

A spiral-bound notebook with a red and white plaid cover is positioned on the left side of the image. The notebook is open, showing a wooden surface underneath. A silver fork is placed vertically on the right side of the notebook. The background is a dark wooden surface.

**HAVE YOUR
FOOD
AND EAT IT!**

Recipe book

INTRODUCTION

In the UK we throw away 6.7million tonnes of food a year – that's a third of the food we buy.

Research shows that everyone throws away more food than they think they do. Nearly half of what is thrown away is fresh fruit & vegetables, bread, dairy, rice and pasta. Some of the common reasons are buying too much in the first place, not storing things properly so they go off quickly, not eating things in time and cooking too much, especially things like pasta and rice.

Whatever food you love, this book can help you waste less and save you money... and it's a lot easier than you might think!

If you are an average family of four, a few tweaks and changes could save you as much as £800 a year!

The recipes in this book have been collected from various sources and adapted to reflect the nature of using up leftovers. Serving sizes, weights and measures depend on what food is available and your individual taste.

One of the best things about using up leftovers is creating new meals from different ingredients every time!

Each recipe gives an approximate preparation and cooking time although this may vary depending on how new you are to cooking and whether you're using less or more than the recipe suggestion.

All images are from generic photo stock and have been carefully selected to best represent the recipes, however your version may look different depending on the ingredients used.

HOW TO USE THIS BOOK

The first half of this book focuses on ways to help you avoid food waste and save money, from smarter shopping to meal prepping for the week ahead. You can dip in and out of different sections depending on what you're interested in reading.

The second half provides a selection of recipes suited to using up ingredients in the fridge or leftovers from previous meals. Have a look through to see what catches your eye... and tempts your taste buds!

CONTENTS

- Five ways to save money
- Using leftovers
- Basic sauces
- DIY dressings and dips
- Freezing & Reheating
- Meal prepping made easy
- Lunch & Dinner
- Most commonly thrown away food
- More recipes

FIVE WAYS TO SAVE MONEY

1. SHOP SMART

Shop smarter with these top tips:

- Write a shopping list so you only buy what you need. Keep a pen and notepad in the kitchen, or download a free shopping list app [here](#) – it will help you keep track of items as they run out.
- Buy foods that can be used for several different dishes – it will give you flexibility to create different meals.
- Look for food with the longest use by date or fresh foods which can be frozen in case you don't eat them in time.
- Buy local, seasonal food – it's often cheaper, supports the local economy and has travelled fewer food miles.
- Avoid BOGOF (Buy One Get One Free) deals if you don't think you'll eat the free item before its use by date.

2. MEAL PLANNING

Whether you live alone or in a large household, planning your meals will save you time and money and help you make the most out of the food you buy.

Research shows that people who plan their weekly shop are less likely to over-buy.

Before you go shopping, have a meal plan in mind and check your fridge, freezer and cupboards to see what you need and what needs using up.

If it seems daunting, start off with planning a couple of meals a week and then build up as you go.

3. BE A FREEZER HERO!

You can freeze pretty much everything! Some items change texture once defrosted so they may be better suited for cooking with instead. Did you know you can freeze:

- yoghurt
- hard cheese
- milk
- meat
- fish
- eggs, including boiled eggs
- bread
- bananas: peel and wrap them or place in an airtight container before freezing
- baked goods
- rice: read our safety tips on page 8

Anything with a high water content such as strawberries and tomatoes will go squishy but are still fine to cook with. Frozen strawberries are ideal for blending into smoothies!

When you get home with your shopping, transfer as much as you can straight into the freezer. If you have large packets of meat or fish, divide them up into reusable airtight containers or freezer bags and freeze.

Liquids expand when frozen so make sure there is enough room to avoid spillages. It's a good idea to write the contents on the bag or container so you know what it is in 2 months' time.

Never re-freeze defrosted raw meat (including poultry) or fish without cooking it first. Once defrosted, it must be cooked and cooled before refreezing.

You can only re-freeze cooked meat and fish once.

Scenario: You defrost raw mince and make spaghetti Bolognese for dinner. Can you freeze the leftovers?

If you said yes, you are correct! As long as the food is cooled before freezing, you can refreeze the leftovers to eat another time.

Frozen raw foods can be defrosted once and stored in the fridge for up to 24 hours before they need to be cooked. (www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/)

4. KNOW YOUR DATES

No food lasts forever in perfect condition, however well it is stored. Most foods carry either a “use by” or a “best before” date, or both.

34% of people admit to throwing away food because it had gone past its “use by” or “best before” date.

“**Use by**” dates refer to food safety. Officially, food and drink should not be consumed after the “use by” date - it can look and smell fine but that doesn’t mean it’s safe to eat, especially meat and fish. It’s always best to plan meals around “use by” dates, or freeze any food that won’t be used in time.

“**Best before**” dates are for foods with a longer life and refer to food quality. They show how long the food will be at its best. Eating food past its “best before” date is not dangerous, but it may lose its flavour or texture.

5. PORTION SIZE

One of the main causes of wasted food is from cooking too much. It’s easily done – it doesn’t look like much and we fear not having enough to go around, so we make a bit more to be sure.

Even if you plan to use leftovers for another meal, they can sometimes get pushed to the back of the fridge and forgotten about.

Portion planning will make sure you only cook what you need.

As a guide, here are the standard portion sizes suitable for one person for one meal:

75g uncooked dried pasta

75g uncooked rice

65-100g of chicken

65-100g of beef

150g white fish

80g vegetables

TOP TIP
After you have weighed your uncooked rice or pasta the first time, pour into a mug and make note of the volume filled. Next time you cook again, pour straight into the same mug up to the level as before. No need to weigh every time!

USING LEFTOVERS

Whether you’ve cooked too much or didn’t eat it all, leftovers are worth saving. Even just a few tablespoons of cooked rice or roasted vegetables can be used in another meal, saving you money and time.

Follow these tips to make the most of your leftovers:

- Cool leftovers as quickly as possible, ideally within two hours.
- Divide leftovers into individual portions and refrigerate or freeze.
- Use refrigerated leftovers within two days.
- When reheating food, make sure it is heated until it reaches a temperature of 70°C for two minutes, so that it is steaming hot throughout.
- Always defrost leftovers completely, either in the fridge or in the microwave.
- When defrosted, food should be reheated only once, because the more times you cool and reheat food, the higher the risk of food poisoning.
- Cooked food that has been frozen and removed from the freezer should be reheated and eaten within 24 hours of fully defrosting.
- Foods stored in the freezer, such as ice cream and frozen desserts, should not be returned to the freezer once they have thawed.
- For safety and to reduce waste, only take out of the freezer what you intend to use within the next 24 hours.
- Keep your fridge temperature between 0°C and 5°C and keep the most perishable foods, like cooked meats, in the coldest part of the fridge.



