



Unite to Feed Australia is more than just a cookbook—it's a call to action in the fight against food insecurity. As millions of Australians face the daily struggle to put food on the table, this collection of nourishing and delicious recipes is designed to inspire mindful cooking and resourceful use of ingredients in your own kitchen, while also highlighting the urgency of supporting those in need.

NEST

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!

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
- 1/2 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



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.



COOKING FOR A CAUSE

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.

SILVERBEET & VEGGIE FATAYERS

INGREDIENTS (SERVES 4)

DOUGH

- 275ml water
- 1 tsp sugar
- 2 1/2 tsp yeast
- 1/4 cup olive oil
- 4 cups all-purpose flour
- Pinch of salt
- 1/2 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 fetta or ricotta
- Juice of 2 lemons
- 1 tsp sumac



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.



USE IT UP™

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!

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



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 TRUCK

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!

ROAST BABY CARROT SALAD

INGREDIENTS (SERVES 4)

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

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



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.



250M
Meals Delivered



1,500
Charities Supported



2,610
Food Donors