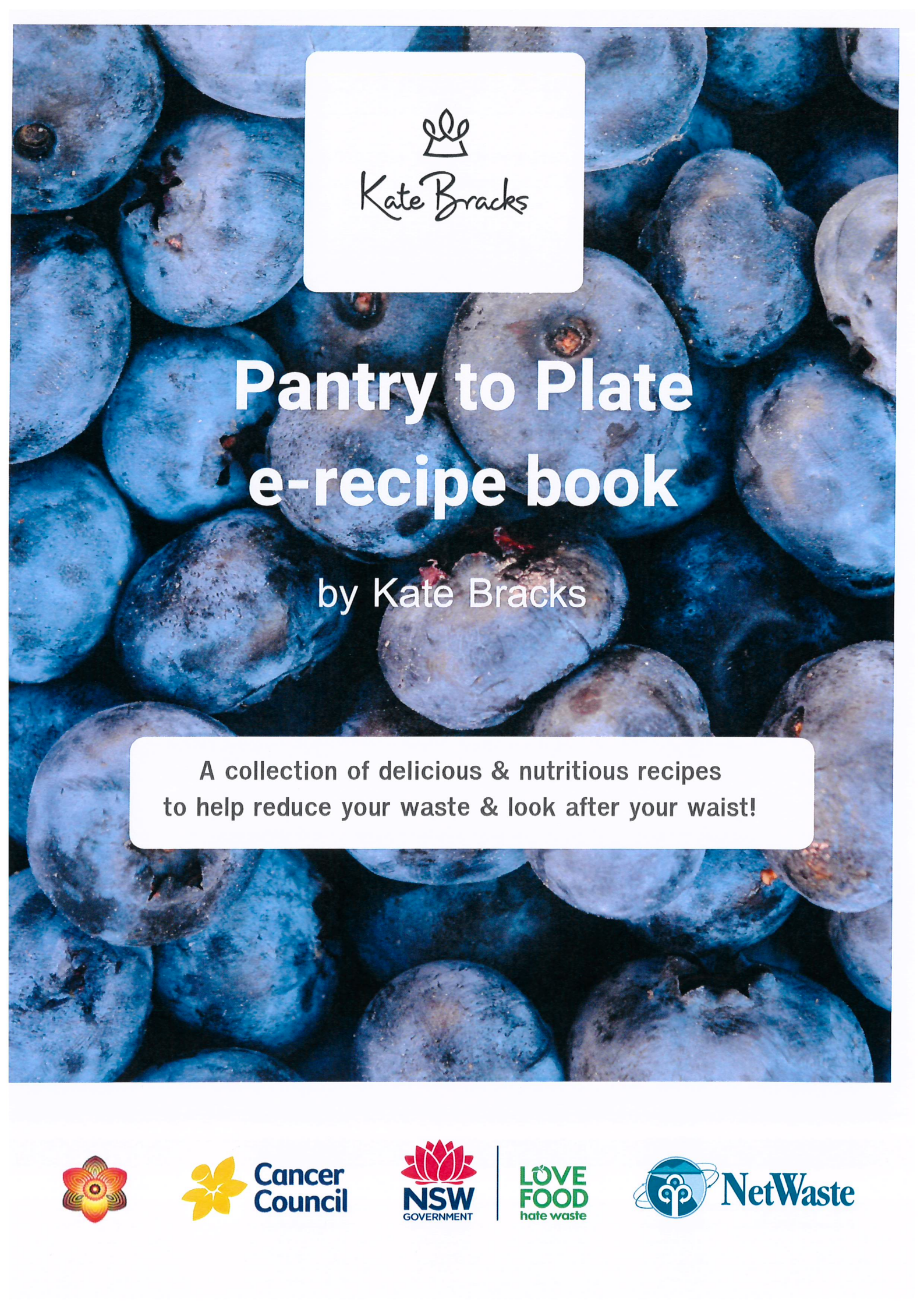





Kate Bracks

Pantry to Plate e-recipe book

by Kate Bracks

A collection of delicious & nutritious recipes
to help reduce your waste & look after your waist!



