



PLAN INTERNATIONAL COOKBOOK

*5 easy recipes to reduce
food waste*

INTRODUCTION

At Plan International Ireland, we are proud to centre girls' rights and equality in our work, especially girls' access to education.

At the core of our work is advancing children's rights and equality for girls. Our vision is a just world where girls can learn, lead, decide, survive and thrive in all aspects of their lives.

The world is in the grip of the most devastating hunger crisis ever seen. In the hungriest countries, children too young to walk are surviving on one meal a day, sometimes less. Entire classrooms are empty because students are too hungry to go to school, while some families don't know what or when they'll eat next.

Food insecurity can have major consequences for girls' education. While there is enough food produced globally to feed everyone, millions of people go to bed hungry. In countries like Mali, Bangladesh and South Sudan Conflict, climate shocks and COVID-19 are contributing to an escalation of food insecurity.

When food is scarce, girls often eat less and eat last. They are more likely than boys to be taken out of school. In countries such as Somalia where 11-year-old Najma says the crisis is worse for girls. *"Even if girls are hungry, we only eat leftovers, if there is any left. The younger children eat first... Mothers do the same thing, only eating their children's leftovers. It affects girls in different ways. Their bodies become malnourished, and you can see it from their appearance."*

Solving Global hunger may feel like an impossible task and food waste is a global issue, but by making small changes in the way everyone can be part of the solution.

To give you inspiration on what to cook and at the same time encourage you to reduce food waste we put together this cookbook. It contains 5 easy recipes. Enjoy!

"What are you going to cook?"

EASY AND QUICK PORRIDGE

4 variations

For best results with this recipe, use rolled or old-fashioned oats. Cooking time for these are only a bit longer than quick-cook oats, but are less processed and provide a great base.

Ingredients - base:

For one serving of oats

- 80g rolled or old-fashioned oats
- 250ml water, milk, or plant-based milk
- Pinch of salt

How to:

Microwave:

Start by measuring out the oats and liquids and put them together in a bowl. Then place in the microwave without a cover on it. Microwave on high for 2 minutes. Your porridge should be the perfect consistency!

Stovetop:

Measure out your oats and liquids and put them together in a pot. Bring to a simmer and cover for about 5mins or to when the oats are cooked and the porridge is the consistency you like!



EASY AND QUICK PORRIDGE

Caramelized fruit and nuts

Topping

- 80g fruit cup sliced (about 1 banana, 1 peach, 4 strawberries)
 - 1 teaspoon cinnamon
 - 1 tablespoon sugar
 - 1 tablespoon butter
 - 1 handful of unsalted nuts (walnuts, almonds, pecans are great!)
1. Melt the butter in a pan over medium heat. Once melted, add the fruit slices. Sprinkle the sugar and cinnamon and toss gently to coat each fruit slice.
 2. Cook for about 10 minutes, flipping over the fruit in between, until they're caramelized on both sides. Be sure to stir occasionally so that the fruit is coated and doesn't stick to the pan.
 3. Remove from heat and add to your porridge!



Do you have some ripe fruit that needs to be used up? This topping works well for peaches, bananas, strawberries, and more.

Nut butter and chocolate

Topping

- 1 tablespoon nut butter of your choice
 - 1 tablespoon cocoa
 - 2 teaspoons agave syrup or sugar
1. Mix your nut butter, cocoa powder, and syrup or sugar together.
 2. Drizzle on the top of your porridge (this is best when the porridge is still hot). Enjoy!



EASY AND QUICK PORRIDGE

Fresh-frozen fruit

Topping

- 80g frozen fruit of your choice
- 1 tablespoon honey or sugar
- 1 teaspoon cardamon (optional)

1. This works best if you add the frozen fruit to your porridge before you cook it. Follow the instructions above (microwave or stovetop works), adding the fruit to your oat/liquid mixture.
2. Once the porridge is cooked, add in your honey and cardamon (optional, but delicious).

Honey-flax

Topping

- 1 tablespoon honey or maple syrup
- 2 tablespoons flaxseed
- 1 handful pecans or other nuts (optional)

1. Drizzle the honey on the top of your porridge, then add the flaxseed and nuts, if using. Enjoy!

Did you know?

811 million people globally are struggling to find food on a daily basis. In countries like Mali, Bangladesh and South Sudan conflict, climate shocks and COVID-19 are contributing to an **escalation of food insecurity**. Here children are surviving on one meal a day, sometimes less.

HUNGER CRISIS FACT



VEGETABLE COCONUT CURRY SOUP

This is a great recipe if you have vegetables that need to be used and it works with almost any mix! You can also adjust the liquid/vegetable ratio depending on what you have on hand. This recipe can feed about 4 people.

Ingredients

- 1 head of broccoli (cauliflower, kale, spinach work well also)
- 2 potatoes (if they're sprouted, just cut off the sprouts before! You can also use the peel to avoid waste)
- 1 onion (or leek – you can use the white and green parts)
- 1 can of coconut milk
- 350ml to 500ml vegetable broth or water (depending on how thick you like your soup)
- 2 tsp coconut oil or other neutral oil
- 3 tsp curry powder
- 1 tsp garam masala (optional)
- 1 tsp cayenne pepper (optional)
- 1 tsp black pepper

Did you know?

Hunger affects people differently based on their gender. When food is scarce, girls often eat less and eat last. They are more likely than boys to be taken out of school. Therefore, food insecurity can have devastating consequences for girls' education.

