



Banyule Youth Services

# EASY & HEALTHY MEAL IDEAS

A cookbook for young people to learn the basics



# MAKE CHEAP & HEALTHY MEALS AT HOME

If you haven't cooked much before, then it can be hard to know where to start.

So to make things easier for you, we have made this handy recipe book with suggestions and tips!

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Breakfast is the meal that sets you up for your day.  
Our body needs fuel from healthy food to get energy.  
Low blood sugar causes hunger and can make us moody.  
When we eat a healthy breakfast, we avoid our blood sugar dropping too low later in the day.

# 3 INGREDIENT BANANA PANCAKES



## INGREDIENTS

- 1 Small banana (ripe)
- 1 Medium egg
- 2 tbs self raising flour
- Oil spray

## INSTRUCTIONS

- 1 Mash banana in a medium bowl until smooth. Whisk in egg, then flour until smooth. Set aside for 5 minutes.
- 2 Lightly spray a medium non-stick frying pan with oil and heat over medium heat. Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter to make 2 more pancakes.
- 3 Cook for 1-2 minutes or until golden. Flip and cook for 1-2 minutes or until pancakes are golden and cooked through. Serve.

# CHEESY OMELETTE

READY IN: 10 MINUTES | SERVES: 1



## INGREDIENTS

- 2 Large eggs
- 1 teaspoon of butter or oil
- 1/2 cup grated parmesan cheese
- 1/4 cup plain flour
- Oil spray

## INSTRUCTIONS

- 1 Crack the eggs into a mixing bowl, season with a pinch of salt and pepper, then beat well with a fork until fully combined.
- 2 Place a non-stick frying pan on a low heat to warm up.
- 3 Add 1/2 tablespoon of oil to the hot pan, then carefully pour in the eggs.
- 4 When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese.
- 5 Using a spatula, lift around the edges of the omelette, then fold it over in half.
- 6 When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette onto a plate.

# EGG AND SPINACH MUFFINS



## INGREDIENTS

- 1 capsicum
- 2 spring onions
- 6 eggs
- 1 handful spinach
- 1/2 cup cheddar cheese (grated; other cheese is fine too)
- 1 tsp salt
- Pepper to taste
- 4-5 splashes hot sauce OR 1 tsp curry powder (Optional)

## INSTRUCTIONS

- 1 Preheat the oven to 200°C.
- 2 Wash and dice the capsicum and onions and put them in a large mixing bowl.
- 3 Wash the spinach, lightly chop it and add it to the bowl as well.
- 4 Add the eggs, salt and some pepper. Mix well. Pro tip – crack the eggs separately before adding. That way if you get a dodgy one, it won't ruin the whole meal.
- 5 Mix in the cheese to the batter.
- 6 Add some hot sauce or curry powder.
- 7 Grease the muffin tin with oil and kitchen paper/baking brush and pour the egg mixture evenly into the muffin slots. (If you think they might still stick to the pan use some muffin cups or cut out some baking paper and to use as cups – definitely saves time on doing the washing up).
- 8 Pop the tray into the oven for 20 minutes or until the tops are firm to the touch.

**Extra: This is a great recipe to play around with – add sautéed mushrooms, bacon, onion, grated zucchini or whatever you think would taste good!**

# YOGURT EXTRAVAGANZA



## INGREDIENTS

- 1 tub plain or vanilla yogurt
- 1 cup whole grain cereal
- 1 cup berries (fresh or frozen)
- 1 tablespoon chia seeds
- 1/4 cup flaked coconut
- 1 teaspoon honey, optional

## INSTRUCTIONS

- 1 In a bowl, combine all ingredients in the order listed.
- 2 Drizzle with honey and serve.

### TOP TIPS:

**You can swap out the berries for a banana or mango slices  
Sprinkle a few cacao nibs of the top for a chocolate  
like treat packed with anti-oxidants**



It can seem easier to buy lunch than to bring something from home if you have a busy day ahead, however there are cheaper and tastier options by planning ahead.

