

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: Sausage pasta
- 2: Beef burgers and wedges
- 3: Cheesy veggie fritters
- 4: Pasta bake and garlic beans
- 5: Chickpea and cauliflower curry

Staples for this week:

Oil
Onion
Garlic
Dried oregano
Cheese
Plain flour
Eggs (3)
Tomato sauce
Curry paste (red or matsaman)
Brown rice

Shopping list for this week:

1x bag baby spinach
4x potatoes
1x big tomato
1x bag salad leaves
1x small cauliflower
2x courgettes
500g bag pasta
4x cans chopped tomatoes
1x jar carbonara sauce
2x cans corn kernels
1x can lentils
1x can chickpeas
1x can lite coconut milk
400g beef mince
6-pack pork sausages
150g bacon
1kg bag frozen mixed vegetables
750g bag frozen green beans
4-pack burger buns



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

Sausage pasta

Prep Time: 5 min

Cook Time: 15 min



Instructions

1:

Cook the pasta according to package instructions. When draining the pasta, keep 1 c of the boiled pasta water. Set aside.

2:

Heat the oil in a frying pan and cook the sausages over a medium heat. Once cooked, cut into half-moons, and set aside.

3:

In the same frying pan, cook the onion until clear and soft. Stir in the garlic, frozen mixed vegetables, oregano and chopped tomatoes. Let this mixture cook for 4-5 minutes, stirring regularly.

4:

Stir in the sausages, 1 c of pasta water and spinach and simmer for a few minutes until spinach has wilted. Add the sausage mixture into the pasta and mix thoroughly before serving.

Ingredients

½ bag pasta

1 tbsp oil

6-pack pork sausages

1 onion, diced

3 garlic cloves, finely chopped

2 c frozen mixed vegetables

1 tsp dried oregano

2 cans chopped tomatoes

1 bag baby spinach

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.

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 sausages or substitute them 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	2129 kJ	25%
Protein	24.8 g	50%
Fat, total	14.6 g	21%
- saturated	4.4 g	18%
Carbohydrate	62.7 g	20%
Sodium	1036 mg	45%

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

Cost per serving = \$3.60



"Casareccia pasta with Sicilian sausage and pork sarsa - Solarino
AUD19.90" by avlxyz is licensed under CC BY-SA 2.0

Beef burgers and wedges

Prep Time: 10 min

Cook Time: 30 min

Instructions

1:

Preheat the oven to 200 °C.

2:

Toss the wedges with 1 tbsp oil. Place on a tray and bake for 30 minutes, or until cooked. Turn the wedges once during the cooking time.

3:

In a large bowl, mix together the beef mince, lentils, garlic and egg until everything is well combined. Using your hands, form the mixture into patties. Dust the patties with the flour.

4:

Heat 1 tbsp oil in a frying pan. Place the floured beef patties in the frying pan and let them cook for 6-8 minutes, or until the bottom is brown. Then flip the patties and let them cook for a further 5-7 minutes, or until the patties are completely cooked through.

5:

To assemble your burger, place a beef patty onto a burger bun and top with a slice of cheese, tomato sauce, slices of tomato and a handful of salad leaves. Serve with a side of wedges.

Ingredients

2 tbsp oil

4 potatoes, cut into wedges

400g beef mince

1 can lentils, drained

1 garlic clove, finely chopped

1 egg

2 tbsp plain flour

4-pack burger buns

4 slices of cheese

Tomato sauce

1 big tomato, sliced

½ bag salad leaves

Notes

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

Store tomatoes at room temperature – refrigerating them affects their texture and flavour.

If you're not going to make the burgers until later in the week, store the burger buns in the freezer to keep them fresh.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2947 kJ	34%
Protein	40.1 g	80%
Fat, total	32.7 g	47%
- saturated	11.3 g	47%
Carbohydrate	57.6 g	19%
Sodium	761 mg	33%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.03



"Seasonal Blood Orange Burger at Gatsby's Diner, Sacramento" by khelvan is licensed under CC BY-SA 2.0

Cheesy veggie fritters

Prep Time: 10 min

Cook Time: 20 min



Instructions

1:

Spread the grated courgette on kitchen paper and press out any excess water. You don't need to be super thorough. Add the courgette to a bowl and add in the corn, eggs, flour and cheese. Mix until well combined.

2:

Heat oil in a frying pan. Add dollops of the fritter mixture and gently flatten into a fritter shape. Cook over a medium heat for a few minutes each side, until golden brown and crispy. Repeat until all the mixture is used up.

3:

Serve fritters with a side of salad leaves.

Ingredients

2 courgettes, grated

1 can corn kernels, drained

2 eggs, lightly beaten

1 c plain flour

1.5 c cheese, grated

1 tbsp oil

½ bag salad leaves

Notes

You don't need to peel the courgettes, 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.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	1588 kJ	18%
Protein	22.7 g	45%
Fat, total	19.0 g	27%
- saturated	8.4 g	35%
Carbohydrate	27.7 g	9%
Sodium	437 mg	19%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$1.60



"Zucchini Fritters-2" by jules:stonesoup is licensed under CC BY 2.0

Pasta bake and garlic beans

Prep Time: 10 min

Cook Time: 15 min



Instructions

1:

Preheat oven to 180 °C. Bring a pot of water to the boil and cook the pasta according to package instructions. Drain and set aside.

2:

Meanwhile, brown the bacon. Add bacon, carbonara sauce and corn to the pasta. Mix to combine, pour into an ovenproof dish and sprinkle with cheese. Bake for 15 minutes.

3:

To make the garlic beans, heat oil in a frying pan. Add the garlic and green beans and stir-fry until the beans are cooked.

4:

Once the pasta bake is cooked serve with a side of the garlic beans.

Ingredients

½ bag pasta

150g bacon, diced

1 jar carbonara sauce

1 can corn kernels, drained

1 c cheese, grated

1 tbsp oil

2 garlic cloves, finely chopped

4 c frozen green beans

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.

To make this meal vegetarian, either exclude the bacon or substitute it 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	2630 kJ	30%
Protein	27.7 g	55%
Fat, total	28.8 g	41%
- saturated	10.6 g	44%
Carbohydrate	61.2 g	20%
Sodium	1361 mg	59%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.44



"Mmm... hamburger noodle bake" by jeffrey is licensed under CC BY 2.0

Chickpea and cauliflower curry

Prep Time: 5 min

Cook Time: 20 min



Instructions

1:

Cook rice according to package instructions.

2:

While the rice is cooking, heat oil in a wok or pot. Add the onion and cook until just soft. Then add in the garlic and curry paste and cook for a further 1 minute. Add in the cauliflower, chopped tomatoes and coconut milk and simmer for 15 minutes.

3:

When the rice has a few minutes to go, add the chickpeas to the curry and continue simmering.

4:

Serve the curry over the rice.

Ingredients

2 c brown rice

1 tbsp oil

1 onion, diced

2 garlic cloves, finely chopped

2 tbsp curry paste

1 small cauliflower, cut into chunks

2 cans chopped tomatoes

1 can lite coconut milk

1 can chickpeas, drained

Notes

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

Cauliflower 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 then cut the stalk into batons similar in size to the florets.

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

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2653 kJ	31%
Protein	16.1 g	32%
Fat, total	15.6 g	22%
- saturated	6.5 g	27%
Carbohydrate	98.2 g	32%
Sodium	785 mg	34%

*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.27



"Cauliflower and Chickpea Curry 500" by fleskw 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%20202007.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/>

