



Getting Creative With Leftovers

RECIPE CARDS

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VEGGIE BALLS

Great use of excess seasonal veggies - can be made with zucchini or sweet potatoes.

NOTE: The ingredients below are a guide only. Feel free to leave out or substitute optional ingredients.

Makes approx 20 balls

INGREDIENTS

- 2 cups zucchini, grated and squeezed
- ¼ cup of feta, crumbled
- 2 green onions, sliced (optional)
- 1 handful chopped herbs (such as mint, dill, parsley or oregano)
- 1 egg, lightly beaten
- salt and pepper to taste
- ½ cup plain wheat flour (wholemeal works great too!)
- Breadcrumbs
- Oil for frying

METHOD

1. Mix the zucchini, feta, green onion, herbs and egg and season with salt and pepper.
2. Mix in enough flour and breadcrumbs that you can work with the mixture to form balls.
3. Form the mixture into balls and dust in flour.
4. Fry in oil until golden brown and set aside to cool.

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This is a Waste Less, Recycle More initiative funded from the Waste Levy.

MEXICAN MINCE

Give leftover bolognese another life!



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Note: The ingredients below are a guide only. If you already have leftover bolognese handy - then simply add in a can of kidney beans, chopped veggies and a few spices.

Enough for 4 pax dinner for
tacos or burritos

INGREDIENTS

- 500g lean beef mince
- 440g red canned kidney beans drained rinsed
- 1 onion, large diced
- ½ tsp sugar
- ½ tsp salt and pepper
- 1 tsp oregano
- 2 tsp ground cumin
- ½ tsp paprika
- 1 tsp ground coriander
- ½ cup water
- 1 cup passata
- ½ cup canned diced tomato
- 1 tsp olive oil

METHOD

1. Heat oil in pan and fry onions until transparent. Remove onions and fry mince until brown. Add onions and spices to mince in pan and fry for 5 minutes, stirring frequently.
2. Add the passata, tomatoes, red kidney beans and water and cook on low-medium heat for 10 minutes. Add a little more water if the mixture becomes too dry.
3. You can also add chopped vegetables such as capsicum, celery, carrots and fresh chillies.
4. This can be cooked in the slow cooker.



DELICIOUS AS A TOPPING FOR
HEALTHY BAKED POTATOES OR
CHILLI CON CARNE SERVED
WITH LEFTOVER RICE.

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MASON JAR MUESLI BARS

This is a great recipe to make use of any bits of leftover brekkie cereals, oats, dried fruits, nuts, seeds, coconut etc – anything that you think might be yummy in a muesli bar!



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NOTE: Use peanut butter or simply swap in almond, sunflower or another nut/seed butter. To keep these vegan, stick with maple syrup or agave instead of honey.

INGREDIENTS

Wet mix:

- ½ cup coconut oil
- ½ cup honey
- ½ cup nut butter (or Nutella)
- ¾ cup brown sugar (can be reduced)

Dry Mix

- ¼ tsp cinnamon
- ½ tsp vanilla Bean (optional)
- ½ tsp salt
- 1 ¾ cups rolled oats
- ½ cup desiccated coconut
- 1 ¼ cup trail mix (or leftover dried fruits, nuts, seeds etc)
- ½ cup Plain flour
- 1 cup Puffed Rice or cereal
- ½ cup Choc Chips (optional)

METHOD

1. To start with grab a muesli jar, add a third a cup of plain flour, ¼ teaspoon of cinnamon, ¼ tsp vanilla bean if you have it, and then just start adding the other bits and pieces of cereals, oats and shredded coconut – whatever dried ingredients you might have leftover in your pantry.
2. Place the wet mix ingredients into a saucepan and heat gently over the stove stirring constantly, until the mixture is gooey/runny. Pour the mason jar dry mix into a glass bowl. Pour the wet mix into the bowl and mix until combined. Pat out the mixture into a lined baking tin and bake for 160 degrees for 25 – 30 mins. Cool completely before cutting!



Watch video recipe @ newaste.org.au/foodsmart

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KETO CHICKEN SALAD

Great with tofu or even tuna!



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Light lunch for 4

NOTE: The ingredients below are a guide only. Feel free to leave out or substitute optional ingredients.

INGREDIENTS

- Cooked chicken meat (leftover) or Tofu
- 1 cup celery, diced
- 1 stalk of Broccoli
- 1 clove of garlic (crushed)
- Leftover or spoiling beans, greens or kale
- 1 hard boiled egg (optional)
- 20g mayo
- 1 tsp Mustard of choice
- 1 tsp Sea salt
- Pinch fresh cracked black pepper
- 1 tbsp fresh dill or pop in any herbs you have lying in your fridge
- 50g chopped toasted almonds

METHOD

1. Slice and pan fry beans, greens and broccoli stalks in the garlic and a little olive oil.
2. Chop chicken or tofu into bite-sized pieces.
3. In a large bowl, add chicken, celery, warm greens, mayo, mustard, and salt. Toss until fully coated and ingredients are well combined.
4. Chop boiled eggs into small pieces and fold through.
5. Cover bowl with lid or plastic wrap and refrigerate until chilled, about 1-2 hours.
6. When ready to serve, add fresh dill and chopped almonds and lightly toss. Serve chilled and enjoy.

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