

Summer

These recipes are designed to feed four students five dinner meals in a week. The recipes are designed for summer as they use summer 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: Beef stir-fry
- 2: Chicken and pasta bake
- 3: Moroccan couscous
- 4: Cheesy ham and broccoli pasta
- 5: Veggie pizzas

Staples for this week:

Oil
Onion
Garlic
Mustard
Cheese
Milk
Brown rice

Shopping list for this week:

1x red onion
1x broccoli
1.5kg bag carrots
400g bag mushrooms
2x courgettes
1x capsicum
210g pouch Wattie's WOK creations honey soy stir-fry sauce
500g bag pasta
200g pizza sauce
2x cans chickpeas
200g box Diamond couscous Moroccan
1x can baby corn
1x jar tomato pasta sauce
1x can corn kernels
250g ham sliced off the bone
400g chicken breast
300g beef
125g lite sour cream
1kg bag frozen mixed vegetables
4-pack pizza bases



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

Beef stir-fry

Prep Time: 10 min Cook Time: 20 min



Instructions

- 1:
Cook rice according to package instructions. Keep warm.
- 2:
While the rice is cooking, heat the oil in a wok or frying pan. Add the red onion and stir-fry over a medium heat until it begins to soften. Increase the heat and add the beef and stir-fry until it browns. Reduce the heat to medium and add the prepared vegetables. Continue stir-frying for a further minute.
- 3:
Pour over Wattie’s WOK creations honey soy stir-fry sauce. Stir through and continue cooking for a further 5 minutes until meat is cooked and vegetables are tender.
- 4:
Serve the stir-fry beef and vegetables over the rice.

Ingredients

- 2 c brown rice
- 1 tbsp oil
- 1 red onion, thinly sliced
- 300g beef, cut into strips
- 1/3 bag carrots, cut into matchsticks
- 1 can baby corn, drained
- 1 courgette, sliced
- ½ bag mushrooms, sliced
- 210g pouch Wattie’s WOK creations honey soy stir-fry sauce

Notes

You don’t need to peel the carrots or courgette, 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.

To make this recipe vegetarian or vegan, either exclude the beef or substitute it for a meat free alternative and use a different stir-fry sauce that is vegan. This will, however, change the overall cost, cooking time and nutrition information.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2790 kJ	54%
Protein	29.0 g	58%
Fat, total	14.5 g	21%
- saturated	3.9 g	16%
Carbohydrate	99.9 g	32%
Sodium	1131 mg	49%

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

Cost per serving = \$4.80



"Vitameatavegamin - Beef Stir Fry" by Rusty Clark ~ 100K Photos is licensed under CC BY 2.0

Chicken
and
pasta
bake

Cook Time: 20 min

Instructions

1:

Preheat the oven to 190 °C.

2:

Cook the pasta in boiling water until tender. Add in the frozen vegetables for the last few minutes of cooking. Drain the pasta and vegetables and transfer to an overproof dish.

3:

Heat oil in a frying pan. Brown the chicken pieces until cooked through. Add chicken to pasta and vegetables and toss to combine.

4:

Pour the tomato pasta sauce over the pasta and sprinkle the cheese on top. Bake in the oven for 20 minutes.

Ingredients

½ bag pasta

3 c frozen mixed vegetables

1 tbsp oil

400g chicken breast, cut into bite-sized pieces

1 jar tomato pasta sauce

1 c cheese, grated

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.

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.

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 recipe vegetarian, either exclude the chicken or substitute it for a meat free alternative. To make it vegan, also either exclude the cheese or use a vegan cheese alternative.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2472 kJ	28%
Protein	44.2 g	88%
Fat, total	14.8 g	21%
- saturated	6.3 g	26%
Carbohydrate	64.8 g	21%
Sodium	680 mg	30%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.54



"Mini Penne con Pomodoro e Prosciutto al forno." by Sebastian Mary is licensed under CC BY-SA 2.0

Moroccan couscous

Prep Time: 5 min

Cook Time: 25 min



Instructions

1:

Preheat oven to 200 °C.

2:

Add drained chickpeas and chopped carrots to a roasting tray with the oil and toss to coat. Place tray in the oven and roast for 25 minutes, stir/flip halfway.

3:

In the meantime, prepare the flavoured couscous according to instructions on package. Keep warm.

4:

Mix the couscous with the roasted carrots and chickpeas and serve.

Ingredients

2 cans chickpeas, drained

2/3 bag carrots, sliced into ½ inch rounds

1 tbsp oil

200g box Diamond couscous Moroccan flavour

Notes

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

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

Storing your carrots in an airtight container lined with a paper towel will result in them lasting up to 10 times longer.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1917 kJ	22%
Protein	16.1 g	32%
Fat, total	7.7 g	11%
- saturated	1.6 g	7%
Carbohydrate	73.0 g	24%
Sodium	909 mg	40%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.19



"couscous" by kuchingboy is licensed under CC BY-SA 2.0

Cheesy ham and broccoli pasta

Prep Time: 10 min

Cook Time: 20 min

Instructions

1:

Bring a large pot of water to the boil and cook the pasta following pack instructions, adding the broccoli pieces for the final 4 minutes of cooking. Drain and keep warm.

2:

Meanwhile, make the sauce. Heat the oil in a pan and cook the onion for 5 minutes to soften, then stir in the garlic and cook for 1 minute more. Stir in the ham, sour cream, milk and mustard. Heat until thick.

3:

Transfer the sauce to the pot that contains the pasta and broccoli. Stir in the corn and cheese. When the cheese has melted its ready to serve.

Notes

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

Broccoli stalks are nutritious and delicious. When you throw away the stalk you are wasting food and money. To use, cut a small amount off the bottom of the stalk and peel with a vegetable peeler. Then cut the stalks into batons similar in size to the florets.

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

Ingredients

½ bag pasta

1 broccoli, cut into small pieces

1 tbsp oil

1 onion, diced

2 garlic cloves, finely chopped

250g ham sliced off the bone, cut into chunks

125g lite sour cream

½ c milk

1 tbsp mustard

1 can corn kernels, drained

1.5 c cheese, grated

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2637 kJ	30%
Protein	41.9 g	84%
Fat, total	23.6 g	34%
- saturated	11.8 g	49%
Carbohydrate	58.2 g	19%
Sodium	1146 mg	50%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.18



"Maccheroncini con broccoli e pancetta" by paPisc is licensed under CC BY-SA 2.0

Veggie pizzas

Prep Time: 5 min

Cook Time: 15 min



Instructions

1:

Preheat oven to 180 °C.

2:

Heat a frying pan. Add all the vegetables and stir-fry until just cooked.

3:

Spread pizza sauce onto pizza bases and top with the vegetables. Sprinkle with cheese. Bake in the oven for 15 minutes, or until bases are cooked and cheese is melted.

4:

When ready, cut up pizzas and serve.

Ingredients

½ bag mushrooms, sliced

1 courgette, sliced

1 capsicum, sliced

200g pizza sauce

4-pack pizza bases

2 c cheese, grated

Notes

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

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 vegan and dairy free, either exclude the cheese or use a vegan cheese alternative.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2444 kJ	28%
Protein	29.8 g	60%
Fat, total	18.2 g	26%
- saturated	11.2 g	47%
Carbohydrate	72.7 g	23%
Sodium	1254 mg	55%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.25



"Veggie pizza with zucchini, eggplant, peppers and onions" by marcovech 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.v13i12.2007>

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/>

