



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

SUSTAINABLE EATS COOKBOOK 2025

COOKING FOR ONE


SUSTAINABLE EATS COOKBOOK

‘COOKING FOR ONE’ EDITION

**SOME RECIPES, IDEAS, TIPS AND HINTS
THAT HELP YOU COOK FOR ONE SUSTAINABLY**

2025





BENEFITS

THE BENEFITS OF COOKING FOR ONE

COOKING FOR ONE PERSON OFFERS SEVERAL SUSTAINABLE BENEFITS THAT EXTEND BEYOND MERE CONVENIENCE. ONE KEY ADVANTAGE IS MINIMIZING FOOD WASTE. WHEN COOKING FOR JUST ONE, YOU CAN PRECISELY MEASURE AND PREPARE THE EXACT AMOUNT NEEDED, ENSURING THAT INGREDIENTS ARE USED EFFICIENTLY AND REDUCING THE RISK OF LEFTOVERS GOING TO WASTE.

MOREOVER, COOKING FOR ONE ENCOURAGES MINDFUL CONSUMPTION AND PORTION CONTROL, WHICH CONTRIBUTES TO A HEALTHIER LIFESTYLE. IT ALLOWS FOR GREATER FLEXIBILITY IN MEAL PLANNING, ENABLING YOU TO CREATE MEALS THAT PERFECTLY MEET YOUR DIETARY NEEDS AND PREFERENCES WITHOUT OVERINDULGING.

ECONOMICALLY, COOKING FOR ONE CAN ALSO BE COST-EFFECTIVE. BY PURCHASING ONLY WHAT YOU NEED AND FOCUSING ON FRESH, LOCAL INGREDIENTS, YOU CAN REDUCE YOUR OVERALL GROCERY EXPENSES, SUPPORT LOCAL FARMERS, AND DIMINISH THE ENVIRONMENTAL IMPACT ASSOCIATED WITH FOOD TRANSPORTATION.

ADDITIONALLY, COOKING SOLO PROMOTES CREATIVITY AND EXPERIMENTATION IN THE KITCHEN, AS YOU HAVE THE FREEDOM TO TRY NEW RECIPES AND ADAPT THEM TO YOUR TASTES. THIS INDIVIDUAL APPROACH TO COOKING NOT ONLY ENHANCES YOUR CULINARY SKILLS BUT ALSO FOSTERS A DEEPER APPRECIATION FOR THE FOOD YOU CONSUME.

IN SUMMARY, COOKING FOR ONE PERSON PROMOTES SUSTAINABILITY THROUGH REDUCED FOOD WASTE, BETTER PORTION CONTROL, COST SAVINGS, AND ENVIRONMENTAL RESPONSIBILITY, ALL WHILE ENCOURAGING A HEALTHIER AND MORE PERSONALIZED DINING EXPERIENCE.

INGREDIENTS

1 MEDIUM CARROT WITH TOPS
50G CHOPPED BROCCOLI STEMS
50G SLICED BELL PEPPER
1 CLOVE GARLIC, MINCED
15ML SOY SAUCE
5ML SESAME OIL
100G COOKED RICE

METHOD

PEEL ALL OF YOUR CARROT FROM TOP TO BOTTOM

CUT YOUR PEPPER INTO STRIPS

CUT OFF THE TOPS OF YOUR BROCCOLI AND PEEL THE STEM INTO
THIN STRIPS

HEAT SESAME OIL IN A PAN AND SAUTÉ GARLIC.

ADD VEGETABLES AND COOK FOR 5 MINUTES.

STIR IN SOY SAUCE AND SERVE OVER COOKED RICE.

FOR AN EXTRA BURST OF FLAVOR, SPRINKLE WITH SESAME SEEDS
AND A HANDFUL OF CHOPPED FRESH HERBS LIKE CILANTRO OR
GREEN ONIONS BEFORE SERVING. THIS VIBRANT DISH NOT ONLY
MAKES USE OF EVERY PART OF THE VEGETABLES BUT ALSO
DELIVERS A DELICIOUSLY SATISFYING MEAL THAT'S PERFECT FOR A
QUICK LUNCH OR DINNER. ENJOY YOUR ROOT-TO-STEM CULINARY
CREATION!



