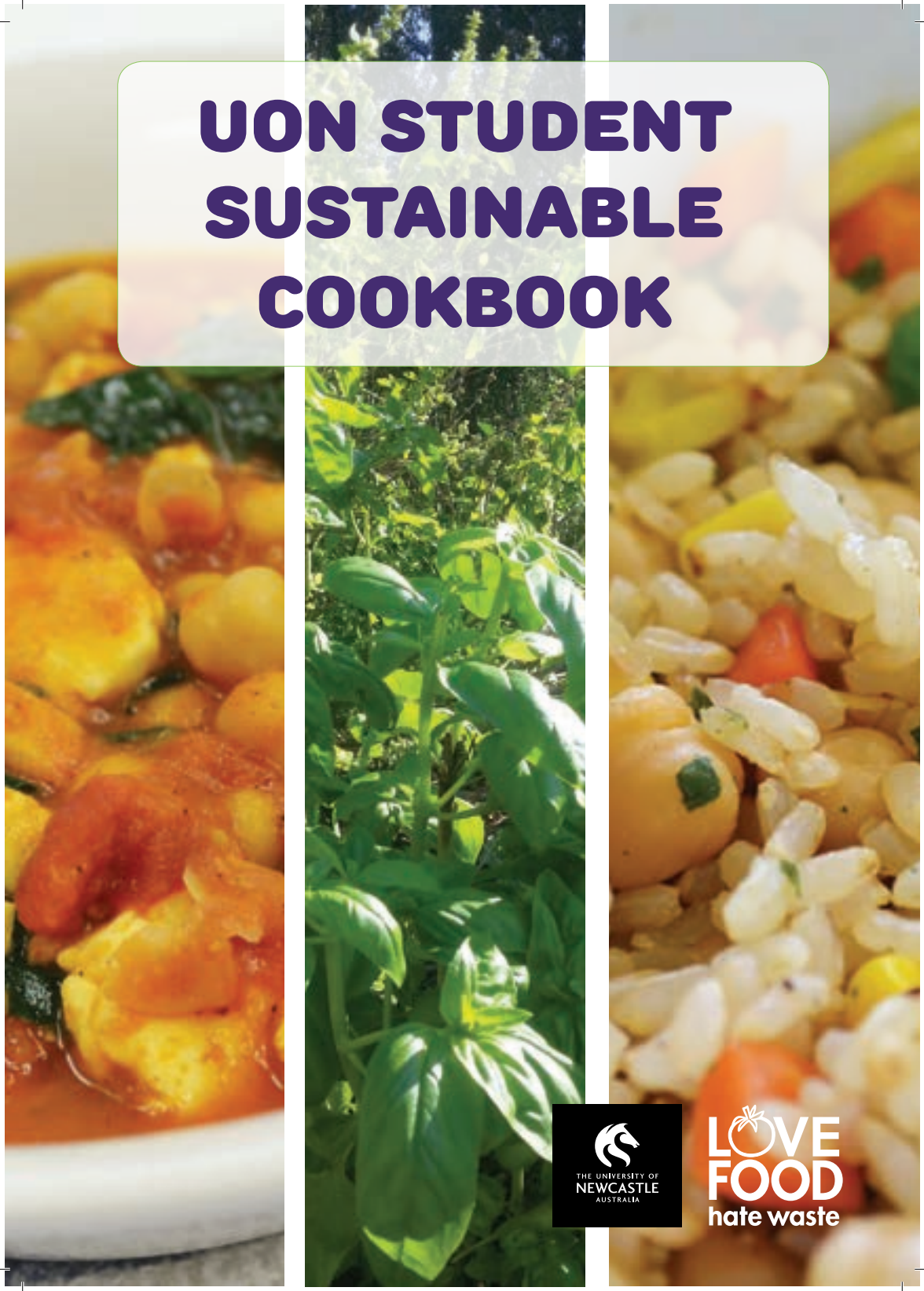
UON STUDENT SUSTAINABLE COOKBOOK



THE UNIVERSITY OF NEWCASTLE AUSTRALIA

LOVE FOOD hate waste

WELCOME

Hi I'm Georgia, a slightly food-obsessed student here at UON, who knows what it is like to be time, money and motivation-pressed for cooking. I'm the UON Code Green rep and am passionate about climate change action, food sovereignty and global health, which are more interlinked than they may seem.

Through linking up with other food, health and sustainability UON initiatives like Champions4Change in partnership with Hunter Councils delivering 'Love Food on Campus' and Healthy UON, the first ever Sustainable Student Cookbook for UON was born. It's not just a Cookbook, it is a guide and toolkit to inspire students to live a more sustainable and healthy lifestyle through food.

The delicious recipes show cooking well doesn't have to be hard, expensive or boring! Written and tested by students, for students, they are the best of those submitted in a **Sustainable Recipe Competition** held in 2016. Throughout the year, a competition was run for students to submit their best budget-friendly, healthy sustainable recipes. These were then judged for affordability, nutritional profile, sustainability and practicality, and the recipes in this book are the most delicious and sustainable student recipes of those entered.

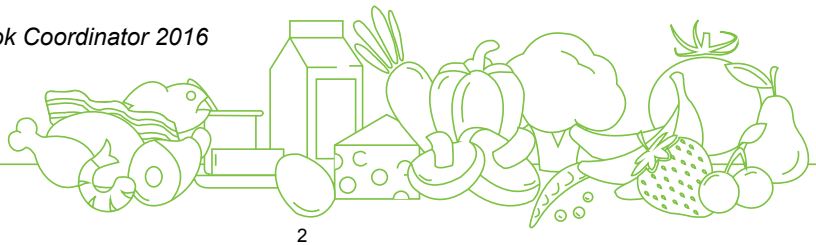
They are quality meals that you can make when you're hungry and broke, and will also teach you handy cooking skills for life after UON.

Food is a great place to start when it comes to making more ethical and eco-conscious life choices. Minimising food waste and eating seasonal, fair trade, local and minimally-packaged produce are small steps that can make a big difference to your personal impact on our Earth. Not only does this save you money, it improves your health! It's a win-win! In Newcastle, next door to the Hunter Valley, we are so lucky to have so much delicious local produce. Let's make the most of it.

Now I know, lifestyle changes alone don't save the world, but doing what we can is a step in the right direction to achieve the structural changes necessary for overcoming big environmental and social issues.

Happy cooking!

Georgia Brown
Student Cookbook Coordinator 2016



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Recipe Key:

- $ — Recipe costs <$5
- $$ — Recipe costs $5-$10
- $$$ — Recipe costs >$10
- VG — Vegetarian Meal
- VE — Vegan Meal

THE COOKBOOK TEAM

Code Green – Georgia Brown

Code Green is a national initiative of the Australian Medical Students' Association (AMSA) and Doctors for the Environment Australia (DEA) that focuses on mobilising students to actively engage with the biggest global health threat of our century, climate change. Each university with a medical school has a Code Green representative, who acts to raise awareness and increase student advocacy to work towards preventing the worst impacts of a rapidly changing environment on human populations. Check out Code Green UoN and Code Green Australia on Facebook for more info.

Healthy UON – Amanda Patterson and Claire Swan

The health and wellbeing of university students is critical to a successful and positive university experience. In 2012, the Healthy UON initiative was developed to embed health promotion into the University culture. Healthy UON supports student health and wellbeing through health promotion interventions addressing nutrition and other health issues.

Champions4Change – Megan Sharkey

Champions4Change is a sustainable behaviour change program at UON. It is the first of its kind on campus. Join Champions to engage with campus sustainability, meet others, or get iLEAD points. Change starts with you. Search Champions4Change on the UON website to get involved.

Love Food on Campus – Emma Grezl

The Love Food Hate Waste initiative of the NSW EPA is focused on reducing the amount of edible food sent to landfill in NSW. The Love Food on Campus project has collaborated with UON staff and students to develop practical approaches to waste free and healthy eating on campus. This cookbook is one of a series of resources for students that have been developed based on feedback from students themselves. Other resources include: shopping lists, meal planners and a handy kitchen reference guide.

This project was supported by the Environmental Trust as part of the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy.

ACKNOWLEDGEMENTS

This Cookbook is a product of the hard work of many individuals, and collaboration of UON staff, departments, students, clubs and societies, local businesses and community organisations that have made this project possible. To anyone not individually mentioned below, your participation has also been much appreciated!

Thank you to all the students who submitted recipes into the Student Sustainable Recipe Competition, and special thanks to **Maria Kabanda** and **Megan Whatnall** for taking time out of your internship and PhD, respectively, to help test and judge the recipes; and thankyou to **Grace Perrot** and **Elin Fransson** for doing the nutritional analyses for the recipes in between your studies.

Big thanks to the **Nutrition and Dietetics Department** for their promotion of the project, as well as allowing us to use their kitchens and equipment for recipe testing.

Thank you to **Andrew Deane** for your enthusiasm with involving NUPSA the Postgrad students' association, and thank you to the student clubs featured in this book for also promoting the project.

Thanks to **Student Living** for enabling the focus groups and cooking demonstrations, and to **Student Central** for their assistance with promotion.

Thanks to **Hunter Councils Environment Division** for coordinating many aspects of the project, such as waste audits, cooking demonstrations and student focus groups, as well as providing leadership and advocacy for food waste avoidance on campus.

Thanks to **Momo Wholefoods, Bagga's Pharmacy, My Souk Drawer** and **Newcastle City Council** for providing awesome prizes for the Student Sustainable Recipe Competition. Thank you to **Innovation Nation** and **Foundation for Young Australia** for providing funding and resources to enable this project to be possible, and thank you to Georgia's mentor **Patricia Campbell** for your advice.

Finally, a huge thank you to **Megan Sharkey, Amanda Patterson, Emma Grezl** and **Claire Swan**, all the members of the cookbook team. Our ongoing mutual support, contributions and enthusiasm for the project (despite busy schedules!) has made the Cookbook vision a success.

All creative collateral for this project was designed by **Laura Unicomb** of **Lucreative.**

This Cookbook was a recipient of the Innovation Nation Grant Program by the Foundation for Young Australians (FYA).

HOW TO USE THIS BOOK

The UON Student Sustainable Cookbook is a guide for you to cook, eat, and live sustainably on campus.

Inside you'll find:

Delicious, cheap, healthy and sustainable recipes submitted by UON students

Nutrition information about what uni students need to be healthy and mentally fit

Sustainability initiatives on campus and what you can do to save the planet by cutting down on food waste

Information about sustainability-orientated student clubs and societies to get involved in

Where to find local farmers' markets and food co-ops

Bush tucker and Indigenous heritage at UON

A handy glossary with common food substitutions, conversion charts and all the other info you need to cook like a pro!

COOKING TERMS AND TOOLS

You'll find that the recipes in this book mention a few different cooking terms.
If you're already a Master Chef, then skip ahead and get stuck in! Otherwise, have a look at these definitions so that when you come across them in a recipe, you can start cooking without a worry.

Fry – cook food in hot fat or oil, typically in a shallow pan.

Simmer – stay just below boiling point while bubbling gently.

Boil – cooking at a high temperature, when liquid turns to vapour.

Bake – cook with dry heat without direct exposure to a flame, in an oven.

Knead – work moistened flour into a dough or paste with hands.

Once you know how to do these things, you'll be able to cook almost anything.
To make all the recipes in this cookbook you'll need basic utensils and equipment. Some recipes require a blender or food processor, rice cooker and large pots with lids. If you have these, or you can borrow one from a friend for a cook up, you'll be able to cook to your hearts content.

Check out the next 2 pages for what you need in a basic pantry and kitchen to cook everything in this book.

Abbreviations for measurements

Teaspoon	t or tsp.
Tablespoon	T or Tbsp.
Cup	C or c
Millilitre	mL
Litre	L
Dash	Quick flick of a bottle
Pinch	Amount between thumb and finger

PANTRY STAPLES

Spices
Chilli flakes, paprika, cumin, garam masala, cinnamon, curry powder, turmeric, sesame seeds

Vegetable oil
rice bran, sunflower, grapeseed etc.

Olive oil
for cooking

Honey

Pasta

Rice

Egg/
Egg Replacement

Milk
dairy or non-dairy

Flour

Cocoa

Baking Powder/ Bicarb Soda

Cereal/ Oats

Nuts, Dates

Butter/
Butter Substitute

Tinned Tomatoes

Nut Butter
ie. peanut butter, almond spread

Lentils

Dried beans and pulses, canned beans and pulses
Chickpeas, lentils, black beans, butterbeans, tinned corn

Coconut Cream/ Milk

Vinegar
(Balsamic or white vinegar)

Garlic

Onion

Potatoes

Freezer Basics:

Frozen Vegetables

Mixed Berries

Spare loaf of Bread/ Bread rolls

Puff and Short crust pastry

Pizza Bases

Meat,
including fish and chicken

COOKING BASICS

1. Spatula
2. Ladle/Large spoon
3. Large saucepan (with lids)
4. Pot (with lid)
5. Chopping board
6. Knives: Large knife, Paring knife, Serrated knife
7. Veggie peeler, grater
8. Colander
9. Whisk
10. Measuring Cups and Spoons
11. Small stick blender
12. Storage containers
13. Large mixing bowl
14. Tongs
15. Can opener
16. Loaf tin
17. Oven pan
18. Tea towel

READING LABELS

On the Nutrition Information Panel, the “per 100g” column is used to compare similar foods to choose the option with lowest Saturated Fat, Salt or Sugar; while the “per serve” column shows the amount of nutrients you will get from a serve. *Remember that the manufacturer decides what a designated ‘serve’ is - you might eat more than that amount. Look for foods that have: <3g saturated fat per 100g, limited added sugar *Dairy and fruit have natural sugars, but if there is >15g sugar per 100g, check the ingredients list for added sugars (corn syrup, dextrose, fructose, sucrose, malt syrup, molasses).

NUTRITION FOR UNI STUDENTS

As a uni student, you need to fuel your brain properly so that you can smash those exams!

Source: www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

Getting all the right fuel for your body and brain every day, and avoiding vitamin and mineral deficiencies are essential for enhancing your study abilities. Below are a few of the big issues for students:

Iron Deficiency

Iron deficiency affects your energy, immunity, cognition and mental health. The best sources of available iron are meat, chicken and fish. Iron is also abundant in plant foods, but is not easy to absorb – improve absorption by including Vitamin C with each meal (fruit or salad vegetables). Include plenty of legumes, breads and cereals as these are some of the best plant sources.

Bone Health

Calcium intake is a problem in young adults, especially women. Maximise your bone health by consuming adequate dairy foods, and get Vitamin D from sunlight. If you use dairy alternatives (like soy) make sure that they are fortified to the same calcium level as milk (~100mg/100ml).

Too Much Junk

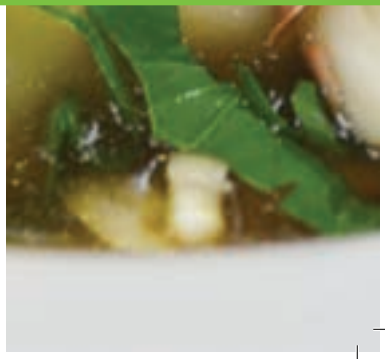
Many packaged foods contain excess kilojoules, saturated fats, salt and sugars, so avoid too many and make sure you know how to interpret labels (see page 9). Preparing most of your meals at home will save you money and ensure you're getting plenty of nutrient dense foods. Improve your diet further by snacking on fruit, nuts, trail mix, wholegrain crackers, hummus and vegetable sticks. There are heaps of great recipe ideas in this book.

