



Joondalup
Education Support Centre
Independent Public School

Learning for Life

STIRRING IT UP WITH JOONDALUP ESC

A COLLECTION OF
FAVOURITE RECIPES
CREATED BY OUR
FEAST PROGRAM
STUDENTS



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

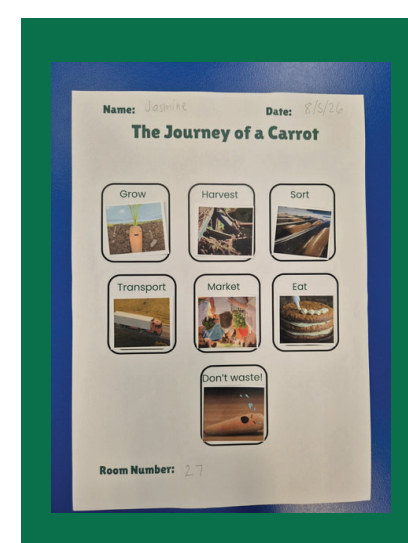
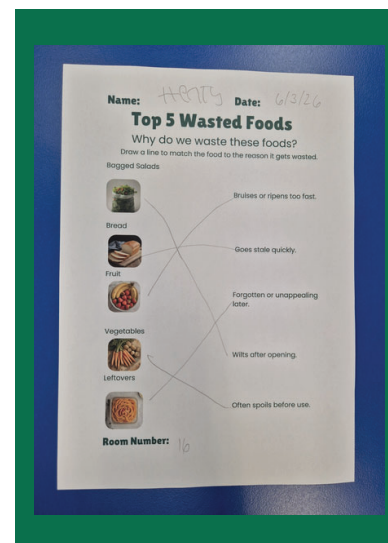
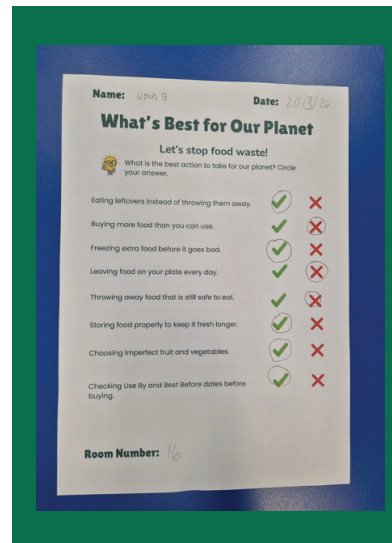
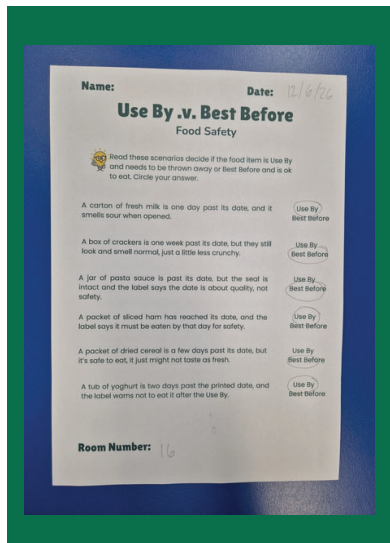
INTRODUCTION

Students from Rooms 9, 16 and 27 have proudly created this recipe book, inspired by the OzHarvest FEAST program. Throughout the term, we focused on the themes “Use It Up” and “Stop Food Waste”, using these ideas as inspiration for every recipe you’ll find inside.

We have learnt new cooking skills, discovered new recipes, and even changed the way we think about food, especially how to save it, use it wisely, and reduce waste in our school and homes.

We hope you enjoy these creations as much as we enjoyed making them.

WHAT HAVE WE BEEN LEARNING?



CONTENTS



Fruit Platter Smoothie

1



Fast Fritters

2



Room Nine's French Toast

3



Pizza Subs

4



Sandwich Sushi

5



Banana Pikelets

6



Honey Soy Noodle Stirfry

7



Room Sixteen's Spaghetti Bolognese

8



Room Twenty Seven's Cheese Toastie

9



Zucchini Chocolate Chip Muffins

10



Our Thanks

11

FRUIT PLATTER SMOOTHIE



PREP TIME
10 MIN



COOK TIME
5 MIN



SERVINGS
2

Ingredients



1 cup leftover or frozen fruit



2 tablespoons ice cream



1 cup milk



1 teaspoon honey

Equipment



Blender



Measuring cup



Measuring spoons



Glass or cup

1



add fruit to
blender

2



add 1 cup of
milk

3



add 2 tablespoons of
ice cream

4



add 1 teaspoon of
honey

5



put lid on and blend
until smooth

6



pour into glass and
enjoy!



