



A BIG THANK YOU FROM OZHARVEST

After a very busy year, we wanted to show our gratitude for your wonderful support, by sending you a little something that you can use at home. As you know OzHarvest is constantly looking for new ways to reduce food waste and last year we launched a national campaign 'Use It Up' to help get the nation on board to do just that!

We've created this cookbook for you with a few of our favourite 'Use It Up' recipes that are simple to make with ingredients in your kitchen that might need using up. A delicious way to help fight food waste!

We'd like to say a **big thank you** for supporting OzHarvest, believing in our mission and above all, helping us to 'Nourish our Country.'



With gratitude,
Laura & the OzHarvest family



ANYTHING CURRY

This is a great way to transform your leftover roast dinner or cooked veggies and meat into a delicious curry.

Ingredients:

- 2 cloves of garlic
- 1 onion
- 1 tbsp garam masala
- 1 tsp ground cumin
- 1 can tomatoes or 2 cups of stock
- Leftover vegetables or meat
- Splash of cream



1 In a pan over medium heat, sauté onion, 2 crushed garlic cloves, 2cm crushed ginger.



2 Add 1 tbsp of garam masala, 1 tsp of ground cumin.



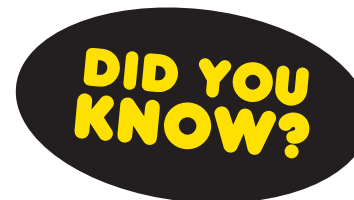
3 Add 1 can of tomatoes or 2 cups of stock, and ½ cup of water.



4 Add your leftover veggies or meat and let it heat through.



5 Add a splash of cream and season with salt and pepper. Enjoy!



Uneaten leftovers are amongst the most commonly wasted ingredients, especially the ones stuck at the back of your fridge!



LEFTOVER GREENS PIE

If your crisper is full of wilted greens and half used bags of salad or herbs, this is the perfect way to use them all up and create a delicious, mouth-watering pie.

Ingredients:

- 1 onion
- 2 cloves of garlic
- Leftover vegetables such as spinach, broccoli, zucchini and silverbeet
- Cheese
- Puff pastry



1 Sauté one sliced onion over medium heat until fragrant.



2 Add sliced garlic. Add thinly sliced stems of any greens (the stems will take longer to cook).



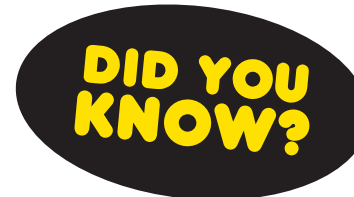
3 Once softened, add any other leftover vegetables and cook until soft. Season with salt and pepper.



4 Cool veggie mix, then pile it in the middle of a puff pastry sheet, fold the edges in and top with grated cheese.



5 Bake at 190c for 30-35 minutes, until golden. Enjoy!



It takes 25 years for a head of lettuce to decompose in landfill!



BREAD CRUNCH

Jazz up your weeknight pasta with an Italian inspired bread crunch! Perfect for using up stale bread, or all the odds and ends of loaves that might be lurking in your freezer.

Ingredients:

- Olive oil
- Stale bread
- Garlic
- 1 lemon
- Thyme
- Rosemary
- Parsley
- Salt & pepper



1 Process your stale bread in a food processor until it forms fine crumbs.



2 Mince garlic cloves and zest one lemon. Finely chop your herbs. Keep hard and soft herbs separate.



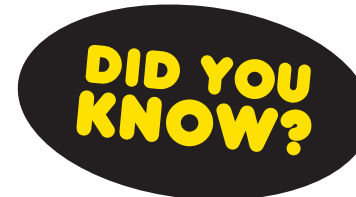
3 Heat olive oil in a pan over medium heat then add breadcrumbs and cook until lightly golden.



4 Add the garlic and any hard herbs (like thyme or rosemary), and cook until fragrant.



5 Turn off the heat, add the lemon zest, soft herbs (like parsley) salt and pepper. Sprinkle on salads or pastas!



OzHarvest could fill all of its vans every day with bread alone and there would still be tonnes that goes to waste.



EASY AS FRUIT PIE

When you have too much fruit, or it's looking over ripe – it's time to make a pie! Try different combinations to see what works - we experimented with strawberries and bananas and loved it!

Ingredients:

- Banana, strawberries or any excess fruit
- Puff pastry
- Cream or ice cream, to serve



1 Thinly slice your fruit. Most fruit will work. We love using apples, pears, and berries!



2 Pile the fruit into the middle of a sheet of puff pastry and sprinkle with sugar.



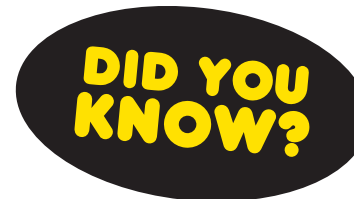
3 Fold the edges of the pastry in to enclose the edges of the fruit.



4 Bake your pie at 190c for 30-35 minutes until the pastry is golden brown.



5 Enjoy as is or with a drizzle of cream or a scoop of ice cream!



Most fruit will last longer if kept in the fridge. Pineapple, bananas and stone-fruit should be left to ripen on the counter.



PANTRY MUESLI

Have you been meaning to clear out your pantry, but just not got round to it? This delicious muesli is a great way to use up all those opened packets of nuts, seeds and dried fruit that have been tucked away, out of sight on that top shelf!

Ingredients:

- Nuts and seeds available to you
- Coconut shavings
- Oats
- Honey
- Coconut oil
- Dried fruit



1 Mix together all the nuts, seeds, and coconut shavings that you have.



2 For every cup of the mix you have, add one cup of oats to make your muesli mix.



3 For every two cups of muesli, melt 1 tbsp of honey and coconut oil, a pinch of salt, and cinnamon together.



4 Fold the honey mixture into the muesli then spread onto a tray and bake at 160c for 15-20 minutes, until golden.



5 Let it cool, and then add any dried fruit. Store in an airtight container. Enjoy!



We hope you cooked some delicious and nutritious meals to enjoy with your friends and family. Share your Use It Up recipes on social media and tag **@OzHarvest!**



THANK YOU



Our Impact So Far

OzHarvest recently celebrated our 200 million meals milestone!

An achievement that is only possible because of people like you, whose support helps keep our wheels turning and makes sure we continue to get good food to those who need it most.

Every day we hear so many stories from the communities and charities we support. This special quote is from Raman, a volunteer at a community centre in Queensland.

“I see families who don’t want to come forward and ask for help, even though they are struggling to put food on the table. The boxes we make with OzHarvest food create a spark; you can see on their faces what it means to get good food.”

Thanks to your help, we can deliver so much more than a meal - a gesture of care, a friendly smile and a promise of hope for a better future.



200M
Meals Delivered



1,800
Charities Supported



3,000
Food Donors