

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). 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: Tuna pasta bake
- 2: One pot vegetarian enchiladas
- 3: Thai prawn coconut curry
- 4: Sweet chilli and lime tofu
- 5: Chorizo pasta

Staples for this week:

Oil
Onion
Garlic
Cheese
Brown rice

Shopping list for this week:

1 bag spring onions
1x red onion
400g bag mushrooms
1 bag baby spinach
500g bag pasta
1 jar Leggo's pasta bake pasta sauce tuna spinach & garlic
1 can lite coconut milk
1 jar alfredo pasta sauce
210g pouch Wattie's WOK creations sweet chilli lime stir-fry sauce
1x can kidney beans
1x can black beans
2x cans corn kernels
250g pouch Culley's Mexican smoky enchilada sauce
2x 185g can tuna
200g chorizo
300g frozen raw prawns
1kg bag frozen stir-fry vegetables
1 tube Gourmet Garden Thai seasoning
1 pack firm tofu
1kg bag frozen mixed vegetables
750g bag frozen green beans
6-pack tortillas



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

Tuna pasta bake

Prep Time: 5 min

Cook Time: 25 min

Instructions

1:

Preheat oven to 190 °C.

2:

Cook the pasta according to instructions on package. Add in the green beans for the last few minutes of cooking time. Drain.

3:

Add the garlic, spring onions, tuna, pasta sauce and corn to the pasta and beans. Mix to combine. Pour into an ovenproof dish and sprinkle with cheese. Bake for 20 minutes, or until hot.

4:

Serve.

Notes

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

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 tuna or substitute it for a meat free alternative.

Ingredients

½ bag pasta

2x 185g can tuna

½ bag spring onions, chopped

2 garlic cloves, finely chopped

1 jar Leggo's pasta bake pasta sauce tuna spinach & garlic

6 c frozen green beans

1 can corn kernels, drained

1 c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2610 kJ	30%
Protein	41.8 g	84%
Fat, total	19.4 g	28%
- saturated	10.0 g	42%
Carbohydrate	64.3 g	21%
Sodium	989 mg	43%

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

Cost per serving = \$3.48



"Tuna pasta bake" by GrahamPics1 is licensed under CC BY 2.0

One pot vegetarian enchiladas

Prep Time: 10 min

Cook Time: 15 min



Instructions

1:

Heat the oil in a wok or large frying pan. Add the onion and garlic and cook for 2 minutes.

2:

Add in the black beans, kidney beans, corn and frozen mixed vegetables and cook for 5-6 minutes.

3:

Stir in the enchilada sauce and continue cooking for 1 minute. Add in the cut tortillas and stir gently.

4:

Sprinkle over the cheese. Once the cheese has melted, its ready to 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.

The door is the warmest part of your fridge, so use it to store things like drinks and sauces, not your milk or cheese.

Ingredients

1 tbsp oil

1 onion, diced

4 garlic cloves, finely chopped

1 can black beans, drained

1 can corn kernels, drained

1 can kidney beans, drained

1 c frozen mixed vegetables

6-pack tortillas, cut into pieces

250g pouch Culley's Mexican smoky enchilada sauce

1.5 c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2670 kJ	31%
Protein	30.0 g	60%
Fat, total	23.7 g	34%
- saturated	9.2 g	38%
Carbohydrate	68.0 g	22%
Sodium	1039 mg	45%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.42



"Quick black bean and corn enchiladas" by veritatem is licensed under CC BY 2.0

Thai prawn coconut curry

Prep Time: 10 min

Cook Time: 10 min



Instructions

1:

Cook the rice according to package instructions.

2:

Heat the oil in a wok or pot. Add in the red onion and cook for 1 minute. Add in the Thai seasoning paste and coconut milk and bring to a simmer. Add in the prawns and simmer for 1 minute.

3:

Add in the frozen stir-fry vegetables and cook for a further 3-5 minutes.

4:

Once the vegetables are cooked, serve the curry over the rice.

Ingredients

1 tbsp oil

1 red onion, sliced

1 can lite coconut cream

2 tbsp Gourmet Garden Thai seasoning

300g frozen raw prawns

4 c frozen stir-fry vegetables

2 c brown rice

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.

To make this meal vegetarian or vegan, substitute the prawns for potatoes or 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	2575 kJ	30%
Protein	25.7 g	51%
Fat, total	15.7 g	22%
- saturated	5.4 g	22%
Carbohydrate	93.3 g	30%
Sodium	545 mg	24%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.23



"Prawn Curry With Cauliflower Rice @ Paleo Cafe" by fifikins is licensed under CC BY 2.0

Sweet chilli and lime tofu

Prep Time: 5 min

Cook Time: 20 min



Instructions

- 1: Cook the rice according to package instructions.
- 2: Heat the oil in a wok or frying pan. Add the tofu and fry for a few minutes until golden brown on all sides. Place on a small plate and put aside.
- 3: To the same pan, add in the frozen stir-fry vegetables. Stir fry until cooked. Add in the sweet chilli lime stir-fry sauce, tofu and spring onions and cook for a further few minutes.
- 4: Serve the stir-fry over the rice.

Notes

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.

Adapt this recipe by using any flavour stir-fry sauce that you fancy.

Ingredients

- 1 tbsp oil
- 1 pack firm tofu, cut into strips
- ½ bag spring onions, chopped
- 210g pouch Wattie's WOK creations sweet chilli lime stir-fry sauce
- 4 c frozen stir-fry vegetables
- 2 c brown rice

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2530 kJ	29%
Protein	17.9 g	36%
Fat, total	11.7 g	17%
- saturated	1.5 g	6%
Carbohydrate	101.4 g	33%
Sodium	926 mg	40%

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

Cost per serving = \$3.17



"Rice Bowl with Soy" by UnitedSoybeanBoard is licensed under CC BY 2.0

Chorizo pasta

Prep Time: 10 min

Cook Time: 10 min

Instructions

1:

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

2:

Heat the oil in a frying pan and add in the onion and garlic. Cook until the onion starts to soften. Add in the chorizo and mushrooms. Continue cooking until the mushrooms are soft.

3:

Add in the alfredo pasta sauce and continue cooking until sauce is hot. Then add in the spinach and cook until wilted.

4:

Serve the sauce mix over the pasta or mix altogether before serving.

Ingredients

1 tbsp oil

1 onion, diced

1 garlic clove, finely chopped

200g chorizo, cut into half-moons

400g mushrooms, sliced

1 jar alfredo pasta sauce

1 bag baby spinach

½ bag pasta

Notes

While they both need to be stored in cool, dark places, storing potatoes and onions together makes them sprout faster. Keep onions in the pantry and your potatoes in a different cupboard or part of the kitchen.

Storing spinach in an airtight container will result in them lasting up to two times longer.

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

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2366 kJ	27%
Protein	24.1 g	48%
Fat, total	28.2 g	40%
- saturated	12.2 g	51%
Carbohydrate	51.3 g	17%
Sodium	978 mg	43%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.77



"Close-up of pasta with mushrooms and cheese on a fork" by wuestenigel 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/>