LEFTOVER RICE

Many people are cautious about reheating rice, but if done correctly, it is perfectly safe to do so.

Uncooked rice can contain spores of *Bacillus cereus*, a bacterium that can cause food poisoning. The spores can survive even when rice is cooked and can grow into harmful bacteria if left standing at room temperature.

Tips on serving rice safely

- Ideally, serve rice as soon as it has been cooked.
- If that isn't possible, cool the rice as quickly as possible (ideally within 1 hour).
- Keep rice in the fridge for no more than 1 day until reheating.
- When you reheat any rice, always check the dish is steaming hot all the way through.
- Do not reheat rice more than once.
- Defrost frozen rice in the fridge before reheating.



BASIC SAUCES

Ready made sauces are convenient to use, and with a bit of forward planning you can whip up your own budget friendly, homemade version to keep in the freezer.





TOMATO & HERB SAUCE

Prep 10min, 20min cook time. Makes 350ml. A simple but delicious sauce, perfect for dinner in a hurry. Great with pasta, meat or fish.

Ingredients

- 1tbsp olive oil
- 1 garlic clove, crushed
- 400g can chopped tomatoes or passata
- 1 crumbled stock cube (vegetable or beef)
- 1tbsp tomato purée
- ½tsp sugar (less if you like a sharper tasting sauce)
- 1tsp dried, mixed herbs

Method

Heat 1tbsp oil in a pan, add 1 crushed garlic clove, then gently fry for 1 min. Tip in tomatoes, stock cube, tomato purée, herbs and sugar, then bring to the boil. Reduce the heat, then simmer uncovered for 20 mins, stirring occasionally. The longer you can leave it simmering, the more the flavours will develop.

Try these options:

- Fry a small onion, chopped chorizo and dried chilli before adding the tomatoes.
- Stir in 2tbsp of mascarpone, cream, quark or soft cheese towards the end for a creamier sauce.
- Bulk it up with onions, mushrooms, peppers or courgettes – fry until soft before adding tomatoes.

TOP TIP
 Make a batch for the freezer – double or triple the ingredients, divide into air tight containers or freezer bags and freeze when cooled. To use, defrost thoroughly and reheat until the sauce is piping hot.

CHEESE SAUCE

Serves 3. This classic sauce can be used in pasta and cauliflower cheese dishes and also tastes great poured over chicken and baked potatoes.

Ingredients

- 250ml milk
- 1-2tbsp plain flour
- 25g butter
- 80g grated cheese (a strong cheddar works well, or try mixing with blue cheese)
- Pepper

Method

Melt butter in a saucepan and reduce heat to medium. Add the flour one spoonful at a time and whisk until it forms a thick paste. Gradually add in the milk, whisking constantly until the milk is incorporated and the paste becomes a sauce. Add less milk for a thicker sauce, more for a thinner sauce. If the sauce is too thin, whisk in more flour. Whisk for another 2 mins while the sauce bubbles then stir in grated cheese and add pepper to taste.

CAULIFLOWER CHEESE

Chop cauliflower into small florets and boil/steam/microwave until tender. Tip into an oven proof dish, pour cheese sauce over, mix thoroughly, top with grated cheese and season. Bake at 180°C/Gas Mark 4 for 15 minutes or until the cheese is golden and bubbling.

Also works well with other cooked vegetables.

TOP TIP
 Adding mustard enhances the cheese flavour – use ¼ teaspoon of either English or Wholegrain, or more if you prefer a more pronounced mustard flavour. Leftover cooked bacon or ham in the fridge? Chop it up and throw it in!



DIY DRESSINGS AND DIPS

Homemade recipes are generally cheaper than store bought equivalents and you'll know exactly what's in the ingredients. These dressings and dips are easy to make and can be tailored to suit your taste.

VINAIGRETTE

A basic vinaigrette dressing only needs oil, vinegar, salt and pepper. The key is to keep the ratio of 3 parts oil to 1 part vinegar and then add other flavours to suit your taste.

Flavourless oils such as extra virgin olive oil, grapeseed oil or vegetable oil are ideal for a vinaigrette base. For extra flavour, swap in a small amount of nut oil like walnut, hazelnut or sesame for a delicious Asian vibe, but remember that a little goes a long way.

You can also experiment with different vinegars. Most wine vinegars will yield a lighter flavour and rice vinegar is also a nice, light choice. Apple cider vinegar adds a bite and Balsamic vinegar lends a sweet/tart flavour to the mix. Sherry vinegar has a bold flavour so is best used sparingly.

This recipe yields enough vinaigrette to lightly dress a side salad for four:

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 tablespoon white wine vinegar
- Salt and pepper to taste

Method

Add all the ingredients to a jar, screw on the lid, and shake until blended. You can also whisk the ingredients together in a bowl or blender. Taste and adjust seasonings if desired. Add to salad, toss, and serve. Keep leftover dressing in a sealed jar in the refrigerator for 2-3 days.

Once you have your vinaigrette base, try these optional extras to create different flavours:

- 1-2tbsps herbs like dill, basil, parsley, coriander, mint, or thyme
- A finely minced garlic clove
- 1tsp finely minced or grated ginger
- 1tsp finely chopped shallots, spring onion or onion
- 1tbsp finely grated cheese (a hard, crumbly cheese works best)
- Pinch of crushed red pepper flakes
- 1tsp horseradish
- ¼tsp Sriracha or alternative hot sauce
- 1tsp your preferred mustard
- ½-1tsp sugar or honey

Soy and Sesame

This Asian-style dressing gives a wonderfully nutty and savoury flavour. Just combine 2tbsp soy, 2tbsp sesame oil, 2tbsp groundnut oil, juice of 1 lime, ¼ tsp of chilli flakes and 1tsp honey in a small bowl or cup and stir together.

Ginger and Wasabi

Add some zing to your salad! To make, grate a thumb-sized piece of ginger into a small bowl. Stir in 2tbsp wasabi paste, 6tbsp flavourless oil and 1tbsp rice wine vinegar.

Tahini

The perfect accompaniment to a Middle Eastern style salad or drizzled over griddled halloumi. To make, stir together 2tbsp tahini with the juice of 1 lemon, salt, pepper and 6tbsp of water in a small bowl.

