

Zero-waste recipes  
for every day of the week.

# NO WASTE ALL TASTE



January  
2025



# TABLE OF CONTENTS

- 1 Introduction
- 2 Sweet & Sour Watermelon Rind
- 3 Vegetable Masala Rice Dosa
- 4 Double Baked Eggplant with Crispy Crust
- 5 Plant-Powered Patties
- 6 Crispy Chicken Mushroom Ragout
- 7 Golden Chicken with Mandarin Orange
- 8 Mandarin Orange Confit Vegan Cake
- 9 Banana Peel Cake
- 10 Why Go Zero Waste







# WELCOME TO “NO WASTE, ALL TASTE”

Great food connects us—to each other and to the planet. In this cookbook, **Sodexo Chefs** from Malaysia and Singapore share their passion for reducing food waste without compromising on flavour.

They reimagine how we cook, showing that sustainability and delicious meals can go hand in hand.

This collection of recipes incorporates parts of ingredients that are often discarded, like watermelon rind and mandarin oranges peels.

By highlighting the nutritional value of them and showing ways to integrate them into the dish, we help you make the most of every ingredient.

We hope this recipe book inspires you to waste less, cook with care, and savour meals that are as kind to the environment as they are to your palate.







# SWEET & SOUR WATERMELON RIND

SERVINGS: 10  
PREPARATION TIME: 25 MIN  
COOKING TIME: 10 MIN

## INGREDIENTS

Watermelon rind (shredded): 1 kg  
Red capsicum (sliced): 250 g  
Garlic (chopped): 15 g  
Red onion (sliced): 50 g  
Lemon juice: 1 tbsp  
Brown sugar: 1 tbsp  
Salt: To taste  
Coriander leaves (chopped): 7 g  
Light soy sauce: 3 tsp  
Olive oil: 3 tbsp

## FUN FACT

Eating watermelon rind isn't just good for the planet but also minimises glucose spikes. Its high fiber content helps slow down sugar absorption in the gut. ([Northwestern Health Sciences University](#))



**Chef Harish Arya**  
Chef Manager

## COOKING METHOD

1. Heat a non-stick pan and add the olive oil.
2. Add the chopped garlic and sliced onion, and sauté for a minute on low flame until translucent but not browned.
3. Stir in the shredded watermelon rind and stir-fry for 3 to 5 minutes. Add salt, brown sugar, and light soy sauce, mixing well.
4. Add the sliced red capsicum and cook for another 2 minutes.
5. Finish by adding the lemon juice and chopped coriander leaves. Serve hot.





# VEGETABLE MASALA RICE DOSA

SERVINGS: 8

PREPARATION TIME: 12-18 HOURS

COOKING TIME: 40 MINUTES



**Chef Vigean Suparamaniam**  
Senior Executive Chef

## INGREDIENTS

### For the Dosa (Makes 5–8 pieces):

Rice: 200 g

Urad Dal (Split Black Gram): 50 g

Yeast: 10 g

Lime Juice: 5 ml

Fenugreek Seeds: 5 g

Salt: 5 g (adjust to taste)

Water: 250–300 ml (to achieve the right batter consistency)

Oil or Ghee: 10 ml (for greasing the pan)

### For the Vegetable Masala:

Potato Skins: 500 g (boiled and cubed)

Onion: 200 g (thinly sliced)

Green Chillies: 10 g (2–3 chillies, slit lengthwise)

Carrot Skins: 5 g (finely chopped)

Curry Leaves: 5 g (about 10 leaves)

Turmeric Powder: 2 g (½ teaspoon)

Mustard Seeds: 5 g (1 teaspoon)

Chana Dal (Bengal Gram): 10 g (1 tablespoon, soaked for 10 minutes)

Salt: 5–7 g (adjust to taste)

Oil: 20 g (2 tablespoons)

Coriander Leaves: 10 g (chopped, for garnish)

Water: 100–150 ml (adjust to desired consistency)

## FUN FACT

Potato skin contains a protein called palatin which can help reduce blood pressure and help strengthen the heart against disease. ([Acta Scientific Nutritional Health, 2019](#))

## COOKING METHOD

### Preparing the Dosa Batter

1. Rinse and soak the rice, urad dal, and fenugreek seeds in water for 4–6 hours.
2. Grind the soaked rice and dal separately: the rice should be slightly coarse, while the dal should be smooth.
3. Combine the ground rice and dal in a large bowl. Add yeast, lime juice, and salt. Mix well.
4. Cover and let the batter ferment for 8–12 hours or overnight until it becomes light and bubbly.