These lunch recipes can help you to save money and have a healthier option by bringing something from home.

# HEALTHY ZUCCHINI SLICE



**PREPARATION: 10 MIN | COOKING: 50 MIN | READY IN: 1 HOUR**

## INGREDIENTS

- 1 leek, cut thinly
- 750g zucchini, cut thinly
- 8 medium-sized eggs
- 1/2 cup grated parmesan cheese
- 1/4 cup plain flour
- Oil spray

## INSTRUCTIONS

- 1** Preheat oven to 160 degrees celsius. Line the base and sides of a 20cm square cake pan with baking paper. Lightly spray a non-stick frying pan with oil and heat over medium heat.
- 2** Add the leek and 2 tablespoon of water and cook, stirring, for 5 minutes or until soft. \*Add more water if the leek hasn't softened enough and continue to cook until soft.
- 3** Stir in the zucchini and cook covered for 5 minutes or until it softened but still holds its shape. Stir occasionally. Set aside to cool.
- 4** Whisk eggs, parmesan, flour and salt & pepper in a large bowl until combined. Add the cooled zucchini mixture and stir to combine. Pour the mixture into the prepared pan and smooth the surface. Bake for 40 minutes or until centre is just set.

**Make a salad to go with it: Rocket, cherry tomatoes and red capsicum, drizzle it with balsamic vinegar**

# SUPER SPEEDY CHILLI TUNA RICE

READY IN: 5 MINUTES | SERVES: 1

## INGREDIENTS

- Small 95g tuna with chilli
- Half a lemon
- 125g microwave rice cup
- Pinch of salt and pepper

## INSTRUCTIONS

- 1 Peel open the seal on the rice cup and place in the microwave.
- 2 Heat on high for 40 seconds  
(make sure to check the time on the packaging).
- 3 Remove carefully from microwave and tear open completely.
- 4 Open the can of tuna and drain the liquid in the sink.
- 5 Combine the hot rice and tuna in a bowl. Squeeze lemon juice over the top and add salt and pepper to taste. Mix to combine.

# GREEK SALAD

READY IN: 20 MINUTES | SERVES: 6



## INGREDIENTS

- 6 ripe tomatoes, chopped
- 2 cucumbers, chopped
- 1 red onion, sliced
- 1 red capsicum, chopped
- 200g Greek olives
- 220g feta, chopped
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 125ml (1/2 cup) olive oil
- 60ml (1/4 cup) white vinegar

## INSTRUCTIONS

- 1 Gather all your ingredients.
- 2 Combine tomato, cucumber, onion, capsicum, olives and feta in a salad bowl. Sprinkle with oregano and salt.
- 3 Whisk together in oil and vinegar in a jug. Drizzle the salad with dressing and toss together with the oil to combine. Serve immediately.

# RICE PAPER ROLLS

READY IN: 30 MINUTES



## INGREDIENTS

- 300g (2 cups) shredded roast chicken \*use tofu or vegan chicken for vegan option
- 1 carrot, peeled, coarsely grated
- 1 red capsicum, halved, deseeded, cut into short thin strips
- 1 lebanese cucumber, cut into matchsticks
- 12 round (22cm-diameter) rice-paper sheets
- 60ml (1/4 cup) sweet chilli sauce
- 1 1/2 tablespoons fresh lemon juice
- 3 teaspoons water

## INSTRUCTIONS

- 1 Place the chicken, carrot, capsicum and cucumber in a large bowl and stir until well combined.
- 2 Soak a rice-paper sheet (1 at a time) in a dish of warm water for 30 seconds or until soft and pliable (don't soak the sheet for too long or it will tear). Drain on paper towel and transfer to a clean work surface.
- 3 Place 40g (1/3 cup) of the chicken mixture down the centre of the rice-paper sheet, leaving about 5cm on either side. Fold in ends and roll up tightly to enclose the filling and form a log shape. Place on a serving plate. Repeat with remaining rice paper sheets and chicken mixture to make 12 rolls.
- 4 Combine the sweet chilli sauce, lemon juice and water in a small serving bowl and serve immediately with the rice-paper rolls.