Minty Yogurt

A delicately light sauce with a cucumber crunch. To make, roughly chop 2-3tbsp of fresh mint and ¼ cucumber. Combine into a bowl with 150g natural yogurt, 1tbsp white wine vinegar, zest of ½ lemon then season with salt and pepper. Use the remaining cucumber in a fresh green side salad.

Sweet Chilli

This dressing gives a slight kick and also works as a dipping sauce or a sweet marinade. To make, mix together 2tbsp sweet chilli sauce with the zest of 2 limes and 6tbsp of rice wine vinegar in a small bowl.

A NOTE ON LEFTOVER CITRUS FRUITS....

To save the juice, squeeze into ice-cube tray compartments and freeze. One ice-cube is equal to about two teaspoons of lemon juice. Two ice-cubes are roughly half a lemon.

To save the zest, grate into an ice-cube tray with a few drops of juice added and freeze. Next time you need zest, pop out a cube.

Alternatively, cut into thin slices, place in an air tight reusable container in a single layer and freeze. You can add additional layers of slices – just make sure you add a layer of grease proof paper between each layer of citrus slices. Ideal for adding to water, tea or something stronger!

You can freeze whole citrus fruit but they will lose their structure when defrosted. It's perfectly fine for squeezing juice from but you lose the ability to zest it or cut into slices.

MEAL PREPPING MADE EASY

Meal prepping for the week ahead is one of the easiest ways to save time and money. It helps to have a main ingredient as a basis for future meals and then use it in different ways throughout the week.

Please see example recipes in this section.

GETTING STARTED

- Calculate how many meals you need - start off with either breakfasts, lunches, dinners or snacks and then add in more as you get into the routine.
- Use leftovers – make extra for dinner and use the leftovers for lunch the next day.
- Make the most of your freezer – frozen vegetables are your friend! Pre-washed and cut, they need minimal preparation and are just as nutritious as their fresh counterparts.
- Write a shopping list – once you have an idea of meals for the week ahead, make a list of the ingredients you'll need
- Keep track – cooked meat can keep in the fridge for 3-4 days if stored correctly, after that it's time to freeze it.
- Use the right containers – invest in some reusable air tight containers or freezer bags that are adequately sized for individual portions and can be used again and again.



Photo credit: Yanina Trekhleb Unsplash

EGG BREAKFAST MUFFINS

Prep 10 mins, cook time 20 mins. Makes 6.

Ingredients

- 4 eggs
- 1 handful cheese, grated
- Salt
- Pepper
- 4-5 splashes hot sauce (or curry powder) – optional
- Fillings – choose from diced tomatoes, spinach leaves, cooked ham or bacon, chorizo, feta, cooked mushrooms, spring onions

Method

Preheat the oven to 200°C/Gas Mark 6. Add 1-2tbsp fillings of your choice to a greased muffin tin or silicon muffin case. Whisk eggs, salt, pepper and hot sauce (if using) and pour over the mixture in each case. Sprinkle cheese on top and bake in the oven for 15-18 minutes or until the tops are firm to the touch.

Leave to cool and place in an airtight container lined with a sheet of kitchen towel (reusable if possible) to absorb any moisture. Keep in the fridge for up to 4 days.

These muffins also freeze well. Defrost in the fridge overnight and either reheat in the oven or microwave the next morning.



OVERNIGHT OATS

Serves 1. The perfect grab-and-go breakfast for busy mornings! Overnight oats are popular for a reason – minimum prep time, maximum flavour and a good source of fibre. You can eat them hot or cold, customise with your favourite flavours or eat them plain.

Ingredients

- 50g oats
- 1tbsp yoghurt – plain or flavoured
- 120ml milk – plant based or dairy
- 1tbsp chia seeds (optional, but helps to add a pudding like texture)

Method

Place the oats in a bowl, add the milk and yoghurt and mix to combine. Cover and leave in the fridge overnight.

For different flavours, try adding these to your oat base:

Banana & Walnut

- 1 ripe banana mashed or chopped for chunkier texture
- 1 teaspoon maple syrup or honey
- ½ tsp cinnamon
- ¼tsp grated fresh nutmeg, optional
- 2 tbsp walnuts chopped



OVERNIGHT OATS *continued...*

Almond Joy

- 1tsp maple syrup or honey
- ½ tbsp cocoa powder
- 1tbsp unsweetened shredded coconut
- 1tbsp sliced almonds

Strawberry

- Handful chopped strawberries
- 1-2tsp maple syrup or honey
- ¼ tsp pure vanilla extract

Carrot Cake

- 1tbsp maple syrup or honey
- ½ tsp ground cinnamon
- 1tbsp grated carrots
- ½ tbsp shredded coconut
- 1tsp chopped nuts
- ½ tsp raisins optional

Blueberry Vanilla Almond Butter

- ¼ tsp vanilla extract
- 1tbsp almond butter (or peanut butter)
- 1-2tsp maple syrup or honey
- Handful fresh blueberries

LUNCH & DINNER

A whole roast chicken forms the basis of these meal ideas. The number of meals it will stretch to depends on how much chicken is leftover.





ROAST CHICKEN

Prep 10 mins, cook time 2hr 40 mins. Serves 6.

Ingredients

- 2kg chicken
- 50g soft butter
- 2tsp fresh thyme (or use 1tsp dried)
- 1 lemon
- 1L chicken stock or stock cube
- 2tbsp flour
- 1tsp Marmite (optional)

Method

Heat oven to 160°C/Gas Mark 2 and put the chicken in a large casserole dish (with lid) or a roasting tin. In a small bowl, mix the butter and thyme and add plenty of seasoning. Grate in the zest from the lemon and mash everything together using a fork. Rub this over the chicken breasts, legs and wings, then push the whole grated lemon into the cavity of the chicken. Pour half the stock into the dish or tin. Cover with the lid or a large sheet of tin foil (or a couple of smaller pieces) to cover the chicken and scrunch together the foil along the edges of the tin so the whole thing is sealed. Put in the oven and roast for 2 hrs.

After 2 hours, remove the lid or foil (recycle or reuse if possible), increase oven to 220°C and roast for another 30 mins. After 30 mins, take the chicken out of the oven and lift it onto a serving dish. Cover with foil and set aside while you make the gravy.

Tip the chicken juices and stock from the tin into a saucepan (or use your tin if suitable) and place over a medium heat on your hob. Use a wooden spoon to stir in the flour and Marmite with a splash of the juices to make a paste. Stir in small amounts of the remaining stock until you reach your preferred gravy consistency, then serve with the chicken.