Hi there!

This is a collection of recipes that I have developed over the last few years while working in partnership with NetWaste, and more recently, Cancer Council, in delivering healthy cooking workshops throughout communities in Western NSW.

All of these recipes have been created with the following goals in mind:

- reducing avoidable food waste going into landfill
- improving our general health through good nutrition
- decreasing our risk of disease like cancer, which can be prevented through making healthy lifestyle choices

All the recipes are simple, healthy, family meals that use ingredients that are affordable and typically easy to source, no matter where you live across Western NSW.

The recipes can be used as a guide - so with decreasing avoidable waste in mind, if you don't have some of the ingredients listed, be sure to look in your fridge or pantry and see what you can use up instead. And feel free to add in lots of vegetables (fresh, tinned or frozen) to value-add to your health and nutrition.

Finally, all of these recipes are designed to be shared with the people you love and care about. So enjoy, and happy cooking!

Cheers,
Kate Bracks

Hungry for more?

For more delicious and nutritious recipes and ideas, check out Cancer Council's fabulous Healthy Lunch Box website: www.healthylunchbox.com.au

More tips on how to reduce your food waste and other handy hacks can be found at: www.lovefoodhatewaste.nsw.gov.au

A wonderful organisation working to improve the environment is NetWaste - check out their website to read about their amazing community projects and initiatives: www.netwaste.org.au

The Food Smart program is supported by the NSW Government under the NSW Environment Protection Authority's Love Food Hate Waste program which is part of Waste Less Recycle More, funded from the waste levy. It is a joint project between Netwaste and Cancer Council.

Shakshuka (eggs poached in tomato)

Serves 6

2 tblsp. olive oil
1 brown onion, finely diced
1 green capsicum, finely diced
2 garlic cloves, peeled & minced
1 tsp. ground coriander
1 tsp. sweet paprika
½ tsp. ground cumin
½ tsp. red chilli flakes
1 cup passata
400g tinned tomatoes
1 tsp. sugar
3-4 grinds black pepper
Salt, to taste
6 large eggs
¼ cup fresh parsley, finely chopped

Good quality bread to serve

1. Heat the oil in a heavy-based frypan.
2. Add the onion and cook until lightly caramelized.
3. Add the capsicum, garlic and spices.
4. Cook a further 1-2 mins until capsicum has softened slightly.
5. Add the passata, tinned tomatoes, sugar and pepper
6. Stir to combine and simmer for 5-7 mins until slightly thickened.
7. Taste and adjust seasoning with salt to taste.
8. Make 6 indentations in the tomato mixture.
9. Crack an egg into each indentation.
10. Reduce the heat to low and cover the pan with a lid.
11. Cook until the egg whites have set.
12. Garnish with fresh parsley and serve with good quality bread.

Hommus

Makes approximately 1 cup

1 tin of chickpeas
1 small garlic clove
2 tsp. dried mint
4 tsp. ground cumin
½ lemon, juiced
2 tblsp. olive oil
4-5 grinds of black pepper
¼ tsp. salt, plus extra
1 head of roasted garlic, optional

1. Drain the tinned chickpeas, reserving the liquid.
2. Combine all the ingredients, except the chickpea liquid, in a food processor.
3. Blend, on high speed, adding enough chickpea liquid to form your preferred consistency.
4. Taste and season with extra salt, to your taste.

