

**OZ HARVEST
FEAST COOKBOOK
TAMBREY PS
YEAR 6**

2025

FEAST

CONTENTS

ROOM 11

1. Fried Rice
2. Pad See Ew
3. Stuffed Potatoes
4. Vegetarian Pizzas

ROOM 10

5. Blueberry Pancakes
6. Easy Cheesy Omelette
7. Falafel Pita
8. Lentil Bolognese
9. Marsberry Acai Bowl

ROOM 12

10. Strawberry & Banana Bread
11. Sushi Mushi Rolling Rice
12. Extra Honey Healthy ANZAC cookies
13. Extra Cheesy Burgers

Serves 6
10-15mins to cook

FRIED RICE

Ingredients

Rice
Egg x2
Onion x1
Frozen peas and corn
1-2cups
Capsicum/red/green x1
Cucumber x1
Honey soy tbs 1-2
Salt
Pepper
Garlic x1
Carrots x1

Equipment

Fry pan
Spatulas
Knife
Fork
Plate
Grater

Step 1



Cut the capsicum, cucumber and carrots then dice the garlic and onion after put them in the fry pan with the peas and corn

Step 2



Put the vegetables on a plate the crack an egg and scramble it

Step 3



Microwave the rice then scrape the cooked ingredients back into the pan

Step 4



After that add a crack of salt and pepper and mix also

Step 5



Add an optional amount of honey soy and mix well

Step 6



Dish up and enjoy

Vegetarian Pad See

Ew 



Skills:
Chopping
Working with heat
Working with water



Ingredients

1x bag of rice noodles
1x bunch of bok choy
1x bunch of Chinese broccoli
4x eggs
2x carrots
1x bunch of spring onion
1x packet of snow peas
1x oyster sauce
1x mushroom sauce
1x lime
1x vegetable oil

Equipment

1x large frying pan
6x forks
6x plates/bowl
1x kid friendly knife
1x spatula
1x chopping
1x peeler
1x tongs
1x soap
1x sponge
2x table cloth

Food waste tip
It's a recipe that can be eaten the next day.

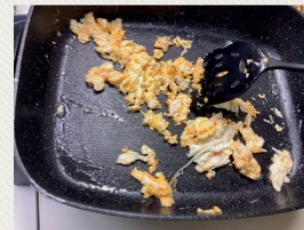
Why we love this recipe

This recipe has all kinds of veges and it has a nice taste from all the sauces

Steps



Soak the noodle in warm water, then turn on the pan to medium heat



Once the vegetables are chopped put them in the pan but also crack your eggs and scramble it



Put all the sauces in the pan and continue to stir



Wash your vegetables then peel the carrots and chop them



Put the soaked noodles in the pan and mix together



Once the noodles and vegetables are cooked, cut a lime and squeeze it into the pan. Serve it on a plate or bowl and you can munch and enjoy

STUFED POTATOES

SERVES

5

PREP TIME

1 H

Ingredients

5 MEDIUM WHITE POTATOES
1/2 OF A ICE BERG LETTUCE
1 LARGE TOMATO
1 RED ONION
1 SPRING ONION
1 CAN OF KIDNEY BEANS
5 SPOONS OF SOUR CREAM
5 SPOONS OF SALSA
250 GRAMS OF GRADED CHEESE
HALF A CAN OF CORN
BLACK PEPPER
SALT
5 SPOONFULS OF BUTTER
1 PACK OF MEXICAN TACO
SEASONING
2 TEA SPOONS OF OLIVE OIL

EQUIPMENT

5 PLATES, 5 SPORTS, 1
OVEN, 5 SHEETS OF AL
FOIL, OVEN MITTS,
ELECTRIC FRY PAN, 1
KNIFE, 1 CHOPPING BOARD,
OVEN TRAY, CLOTH, DISH
SOAP, BIN, WATER AND A
BIN.

STEP 1

FIRST PREHEAT YOUR OVEN TO 200 °.
THEN WRAP YOUR POTATOES IN AL FOIL.