**\*This is another great recipe to play around with.  
You can add lettuce, rice noodles, Chilli, Mint, prawns,  
avocado or anything you think will taste good.**

**Vegetarian/Vegan Option - swap the chicken for tofu or  
vegan chicken for a delish vegetarian/vegan dish**



Dinner is a great time of day to practise your cooking & try out new recipes.

There are heaps of cheap and easy meals that can be made and if you make a big batch of dinner food, then you can take some for your lunch the next day too!

# SIMPLE CHICKEN FRIED RICE

READY IN: 20 MIN | SERVES: 3+

## INGREDIENTS

- 3 x chicken breast fillets
- 1 1/2 cups of frozen peas and corn
- Cooking oil - vegetable, canola or olive oil will do
- 2 teaspoon of crushed garlic (from a jar is good)
- Soy sauce
- Salt Pepper
- 1 large onion
- 1 family size packet of microwave rice
- Salt & pepper to taste
- Chilli to taste (optional)

## INSTRUCTIONS

- 1** Season the chicken fillets with salt and pepper.
- 2** Add a small amount of oil to a pan on medium heat and add in the chicken fillets. Turning occasional until cooked. Remove from the pan and cut into smallish pieces.
- 3** Slice the onion and add to the pan with a small amount of oil, add the crushed garlic and stir on medium to high heat for a couple of minutes.  
\*Add the chilli at this point if you like spice.
- 4** Add the frozen peas and corn and cook until hot.
- 5** Cook the rice in the microwave following instructions then add along with the chopped chicken and stir until all ingredients are hot.
- 6** Add a splash of soy sauce, salt and pepper to taste. Mix it all together and serve.

# EASY BAKED POTATO

READY IN: 15 MINUTES | SERVES: 1



## INGREDIENTS

- 1 large potato
- Salt and pepper
- 123gm microwave rice cup
- Pinch of salt and pepper

## ADDITIONAL TOPPING IDEAS

- Grated cheese
- Leftover meat or beans
- Sour cream and spring onion
- Cottage cheese and chives
- Diced avocado and tomato tuna mix (with corn, spring onion and whole egg mayo)
- Ready in: 15 minutes

**\*choose your topping to make a vegan or vegetarian option**

## INSTRUCTIONS

- 1** Wash the skin of the potato, then dry with a paper towel.
- 2** Prick several times using a fork (if you don't do this, the potato can explode).
- 3** Place the potato on a microwave-safe plate.
- 4** Cook on full power for 5 minutes.
- 5** Turn over carefully with tongs and continue to cook for about 4-5 minutes more (depending on the size of potato the cooking time will vary).
- 6** When the potato is soft (fork easily pierces through) remove from the microwave and cut in half.
- 7** Sprinkle with salt and pepper to taste and mash up the inside a little with a fork. Add any toppings of your choice, get creative!

# CHEATS' LASAGNE

## INGREDIENTS

- 1 tsp olive oil
- 1 brown onion (medium), finely chopped
- 3 cloves of garlic, crushed
- 2 medium carrots, diced
- 1 medium zucchini, diced
- 2 celery sticks, diced
- 1 tbs fresh thyme, chopped
- 300g lean mince beef
- 400g diced tomatoes (canned)
- 5 individual, small (80g) dry lasagna sheets each broken roughly into pieces
- 1/3 cup of fresh basil, coarsely chopped, plus extra to serve
- 2/3 cup of pizza blend cheese

## INSTRUCTIONS

- 1** Heat the oil in a large deep ovenproof frying pan over high heat. Cook onion, garlic, carrot, zucchini, celery and thyme, stirring, for 10 minutes or until browned.
- 2** Add mince and cook, stirring to break up any lumps, for 2 minutes or until mince has browned.
- 3** Stir in the tomato and 1 1/4 cups (310ml) water. Season with salt and pepper and bring to the boil.
- 4** Push the pasta pieces into beef mixture, making sure they are covered.
- 5** Reduce the heat and cook, covered, for 10 minutes. Cook, uncovered, for another 5 minutes or until pasta is tender and sauce has thickened.
- 6** Preheat the grill on high. Top with chopped basil and cheese. Place under the grill for 2-3 minutes or until cheese is melted and golden. Serve with the basil leaves.

