

Recipe One:

Quick and easy mid-week

meals with 0 waste

Quick fire tomato sauce with Ravioli

1 shallot, finely diced
1 clove garlic, sliced
2 tbsp Olivado Avo oil
1 tsp oregano and thyme
½ tsp chilli
Pinch basil
1 400g tin tomatoes
1/3 can water
Salt and pepper to taste
¼- ½ tsp sugar
1/3 tsp chicken stock powder
Parmesan to garnish

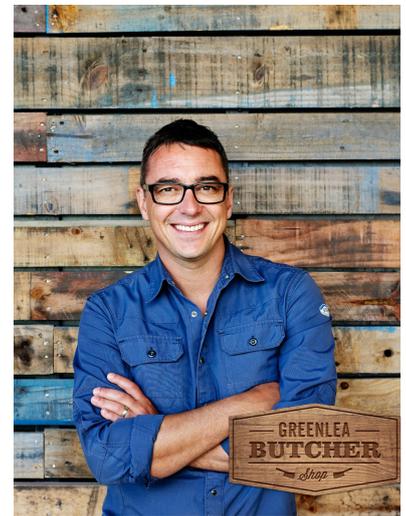
Method

Get a large saucepan of water onto boil. Add a good pinch of salt.

Heat a med frypan over a med heat. When hot add oil and onion. Cook stirring often for 2 minutes, then add the garlic and combine. Continue to cook, stirring often for 3 minutes, then add the herbs and chilli.

Add the pasta to the boiling water and cook following packet instructions.

Meanwhile, continue to cook to onions for 3 minutes, then add tomatoes, water, sugar, stock and season. Bring to a boil, then simmer to thicken. Season and serve.



Recipe Two:

What to do with Leftovers, Demonstration 2 Those potato peelings

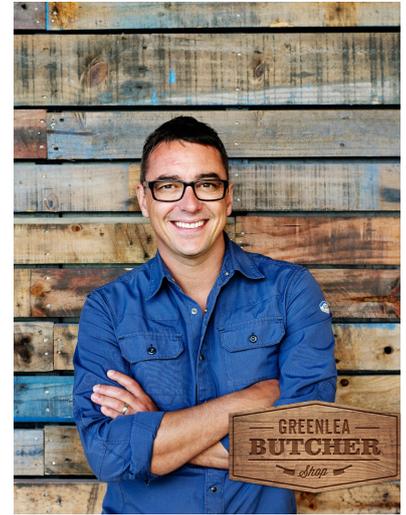
All your cleaned potato peelings
Lashings of oil
Your favourite rub or herb

Method

Preheat your oven to 180dc.

Place your peelings into a large bowl and drizzle with oil. Season with salt and pepper or your favourite rub and combine. Place onto an oven tray and cook for 15 minutes or until they are golden and crispy.

Alternatively, slice the potato skins very thinly and drop into a saucepan of oil. They make a great garnish.



Recipe Three:

Those Left-over Roasted carrots, rice and chickpeas

Rice and chickpeas

- 1 cup cooked wild rice
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- 1 clove garlic, pressed or minced
- 1/2 teaspoon salt
- 1 can chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas

Left over roasted carrots

- 600g leftover baby heirloom carrots, or 600g raw
- 1 tablespoon olive oil
- 1/4 teaspoon ground cumin
- Salt and pepper

Spiced pumpkin seeds

- 3 tablespoons green pumpkin seeds
- 1/2 teaspoon olive oil
- Pinch of cumin
- Pinch of chili powder
- Pinch of salt

Herbed crème fraîche

- 1/3 cup crème fraîche
- 1 tablespoon chopped fresh parsley
- 2 teaspoons water
- Salt and pepper, to taste

To garnish...just a little extra chopped fresh parsley

Method

Place the rice into a large bowl, add 1 teaspoon olive oil, the lemon juice, garlic and 1/2 teaspoon salt. Mix well, then add the chickpeas and stir to combine. Set aside, covered, until you're ready to assemble.

To roast the carrots: Preheat the oven to 200 degrees Celsius. Line a large, baking sheet with baking paper and add the carrots. Drizzle them with 1 tablespoon olive oil and sprinkle with cumin, salt and pepper. Use your fingers to make sure the carrots are lightly and evenly coated in oil and spices. Roast for 20 to 35 minutes, until the carrots are easily pierced by a fork near the top of their stems. Roasting time will depend entirely on the size of your carrots. remove carrots as they were done.

