

SPRING

NO WASTE
FAMILY COOKING



KIDS EAT BY SHANAI

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ABOUT THIS BOOK

I am a Mum of a three and a four year old, who enjoys eating well without spending a fortune.

My focus is reducing waste, rather than reducing the amount I spend on my produce. I enjoy going to my local butcher and paying for quality and ethically raised meat. Shopping at local farmer's markets and spending extra on organic as much as possible. I think the best way to reduce our grocery bills is to reduce the amount of food that goes in the bin.

I feel satisfied when I clean out my fridge at the end of the week having used everything in meals from lunch to dinner. Knowing that every item of food I purchased had a purpose and wasn't wasted.

THE IDEA

This book isn't about budgeting meals. It's about not wasting that quality produce you have spent your money on.

- **EAT SEASONALLY** - food in season will last longer as it will be local and travelled a shorter distance.
- **GROW YOUR OWN** - this way you are only picking what you need.
- **PRESERVE** - rather than leftover vegetables or an abundance of fruit left to go off, preserve it for next season.
- **PLAN MEALS WITH LEFTOVERS** - plan your lunch and following dinner based on what you think will be leftover. It most likely won't always be the protein, but it could be half a packet of polenta now sitting in the pantry.

I am hoping this book helps families empty their fridges regularly and not into the bin or compost, but in clever 'leftovers' based recipes.

GROW YOUR GARDEN

Spring is a great time to plant parsley and it grows easily with very little maintenance. Plant in pots or garden bed spaced 20cm apart. Grows well next carrots, chives, tomatoes and asparagus. Avoid planting near potatoes. Seedlings can take 2 - 5 weeks to appear from seed. Once the plant flowers the edible leaves will disappear and it's best to plant new seeds. Or you can leave and it will self seed and produce new plants each year.

TIPS

- CONTINENTAL OR ITALIAN PARSLEY HAS THE BEST FLAVOUR
- GOES IN ALMOST ANY SAVOURY DISH AND CAN HELP BRING OUT THE FLAVOURS OF OTHER HERBS
- WILL GROW ALMOST ANYWHERE. GARDEN BED OR SMALL POTS



PARSLEY

WATER REGULARLY
+ PLENTY OF SUN

BUILD YOUR PANTRY

I don't think there are many who get through all the lemons on their tree each season.

Spring is the best time to start preserving all the excess and should last you at least until the next lemon season rolls around.

INGREDIENTS

12 lemons
400g salt (aprox)
3 bay leaves
3 cinnamon sticks
1 tsp whole cloves
1 tbsp coriander seeds
1 tbsp ground cumin
1 tsp black peppercorns

METHOD

Cut tips off the lemons and slice into quarters, without cutting all the way through.

Add all the spices to 3 sterilised, sealable jars, along with 1 tablespoon of salt.

Squish down 1 lemon in each, cut side down. Top with 1 tablespoon of salt and another lemon.

PRESERVED LEMONS

Continue this pattern until all lemons are in the jars.

Finish with another tablespoon of salt and a little water if the lemons aren't fully submerged.

Top with a piece of baking paper to keep lemons submerged in liquid.

Seal the jars and leave in a cool, dark place for 3 months.



BROAD BEANS, LAMB RACK,

MASHED POTATO



DINNER

INGREDIENTS (serves 4-6)

500g broad beans

Mashed Potato

1kg potatoes, peeled, chopped
into 3cm pieces

250g milk

Breadcrumbs

2 slices sourdough bread

1 tbsp olive oil

Lamb Racks

2 4 x lamb racks

2 sprigs thyme

1 tbsp butter

Spring Vegetables

1 cup chicken stock

4 stalks baby leeks

1 bunch asparagus

1 cup peas

To Serve

1 cup snow pea sprouts

goats cheese

NOTES:

The idea is you can do all these steps or just a few, depending on time and ingredients.

Use whatever green veg you can get your hands on.

Use packet breadcrumbs or leave out altogether.

Royal Blue potatoes are great for mash.

Broad Beans (this can be done in the morning)

Blanch broad beans in boiling water for 3 mins.

Refresh in cold water, peel and set aside.

Mashed Potato (30min before)

THERMOMIX - Place potatoes, milk, salt and pepper into mixing bowl and cook 25 mins / 90°C / speed 1.

Insert butterfly and mash 30 sec / speed 3.

NON THERMOMIX - Place potatoes and milk into a saucepan, cook covered on med-high heat until tender.

Mash until smooth.

Breadcrumbs (do next)

Pre heat oven 220°C. Combine breadcrumbs on olive oil with your hands. Spread out on a baking tray. Bake 5 mins, tossing occasionally.

Lamb (do next)

Pre heat oven 220°C.

Wrap the bones in aluminium foil to protect them.

Heat frypan to med-high. Season lamb with salt and pepper. Cook fat side down for 4 mins, add butter and thyme to the pan then cook on other side for 1 minute, spooning butter over the lamb.

Transfer to oven tray and cook 10 mins, rest in a warm place for 10 mins.

Vegetables (do next)

Bring chicken stock to the boil in a frypan. Add the leeks and asparagus. Simmer 2 mins. Add broad beans and peas for 1 min. Strain.

To Serve

Serve mash topped with cutlets and vegetables. Scatter with breadcrumbs, goats cheese and pea sprouts.

LEFTOVER'S LUNCHBOX

PEA + ASPARAGUS FRITTERS

INGREDIENTS (makes 9)

200g peas, defrosted if frozen
75g asparagus
small handful mint leaves
3 eggs, lightly whisked, 1 in separate bowl
100g panko breadcrumbs
rice bran oil for frying

METHOD

Place peas, asparagus and mint into a food processor and blitz til roughly chopped, not mushy! Mix in 1 egg, salt and pepper. Line a tray that fits in the freezer and form into patties. Freeze for at least an hour. Once frozen in shape dip in egg, then breadcrumbs and leave at room temperature to defrost partly. Add 2cm deep rice bran oil to large frypan over med-high heat. Cook in batches for 3 mins each fritter, turning once. Drain on paper towel.



