



USE IT UP™

RONNI'S TUSCAN BREAD SOUP

INGREDIENTS

80ml extra-virgin olive oil
2 medium onions, diced
1 large carrot (preferably wonky), diced
2 celery stalks (use the whole thing), diced
1 tsp fresh thyme
4 garlic cloves, chopped
1 tin tomatoes
2 cups white or cannellini beans (cooked or canned)
1 litre water or veg stock
1 bunch Tuscan or green kale, chopped
2 cups any old veg that needs using up, diced
Day old sourdough bread, cut into large chunks



This is the perfect **Use It Up™** recipe to turn leftover vegetables into a delicious and nutritious meal. You can use any veggies lurking at the bottom of the crisper and transform old bread into amazing dumplings!

STEPS

1. Sauté the carrot, onion, celery and olive oil on a low heat together until softened. Stir frequently.
2. Add thyme, garlic, and seasoning. Cook for 2 minutes.
3. Add stock or water.
4. Add tomato, beans, kale and any other vegetables you have left over. Simmer for an hour until tender.
5. Check seasoning and add the chunks of bread. Remove from heat and let the bread absorb the soup.
6. Serve drizzled with more olive oil.



FOOD RESCUE

CAULIFLOWER PASANDA

INGREDIENTS (SERVES 6)

1 head of cauliflower
Cooking oil
1 tbsp fresh ginger, grated
1 tsp turmeric
2 large onions, finely sliced
4 garlic cloves, roughly chopped
1 red chilli, finely chopped
1 tsp cumin seeds
1 tsp garam masala
1 tsp fennel seeds
200ml natural yoghurt
100ml cream
100ml water or stock
Handful of sultanas
Chopped almonds (optional)



When we **rescue** large amounts of vegetables, our chefs work their magic to transform the ingredients into delicious meals which then get delivered to charities. This Cauliflower Pasanda is a hit and nothing goes to waste as the whole head is roasted in aromatic spices.

STEPS

1. Preheat oven to 180°C.
2. Break cauliflower into florets, cut stems and leaves into 1cm pieces.
3. Put in a roasting tin with ginger and tumeric, splash with oil and roast for 25-30 minutes, until crispy and brown around the edges.
4. Cook the onions and all spices together in olive oil until softened and fragrant (5-8 minutes).
5. Remove from heat and allow to cool for a few minutes before stirring in yoghurt and cream. Add the water or stock and leave in the pan until cauliflower is ready.
6. Fold the roasted cauliflower through the curry pan and let it sit for 10 minutes.
7. Season and garnish with fried curry leaves, sultanas and almonds. Serve with rice or naan bread.



COOKING FOR A CAUSE

SILVERBEET & VEGGIE FATAYERS

INGREDIENTS (SERVES 4)

DOUGH

275ml water
1 tsp sugar
2 ½ tsp yeast
¼ cup olive oil
4 cups all-purpose flour
Pinch of salt
½ cup plain yoghurt

FILLING

3 tbsp olive oil
2 onions, diced
4 cloves garlic,
crushed
2 zucchini, diced
1 bunch silverbeet,
shredded
Pinch of nutmeg
200g diced feta or
ricotta
Juice of 2 lemons
1 tsp sumac



These simple but delicious pies are a **Cooking for a Cause** staple. They are easy to make and universally loved by the charities we support as they're ready to eat and super nutritious.

STEPS

1. Mix the water, sugar and yeast together and let sit for 5 minutes to foam. Add yoghurt to yeast mixture.
2. Meanwhile, rub olive oil into the flour and salt until no large lumps remain.
3. Combine yeast mixture with flour mix and knead dough until smooth and warm. Cover with a damp tea towel. Let rest for 45 minutes to prove in a warm place.
4. Cook onion and garlic in oil until translucent. Add grated zucchini and cook until soft. Add all remaining ingredients except cheese and cook until silverbeet collapses.
5. Remove from heat, transfer mixture to a bowl, strain and let excess juice drain off.
6. When cooled, add fetta or ricotta and mix until combined. Add salt if using ricotta.
7. Preheat oven at 190°C. Divide dough into 8 pieces. Let rest, then roll out into 14cm wide rounds, place a ball of the veggie mix in the middle, assemble into fatayer shapes and seal well. Transfer to paper lined oven trays.
8. Glaze with beaten egg and sprinkle with sesame seeds.
9. Bake fatayers for about 12 minutes until golden brown.



THAI FISH CAKES

INGREDIENTS (SERVES 4)

Olive oil for cooking
425g tin of tuna in springwater, drained
5 eggs
2 tbsp wholemeal flour
2 tbsp mayonnaise
½ cup green beans, very thinly sliced
2 tbsp coriander, chopped
4 tbsp Thai red curry paste
1 tbsp oil

To serve:
Fresh salad leaves or steamed broccoli
Lemon wedges



This is one of the most popular recipes from our education program **NEST**, which teaches easy, healthy and affordable cooking. Using tinned tuna is a great budget-friendly protein source, filled with healthy omega-3 fats for heart and brain health. Great as a meal or for the lunchbox!

STEPS

1. Add the tuna, eggs, flour, mayonnaise, green beans, coriander, and Thai curry paste in a bowl, stirring to combine.
2. Place a large frypan on a medium-high heat and add olive oil. Put tablespoons of the tuna batter into the pan, flattening slightly to make the cakes.
3. Cook for 2-4 minutes until golden brown on the bottom.
4. Flip the fish cakes to cook for a further 2-4 minutes on the other side.
5. Serve hot with a side of salad and a lemon wedge to serve.



OZHARVEST MARKET

YOGHURT & HONEY CAKE

INGREDIENTS

200g plain flour
200g self-raising flour
2 tsp baking powder
1 tsp salt
6 eggs
250g honey
Zest of 2 lemons
250g butter, melted
400g yoghurt
100g raw sugar



This delicious cake was a morning tea favourite in the community room at the **OzHarvest Market**. Made with love by corporate teams at Cooking for a Cause, it was a great conversation starter, served with a smile by our wonderful volunteers.

STEPS

1. Preheat oven at 180°C
2. Sift flours, baking powder and salt in bowl.
3. In a separate bowl, beat eggs until light and fluffy, then add honey, lemon zest, butter, yoghurt and sugar.
4. Whisk together well, then gently fold in flour mixture.
5. Pour mixture into a lined cake tin, bake for 40-45 minutes or until cooked through. Cool in tin for 5 minutes before turning out to cool completely.
6. Serve drizzled with extra honey, yoghurt or cream.
7. To cook as muffins, grease a muffin tray and cook for 15-20 minutes.





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.



230M
Meals Delivered



1,900
Charities Supported



3,000
Food Donors