Core Food Group	Serves	What a serve looks like		Key Nutrients Provided	
Vegetables	5-6 daily	½ cup cooked 1 cup salad	½ medium potato ½ legumes	Vitamin A Folate Soluble Fibre	Antioxidants Potassium
Bread and Cereals (wholegrain is best)	6 daily	1 slice bread ½ cup pasta/rice	⅔ cup breakfast cereal	Complex Carbohydrates B group vitamins Vitamin E	Insoluble Fibre Iron Magnesium
Meat, fish, eggs, legumes, nuts & seeds	2 1/2-3 daily	65-100g meat, fish, poultry 2 eggs	1 cup legumes 30g nuts/paste	Protein Iron Zinc	Vitamins B6 & B12 Omega 3 fats
Dairy	2 1/2 daily	I cup milk (or soy beverage)	2 slices cheese ¾ cup yoghurt	Calcium Protein	Vitamin D
Fruit	2 daily	1 medium piece 2-3 small fruits	1 cup canned (no added sugar)	Vitamin C Soluble Fibre	Antioxidants Potassium

TIP

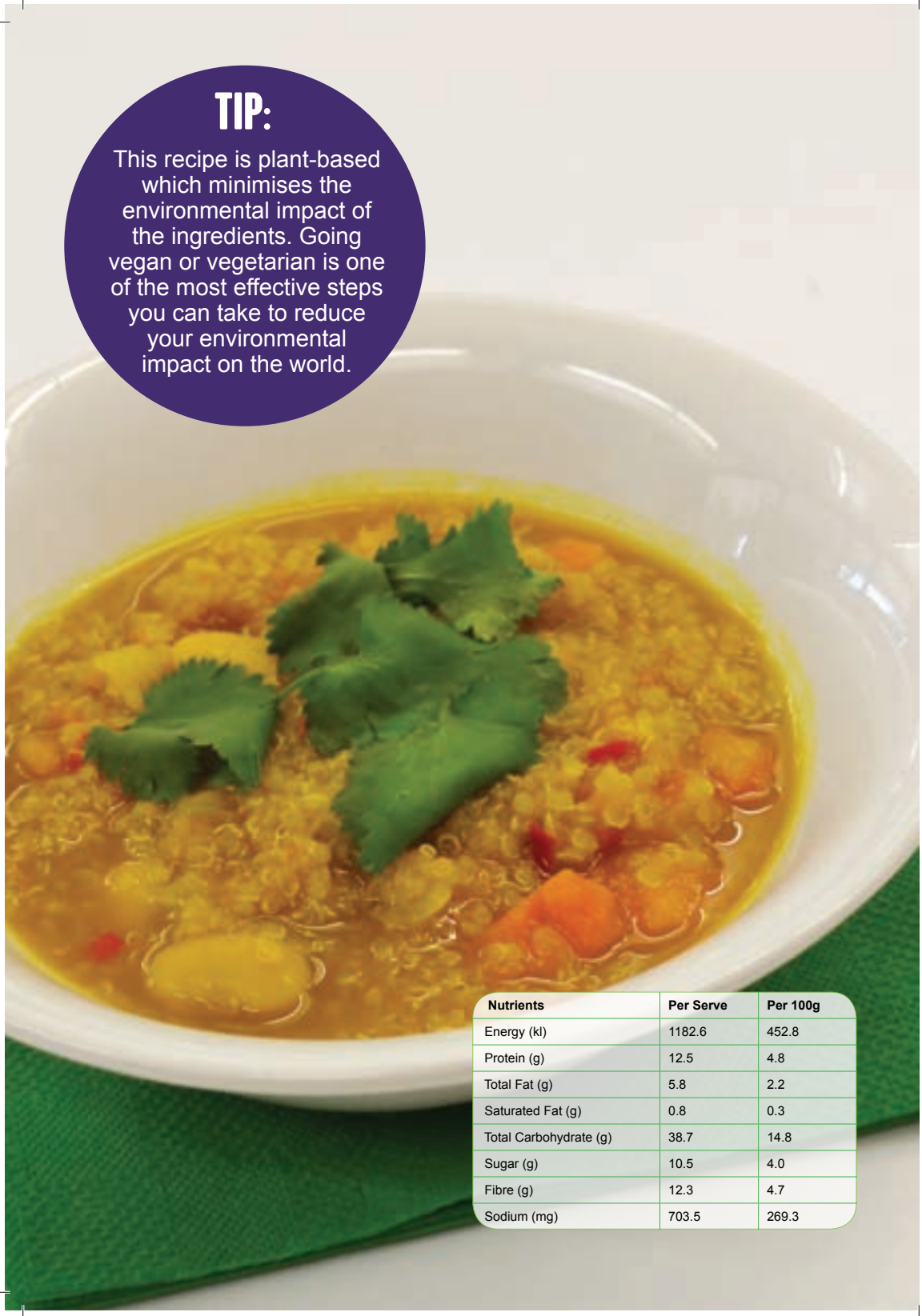
No money for storage containers? Re-use glass food jars for storage (after cleaning of course!). They are suitable for the freezer too, but leave a couple of centimetres free at the top as liquids expand when frozen.

SOUPS AND SNACKS



TIP:

This recipe is plant-based which minimises the environmental impact of the ingredients. Going vegan or vegetarian is one of the most effective steps you can take to reduce your environmental impact on the world.



Nutrients	Per Serve	Per 100g
Energy (kl)	1182.6	452.8
Protein (g)	12.5	4.8
Total Fat (g)	5.8	2.2
Saturated Fat (g)	0.8	0.3
Total Carbohydrate (g)	38.7	14.8
Sugar (g)	10.5	4.0
Fibre (g)	12.3	4.7
Sodium (mg)	703.5	269.3

SWEET POTATO AND QUINOA SOUP WITH BUTTER BEANS

STUDENT CHEF: KAIT FENWICK

PREP/COOKING TIME: 60 minutes **SERVES:** 6

INGREDIENTS

$$$ VG VE

- 1 large sweet potato, diced
- 1 large brown onion, diced
- 4 cloves of garlic, minced
- A handful of fresh coriander
- 1 tsp. turmeric powder
- 1 cup of white quinoa
- 400g can of butter beans, drained and rinsed
- 1 – 1.5 L vegetable stock (made with 4 salt reduced stock cubes and 8 cups of water)
- 1 finely sliced red chilli
- 1 Tbsp. olive oil
- Salt and pepper to taste

METHOD

1. Fry onion, garlic and chilli in a large soup pot with olive oil.
2. Add 1L stock, diced sweet potato, turmeric and quinoa. Allow to boil.
3. Once boiled, reduce to a simmer and add butter beans and salt and pepper to taste. Add more water/stock for desired consistency.
4. Simmer until sweet potato is tender, then portion and garnish with coriander

TIP:

Serve with a dash of coconut milk and fresh parsley

Nutrients	Per Serve	Per 100g
Energy (kl)	664.8	198.8
Protein (g)	7	2.1
Total Fat (g)	1.7	0.5
Saturated Fat (g)	0	0
Total Carbohydrate (g)	25.5	7.6
Sugar (g)	14.7	4.4
Fibre (g)	6	1.8
Sodium (mg)	115	34.4

CURRIED PUMPKIN SOUP

STUDENT CHEF: ELISSA EDMONDSON

PREP/COOKING TIME: 40 minutes **SERVES:** 6

$$ VG VE

INGREDIENTS

- 1 medium butternut pumpkin, peeled and cubed
- 2 medium potatoes, cubed
- 1 brown onion, diced
- 2 cloves of garlic, crushed
- 1/2 Tbsp. curry powder
- 1 vegetable stock cube
- 3 cups of water

METHOD

1. Fry garlic, onion and curry powder in a large pot until onion becomes translucent.
2. Add pumpkin, potato and stock with 3 cups of water.
3. Bring to the boil, then simmer with the lid on for around 20 minutes.
4. Once the pumpkin and potato is soft, remove from the heat.
5. Blend to desired consistency with a stick blender. Add more stock if it is too thick.

TIP:

This is a great autumn and winter dish and the ingredients can be sourced locally from farmers markets and bulk food stores to minimise the food miles.

TIP:

Experiment with different ingredients to see what other flavours you can make for your hummus.

Nutrients	Per Serve	Per 100g
Energy (kl)	863.1	522.2
Protein (g)	6.3	3.8
Total Fat (g)	9.1	5.5
Saturated Fat (g)	1.4	0.9
Total Carbohydrate (g)	21	12.7
Sugar (g)	5.6	3.4
Fibre (g)	6	3.6
Sodium (mg)	191	115.6

SWEET POTATO AND CASHEW HUMMUS

STUDENT CHEF: MEGAN CORE

PREP/COOKING TIME: 40 minutes **SERVES:** 6-8

INGREDIENTS

$$$ VG VE

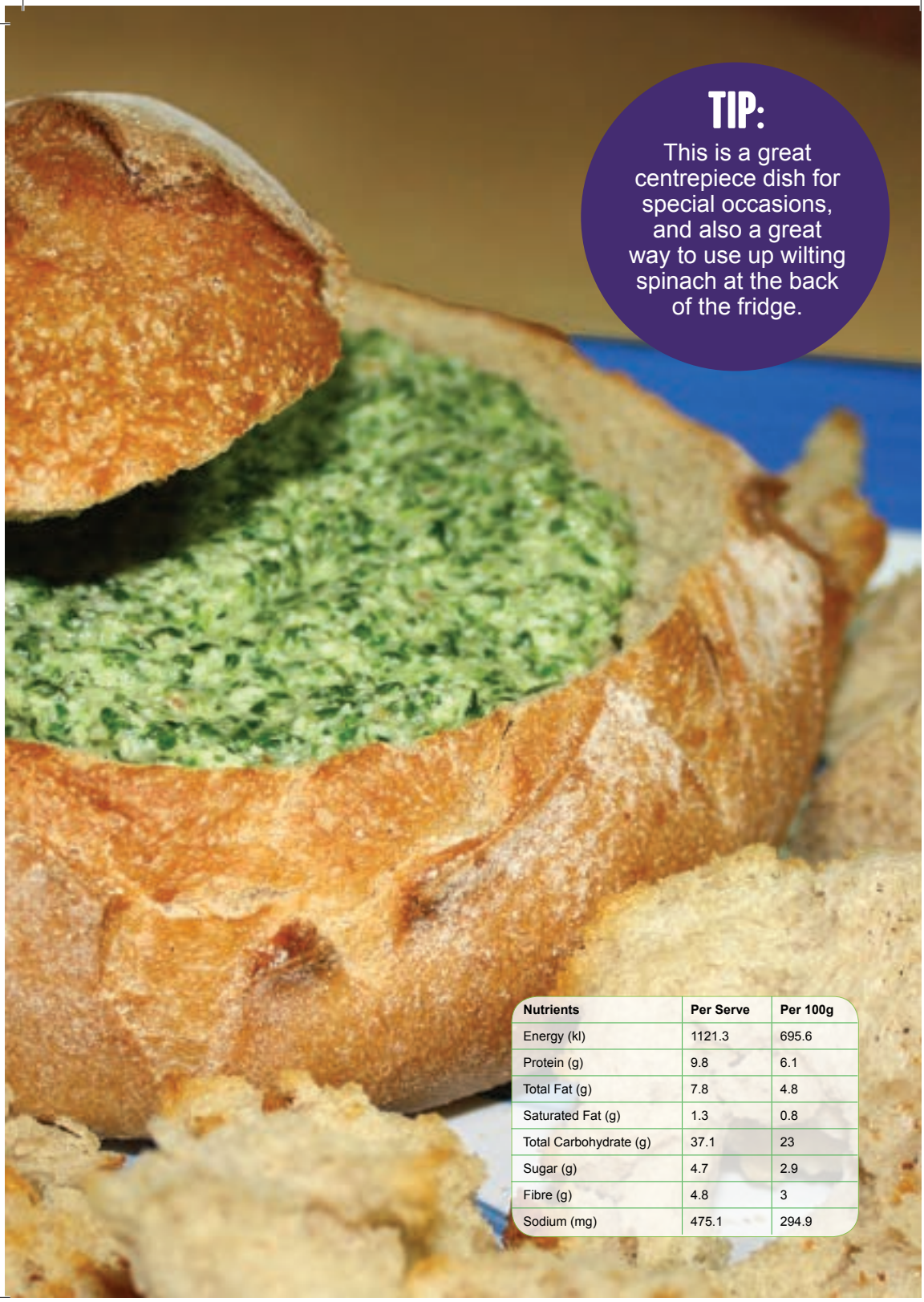
- 3 small Thai sweet potatoes (or any other)
- 2 cloves of garlic
- 1 lemon, juiced
- 400g can of chickpeas, drained and rinsed
- Pinch of sea salt
- 2 Tbsp. olive oil
- 1/2 cup of water
- Handful of cashews, crushed to serve

METHOD

1. Bake sweet potatoes (whole) at 180°C for 40 minutes, or until they are fully softened through.
2. Combine garlic, lemon juice, salt, water and chickpeas in a food processor or blender. Blend into thick paste.
3. Let the baked potatoes cool slightly before peeling them. The skin should fall off easily if they are fully cooked through.
4. Add the peeled baked sweet potato to the chickpea mix. Blend together.
5. Add olive oil and blend again.
6. Serve in bowl with crushed cashews on top.

TIP:

Sweet potato and cashew may be interchangeable for different ingredients to create different hummus flavours and colours. For example: pumpkin with walnuts; beetroot with almonds; carrot with pistachios. Thai sweet potatoes are purple, so your hummus may turn pink!



TIP:

This is a great centrepiece dish for special occasions, and also a great way to use up wilting spinach at the back of the fridge.

Nutrients	Per Serve	Per 100g
Energy (kl)	1121.3	695.6
Protein (g)	9.8	6.1
Total Fat (g)	7.8	4.8
Saturated Fat (g)	1.3	0.8
Total Carbohydrate (g)	37.1	23
Sugar (g)	4.7	2.9
Fibre (g)	4.8	3
Sodium (mg)	475.1	294.9

COB-LOAF WITH SPINACH, CASHEW AND SOUR CREAM DIP

STUDENT CHEF: BRYDEN SLOAN HARRIS

PREP/COOKING TIME: 20 minutes **SERVES:** 10

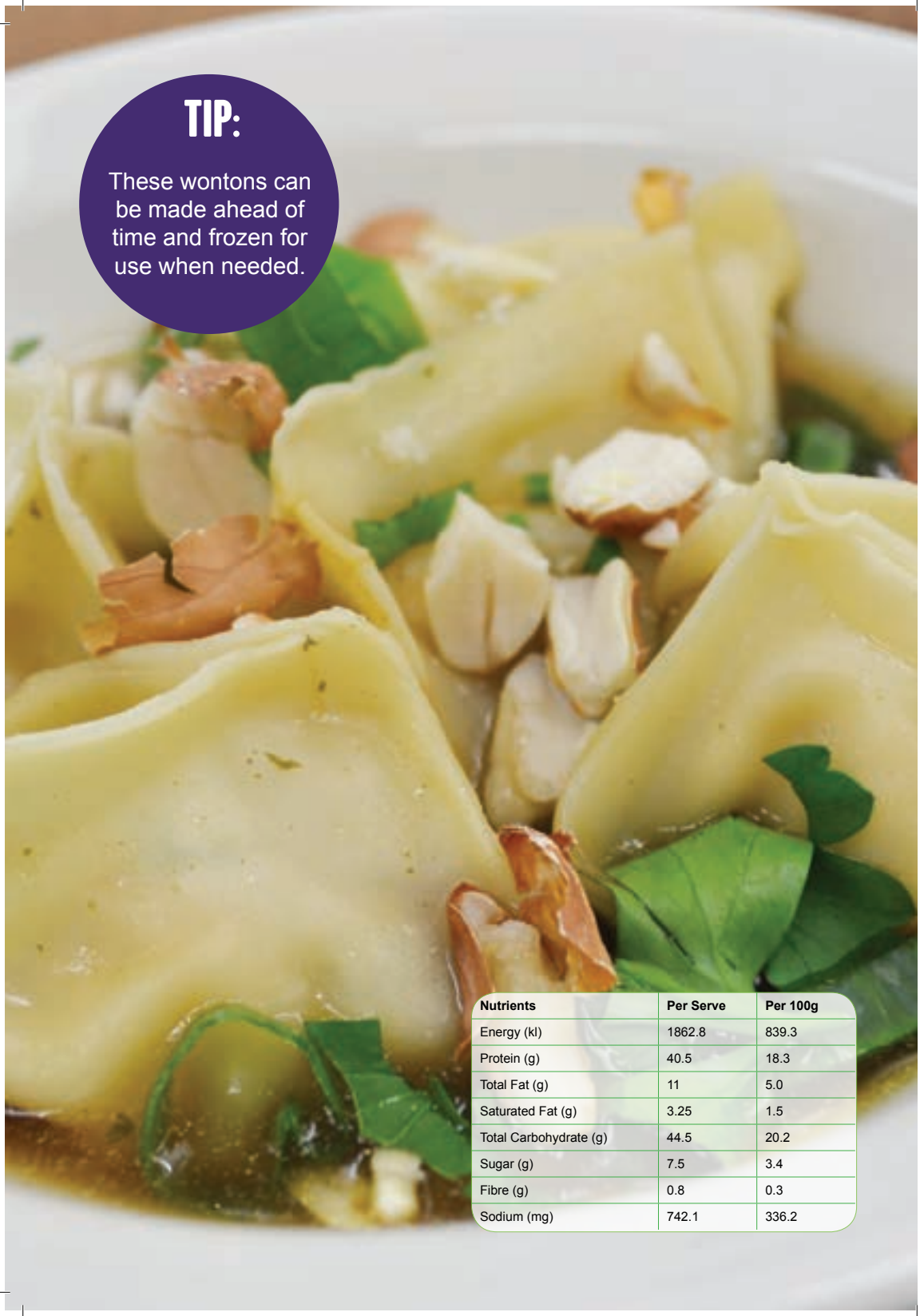
INGREDIENTS

$$ VG VE

- 1 1/2 Tbsp. vegan mayonnaise
- 1 cob-loaf
- 1 can (230g) water chestnuts, finely diced
- 250g box frozen spinach (or boil fresh spinach and cool)
- 1 packet of continental spring vegetable soup mix
- 1 cup natural raw cashews (soaked overnight)
- 4 tsp fresh organic lemon juice
- 1/2 tsp nutritional yeast flakes
- 1/3 tsp sea salt
- 1/2 cup water

METHOD

1. Defrost spinach if using frozen, and preheat the oven to 180°C.
2. To make the sour cream, put the soaked cashews into a blender. Squeeze in lemon juice, nutritional yeast flakes, salt and water. Blend until it is the creamy smooth consistency of sour cream, pour into a bowl.
3. Cut the top of the cob loaf off and pull out the bread inside. Tear apart this bread into rough pieces that are big enough for dipping.
4. Take the hollowed out cob-loaf and carefully cut down the sides of it, making each cut about 3cm apart. This is so that once the dipping bits have all been eaten, you are able to tear these parts of the loaf off to dip in instead.
5. Place the cob-loaf, its lid, and all of the pieces from inside of it onto baking paper and put in the oven roughly 5 minutes or until the bread is golden brown.
6. In the bowl with the sour cream add the vegan mayonnaise, spinach, diced water chestnuts and the packet of dry vegetable soup mix. Stir to combine.
7. Remove the bread from the oven and pour the dip mixture into the middle of the loaf, and surround it with the dipping bits.
8. The lid can come in handy if you are transporting the cob-loaf, otherwise it can also be cut up into dipping sized pieces. Leave a knife with the cob-loaf as it can be used to cut up the lid and eventually the base.