Flat Bread

Makes 6

200g self-raising flour
150g wholemeal self-raising flour
1 tsp. baking powder
350g natural yoghurt
2 tblsp. olive oil
½ garlic clove, peeled and crushed
Salt flakes, to taste
2 tsp. sesame seeds or nigella seeds

1. Combine the flours and baking powder in a medium bowl.
2. Add the yoghurt and stir until it starts to come together
3. Tip onto a floured surface and knead until it forms a dough.
4. Divide the dough into 6 equal portions.
5. Using a rolling pin, roll each portion to a thickness of 2-3mm.
6. Using a sharp knife, make 5 or 6 shallow cuts across the top of the dough.
7. Combine the olive oil and garlic in a small bowl.
8. Heat a non-stick griddle pan (or fry pan) to medium-high heat.
9. One at a time, add a portion of dough, cut side down, to the dry pan.
10. Cook until lightly charred and then flip over to cook on the other side.
11. Once cooked through, remove the bread from the pan.
12. Brush the top of the bread lightly with the oil & garlic.
13. Sprinkle with salt flakes and sesame seeds to taste.
14. Repeat with remaining dough portions.

Lamb Pops

Cooking Class Recipe

Makes 6



Ingredients:

500g lamb mince
½ brown onion, peeled & chopped finely
1 small carrot, grated
1 clove garlic
1 tsp. ground cumin
½ tsp. ground coriander
2 tblsp. olive oil

Equipment:

- Medium mixing bowl
- Chopping board
- Sharp knife
- 1 teaspoon measuring spoon
- ½ teaspoon measuring spoon
- Wooden pop sticks
- 1 Plate
- 1 large frypan
- tongs

Method:

1. Combine all the ingredients (except the olive oil) into a large mixing bowl.
2. Mix thoroughly with your hands until the mixture is combined well.
3. Shape into 6 flat logs around pop sticks and set aside on a plate.
4. Heat a large frypan to medium-high heat and add the olive oil.
5. When the oil is hot, carefully place the lamb pops into the pan and cook 3-4 minutes on each side.
6. Turn every 1-2 minutes until they are browned and cooked through.
7. Serve lamb pops with fresh tomato sauce and a side salad.

Pizza Dough

Makes 2 large pizzas



Ingredients

2 tsp. instant yeast
1 ½ cups (375ml) warm water
4 cups (600g) '00' pizza flour, plus extra for rolling
1 tsp. white sugar
1 tsp. salt
1 tblsp. olive oil

Equipment

small mixing bowl
spoon for mixing
large mixing bowl x2
a teatowel
a rolling pin (or tin can!)
2-3 pizza trays (or flat baking trays)

- Put the yeast into a small mixing bowl.
- Add a splash of the warm water and stir to combine. Set aside until the yeast begins to foam.
- Combine the flour, sugar and salt in a large bowl (or in a pile on the kitchen bench!)
- Make a well in the centre and add the oil, most of the water and the foamed yeast.
- Mix until all the flour is combined and starting to form a dough, adding the remaining water if necessary. The dough should not be too sticky or too dry.
- Knead for 5 mins until the dough is smooth and elastic.
- Set aside in a clean bowl (or on the work bench!) covered lightly with a damp teatowel, until it has doubled in volume. This takes about 30 minutes depending on the weather (cooler days take longer; warmer days may be quicker!)
- Cut the dough into 2-3 pieces, depending on the size of your pizza trays.
- Lightly dust the work surface with extra flour. Place a dough piece onto the floured surface and also lightly dust it with flour before rolling to fit your pizza tray. Repeat with remaining dough.
- The dough is ready to top with your favourite toppings or wrap in clingfilm and freeze until required.
- When ready to bake, set oven to 180°C and bake for 15-20 minutes.

Spaghetti & Meatballs

Cooking Class Recipe

Serves 6



Ingredients:

Meatballs

500g beef mince
½ brown onion
1 clove garlic
1 carrot, grated
2 tsp. Dijon mustard
1 egg
½ cup breadcrumbs

Sauce

½ brown onion
1 tblsp. olive oil
2 cloves garlic
2 x 400g tinned tomatoes (chopped or crushed)
sml handful basil leaves, shredded with a knife
1 tsp. white sugar
salt, to taste

Spaghetti

1 x store-bought packet of spaghetti
Water
Parmesan cheese, to serve.