We used leftover strawberries that had been
picked and frozen from a local strawberry farm!

FAST FRITTERS



PREP TIME
15 MIN



COOK TIME
15 MIN



SERVINGS
4

Ingredients



½ cup self-raising flour



1 large egg



½ cup milk



½ cup drained canned corn



½ cup any leftover vegies



½ cup grated cheese



2 spring onions, chopped



Oil



Salt and pepper (optional)

Equipment



Large bowl



Measuring spoons



Measuring cup



Frypan



Spatula



Wooden spoon



Whisk



Grater

1



crack the egg into the bowl and whisk.

2



to the bowl add flour, milk, salt and pepper. Mix until smooth

3



grate cheese and chop spring onion.

4



add corn, cheese and spring onions. Stir well

5



heat oil in frypan. Spoon 2 tbsp batter per fritter

6



when bubbles form on top, flip the fritters. Cook for 2-3 mins.

7



serve and enjoy!



We added spinach to our fritters, picked fresh from our school garden, the Garden of Weedin!

ROOM NINE'S FRENCH TOAST



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVINGS
5

Ingredients



5 slices wholemeal bread



2 eggs



½ tsp vanilla essence



⅓ cup milk



1 tbsp oil



1 banana, sliced (to serve)

Equipment



Large bowl



Whisk



Measuring cup



Measuring spoons



Frypan



Tongs

1



crack eggs into a bowl and whisk

2



add vanilla essence and milk, mix until combined

3



heat oil in a frypan over medium heat

4



using tongs dip bread into egg mixture, coating both sides

5



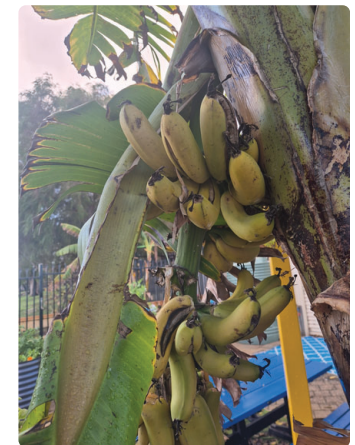
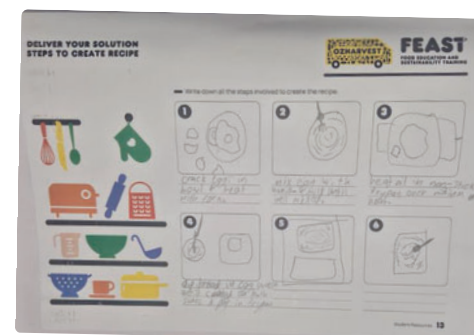
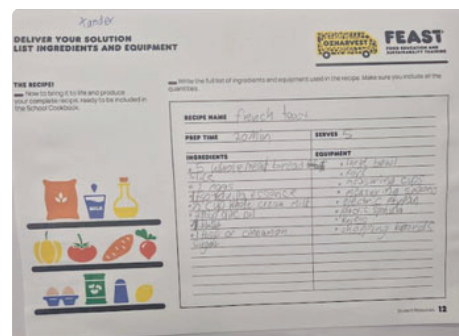
cook 2-3 minutes each side until golden

6



serve plain or with sliced banana and cinnamon sugar

Room nine's French Toast recipe innovation



The students from room nine enjoyed their french toast with maple syrup!

Look where we picked our bananas from!

PIZZA SUBS



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVINGS
2

Ingredients



Bread roll (halved)



Tomato paste or pizza sauce



Grated cheese



Ham



Capsicum, mushrooms,
pineapple or any vegies



Garden Herbs

Equipment



Baking tray



Spoon



Knife



Chopping board



Grater



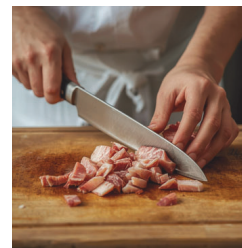
We used left over bread rolls donated weekly to our school breakfast club!

1



cut roll in half

2



cut ham into
small pieces

3



cut herbs and vegies
into small pieces

4



use grater to
grate cheese.

5



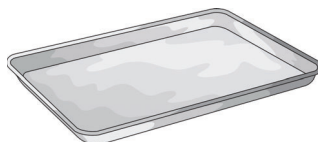
spread tomato
paste on each half
of roll

6



add cheese, ham
and toppings to roll

7



place onto baking
tray

8



bake in the oven
for 10 minutes



SANDWICH SUSHI



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVINGS
5

Ingredients



10 slices wholemeal bread



2 ½ tbsp mayonnaise



10 iceberg lettuce leaves



10 cheese slices



1 carrot

Equipment



Chopping board



Knife



Grater



Rolling pin



Measuring spoon



We used left over bread donated weekly to our school breakfast club!