STEP 2

Then dice up your
onion, cucumber, lettuce, to
mato and spring onion.



STEP 3

After that put you
potatoes in the oven .



STEP 4

After 20 mins check your
potatoes every 5 mins



STEP 5

Then drain your kidney beans and
corn put the corn, kidney beans, onion
and oil in the already heated pan



STEP 6

Peel the Alf oil off off the
potatoes and slice potatoes 3/
of the way. then stuff your
potatoes and enjoy.



Vegetarian Pizza 🍅



By Arco

Serves 6
Cooking time 40 Minutes
Rating 10/10 😊

Why we love this recipe! ❤️

The different veggies add different flavours making it delicious, yummy and variant.

Food waste tip ♻️

Choose ripe and seasonal veggies to make unique and yummy!

Ingredients

16x basil leaves
1x jar of tomato sauce
6x mini pizza base
1x bag of cheese
10x olives
20x cherry tomatoes
1x chili

Equipment

2x Spoon
1x Knife
1x Chopping board
1x Baking tray
2x Tea towel / oven gloves
1x scissors

Skills

Cutting
Being careful



1. Chop up tomatoes and chili carefully.



2. Lay down pizza base, add sauce, and add cheese.



3. Add tomatoes, olives and chili evenly across the base.



4. Put your pizzas in ur baking tray carefully.



5. Put your pizza in oven for 10 minute at 200 celcius. (400 to 500 Fahrenheit)



6. Take pizza out of oven and enjoy.

Blueberry pancakes

Ingredients:
 1 1/2 cups Flour
 1 tsp Baking powder
 2 Eggs
 1 cup Milk
 Tbs Honey
 Tsp Vanilla extract
 Salt
 1 cup Fresh blueberries
 1/4 cup Butter

Equipment:
 Bowl
 Measuring cup
 Spoon
 Spatula
 Fry pan
 Fork

Made by:

Xova, Kettie, Janesca, Lucas and Amilee

Step 1:

First combine the flour, baking powder and salt in a medium bowl and stir until well combined.

Step 2:

Add the eggs, milk, honey and vanilla to the bowl and stir carefully until everything is well incorporated and there are no streaks of flour left. Carefully fold in blueberries and pore in the bowl

Step 3:

Heat a large nonstick skillet/fry pan over medium heat. add butter.

Step 4:

use a 1/4 cup measure and pour the batter into the skillet.

Step 5:

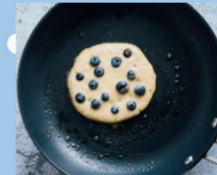
Reduce heat to just below medium and cook the pancakes on 1 side until bubbles begin forming through. All over the tops of the pancakes.

Step 6:

Flip and cook for another 1 min on the other side. Until set and cooked.

Step 7:

Remove pancakes from the pan and repeat with remaining batter.



We hope u like it! 😊❤️

easy cheesy omelette

Boston Eddie Harrison Finn and Jesse

ingredients

1 knob of butter

1 tsp dried oregano

4-5 eggs

salt

Depends on preference

50g of grated cheese

Spring onion

20ml cooking oil



Serves
4

Prep time
10min

method

equipment



ONE



First melt half of the butter in a frying pan then let that settle and sizzle for 2 to 3 minutes

2



crack an egg then whisk
Pour the whisked eggs
into the pan

3



Cook on low heat. lift the sides up and allow raw egg to escape out the sides and shake on oregano.

4



In 2 minuets pour the cheese evenly across one side of the egg and spread your spring onion

ready to eat

5



EQUIPMENT

TSP, TBSP,
BOWL, PAPER
TOWEL,
BLENDER,
FRYING PAN
NONSTICK.



INGREDIENTS

800G OF CHICKPEAS
HALVE A RED ONION
FLAT LEAF PARSLEY
1TBS OF CUMIN,
4 SPRIGS CORIANDER
FINELY CHOPPED
2 TBS OF PLAIN FLOUR,
20ML OIL,
TOASTED PITA BREAD,
200G OF TOMATOS,
GREEN SALAD.