TIP:

These wontons can be made ahead of time and frozen for use when needed.

Nutrients	Per Serve	Per 100g
Energy (kl)	1862.8	839.3
Protein (g)	40.5	18.3
Total Fat (g)	11	5.0
Saturated Fat (g)	3.25	1.5
Total Carbohydrate (g)	44.5	20.2
Sugar (g)	7.5	3.4
Fibre (g)	0.8	0.3
Sodium (mg)	742.1	336.2

EASY WONTON SOUP

STUDENT CHEF: ANNIE TOWERS

PREP/COOKING TIME: 1 hour **SERVES:** 4

INGREDIENTS

$$

- 500g free range chicken mince
  (this can be substituted with turkey or pork depending on your preference)
- 2 cloves garlic - minced/ 2 teaspoons of garlic paste
- 1cm chunk of ginger - minced/ 1 teaspoon of ginger paste
- 1 free range egg
- Wonton wrappers (in chilled section of supermarket)
- 1 low sodium stock cube (vegetable or chicken)
- 2 Tbsp. sweet soy sauce (+ extra to serve)
- Handful of fresh coriander, chopped
- Handful of spring onions sliced – to serve
- Crushed peanuts (optional)
- 1-2 cups water

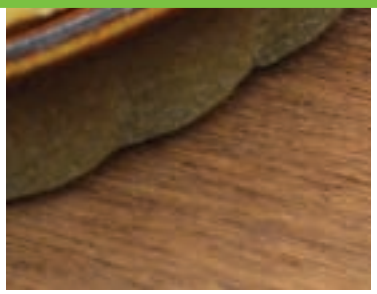
METHOD

1. In a bowl, mix mince, egg, garlic, ginger, and half of the coriander.
2. Lay wonton wrappers on a flat surface, and spoon mince mixture onto the centres, approximately one teaspoon per wrapper.
3. To fold wontons, wet edges with a small amount of water (this helps them stick together). Bring opposing corners together, to make a triangle. Bring the long edges of the triangle together into the centre, wetting again to ensure all edges are sealed. Repeat until all mince mixture is used. Alternatively, you can bring all four corners of the flat wonton together in abunch, and twist, to make little 'money bag' wontons.
4. In a saucepan/pot, bring one cup of water, the stock cube & soy sauce to the boil. (If you're wanting to stretch the recipe to serve more people, add another cup of water, ½ a stock cube and a teaspoon of soy sauce per person.)
5. When the soup mixture is boiling, bring the heat down to a low simmer. Add the wontons.
6. Wontons are cooked through when they float – approximately 5 minutes, depending on the size of your wontons.
7. To serve, ladle out the wontons and soup into bowls, topping with soy sauce, spring onions, coriander and crushed peanuts, to taste. Serve immediately.

TIP

Save any leftovers in airtight containers and bring them to uni for lunch! You can use Survival Stations to reheat or refresh food. Find the nearest microwave with the app Lost on Campus!

MAINS



Nutrients	Per Serve	Per 100g
Energy (kl)	1004.5	416.8
Protein (g)	9.8	4.0
Total Fat (g)	5.3	2.2
Saturated Fat (g)	0.8	0.3
Total Carbohydrate (g)	33	13.7
Sugar (g)	4.5	1.9
Fibre (g)	8.3	3.4
Sodium (mg)	395.3	159.9

SRIRACHA FRIED RICE

STUDENT CHEF: EVANGELENE RUSHFORTH

1ST PLACE

PREP/COOKING TIME: 15 minutes **SERVES:** 4

INGREDIENTS

$ VG VE

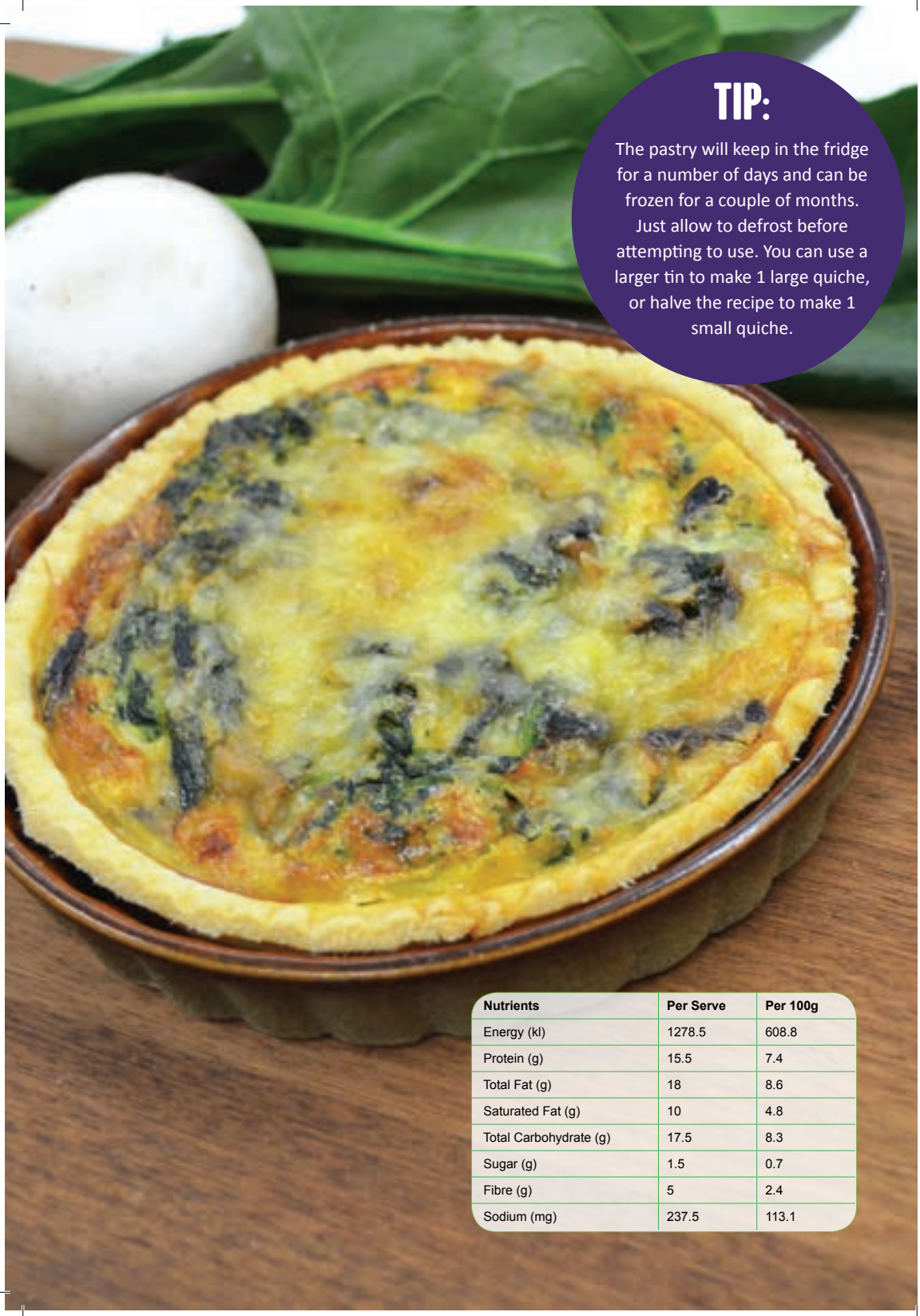
- 1 cup brown rice
- 400g can chickpeas, drained and rinsed
- 1 whole brown onion, diced
- 1 1/2 cups of frozen vegetable mix (peas, corn and carrot works best) or fresh veggies
- Dash of soy sauce
- Dash of sriracha (if you don't have sriracha, turn to page 73 for a substitution)
- Dash of olive oil
- Herbs and spices (Chef suggests chilli flakes, mixed herbs and salt and pepper)

METHOD

1. Cook rice in a rice cooker with 2 cups of water or according to packet instructions on stove top.
2. Fry onion with olive oil in a large pan until translucent, add chick peas and frozen vegetables to onion with a dash of water, heat through.
3. Add cooked rice to pan and stir through.
4. Add sriracha, soy sauce and herbs and spices.
5. Cook on low heat for a few minutes.
6. Serve with fresh greens.

TIP:

This recipe is great for using up leftover veggies or fresh veggies from the garden. For extra seasoning, use chilli flakes, mixed herbs, and salt and pepper. You can also add pan-fried marinated tofu for extra flavour.



TIP:

The pastry will keep in the fridge for a number of days and can be frozen for a couple of months. Just allow to defrost before attempting to use. You can use a larger tin to make 1 large quiche, or halve the recipe to make 1 small quiche.

Nutrients	Per Serve	Per 100g
Energy (kl)	1278.5	608.8
Protein (g)	15.5	7.4
Total Fat (g)	18	8.6
Saturated Fat (g)	10	4.8
Total Carbohydrate (g)	17.5	8.3
Sugar (g)	1.5	0.7
Fibre (g)	5	2.4
Sodium (mg)	237.5	113.1

MUSHROOM AND SPINACH QUICHE

STUDENT CHEF: RACHEL HENDERSON

2ND PLACE

PREP/COOKING TIME: 40 minutes **SERVES:** Makes 2 small quiches

INGREDIENTS

$$ VG

For Crust

- 50g of plain wholemeal flour (plain flour can be substituted)
- 25g of cold butter, cut into cubes
- 1/2 Tbsp. water, plus more as needed

For Filling

- 4 button mushrooms, diced
- 50g of spinach, finely chopped
- 2 eggs
- 2 Tbsp. milk
- 25g of grated light tasty cheese
- Salt and pepper, to season

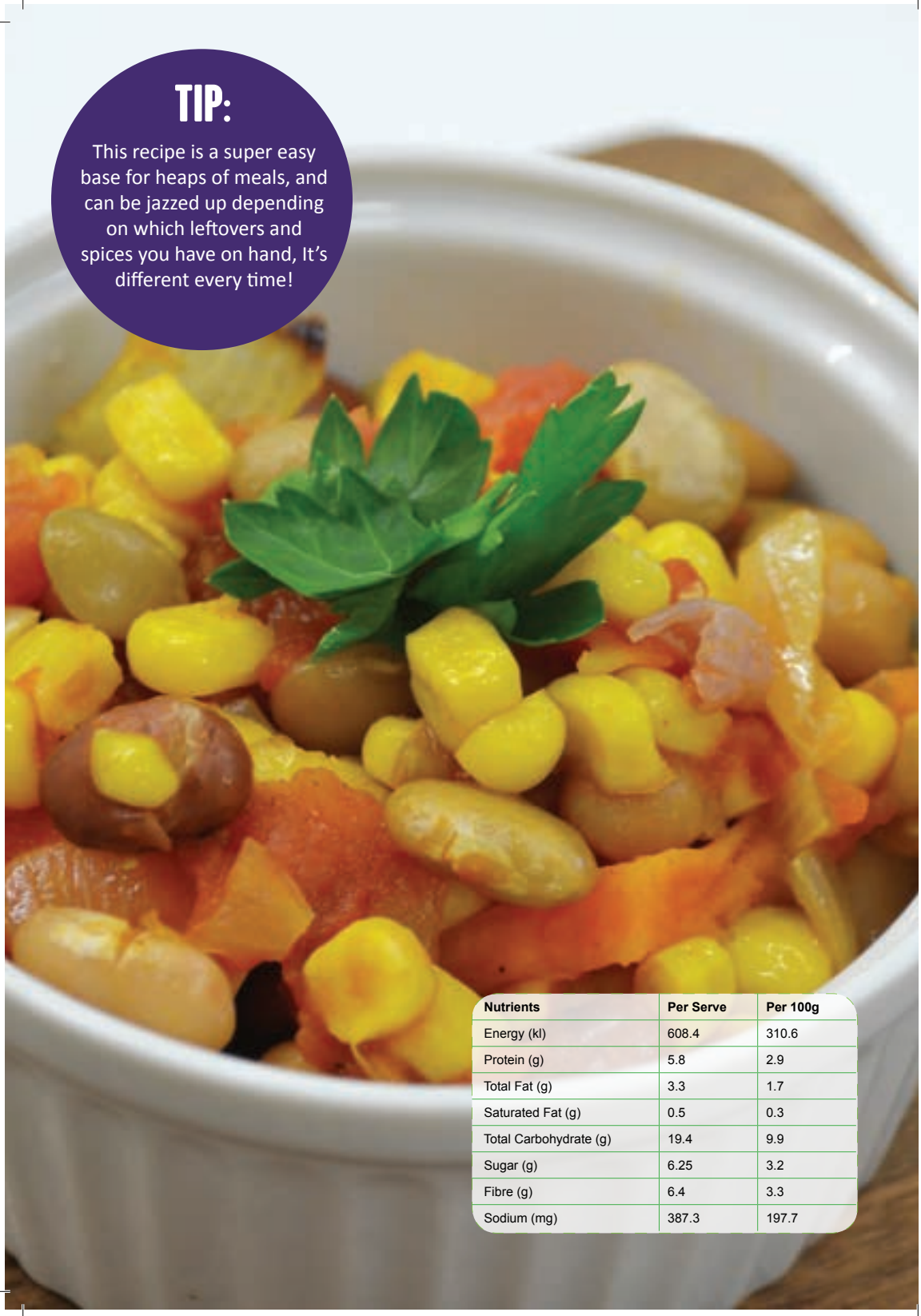
METHOD

For Crust

1. Preheat the oven to 200°C.
2. Place butter and flour in a bowl. Using fingers, rub through until the mixture resembles breadcrumbs.
3. Add water and knead into a dough. Add more water if required, but the dough should not be sticky.
4. Wrap dough in cling wrap and rest in fridge for 20 minutes (optional but recommended).
5. Divide the dough into two balls. Roll them with a rolling pin to a circle about 1-2mm thick.
6. Use the rolled dough to line 2 miniature pie tins or any other small baking dish
7. *Optional:* weigh down the pastry with pastry weights or uncooked rice (or any other small dry grain). Make sure you place baking paper between the weights and the pie crust.
8. Bake for 10 minutes or until slightly golden around the edges, remove from oven. Take out pastry weights if used.

For Filling

1. Cook mushrooms in a non-stick fry pan over medium - high heat until soft and going slightly golden.
2. In a bowl, whisk together eggs, milk, cooked mushrooms, chopped spinach and salt and pepper
3. Pour mixture into par-baked pastry shell and top with the grated cheese. The mixture should reach within 1-2mm of the top of the case but should not overflow.
4. Cook for approximately 25 minutes, or until puffed and golden on top. The egg filling will puff up while baking, this is normal, it will deflate once removed from the oven.
5. Remove from oven and serve.



TIP:

This recipe is a super easy base for heaps of meals, and can be jazzed up depending on which leftovers and spices you have on hand, It's different every time!