1



Flatten bread slices with a rolling pin

2



Grate the carrot

3



Spread a thin layer of mayonnaise on each slice of bread.

4



Add cheese, lettuce, and carrot, leaving a 1 cm edge

5



Roll sandwich slice tightly from bottom to top

6



Slice each sandwich roll into 3 pieces and enjoy!



Carrots picked fesh from the Garden of Weed-in!

BANANA PIKELETS



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVINGS
5

Ingredients



1 cup self raising flour



½ teaspoon salt



1 egg



¾ cup milk



1 tablespoon oil



1 banana



1 teaspoon honey



1 teaspoon vanilla extract

Equipment



Large bowl



Fork



Large frypan



Spatula



Measuring cup



Measuring spoon



Whisk



We used banana's picked fresh from the Garden of Weedin!

1



peel banana add to bowl and mash with a fork

2



add flour, honey, salt, egg, milk, and vanilla with a whisk until smooth

3



heat 1 tbsp oil in frypan

4



Spoon 2 tbsp batter to form small circles into frypan

5



when pikelets bubble on top, flip and cook for 1-2 mins until golden

6



serve warm or cold with honey, berries and Greek yoghurt



HONEY SOY NOODLE STIR FRY



PREP TIME
15 MIN



COOK TIME
15 MIN



SERVINGS
5

Ingredients



250 g Hokkien
noodles



2 tbsp oil



1 egg



1 capsicum



1 medium zucchini



1 cup carrot



1 tbsp honey soy
sauce



1 tbsp water

Equipment



Colander



Medium bowl



Small bowl



Chopping board



Frypan



Whisk



Grater



Measuring spoon



Measuring cup



Wooden Spoon



Tongs



Plate



Knife

1



soak noodles in warm
water for 2 min,
separate with a fork,
then strain

2



whisk egg in small
bowl

3



heat oil, add beaten
egg, stir until cooked,
then remove to a plate

4



slice capsicum. Grate
zucchini and carrot

5



in the frypan cook
capsicum for 5 mins.
add zucchini and
carrot, cook for 2 mins

6



add honey soy sauce,
noodles and water
and mix with tongs.
Cook for 5 minutes.

7



mix through sliced
egg, serve and enjoy!



We used carrots picked fresh from
the Garden of Weedin!

ROOM SIXTEEN'S SPAGHETTI BOLOGNESE

 PREP TIME
10 MIN

 COOK TIME
25 MIN

 SERVINGS
4

Ingredients

-  250-300 g spaghetti
-  1 tbsp olive oil
-  ½ onion, diced
-  1 tsp crushed garlic
-  250 g Beef mince
-  1 carrot, grated
-  1 zucchini, grated
-  1 can crushed tomatoes
-  1 tbsp tomato paste
-  1 tsp Italian herbs
-  salt and pepper

Equipment

-  Pot
-  Frypan
-  Wooden spoon
-  Grater
-  Colander
-  Knife
-  Chopping board
-  Garlic crusher
-  Measuring spoon
-  Tongs

1



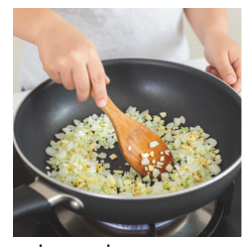
Bring a pot of salted water to the boil. Add spaghetti and cook. Drain and set aside

2



Dice onion. grate carrot and zucchini. Crush or chop garlic

3



Heat olive oil in a pan over medium heat. Add onion and garlic and cook until soft

4



Add beef mince and cook until browned, breaking it up with a spoon

5



Stir in grated carrot and zucchini. Cook for 3-4 minutes until softened

6



Add crushed tomatoes, tomato paste, herbs, salt, and pepper. Stir well

7



Reduce heat and simmer for 10-15 minutes until thickened

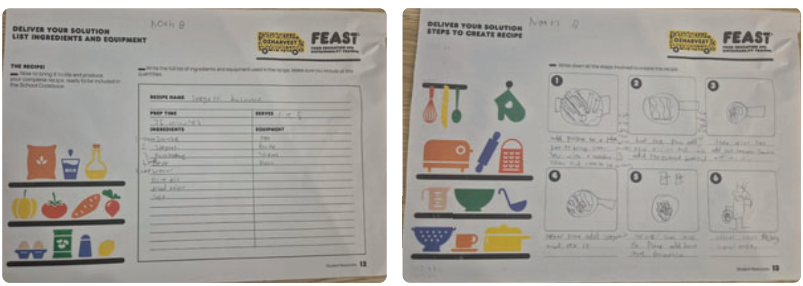
8



Serve and enjoy Add cheese if you like.