FALAFEL PITA

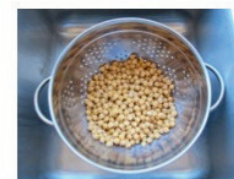
BY ALYSSA, OLIVIA, LIZZY, LILY AND ISABEL

SERVES 8
PREP TIME 60MIN



WE LOVE THIS RECIPE BECAUSE IT'S
FUN, TASTY, EASY TO MAKE, STOPS FOOD
WASTE!!

THIS STOPS FOOD WASTE BECAUSE WE USE A
LOT OF FOOD THAT GETS WASTED AROUND
THE WORLD ALL THE TIME



METHOD:

STEP 1: DRAIN CHICK
PEAS AND CUT ALL THE
VEGGIES.



STEP 2: BLEND CHICKPEAS
ONION, CUMIN, CORIANDER,
AND FLOUR TOGETHER.



STEP 3: SHAPE
PATTIES AND FRY
THEM



STEP 4: FRY
PITA BREAD

STEP 5: WASH
YOUR
LETTUCE



STEP 6: PUT PITA AND
PATTIE ON A PLATE
ALONG WITH YOUR
LETTUCE AND TOMATO'S.





Lentil bolognese

Made by Trevor, Madden, Jermaine, Jimbo, Oliver and Ryan



INFO

.Prep time 10min

.Cook time 45min

.6 serves

INGREDIENTS

- .1 1/2 cup of olive oil
- .1 large onion
- .4 garlic clove, minced
- .1 teaspoon thyme dried
- .1 teaspoon dried oregano
- .1 1/2 teaspoon kosher salt, black pepper
- .150g tube of tomato paste
- .3 cup of vegetable broth/stock
- .1 cup red lentils, soaked
- .410g crushed tomato
- .(340-454) long wide pasta

Step 1

Put in olive oil, then dice the onion and put it in the pan or fry pan and make the onion golden yellow



Step 2

Put in garlic or garlic paste, then add 1 teaspoon thyme dried and 1 teaspoon of dried oregano



Step 3

Add 150g of tomato paste, then add 3 cups of vegetable broth/stock with the can of red lentils and crushed tomato



Step 4

Put long wide pasta (340-454) in boiling water



Step 5

Put pasta in bowl with pasta sauce



Enjoy! 😊

Marsberry acia bowl

made by Skyla Evie Asher and
Isla



Ingredients

500 grams of frozen mango
220 grams of frozen raspberries
Tea spoon of Chia seeds
tea spoon of honey
Granola
1 lemon
Milk



Equipment

Blender
Knife
Chopping board
3 spoons
3 bowls

step 1

add 500 grams of frozen mango, add 220grams of frozen raspberries, add a splash of milk squeeze a bit of lemon



step 3

repeat twice
and separate
into 3 bowls



step 5 serve



step 2

Blend altogether
and prepare
toppings as well
with the bowls
and spoons



step 4

once all is even
then add
toppings
professionally
(like ours)



step 6

Enjoy and
eat!!



STRAWBERRY BANANA BREAD

SERVES 8 PREP TIME 60MINS

INGREDIENTS

X2 BANANAS
STRAWBERRY'S
2 1/2 CUPS FLOUR
1 TSP BAKING SODA
1 TSP CINNAMON
SUGAR
1/2 CUP OLIVE OIL
3/4 CUP LIGHT SOUR
CREAM
1/2 CUP MILK
2 EGGS
2 TSP VANILLA
EXTRACT

EQUIPMENT

LOAF TIN
SPATULA
OVEN
KNIFE
MEASURING
CUPS
FORKS
CUTTING BOARD
SIEVE

BY RHYS, NATE AND NOAH



STEP 1 TO PRE HEAT OVEN TO
180°C, WASH HANDS AND GET
ALL INGREDIENTS

1



STEP 2 MIX MILK, SOUR CREAM,
OIL, VANILLA EXTRACT AND EGGS
INTO BIG BOWL.

