

# Winter

These recipes are designed to feed four students five dinner meals in a week. The recipes are designed for winter as they use winter 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: Chicken noodle soup
- 2: Roast vegetable frittata
- 3: Lentil spaghetti bolognese
- 4: Pumpkin and chickpea curry
- 5: Nasi goreng

## Staples for this week:

Oil  
Onion  
Garlic  
Curry paste (red or matsaman)  
Brown rice  
Dried mixed herbs  
Milk  
Cheese  
Crushed ginger  
Soy sauce  
Tomato sauce  
Chilli flakes

## Shopping list for this week:

1.5kg bag carrots  
1x leek  
½ cabbage  
4x potatoes  
1x pumpkin  
2 L chicken stock  
500g bag spaghetti pasta  
2x cans cannellini beans  
3x cans chopped tomatoes  
2x cans lentils  
2x cans chickpeas  
1 can lite coconut milk  
500g chicken breast  
6-pack pork sausages  
1kg bag frozen mixed vegetables  
750g bag frozen green beans  
10x eggs



= Vegan



= Vegetarian



= Gluten Free



= Dairy Free

# Chicken noodle soup

Prep Time: 10 min

Cook Time: 20 min



## Instructions

1:

Heat the oil in a large pot. Add the chicken and cook until browned.

2:

Add the chicken stock, mixed herbs, spaghetti, carrots, leek, cabbage, frozen mixed vegetables and cannellini beans to the pot and bring to a boil. Simmer for 15 minutes, stirring occasionally.

3:

If the soup is too thick then add more water. When the chicken and spaghetti are cooked its ready to serve.

## Notes

You don't need to peel the carrots, 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.

Use the dark green part of the leek as well as the white, just make sure to slice it thinly as it will take longer to cook.

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, either exclude the chicken or substitute it for a meat free alternative such as tofu. Substitute the chicken stock for vegetable stock.

## Ingredients

1 tbsp oil

500g chicken breast, diced

2 L chicken stock

2 tsp mixed herbs

½ bag spaghetti pasta

¼ bag carrots, diced

½ leek, thinly sliced

¼ cabbage, thinly sliced

1 c frozen mixed vegetables

1 can cannellini beans, drained

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2275 kJ	26%
Protein	46.8 g	94%
Fat, total	7.3 g	10%
- saturated	1.2 g	5%
Carbohydrate	65.7 g	21%
Sodium	1474 mg	64%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$4.60



"Weeknight, gluten-free chicken noodle soup." by J Wynia is licensed under CC BY 2.0

# Roast vegetable frittata

Prep Time: 10 min

Cook Time: 40 min



## Instructions

1:

Preheat the oven to 200 degrees Celsius.

2:

Add the potatoes and pumpkin to a tray and toss in 1 tbsp oil. Roast in the oven for 20 minutes, or until cooked. Remove from the oven and set aside. Drop the oven temperature to 180 degrees Celsius.

3:

In the meantime, heat the oil in a frying pan. Add the onion and cook for 3 minutes. Add in the frozen vegetables and cannellini beans and cook until heated through.

4:

Transfer the frying pan mixture into an ovenproof dish along with the roasted vegetables, mixed herbs, milk and egg. Mix to combine and sprinkle the cheese on top. Bake in the oven for 20 minutes, or until the egg has set. Cut and serve.

## Ingredients

4 potatoes, diced

½ pumpkin, cut into small chunks

2 tbsp oil

1 onion, diced

1 c frozen mixed vegetables

1 can cannellini beans, drained

1 tsp mixed herbs

½ c milk

10 eggs, lightly beaten

1 c cheese, grated

## Notes

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

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.

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	2334 kJ	27%
Protein	35.8 g	72%
Fat, total	27.2 g	39%
- saturated	9.0 g	38%
Carbohydrate	37.8 g	12%
Sodium	495 mg	22%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.54



"Salmon and veggie frittata" by fifikins is licensed under CC BY 2.0

# Lentil 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:

While the spaghetti is cooking, heat the oil in a frying pan. Add the onion and leek and cook until soft. Add in the garlic, carrots, lentils, chopped tomatoes and herbs. Bring the mixture to a simmer.

3:

Stir in the frozen mixed vegetables and simmer for 10 minutes, or until the sauce has thickened.

4:

Portion out the spaghetti and top with the bolognaise sauce. Sprinkle with cheese and serve.

## Ingredients

½ bag spaghetti pasta

1 tbsp oil

1 onion, diced

½ leek, thinly sliced

3 garlic cloves, finely chopped

¼ bag carrots, grated

2 cans lentils, drained

2 cans chopped tomatoes

1 tsp mixed herbs

2 c frozen mixed vegetables

1 c cheese, grated

## 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.

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2646 kJ	30%
Protein	30.1 g	60%
Fat, total	14.0 g	20%
- saturated	6.8 g	28%
Carbohydrate	84.4 g	27%
Sodium	1152 mg	50%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$2.07



"Lutong Bahay - Bolognese Spaghetti" by dbgg1979 is licensed under CC BY 2.0

# Pumpkin and chickpea curry

Prep Time: 10 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, ginger and curry paste and cook for a further 1 minute.

3:

Add in the carrot, pumpkin, chopped tomatoes and coconut milk and simmer for 10 minutes. Then add the frozen green beans and chickpeas and simmer for a further 5 minutes.

4:

Serve the curry over the rice.

## Notes

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

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

3 garlic cloves, finely chopped

1 tsp crushed ginger

2 tbsp curry paste

¼ bag carrots, cubed

½ pumpkin, cut into small chunks

1 can chopped tomatoes

1 can lite coconut milk

2 c frozen green beans

2 cans chickpeas, drained

Nutrition Information		
	Average Quantity per Serving	% Daily Intake* (per Serving)
Energy	2895 kJ	33%
Protein	18.5 g	37%
Fat, total	16.4 g	23%
- saturated	6.8 g	28%
Carbohydrate	107.5 g	35%
Sodium	761 mg	33%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.37



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# Nasi goreng

Prep Time: 5 min

Cook Time: 20 min



## Instructions

1:

Cook rice according to package instructions.

2:

Heat 1 tbsp oil in a frying pan. Add the sausages and fry until cooked. Cut into half-moons and set aside.

3:

In the same pan, heat the remaining oil. Add the onion and cook until soft. Then add the garlic and cook for a further 1 minute. Add in the green beans, carrot and cabbage and stir-fry until the vegetables are cooked.

4:

Add in the soy sauce, tomato sauce and chilli flakes along with the chopped sausages. Mix to combine.

5:

Mix together the sauce mixture with the rice and serve.

## Ingredients

2 c brown rice

2 tbsp oil

6-pack pork sausages

1 onion, diced

4 garlic cloves, finely chopped

2 c frozen green beans

¼ bag carrots, cut into matchsticks

¼ cabbage, thinly sliced

½ c soy sauce

½ c tomato sauce

Pinch of chilli flakes

## Notes

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

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 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	3218 kJ	37%
Protein	29.0 g	58%
Fat, total	27.2 g	39%
- saturated	7.2 g	30%
Carbohydrate	94.8 g	31%
Sodium	1904 mg	83%

\*based on an average adult diet of 8700 kJ

Note: calculations based on recipe shown

Cost per serving = \$3.00



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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.v13i12.2007>

<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/>