Room sixteen's spaghetti bolognese recipe innovation



ROOM TWENTY SEVEN'S CHEESE TOASTIE

PREP TIME
10 MIN

COOK TIME
10 MIN

SERVINGS
1

Ingredients

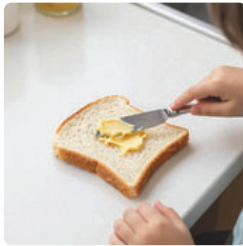
-  2 slices of bread
-  Butter or margarine
-  1 cheese slice

Equipment

-  Toasted sandwich maker
-  Chopping board
-  Knife
-  Tongs

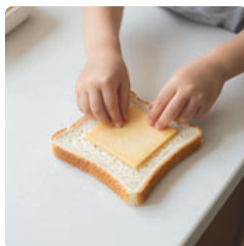
 We used left over bread donated weekly to our school breakfast club!

1



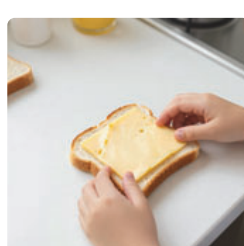
butter one side of each slice. The buttered sides go on the outside

2



put cheese on the unbuttered side of one slice of bread

3



place the second slice on top, butter side facing out

4



put the bread in the toastie maker and close the lid. Adult help may be needed

5



wait until the toastie is golden and the cheese has melted

6



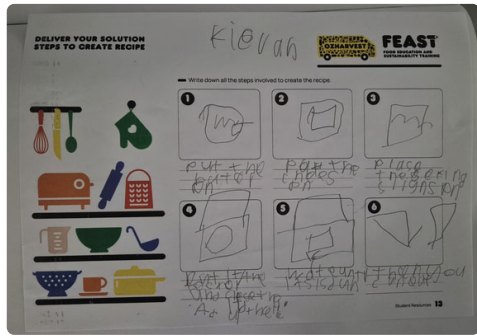
use tongs to take toastie out. Adult help may be needed

7



let the toastie cool, then cut in half and enjoy!





CHOCOLATE CHIP ZUCCHINI MUFFINS



PREP TIME
15 MIN



COOK TIME
25 MIN



SERVINGS
10

Ingredients



1 medium zucchini



1/3 cup brown sugar



1 large egg



1/2 cup plain Greek
yoghurt



1 1/2 tsp vanilla
essence



1 1/2 cups self raising
flour



1/2 tsp bi-carb soda



1/4 tsp salt



1 tsp cinnamon



3/4 cup chocolate
chips

Equipment



Muffin tray



Muffin cases



Wooden spoon



Large bowl



Medium bowl



Grater



Measuring cup



Measuring spoon



Whisk



Cooling rack



Chopping board

1



preheat oven to 180C.
Line or grease muffin
tray

2



grate zucchini and
squeeze out excess
moisture

3



mix sugar, egg,
yoghurt and vanilla in
a bowl

4



add flour, bi-carb
soda, salt, and
cinnamon. Stir gently

5



mix in zucchini and
chocolate chips

6



fill muffin cups 2/3 full

7



bake 25-30 min until a
skewer comes out
clean. Cool for 10 mins

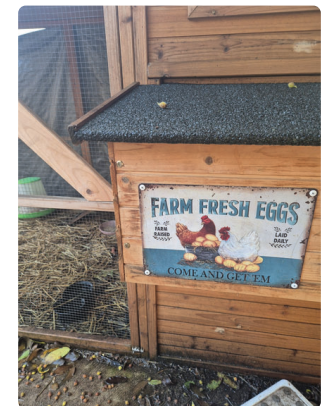
8



serve and enjoy!



Thank you to our chickens at
Cluckingham Palace for the egg!



OUR THANKS

Thank you to all the students, staff and families of Joondalup Education Support Centre who contributed to this recipe book.

A special thank you to the students in Rooms 9, 16 and 27 for their enthusiasm, creativity and willingness to try new things in our FEAST program.

Thank you to Mrs Bennett and Mrs Wunhym and the Joondalup Schools Garden Club, who make sure there is fresh produce including eggs available from the Garden of Weedin' and Cluckingham Palace.

We hope these recipes bring joy to your kitchen at home!