When the chicken carcass is cool enough to touch, strip all remaining meat from the bones and place in an airtight container to cool completely. Place container in the fridge when cooled. The cooked chicken is now ready for use in meals, salads, soups and sandwiches.

CHICKEN STOCK

The basis of many sauces, stews or casseroles, chicken stock is a must-have in the kitchen. It's simple to make, less salty than stock cubes and freezes well.

Ingredients

- A cooked chicken carcass including skin
- 2 large onions
- 3 peeled and halved carrots
- 2 halved celery sticks
- Black pepper
- 2 bay leaves
- 1tsp thyme, if fresh use a few sprigs
- 1tsp parsley, if fresh use up some stalks

Method

Put the chicken carcass and/or other chicken bones into a large saucepan with the onion, carrots, celery, pepper, bay leaves, thyme and parsley stalks and fill with cold water. Bring to a gentle simmer. Using a ladle, skim off any froth as often as you want and cook for about 2-3 hours, until the stock has a good depth of flavour. To strain the stock, pour the contents of the pan through a strainer into a large bowl. Reserve the cooked vegetables and save for use in soups or stews. Skim off any fat from the surface and leave to cool in an airtight container. Refrigerate once cool.



MEXICAN CHICKEN AND BLACK BEAN TORTILLAS

Prep 10 mins, cook time 15 mins. Makes 4.

Ingredients

- 1tbsp oil
- 1 onion, finely sliced
- 3 garlic cloves, crushed
- 1 pepper
- ½tsp ground cumin
- 1tsp smoked paprika
- Pinch of chilli flakes
- 1tsp oregano
- 400g can black beans, drained
- 150g cooked chicken, shredded
- 3 tomatoes, roughly chopped
- 1tsp coriander
- 4 floured tortillas
- 100g cheddar, grated

To serve

- 100g plain yogurt
- 50g chilli sauce
- 1 lime, quartered
- Guacamole (optional)

Method

Heat the oil in a frying pan, tip in the onion and pepper and fry until soft. Stir in the garlic, cumin, paprika, chilli and oregano and cook for 2 mins. Tip in the beans and the chicken and heat through, then stir in the tomatoes and coriander, season and keep warm.

Lay a tortilla in a non-stick pan, sprinkle with cheese and heat until melted. Slide the wrap onto a board, spoon over a quarter of the chicken filling and roll up tightly. Repeat to make three more wraps. Mix the yogurt and chipotle sauce and serve on the side with guacamole and lime wedges for squeezing over. Serve with a salad for dinner or pack into containers for lunch.





CHICKEN & MUSHROOM SAUCE

Prep 10 mins, cook time 15 mins.

Ingredients

- 1 small onion, chopped
- Garlic, chopped
- Mushrooms, sliced or quartered
- Dried herbs (pinch of thyme, sage or tarragon to taste)
- Cooked chicken (several pieces per person)
- Chicken stock or stock cube
- 1tbsp plain flour
- Milk (around 400ml)

Method

Fry onion, garlic and mushroom until soft. Crumble in stock cube. Sprinkle flour over the mixture until well coated. Gradually add milk, stirring constantly until it thickens to form a sauce. Add as much milk as you need to reach the desired consistency. Add herbs and chicken and bring to the boil. Reduce heat to a simmer for 5 minutes or until the chicken is piping hot.

Options extras – add bacon, grated cheese, cooked broccoli, a handful of spinach or a teaspoon of mustard.

Serve with pasta or rice for dinner and use any leftovers for lunch.



CHICKEN SOUP

Prep 15 mins, cook time 35 mins. Serves 4.

Ingredients

- 1tbsp olive oil
- 2 onions, chopped
- 3 medium carrots, chopped
- 1tbsp thyme
- 1.4L chicken stock or stock cube
- 300g leftover roast chicken, shredded and skin removed
- 200g frozen peas
- 3tbsp Greek yogurt
- 1 garlic clove, crushed
- Squeeze lemon juice

Method

Fry onions, carrots and thyme until soft. Add stock, bring to a boil, cover, then simmer for 10 mins or until the carrots are soft.

Add 300g shredded leftover roast chicken, remove half the mixture, then purée with a stick blender (optional).

Tip back into the pan and add frozen peas, season if needed, then simmer for 5 mins until hot throughout.

Final step – mix 3tbsp Greek yogurt, 1 crushed garlic clove and a squeeze of lemon juice then serve on top of soup. If freezing, omit this final step until soup is defrosted, reheated and ready to eat.



COCONUT CHICKEN & SWEET POTATO SOUP

Prep 20 mins, 30 mins cook time. Serves 4.

Ingredients

- 2tsp oil
- 3 cloves garlic, minced
- 1tbsp fresh minced ginger
- 1 bunch spring onions, diced
- 2 stalks lemongrass, tender white inner bulb only, finely minced
- 1tsp ground turmeric
- ¼tsp cayenne pepper
- 1 400g tin, full fat coconut milk
- 1L chicken stock or stock cube
- 450g cooked chicken, shredded
- 1-2 handfuls sweet potatoes chunks, cooked (boiled or roasted leftovers) and cut into bitesize pieces
- 1 pepper, chopped
- 1tsp dried basil
- To garnish: coriander, hot sauce and lime juice
- Optional: 1-2 tablespoons peanut butter or cashew butter

Method

Fry garlic, ginger, spring onion and lemongrass for 3-5 minutes. Next add in turmeric and cayenne pepper; stir and cook for 30 more seconds to release flavours.

Add in coconut milk, chicken stock and cooked chicken, ensuring the chicken is covered by the broth. Stir well to combine. Bring soup to a boil. Reduce heat to medium low and simmer.

Stir in sweet potato, pepper and basil. Simmer for a few more minutes. Taste and adjust seasoning as needed.

Garnish with coriander, extra spring onion and a squeeze of fresh lime juice.

To make a vegetarian or vegan option:

Use vegetarian stock and swap chicken for a tin of chickpeas.

TOP TIP
Keep ginger root in the freezer and grate from frozen. No need to peel!