ROOT-TO-STEM
STIR-FRY



LENTIL & LOCAL GREENS SOUP

INGREDIENTS

50G DRIED LENTILS
50G CHOPPED LOCAL GREENS (KALE, SPINACH)
30G CHOPPED ONION
1 CLOVE GARLIC, MINCED
500ML VEGETABLE BROTH
5ML OLIVE OIL



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METHOD

HEAT OIL IN A POT AND SAUTÉ ONION AND GARLIC.

ADD LENTILS AND BROTH, SIMMER FOR 20 MINUTES.

STIR IN GREENS AND COOK FOR 5 MORE MINUTES.

SEASON WITH SALT AND PEPPER TO TASTE.

SERVE HOT AND ENJOY A NOURISHING BOWL OF GOODNESS PERFECT FOR A COZY DAY.

TIPS:

FOR ADDED FLAVOR, CONSIDER TOPPING THE SOUP WITH A SPRINKLE OF LEMON JUICE OR A DASH OF YOUR FAVORITE HERBS.
PAIR WITH CRUSTY BREAD FOR A MORE FILLING MEAL.
THIS SOUP CAN BE EASILY CUSTOMIZED BY ADDING OTHER VEGETABLES LIKE CARROTS OR CELERY.
STORE LEFTOVERS IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR FOR UP TO THREE DAYS. REHEAT GENTLY ON THE STOVETOP BEFORE SERVING.

INGREDIENTS

2 EGGS

100G MIXED VEGETABLE SCRAPS (ONION PEELS, CARROT TOPS,
WILTED GREENS)

15ML OLIVE OIL

SALT & PEPPER TO TASTE

METHOD

CHOP VEGETABLE SCRAPS FINELY

HEAT OIL IN A PAN AND SAUTÉ FOR 3 MINUTES.

WHISK EGGS AND POUR INTO THE PAN.

SCRAMBLE UNTIL COOKED THROUGH.

SERVE WARM, GARNISHED WITH FRESH HERBS IF DESIRED,
FOR AN ECO-FRIENDLY AND DELICIOUS BREAKFAST.

THIS ZERO-WASTE VEGGIE SCRAMBLE NOT ONLY HELPS REDUCE
FOOD WASTE BUT ALSO ADDS A BURST OF FLAVOUR AND NUTRITION
TO YOUR MORNING ROUTINE. ENJOY YOUR MEAL KNOWING YOU'VE
MADE A POSITIVE IMPACT ON BOTH YOUR HEALTH AND THE
ENVIRONMENT!



ZERO-WASTE
VEGGIE SCRAMBLE



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CLASSIC TOMATO SAUCE

INGREDIENTS

- 2 TBSP OLIVE OIL
- 1 ONION, CHOPPED
- 3 GARLIC CLOVES, MINCED
- 2 CANS CHOPPED TOMATOES
- 2 TBSP TOMATO PURÉE
- 1 GRATED CARROT
- 1 CHOPPED CELERY STALK
- 1 CHOPPED RED BELL PEPPER
- 1 GRATED ZUCCHINI
- 2 TSP DRIED OREGANO
- 1 TSP DRIED BASIL
- SALT AND PEPPER TO TASTE
- HANDFUL OF CHOPPED FRESH BASIL

METHOD

HEAT OLIVE OIL IN A LARGE PAN; SAUTÉ ONION AND GARLIC UNTIL SOFTENED.

ADD CARROT, CELERY, RED BELL PEPPER, AND ZUCCHINI; COOK FOR 5 MINUTES.

STIR IN CHOPPED TOMATOES, TOMATO PURÉE, OREGANO, AND DRIED BASIL; SEASON WITH SALT AND PEPPER.

SIMMER SAUCE FOR 30 MINUTES, STIRRING OCCASIONALLY UNTIL THICKENED.

ADD FRESH BASIL JUST BEFORE SERVING.

COOL AND STORE IN AIRTIGHT CONTAINERS; KEEPS IN THE FRIDGE FOR UP TO 4 DAYS OR FREEZES FOR 3 MONTHS.

THIS SAUCE IS IDEAL FOR PASTA OR PIZZA AND BENEFITS FROM USING SEASONAL VEGETABLES FOR SUSTAINABILITY.