### Cooking the Dosa

1. Heat a flat, non-stick pan or dosa griddle over medium heat. Grease lightly with oil or ghee.
2. Pour a ladleful of batter onto the pan. Let it spread naturally into a small, thick circle. (No need to spread like a traditional dosa.)
3. Cook on medium heat until bubbles form and the top is cooked through. Avoid flipping.

### Preparing the Vegetable Masala

1. Heat oil in a pan over medium heat. Add mustard seeds and let them splutter.
2. Add the curry leaves, green chillies, and soaked chana dal. Sauté briefly until aromatic.
3. Add sliced onions and sauté until they turn translucent. Stir in the turmeric powder.
4. Add the boiled, cubed potato skins and finely chopped carrot skins. Mix well.
5. Pour water to adjust the consistency and let the mixture simmer for 3–5 minutes.
6. Season with salt and garnish with chopped coriander leaves.
7. Spoon the vegetable masala onto the centre of a dosa, fold, and serve.



# DOUBLE BAKED EGGPLANT WITH CRISPY CRUST

SERVINGS: 1

PREPARATION TIME: 30 MINUTES

COOKING TIME: 25 MINUTES



**Chef Kanagarajan Muthu**  
Head Chef

## INGREDIENTS

### For the Eggplant:

Round eggplant (medium size): 350 g  
Olive oil: 125 g  
Garlic powder: 5 g  
Cajun spice powder: 10 g  
Salt: a pinch  
Dried oregano: 2 g  
Dried thyme: 2 g  
Couscous: 150 g  
Red wine vinegar: 25 g  
Crushed black pepper: 5 g

### For the Crispy Crust:

Stale bread (finely chopped) or panko: 300 g  
Melted butter: 150 g  
Salt: a pinch  
Grated Parmesan cheese: 50 g

### For the Greek Yoghurt Dressing:

Greek yoghurt: 300 g  
Salt: 2 g

## DID YOU KNOW?

An average Singapore home throws out about 2.5kg of avoidable food waste. Bread is one of the most commonly wasted food item by households. (NEA, 2017)

## COOKING METHOD

### Roast the Eggplant:

1. Preheat the oven to 180°C.
2. Cut the eggplant in half lengthwise and poke the flesh with a fork.
3. Drizzle with olive oil and roast for 15 minutes.
4. Remove from the oven and let cool.

### Prepare the Filling:

1. Carefully scoop out the eggplant flesh, keeping the skin intact for stuffing.
2. Wash the couscous, place it in a medium-sized bowl, and pour 150 ml of hot water over it. Cover with cling wrap and let it soak for 10–15 minutes.
3. Finely chop the eggplant flesh and combine with the soaked couscous, garlic powder, Cajun spice, dried herbs, olive oil, red wine vinegar, crushed black pepper, and salt. Mix well and adjust seasoning to taste.
4. Spoon the filling back into the eggplant skins and set aside.

### Prepare the Crispy Crust:

1. Finely chop stale bread (or use panko). Combine with melted butter, salt, and grated Parmesan cheese, mixing until well combined.
2. Spread the crust mixture evenly over the stuffed eggplants.

### Bake:

1. Place the stuffed eggplants on a baking tray and bake in the preheated oven at 180°C for 10 minutes, or until the crust is golden brown.

### Make the Yoghurt Dressing:

1. Mix the Greek yoghurt with salt and whisk until smooth.

### To Serve:

1. Spoon the Greek yoghurt dressing onto a serving plate. Place the baked eggplant on top and serve with your choice of salad.



# PLANT-POWERED PATTIES

SERVINGS: 5

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

Mixed vegetable trimmings and potato peels: 2 cups  
Potato: 1 medium, boiled and mashed  
Onion peel: 1/4 cup, finely chopped  
Breadcrumbs: 1/4 cup  
Cornflour: 2-3 tablespoons  
Garlic: 2 cloves, minced  
Ginger: 1 teaspoon, grated  
Cumin powder: 1/2 teaspoon  
Fennel powder: 1/4 teaspoon  
Coriander powder: 1/4 teaspoon  
Paprika or chili powder: 1/2 teaspoon, optional  
Salt and pepper: to taste  
Fresh parsley: chopped for garnish  
Oil: 1 tablespoon

## DID YOU KNOW?

Eating 30 different types of plants a week leads to a more diverse gut microbiome. This helps your body promote healthy aging and protects against disease.