TOP TIPS FOR FREEZING & REHEATING SOUPS

Do

- Wait for the soup to cool completely before freezing it. Too warm and it will raise the temperature of the freezer and risk defrosting other food.
- Slightly undercook vegetables if you want to keep them chunky. The vegetables will continue cooking when you reheat later on and may lose their firmness.
- Leave out pasta unless you don't mind a mushy texture. Defrost, reheat and add cooked pasta when you're ready to eat it.
- Freeze in individual portion size containers so you only have to defrost the amount you want.
- Label and date your containers so you know what's what. Try to eat within 3 months.
- Add a fresh ingredient every time, such as chilli, herbs or wilted spinach to keep your soups new and exciting. Sometimes just a pinch of salt or squeeze of lemon is all that's needed to add some zing.
- Skip the garnish until the soup is defrosted, reheated and ready to eat. Try seeds, fresh herbs or grated cheese.

Don't

- Overfill the container. Liquid expands when frozen so leave space between the soup and lid.
- Freeze soups with milk or cream as they can separate when reheated and give a grainy texture. Just leave out the dairy and add it once the soup has defrosted. Coconut or almond milk fare much better in the freezer.

MOST COMMONLY THROWN AWAY FOOD

Studies looking into avoidable food wastage in the UK have found that bread is the top food type we throw away, with a staggering 24 million slices thrown away every day. Potatoes are a close second, with 5.8 million thrown away daily.

Just under half of avoidable food and drink waste (worth £5.6 billion) is classified as 'not used in time' – thrown away because it had either gone off or passed the date on the packaging.

<http://www.wrap.org.uk/sites/files/wrap/hhfdw-2012-summary.pdf>

If you find you throw away dry bread or sprouted potatoes, try these tips and recipes to help your food – and money – last that bit longer.

BREAD

Whether it's a baguette or sliced loaf, stale or mouldy bread can creep up on the best of us.

To keep bread fresh for as long as possible, wrap it in plastic or foil, to combat moisture loss and store at room temperature (www.wikihow.com/Store-Bread).

Avoid keeping bread in the fridge as this dries it out quicker. If you know you're not going to eat it in the next couple of days, freezing is the best option.

Slice the whole loaf first so you only defrost what you need. Defrost at room temperature, toast from frozen or wrap in foil and heat through in the oven – the latter gives a nice result for French bread.

If your bread has already gone dry, don't bin it! Dry bread works wonders in these sweet and savoury dishes – and many more!



BREAD PUDDING

Prep 10 mins plus 15 mins soaking, cook time 1 hr, 30 mins.

Ingredients

- 500g white or wholemeal bread
- 500g mixed dried fruit
- 85g mixed peel
- 1½ tbsp mixed spice
- 600ml milk
- 2 large eggs, beaten
- 100g sugar (light muscovado is best)
- Zest 1 lemon (optional)
- 100g butter, melted
- 2tbsp sugar (demerara is best)

Method

Tear the bread into a large mixing bowl and add the fruit, peel and spice. Pour in the milk, then stir or scrunch through your fingers to mix everything well and completely break up the bread. Add eggs, sugar and lemon zest if using. Stir well, then set aside for 15 mins to soak.

Heat oven to 180°C. Butter and line the base of a 20cm non-stick square cake tin (not one with a loose base) with greaseproof paper. Stir the melted butter into the pudding mixture, tip into the tin, then scatter with demerara. Bake for 1½ hrs until firm and golden, covering with foil if it starts to brown too much. Turn out of the tin and strip off the paper. Cut into squares and serve warm.

Leftovers? Cut into individual portions and freeze in bags or airtight containers.



STRATA

Prep 30 mins plus overnight, cook time 1 hr.

Ingredients

- 300g frozen spinach (or fresh equivalent)
- 1 finely chopped onion
- 3tbsp butter
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp ground nutmeg
- 700g cubed bread
- 3 handfuls of cheese – strong Cheddar mixed with Parmesan is recommended
- 600ml milk
- 9 large eggs
- 2tbsp mustard (Dijon is best)

Method

Squeeze handfuls of spinach to remove as much liquid as possible if using frozen, then finely chop. Fry onion in butter until soft. Add ¼tsp salt, ¼tsp pepper, and nutmeg and cook for 1 minute. Stir in spinach, then remove from heat. Spread one third of bread cubes in a buttered shallow baking dish and top evenly with one third of spinach mixture. Sprinkle with one third of the cheese. Repeat layering twice, ending with cheese. Whisk together milk, eggs, mustard, and remaining ¼tsp salt and ¼tsp pepper in a large bowl and pour evenly over Strata. Cover and chill for at least 8 hours.

Preheat oven to 180°C. Let Strata stand at room temperature for 30 minutes. Bake strata, uncovered, in middle of oven until puffed, golden brown, and cooked through, 45 to 55 minutes. Let stand 5 minutes before serving.

TOP TIP
Try adding bacon, pancetta or sausage but reduce the salt in the recipe to compensate

TOP TIP
This savoury bread pudding is ideal for feeding a crowd at brunch. Make the night before and leave to chill in the fridge, ready to be cooked the next morning.



BREADCRUMBS

Blitz dry bread in a blender or grate using a hand grater, add your favourite herbs and spices e.g. garlic powder, paprika, oregano or a pinch of cayenne and store in an airtight reusable container or freezer bag in the freezer. Use breadcrumbs straight from frozen, to coat chicken or fish or as a tasty topping for gratins and bakes.

SIMPLE SAGE & ONION STUFFING

Prep 15 mins, cook time 40 mins

Ingredients

- 50g butter
- 1tbsp oil
- 1 large chopped onion
- 100g breadcrumbs
- 1tbsp chopped fresh sage or 1tsp dried sage

Method

Heat the butter and oil and cook the onion until softened. Stir in the breadcrumbs, sage and seasoning.

Put in a baking dish and cook in a preheated oven at 180°C for 40 mins.

Take the sage and onion stuffing out of the oven and serve with roast turkey, chicken or nut roast and lashings of gravy.

GARLIC & PARMESAN CROUTONS

Prep 10 mins, cook time 15 mins.

Ingredients

- 5tbsp butter, melted
- 1tsp grated Parmesan (or any hard cheese)
- 1tsp dried oregano
- ½tsp dried thyme
- ½tsp garlic powder
- ½tsp salt
- 5 thick slices dry bread, cut into cubes

Method

Preheat oven to 160°C. Mix butter, Parmesan, oregano, thyme, garlic powder, and salt together in a large, flat-bottomed bowl.

Add bread cubes and turn with a spatula to coat. Spread coated bread cubes onto a baking sheet and bake until golden brown, 15 to 20 minutes.

Cool croutons completely before storing in an airtight container.

A WORD ON FRESH & DRIED HERBS...