**TIP: Already have pasta in the pantry? Make this dish with 80g of any other shape of pasta if you don't have any lasagne sheets on hand.**

# SOMALI RICE

## INGREDIENTS

- 2 cups basmati rice
- 2 tomatoes (chopped)
- 1 onion (chopped)
- 1 cinnamon stick
- 5 whole cloves
- 4 whole cardamom pods
- 1 teaspoon cumin seeds
- 3 cloves garlic
- 4 tablespoons butter (or ghee)
- 450 grams lamb (you can substitute with chicken if you prefer)
- 2 1/2 cups water
- Salt to taste

## INSTRUCTIONS

- 1** Wash the rice and soak it in water until ready for use.
- 2** Fry the lamb for a few minutes until browned. Remove from the pot until later.
- 3** Fry the onions until it caramelizes in the pot, about 2 minutes.
- 4** Grind the dry spices and add with the garlic. Cook for a minute allowing the heat of the oil to release the aroma of the spices.
- 5** Add the diced tomatoes and cook until it breaks down into a sauce.
- 6** Add the lamb back into the pot.
- 7** Drain the rice and add the measured out water. Bring the rice up to a simmer then cover the pan with aluminum foil. Ensure the pan is well sealed.
- 8** Simmer for about 15 minutes or until all the liquid has been absorbed.

Did you know that of the 79 Local Government Areas in Victoria, Banyule has the largest population of residents born in Somalia.

# ONE POT PASTA

READY IN: 30 MINUTES | SERVES: 4



## INGREDIENTS

- 350g dried fettuccine pasta
- 1 medium onion, sliced
- 3 cups baby spinach leaves
- 1 tin (400g) diced tomatoes
- 1 tbsp Italian herb mix
- 3 cloves garlic, sliced
- 2 vegetable stock cubes
- 5 cups (1.25L) water
- Salt and pepper
- Parmesan cheese grated

## INSTRUCTIONS

- 1 Gather all your ingredients.
- 2 Place all ingredients into a pot except for the cheese.
- 3 When boiling, remove the lid and reduce heat to medium. Continue to cook for 10 minutes or until the pasta is softened and all the liquid is reduced to a creamy sauce.
- 4 Take off the heat, add the parmesan cheese and stir. Serve and enjoy!

# PESTO PITA PIZZA



## INGREDIENTS

- 1 whole grain pita
- Basil pesto
- Sliced tomatoes
- Shredded mozzarella

## INSTRUCTIONS

- 1** Cover the pita bread with a nice layer of basil pesto.
- 2** Add sliced tomato and top with the mozzarella.
- 3** Bake in a pre-heated oven at 175 degrees celsius for 10 -15 minutes until cheese has melted to your liking.

# VEGAN DHAL

READY IN: 45 MINUTES | SERVES 6



## INGREDIENTS

- 2 cups red lentils rinsed
- 1 onion diced
- 6 garlic cloves grated
- 4 chillies sliced
- Large thumb of ginger grated
- 4 tomatoes diced
- 3 tsp turmeric
- 3 tsp cumin seeds
- 2 tsp garam masala
- Salt and pepper
- Vegetable oil

## INSTRUCTIONS

- 1** Gather all your ingredients.
- 2** Pour the lentils and 6 cups of water into a saucepan on a medium heat and cook for 30 minutes. Skim off the foam and discard as it gathers on the top.
- 3** Meanwhile, add a little oil to a frying pan and cook the onion for a few minutes. Then stir in the garlic, chili, ginger, and spices, and fry for a further 2 minutes or until the cumin seeds begin to crackle. Then add the tomatoes and fry for another 2 minutes.
- 4** Once the lentils have softened, transfer the onion mixture to the saucepan with the lentils and simmer for 10 minutes.
- 5** Add salt and pepper to taste.

