

Spring

These recipes are designed to feed four students five dinner meals in a week. The recipes are designed for spring as they use spring 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 and eggs). 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: Asian chicken pasta salad

2: Vegetarian quiche

3: Pea fritters and salad

4: One pot pasta mince

5: Warm roast vegetable salad

Staples for this week:

Oil

Onion

Garlic

Cheese

Soy sauce

Crushed ginger

Sweet chili sauce

Milk

Plain flour

Baking powder

Mustard

Shopping list for this week:

1 bag spring onions

1 bag bok choy

2x capsicums

1 bag salad leaves

4x potatoes

2x kumara

2x red onion

1x courgette

500g bag pasta

1 can chickpeas

1 jar tomato pasta sauce

500ml beef stock

500g chicken breast

500g beef mince

500g bag frozen peas

1kg bag frozen mixed vegetables

1 packet Edmonds flaky puff pastry roll

7x eggs



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

Asian chicken pasta salad

Prep Time: 5 min

Cook Time: 15 min



Instructions

1:

Cook the pasta according to instructions on package. Drain and keep warm.

2:

While the pasta is cooking, heat the oil in a frying pan. Add the onion, half the garlic and chicken and stir-fry for 10 minutes. Add in the bok choy and continue cooking.

3:

In a bowl mix together the rest of the garlic, soy sauce, ginger, spring onions and sweet chilli sauce.

4:

Add the sauce to the chicken mixture along with the chickpeas and heat through. Then add this all into the pasta and mix to combine. Serve.

Ingredients

½ bag pasta

1 tbsp oil

1 onion, diced

4 garlic cloves, finely chopped

500g chicken breast, diced

1 bag bok choy, chopped

3 tbsp soy sauce

1 tsp crushed ginger

½ bag spring onions, sliced

½ c sweet chilli sauce

1 can chickpeas, drained

Notes

Use the green part of the spring onion as well as the white stalk. The same goes for the bok choy.

Sweet chilli sauce will last for months in the fridge.

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

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

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2528 kJ	29%
Protein	43.2 g	86%
Fat, total	12.4 g	18%
- saturated	3.1 g	13%
Carbohydrate	74.0 g	24%
Sodium	1862 mg	81%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.36



"Pasta Salad with Tuna via MealMakeoverMoms.com
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Vegetarian quiche

Prep Time: 10 min

Cook Time: 25 min



Instructions

1:

Preheat the oven to 180 °C.

2:

Roll out the pastry on a lightly floured surface so that it is large enough to cover the base and sides of your ovenproof dish. Place the pastry in the dish and prick the bottom several times with a fork.

3:

Heat the oil in a frying pan on a medium heat. Add in the onion and cook until they begin to soften. Add in the courgette, capsicum and peas. Continue cooking for 3-5 minutes then remove from the heat.

4:

In a bowl or jug, beat together the egg, milk and cheese. Spread the vegetables evenly over the bottom of the pastry. Pour the egg mixture over the top of the vegetables.

5:

Place the quiche in the oven and bake for 25 minutes, or until the filling is set and golden.

Notes

Frozen vegetables are often much cheaper than fresh and are equally as good for you. Not only are they a far better bang for your buck, but they also won't go off in a few days like fresh vegetables do. The best thing is – they're already prepped and chopped saving time and money.

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.

Ingredients

1 packet Edmonds flaky puff pastry roll

1 Tbsp oil

1 red onion, diced

1 courgette, diced

1 capsicum, diced

1 c frozen peas

5 eggs

$\frac{3}{4}$ c milk

$\frac{1}{2}$ c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2299 kJ	26%
Protein	21.8 g	44%
Fat, total	32.0 g	46%
- saturated	16.9 g	71%
Carbohydrate	41.6 g	13%
Sodium	500 mg	22%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.26



"Quiche mit Bacon, Tomaten und Frühlinszwiebeln" by Katrin Gilger is licensed under CC BY-SA 2.0

Pea fritters and salad

Prep Time: 5 min

Cook Time: 15 min



Instructions

1:

Boil the peas for 4 minutes. Drain and set aside.

2:

Sift the flour and baking powder into a bowl. Add the milk and eggs and whisk to make a thick batter. Add the peas, spring onions and cheese to the batter.

3:

Heat the oil in a frying pan. Add dollops of batter into the pan to form the fritters. Cook for 2-3 minutes each side. Repeat until all the batter has been used, adding more oil to the pan between batches if necessary.

4:

Serve fritters with a side of salad leaves.

Ingredients

2.5 c frozen peas

1 c plain flour

1 tsp baking powder

1 c milk

2 eggs

½ bag spring onions, chopped

1 c cheese, grated

1 tbsp oil

½ bag salad leaves

Notes

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.

Storing your salad greens in an airtight container will result in them lasting up to two times longer.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1707 kJ	20%
Protein	24.2 g	48%
Fat, total	17.1 g	24%
- saturated	7.2 g	30%
Carbohydrate	35.3 g	11%
Sodium	397 mg	17%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$1.60



"Green pancake homemade brunch." by kurafire is licensed under CC BY 2.0

One pot pasta mince

Prep Time: 5 min

Cook Time: 20 min



Instructions

1:

Heat the oil in a wok or pot. Add the onion and mince and cook until onions soften. Add in the garlic and cook for a further 1 minute.

2:

Add in the beef stock, pasta and pasta sauce and bring to a boil. Simmer for 15 minutes, or until the pasta is cooked.

3:

Stir in the frozen mixed vegetables and simmer for 3-5 minutes until they are cooked.

4:

Serve.

Notes

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.

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 beef mince for lentils or a meat free alternative, and use vegetable stock instead of beef stock. This will, however, change the overall cost, cooking time and nutrition information.

Ingredients

1 tbsp oil

1 onion, diced

500g beef mince

2 garlic cloves, finely chopped

500ml beef stock

½ bag pasta

1 jar tomato pasta sauce

4 c frozen mixed vegetables

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2462 kJ	28%
Protein	44.3 g	89%
Fat, total	9.4 g	13%
- saturated	2.7 g	11%
Carbohydrate	74.0 g	24%
Sodium	1050 mg	46%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.92



"penne alla norma" by franzconde is licensed under CC BY 2.0

Warm roast vegetable salad

Prep Time: 10 min

Cook Time: 20 min



Instructions

1:

Preheat the oven to 200 °C.

2:

Add red onion, garlic, kumara, capsicum and potatoes to a roasting tray and toss in the oil. Roast for 20 minutes, or until cooked.

3:

When the vegetables are cooked, toss them in the mustard and salad leaves. Serve.

Notes

You don't need to peel the potato or kumara, 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.

Ingredients

1 red onion, cut into wedges

4 garlic cloves, halved

2 kumara, chopped

1 capsicum, chopped

4 potatoes, chopped

2 tbsp oil

1 tbsp mustard

½ bag salad leaves

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1137 kJ	13%
Protein	6.4 g	13%
Fat, total	7.9 g	11%
- saturated	0.6 g	3%
Carbohydrate	39.8 g	13%
Sodium	94 mg	4%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.35



"warm mushroom salad" by stu_spivack is licensed under CC BY-SA 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/>