(BBC)

**Chef Syakila Amira**  
Head Chef



## COOKING METHOD

### 1. Prepare vegetables:

Steam or boil the vegetables until soft. Mash them well, leaving some chunks for texture.

### 2. Mix ingredients:

In a large bowl, combine the mashed vegetables, potato, onion, breadcrumbs, cornflour, garlic, ginger, and all the spices.

### 3. Adjust texture:

If the mixture feels too wet, add more breadcrumbs; if too dry, add a little water.

### 4. Shape patties:

Divide the mixture into equal portions and shape them into round, flat patties.

### 5. Cook:

Heat the oil in a non-stick pan. Cook patties on medium heat for 3-4 minutes on each side, or until golden and crisp.

### 6. Serve:

Pair with buns, sauces, or enjoy as-is with a dip!



# CRISPY CHICKEN MUSHROOM RAGOUT

SERVINGS: 1

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES



**Chef Noorhisham**  
*Head Chef*



## INGREDIENTS

### For the Crispy Chicken Roulade:

Chicken skin: Sufficient to wrap the filling  
Mushroom trimmings: 150 g  
Chicken trimmings: 100 g  
Flour: 50 g  
Egg: 1 (beaten)  
Breadcrumbs (from stale bread): 100 g  
Oil: For deep frying

### For the Potato Rösti:

Potato skins: 200 g (shredded)  
Flour: 20 g  
Salt: To taste

### For the Red Pepper Reduction Sauce:

Red pepper: 100 g (chopped)  
Chicken bones: 50 g  
Water: As needed  
Salt: To taste

### For the Mixed Veggie Salsa:

Veggie trimmings (e.g., carrots, bell peppers, onions): 50 g (finely diced)  
Corn oil: 20 g  
Lemon juice: 10 g

### For the Chlorophyll Oil:

Green veggie trimmings: 100 g  
Corn oil: 50 g

### For Garnishing:

Deep-fried chicken skin: 1 piece  
Coral tuile: Optional

## DID YOU KNOW?

Chicken bones when boiled into a broth or a sauce reduction, release collagen which may help strengthen your bones.  
(National Spinal Health Foundation)

## COOKING METHOD

### Crispy Chicken Roulade:

1. Mix the mushroom and chicken trimmings into a ragout by sautéing and seasoning them.
2. Lay a sheet of cling film on a table, place the chicken skin on top, and spread the ragout mixture evenly.
3. Roll the chicken skin tightly using the cling film. Chill for at least 20 minutes.
4. Prepare a breading station with flour, beaten egg, and breadcrumbs. Coat the chilled roulade in each layer.
5. Deep-fry the roulade until golden and crisp. Set aside.

### Potato Rösti:

1. Press excess liquid out of the shredded potato skins.
2. Mix the skins with flour and seasoning.
3. Heat a non-stick pan over medium heat. Shape the mixture into patties and cook for 15 minutes on each side until golden brown.

### Red Pepper Reduction Sauce:

1. Sauté red pepper and chicken bones in a saucepan until caramelised.
2. Add water and simmer until tender. Remove the bones.
3. Blend the mixture until smooth, then reduce over low heat until thickened. Season to taste.

### Mixed Veggie Salsa:

1. Dice veggie trimmings into small cubes.
2. Mix with corn oil, lemon juice, and a pinch of salt.

### Chlorophyll Oil:

1. Blanch green veggie trimmings in boiling water for 5 minutes, then transfer to an ice bath.
2. Blend the cooled trimmings with corn oil until smooth. Strain to remove excess fibre.

### Assembly:

1. Spread the red pepper reduction sauce in a circle on the plate.
2. Place the potato rösti on top of the sauce.
3. Slice the crispy chicken roulade and arrange over the rösti.
4. Add deep-fried chicken skin and mixed veggie salsa for garnish.