To toast the pumpkin seeds: In a small pan over medium heat, warm 1/2 teaspoon olive oil until shimmering. Add the seeds and generous pinches of cumin, chili powder and salt. Cook, stirring frequently, until they are turning golden on the edges and starting to make little popping noises. Remove from heat to cool.



For the herbed crème fraîche simply combine with 1 tbsp chopped parsley, water, and salt and pepper in a small bowl. Stir to combine and set aside.

To assemble the dish, pour the rice and chickpea mixture onto a large serving platter. Arrange the carrots in a single layer over the mixture. Drizzle herbed crème fraîche generously over the carrots, then sprinkle them with pumpkin seeds and one tablespoon chopped fresh parsley. Serve immediately.

To make vegan/dairy free

Lemony tahini sauce with parsley
Mix together 1/4 cup tahini, 1 tablespoon chopped parsley and 1 tablespoon lemon juice, then thin it out with water as necessary. Season to taste with salt and additional lemon juice.

Recipe Four:

Pork with Nashi pear, sage and mixed green leaf salad with honey roasted walnuts

Serves 2 prep time 5 cook time 35

For the pork

- 2 good size pork chops or nice loins
- 4 cloves garlic
- 1 tbsp Olivado avo oil

Walnut Sage Dressing

- 4 tablespoons honey
- 4 tablespoons Olivado Almond or macadamia oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons water
- 1/4 cup finely chopped toasted walnuts (toast in a 180dc oven for 8 to 10 minutes and then chop)
- 2 tablespoons minced fresh sage leaves
- 1/4 teaspoon salt

For the salad

- 1/2 cup (about 12) whole walnuts
- 1 tablespoon granulated sugar
- 1 tablespoon honey
- 5 to 6 cups assorted baby salad greens
- 1/2 Asian pear sliced into matchstick size pieces
- 3 fresh sage leaves finely sliced

Method

Walnut Sage Dressing

Whisk all ingredients together and set aside.

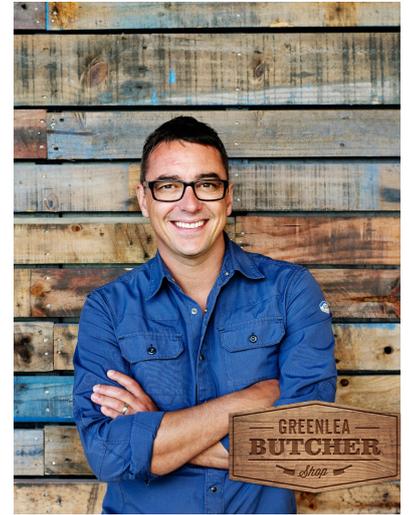
For the pork

Heat your grill or a med size frypan over a med heat. When hot add the oil. Season the pork with salt and pepper and drizzle with a little oil. Add to the pan and cook for 7-9 minutes (depending on thickness) on each side or until cooked to your liking. Cover and let rest.

For the salad

Coat the whole walnuts in the sugar and honey and then place on a parchment lined baking sheet and bake at 350F for 10 to 12 minutes. Remove and let cool completely.

Divide the salad greens between two salad plates. Place half of the walnuts, half of the Asian pear slices and half of the sliced sage over each plate of greens. Dress the salad with a few spoonfuls of the dressing and serve.



Recipe Five:

Not one prawn was wasted in the making of this linguini

60ml Olivado olive oil
2 cloves of garlic, no need to peel
12 medium raw prawns, peeled, shells and heads reserved
2 tbsp tomato paste
300ml water
350 linguine
Salt to taste
60g squid rings and tentacles
16 mussels in the shell, scrubbed
1/4 tsp chilli flakes
2 handfuls of cherry tomatoes, halved
10 turns of black peppermill
Handful of flat-leaf parsley, roughly chopped.

Method

Heat half the oil in a pan, add the garlic and prawn heads and shells and fry over heat for 5 minutes, turning them from time to time.
Add the tomato paste and water, simmer with the lid on for 10 minutes, then use a stick blender to blitz the mixture. Pass through a sieve and reserve.

Cook the linguine in plenty of salted boiling water for 10 minutes or until al dente.

Wipe out the pan and then add the rest of the olive oil and fry the squid and prawns over a high heat for 2 minutes. Add the strained prawn and tomato stock, then the mussels, chilli flakes and cherry tomatoes. Bring to the boil with the lid on and boil rapidly for 4 minutes until the mussels have opened. (Discard any that don't open.)

Remove the lid and if necessary reduce the liquor to a sauce consistency, then season with 1/2 teaspoon of salt and pepper.

Add the well-drained pasta along with the parsley and toss together well. Serve immediately

