



USE IT ALL, SAVE IT ALL

RECIPES & TIPS

TO FIGHT FOOD WASTE

#useitall

EXPLORE THE WORLD OF TASTE
[PERFECTION.COM.AU](https://www.perfection.com.au)

USE IT ALL, SAVE IT ALL



PERFECTION FRESH ON FOOD WASTE

Our world is chaotic and still we make many decisions a day that impact our life and the lives of others around us.

One of these decisions is what we choose to eat.

Within our current system of ultra processed foods, harmful additives, & substantial food waste, we understand the need to take back some control, spring into action and make a positive difference in our lives & for the next chapter of our planet.

Now is the time. Use it All, Save it All!

DID YOU KNOW?



TOP CARBON DIOXIDE PRODUCERS



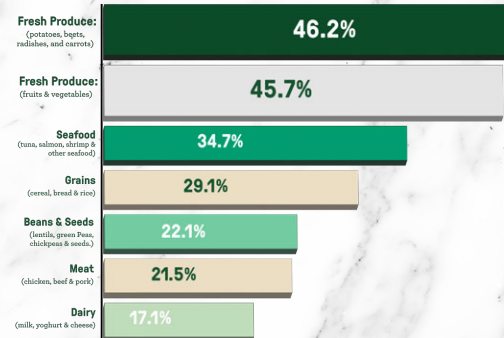
If all the food waste in the world was made into a country, it would be the third largest carbon dioxide producer after USA and China .

Source: WRI: World GHG Emissions 2016 & <https://www.nature.com/articles/s41558-019-0459-z>

Fresh Produce is the most wasted food group.

Source: 2016 data from the Food and Agriculture Organization of the UN

FOOD GROUP WASTAGE



Wasting food is worse than total emissions from flying (1.9%), plastic production (3.8%) and oil extraction (3.8%).

Source: WRI: World GHG Emissions 2016 & <https://www.nature.com/articles/s41558-019-0459-z>

SOURCES OF CO₂ EMISSIONS



Food waste costs Australian households \$2,000 - \$2,500 per year.

Source: FIAL (2021). National Food Waste Strategy Feasibility Study

SOURCES OF CO₂ EMISSIONS



LIFESTYLE TIPS



Storing Food Properly to #useitall

Food storage is important when it comes to reducing our food waste. Fruit and vegetables are the most wasted food group because they are not stored properly and we end up throwing them out.

We'll be sharing some storage tips so you can keep your fruit and vegetables fresher for longer & #useitall.



TIP: Your leafy greens should be stored unwashed or completely dried after a wash as moisture tends to make them rot faster.



Fridge Storage Tips

Hardy vegetables such as carrots, brussels sprouts and celery can be stored in the fridge by submerging them. This keeps them crispy and fresh for longer. Make sure to change the water every 2-4 days. The discarded water can be used for gardening, and to give your houseplants some love.

To prevent greens such as spinach and lettuce from wilting wash and dry them completely with a clean tea towel or in a salad spinner. Place them in an airtight container with some paper towels. This will help them stay fresh and crisp for longer.

Perfect Pickling

You can pickle almost any fruit and vegetable and it's the perfect way to #useitall.



Pickled Calypso® Mangoes

Make your Calypso® Mangoes last for up to 3 months just by pickling and keeping them in the fridge. They are the perfect addition to:

- A Ceviche Salmon salad
- On the side of a delicious curry
- Mixed in with a spicy salsa



Pickled Qukes®

Pickle your Qukes® and give them a new flavour! Pickled Qukes® must be stored in the fridge and will keep for 2 months. They are perfect in:

- A tomato salad
- A decadent charcuterie board (The pickle and cheese flavour work so well with each other)



Pickled Watermelon

Taste your Watermelon like you never have before. Pickle your watermelon and keep in the fridge for up to 1 month! Enjoy them in:

- A Spicy Salsa Salad - see our recipe on page *
- Bruschetta with a drizzle of balsamic vinegar
- Pair them with a delicious cut of meat or poultry.

LIFESTYLE TIPS



Treat yourself to #useitall

Fruits and vegetable have a host of natural ingredients that can add a boost to your skin care routine. The enzymes found in fruits like strawberries, bananas and others are known to freshen the complexion. Exfoliating dead skin cells while leaving behind brightening glowing tones! It's an easy addition to any natural beauty routine. Here are some easy natural ways to #useitall.



#useitall Cleansing Mask



Ingredients

Berries
Banana Peel
Oatmeal
Yoghurt

Method

Mix ingredients in a blender or food processor & store in a glass jar.

Qukes® Cooling Facial Spray



Ingredients

Qukes®
Aloe Vera
Water

Method

Mix ingredients in a blender or food processor & store in a spray bottle.

Tomato & Lemon Cleanser



Ingredients

Tomato
Lemon Juice

Method

Mix ingredients in a blender or food processor & store in a glass jar.

Tomato & Turmeric Brightening Mask



Ingredients

Turmeric
Tomato
Yoghurt

Method

Mix ingredients in a blender or food processor & store in a glass jar.

