

# RECIPES FOR CHANGE



# SAN CHOY BAU

## INGREDIENTS (SERVES 4)

- 1 tbsp vegetable oil
- 500g chicken/pork mince OR tofu / tempeh / mushroom / cauliflower
- 2 cloves of garlic, crushed
- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- 1 tbsp sugar
- 1 carrot, grated
- 3 spring onions, sliced
- 2 tsp cornflour mixed with  $\frac{1}{4}$  cup of water
- Iceberg lettuce, washed and drained and separated into cups
- 2 tbsp hoisin sauce



Our Nourish program teaches at-risk youth across Sydney, Adelaide and Newcastle valuable life skills and provides them with a formal hospitality qualification. This program is truly life-changing for the students and this delicious, fresh recipe is just one of the many dishes they learn to make!

## STEPS

1. Heat the oil in a pan on a high heat and add the garlic and mince, cook for 2 minutes or until it has begun to colour. Reduce heat, add carrot and break up any lumps of mince.
2. While the mince is cooking, combine the soy sauce, oyster sauce and sugar in a small bowl.
3. Add the spring onion and soy mixture to the mince, heat through for 1 minute. Add the cornflour mixture, stirring quickly as the mixture thickens.
4. Divide the mixture into the prepared lettuce cups and then drizzle with the hoisin sauce to serve and enjoy!



# CHEESE & HERB MADELEINES

## INGREDIENTS (SERVES 6)

- 120g plain flour
- 1 tsp baking powder
- 1-2 tbsp finely chopped fresh herbs
- Your choice of rosemary, thyme, chives, oregano, dill, parsley or any combination
- 100g any cheddar cheese, grated
- 40g butter, melted and cooled
- 2 large eggs
- 2 tsp sugar
- 100ml yoghurt



We wouldn't be able to do what we do without the support of our wonderful 3000 strong 'yellow army' of volunteers. They donate their precious time to support our cause, this recipe is one of their favourite ways to use up rescued produce from our kitchens.

## STEPS

1. Preheat oven to 180°C.
2. Grease a madeleine tray containing 12 moulds.
3. Sift the baking powder with the flour into a bowl, mix in the grated cheese and chopped herbs.
4. In a separate bowl beat the eggs with the sugar until well combined and looking a little frothy. Then beat in the yogurt and the cooled, melted butter.
5. Make a well in the flour, cheese and herb mix and pour the egg mix into the well. Gently combine together.
6. Use a teaspoon to almost fill the madeleine moulds. Don't overfill as they will puff up.
7. Bake for 13-15 minutes, when the madeleines should be firm but spongy to touch and just starting to brown on top.
8. Slide out of the moulds and turn them over so the 'ribs' of the mould are visible. They are nicest when served warm.



# CRUNCHY NOODLE SALAD

## INGREDIENTS (SERVES 5)

- ¼ small Chinese cabbage, shredded
- 1 large carrot, coarsely grated
- ½ red capsicum seeded, thinly sliced
- ½ cup coriander or, parsley leaves, torn
- ½ cup fresh mint leaves, torn
- 100g packet fried crunchy noodles

## SAUCE

- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp water
- Lemon wedges



FEAST is a curriculum aligned education program teaching kids about food waste, healthy eating and inspires individual action to create a better world. Like any good FEAST, it's designed to be fun, engaging and filled with good food – just like this delicious Crunchy Noodle Salad recipe!

## STEPS

1. Chop all cabbage and capsicum into thin slices and place into a large bowl.
2. Grate carrot and combine with vegetables.
3. Tear herbs from stems and add them into the large bowl.
4. To make the dressing, in a small bowl, beat together all soy sauce, lemon juice, olive oil and water with a fork.
5. Pour dressing over salad and using the tongs toss well to coat salad ingredients.
6. Just before serving, top with crunchy noodles.
7. For added protein add cooked chicken to salad or substitute crunchy noodles for cooked rice noodles.



# ROAST BABY CARROT SALAD

## INGREDIENTS (SERVES 4)

- 1 bunch baby carrots
- ½ cauliflower
- 2 tbsp olive oil
- 1 tbsp fennel seeds, lightly toasted and crushed
- 120g yoghurt
- 60g currants

## CHERMOULA

- Carrot tops from 1 bunch Dutch carrots
- ¼ bunch parsley
- ¼ bunch coriander
- 1 tsp cumin seeds toasted
- 1 tsp fennel seeds toasted
- 1 tsp coriander seeds toasted
- Olive oil
- Juice of 1 lemon
- 1 green chilli, sliced
- 2 garlic cloves





The OzHarvest Food Truck serves up delicious and 100% vegetarian food created by our incredible team of talented chefs based on our zero-waste philosophy. This recipe is one of the chefs team's favourites and the perfect side dish for the festive season!

## STEPS

1. Remove tops from bunch of carrots and set aside. Clean carrots and remove any dirt as necessary.
2. Break cauliflower down, keeping the stems, leaves and florets separate. Wash leaves to remove any dirt and slice stems and leaves.
3. Still keeping all parts separate, toss each part of cauliflower with olive oil, salt, pepper and fennel seeds, and spread out on a baking tray lined with baking paper. Roast for 25 minutes at 180°C, or until golden.
4. Toss the whole carrots with oil, salt and pepper and roast for 25 minutes at 180°C or until golden.
5. While veg is roasting, combine all chermoula ingredients in a blender and blend until smooth. Season to taste.
6. To serve, layer roast veg with yoghurt and currants, and drizzle with chermoula. Serve with zucchini fritters.





## Our Impact So Far

OzHarvest was founded in 2004 by Ronni Kahn AO, after noticing the huge volume of food going to waste from her events business. Ronni did not set out to start a charity, rather just fix an obvious problem with a simple solution. Starting with one van in Sydney, she began rescuing food and delivering it to local charities.

From humble beginnings, OzHarvest has become a leading food rescue organisation on a mission to 'Nourish our Country' by stopping good food from going to waste and delivering it to charities that help feed people in need.

Every \$1 donated allows OzHarvest to deliver two meals to people in need.



**220M**  
Meals Delivered



**1,800**  
Charities Supported



**3,000**  
Food Donors