HUNGER CRISIS FACT



VEGETABLE COCONUT CURRY SOUP

How to:

1. Slice the onion (or the white part of the leek) and sauté them in the oil on medium-high heat until the onion is translucent. If using the leek, wait until it softens.
2. Add the curry powder, garam masala and cayenne pepper if using and sauté until fragrant (just 1 min).
3. Turn the heat to medium. Cut the broccoli (or cauliflower) and the potatoes into small pieces and add them to the pot.
4. Add the vegetable broth or water to the pot and bring to a simmer. Turn the heat down and cover until the potatoes and broccoli soften (use a fork to test), about 10 mins.
5. Use a hand blender to puree until smooth. You can also use a masher if you prefer a chunkier soup.
6. Add the coconut milk and stir in pepper and salt to taste. Enjoy with some flatbread!



Did you know?

The **conflict in Ukraine** has sent global food prices skyrocketing. A third of the world's wheat supplies come from Ukraine or Russia. Ukraine also supplies the world with sunflower oil, barley, maize, and fertilisers. But ongoing conflict means that fields won't be prepared, crops won't be planted and fertilisers won't be available.

HUNGER CRISIS FACT

NO-WASTE PESTO

Everyone loves a hearty plate of pasta! But you can also drizzle this on chicken, bread, etc. This pesto recipe works with traditional fresh basil or a mixture of basil and baby spinach. Or try rocket salad instead! And while pine nuts are tasty, walnuts are a great substitute.

Ingredients

- 50g pine nuts or walnuts
- 80g basil, or 40g basil/40g spinach, or 80g rocket salad
- 50g parmesan or vegetarian alternative
- 150ml olive oil
- 2 garlic cloves
- Salt to taste

How to:

1. Add nuts, greens, cheese, garlic and oil to a food processor and mix until slightly smooth. Add salt to taste.
2. Serve with your favorite pasta or spread on ciabatta and enjoy. Keeps well for about 5 days in the refrigerator.



QUICK FRIED RICE

If you've ended up making too much rice, this recipe is for you. You can also use any combination of vegetables and protein you like!

Ingredients

- 2 tbsp avocado or vegetable oil
- 1 carrot, finely chopped (or other vegetable!)
- 1 small onion, finely chopped
- 100g peas (fresh or frozen peas)
- 150g cooked chicken (or any other meat), roughly chopped
- 300g cold cooked rice
- 2 eggs, beaten
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp oyster sauce (optional)
- 1 spring onion, finely sliced

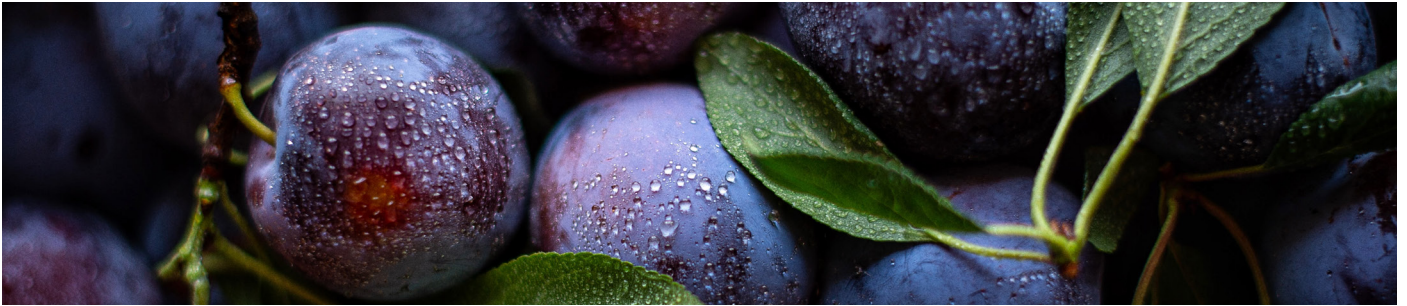
How to:

1. Sauté the onion in the avocado or vegetable oil until translucent. Add in carrot and peas. Cook for a few minutes until the carrot is a little softer.
2. Add in your rice and chicken (or other protein) and cook for a few minutes.
3. Move the rice mixture to one side of the pan and add in your beaten eggs. Let the eggs cook a bit (just a minute or so) then mix into the rice.
4. Add in the sesame oil, soy sauce, and oyster sauce (if you have it). Mix throughout.
5. Remove from heat and add the spring onion. Enjoy!



EASY CRUMBLE

Craving a dessert but don't want it to take too long? This crumble recipe is perfect and can be used with either apples, pears, or a mixture of fruit (try plums)!



Ingredients

For the filling

- 400g apples or pears (or plums)
- 50g caster sugar
- 2 tsp cinnamon

For the crumble topping

- 35g flour (you can use wholewheat or white)
- 15g flaxseed
- 35 g rolled oats
- 35g unsalted butter
- 20g caster sugar

How to:

1. Preheat the oven to 190°C/gas 5.
2. Peel and core the apples (or pears or plums), then quarter and cut into pieces.
3. Mix the apple pieces with the sugar and cinnamon and put into an oven-proof dish.
4. Place the flour, flaxseed and oats in a bowl and mix well. Cut the butter into small cubes and add this to the oats and flour. Use your hands to mix until it resembles an even crumb texture.
5. Add the sugar and mix through, then cover the fruit with the crumble mixture.
6. Bake for around 20-30 minutes, or until golden and cooked through.

Did you know?

Plan International is on the ground in many of the countries affected by the global food crisis. We are currently directly reaching 3.2 million people. This includes providing school meals - a critical way to keep children and especially girls in school and learning.



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