Nutrients	Per Serve	Per 100g
Energy (kl)	608.4	310.6
Protein (g)	5.8	2.9
Total Fat (g)	3.3	1.7
Saturated Fat (g)	0.5	0.3
Total Carbohydrate (g)	19.4	9.9
Sugar (g)	6.25	3.2
Fibre (g)	6.4	3.3
Sodium (mg)	387.3	197.7

EASY BEAN BASE MIX

STUDENT CHEF: CAMILLE JEFFREYS

3RD PLACE

PREP/COOKING TIME: 15 minutes **SERVES:** 8

INGREDIENTS

$$ VG VE

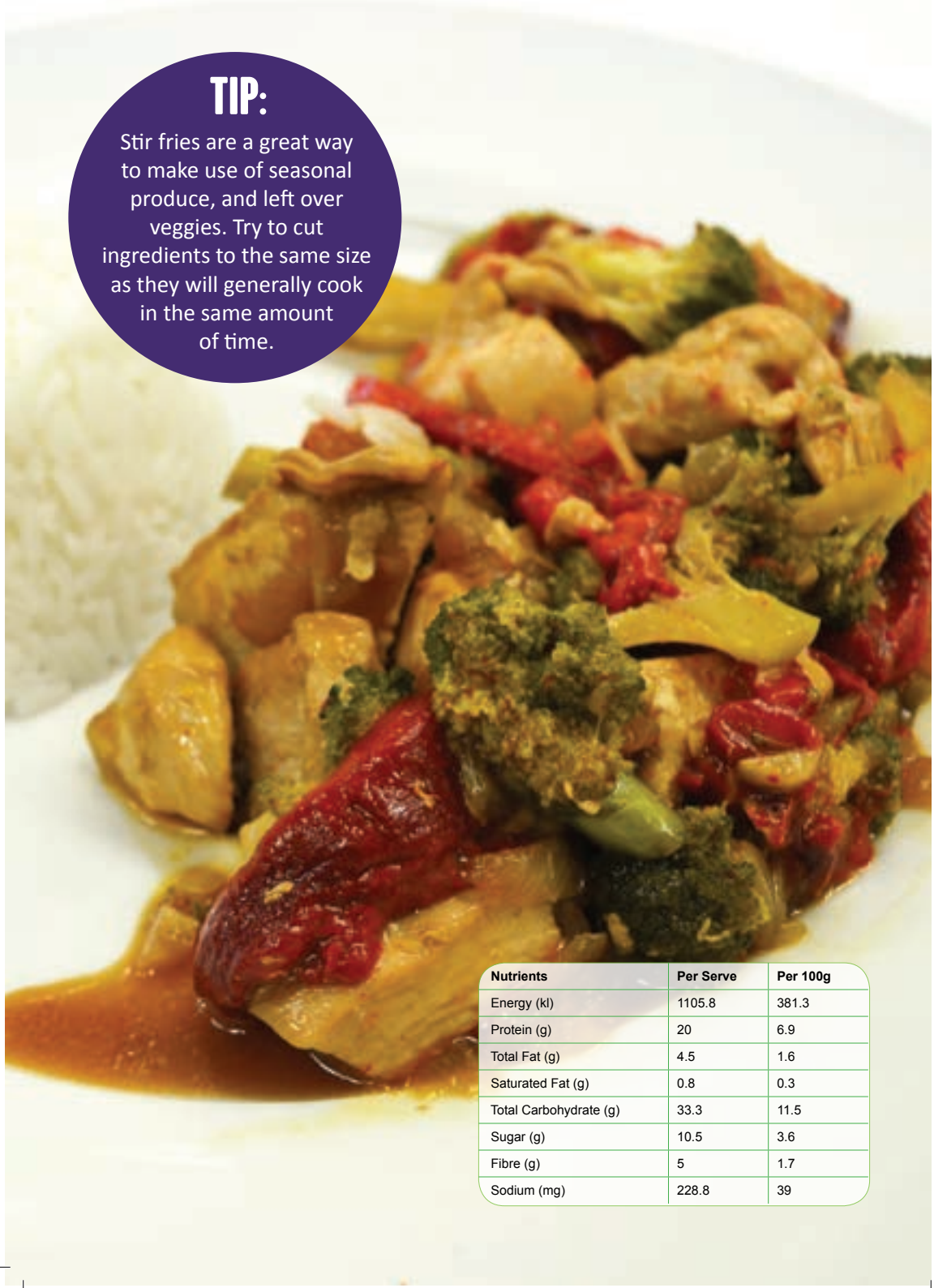
- Oil
- 1 garlic clove, crushed/tsp. of garlic paste
- 1 onion, diced
- Grated/chopped leftover veggies (zucchini, carrot, pumpkin, sweet potato, mushrooms) – can be up to 2 cups
- 400g can of beans (mixed bean/cannellini/kidney), drained and rinsed
- 400g can of corn kernels, drained
- 400g can of diced tomatoes
- Spices – garam masala/cumin/paprika/taco seasoning mixes/salt + pepper

METHOD

1. Heat some oil on high in a large frypan and when hot, add garlic and onion.
2. Turn down the heat to medium and cook for 3 minutes or so until the onion is cooked.
3. Add any grated veggies you have left over and cook for another 5 minutes.
4. Add all canned ingredients and 1 teaspoon or so of some spices of your liking as well as some salt.
5. Add water if necessary just to dilute the mixture a bit.
6. It's ready now! Or you can let it simmer for a while.

TIPS:

- Add to a hollowed-out capsicum and cook in the oven for 15 min, add cheese if desired.
- Add it to a wrap with spinach, avocado and hummus for a yummy burrito.
- Add to rice/pasta as a simple sauce.
- Put it in a ramekin, crack an egg on top, and bake at 180˚C for 20 minutes.
- Have vegetarian nachos with corn chips, cheese, sour cream and guacamole.
- Split a small sweet potato lengthways, steam in the microwave for 5 minutes, pile the bean mixture on top and add sour cream, cheese and guacamole.
- Add some mince-meat for a nacho/taco mix.



TIP:

Stir fries are a great way to make use of seasonal produce, and left over veggies. Try to cut ingredients to the same size as they will generally cook in the same amount of time.

Nutrients	Per Serve	Per 100g
Energy (kl)	1105.8	381.3
Protein (g)	20	6.9
Total Fat (g)	4.5	1.6
Saturated Fat (g)	0.8	0.3
Total Carbohydrate (g)	33.3	11.5
Sugar (g)	10.5	3.6
Fibre (g)	5	1.7
Sodium (mg)	228.8	39

STIR-FRIED CHICKEN WITH BROCCOLI AND RICE

STUDENT CHEF: PETER HAU

PREP/COOKING TIME: 20 minutes **SERVES:** 4

INGREDIENTS

- 200g trimmed broccoli florets, halved. (Keep stems for soups and stir frys)
- 1 chicken breast, cut into strips
- Ginger, cut into shreds (add according to taste) (the ginger skins can be kept for soups)
- 2 garlic cloves, cut into shreds
- 1 onion, sliced
- 1 roasted red capsicum/pepper, sliced
- 1 Tbsp. honey
- 2 tsp. olive oil
- 1 tsp. mild chilli powder
- 1 Tbsp. reduced-salt soy sauce
- 1 cup rice
- Other vegetables can be added such as cauliflower, carrots, peas etc.

METHOD

1. Cook rice in rice cooker/pot according to packet instructions.
2. Put a kettle on to boil and add the broccoli into a pan ready to go on the heat. Pour the water over the broccoli then boil for 4-5 mins.
3. Heat the olive oil in a wok (If you don't have a wok, don't freak out) and stir fry the chicken until about 80% cooked. Remove and leave on the side.
4. Stir fry the ginger, garlic and onion for a couple of mins, add the mild chilli powder and stir. Re-add the chicken and stir fry for 2 mins more. Add 4 tbsp. of broccoli water to wok before draining. Tip the broccoli into the wok with the soy, honey, red pepper and then cook until heated through.
5. *Depending if you are using left over rice or fresh rice*
6. Cook the rice according to the pack instructions and serve with the stir-fry or throw in left over rice with the stir fry to cook for a few minutes. Serve immediately.

TIP:

To save on packaging and maximise flavour, try to make your own stock by using the off cuts from your vegetables - onion and garlic skins, celery leaves, herb stalks etc. Cover the off cuts with water, add a few peppercorns, bring to the boil then leave to simmer for an hour.

Nutrients	Per Serve	Per 100g
Energy (kl)	1102.2	260.4
Protein (g)	8.7	2
Total Fat (g)	8.5	2
Saturated Fat (g)	2.5	0.6
Total Carbohydrate (g)	32.5	7.7
Sugar (g)	2	0.5
Fibre (g)	7.5	1.8
Sodium (mg)	444.3	181.9

MUSHROOM AND BARLEY RISOTTO

STUDENT CHEF: OLIVIA BELL

PREP/COOKING TIME: 30 minutes **SERVES:** 4

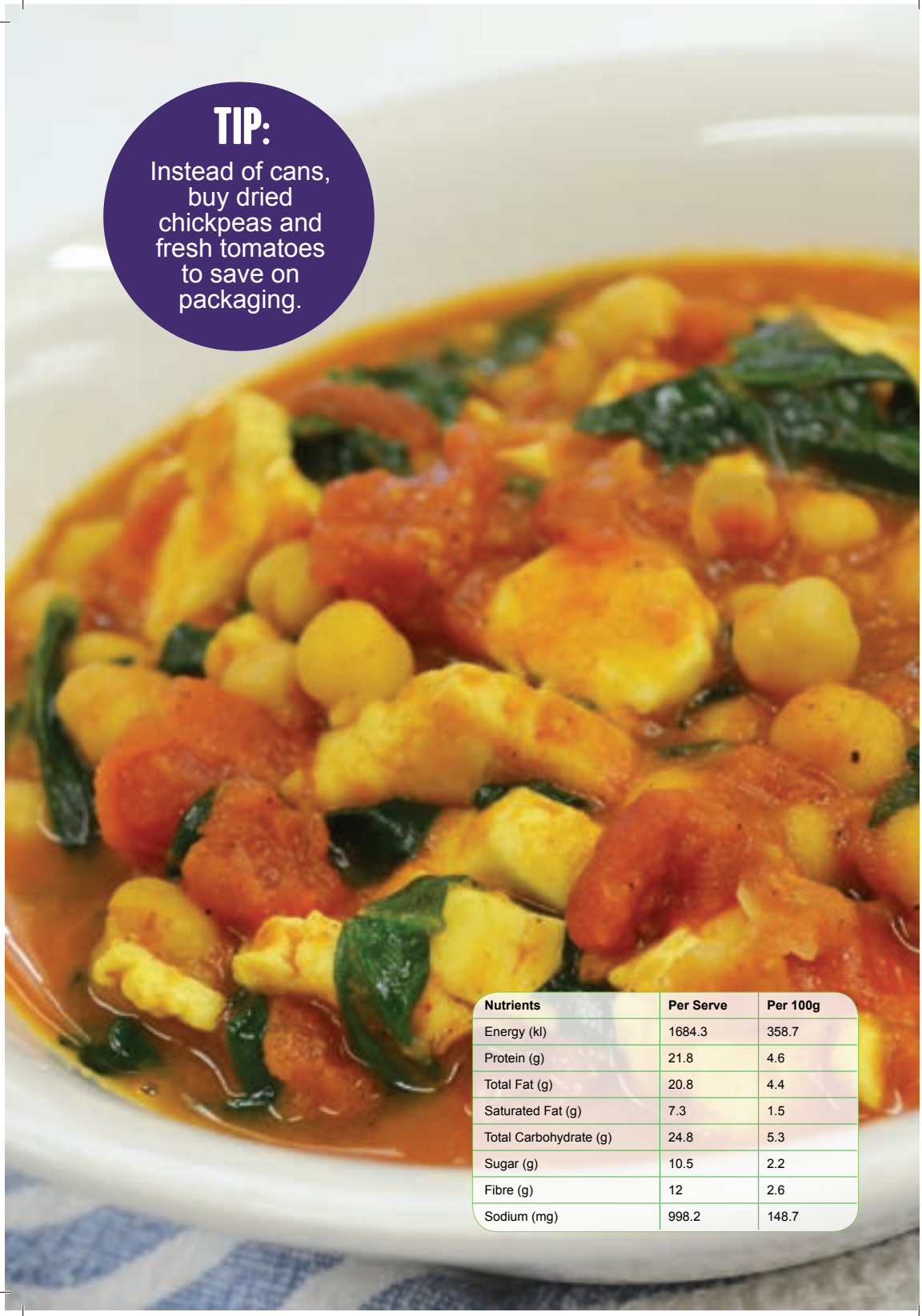
INGREDIENTS

$$ VG

- 1 onion, diced
- 2 cloves of garlic, minced
- 2 stalks of celery, finely diced
- handful of herbs, finely chopped (any hard herbs are fine - thyme, rosemary etc.)
- 2 tsp. olive oil
- 1 1/2 cups of pearl barley
- 1/2 cup white wine (optional)
- 6 cups of vegetable or chicken stock
- 1/3 cup grated parmesan cheese
- 1 Tbsp. olive oil or butter
- 3 cups of mushrooms, cleaned and sliced (or 1 cup of dried mushrooms, reconstituted in boiling water, plus 1 cup of fresh sliced mushrooms)
- Salt and pepper
- Rocket leaves to garnish

METHOD

1. Add onion, garlic, celery and herbs to a saucepan with olive oil, cook over a low heat until beginning to soften.
2. Add barley and stir to coat in the oil, turn up the heat and add in white wine (if using), allow to reduce by about half.
3. Slowly ladle in the hot stock, a bit at a time, allow it to be mostly absorbed before adding the next ladleful. Continue until all stock is used and the barley has softened.
4. Add the parmesan and adjust the seasoning to taste.
5. While the risotto is cooking, in a separate frying pan, add olive oil or butter and allow to melt and bubble slightly, then add sliced mushrooms. Add in salt and pepper, then fry until mushrooms are cooked through and starting to turn golden-brown.
6. To serve, place risotto on the bottom, top with mushrooms and a scattering of rocket leaves for garnish.



TIP:

Instead of cans, buy dried chickpeas and fresh tomatoes to save on packaging.

Nutrients	Per Serve	Per 100g
Energy (kl)	1684.3	358.7
Protein (g)	21.8	4.6
Total Fat (g)	20.8	4.4
Saturated Fat (g)	7.3	1.5
Total Carbohydrate (g)	24.8	5.3
Sugar (g)	10.5	2.2
Fibre (g)	12	2.6
Sodium (mg)	998.2	148.7

SPICED CHICKPEA AND HALOUMI DAHL

STUDENT CHEF: PHOEBE COUSINS

PREP/COOKING TIME: 15 minutes **SERVES:** 4

INGREDIENTS

$$ VG

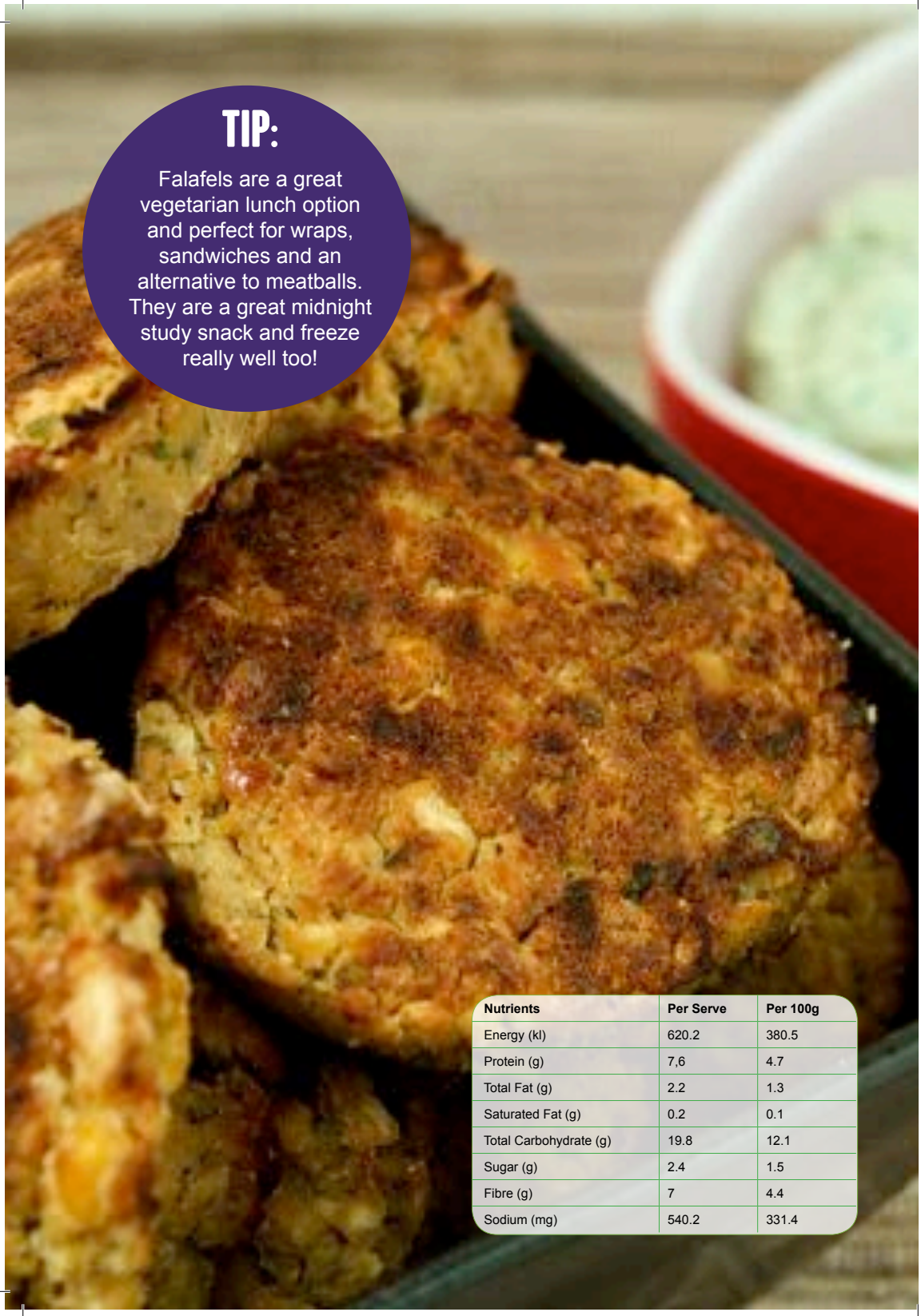
- 2 Tbsp. Olive Oil
- 2 cloves garlic
- 2 tsp ground cumin
- 1/2 tsp. Chilli flakes
- 1/2 tsp. fennel seeds (optional)
- 400g organic reduced salt chickpeas, drained and rinsed
- 200g Halloumi, cut into 1-2cm chunks
- 1 Tbsp. tomato paste
- 1 tsp. brown sugar
- 400g can organic cherry tomatoes in juice
- Salt and pepper to taste
- 5-6 handfuls of baby spinach roughly chopped
- 2 Tbsp. Greek yoghurt

METHOD

1. Heat oil, sizzle garlic, cumin, chilli flakes and fennel seeds in a saucepan on medium heat for about a minute.
2. Add chickpeas and halloumi, cooking for 3-4 minutes to infuse flavours.
3. Stir in tomato paste, then add sugar and canned tomatoes in juice. Season with salt and pepper and simmer gently for 4-6 minutes.
4. Add spinach, cover saucepan with a lid and cook until spinach has wilted (about 5 minutes).
5. Stir in yoghurt just before serving. Add in the yoghurt to each separately prepared dish and not the whole Dahl to maximize freshness.