# CHILLI CON CARNE

**READY IN: 45 MINUTES | SERVES 4**

## INGREDIENTS

- 1 tbs olive oil
- 500g beef mince
- 1 onion (large, diced)
- 1 tsp chili (crushed)
- 4 garlic cloves (crushed)
- 2 tbs tomato paste
- 400g canned tomato
- 1 cup beef stock (liquid)
- 400g canned kidney beans (drained)
- 2 tsp dried oregano
- 1 tsp ground cumin

## INSTRUCTIONS

- 1** In a frying pan, heat olive oil over high heat and brown the mince.
- 2** Add onion, chili and garlic and cook until the onion is translucent.
- 3** Stir in tomato paste and cook for 2 minutes, then add canned tomatoes with the beef stock. Then add the beans, oregano and cumin.
- 4** Simmer on low heat for 20 minutes. Season with salt and pepper, and serve.

### HOT TIP!

**You can serve it with corn chips to scoop it up with  
and some sour cream to cool the heat**

Chilli Con Carne is a favourite of Banyule Youth Services New Hope & Street Art program. More info: <https://www.banyuleyouth.com/new-hope-street-art>



Prepare snacks at home and take them with you when you go out to avoid having to buy food while out and about.

Its also a good idea to keep a container full of healthy treats at home so you always have something to snack on.

African Women's Action Group (AWAG) is a group of ambitious young women of African descent with links to the Banyule community aged 12-25 years who come together to inspire and empower their community to achieve success through promoting leadership and engagement.

[www.banyuleyouth.com/african-womens-action-group-awag](http://www.banyuleyouth.com/african-womens-action-group-awag)

# BAAJIYE

## BLACK EYED BEAN FRITTERS WITH HOT SAUCE



### INGREDIENTS

- 2 x cans of black eyed beans drained and rinsed
- 1 onion (chopped)
- 2 cloves of garlic (chopped or you can use 1 heaped teaspoon of crushed jar garlic)
- 1 jalapeno (chopped)
- 1 tablespoon of coriander (chopped)
- 2 spring onions
- 1 teaspoon baking powder
- 1/2 cup of plain flour
- Salt and pepper to taste
- 2/3 cup of water

### INSTRUCTIONS

- 1** Drain the beans and remove the skin by running them between palm of your hands.
- 2** Put the beans in a bowl filled with water and the skins will float to the surface. Discard the skins.
- 3** Place the beans in a food processor with all other ingredients.
- 4** Process the mixture to make a thick paste. If it is watery, add a small amount more flour or if it is too thick add a small amount of water.
- 5** Heat some oil in a pan and fry spoonfuls of mixture until golden brown.  
\*Serves with Basbaas Sauce.

### BASBAAS SAUCE

- 4 Jalapenos or serrano chillis – seeds removed
- Juice from one lemon
- Water
- Salt
- Put all ingredients into a food process until smooth.  
\*start with only a small amount of water and add more as needed

# DATE BLISS BALLS



## INGREDIENTS

- 1 1/2 cups of dates
- 2 cups of oats
- 3/4 cup of shredded/desiccated coconut
- 1-2 tbsp of cocoa
- 1-2 tbsp of peanut butter
- 1/2 cup of chia seeds or any seed of your choice (For example – sesame seeds)

## INSTRUCTIONS

- 1 Place dates in a saucepan add water until they are covered.
- 2 Bring to the boil.
- 3 Turn heat to medium and add peanut butter until it's melted and then remove from the heat/stoveRemove from stove.
- 4 Add remaining ingredients to the pot, stir through.
- 5 Sit in fridge for 20 minutes to cool (makes it easier to roll).
- 6 Roll in to balls.
- 7 Add extra seeds or shredded/desiccated coconut to a bowl and wiggle your bliss balls about until they are covered.