Fresh herbs add a wonderful flavour and colour to a dish but can be difficult or expensive to source if you don't grow your own. Dry herbs are a cheaper and more convenient substitution, but as they are more potent you'll need to use less. The general rule is a ratio of three to one – if a recipe calls for 1 tablespoon of fresh oregano, you need only 1 teaspoon of dried, since 3 teaspoons equal 1 tablespoon.

Dried herbs work best in foods that need to be cooked, so that they have time to soften and release their oils. Fresh herbs are best in salads and other raw preparations.

If you buy fresh herbs but aren't going to use them all, chop them up and sprinkle them into ice cube trays. Fill the remaining cube space with water and freeze. Once frozen, place the herbs into a reusable airtight container or bag.



POTATOES

Potatoes are best stored in a cool, dry, dark place, ideally around 7-10°C. Higher temperatures will cause them to shrink and sprout whereas lower temperatures, like the fridge, will cause the potato starch to convert to sugar which gives them a sweet taste and causes them to darken very fast when frying.

Sprouted potatoes are safe to eat so long as they are still firm to the touch and they don't look too wrinkly and shrivelled. Most of the nutrients are still intact in a firm, sprouted potato. You can simply remove the sprouts, eyes and any green patches from a firm potato and continue with your recipe.

If you have a bag of potatoes to use up, try these freezer based ideas.

Roast potatoes

Par-boil potatoes, shake to rough up the edges a little, then arrange them on a baking tray, cool and freeze until solid, then tip into a reusable container or freezer bag. Roasted from frozen, they should take around an hour at 200°C/Gas Mark 6.

Mashed potatoes

Mash is potentially more useful to have in the freezer day to day. Make it to your usual recipe using plenty of butter and milk/cream as the fat improves consistency after freezing. Freeze in individual portion sizes and either thaw before reheating or bake/microwave from frozen.

Twice baked potatoes

Bake as normal, then scoop out the insides and mix with cheese and sour cream. Return it to the skins and freeze well, wrapped in foil. Later, you can bake in foil from frozen, removing the foil for the last 20 minutes to crisp the skin.

MORE RECIPES





Photo by Nathalie Jolie on Unsplash

BAKED BEAN BURGER

Prep 40 mins, cook time 15 mins. Makes 6.

Ingredients

- 2 tins baked beans in tomato sauce
- 80g breadcrumbs
- 1tsp dried coriander
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1tbsp olive oil
- ½tsp cinnamon
- 1tsp paprika
- ½tsp cumin
- ½tsp salt
- 1 red chilli, deseeded and finely chopped
- ¼ cup oil, for frying
- 2tbsp ketchup
- Lime juice
- 150ml sour cream
- Mayonnaise
- Lettuce, for the buns

Method

Fry the onion and garlic in 1tbsp olive oil until translucent and leave to cool in a bowl. Drain beans using a small colander and reserve the juice. Add beans, coriander, spices, breadcrumbs and salt to the bowl. Mix well with a wooden spoon until combined, leaving some texture in the mix – a few whole beans is good. Form the mix into 6 patties, then chill for 30 mins to an hour.

Fry the patties over medium heat – you want to dehydrate the exterior of the patties for a bit of a crunch but watch it doesn't burn. Add the drained juice to a small saucepan and reduce over medium heat until thick.

Stir through ketchup and set aside to cool. Mix the mayonnaise with the sour cream and lime juice. These are your 2 sauces.

Build your burger – bottom toasted bun, ketchup sauce, lettuce, burger, sour cream, top bun. Enjoy!

Never waste a vegetable again with this simple soup recipe, guaranteed to taste different every time! If your vegetables are starting to wilt and you know you're not going to eat them soon enough, chop them into pieces and store in a labelled reusable container or bag in the freezer. Add any cooked leftover vegetables to a second labelled reusable container or bag. Keep adding until you're ready to make this hearty soup!

Nearly any vegetable will make a tasty soup – potato, swede, celery, broccoli, courgette, squash, turnip, tomato, mushrooms, onions, leeks, cabbage, kale, cabbage, celeriac, cauliflower... the list goes on.

LEFTOVER VEGETABLE SOUP

Prep 10 mins, cook time 40 mins.

Ingredients

- 1tbsp butter
- Small onion, diced
- 1-2 garlic cloves, chopped
- 1L vegetable stock
- 1tsp mixed herbs, or herbs of your choice
- 3-4 handfuls frozen vegetables (cooked, uncooked or a mix of both), defrosted
- Splash of cream (optional)

TOP TIP
Use cumin, curry powder or chilli flakes for an extra punch of flavour.

Method

In a large pot, melt butter over medium heat. Add onion and cook, stirring, until softened. Add stock and herbs. Add uncooked frozen vegetables, bring to the boil, then reduce heat and simmer until vegetables are tender, 20-30 minutes. Add cooked frozen vegetables and bring to the boil. Reduce heat to medium-low, cook until vegetables are warmed through. Using a blender or a potato masher, puree soup until smooth. Return to pot and add the cream, if using. Stir until mixture is warmed, taste and season with salt and pepper.



VEGGIE SHEPHERD'S PIE

Prep 30 mins, cook time 45 mins. Serves 8.

Ingredients

- 1kg potatoes
- 50g butter
- 1 onion (finely sliced)
- 4 cloves of garlic (minced)
- 2 carrots (finely sliced in to small pieces)
- 2 sticks of celery (finely sliced into small pieces)
- 150g garden peas
- 350g mushrooms (chopped into small chunks)
- 1tbsp tomato puree
- 2tbsp balsamic vinegar
- 4tbsp red wine (optional)
- 100ml vegetable stock
- 400g tinned lentils (drained) or equivalent cooked from dry
- 400g tin of chickpeas (drained) or equivalent cooked from dry
- 5tbsp parsley
- Salt and pepper (to taste)
- Some rosemary
- Some thyme
- 30g breadcrumbs
- ½ lemon (juice and zest)
- Glug of olive oil
- 10 sun-dried tomatoes (chopped) – optional
- 2tbsp oil (or sun dried tomato oil from jar – optional)

Method

Preheat oven to 200°C/Gas Mark 6.

Put the potatoes into a large pan, cover with cold water, bring to the boil and cook for 15 minutes or until soft. Drain potatoes and return to the pan. Add the butter, season with salt and pepper and mash the potatoes up into a nice smooth, thick mash.

