 garlic cloves, finely chopped

20g packet spaghetti bolognaise base

⅓ bag carrots, grated

2 c frozen mixed vegetables

2 cans chopped tomatoes

1 c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2213 kJ	25%
Protein	23.9 g	48%
Fat, total	13.8 g	20%
- saturated	6.7 g	28%
Carbohydrate	71.7 g	23%
Sodium	1125 mg	49%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$1.72



"Spaghetti Bolognaise" by m4sh.3d is licensed under CC BY-SA 2.0

# Pork and vegetables on rice

Prep Time: 5 min

Cook Time: 15 min



## Instructions

1:

Cook rice according to package instructions.

2:

Heat the oil in a large pan. Add the onion and pork mince and cook until onion is soft. Add the garlic and cook for a further 1 minute.

3:

Add the flour, mix and cook for a further 2 minutes. Then stir in the vegetable stock and bring to the boil. Add in the frozen mixed vegetables and simmer for 10 minutes, or until thick and the vegetables are cooked.

4:

Serve the pork and vegetables over the rice or mix it all together and then serve.

## Ingredients

2 c brown rice

1 tbsp oil

1 onion, diced

500g pork mince

2 garlic cloves, finely chopped

3 tbsp plain flour

500ml vegetable stock

4 c frozen mixed vegetables

## Notes

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.

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

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	3019 kJ	35%
Protein	38.6 g	77%
Fat, total	16.6 g	24%
- saturated	4.6 g	19%
Carbohydrate	97.1 g	31%
Sodium	488 mg	21%

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

Cost per serving = \$3.12



"Larb Gai with Rice - Mint Thai AUD12" by avlxvz is licensed under CC BY-SA 2.0

Did you know that 1/3 of the food produced each year is lost or wasted?<sup>4</sup> 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.<sup>5</sup> In fact, food waste makes up more than 30% of all domestic kerbside rubbish collected.<sup>6</sup> Sending food to landfill creates a big problem. As the food breaks down, the greenhouse gas methane is released which contributes to climate change.<sup>7</sup> 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.<sup>8</sup> 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.<sup>8</sup> 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.<sup>9</sup> 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.<sup>10</sup> In New Zealand alone the amount of food wasted each year is enough to feed the entire Dunedin population twice over.<sup>6</sup> Plus, if households did eliminate their food waste, they would save \$10.83 each week.<sup>6</sup> 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](mailto:food.waste@otago.ac.nz).

<sup>1</sup>Lyndhurst, 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>

<sup>2</sup>Tucker, 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

<sup>3</sup>McMaster, 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](https://ir.canterbury.ac.nz/bitstream/handle/10092/100747/McMaster%2c%20Aimee_Master%27s%20Thesis.pdf?sequence=1&isAllowed=y)

<sup>4</sup>Gustavsson, 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>

<sup>5</sup>Environment Select Committee. (2020). Briefing to investigate food waste in New Zealand. Retrieved from [https://www.parliament.nz/resource/en-NZ/SCR\\_96164/cebeaf7cf20b40245fdf5c60601d83a2ac5b105f](https://www.parliament.nz/resource/en-NZ/SCR_96164/cebeaf7cf20b40245fdf5c60601d83a2ac5b105f)

<sup>6</sup>Shine 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>

<sup>7</sup>WRAP. (2007). Understanding food waste. Retrieved from [http://www.wrap.org.uk/sites/files/wrap/FoodWasteResearchSummaryFINALADP29\\_3\\_07.pdf](http://www.wrap.org.uk/sites/files/wrap/FoodWasteResearchSummaryFINALADP29_3_07.pdf)

<sup>8</sup>Scialabba, 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>

<sup>9</sup>Hawken, P. (2017). *Drawdown: the most comprehensive plan ever proposed to reverse global warming*. Penguin Books. <http://dx.doi.org/10.22621/cfn.v13i2.2007>

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