# GOLDEN CHICKEN WITH MANDARIN ORANGE

SERVES: 3-5 PEOPLE  
PREPARATION TIME: 3 DAYS  
COOKING TIME: 45-50 MINUTES



**Jack Lee**  
Senior Head Chef

## INGREDIENTS

Mandarin oranges: 2 pcs  
Water: 50 ml  
Sugar: 100 g  
Maple syrup: 50 g  
Boneless chicken leg: 500 g  
Five spice powder: 6 g  
Fine salt: 8 g  
Tapioca flour: 50 g  
Cooking oil: 200 g  
Roasted sesame seeds: 2 g  
Cilantro (finely chopped): 1 pc  
Red chilli (finely chopped): 1 pc

## DID YOU KNOW?

Mandarin oranges are a practical blessing of health. Packed with vitamin C, they help our bodies produce collagen, enabling healthier skin and bones.  
(HealthXchange)

## COOKING METHOD

### Part 1: Mandarin Orange Peels

1. Peel 2 mandarin oranges. Set the orange flesh aside for the 2nd part.
2. Wash the peels thoroughly.
3. Place peels on a baking tray lined with baking paper.
4. Air dry in sunlight (preferable) for 3 days, flipping the peels daily. If not completely dry after 3 days, continue air drying, flipping every 2 days.

### Part 2: Mandarin Orange Sauce Preparation

1. Remove the seeds from the mandarin oranges.
2. Blend the orange flesh with water to extract the juice.
3. Simmer the juice in a pot over low heat for 20 minutes, or until the water level significantly reduces. Finally, add sugar and let the temperature cool down.
4. Stir in the maple syrup and set aside.

### Part 3: Marinate and Cook the Chicken

1. Cut boneless chicken legs into finger-sized pieces and pat dry.
2. Soak the dried mandarin orange peels in hot water until softened.
3. Cut the softened peels into julienne strips.
4. Mix the five spices powder, fine salt and tapioca flour together. Coat the chicken evenly with the spice mix, rubbing it into the meat.
5. Deep fry the spiced chicken until golden brown and crispy. Drain excess oil.
6. Toss the fried chicken with the mandarin orange sauce.
7. Garnish with sesame seeds, cilantro and red chilli.



# BANANA PEEL CAKE

SERVINGS: 6 PEOPLE

PREPARATION TIME: 50 MINUTES

COOKING TIME: 25 MINUTES



## INGREDIENTS

### For the Cake:

Banana peels (large): 2 pcs

Unsalted butter: 115 g

Granulated sugar: 300 g

Eggs: 2 large

Buttermilk or yoghurt: 115 g

Cake flour: 200 g

Baking soda: 1 tsp

Baking powder: ¼ tsp

Salt: ½ tsp

### For the Toffee Sauce Icing:

Unsalted butter: 100 g

Brown sugar (or dark brown sugar):  
150 g

Whole milk: 45 ml

Icing sugar: 250 g

## DID YOU KNOW?

Banana peels are packed with bioactive compounds like phenolics (flavonoids) and carotenoids (lutein, alpha-carotene, and beta-carotene). These powerful compounds help protect the body against oxidative stress and related diseases! [\(Malaysian Journal of Science Health & Technology\)](#)

## COOKING METHOD

### Cake Steps:

1. Heat Oven to 180°
2. Prepare the banana peels: Cut the banana peels into small 1-inch strips. Place them in a saucepan with 250ml of water and bring it to a boil over medium-high heat. Once boiling, reduce the heat and simmer for about 10 minutes. Afterward, remove the pan from the heat and let it cool for a few minutes. Strain the peels, keeping 1/4 cup of the liquid aside.

**Chef Angela**  
Chef Manager



3. Prepare the cake pans: Grease the sides of two 8-inch round cake pans with butter, then dust them with flour. Line the bottoms with parchment paper, and butter and flour the pans once again, ensuring the paper is coated.
4. Blend the banana peels: Transfer the banana peels and the reserved cooking liquid into a tall container. Use an immersion blender to blend the mixture until it is smooth and uniform (you can also use a small food processor for this step).
5. Cream the butter and sugar: In a large bowl, beat the butter and sugar together with an electric mixer until the mixture becomes pale and fluffy, about 3 to 5 minutes (you can also use your hand and whisk till desired consistency).
6. Add the egg yolks one at a time, mixing well after each addition and scraping down the bowl. Stir in the banana peel puree, followed by the buttermilk, mixing until fully incorporated.
7. Combine dry ingredients: In a separate bowl, whisk together the flour, baking soda, baking powder, and salt. Gradually add the dry ingredients to the butter mixture, stirring gently until just combined.
8. Whip the egg whites: In a clean bowl, beat the egg whites until soft peaks form. You can use an electric mixer, starting on low speed and increasing to medium-high. The egg whites should form soft peaks that collapse right away when you remove the whisk. Gently fold the whipped egg whites into the batter, being careful not to deflate them.
9. Bake the cake: Divide the batter evenly between the two prepared pans. Bake the cakes, rotating the pans halfway through, until the tops are golden and a toothpick inserted into the centre comes out clean or with dry crumbs. This should take about 25 minutes. Allow the cakes to cool completely in the pans before removing.