Equipment:

- Medium mixing bowl
- Chopping board
- Sharp knife
- Plate
- 1 large frypan
- 1 teaspoon
- Medium-large saucepan
- wooden spoon or spatula
- serving plates

Method:

1. Peel the onion and chop it finely.
2. For the meatballs, combine the beef & all the other meatball ingredients and mix thoroughly.
3. Form into meatballs of equal size (about the size of a small golf ball) and set aside on a plate.
4. For the sauce, heat a large frypan over medium-high heat. Add the oil. When the oil is hot add the onions and cook until they soften and start to brown.
5. Meanwhile, peel the garlic cloves and crush with a knife. Add the garlic and cook a further minute, stirring regularly.
6. Add the tinned tomatoes and stir to combine. Then add the shredded basil and sugar. Stir again to combine and then bring to a simmer.
7. Add the meatballs to the sauce and cover with a lid.
8. Simmer for 5-8 minutes until the sauce is slightly thickened and the meatballs are cooked through.
9. Meanwhile fill a large saucepan with hot water and bring to the boil. Add the pasta and cook until tender, according to packet instructions. Remove from the heat and season with salt to taste.
10. Serve meatballs and sauce over the drained spaghetti and top with parmesan cheese.

Homemade Tomato & Basil Pasta Sauce

Workshop Recipe

Serves 2-4



Ingredients:

1 brown onion
2 carrots
2 cloves garlic
1 tblsp. olive oil
2 x 400g tinned tomatoes (chopped or crushed)
1 sprig of basil, leaves picked
1 tsp. white sugar
salt, to taste

Equipment:

- Chopping board
- Sharp knife
- 1 teaspoon
- Medium-large saucepan
- wooden spoon or spatula

Method:

1. Peel the onion and chop it finely.
2. Peel and grate the carrots.
3. Peel and crush the cloves of garlic.
4. Heat a large frypan over medium-high heat. Add the oil.
5. When the oil is hot add the onions and cook until softened and browned.
6. Add the carrot and cook until it softens and starts to brown.
7. Add the garlic and cook a further minute, stirring regularly.
8. Add the tinned tomatoes and stir to combine.
9. Finely slice the basil leaves and add them to the tomato.
10. Add the sugar and stir thoroughly.
11. Bring to a gentle simmer for 5-8 mins until the sauce is slightly thickened.
12. Remove sauce from the heat and season with salt to taste.
13. Serve immediately over cooked pasta, or cool then store in an airtight container for another use.

Chicken Stock

Makes 2 litres



4 tblsp. vegetable oil
2 kg chicken bones and scraps
1 brown onion, unpeeled, chopped roughly
1 large carrot, unpeeled, chopped roughly
2.5 litres water, room temperature
2 tsp. salt

- Heat a large saucepan with 1 tblsp. oil over high heat
- Add 1/3 of the chicken bones and scraps, ensuring the pan is not crowded
- Cook until the chicken has plenty of deep golden colouring over it.
- Remove to a plate and add any pan scrapings to the meat too.
- Add another tblsp. of oil and cook another 1/3 of the chicken bones in the same way.
- Continue with remaining oil and chicken bones until all are beautifully browned.
- Add the final 1 tblsp. oil to the pan. Cook onion and carrot until they start to brown in the same way that the chicken bones did.
- Return all the browned bones to the saucepan with the onion and the carrot.
- Add the water and bring to a simmer.
- Skim any froth and impurities from the surface of the simmering water.
- Simmer steadily (not too rapidly) for up to an hour.
- Drain the liquid into a bowl or jug and discard the bones and vegetables.
- Season with salt and stir until it is dissolved.
- Use immediately or cool to room temperature before refrigerating for later use.

