



Welcome to the **Stop the Scraps** recipe guide created by the **2021 Buninyong Youth Advisory Council**.

We are a group of local students who are passionate about stopping food wastage in our community.

Our research and engagement with local stakeholders showed us that food that is wasted has significant economic and environmental impacts.

In addition, the demand for emergency food relief and community meals programs in our region has increased significantly during recent times.

This resource has been designed with a focus on nutrition, to inspire you to minimise your food wastage and get creative in the kitchen!



The **Buninyong Youth Council** was established by **Michaela Settle** and consists of local young people aged 15-21 from the **Buninyong** electorate, who work together on community issues and develop important leadership skills, and critical thinking skills.

This year the council focussed on **Food Security**. If you would like to participate in the 2022 youth council please send an email to michaela.settle@parliament.vic.gov.au.



PROUDLY SUPPORTED BY

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Stop the Scraps



**BUNINYONG YOUTH
ADVISORY COUNCIL**



Veggie Scrap Fritters



Ingredients:

- 1 cup broccoli stems, grated
- 1 cup carrots, grated
- 1 cup zucchini, grated
- 1/2 cup flour
- 1/3 cup parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon cumin
- 1/4 teaspoon garlic salt
- 1/8 teaspoon chilli powder
- 3 tablespoons green onions, chopped
- 1 large egg whisked
- 2 tablespoons vegetable oil

For the sauce:

- 1/2 cup greek yogurt
- 1-2 teaspoons lemon juice
- 1-2 teaspoons green onions

Directions:

1. Grate carrots, broccoli stems, and zucchini with a cheese grater or food processor
2. Put zucchini in a strainer and sprinkle with salt. Let sit for ten minutes & then squeeze excess water out of the zucchini

4. Add all ingredients except the egg and oil to a bowl and combine
5. Whisk egg in a separate bowl and stir into vegetable mixture
6. Heat the oil in a skillet over medium heat
7. Use a 1/4 measuring cup to form balls of mixture. Place them in the pan and flatten slightly with a spatula
8. Cook each fritter 4 minutes on each side or until golden brown
9. Transfer to a plate with a paper towel to soak up the excess oil

Repeat for the rest of the fritters

For the sauce:

- Blend yogurt, onions, lemon juice together with a spoon or blender and serve

Tips:

- You can substitute any of the vegetables with what you have on hand. Just make sure it equals 3 cups!



Veggie Muffins



Ingredients:

- 1 1/2 cups plain flour
- 3 tsp baking powder
- 1 cup cheese, grated
- 2 eggs, lightly beaten
- 1/3 cup olive oil
- 1/2 cup milk
- 2 cups mixed vegetables, grated

* For a vegan alternative switch milk and cheese for vegan substitutes i.e. dairy-free milk & dairy-free cheese *

Directions:

1. Preheat oven to 180C
2. Grease a 12-hole muffin pan
3. Mix vegetables and 3/4 cup of cheese with the flour and baking powder
4. Whisk together the eggs, oil and milk, then add to the flour mixture
5. Stir until just combined
6. Spoon the mixture evenly into the muffin holes and sprinkle with remaining cheese
7. Bake for 25 minutes



Chicken Stir Fry



Ingredients:

- 3 chicken breasts, Diced (or vegan substitute)
- Leftover vegetables (suggestions below)
- 1 onion, cut into small pieces
- 1 capsicum cut in thin strips
- 250g mushrooms, sliced
- 1 broccolini, cut into 4cm lengths
- Cooked rice or noodles, to serve

Sauce:

- 1 tsp (optional) ginger, peeled, finely grated or chopped
- 2 garlic cloves, finely chopped
- 2 fresh chillies, (optional), thinly sliced
- 2 tablespoons soy sauce
- 1 1/2 tablespoons oyster sauce
- 1 tablespoon water

Directions:

1. Heat pan over high heat for about 1 minute. Add 1 tablespoon of the oil and swirl it around to coat the entire cooking surface and heat for

30-60 seconds or until very hot. Add the chicken strips and stir-fry for 1-2 minutes or until chicken is sealed and just cooked through. Transfer the chicken to a plate and set aside.

2. Add the remaining oil to the pan and heat over high heat until hot. Add the onion and capsicum and stir-fry for 2 minutes.
3. Add any vegetables and stir-fry for a further 2 minutes. Add the ginger, garlic and chillis. Season with salt and stir-fry for 1 minute or until aromatic.
4. Add the soy sauce, oyster sauce and water and toss for about 1 minute. Return the chicken to the wok and stir until the vegetables and chicken are coated with the sauces and the vegetables are tender crisp.
5. Remove the wok from the heat, and serve the stir-fry immediately with cooked rice or noodles.