### Icing and Cake Assembly:

1. **Melt the butter and sugar:** In a saucepan, melt the butter and muscovado sugar over low heat, stirring until the sugar dissolves.
2. **Add milk:** Stir in the whole milk and bring the mixture to a boil, continuing to stir constantly. Once it reaches a boil, remove from heat and allow it to cool slightly.
3. **Add icing sugar:** Gradually stir in the icing sugar. Continue adding more icing sugar until the mixture reaches a spreadable consistency.
4. **Assemble the cake:** Once the cakes have cooled, remove them from the pans. Place one cake on a platter and spread a third of the icing over the top.
5. **Top with second cake and icing:** Place the second cake on top of the first, then spread the remaining icing over the top and sides, allowing it to drip down the edges.
6. **Serve:** Slice the cake and serve.



# MANDARIN ORANGE CONFIT VEGAN CAKE

SERVES: 6  
PREPARATION TIME: 30 MINUTES  
COOKING TIME: 30-45 MINUTES



## INGREDIENTS 1<sup>st</sup> Part

### Dry Ingredients

Flour: 340 g  
Sugar: 300 g  
Baking powder: 6 g  
Salt: 4 g

### Wet Ingredients

Vegetable oil: 105 ml  
Coconut cream: 250 g  
Water: 110 ml  
Lemon juice: 10 g  
Vanilla essence: 5 g  
Orange zest: As needed

## RAW INGREDIENTS 2<sup>nd</sup> Part

Mandarin oranges: 2 pcs  
Sugar: 260 g  
Water: 200 g

**Chef Nur Hafizah  
Binte Roslanz**  
*Pastry Sous Chef*



## COOKING METHOD

### 1st Part : Mandarin Orange Cake Baking

1. In a bowl, whisk together all the dry ingredients.
2. In another bowl, whisk together all the wet ingredients.
3. Add the wet ingredients into the dry and mix slowly until fully incorporated.
4. Pour the mixture into the tray.
5. Bake for 30-45 minutes, or until a knife inserted into the center comes out clean.

### 2nd Part : Mandarin Orange Peels for Confit

1. Wash and zest 2 mandarin oranges and set aside.
2. Cut the orange pith (the white spongy substance between the peel and orange flesh), blanch it in a pot of water for 2 minutes and strain it.
3. Repeat the blanching method 3 times to remove any bitterness.
4. Boil the orange pith with the measured water and sugar, continuing to boil until the oranges are reduced, translucent and thick.
5. Cool down the confit and spread it onto the Vegan Orange Cake.

## DID YOU KNOW?

Oranges are high in what is called soluble fibre, a nutrient that can help the body reduce cholesterol. ([Healthhub](#))

LOVE  FOOD



# A RECIPE FOR A **BETTER** FUTURE

Did you know that food waste isn't just about tossing leftovers?

Every step of food production—**growing, transporting, and processing**—consumes precious resources like water, energy, and land.

When food ends up in the bin, all those resources are wasted too. Even worse, discarded food in landfills emits methane, a greenhouse gas 25 times more potent than CO<sub>2</sub>.

But here's the good news: every small step we take to reduce waste has a ripple effect.

Beyond saving food to celebrating ingredients, respecting their journey, and finding joy in creating something extraordinary from what might have been discarded.

Together, we can turn what's leftover into something beautiful, delicious, and meaningful.



*"That's over a **billion tonnes of food** wasted every year."*



Each kilogram of wasted food generates

**2.5 kilograms of CO<sub>2</sub>.**



If food waste were a country, it would be

**the 3rd largest emitter of CO<sub>2</sub>.**



**815 million**

million people go to bed hungry.







# LET'S CONNECT



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It all starts with the everyday