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LEADING THE WAY FOR
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INGREDIENTS

400G PASTA (E.G., SPAGHETTI, PENNE)
2 CUPS PRE-MADE TOMATO SAUCE
2 TBSP OLIVE OIL
1 ONION, CHOPPED
2 GARLIC CLOVES, MINCED
1 TSP DRIED OREGANO
1/2 TSP RED PEPPER FLAKES (OPTIONAL)
SALT AND PEPPER
FRESH BASIL, FOR GARNISH
GRATED PARMESAN, OPTIONAL

METHOD

BOIL SALTED WATER, COOK PASTA UNTIL AL DENTE. RESERVE 1
CUP OF WATER, DRAIN PASTA.

HEAT OLIVE OIL IN A SKILLET, COOK ONION UNTIL SOFT. ADD
GARLIC AND COOK 1-2 MINUTES.

STIR IN TOMATO SAUCE, OREGANO, AND RED PEPPER FLAKES.
SIMMER FOR 10 MINUTES.

ADJUST & MIX, ADD RESERVED WATER IF NEEDED.
SEASON WITH SALT AND PEPPER. ADD PASTA, TOSS TO COAT.

PLATE PASTA, GARNISH WITH BASIL AND PARMESAN. ENJOY!
THIS QUICK DISH USES YOUR PRE-MADE SAUCE FOR A TASTY
MEAL.



RECIPE FOR
TOMATO SAUCE
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TOMATO PASTA



HOMEMADE LOCAL VEGGIE PIZZA

INGREDIENTS

1 SMALL WHOLE WHEAT TORTILLA OR FLATBREAD
30G TOMATO SAUCE
75G CHOPPED LOCAL VEGGIES
(MUSHROOMS, BELL PEPPERS, ONIONS)
30G SHREDDED CHEESE



METHOD

SPREAD TOMATO SAUCE ON THE TORTILLA.

TOP WITH VEGGIES AND CHEESE.

BAKE AT 190°C / 375°F FOR 10 MINUTES.

ALLOW THE PIZZA TO COOL SLIGHTLY BEFORE SLICING AND SERVING. ENJOY YOUR DELICIOUS, HOMEMADE LOCAL VEGGIE PIZZA AS A QUICK LUNCH OR A DELIGHTFUL SNACK.

PAIR IT WITH A FRESH SIDE SALAD OR A BOWL OF WARM SOUP FOR A COMPLETE MEAL. FEEL FREE TO EXPERIMENT WITH DIFFERENT TOPPINGS OR SEASONINGS TO SUIT YOUR TASTE, MAKING THIS SIMPLE RECIPE AS VERSATILE AND CREATIVE AS YOU WISH.



RECIPE FOR
TOMATO SAUCE
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INGREDIENTS

1 SMALL CHICKEN BREAST
30G BREADCRUMBS (USE STALE BREAD TO REDUCE WASTE)
7G GRATED PARMESAN CHEESE
1G SALT AND PEPPER
1GDRIED OREGANO (OR FRESH IF AVAILABLE)
1 EGG, BEATEN
120ML PRE MADE TOMATO SAUCE
25G SHREDDED MOZZARELLA CHEESE
15ML OLIVE OIL

METHOD

PREPARE THE CHICKEN: POUND THE CHICKEN BREAST SLIGHTLY FOR EVEN COOKING.

MAKE THE COATING: IN A BOWL, MIX BREADCRUMBS, PARMESAN, SALT, PEPPER, AND OREGANO.

BREAD THE CHICKEN: DIP THE CHICKEN IN THE BEATEN EGG, THEN COAT WITH THE BREADCRUMB MIXTURE.

COOK THE CHICKEN: HEAT OLIVE OIL IN A PAN AND COOK THE CHICKEN FOR 3-4 MINUTES PER SIDE UNTIL GOLDEN BROWN.

PLACE THE CHICKEN IN A SMALL BAKING DISH, SPOON TOMATO SAUCE OVER IT, AND SPRINKLE WITH MOZZARELLA CHEESE.

BAKE FOR 10-12 MINUTES

GARNISH WITH FRESH BASIL AND ENJOY WITH A SIDE SALAD OR ROASTED VEGETABLES.

RECIPE FOR
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CHICKEN PARMIGIANA



QUICK CHICKPEA & SPINACH CURRY

INGREDIENTS

100G COOKED CHICKPEAS
1 SMALL ONION (50G), CHOPPED
1 CLOVE GARLIC, MINCED
½ TEASPOON CURRY POWDER
120ML TOMATO SAUCE
1 HANDFUL SPINACH (50G)

METHOD

SAUTÉ ONION AND GARLIC IN A PAN.

ADD CHICKPEAS, CURRY POWDER, AND TOMATO SAUCE, SIMMER FOR 10 MINUTES.

