

Waste-free Omelette with Vegetables | Dr. Yukio Hattori, Japanese Food Educator

Using your leftover ingredients to make a delicious omelette is an excellent way to create a waste-free meal! For all ingredients you can use any remaining vegetables in your fridge. Here is an example of what Dr. Yukio Hattori used! You can easily substitute the vegetables.

Ingredients

For 4 servings

- 5 eggs
- 1/8 of an onion*
- 1/4 of a bell pepper*
- 1/2 pk. of pea sprouts*
- 2 mushrooms*
- 1 cabbage leaf*
- 2 tops of long green onions*
- Olive oil as necessary
- 1/3 pk. of leftover potato chips
- 2 tsp salt
- Pepper to taste

Instructions

1. Cut all ingredients marked with an asterisk into bite-sized pieces.
2. Heat a sufficient amount of olive oil on a fry pan and stir the ingredients from Step 1. Continue to cook with medium heat until all ingredients are fairly soft.
3. Crack the eggs into a bowl and mix thoroughly.
4. Put the mixture from Step 2, along with hand-crunched potato chips, in the bowl and combine all ingredients.
5. Heat additional olive oil in a small fry pan and pour in the mixture from Step 4.
6. Cook both sides of the omelette using medium, making sure not to scorch the omelette.

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Rosemary Mashed Root Vegetables

One way of making sustainable choices is by eating vegan meals. Here's a vegan recipe for Rosemary Mash, however if you don't have dairy-free milk you can substitute cow's milk, making it vegetarian instead!

Mix up your regular mash with this sweet and savoury blend. The end result is creamy and flavourful, but you can optionally add a pat of buttery spread or coconut oil for extra indulgence.

Author: The Taylor Household

Serves: 4 servings

Prep time

15 mins

Cook time

15 mins

Total time

30 mins

Ingredients

- 1 sweet potato, peeled and chopped
- 2 white potatoes, unpeeled and chopped
- 8 baby carrots or 1 medium carrot, peeled and chopped
- ⅓ cup unsweetened dairy-free milk beverage (they used almond milk)
- 1 teaspoon fresh rosemary, chopped finely
- 1 teaspoon dried chives
- ¾ to 1 teaspoon salt, to taste
- ½ teaspoon black pepper

Instructions

1. Place the sweet potatoes, white potatoes, and carrots in a pot, and cover with water.
2. Place the pot over medium-high heat, and bring the water to a boil. Reduce the heat to medium-low, and let bubble until the vegetables are fork tender. This usually takes 15 to 20 minutes.
3. Remove the pot from the heat and drain the vegetables.
4. Place the vegetables into a medium bowl, and add the milk beverage, rosemary, chives, salt (to taste), and pepper. Mash the ingredients together with a potato masher or lightly blend with a hand mixer to combine.



Recipe from godairyfree.org

Easy Sustainable Fish Curry

Another sustainable choice we can make is to make sure we buy sustainably sourced fish.

Ingredients

1 tbsp vegetable oil

1 large onion, chopped

1 garlic clove, chopped

1-2 tbsp Madras curry paste (we used Patak's)

400g can tomato

200ml vegetable stock

sustainable white fish fillets, skinned and cut into big chunks

rice or naan bread

Method

1. Heat the oil in a deep pan and gently fry the onion and garlic for about 5 mins until soft. Add the curry paste and stir-fry for 1-2 mins, then tip in the tomatoes and stock.
2. Bring to a simmer, then add the fish. Gently cook for 4-5 mins until the fish flakes easily. Serve immediately with rice or naan

Recipe from Good Food magazine, August 2007