SCRAPS STOCK



SERVES

-



PREP TIME

15 min



COOK TIME

40 min



COURSE

-



DIFFICULTY

Easy

INGREDIENTS LIST

Any leftover veggie scraps from the fridge or freezer. This can include celery, carrots, mushroom stems, onion.

Vegetables (other than scraps) can also be used such as onions, carrots, garlic, etc.

Salt, to taste

Black Pepper, to taste

Ginger, peeled and sliced (adjust based on quantity of veggie scraps)

Other aromats such as garlic, fresh and dried herbs, chili and whole spices (as per personal preference)

STEP BY STEP INSTRUCTIONS

1. Make sure that any veggie scraps that are being used are clean, without any dirt. You can collect veggie scraps on a weekly basis and put them in a bag in the freezer. Make this soup once enough scraps are collected.
2. Fill a large stock pot with veggie scraps, vegetables, ginger and other aromats (if using).
3. Fill pot with just enough water to cover and bring to a boil.
4. Reduce to a simmer and cook for around 40 minutes.
5. Add salt, and pepper to taste along with any other seasonings.
6. Strain into a bowl. The leftover veggie scraps can be turned into vegetable compost.
7. Spoon the soup into an air-tight glass jar and keep in the fridge.



TIP: Avoid using cruciferous vegetables as they make the vegetable stock bitter, or use a lesser quantity.

BROCCOLINI® & CHEDDAR SOUP IN A BREAD BOWL



SERVES

4



PREP TIME

20 min



COOK TIME

35 min



COURSE

Dinner



DIFFICULTY

Intermediate

INGREDIENTS LIST

250 ml No Waste Veggie Stock
or any stock
2 Bunches Broccolini®
5 cloves Garlic
1 Onion
Salt
Pepper
Olive oil
1 tbsp Flour
250 ml Thickened Cream
250 grams Sharp vintage red Cheddar
1 large white Cob Loaf



STEP BY STEP INSTRUCTIONS

1. Dice garlic & onion. Saute garlic and onion with olive oil for 4-5min.
2. Add flour and stir till light brown.
3. Add cream in small increments to thicken soup.
4. Add stock and bring to a simmer while preparing the bread bowl.
5. Slice Broccolini® and add to the simmering soup.
6. Cut a hole in the Cob loaf and then twist the top off and pull out the bread until there is a 3cm wall.
7. Cut the pulled off bread into bite size pieces. Toss with olive oil, salt to taste & pepper to taste.
8. Bake at 60°C fan-forced until toasted golden brown. Use this as croutons to place on top of the soup.
9. Spoon soup into bread bowl. Top with croutons and cheddar cheese.

NO WASTE BROCCOLINI® GREENS PESTO PASTA



SERVES

2



PREP TIME

10 min



COOK TIME

15 min



COURSE

Dinner



DIFFICULTY

Easy

INGREDIENTS LIST

2 bunches Broccolini®, divided
5 cloves garlic
1 tbsp lemon juice
1 bag spinach or rocket (120g)
225g pasta
Left over strawberry tops
1/2 block Feta (200g), Plus more to garnish
Black pepper
Salt
3 tbsp olive oil

Other Ingredients:

*use any vegetables you have in the fridge or on the counter

Basil, Peas
and Beans etc.



STEP BY STEP INSTRUCTIONS

1. Blanch 1 bunch of Broccolini®
2. Blend any leftover greens with blanched Broccolini®, garlic, Strawberry tops, Spinach or rocket, lemon & olive oil.
3. Season with salt & pepper to taste.
4. Boil pasta as per packet instructions and reserve pasta water.
5. Steam 1 bunch of Broccolini®.
6. Saute pasta with a splash of pasta water with the pesto, steamed Broccolini® and feta.
7. Serve and top with extra feta to taste.

FRIDGE-TREASURES WINTER-WARMER-CURRY



SERVES

4



PREP TIME

15 min



COOK TIME

35 min



COURSE

Dinner



DIFFICULTY

Easy

INGREDIENTS LIST

Essential Ingredients:

250 ml No Waste Veggie Stock
or any stock

2 cups of Vegetables*

15 g Curry powder

1 can Coconut milk

4 cloves Garlic

1/2 Onion

250g Rice to serve

1 tsp Cumin

1/2 tsp Fenugreek seeds

Salt

Pepper

Olive oil

1/2 tsp Mustard Seeds

*use any vegetables you have
in the fridge or on the counter

Broccolini®,
carrots, potatoes,
peppers, brussel
sprouts etc.



STEP BY STEP INSTRUCTIONS

1. Dice garlic & onion. Saute garlic and onion with olive oil for 4-5min.
2. Add cumin, fenugreek seeds, mustard seeds and curry powder, salt and pepper to taste. Saute for five minutes until spices are fragrant.
3. Add coconut milk and stock, bring to a low simmer.
4. Cut vegetables of choice into large chunks (~2 cm). Add them to the stock and cook till tender. Hardy vegetables such as carrots and potatoes need to be added earlier as they will take longer to cook
5. Serve with steamed rice.