Pour the oil into a frying pan and fry the onions until they start to turn translucent. Add the garlic and thyme leaves and fry until you've released the aromas. Add the carrots and the celery to the pan and stir everything round constantly until they're sweating and getting soft. Add the sun dried tomatoes (if using) and mushrooms and stir them round until the mushrooms are beginning to sweat. Pour the balsamic vinegar, tomato puree, red wine and vegetable stock into the pan and simmer for 10 minutes.

Pour the chickpeas and lentils into the pan and stir them round so they're well covered by the juices of the rest of the mixture and simmer on a low heat for 10-15 minutes until it's well thickened. Fold the parsley, lemon juice and the peas into the mixture. Season with salt and pepper.

Pour the mixture into a baking dish and smooth it out across the bottom. Spread the mashed potato over the top of the filling mixture and score the whole top with a fork. Sprinkle the breadcrumbs, rosemary and lemon zest over the top of the mashed potato top, drizzle with olive oil and bake for 15 minutes or until the top is golden brown.

Serve up with steamed greens.

TOP TIP

Leftover wine or beer can be frozen in ice cube trays and popped out into stews and casseroles when cooking.



Photo by Luca Nebuloni from Milan, Italy

SPANISH TORTILLA

Prep time 30 mins, cook time 50 mins. Serves 4.

Ingredients

- 1 large onion, sliced
- 4tbsp olive oil
- 25g butter
- 400g boiled potatoes, peeled, quartered and finely sliced
- 2 garlic cloves
- 8 medium eggs, beaten
- Some parsley (optional)

Method

Put a large non-stick frying pan on a low heat. Cook the onion slowly in the oil and butter until soft but not brown – this should take about 15 mins.

Add the potatoes to the pan, then cover and cook for a further 5 mins, stirring occasionally to make sure they fry evenly. When the potatoes are warmed through and the onion is shiny, crush 2 garlic cloves and stir in, followed by the beaten eggs. Put the lid back on the pan and leave the tortilla to cook gently. After 20 mins, the edges and base should be golden, the top set but the middle still a little wobbly. To turn it over, slide it onto a plate and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking.

Once cooked, transfer to a plate and serve the tortilla warm or cold, scattered with the chopped parsley.

To accompany the tortilla, take slices of warmed baguette, stab all over with a fork and rub with garlic, pile on sliced tomatoes and season with salt and a drizzle of olive oil.



15 MINUTE SPAGHETTI MUSHROOM AGLIO OLIO

Prep 5 mins, cook time 10 mins. Serves 4.

The ultimate 'throw together' recipe – simple, tasty and quick to prepare. It also tastes great reheated for lunch the next day.

Ingredients

- 250g spaghetti or other pasta shapes
- 1+1tbsp olive oil
- 200g mushrooms (cleaned and cut in half)
- 4-5 cloves garlic (finely chopped)
- ½ tsp chilli flakes or fresh chilli to taste
- 1½ tsp parsley
- 1tsp butter
- 2-3tbsp Parmesan (grated), or any hard cheese
- Salt and pepper to taste

Method

Boil spaghetti in salted water as per package instructions until al dente. Alternatively, use cooked leftover spaghetti from a previous meal and reheat in a microwave. While the spaghetti is boiling, heat a tablespoon of olive oil in a pan and add mushrooms. Sauté on medium high heat for a few minutes till golden brown on all sides.

Push the mushrooms to one side of the pan and add the remaining olive oil, garlic and chilli flakes. Sauté for about a minute, making sure not to burn the garlic and add spaghetti, butter, parsley and salt. Toss well until the herbs coat the spaghetti and the butter has melted. Serve hot with some crusty bread and a salad.



SIMPLE CHANA MASALA

Prep 15 mins, cook time 30 mins. Serves 6-8.

Ingredients

- 4 cloves of garlic
- 1 chopped onion
- ½-inch piece of ginger root (about 1 cm)
- 2 x 400g tinned chopped tomatoes
- 2tbsp vegetable oil
- 1tbsp garam masala
- 1tbsp turmeric powder
- 1tbsp cumin powder
- 1tsp salt
- ⅛ tsp cayenne powder or any chilli powder
- ⅛ tsp ground black pepper
- 2 x 400g cans chickpeas, drained and rinsed
- The juice of half a lemon
- Coriander to taste (optional)

Method

Blend or mash garlic, onion and ginger until you have a paste. Heat oil in a large pan, add the paste with a pinch of salt and cook for 8-10 minutes, stirring occasionally. Drain the chickpeas and use some of the water to the pan to stop the paste sticking. Add the chopped tomatoes and spices and cook covered for 10 minutes more. Add the chickpeas, stir and cook covered for 10 minutes. Remove from the heat, add the lemon juice, stir and serve with some basmati rice and fresh coriander on top (optional). Also tastes great served with roasted sweet potato and broccoli.

CREAMY SPINACH PASTA BAKE

Prep time 15 mins, cook time 20 mins. Serves 4.

Use up an opened bag of spinach with this tasty creamy spinach and mushroom bake. Store leftovers in an airtight container and freeze portions for when you need dinner in a hurry.

Ingredients

- 340g dried pasta (double the weight if using cooked pasta)
- 2tbsp butter
- 1 small onion, diced
- 1-2 handfuls mushrooms, thinly sliced
- 2 cloves garlic, minced
- 2-3 handfuls baby spinach
- 1tsp mixed herbs
- ½tsp salt
- ¼tsp pepper
- 1tbsp plain flour
- 60ml vegetable stock (or water)
- 240ml milk
- Grated cheese (to taste)
- 2tbsp parsley

Method

Pre-heat oven to 180°C/Gas Mark 4. Cook pasta, drain and set aside. Alternatively, use cooked pasta leftover from a previous meal.

Melt butter in a large pan over medium heat. Add onion and mushrooms, cook for 2-3 minutes or until the mushrooms are soft and tender. Add garlic, herbs, salt and pepper. Cook for another minute. Add flour to coat mixture and cook until lightly browned, about 1 minute. Gradually add vegetable broth and then milk, whisking constantly until incorporated, about 1-2 minutes. Stir in spinach and half the cheese just before turning off heat.

Pour cooked pasta into a large baking dish. Top with spinach mushroom cream sauce. Sprinkle with more grated cheese. Bake for 10-15 minutes or until golden and bubbly.



THROW TOGETHER GRATIN

Prep time 5 mins, cook time 20 mins.

Just about anything tastes good in a gratin! The topping of cheese and breadcrumbs gives a tasty crunch and jazzes up what is actually, a very quick and easy recipe.