### TOP TIP:

**You can eat them straight away but they are best in the fridge over night to firm up**

# WATTLESEED AND THYME DAMPER



READY IN: 40 MIN | SERVES: 8

## INGREDIENTS

- 900 g self-raising flour, sifted
- 2 tbsp wattleseeds
- 2 tbsp thyme leaves
- 1 tsp salt
- 500 ml (2 cups) full-cream milk
- Butter and golden syrup, to serve

\*If you don't have thyme or wattleseeds you can make plain damper or experiment with different flavors.

The wattleseeds add a nutty, coffee-like flavour and smell fantastic when sliced hot.

## INSTRUCTIONS

- 1 If you're using a camp oven, build a fire and get a nice bed of coals going. If you're baking in an oven at home, lightly grease a baking tray and preheat the oven to 200°C.
- 2 In a bowl, combine the flour, wattleseeds, thyme and salt, then make a well in the centre and pour in the milk. Combine everything to form a smooth slightly moist dough.
- 3 Turn the dough out onto a floured bench and knead until the dough is smooth. Shape the dough into a round loaf. Use a sharp knife to score the top with an "X". Lightly dust the top with flour just before baking.
- 4 If using a camp oven, set the oven on a bed of gently glowing coals, place the loaf inside, put the lid on and, using a shovel, lay some coals over the camp oven. Bake for about 35 minutes or until the loaf has a golden crust and sounds hollow when tapped.
- 5 If baking your damper in a regular oven, place the loaf on the oven tray and bake for 35-40 minutes - again, you want the loaf to have a golden brown crust and sound hollow when tapped.
- 6 Serve with butter, golden syrup and hot cups of billy tea.

Banyule Youth Services acknowledges the Wurundjeri Woi Wurrung people as the Traditional Owners of these lands and pays respect to their Elders, past, present and emerging and to also to acknowledge their long and continuing history as custodians of these lands.

# CHOCOLATE MUG CAKE

READY IN: 5 MIN | SERVES: 1



## INGREDIENTS

- 1 egg
- 4 tablespoons plain flour
- 4 tablespoons caster sugar
- 2 tablespoons cocoa powder
- 3 tablespoons vegetable oil
- 3 tablespoons milk
- 1/2 teaspoon baking powder

## INSTRUCTIONS

- 1 Place all ingredients into a mixing bowl and mix really well.
- 2 Pour or spoon the cake batter into the microwave-safe mug.
- 3 Microwave for 1 minute at a time. The cake is ready when it has risen above the mug and the top is firm. Enjoy!

### TOP TIP:

Why not add a scoop of ice cream to take this to the next level!

# RAINBOW RICE BUBBLE TREATS

SERVES: 12 | READY IN: 30 MIN



## INGREDIENTS

- 1 x 400g pack of marshmallows
- 100g butter
- 7 cups rice bubble cereal (approx 210g)
- Food colourings

## INSTRUCTIONS

- 1 Grease and line a 20cm square cake tin with baking paper.
- 2 Place about 1 tbsp (14 g) of butter and one cup of marshmallows (approx 60g) in a medium saucepan and place on low heat, stirring until completely melted.
- 3 Add purple food colouring and 1 cup of rice bubbles (approx 30g), take off the heat and stir until well coated. Using buttered spatula or a piece of wax paper, evenly press mixture into the bottom of the lined tin, trying to make it as even and well-packed as possible.
- 4 Repeat with the same amount for each other colour; blue, green, yellow, orange and red, pressing each layer tightly over the top of the previous one in the pan. Optional: top with another layer of with no colour added, making it 7 layers in total.
- 5 Set aside to cool and set. Lift out of the cake tin and cut into 25 square pieces using a long sharp knife. Best eaten on the same day but can be stored in an airtight container lined with baking paper in the fridge.