TIP:

The deli items like olive oil, spices and herbs, halloumi, baby spinach and Greek yoghurt can all be bought locally at farmers' markets and sample some of the Hunter Valley's gourmet fare.



TIP:

Falafels are a great vegetarian lunch option and perfect for wraps, sandwiches and an alternative to meatballs. They are a great midnight study snack and freeze really well too!

Nutrients	Per Serve	Per 100g
Energy (kl)	620.2	380.5
Protein (g)	7,6	4.7
Total Fat (g)	2.2	1.3
Saturated Fat (g)	0.2	0.1
Total Carbohydrate (g)	19.8	12.1
Sugar (g)	2.4	1.5
Fibre (g)	7	4.4
Sodium (mg)	540.2	331.4

EASIEST FALAFELS

STUDENT CHEF: GEORGIA BROWN

PREP/COOKING TIME: 40-50 minutes **SERVES:** 5 (makes 16-18 falafels)

INGREDIENTS

$ VG VE

- 6 cloves garlic, minced
- 400g can chickpeas, rinsed and drained or 2 cups cooked chickpeas (3/4 cup dried chickpeas soaked overnight, drained)
- 1 1/2 cups chopped fresh parsley leaves, chopped
- 1 cup fresh coriander, chopped
- 1/2 onion, diced
- 1/3 cup flour
- 2 Tbsp. fresh lemon juice
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 tsp. cumin
- 1/2 tsp. pepper
- If frying: 4-5 tablespoons rice bran oil or vegetable/canola oil

METHOD

**if baking falafel, preheat oven to 180°C.*

1. Add garlic, chickpeas, coriander, parsley, onion, flour, lemon juice, baking powder, salt, cumin and pepper to a food processor. Pulse until smooth and evenly mixed. Transfer mixture to a bowl.

***if frying falafels, refrigerate for 1-2 hours or until chilled.*

2. 2. On a piece of baking paper, measure out 2 tablespoons of the mixture, and roll into balls with your hands. Place the ball on the paper, and gently flatten the balls slightly with the back of a spoon/your hand so that it is a little under 1/2-inch thick.
3. Cook falafel:

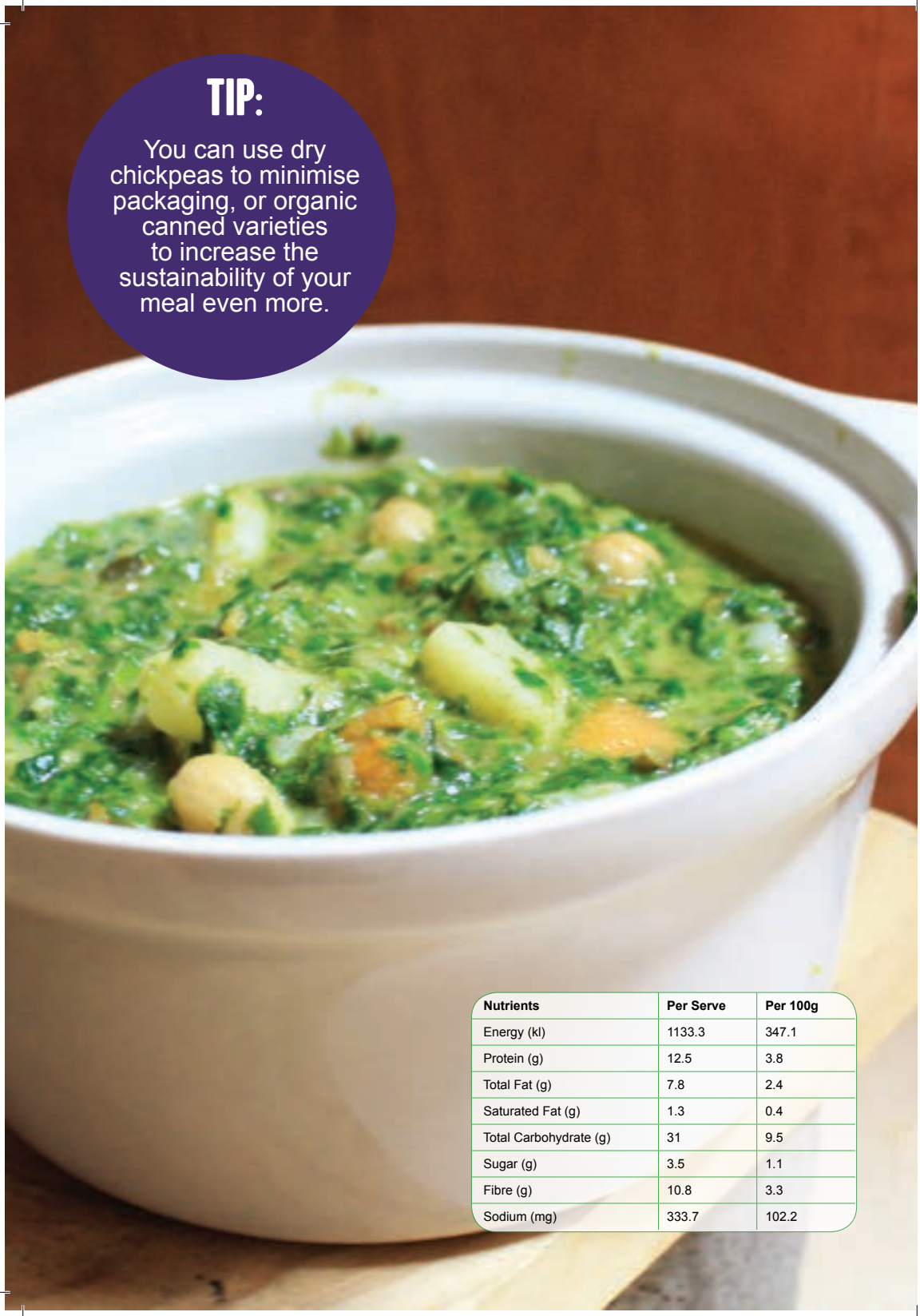
***To fry:**

Heat oil in a large frypan over medium-high heat. Carefully transfer 4 or 5 falafels to the hot oil and fry until both sides of the disk are browned. Transfer to a paper-towel lined plate.

***To bake:**

Put the falafel on a baking tray lined with baking paper and bake in the oven for about 25 minutes or until they turn golden.

4. Serve the falafel warm however you'd like.
5. Falafels can be stored in the freezer once cooked.



TIP:

You can use dry chickpeas to minimise packaging, or organic canned varieties to increase the sustainability of your meal even more.

Nutrients	Per Serve	Per 100g
Energy (kl)	1133.3	347.1
Protein (g)	12.5	3.8
Total Fat (g)	7.8	2.4
Saturated Fat (g)	1.3	0.4
Total Carbohydrate (g)	31	9.5
Sugar (g)	3.5	1.1
Fibre (g)	10.8	3.3
Sodium (mg)	333.7	102.2

SPINACH CURRY

STUDENT CHEF: DEEPIKA PANICKER

PREP/COOKING TIME: 15 minutes **SERVES:** 2

INGREDIENTS

$ VG VE

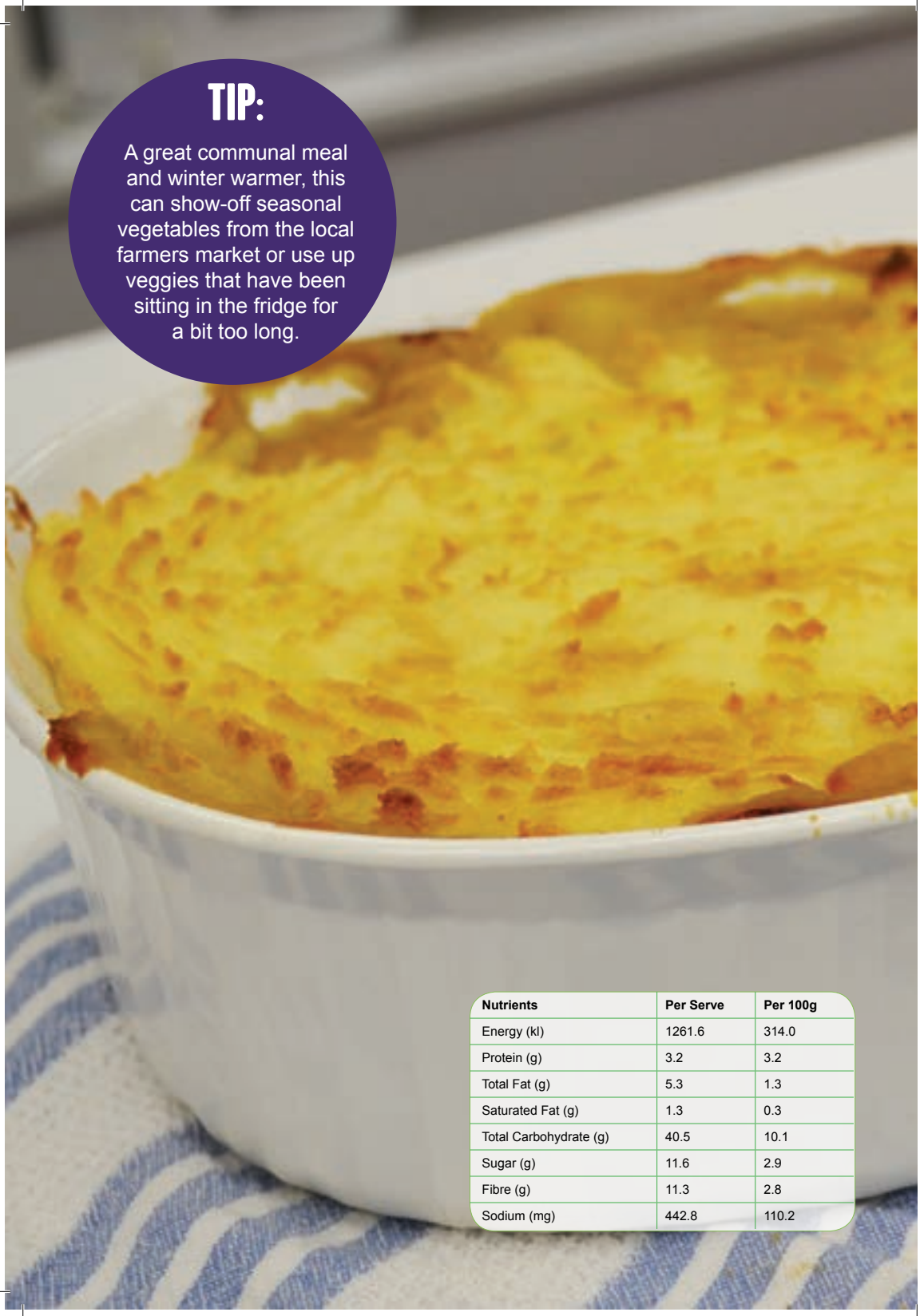
- 1 Tbsp. oil
- 250g chopped frozen or fresh spinach
- 1 1/2 tsp. cumin powder
- 1 tsp. chili powder
- 4 cloves garlic, grated
- 2 inches ginger, peeled and grated
- 1/2 small red chili, seeds removed and minced
- 3/4 tsp. garam masala
- 4 Tbsp. milk/cream (or use coconut milk for a vegan option)
- 3 potatoes, peeled and diced and boiled
- 400g chick peas (1 can)

METHOD

1. Heat the oil in a saucepan on medium-high heat.
2. Add the cumin and chilli powder, and sauté for 30 seconds.
3. Add the garlic, ginger and chili, and fry till fragrant and the garlic begins to go brown.
4. Add the frozen spinach and garam masala, and stir well till the spinach is fully thawed and cooked through, then add the potatoes and chickpeas.
5. Add salt to taste, and let it simmer for 10 minutes.
6. Take the saucepan off the heat and stir in the milk/cream.
7. Eat with rice.

TIP:

This easy recipe can be adapted to suit your spice preference and whichever veggies you have in the fridge. The curry spice mix can also be used in other curries you cook in the future!



TIP:

A great communal meal and winter warmer, this can show-off seasonal vegetables from the local farmers market or use up veggies that have been sitting in the fridge for a bit too long.

Nutrients	Per Serve	Per 100g
Energy (kl)	1261.6	314.0
Protein (g)	3.2	3.2
Total Fat (g)	5.3	1.3
Saturated Fat (g)	1.3	0.3
Total Carbohydrate (g)	40.5	10.1
Sugar (g)	11.6	2.9
Fibre (g)	11.3	2.8
Sodium (mg)	442.8	110.2

GUARDIAN'S PIE

STUDENT CHEF: SCOTT MONRO

PREP/COOKING TIME: 45 minutes **SERVES:** 8

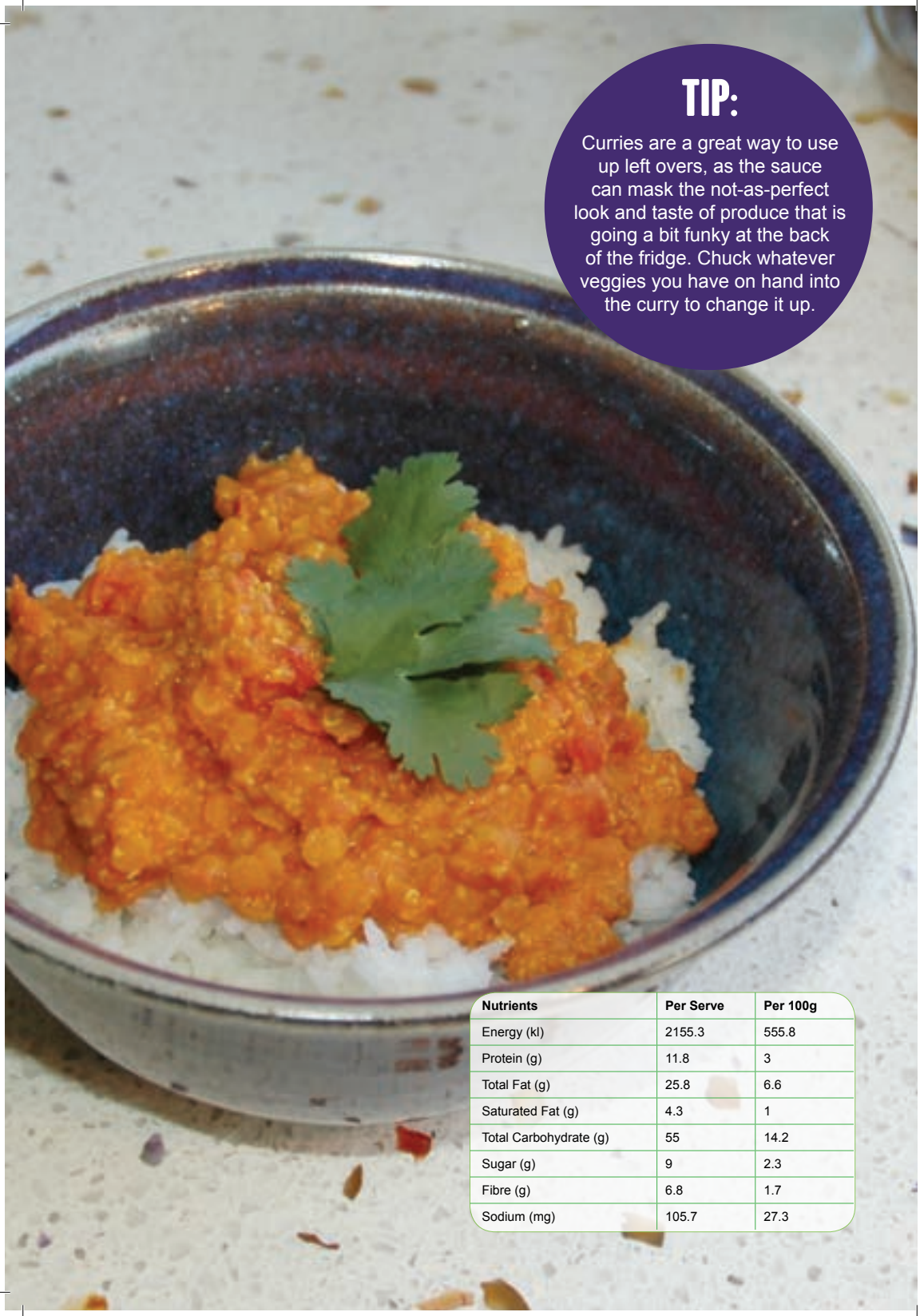
INGREDIENTS

$$ VG VE

- 2 sweet potatoes (roughly 1 kg), diced into 1cm cubes
- 1 brown onion, chopped
- 1 big carrot, peeled and chopped
- 1 big zucchini, chopped
- 1 red capsicum, chopped
- 2 cups button mushrooms, quartered
- 3 cloves garlic, finely chopped
- 400g can chickpeas
- 400g can lentils
- 1 cup vegetable stock
- 2 Tbsp. balsamic vinegar
- 1/2 cup red wine
- 1 Tbsp. dairy-free 'butter'
- 50g breadcrumbs
- Olive oil
- Lemon Juice
- Ground coriander
- Dried rosemary

METHOD

1. Preheat oven to 180°C. Put sweet potatoes into a pot, fill with cold water and cover with lid. Bring to the boil, then simmer for about 10 minutes at a low-medium heat until they are tender (soft to poke with a fork). Drain the water, add the potatoes back to the pot and mash up with a tablespoon of non-dairy spread and a crack of salt and pepper.
2. Add a good drizzle of olive oil to a pan and then fry onion, garlic, carrot and zucchini over medium heat until they have softened and browned, about 5 minutes.
3. Add the capsicum and mushroom to the other vegetables and cook until the mushroom and capsicum have softened.
4. Turn heat up to high and add the balsamic vinegar while stirring. After a minute, add a splash of wine and leave for another minute or two.
5. Add a sprinkle of ground coriander and dried rosemary, and mix. Add vegetable stock, chickpeas and lentils with all the juices. Simmer on low-medium heat (still bubbling a bit), stirring occasionally, until it reduces or thickens – around 10 minutes. Add any fresh herbs you have and mix them in.
6. Put the mixture into a baking dish and top with the mashed sweet potato. Mix the breadcrumbs with a dash of olive oil and lemon juice, then sprinkle on top of the mash.
7. Bake in oven for 10 minutes or until the breadcrumbs crisp up and it's nice and hot all the way through.
8. Serve and enjoy!



