



Zero-Waste Cuisine Recipes

Spiced lentil & Carrot soup

Zero-waste tip: Vegetable peels contain high levels of fibre and nutrients and are usually thrown away. Wash your vegetables well and add the peel to dishes for added nutritional benefits and less waste.

You can make the croutons using whatever bread you have at home. This is a great way to use up stale bread before chucking it away.

Ingredients (serves 16)

2 red onions, 1 chopped in chunks (for roasting), 1 diced finely for the stock

6 carrots, chopped

1 large butternut squash, whole & unpeeled

1 sweet potatoe, peeled and chopped

4 garlic cloves, unpeeled

1 tbsp ground cumin

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1 tsp cayenne pepper
1 tsp paprika
1 tsp ground coriander
100g red lentils
1 tbsp, freshly grated ginger
1.5L boiling water or homemade stock

To top:

Sourdough croutons

Dollop of kefir/natural yoghurt

Method:

1. Preheat the oven to 180c.
2. Add the vegetables to a baking tray, rub with all the spices and a drizzle of coconut/olive oil & roast for 20-25mins or until tender. The squash might need a bit longer than the rest of the veg, depending on the size of it.
3. Heat a large pot with 1/4 cup of water, add the onion and ginger and sautee for 5 mins. Then add the lentils and sautee for a few more mins and add a drizzle of olive/coconut oil.
4. Pour in the boiling water and allow to simmer on a low heat until the vegetables have finished roasting.
5. Once cooked, add the roasted veg to the stock and blend until smooth.
6. Seperate into bowls, top with a drizzle of kefir/natural yoghurt and sourdough croutons.

For the sourdough croutons:

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1. Chop the sourdough into bite-sized croutons and dress with olive oil and season with salt and pepper.
2. Spread on a lined baking tray.
3. Bake until crispy on 190c for 15mins.

Aubergine, Cauliflower and Chickpea Curry

Zero-waste tip: In this recipe, we are experimenting with cauliflower. Using the stems, leaves and florets.

Ingredients (Serves 16)

- 3 cans of chickpeas, rinsed & drained
- 1 bag of baby spinach (or 8 cubes frozen)
- 1 cauliflower
- 3 aubergines, diced into small cubes
- 2 large red onion, chopped
- 10 cloves of garlic, chopped
- 3 cans of organic coconut milk
- 2 tsp ground turmeric
- 3 tbsp grated ginger
- 3 tsp ground cumin
- 3 tsp ground coriander
- 3 tsp fennel seeds

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Method

1. Roast the aubergines and the cauliflower stems with a drizzle of olive oil, season with salt and pepper and cook for 20mins on 200c.
2. Heat 2 tbsp of olive oil in a large pan, add the ginger, garlic, onions and spices. Leave to cook for a few minutes.
3. Add the cauliflower florets and coat with the spices. Cook for 10minutes.
4. Pour in the coconut milk, bring to a boil and simmer for 15-20mins.
5. In the meantime, cook the rice as per packet instructions.
6. Stir in the cooked aubergines, cauliflower stems and chickpeas. Then throw in the spinach until wilted.
7. Serve with rice and fresh coriander.

Seasonal Fruit Crumble served with Orange Spiced Yoghurt

Zero-waste tip: A crumble is a fantastic way to make use of fruit that is starting to go off. You can experiment with a variety of different fruits in this recipe from apples, pears, plums, berries and banana.

Ingredients (serves 16)

For the crumble topping:

500g jumbo oats

200g ground almonds

6 tbsp melted coconut oil

6 tbsp pure maple syrup

1 cup walnut halves

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For the filling:

12 apples, chopped into cubes (core removed)

4 plums, chopped into cubes (core removed)

1 tbsp cinnamon

1 tsp ground cloves

To serve:

Zest of 2 oranges

Juice of 1 orange

1 tsp cinnamon

1.2kg full fat greek yoghurt

Method:

1. Preheat oven on 190c
2. Start by adding the fruit into a pan, with the spices and cover the bottom of the pan $\frac{1}{4}$ of the way with water. Bring to a boil and simmer for around 15mins, or until soft.
3. In a mixing bowl, prepare the crumble topping. Combine the dry ingredients, then add the melted coconut oil and maple syrup and mix into your hands till it resembles a crumble-like consistency.
4. Pour the fruit into a baking dish, spread the crumble evenly over the top and bake in the oven for 15-20mins, or until golden brown on top.
5. Whilst the crumble is cooking, prepare the orange spiced yoghurt. Place the yoghurt in a bowl, add the spices, orange juice and zest and whip until combined.

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6. Serve the crumble with a dollop of yoghurt and enjoy.

Additional Recipes

Restorative Bone Broth

Zero-waste tip: When roasting chicken, beef or lamb, save the bones to make a broth. Bone broth contains glycine and collagen that help strengthen the gut barrier lining and reduce inflammation (such as aching joints and improved skin health).

Top tip: using apple cider vinegar will help extract collagen from the bones which helps strengthen the gut barrier lining.

Recipe

Place the following in a large pot and top with filtered water (around 2L):

- 1 large onion, peeled & quartered
- 1 whole bulb of garlic, peeled but kept whole
- 1 kg beef bones & piece of beef for brodu or chicken carcass or bones from a leg of lamb (ask your butcher)
- handful of Maltese celery (karfus - around 2 stalks with the leaves)
- sea salt and black pepper
- 2 tbsp apple cider vinegar
- 2 bay leaves (optional)
- 2 large carrots, chopped
- 2 large potatoes, quartered

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- ½ tsp turmeric

Add all the ingredients to a large pot, cover with water and bring to a boil. Leave to simmer on a very low heat for 4-6hrs. You can literally cook it for up to 24hrs or chuck everything into a slow cooker in the morning and leave it cook whilst you're at work.

You can freeze this in portions or store it in the fridge and use it as a stock for soups, sauces, curries, risotto stews or simply sip it as a hot drink. It's literally like a hug in a mug, yum!

Herby Pesto

Zero-waste tip: Pesto is a great way to preserve and store seasonal fresh herbs. You can make this recipe and store the pesto in ice cube trays in the freezer. This is a really easy and compact way to store pesto and can easily be melted into boiled pasta, added to soups for flavor or as a salad dressing.

(Makes 1 small jar)

Ingredients

Handful of fresh basil

Handful of fresh rocket

1 cup pine nuts, almonds, brazil nuts or walnuts (or mix)

3 garlic cloves, crushed

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Juice of half a lemon

3-4 tbsp of nutritional yeast or grated parmigianno

Pinch of pink salt and black pepper

3 tbsp extra virgin olive oil

3-4 tbsp water to blend (if needed)

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