AIRFRIED PICKLED QUKES®



SERVES

4



PREP TIME

5 min



COOK TIME

8 min



COURSE

Snack



DIFFICULTY

Easy

INGREDIENTS LIST

- 2 Jars Pickled Qukes®* (500g)
- 1 Cup of Flour
- Salt to taste
- 1 Cup Panko Breadcrumbs
- 2 Large Eggs, whisked
- Aioli, to serve

*Find the Pickled Qukes® recipe on our website



STEP BY STEP INSTRUCTIONS

1. Mix in salt & seasoning of choice (for e.g. curry powder or paprika) to the flour.
2. Arrange your dredging station by laying out your spiced flour, beaten eggs & panko breadcrumbs.
2. Batter your pickled Qukes® in flour, then egg, then panko breadcrumbs.
3. Airfry at 200°C for 4min on each side or bake in the oven at 180°C fan-forced for 15 min.
4. Serve with Aioli.



TIP: Try serving this with a tangy spiced aioli by mixing your leftover pickling liquid with the aioli. This also makes a perfect salad dressing.

SPICY WATERMELON & BLUEBERRY SALSA

with papaya seeds



SERVES

6



PREP TIME

15 min



COOK TIME

0 min



COURSE

Snack



DIFFICULTY

Easy

INGREDIENTS LIST

- ½ Crisp Delight® Watermelon
- ½ papaya with seeds
- 1 punnet Perfection Blueberries
- 1 red capsicum
- 1 jalapeno
- 1 lemon
- Salt to taste
- Black pepper to taste

STEP BY STEP INSTRUCTIONS

1. Dice all ingredients and add to a bowl.
2. Add lemon, salt and pepper to taste.
3. Serve with chips or use it to top a salad.



TIP: Watermelon rind can be pickled and used in the recipe if you have it on hand. See our Pickled Watermelon Recipe on the next page.



PICKLED WATERMELON



SERVES

-



PREP TIME

10 min



COOK TIME

30 min



COURSE

-



DIFFICULTY

Easy

INGREDIENTS LIST

- 2 cups vinegar
- 2 cups water
- 1 cup sugar
- 1/4 cup kosher salt
- 2 tbsp peppercorns
- 1/2 lemon juiced
- 1/4 Crisp Delight® Watermelon

STEP BY STEP INSTRUCTIONS

1. Peel the green rind off and cut Watermelon into large slices or chunks.
2. Combine vinegar, water, sugar, salt, peppercorns, lemon juice into a medium pot.
3. Bring to a boil and allow to simmer for 30 minutes.
4. Take off the heat and leave to cool.
5. Store in an air tight glass jar with liquid.



TIP: Pickled watermelon can last up to a month when stored in the fridge.

FRUIT LEATHERS



SERVES
8



PREP TIME
10 min



COOK TIME
4 hrs



COURSE
Snack



DIFFICULTY
Easy

INGREDIENTS LIST

Any amount of old or overripe fruit of choice. In our version we used: papayas, Red Tip® Ecoganic® Bananas, Perfection Blueberries & Raspberries.

STEP BY STEP INSTRUCTIONS

1. Mix all the fruit you're using in a blender.
2. Lay out on a silicone baking sheet.
3. Dehydrate in oven at the lowest setting 50°C fan-forced for 4 hours or until you get a dry leather like texture.



FROZEN YOGHURT BARK: TWO WAYS



SERVES

6



PREP TIME

15 min



COOK TIME

0 min



COURSE

Snack



DIFFICULTY

Easy

INGREDIENTS LIST

450g yoghurt
1Tbsp maple syrup
Perfection Strawberries*
Perfection Raspberries*
1/4 cup raspberry jam
Red Tip® Ecoganic® Banana*
1/2 cup chocolate chips
1 tsp honey

*Use any amount of left over or overripe fruit

STEP BY STEP INSTRUCTIONS

1. Whisk maple syrup with yoghurt and add to a baking tray.
2. Top half with sliced banana, chocolate chips and honey.
3. On the other half, mix jam with a little water to thin it out. Then swirl onto the yoghurt and add chopped raspberry and strawberry.
4. Freeze overnight.



APPLE PEEL BREAD PUDDING WITH MIXED BERRIES



SERVES
8



PREP TIME
15 min



COOK TIME
20 min



COURSE
Dessert



DIFFICULTY
Intermediate

INGREDIENTS LIST

2 apples
30ml bourbon
150g bread
100g mix berries
1 can evaporated milk
½ can condensed milk
150g milk
200g sugar
2 eggs
1tsp cinnamon

STEP BY STEP INSTRUCTIONS

1. Soak apple peels in bourbon overnight.
2. Cut up old bread into chunks.
3. Toast bread till golden brown.
4. In a mixing bowl whisk together milks, eggs and sugar.
5. Add apples and mixed berry.
6. Add toasted bread and mix until the bread is soaked with milk.
7. Put in a baking pan and bake at 165 °C fan-forced for 15-20min or until golden brown.
8. Serve with maple syrup.