2



STEP 3 ADD FLOUR, BAKING
SODA AND CINNAMON TO
MIXTURE, THEN MIX

3



STEP 4 ADD DICED
STRAWBERRIES AND MASHED
BANANAS TO MIXTURE, THEN
MIX

4



STEP 5 POOR MIXTURE INTO LINED TIN
WITH BAKING SPRAY AND BAKING PAPER.

5



STEP 6 COOK MIXTURE IN OVEN FOR 30-40MIN
UNTIL MIXTURE IS COOKED, TAKE OUT OF OVEN
AND LET IT COOL, ENJOY 😊

6

SUSHI MUSHI ROLLING RICE

5 SERVES
PREP TIMER
1 HOUR
1



COOK THE RICE

3



**PUT SEA WEED
ON THE ROLLER**

7



DONE

2



CUT UP VEGGIE

EQUIPMENT
RICE COOKER
SUSHI ROLLERS
BOWL
SPOON
CUTTING
BOARDED
PLATE
KNIFE

INGREDIENTS

1 CARROT
1 CUCUMBER
1 AVOCADO
1/2 RICE
1 BAG OF SEA
WEED
1/12 OF SOY
SAUCE

4



**PUT RICE ON
THE SEA WEED**

5



**PUT VEGGIES
ON TOP**

6



ROLL IT UP

8



CUT IT CUP AND SERVE

1. Preheat the oven to
180*

2. Blend 1 cup of the rolled oats into a blender into a fine oat flour add oat flour, rolled oats, coconut, baking powder and salt into a large bowl and mix

3. In a separate bowl mix the melted coconut oil, honey, vanilla and water together. Add the wet ingredients to the dry bowl with a large spoon until well combined.

4. Scoop a heaped of the mixture into one of your hands and press into a ball. Add the balls onto a baking tray lined with baking paper, making sure to leave some gaps between them

5. Using wet fingers and hands gently flatten each ball into a round biscuit shape. Be super gentle in case it breaks easily.

6. Put in the oven for 10 minutes

7. Let the baked cookies rest for 5 minutes on the tray and then an extra 5 on the cooling rack

8. Eat and enjoy

Extra Honey Healthy ANZAC Cookies

By Hayley Morgan and
Indi bembbridge



👩🍳 Anzac Cookies 👩🍳

Makes 24
Prep 1/2 an
hour



By Hayley Morg
and Indi bembri

Equipment

Oven
Blender
Large/small bowl
Large mixing spoon
Measurement cups
and spoons
Hands
Baking tray x2
Cooling rack

Ingredients

3 cups of rolled oats
1 cup of oat flour
3/4 desiccated coconut
1/4 of melted coconut
oil
1/3 of a cup of honey
1 tps of vanilla extract
2 tbsp of warm water
A pinch of salt



Ingredients

Cheese x 1 pack of
cheese
Buns x 4
Eggs x 3
Lettuce
Tomato x 1
BBQ sauce
Salt and Pepper

Equipment

Electric frying
pan
Cutting board
Knife knife
Bowl
Plates
Fork
Spatula

Tharran Hunter
Hayden Xzavier

Cheesy Burger

Prep time for the
extra cheesy
goodness
40-45 mins



1

First wash veggies
and then dice them
into bite size pieces

2

Crack eggs into bowl then
put them in an electric
frying pan then put cheese
on the eggs

3

Take out your cheesy eggs
out of the pan when they look
golden brown

4

Assemble burger
starting with bun and
ending with a bun

5

Now put bbq sauce, salt
and pepper on your
burger

6

Enjoy your
cheesy cheesy
burger

THANK YOU

We would like to thank the Oz Harvest FEAST Program for providing us with this amazing opportunity.

We learnt:

- How to cook sustainably
- That it is easy to produce less food waste
- How to use food and utensils safely
- The importance of hygiene
- To use our collaboration and co-operation skills

It is also important to us to recognise the community help that we had throughout the term. Thank you to those who took time out of their day to volunteer. We appreciate you!

The students are now excellent chefs, so kick your feet back, choose a recipe and enjoy a meal made by them!