TIP:

Curries are a great way to use up left overs, as the sauce can mask the not-as-perfect look and taste of produce that is going a bit funky at the back of the fridge. Chuck whatever veggies you have on hand into the curry to change it up.

Nutrients	Per Serve	Per 100g
Energy (kl)	2155.3	555.8
Protein (g)	11.8	3
Total Fat (g)	25.8	6.6
Saturated Fat (g)	4.3	1
Total Carbohydrate (g)	55	14.2
Sugar (g)	9	2.3
Fibre (g)	6.8	1.7
Sodium (mg)	105.7	27.3

I CAN'T BELIEVE IT'S NOT BUTTER CHICKEN!

STUDENT CHEF: SAMANTHA JAYNE MAVIN

PREP/COOKING TIME: 30 minutes **SERVES:** 4

$ VG VE

INGREDIENTS

- 1 cup Lentils
- 3 Tbsp. vegan Butter
- 3 tsp. minced garlic
- 1 1/4 tsp. garam masala
- 1 1/2 tsp. ginger
- 1 1/4 tsp. turmeric
- 800g fresh tomatoes, chopped
- 3/4 cup of cashew cream (see below)
- 1 Tbsp. of tomato sauce
- Pinch of salt
- 1/2 cup of basmati rice per person
- 1 cup of water

METHOD

1. Add butter, garlic, spices and tomatoes to saucepan and cook for 2 minutes.
2. Add cashew cream, tomato sauce and salt cook for 1 minute.
3. Add the lentils and water and cook for 20 - 30 min on low-medium heat. Add more water if needed.
4. Cook the rice using preferred method.
5. Serve the curry on top of the rice.

To make cashew cream:

1. Soak ¾ cup of cashews in 1 cup of water for at least 30 minutes, then drain and rinse cashews discarding the soaking water.
2. Blitz cashews in a blender or food processor until you reach a smooth creamy consistency.
3. Add ¼ cup of fresh water if needed, to assist with blending the cashews.

TIP:

The leftovers go well in a toasted wrap the next day!

TIP

Some supermarkets and farmers' markets have discounts on produce that is not-quite-perfect or needs to go at the end of the day, like a student-friendly reject pile! Save money by getting your groceries here and you'll save food from going to landfill too!

SWEET STUFF

Nutrients	Per Serve	Per 100g
Energy (kl)	1205	772.4
Protein (g)	9.5	6.1
Total Fat (g)	10	6.4
Saturated Fat (g)	1	0.6
Total Carbohydrate (g)	39	25
Sugar (g)	20.5	13.1
Fibre (g)	3	1.9
Sodium (mg)	143.7	224.2

FRENCH TOAST WITH BANANAS

STUDENT CHEF: GUNNAINA KOHLI

PREP/COOKING TIME: 20 minutes **SERVES:** 2

$ VG

INGREDIENTS

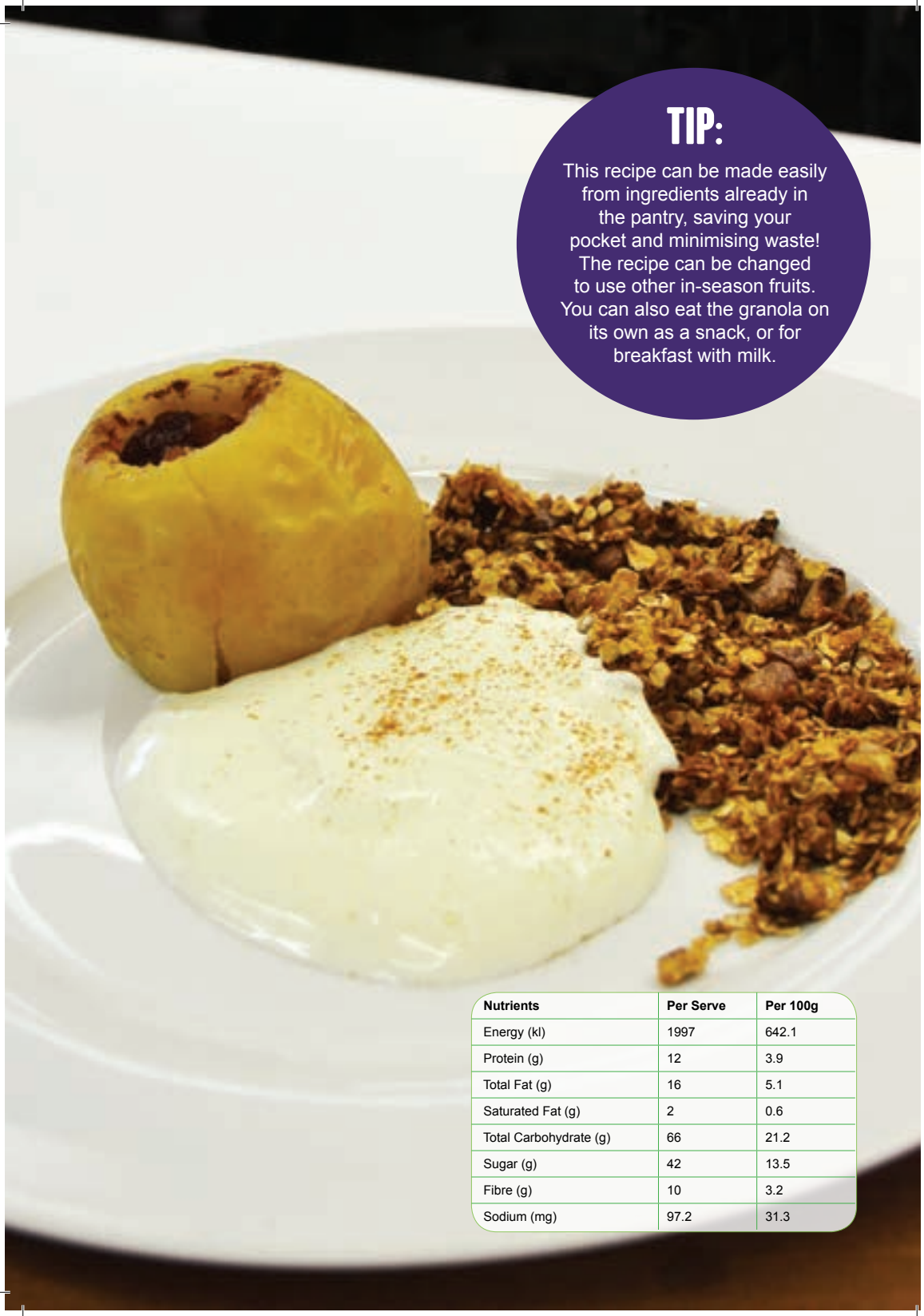
- 1 large egg
- 2 Tbsp. milk
- 2 pieces of bread (quartered)
- Honey or date syrup (optional)
- Frozen banana
- Optional topping - nuts, honey, dates, butter

METHOD

1. Whip 1 large egg and 2 tablespoons of milk.
   Optional: Add one pinch of salt to make it the sweet-salty taste.
2. Soak the bread (preferable grainy bread) in the egg/milk mixture.
3. To sweeten things up you can add a spoon of honey or date syrup.
4. Heat up the frypan and spray with a bit of cooking oil if not using a non-stick pan.
5. Cook the pieces of soaked bread until golden brown on both sides, about 2 minutes on each side.
6. Serve with cut up frozen banana and place on top with optional nuts, honey, dates and butter.

TIP:

Bananas go black very easily, so before they go over-ripe, it is good to freeze them. They're perfect to add to any dessert, and can be blended on their own to make 'nice-cream' – a healthy alternative to ice cream!



TIP:

This recipe can be made easily from ingredients already in the pantry, saving your pocket and minimising waste! The recipe can be changed to use other in-season fruits. You can also eat the granola on its own as a snack, or for breakfast with milk.

Nutrients	Per Serve	Per 100g
Energy (kl)	1997	642.1
Protein (g)	12	3.9
Total Fat (g)	16	5.1
Saturated Fat (g)	2	0.6
Total Carbohydrate (g)	66	21.2
Sugar (g)	42	13.5
Fibre (g)	10	3.2
Sodium (mg)	97.2	31.3

STUFFED BAKED APPLE WITH HONEY WALNUT GRANOLA

STUDENT CHEF: RACHEL HENDERSON

PREP/COOKING TIME: 45 minutes **SERVES:** 1

$ VG

INGREDIENTS

For the Granola

- 1/2 cup of oats
- 1 tablespoon of chopped walnuts
- 2 teaspoons of melted butter, margarine or oil
- 2-3 teaspoon of honey or maple syrup
- 1/4 teaspoon of cinnamon, or more as desired

For the Apple

- 1 medium apple
- A handful (about 10g) of sultanas
- Ground cinnamon

To Serve

- 1/4 cup Greek or plain yogurt

METHOD

1. Preheat oven to 200°C.
2. Use a knife to make a circular incision on the top of the apple around the core. Hollow out the very top of the apple, removing the seeds and other inedible bits. Leave the base of the apple intact.
3. Layer 1/3 of the sultanas inside the hollowed out apple and sprinkle with cinnamon. Repeat until the apple is stuffed.
4. Wrap the apple in foil and place in the oven for 30 minutes or until soft and tender. You can check the softness of the apple by squeezing it (careful: hot) or by poking it with a fork . The apple skin may crack while cooking, this is normal.
5. For the granola, combine ingredients in a small bowl and mix through until evenly coated.
6. Spread the mixture out thinly on a tray lined with baking paper and place in the oven.
7. Cook for 10 minutes or until golden, stirring the granola around on the tray halfway through to prevent it browning too much around the edges.
8. Serve apple and granola together with yogurt on the side.

TIP:

This recipe is a great way to use up mushy bananas, and can also have chocolate, berries, seeds or nuts added to it. Try not to eat it all in one sitting!

Nutrients	Per Serve	Per 100g
Energy (kJ)	1529.4	1300.2
Protein (g)	3.9	3.3
Total Fat (g)	17.9	15.2
Saturated Fat (g)	1.3	1.1
Total Carbohydrate (g)	47.5	40.2
Sugar (g)	26.5	22.5
Fibre (g)	2.5	2.1
Sodium (mg)	331.5	281.8

BANANA BREAD

STUDENT CHEF: DEEPIKA PANICKER

PREP/COOKING TIME: 75 minutes **SERVES:** 8

INGREDIENTS

$ VG VE

- 1 1/2 cups self-raising flour
- 1 tsp. bicarbonate soda
- 3/4cup white sugar
- 3 black, overripe bananas, mashed up – the blacker and mushier, the better!
- 1/2 cup oil (canola or sunflower preferred)
- 1/2 cup apple puree/applesauce
- 1/4 cup walnuts, chopped (optional)

METHOD

1. Preheat oven to 150°C.
2. Grease a loaf tin, and line with baking paper.
3. Sift the flour and bicarbonate soda into a mixing bowl, and stir in the sugar.
4. Make a well in the centre of the bowl and add in the bananas, apple puree and oil.
5. Stir until there are no more pockets of flour and the batter is smooth.
6. Stir in the walnuts.
7. Pour into the tin and bake for 1 hour, or until a skewer inserted into the cake comes out with a few crumbs.

TIP:

Using dairy-free and Fairtrade chocolate will make these cookies extra sustainable too!

Nutrients	Per Serve	Per 100g
Energy (kl)	2009.6	1839.5
Protein (g)	8.4	7.7
Total Fat (g)	27.5	25.2
Saturated Fat (g)	12.1	11.1
Total Carbohydrate (g)	49.4	45.2
Sugar (g)	23.6	21.6
Fibre (g)	4.5	4.1
Sodium (mg)	68.5	62.7

CHOCOLATE CHIP MUESLI COOKIES

STUDENT CHEF: GEORGIA BROWN

PREP/COOKING TIME: 45 minutes **SERVES:** 8 (makes 16 cookies)

INGREDIENTS

$$ VG VE

- 3 cups muesli – up to you which one you choose, I tend to go for toasted muesli with oats, seeds and sultanas rather than lots of dried fruit, otherwise the mix is too sweet
- 1/2 cup (75g) plain flour
- 100g butter or dairy-free butter like Nuttelex, melted and cooled
- 1/3 cup pure maple syrup or honey
- 1 egg, lightly beaten, or egg replacement
- 200g dark chocolate, chopped into small even-shaped chunks

METHOD

1. Preheat oven to 180°C. Line two baking trays with baking paper. Combine muesli and flour in a bowl and stir through with a fork to combine.
2. Whisk butter, honey and egg together. Add butter mixture to oats and mix well. Set aside for 15 minutes.
3. Roll spoonfuls of mixture into balls and press a few choc chips into each one. Place on trays, about 3cm apart. Flatten with back of spoon.
4. Bake for 10 minutes and swap trays halfway through cooking. Cool for 10 minutes before storing.

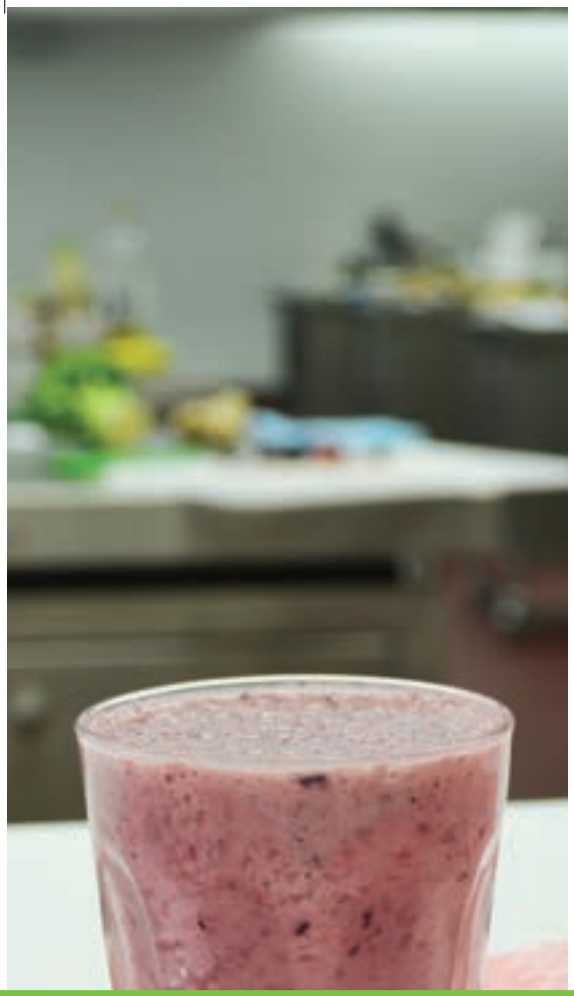
TIP:

A great study snack or hiking treat, these cookies give a sugar hit, while the nuts and seeds give the brain a nutrient hit to help with the study slump.

TIP

Infuse your water with
fruits and herbs!
Try different combinations of fruits

Add fruit to ice trays then fill with water to top up. These can be added to water in the summer!