Chicken & Sweetcorn Soup

Serves 2



1 tblsp. olive oil
1 brown onion, peeled and chopped finely
1 large carrot, peeled and chopped finely
1 litre chicken stock
2 chicken tenderloins
1 tin creamed corn
1 cob corn (or ½ cup frozen corn kernels)
2 green shallots, finely chopped
cracked black pepper, to taste
salt, to taste

- Heat a medium saucepan with oil over medium-high heat
- Add the onion and cook until translucent
- Add the carrot and cook until both onion and carrots are lightly golden
- Add the chicken stock and bring to a simmer
- Add the chicken tenderloins and poach until just cooked through.
- Remove the tenderloins to a separate plate to cool slightly.
- Add the creamed corn and corn kernels to the simmering liquid until the corn kernels are cooked through.
- Meanwhile shred the chicken tenderloins with 2 forks.
- Return the shredded chicken to the saucepan, along with the shallots and seasoning.
- Serve immediately or cool to room temperature before refrigerating.

Curried Chicken Rice

Serves 2



Kate Bracks

2 chicken thigh fillets or cutlets
1 tblsp. Indian curry powder
2 tblsp. olive oil
1 brown onion, peeled and chopped finely
2 cloves of garlic, peeled and chopped finely
150g rice
375ml chicken stock
2 Lebanese cucumbers, cut in half and sliced
2 green shallots, sliced
a small handful of mint leaves
½ lime
salt, to taste
75g plain yogurt

- Preheat the oven to 200°C
- Rub the chicken pieces with the curry powder and set aside.
- Heat 1 tblsp oil in a frypan over medium-high heat
- Cook the onion until you see patches of golden colour.
- Add the garlic and, stirring regularly, cook a further minute.
- Add the rice and stir to combine. Cook a further 1-2 minutes.
- Tip into an oven-safe casserole dish.
- Add 1 tblsp olive oil in the frypan again
- Cook the chicken pieces until patches of golden appear.
- Add to the casserole dish, on top of the rice mixture.
- Pour the stock in carefully, trying not to disturb the rice too much.
- Cover with a lid or foil and bake 45 mins or until the rice is tender and has absorbed all the liquid and the chicken is cooked through.
- Meanwhile, combine the cucumber, shallots and mint leaves in a bowl. Just before serving, add a squeeze of lime juice, a drizzle of oil and season with salt to taste.
- Remove the chicken from the oven and serve with the cucumber salad and a dollop of yoghurt

Homemade Chicken Burger

Serves 2



INGREDIENTS:

- 1 chicken breast, trimmed
- 3 green shallots
- ½ bunch fresh coriander
- 2 cloves garlic
- cracked black pepper
- 1 tsp salt
- 1 tblsp vegetable oil
- 2 burger buns (or bread rolls)
- 2 tblsp. mayonnaise
- 1 lebanese cucumber

METHOD:

- Cut the chicken breast into small chunks.
- Add the chicken chunks, shallots, coriander roots, garlic, pepper and salt to a food processor and blitz to form a mince.
- Form into patties and set aside.
- Heat a large frypan with the oil over medium heat.
- Cook patties, turning regularly, until just cooked through (*take care not to overcook!*)
- Remove to a plate to rest.
- Toast the burger buns.
- Use a vegetable peeler to create fine cucumber slices.
- Spread with the mayonnaise. Top with the burger pattie, cucumber peelings and fresh coriander leaves. Enjoy immediately!

Honey-Glazed Chicken Skewers

Serves 2



1 chicken breast, trimmed
4 wooden skewers, soaked for 30 mins in water
1 tblsp. olive oil
Salt, to taste
¼ cup honey
2 tsp. white vinegar
1 tblsp. warm water

- Slice the chicken breast into 1cm strips.
- Weave loosely onto soaked skewers
- Heat olive oil in a large frypan over medium-high heat
- Season chicken skewers with salt and cook until almost cooked through (only 1-2 mins)
- Add the honey, vinegar and water to the pan and swirl the pan to coat the chicken skewers.
- Continue cooking until the chicken is cooked through and the liquid thickened and caramelized.
- Remove skewers to a plate and drizzle with any remaining glaze.

