

Our Environmentally Friendly Recipe Booklet

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Introduction

Hi, we are part of P3 in Our Lady's School Terenure and for our CSPE CBA we decided to make a recipe booklet that would give consumers recipes that would help them find ways to use their leftover food. By doing this we as consumers could reduce our food waste. Not only this but we have also included shops where you can buy ingredients from that are environmentally friendly. Food waste is responsible for 8-10% of global greenhouse gas emissions according to the Environmental Protection Agency. So food waste is responsible for roughly 1/10th of these emissions that are destroying our environment. Not only that the average Irish household throws out 150kg of food waste each year; at a cost of approximately 700 euros. Imagine if you as a consumer saved this money instead of wasting it on food that you won't eat! Also 60% is avoidable food waste such as plate scrapings, leftovers, gone off fruit and vegetables. So enjoy our recipe booklet on how to be more sustainable and reduce your food waste.



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Places to buy food that is sustainable

Buying sustainably is just as important as reusing your food. These are some of the sustainable shops you can buy products from.

www.thesourcebulkfoods.ie

www.smallchanges.ie

www.thehopsack.ie

www.dublinfood.coop

www.sustainableseafood.ie

www.zerowastemarketplace.i

1. Leftover Fruit Smoothie

This fruit smoothie is a perfect way to use your over ripe fruit. Not only that but it tastes delicious!

Ingredients

1 speckled banana, peeled and sliced

2 overripe peaches, chopped, any soft bits removed

60g strawberries, leaves removed

125ml orange juice

Method

Put all the ingredients into a blender and whiz until smooth.

Pour the drink into glasses and serve.



2. Chicken Soup

This delicious chicken soup is perfect for anyone who has left over roast chicken to use! You also could use any leftover vegetables that you have in your fridge!

Ingredients

1 tbsp olive oil

2 onions, chopped

3 medium carrots, chopped

1 tbsp thyme leaves, roughly chopped

1.4l chicken stock

300g leftover roast chicken, shredded and skin removed

200g frozen peas

3 tbsp Greek yogurt

1 garlic clove, crushed

Squeeze of lemon juice

Method

STEP 1

Heat the olive oil in a large heavy-based pan. Add the onions, carrots and thyme leaves, then gently fry for 15 mins.

STEP 2

Stir in 1.4l chicken stock, bring to a boil, cover, then simmer for 10 mins.

STEP 3

Add the leftover roast chicken, remove half the mixture, then purée with a stick blender. Tip back into the pan with the rest of the soup, the peas and seasoning, then simmer for 5 mins until hot through.

STEP 4

Mix the Greek yogurt, garlic and lemon juice together. Ladle the soup into bowls, swirl in the garlic yogurt, then serve.

STEP 5

If you want to use a slow cooker, gently fry the onions, carrots and thyme leaves for 15 mins, then tip them into the slow cooker with 1 litre stock. If you're using a chicken carcass, add it now. Cover and cook for 2-3 hours on High until the veg is tender. If you used a carcass, remove it now, shredding any remaining chicken from the bones. Stir back into the soup, or add the leftover roast chicken and frozen peas. Cook for 30 mins more. Remove half the mixture and purée with a stick blender, then serve.



3. Chicken Quesadillas

These delightful chicken quesadillas are a great dinner or lunch that everyone can enjoy! Use leftover chicken and if your wraps are just a little stale pop them in the microwave for 30 seconds! Enjoy!

Ingredients

4 tablespoons of salsa

1 scallion

2 flour tortillas

215g of kidney beans

50g of leftover roast chicken

85g cheese, preferably grated mature cheddar

10g of coriander leaves

Oil

1. Take two tortillas and spread two tablespoons of salsa on each tortilla, and top one with scallions, beans, cheese and chicken. Place the other tortilla on it and brush that side with oil.
2. Heat up a big non-stick frying pan and place the tortilla in with the oil side faced down. Turn over the tortilla and cook it for two more minutes until it's golden.



4. Speedy beef tacos

These tasty beef tacos are a perfect way to use your leftover meat from your spaghetti bolognese! Instead of one dinner you get two!!

Ingredients

1 red onion, thinly sliced

$\frac{1}{2}$ teaspoon sugar

100ml cider vinegar

400g can black beans or kidney beans, drained

3 tablespoon chilli sauce

Leftover bolognese

8 corn tortilla

1 little lettuce, shredded

1 avocado, stoned, peeled and cut into chunks

150g pot soured cream

Method

Pickle the onion: put it in a bowl and sprinkle with sugar and $\frac{1}{2}$ teaspoon salt. Leave for 10 minutes then stir in the cider vinegar and leave to pickle for another 10 minutes.

Meanwhile, stir the beans and chilli sauce into the bolognese and heat for another 10-15 minutes until piping hot. Add a little water if the mixture seems too thick.

Heat the corn tortillas following pack instructions. Top with spoonfuls of the bolognese, some pickled onions, lettuce, avocado and a dollop of soured cream.

