



LOVE FOOD ON CAMPUS- KITCHEN COMPANION





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and budget-
friendly recipes

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on campus

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between best
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matters?

What to do
with your waste
at UON



**LOVE
FOOD**
hate waste



SRIRACHA FRIED RICE

PREP/COOKING TIME: 10-15 minutes **SERVES:** 4

INGREDIENTS

- 1 cup brown rice
- 1 can chickpeas (400g)
- 1 whole brown onion diced
- 1 ½ cup frozen vegetable mix or whatever veggies you need to use up
- Dash of soy sauce
- Dash of Sriracha
- Dash of olive oil
- Herbs and spices (chilli flakes, mixed herbs, whatever you've got!)

METHODS

1. Cook rice in a rice cooker with 2 cups of water, or according to packet instructions
2. After rice has finished cooking, fry onion with olive oil in a large pan
3. Drain and wash chickpeas and add to onion
4. Heat vegetables as per packet directions or fry in pan if using fresh vegetables
5. Add cooked rice to the pan and stir through
6. Add sriracha, soy sauce and herbs and spices
7. Cook on low heat for a few minutes
8. Serve with fresh greens





EASY BEAN BASE MIX

PREP/COOKING TIME: 20 minutes **SERVES:** 8

INGREDIENTS

- Oil
- 1 clove garlic/tsp of minced garlic
- 1 onion, diced
- Grated/Chopped leftover veggies (zucchini, carrot, pumpkin, sweet potato mushrooms) – can be up to 2 cups
- 1 can of beans (mixed/cannellini/kidney)
- 1 can of corn kernels
- 1 can of diced tomatoes
- Spices – Garam masala/cumin/paprika/ taco seasoning mixes
- Salt and pepper to taste

METHODS

1. Heat some oil on high in a large fry pan 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 leftover and cook for another 5 minutes
4. Add all canned ingredients and 1tsp of your favourite spices, add some salt
5. Add water as necessary to dilute the mixture a bit
6. You can let it simmer or eat it now!





BANANA BREAD

PREP/COOKING TIME: 1 hour 15 minutes **SERVES:** 8

INGREDIENTS

- 1 ½ cups self-raising flour
- 1 tsp. bicarbonate soda
- ¾ cups white sugar
- 3 overripe bananas, mashed up
- ½ cup oil (canola or sunflower preferred)
- ½ cup apple puree/apple sauce
- ¼ cup walnuts, chopped (optional)

METHODS

1. Preheat oven to 150 degrees Celsius
2. Grease a loaf tin, and line with baking paper
3. Sift the flour and 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 few crumbs





CHOCOLATE CHIP MUSELI COOKIES

PREP/COOKING TIME: 35 minutes **SERVES:** 8 (makes 16 cookies)

INGREDIENTS

- 3 cups muesli
- 1 egg, lightly beaten (or egg replacement)
- ½ cup (75g) plain flour
- 200g dark chocolate, chopped into small even-shaped chunks
- 100g butter or Nuttelex, melted and cooled
- 1/3 cup pure maple syrup or honey

METHODS

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. Roll spoonful's of mixture into balls and place on prepared trays, about 3cm apart. Flatten with back of a spoon.
3. Bake for 10 minutes, rotating trays halfway through cooking. Let cool for 10 minutes before enjoying!

FREE FOOD ON CAMPUS

The Vegetarian Club holds FREE lunches outside City Hub on Wednesdays and outside the NUSA building on Thursdays! Keep an eye on their Facebook page for details.

FREE FOOD FRIDAY

*Every Friday OzHarvest & NUSA team up to bring students **FREE FOOD!** Come along, bring a bag and fill it with a varying range of goodies!*



BEST BEFORE VS USE BY

The 'use-by' date on food labels tells us when food is no longer safe to consume. However, for fresh food and food with 'best-before' date labels, it's not so clear cut. The shelf life depends on how we store it.

When we store food correctly we extend its shelf life and preserve its nutrition better. So follow the storage suggestions on packets, use storage containers that are the size of the food you're saving and use your fridge and freezer to keep things fresh.

Oxygen, moisture and heat are the main reasons bacteria or fungi reproduce, causing food deterioration. Clever kitchen appliances, containers, utensils and tools can help you to store your food wisely and keep it fresher for longer.



STORE FOOD CORRECTLY AND SAVE YOUR WALLET!

Freezer – A freezer works like a 'pause' function. The quicker food is frozen, the faster the natural deterioration process stops. Freeze food in containers or wrap it in foil or plastic to avoid freezer burn and cross contamination. The freezer is great for storing leftovers for easy mid-week meals!

Fridge – Storing food in the fridge will keep it fresher for longer. Make sure your fridge is running effectively by ensuring door seals are intact and setting temperature to 4C.

Airtight Containers – Airtight container with snug-fitting lids, like Tupperware, are perfect for storing items in the fridge, freezer or cupboard. Using the right size is essential; it reduces oxygen in the container. So match the size of your container to what you want to save, more space in the container means more space for bacteria to grow!

Paper towels – Some vegetables sweat moisture (e.g. mushrooms, strawberries and cucumbers) and this causes faster deterioration. Absorb this moisture by placing one or two paper towels on the top and/or bottom of the airtight containers the food is stored in. Change the wet paper towels every few days to keep food fresher longer.

APPS

Love Your Leftovers -

<http://www.loveyourleftovers.nsw.gov.au/>

Perfect Produce -

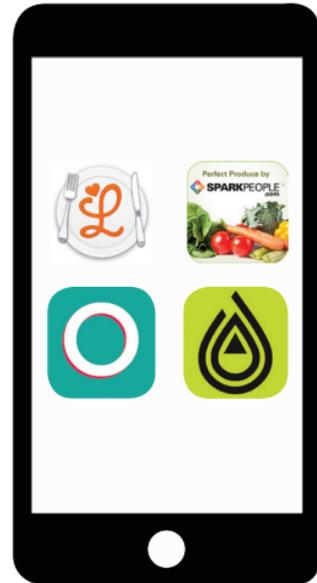
<http://www.sparkpeople.com/app/perfect-produce.asp>

OLIO -

<https://olioex.com/>

Sustain Me -

<http://www.sustainme.com.au/>



WASTE NOT AT UON



Recycling- Be a good sort on campus by separating your recyclables. Paper, cardboard, hard plastics and cans go in the yellow lid bins. Make sure you don't put any plastic bags in the yellow lid bin though as they can't be recycled!



Food Waste- When it comes to food waste you can compost it at the UON Community Garden! Located behind the Birabahn building on Oval 4, you can get your green thumb sorted between lectures by picking some fresh veggies and adding to the compost. Close the loop on campus!



Landfill- Your last resort for disposing of waste is landfill. The red lid bins on campus are only for materials that can't otherwise be recycled, re-purposed or composted.

ACKNOWLEDGEMENTS

All recipes included in this Kitchen Companion were submitted by UON students as part of the Sustainable Cookbook Recipe Competition held in 2016.

For more recipes and tips check out the UON Student Sustainable Cookbook and the Love Food Hate Waste website. www.lovefoodhatewaste.nsw.gov.au/



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.

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**CHAMPIONS
CHANGE⁴**