Chicken Parmigiana

Serves 2



Kate Bracks

Ingredients

- 1 skinless chicken breast
- 4 slices of bread crusts, preferably stale
- 1 egg
- 1 tblsp. water
- ½ cup plain flour, on a plate
- 2 tblsp. olive oil
- 1 cup home-made tomato sauce
- 2/3 cup mozzarella cheese, grated

Equipment

- a sharp knife
- cling film
- meat mallet (or similar)
- food processor
- 3 dinner plates
- bowl for egg wash
- frypan
- grill-safe tray

- Slice chicken breast into two flat pieces by cutting it half-way through along its length.
- Place each chicken piece between cling film and hit with a mallet (or rolling pin or saucepan bottom) until they are an even thickness. Set aside while you prepare the crumb mix.
- Put bread crusts into a food processor and blend to form a crumb. (Alternatively break semi-frozen bread into crumb-sized pieces using your hands.)
- Tip breadcrumbs onto a plate adding salt to taste - and any other flavourings that take your fancy (like herbs, finely ground nuts or spices)
- Break the eggs into a bowl. Add the water and whisk using a fork to form a thin and runny egg wash.
- Dip chicken pieces into the flour, coating thoroughly. Then dip them into the egg, allowing excess egg to run off. Then coat in the breadcrumb mix, ensuring an even coating.
- Heat the olive oil in a large frypan. Cook the crumbed chicken pieces for 2-3 minutes on each side until golden and cooked through. Remove to a plate lined with paper towel.
- Transfer the chicken pieces to a tray suitable to go into a grill. Top with the home made tomato sauce and mozzarella cheese.
- Heat under a grill until the sauce is heated through and the cheese is melted and golden.

What is the **cheapest way** for me to feed myself?

Meal	To Make it Myself	Readymade from the Supermarket	Readymade from a Restaurant
Tomato Pasta Sauce	\$2.40 / 500g Sauce \$2.73 / Serve with Pasta Brown onion \$0.45ea (1 = \$0.45) Garlic \$1.50/head (2 cloves = \$0.30) Tinned tomatoes \$1.40/400g (2 tins = \$2.80) Fresh basil \$2.98/bunch (1/4 bunch = \$0.74) Salt \$0.96/500g (5g = 0.01) Sugar \$1.40/kg (5g = 0.01) Pasta \$1.10/500g (150g = 0.33)	\$2.50 - \$5.80 / 500g \$2.83 - \$6.13 / Serve with pasta	\$10-18 / serve with pasta
Pizza Base	\$2.87 for 3 bases Flour \$3.21/kg (600g = \$1.92) Yeast \$4.60/280g (7g = 11c) Salt \$0.96/500g (5g = 1c) Sugar \$1.40/kg (5g = 1c) Olive oil \$6.85/500ml (60ml = 82c)	\$3.99 - \$7.53 for 1 or 2 bases	-
Margherita Pizza	\$4.01 for 1 pizza Pizza Base (1 = 96c) Homemade Tomato Sauce (100g = 48c) Mozzarella \$7.30/600g (1/4 packet = \$1.83) Fresh basil (1/4 bunch = 74c)	\$5.36 - \$9.99 for 1 pizza	\$5 - \$18 for 1 pizza
Chicken Parmagiana	\$4.90 for 1 serve Chicken Breast \$7.75 / 500g (150g = \$2.33) Breadcruumbs (1 roll = 35c) Olive oil \$6.85/500ml (60ml = 82c) Homemade Tomato Sauce (100g = 48c) Mozzarella \$7.30/600g (1/8 packet = 92c) Salt \$0.96/500g (5g = 1c)	\$6.44 - \$7.51 for 1 serve	\$15 - \$25 for 1 serve

- Experiment and use what you have at home as this could save you even more money, for example you could swap cheddar cheese rather than mozzarella cheese.