DRINKS

BERRY SMOOTHIE

STUDENT CHEF: KAYLISE FAULL

PREP/COOKING TIME: 5 minutes **SERVES:** 1.5

INGREDIENTS

$$ VG VE

- 1 frozen banana
- 1 cup assorted frozen berries (blueberries raspberries, strawberries etc.)
- 1 cup almond milk
- 1/2 cup to 1 cup water (as needed)

To make the smoothie more filling you can add ½-1 tbsp. of any of the following:

- Sunflower seeds
- Chia seeds
- Tahini
- Ground nuts

METHOD

1. Add all ingredients to a blender and blend until smooth adding more liquid if needed to achieve desired consistency.

TIP:

Smoothies are a great way to use up fruit getting to the end of its shelf-life – there's no need to let less-than-perfect fruit go to waste! Extra fruit that is a bit soft or bruised can be chopped and frozen for use in future smoothies, minimising food waste and saving you prep time!

Nutrients	Per Serve	Per 100g
Energy (kl)	645.3	187.6
Protein (g)	2.7	0.8
Total Fat (g)	5.3	1.6
Saturated Fat (g)	3.5	0.2
Total Carbohydrate (g)	22	6.39
Sugar (g)	17.3	5.04
Fibre (g)	4.7	1.4
Sodium (mg)	105.2	30.6

GREEN SMOOTHIE

STUDENT CHEF: ELISSA EDMONDSON

PREP/COOKING TIME: 5 minutes **SERVES:** 2

INGREDIENTS

$$ VG VE

- 1 frozen banana
- 1 cup frozen mango
- Large handful of greens (spinach, kale)
- 1 3/4 cups of coconut milk

To make the smoothie more filling you can ½-1 tbsp. of add any of the following:

- Sunflower seeds
- Chia seeds
- Tahini
- Ground nuts

METHOD

1. Add all ingredients to a blender and blend until smooth adding more liquid if needed.

TIP:

Green smoothies are a handy way to use up both fruit and veg that is going a bit funky in the fridge, and is an easy way to boost your daily vegetable intake.

Nutrients	Per Serve	Per 100g
Energy (kl)	1046	283.1
Protein (g)	3.5	0.9
Total Fat (g)	16	4.3
Saturated Fat (g)	14.5	3.9
Total Carbohydrate (g)	21.5	5.8
Sugar (g)	17.5	4.7
Fibre (g)	3.5	0.9
Sodium (mg)	39.7	10.7

TIP

Waste audits of student accommodation at UON revealed up to 67% by weight of landfill bins is food!

SUSTAINABILITY AT UON

NUSA
Newcastle University Students Association Inc.

FRUIT & VEGIE BOXES FROM NUSA

Welcome all UoN Students!

Want excellent, cheap and affordable fresh fruit & veg?
Come into the NUSA building and find out!
It's simple.

- Just order and pay your **$20 per box (current price 2019)**
- The cut-off time for orders will be **4.45pm on Tuesdays**
- Pick up is on **Thursday between 11am and 5pm** or **Friday between 9am to 4pm**. Just remember to bring a box or bag to carry your goods home.

For more information, please see NUSA Staff

SUSTAINABILITY AT UON

Grow Your Own

Get your green thumb sorted at the UON Community Garden, located behind the Birabahn building at the Callaghan campus. You can pick fresh herbs and compost your leftovers between lectures!

Recycle

Drop off old mobile phones at NUSA, Auchmuty or Huxley Libraries, Student Services Building or the Tom Farrell Institute. Drop off old printer cartridges at NUSA.

Reuse

At the Maths bus stop, there is a free book exchange! Don't throw your unloved books out, drop them off here and pick up a new one in return.

Compost

Bar on the Hill and Godfrey Tanner Bar are going compostable! Nearly all of their takeaway packaging now can be recycled or composted.

Avoid Waste

When you're grocery shopping, avoid excess packaging and plastic bags by packing a cloth tote bag, and put fresh produce in paper bags or the mesh bags used for 'delicate' laundry. Invest in a pressure cooker to avoid BPA-lined cans, and buy from bulk food stores whenever possible to minimise packaging. Lots of veggies and fresh herbs can be kept fresh by wrapping in a moist tea towel, saving the need for plastic wrap and containers. Also buy laundry and cosmetic products that can be refilled, or have minimal/ biodegradable packaging, instead of constantly buying more plastic containers.

Storage

If you're grabbing free food on-campus, bring along your own container and cutlery to save on excess packaging. Bring a Keep Cup and BPA-free water bottle for your drinks too. Some places on-campus even offer discounts for Keep Cup users!

Free Stuff!

During O-week there is a pop-up Stationary Reuse Centre on-campus where you can pick up free uni supplies. How good!?

Recycle

Be a good sort on campus by separating your recyclables. Paper, cardboard, hard plastics and cans go in the yellow lid bins on campus. Don't bag your recycling in plastic bags before you put it in the bin – as these bags cannot be recycled!

SUSTAINABILITY IN EVERYDAY LIFE

Our everyday decisions have much wider impacts on our global community and the environment. Being a conscious consumer should not be a chore, as it can be achieved with easy changes that make a big difference! Considering how and where your food was grown, what industries your purchases support and what small changes you can incorporate into your life are starting points to instigate a change in attitudes and behaviours.

These are some simple changes you can make to reduce your carbon footprint:

Eat less meat – The livestock industry, which includes meat, dairy and leather, is a big carbon emitter. In conventional farming, growing the feed for livestock and transporting and packaging meat uses huge amounts of fossil fuels. By reducing your meat and dairy intake, you can significantly cut down on your carbon footprint. Start by doing meat-free one day a week, there are heaps of great meat-free recipes in this book!

Be a Locavore! – Shopping at local farmer's markets or co-ops, not only supports your local community, but it means you're getting the freshest and most seasonal produce while reducing your food miles.

Choose Fairtrade – Fair Trade-certified products are grown using sustainable methods of agriculture and ensures that local people are receiving fair prices for the goods they produce – which just makes sense. A few extra dollars spent on a t-shirt or chocolate bar in one country can have a huge impact on the people farming, producing or manufacturing them in another country.

Avoid excess, reduce waste – Buy in bulk and minimize packaging but only If you'll use it. Do you really need that 2-for-1 special at the supermarket if it's only going to be chucked in the bin later? Cutting down on the amount of waste you send to landfill makes a huge difference in reducing your impact on the earth. Think about what you can do to re-use, re-purpose or recycle things before you throw them away. Landfill is a last resort!

Other things to consider include weighing up the benefits of GMO foods, buying organics, and reducing palm oil.

For more info about low impact eating check out the Low Emissions Diet by Paul Mooney.
These apps: Cluck AR (to check how free-range your eggs really are), Happy Cow, Is it Vegan?, Palm Oil Investigations, Choose Cruelty Free, Shop Ethical, Seafood Watch or Sustainable Seafood Guide.
These websites: Barnivore (for vegan alcohol), Thug Kitchen and One Green Planet.

SEASONAL FOOD GUIDE

Eating seasonally lowers your carbon footprint and supports better nutrition!

SPRING (SEP-NOV)

Artichokes
Asparagus
Avocadoes
Beetroot
Brussel Sprouts
Cabbage
Fennel
Leeks
Mushrooms
Peas
Rhubarb
Rocket/arugula
Silver beet
Spinach
Grapefruit
Lemons
Lychee
Mango
Oranges
Papaya
Pineapple

SUMMER (DEC-FEB)

Avocadoes
Beans
Beetroot
Cabbage
Capsicum
Celery
Chillies
Corn
Eggplant
Leeks
Lettuce
Raspberries
Blackberries
Cherries
Dragonfruit/pitaya
Grapes
Peaches
Pineapple
Olives
Pumpkins
Rhubarb
Snow Peas
Spinach
Spring Onions/ shallots
Tomatoes
Turnips
Zucchini
Apricots
Strawberries
Lychee
Mango
Melons
Nectarines
Oranges
Plums

AUTUMN (MARCH-MAY)

Beans
Beetroot
Cabbage
Corn
Cucumbers
Eggplant
Kale
Lettuce
Parsnip
Potatoes
Kiwifruit
Lemons
Lychee
Nectarines
Plums
Snow peas
Spring onions/ shallots
Tomatoes
Turnips
Zucchini
Apples
Figs
Grapes
Rocket/arugula
Papaya
Peaches
Pears
Persimmons
Quinces

WINTER (JUNE-AUGUST)

Avocadoes
Beansprouts
Fennel
Kale
Lives
Parsnip
Potatoes
Pumpkins
Sweet potato
Kiwifruit
Lemons
Mandarins
Oranges
Pineapple

ALL YEAR ROUND

Asian greens (Pak choy/bok choy, gai lan, choy sum etc), Beansprouts, Cauliflower, Mushrooms, Bananas, Broccoli

LOVE FOOD HATE WASTE – FOOD WASTE FACTS

Food waste is a serious environmental and social problem with simple solutions. When we waste food, we waste everything that went into producing, delivering, selling and preparing that food. We can make easy changes that can save time, money and stop edible food going to landfill.

Australians discard up to 20% of the food they buy, this means the average Australian household throws away over $1,000 of edible food per year! And 18-24 year olds are the age group that throws away the most food!

We often waste good food because we buy too much, cook too much or don't store food correctly. Use your freezer to store leftovers, vegetables and extra bread. Storing food in your fridge will keep things fresher for longer, be sure to set it at 3-4 degrees Celsius so it works efficiently. Airtight containers with snug-fitting lids are great for storing things in the fridge, freezer or cupboard. Airtight jars can be re-used to store dry goods like rice in the cupboard.

What can you do to eliminate food waste?

1. Plan your meals
2. Write (and stick to!) a shopping list
3. Check what's in the fridge and pantry before you go shopping (don't double up!)
4. Check use-by and best-before dates so you're not caught out
5. Don't buy in bulk unless you know you will use it all
6. Measure your serving sizes
7. Store your food correctly
8. Use your leftovers (there a heaps of great ideas to use leftovers in this book!)
9. Don't over-order at restaurants (order enough food, then order an extra meal later if you're still hungry), and take a doggy-bag for the leftovers to eat later

For more information check out: www.lovefoodhatewaste.nsw.gov.au and the FREE app Love Your Leftovers.

TIP: If we stop wasting food in NSW, the environmental impact could be the equivalent of taking 117,000 cars off the road!

LOVE FOOD hate waste

FOOD LABELS

Food labels contain more than just nutrition facts. It is important to understand the difference between dates on food labels and what they all mean.

- **'Use-by' date –** This date refers to when food should be eaten or thrown away by. Food may be unsafe to eat after the 'use-by' date, even if it looks fine.
- **'Best-before' date** – Means when food is at its optimum, but food can still be consumed after this date if it is not damaged. Food is still safe to eat after this date, as long as it has been stored correctly and is not damaged, deteriorated or perished.

Fruit and Vegetable storage top tips!

Some fruit produces ethylene gas which accelerates the ripening process but can damage some other ethylene-sensitive foods. To keep fresh produce fresh for longer, separate ethylene-producing fruit from ethylene-sensitive fruit.

Ethylene-sensitive =

Asparagus, broccoli, beans, bok choy, Brussels sprouts, cabbage, capsicum, carrots, cauliflower, celery, chili, cucumbers, eggplant, kiwifruit, leafy greens, leek, lettuce, mushrooms, parsley, parsnip, peas, potatoes, rocket, lettuce, spinach, sweet potatoes.

Ethylene producers =

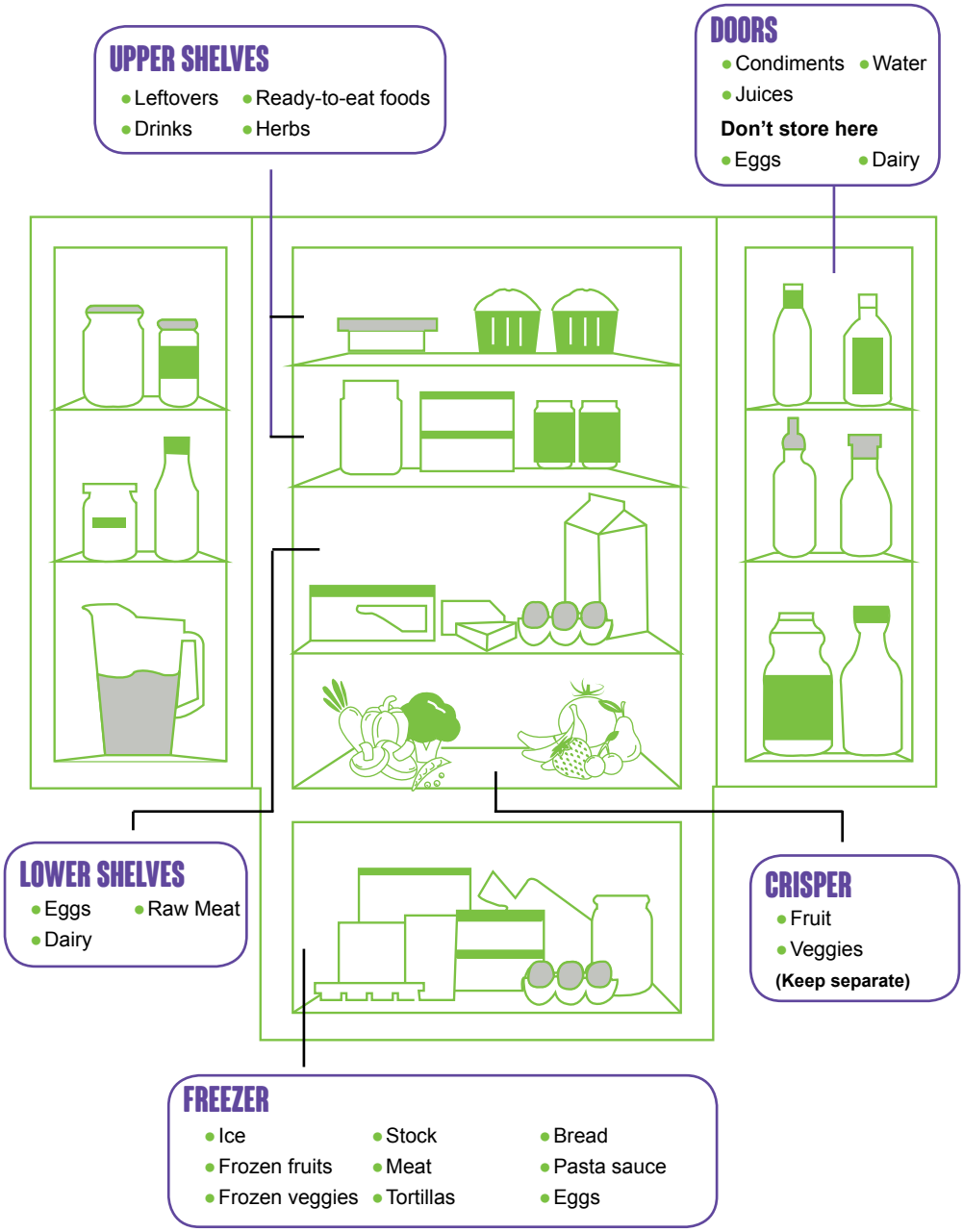
Apples, apricots, avocados, bananas, blueberries, citrus fruit (not grapefruit), figs, grapes, green onions, mangoes, melons, nectarines, papayas, passionfruit, peaches, pears, pineapple, plums, tomatoes.

How long does it last?

Eat Fast (within a week)		Eat in 2 weeks	Eat Last (couple of months)
Stone fruits (apricots, plums, peaches)	Pineappes	Apples	Chillies (dry)
Bananas	Rhubarb	Lemons/Limes	Dates
Berries	Other Veggies	Passionfruit	Pomegranate
Grapes	Bread*	Pears	Garlic
Kiwifruit	Cooked rice*	Beetroot	Ginger
Mandarins	Fresh seafood*	Carrots	Onion
Melons	Fresh meat*	Celery	Parsnips
Oranges	Deli products	Chillies (fresh)	Dry pasta/legumes/cereal
Papaya	Fresh pasta	Root veggies	
		Eggs	

***Can freeze for longer**

HOW TO STORE FRIDGE FOOD...