Rainbow Space Banyule brings together young people 14 – 24 years from Banyule and surrounds areas who identify as LGBTQIA+ as well as their friends and allies. The programs provides opportunities for support, social activities and celebration.  
[www.banyuleyouth.com/rainbow-space](http://www.banyuleyouth.com/rainbow-space)

# PINWHEELS

READY IN 40 MIN

## INGREDIENTS

- 6 sheets of puff pastry
- 1 large bottle of Pasata or large jar of pasta sauce (tomato based)
- 1 large packet of shredded cheese (mozzarella or pizza blend is recommended)
- Dried Italian herb blend
- Chilli (Optional)
- 2 eggs

## INSTRUCTIONS

- 1 If frozen, let the puff pastry thaw until it is flexible and won't break easily.
- 2 Lay out 1 sheet of puff pastry, and using a large spoon spread a good cover of sauce over the puff pastry, leaving about 3 cm at one edge uncovered.
- 3 Sprinkle with a small amount of Italian herb mix (and chilli if you want some spice)
- 4 Cover the sauced area with a thin and even layer of shredded cheese.
- 5 Roll the pastry up into the wheel, stopping just before the edge you left uncovered with sauce and cheese.
- 6 Crack the eggs into a bowl and mix with a fork quickly, now brush onto the exposed pastry edge and finish rolling.
- 7 Use the back of a fork to lightly press the join together, and cut into sections about 3 - 4 cm thick.
- 8 Place flat on a baking tray lined with baking paper, and bake in an oven at about 160deg for around 16 minutes until cheese has melted and darkened up a little.
- 9 (Repeat the process with all sheets of pastry)

### TOP TIP:

To add some extra flavour you can add some crushed garlic to the pastry before you add the sauce.

# SUSTAINABILITY AND THE ENVIRONMENT

## PALM OIL

Palm oil farming is the cause of a significant amount of deforestation that can significantly impact the loss of habitat and the death of many animals including orangutans, rhinos, elephants and tigers.

By choosing not to consume palm oil, or only consuming certified sustainable palm oil you can do your part to protect against deforestation for palm oil plantations.

Palm oil can be called many different names, including 'vegetable oil' so it can be really hard to know what products to choose, but there is free apps to help make things easier for you. Check out these apps:

**Palm Oil Scanner:** The app retrieves the product barcode and determines if the product contains palm oil. If so, you can see alternatives of palm oil-free products. The application will not only make it easier for you to choose an environmentally friendly and healthier product, but will also give the manufacturer another reason to drop palm oil.

**Shop Ethical:** What are you supporting when you shop? Get the low-down on the environmental and social record of companies behind common brand names. Shop with a clear conscience.

## FARMERS MARKETS

Farmers markets are a great place to find fresh, in season and local produce. Check the Melbourne Farmers Market website to find one near you: [www.mfm.com.au](http://www.mfm.com.au)

## SCRAPS CAN BE USEFUL!

Great nutritious food can be made from the veggie scraps we usually throw away. Not only can we save money but we stop food going to landfill.

- Cut off the green carrot tops and process with nuts, oil and cheese to make a carrot top pesto dip
- Sprinkle peeled potato skins with parmesan and oil and bake for delicious chips
- Broccoli and cauliflower stalks are great to cut up and use like carrot sticks in a dip or use as a soup ingredient
- Left over citrus peels can be zested and used in baking, tossed in smoothies or on chicken and fish

## FREE RANGES EGGS

Use the CluckAR App to scan an egg carton and it will tell you whether it really is Free Range. You're allowed to say you are Free Range with 10,000 Hens per hectare, where the CSIROs standards say it should be 1,500 per hectare.

# TIPS & TRICKS

## RELEVANT MEASUREMENTS

tsp = teaspoon

tbsp = tablespoon

ml = milliliter

kg = kilogram

C = degrees celsius

cm = centimeter

## FOOD STORAGE

### Keep potatoes white

Cover peeled potatoes with cold water if not cooking straight away. It prevents the spuds from turning that gross grayish/brown caused by the release of a starch that makes them oxidize.