BROAD BEAN DIP

INGREDIENTS

100g broad beans
1/2 avocado, roughly chopped
small handful baby spinach
splash of lemon juice
30ml olive oil
pinch salt

METHOD

Blanch beans in boiling water 2 mins, drain and place in cold water, drain and peel. Place all ingredients into a food processor and blend until smooth.

SPRING GREENS, POACHED SALMON, PEA PESTO



INGREDIENTS (serves 4-6)

Pea Pesto

1 cup peas
1 clove garlic
1 cup mint & basil mix
1/3 cup almonds
1/4 cup parmesan
1/2 lemon, juiced
2 tbsp olive oil

Salmon

3 skin off salmon fillets
2 bay leaves
1 tsp peppercorns

To Serve

200g pasta
leftover broadbeans
leftover peas
leftover asparagus
grated parmesan

Pea Pesto

THERMOMIX - Place all pesto ingredients into mixing bowl and blend 10 sec / speed 8.

Scrape sides and repeat.

If needed add a tablespoon water.

NON THERMOMIX - Place all pesto ingredients into a food processor and blitz until smooth.

If needed add a tablespoon of water.

Poached Salmon

In a large fry pan, bring 3 cups of water to the boil.

Add the bay leaves and peppercorns and simmer gently for 5 minutes.

Add the salmon, cover with a lid and turn off heat.

Leave for 15 minutes.

To Serve

Cook pasta as per packet instructions.

In a pot of boiling water add any uncooked Spring greens you have leftover, broad beans, asparagus, peas. Cook for 3 minutes then drain.

Toss together the pesto, pasta and vegetables.

Flake salmon over the top and then grated parmesan.

LEFTOVERS DINNER

KIDS DINNER

TODDLER

To make more toddler friendly
replace parmesan with grated cheddar.



BABY

PEA + ASPARAGUS PUREE

INGREDIENTS

- 1 cup peas
- 1 cup broad beans, peeled
- 1/4 cup asparagus, peeled & chopped

METHOD

In boiling water cook asparagus and broad beans 6 mins, add peas and cook a further 5 mins until very tender. Blend in a food processor until smooth.



ETON MESS

Pavlova METHOD (make day before) THERMOMIX

Pre heat oven to 150°C. Insert butterfly. Place egg whites into TM bowl and whip 5 min/37°C/speed 3.5. With butterfly rotating 5 min/37°C/speed 3 slowly add sugar 1 spoon at a time through hole in lid. With butterfly rotating 40 sec/speed 3 add vinegar through hole in lid. Transfer mixture to lined tray, reduce heat to 120°C, bake 1 hour 30 mins. Turn oven off, leave in oven to cool completely.

NON THERMOMIX

Pre heat oven to 150°C. Whisk egg whites on high until stiff peaks form. Add sugar 1 tbsp at a time, whisking 30 sec between spoons. Once all sugar is added whisk a further 6 mins. Scrape down sides, add vinegar and whisk another 2 mins. Transfer mixture to lined tray, reduce heat to 120°C, bake 1 hour 30 mins. Turn oven off, leave in oven to cool completely.

Lemon Curd METHOD (make a few hours before)

THERMOMIX Insert butterfly. Place all ingredients into mixing bowl and cook 8 min/80°C/speed 3. If still not thick, cook a further 2-3 minutes.

NON THERMOMIX Place the lemon juice, sugar and butter in a heatproof bowl over a pan of gently simmering water, making sure the water is not touching the bottom of the bowl. Once butter has melted add the lightly whisked eggs and continue whisking until all ingredients are well combined. Cook 10-12 minutes, stirring occasionally, until thick and coats the back of a spoon.

Pavlova

6 egg whites
330g caster sugar
1 tsp white vinegar

Lemon Curd

1 lemon, juiced
110g caster sugar
80 butter
2 eggs

To Serve

whipped cream
blueberries

INGREDIENTS

DESSERT

INGREDIENTS

Base

- 1 cup cashews
- 1 cup desiccated coconut
- 1 cup Medjool dates, pitted
- 1 tbsp lime juice
- pinch salt

Top

- 1/2 cup cashews
- 3 passionfruit, pulped
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1/2 tsp vanilla extract

PASSIONFRUIT



THERMOMIX - Line a 20cm x 20cm square cake tin with baking paper. Place base ingredients into TM mixing bowl and blend 20 sec / speed 8.

Scrape down sides and repeat. Mixture should stick together like a dough. If not, add a tablespoon of water and blend a further 10 sec / speed 8. Transfer to tin and press down evenly to form a base. I find it helps to lay a sheet of baking paper over the top to prevent sticking. Place in freezer to set.

Clean out bowl. Add top layer ingredients and blend 1 min / speed 8. Til smooth and creamy. Pour over base, set in freezer, once firm cut into squares.

NON THERMOMIX - Line a 20cm x 20cm square cake tin with baking paper. Place base ingredients into a food processor and blend until it comes together like a dough. (this can take 3 - 5 minutes in a small processor. If it still hasn't come together, add a tablespoon of water and blend again. Transfer to tin and press down evenly to form a base. I find it helps to lay a sheet of baking paper over the top to prevent sticking. Place in freezer to set.

Clean out bowl. Add top layer ingredients and blend until smooth and creamy. Pour over base, set in freezer, once firm cut into squares.

HEALTHY RAW SLICE