STIR IN SPINACH AND COOK FOR 2 MORE MINUTES.

SERVE HOT WITH STEAMED RICE OR WARM NAAN BREAD FOR A DELICIOUS AND COMFORTING MEAL. GARNISH WITH FRESH CORIANDER LEAVES AND A SQUEEZE OF LEMON JUICE TO ENHANCE THE FLAVORS. THIS QUICK AND EASY CURRY IS PERFECT FOR A WEEKNIGHT DINNER, OFFERING A DELIGHTFUL BALANCE OF SPICES AND NUTRIENTS YOU CAN ALSO USE WILTED SPINACH OR OTHER GREENS INSTEAD OF THROWING THEM AWAY.



RECIPE FOR
TOMATO SAUCE
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INGREDIENTS

100G COOKED RICE, BARLEY, OR QUINOA
50G MUSHROOMS, SLICED
1 SMALL ONION (50G), CHOPPED
1 CLOVE GARLIC, MINCED
250ML VEGETABLE BROTH
5ML OLIVE OIL
17G GRATED CHEESE (OPTIONAL)

METHOD

SAUTÉ ONION, GARLIC, AND MUSHROOMS IN OLIVE OIL.

ADD GRAINS AND SLOWLY STIR IN BROTH UNTIL CREAMY.

TOP WITH CHEESE AND SERVE.

THIS SIMPLE YET DELICIOUS DISH IS PERFECT FOR USING UP LEFTOVER GRAINS AND CREATING A COMFORTING MEAL WITH MINIMAL EFFORT. THE EARTHY FLAVOUR OF THE MUSHROOMS COMBINES BEAUTIFULLY WITH THE SAVOURY BROTH, WHILE THE OPTIONAL CHEESE ADDS A DELIGHTFUL CREAMINESS. FEEL FREE TO CUSTOMIZE THE RECIPE BY ADDING YOUR FAVOURITE HERBS, SUCH AS THYME OR PARSLEY, TO ENHANCE THE FLAVOURS. THIS RISOTTO IS NOT ONLY VERSATILE BUT ALSO A GREAT WAY TO REDUCE FOOD WASTE, MAKING IT A WIN-WIN FOR BOTH YOUR TASTE BUDS AND THE ENVIRONMENT. ENJOY THIS HEARTY MEAL AS A STANDALONE DISH OR PAIR IT WITH A FRESH SALAD FOR A COMPLETE DINING EXPERIENCE.



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LEFTOVER GRAIN
& MUSHROOM
RISOTTO

WHEN COOKING FOR ONE PERSON, CONSIDER USING THE FOLLOWING EQUIPMENT

MICROWAVE-SAFE CONTAINERS

IDEAL FOR REHEATING SINGLE PORTIONS, ENSURING QUICK AND CONVENIENT MEALS.

COMPACT CUTTING BOARD

A SMALL, EASY-TO-CLEAN CUTTING BOARD IS SUFFICIENT FOR PREPPING SMALL QUANTITIES OF FOOD.

BASIC KNIFE SET

A VERSATILE CHEF'S KNIFE AND PARING KNIFE ARE GREAT FOR HANDLING MOST SMALL-SCALE CHOPPING TASKS.

MEASURING CUPS AND SPOONS

USEFUL FOR PRECISE PORTIONING OF INGREDIENTS, ESPECIALLY WHEN WORKING WITH SMALLER RECIPES.

AIR FRYER

GREAT FOR QUICKLY ROASTING OR BAKING SINGLE SERVINGS WITHOUT USING A FULL-SIZED OVEN.

SINGLE-SERVE BLENDER

PERFECT FOR MAKING SMOOTHIES OR BLENDING SMALL BATCHES OF SAUCES AND DRESSINGS.

RICE COOKER WITH STEAMER BASKET

EFFICIENT FOR COOKING SMALL AMOUNTS OF RICE AND STEAMING VEGETABLES SIMULTANEOUSLY.

LABELS AND PERMANENT MARKERS

HELPFUL FOR IDENTIFYING AND DATING ITEMS IN YOUR FRIDGE OR PANTRY TO MINIMIZE WASTE.

INVESTING IN THESE SMALLER-SCALE TOOLS WILL MAKE COOKING FOR ONE MORE EFFICIENT AND ENJOYABLE!



SUGGESTED
EQUIPMENT



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