### Check if eggs are still edible

Gently place raw eggs in a bowl of cold water to see if they've gone bad. If the egg sinks to the bottom, it's a-OK. If it floats, it has seen better days. Over time, the liquid inside eggs evaporates through the porous shell, leaving a gas bubble inside. The floatier it is, the older it is.

## PEELING, PITTING, AND REMOVING

### Never wrestle eggshell pieces again

Scoop up bits of broken eggshell from a batter or bowl of cracked eggs ready from scrambling with an already-cracked egg. Gently ladle out the piece of shell with half of an eggshell. The shell acts as a magnet to draw up shell pieces without wasting too much egg.

### De-skin potatoes without a peeler

Time to ditch the peeler again! Peel a potato in a snap by boiling it and then giving it an ice bath. The skin will separate from the potatoey center and you can pick it right off.

## FOOD PREP

### Prevent onions from making you weep

To stop onion-induced tears, freeze the onion before chopping. (Note: This trick only works if you're planning to cook the onions later—otherwise, after the onion thaws out, the raw pieces will be a bit soggy!) Or if you want to look absolutely crazy when your housemate walks in, put a slice of bread in your mouth (partially sticking out) to absorb the irritant gas before it reaches the eyes.

### Soften butter in a flash

Keeping butter out on the counter for an hour isn't exactly ideal for a tight schedule. To speed up the process, grate it with a cheese grater or flatten it with a rolling pin (but put it in a plastic bag first) for spreadable, mixable butter in a pinch.

### Measure sticky stuff without the mess

Coat a measuring cup or spoon with hot water or a dab of cooking oil (or spray) before measuring sticky substances such as molasses or honey. The heat or oil will help it slide right off and into a mixing bowl without leaving any behind.

## REHEATING AND STORING LEFTOVERS

### **Give leftovers new life**

Save the rice, pizza toppings, and grilled chicken. Instead of tossing leftovers in the trash, repurpose them into other meals like casseroles and frittatas.

### **Reheat pizza and other baked goods without drying them out**

When reheating pizza or baked goods, place a cup of water in the microwave with it to add moisture to the air (therefore keeping the food from drying out).

## CLEANING

### **De-crust a microwave**

Soak a sponge in water, pop it in the microwave, and let it cruise around the turntable for a minute. This double-whammy hack loosens all that gross caked on stuff inside the microwave (making it easier to wipe away later) plus it helps disinfect the sponge too!

## KITCHEN ORGANISATION AND SAFETY

### **Combat cross contamination**

Have two cutting boards—one for raw meat, one for everything else. It'll help separate uncooked meat juices (ewie) from raw fruit and veggies, keeping you and your family safe from cross contamination. If you're extra ambitious, purchase two different colored boards so there's no confusion.

### **Put an end to slippery cutting boards**

Place a damp (not sopping) dishtowel underneath a cutting board to keep it from slipping and sliding across the kitchen countertop.

## USEFUL WEBSITES FOR IDEAS, INSPIRATION AND MORE:

### **Supercook**

Just add your ingredients and Supercook instantly finds matching recipes from the most popular cooking websites!

[www.supercook.com/#/recipes](http://www.supercook.com/#/recipes)

### **4 Ingredients**

Limited stuff in the pantry? Want something easy to cook? The 4 Ingredients website is what it sounds like.....heaps of recipes that only have 4 ingredients.

[www.4ingredients.com.au](http://www.4ingredients.com.au)



Banyule Youth Services values, engages and empowers young people between the ages of 12 - 25 years who are living, going to school, working or socialising in the Banyule community.

Banyule Youth Services run a number of activities for young people throughout the year including Street Art, Rainbow Space, FReeZA music and arts events, various social groups, a large youth festival (YouthFest), skate, scooter & BMX competitions, youth programs, school holiday activities and much more!

We also offer support, advice and wellbeing information to young people & their families.



**BanyuleYouthServices**

For further details about these activities, head to:

[www.banyuleyouth.com](http://www.banyuleyouth.com) or  
[www.facebook.com/banyuleyouthservices](https://www.facebook.com/banyuleyouthservices)

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