LOCAL MARKETS, CO-OPS AND COMMUNITY GARDENS

Weekly Markets

1. Clocktower Markets
2. Adamstown Lions Market
3. Newcastle Markets Co-op
4. Newcastle Farmers & Makers Market
5. Hunter Street Organic Food Market

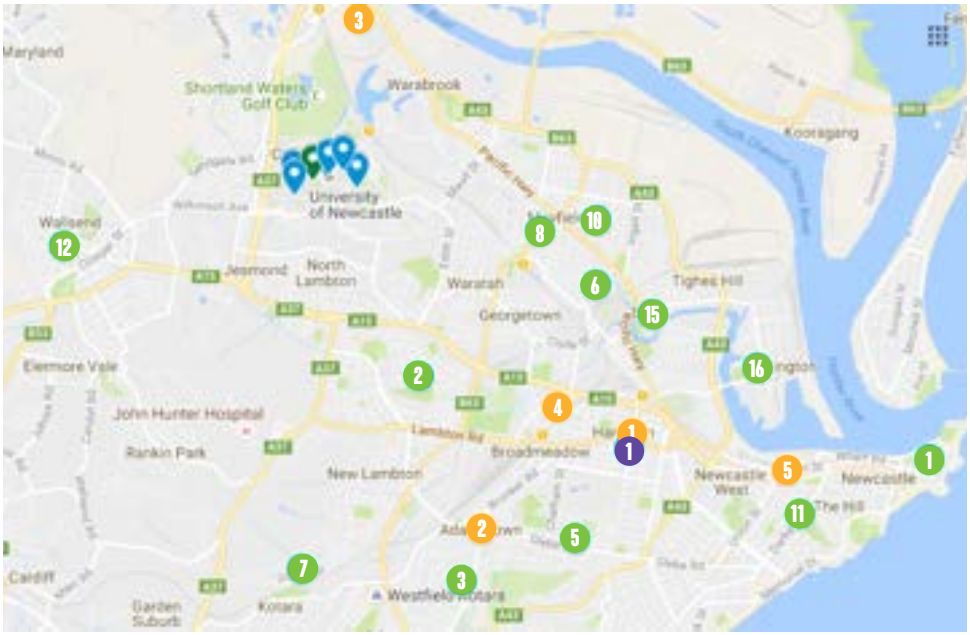
1	Sat 8am to 2pm	James Street Plaza, Hamilton
2	Sun 8am-12pm	Corner Glebe & Brunker Roads, Adamstown
3	Fri from 9.30am	Rural Drive, Sandgate
4	Sun 8am to 1.30pm	Newcastle Showground, Broadmeadow
5	Wed - Sat 10am-3pm	Along Hunter Street Mall

Gardens

1. Sandhills Community Garden
2. Multicultural Neighbourhood Centre Garden
3. Laneway Park Community Garden
4. Redhead Community Garden
5. Hamilton South Community Garden
6. Silsoe Street Community Garden
7. March Street Community Garden
8. Ernie Hughes Community Garden
9. Kooragang City Farm
10. Church Street Community Garden
11. Darby Street Community Garden
12. Wallsend Community Garden
13. Habitat in Harmony Garden
14. Yunung Community Garden
15. Tighes Hill Terrace Garden
16. Carrington Community Garden
17. Warners Bay Community Garden

Co-ops

1. The Commons
2. Beanstalk Organic
3. The Healthful Pantry



The Commons – A co-op, café, creative space, library and community hub which stocks local products such as olive oil, honey and soaps, and also has a selection of sustainable hygiene products. It is run solely by volunteers, and also hosts many events. www.thecommons.org.au/

Beanstalk Organic Co-Op – Beanstalk offers fresh produce often sourced directly from local farmers to support their trade and offer a fair price for certified organic food. www.beanstalk.org.au/contact-us

The Healthful Pantry – a co-op that offers a diverse range of goods and is close to a full grocery. Their website has an order form available to request items, as well as recipes. www.healthfulpantry.weebly.com/

**There is also a Source Bulkfoods and Scoop Wholefoods coming soon to Newcastle in 2017*

Check out the awesome markets, co-ops and community gardens near you!

UON STUDENT GROUPS

Find us all on Facebook!

Food related:

The Vegetarian Club
We run FREE vegan lunches outside NUSA on Thurs and City Hub on Wed at 12:30, and by-donation stall at Auchmuty Library on Tues and Thurs for healthy, ethical and cheap lunches. Volunteering counts towards iLEAD, and we have other events during semester.

UoN Community Garden
A place to switch off, yet it's in the middle of Callaghan Campus! Come along to our working bees for Vitamin D, volunteering, friends and Zen – no experience needed! *~ Annie Stazak*

Other sustainability-focused and nature-orientated clubs:

NUSEC - Newcastle University Student Environment Club
A group of students passionate about nature who get involved with conservation, local sustainability initiatives and activism. We hold fortnightly meetings, events and camping trips. *~ Scott Monro*

UoN Landcare:
We do social activities and bush regeneration work around the nature reserves in Newcastle. No experience necessary! *~ Cody Henderson*

The Swamp
A center for social change, sustainability, creation and collaboration, we run weekly 'Rad Filmz', discussions, gigs and fermentation workshops; and have resources for banners, artmaking and seed collections. *~ Tim Buchanan*

The Wilderness Society Newcastle
Part of a national organisation, we aim to increase the protection, respect and connection with nature. Events and campaigns focus on ecological science, Indigenous conservation, climate change and economic development.

Newcastle University Mountaineering Club
NUMC involves rock climbing, canyoning, kayaking, hiking, and mountain biking. Indoor rock climbing at the Forum is at 5.30-8.30pm at the Forum on Tues and Thurs. Members are able to hire gear, and attend free fortnightly BBQs.

Newcastle University Diving and Exploration Society
We want to help you explore the local underwater world and become a competent an eco-conscious scuba diver or snorkeler. We have all the equipment and organise diving trips during semester. Our clubhouse behind the Forum is open Tues 5:30-6:30pm and Fri 4-5 pm. *~ David McGeoch*

Fossil Free UoN
We are part of the national campaign for institutions (like UoN) to ditch financial ties to the fossil fuel industry. We have creative actions and events, so come join us and be on the right side of history! *~ Curtis Morton*

Newcastle Climate Justice Uprising
Open to all who want to be a part of a fun, creative climate justice movement. We have events, campaigns and discussions at The Commons. No experience necessary.

HEALTHY EATING AT OURIMBAH

Yourimbah continuously works to provide healthier and more sustainable food in their venues. Yourimbah offers vegetarian food at events, promotes the use of Keep Cups, and continually improves the quality of vegetables used in their food. They also help both the residences and broader UON to manage their community gardens.

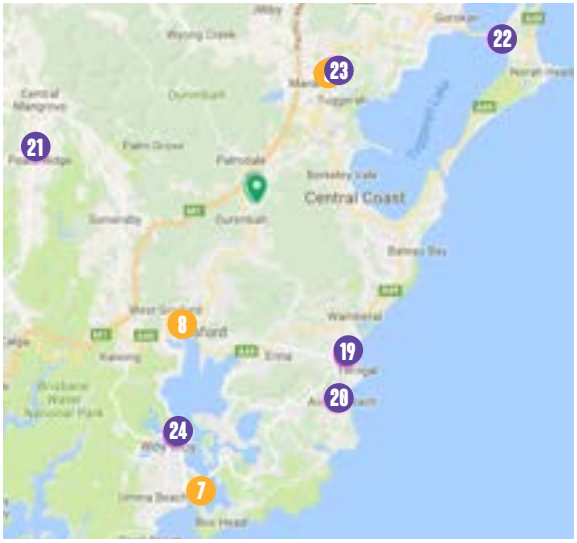
There are 3 gardens at Ourimbah, and the Yourimbah Exercise and Sports Science Club (ESS) also supports healthy activities across campus.

COMMUNITY INITIATIVES:

Renew Newcastle – brings new life into the city by using vacant buildings for local creative ventures. www.renewnewcastle.org

Transition Newcastle – increases the sustainability and cohesion of the community by promoting and creating local projects. www.transitionnewcastle.org.au

Sydney students we haven't forgotten about you, but you live in one of the worlds most liveable cities with access to plenty of gardens and food!



Weekly Markets

6 The Wyong/Entrance Farmers Markets
7 Ettalong Markets
8 Gosford City Farmers Markets

Monthly Markets

19 The Market Terrigal
20 Avoca Beachside Markets
21 Peats Ridge Market
22 Toukley Markets
23 Wyong City Farmers' Market
24 Peninsula Waterfront Markets

INDIGENOUS HERITAGE OF UON

The University of Newcastle has a unique Indigenous heritage and on-campus collaboration. We acknowledge the Callaghan campus is located on the Aboriginal lands of the Pambalong Clan of the Awabakal Nation; the Ourimbah campus is on the lands of the Darkinung people and the Port Macquarie Campus is on the Biripai Country. The University's footprint area also covers Worimi and Wonnarua Nations. In this Cookbook, we recognise that the traditional diet of Indigenous Australians was a highly nutritious and sustainable one, from which we can draw wisdom for contemporary nutrition.

The Wollotuka Institute is an entirely Indigenous-staffed centre that is unique to UON, which engages Aboriginal and Torres Strait Islander students across all campuses, and functions as a world leader in Indigenous education, research, innovation, community engagement, and staff employment. It is primarily located in the Birabahn building of the Callaghan Campus, named after the eagle-hawk totem of the Awabakal people and the Awabakal eponymous scholar.

Birabahn's surrounding native garden was constructed by volunteers from the Yarnteen Aboriginal Corporation, and more bush tucker plants were planted at the start of 2016 by student and staff volunteers.

The Birabahn Trail contains many native bush tucker plants that can be used at Wollotuka. These are marked out with little signs along the trail, and include:

- Plum Pine *(Podocarpus elatus)* – The purple base beneath the seed is edible
- Davidson's Plum (*Davidsonia jerseyana*) – It has edible fruit
- Costal Banksia (*Banksia integrifolia*) – The nectar that can be used to make a sweet drink
- Blue Flax Lily (*Dianella caerulea*) – The fruit can be eaten and the boiled roots can be drunk as tea as a medicine for colds
- Lily Pilly (*Acmena smithii*) – It has edible fruit and the timber can be used for flooring and frames

THE WOLLOTUKA INSTITUTE

CONVERSION CHARTS AND TERMS

Wet measures:

Metric cup and spoon sizes

1/4 tsp.		1.25 mL
1/2 tsp.		2.5 mL
1 tsp.		5 mL
2 tsp.		10 mL
4 tsp.	1 Tbsp.	20 mL
1/4 cup	3 Tbsp.	60 mL
1/3 cup	4 Tbsp.	80 mL
1/2 cup	6 Tbsp.	125 mL
2/3 cup	8 Tbsp.	150 mL
3/4 cup	9 Tbsp.	180 mL
1 cup	12 Tbsp.	250 mL

Dry measures:

Metric cup and spoon sizes

7g	1/4 oz	
15g	1/2 oz	
30g	1 oz	
120g	4 oz	1/4 lb
150g	5 oz	1/3 lb
225g	8 oz	1/2 lb
300g	10 oz	2/3 lb
340g	12 oz	3/4 lb
450-500g	16 oz	1 lb

	C	F	Gas Mark
Very Slow	120	250	1/2
Slow	150	300	2
Moderately Slow	160	325	3
Moderate	180	350	4
Moderately Hot	200	400	6
Hot	220	425	7
Very Hot	240	475	9

Abbreviations for measurements

Teaspoon	t or tsp.
Tablespoon	T or Tbsp.
Cup	C or c
Millilitre	mL
Litre	L
Dash	Quick flick of a bottle
Pinch	Amount between thumb and finger

SUBSTITUTIONS FOR COMMON INGREDIENTS

Tahini	Grind up sesame seeds and mix with olive oil /sesame oil/toasted sesame oil	Other nut butters (these will alter taste)
Butter (1 cup)	1 cup margarine ⅞ cup vegetable oil + ½ tsp salt	1 cup coconut butter
Curry powder	Mix tumeric, ground ginger, pepper, ground coriander, cumin, chili powder.	
Self-raising flour (1 cup)	1 cup flour + 1 tsp baking powder	½ tsp. salt + ¼ tsp baking soda
Onion (1/2 fresh onion)	½ tsp. onion powder	
Herbs	For any herb, you can substitute 1 teaspoon dried herb for 1 tbsp fresh herb	
Garlic (1 clove)	½ tsp. minced garlic	⅛ tsp. garlic powder
Fresh chilli (Substitute to desired taste)	½ tsp. chilli flakes or powder ½ tsp. chilli paste	Dash of bottled hot sauce ½ tsp. cayenne pepper
Pasta	Noodles Quinoa	Spiralised zucchini/carrot
Balsamic vinegar (1 tbsp)	1 Tbsp. apple cider vinegar	1 Tbsp. red wine vinegar
Lemon peel/zest (1 tsp)	½ tsp. lemon extract 2 Tbsp. lemon juice	1 tsp. lime zest 2 Tbsp. lime juice
Vanilla extract (1 tbsp)	1/2 whole vanilla bean 1 Tbsp. maple syrup 1 Tbsp. vanilla-flavoured milk	1 Tbsp. rum or brandy 1 Tbsp. vanilla paste 2-3 tbsp vanilla essence
Sriracha (substitute to taste)	Sambal oelek Hot sauce (Tabasco , Piri piri) Spicy tomato chutney	Harissa Crushed chili and garlic Chilli flakes simmered in oil
Red Wine *equal amounts	Apple cider Pure cranberry juice	Beef broth Tomato juice
White Wine *equal amounts	White grape juice Apple juice	Chicken broth Water
Meat	Beans Tofu – made from bean curd Seitan	Tempeh Chickpeas
Rice *equal amounts	Brown rice Wild rice Quinoa Barley	Millet Flax Buckwheat Bulgur
Eggs (1 egg)	¼ cup tofu (silken or soft) 1 Tbsp. ground flax seeds + 3 tbsp Water (flax egg)	¼ cup plain yogurt 2 Tbsp. avocado ¼ cup chickpea flour (aka besan flour) + ¼ cup water/milk

COOKING OILS

Different oils are suitable for different purposes due to their flavours and how high they can be heated:

All purpose oils good for cooking and baking :

- Rice bran, peanut, coconut, light olive oil, vegetable/canola, sunflower, grapeseed oils

Oils more suitable for salad dressings:

(these cannot be heated as high and have stronger flavours)

- Avocado, flax, walnut, almond extra virgin olive oil, sesame oils

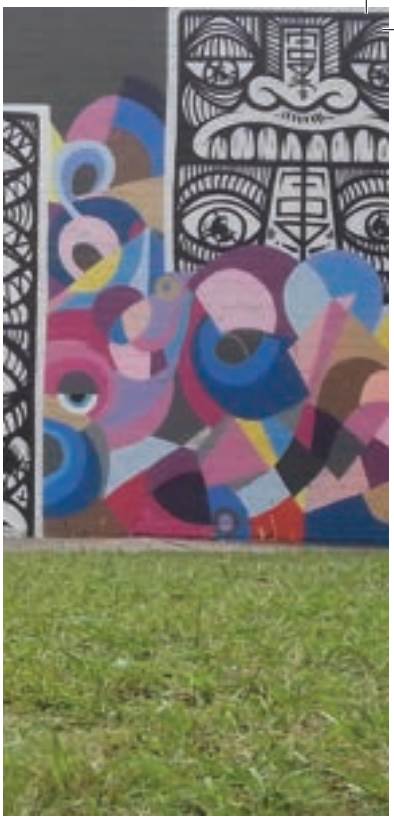
For more info, check out the article written by University of Newcastle staff on The Conversation.

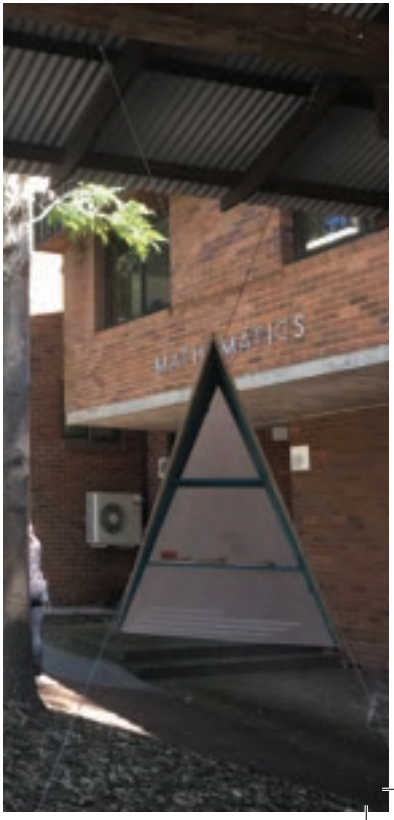
A GUIDE TO LEGUMES

Legumes are a group of plants that includes pulses (the dried seed of legumes such as lentils or chickpeas) as well as fresh peas and beans. Legumes are a cost-effective 2-for-1 deal as they are both a serve of protein and a serve of vegetables, perfect for low-budget meals!

Some legumes can be soaked for easier digestion and to better absorb their nutrients. However, they can also be prepared using a 'Quick Method' [see table below]
Buy dry legumes and grains in bulk rather than individual serving-size packages. Although convenient, these are much more expensive and have more packaging!
Canned legumes are a handy alternative to dried legumes and do not need cooking. However, they are more expensive and have added sodium and often are not as nutrient-rich. Wash these legumes thoroughly before using.

	Quick method *Use 3 cups of water per 1 cup legumes	**Traditional method** cover legumes completely with water when soaking
Chickpeas (aka Garbanzo beans)	Rinse, then bring to the boil and simmer for ~ 45-60 minutes.	Soak for 6-8 hours. Drain, then place in fresh water, bring to the boil and simmer for 20-30 minutes.
Beans Eg Adzuki, cannellini, kidney, butter (aka lima), black, pinto beans	Rinse, then bring to the boil and simmer for ~ 50 minutes.	Soak for 6-8 hours (except adzuki beans, soak for 2-4 hours). Drain, then place in fresh water, bring to the boil and simmer for 20-30 minutes..
Split peas	Rinse, then bring to the boil and simmer for ~ 30-45 minutes.	Soak for 6-8 hours. Drain, then place in fresh water, bring to the boil and simmer for 20-30 minutes..
Lentils	Rinse, then bring to the boil and simmer for ~ 30 minutes.	Soaking not required, use the quick method
***One 400g (15 oz) can of legumes is approximately 1½ cup cooked legumes**		

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