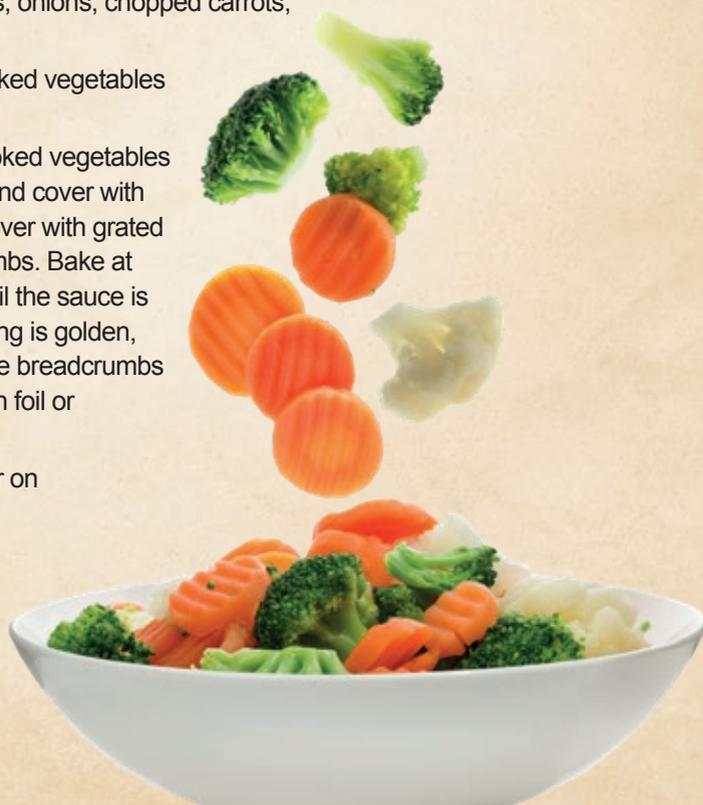
Method

Sauce – use up any leftover sauce from a previous meal e.g. pasta sauce, carbonara, coq au vin etc. Include any vegetables that are in the sauce e.g. mushrooms, onions, chopped carrots, herbs etc.

Vegetables – any cooked vegetables of your choice.

To assemble, pour cooked vegetables into a casserole dish and cover with the sauce. Mix well, cover with grated cheese and breadcrumbs. Bake at 180°C/Gas Mark 4 until the sauce is bubbling and the topping is golden, about 20 minutes. If the breadcrumbs start to burn, cover with foil or casserole lid.

Serve as a side dish or on its own as a light meal.



EASY CHILLI CON CARNE

Prep time 5 mins, cook time 60 mins. Serves 5.

Ingredients

- 1 large onion, finely chopped
- 1 green pepper, chopped
- 3 cloves garlic, minced
- 500g beef mince
- 1tsp oregano
- 1tsp smoked paprika
- 2tsp chilli powder (or to taste)
- 1tsp cumin
- 2tsp unsweetened cocoa powder
- 1 dash of Worcestershire sauce
- 500ml beef stock
- 400g tinned red kidney beans, drained and rinsed
- 400g chopped tomatoes
- 10g tomato puree

TOP TIP
Add sweetcorn to increase vegetable content.

Method

Heat a large pan over a medium heat and add the olive oil, onion, garlic and pepper and cook until the onion starts to become translucent. Add the mince, break it up and cook for 5-10 minutes or until it's been browned. Add all the remaining ingredients, reduce the heat and simmer for 30-40 minutes until the sauce has thickened. Serve with rice or baked potato and top with grated cheese, fresh chillies, spring onions or sour cream.

Leftovers can be eaten the next day in a flour tortilla or split into individual portions and frozen.



PEANUT STIR FRY SAUCE

Prep time 5 mins, cook time 15 mins.

This sauce takes only a few minutes to make and will keep for up to 2 weeks in the fridge.

Ingredients

- 60ml warm water
- 3tbsp soy sauce
- 1tbsp sesame oil
- 1tbsp honey
- 2tbsp lime juice
- 1tbsp sriracha (or alternative hot sauce)
- 120g peanut butter
- 1tbsp ginger
- 1tbsp garlic (chopped)

TOP TIP
Add prawns, cooked meat or meat alternative once vegetables are cooked and heat through until piping hot.

Method

Add ingredients together in a mug or small bowl and mix well. Heat vegetable or coconut oil in a large pan. Stir fry your vegetables until al-dente. Add the sauce and coat the vegetables. Add cooked rice or noodles (either freshly cooked or leftover), mix together and heat through until piping hot. Serve with a sprinkling of sesame seeds on top. If you have any sauce left, pour into a lidded jar and keep refrigerated.



TOMATO CHICKEN PESTO FLATBREAD

Prep time 10 mins, cook time 15 mins.

Are supermarket sandwiches leaving a dent in your pocket and a plastic mountain in your bin? Making your own packed lunch can be a cheaper and healthier option, and if you use a reusable lunch box you'll be reducing your plastic use too. This chicken can be cooked the night before and the sandwich assembled just before eating. Try using flatbread, tortillas, pitta or sliced bread, or even mix with leftover pasta or a big, green salad with chunks of feta. Lots of different options based on one simple recipe!

Ingredients

- 1 chicken breast per person
- Sun dried tomato pesto
- 1 cucumber
- 1-2 garlic cloves
- Mint
- Natural yoghurt

Method

Cover chicken with grease proof paper or reusable alternative and bash with a rolling pin or flat, heavy object until 2cm thick. Rub pesto on both sides and grill for 6 mins on each side or until cooked through. Slice into bite size pieces. Grate the cucumber into a clean tea towel and scrunch tightly to remove excess water. In a bowl, mix cucumber, grated garlic, yoghurt and mint to taste. When ready to eat, spread the yoghurt mix onto a flatbread, add lettuce and tomatoes if desired and chicken slices.



PEACH COBBLER

Prep time 10 mins, cook time 15 mins.

Not quite a cake and not quite a crumble, this recipe is sure to tempt your taste buds. Ripe peaches work best so you may prefer to reduce the sugar for a delicious summer pudding that's not too sweet.

Ingredients

For the filling

- 8 fresh ripe peaches – stones removed and sliced into thin wedges
- 60g caster sugar
- 50g dark brown soft sugar
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- 1tsp fresh lemon juice
- 2tsp cornflour

For the topping

- 125g plain flour
- 60g caster sugar
- 50g dark brown soft sugar
- 1tsp baking powder
- 85g cold unsalted butter, cut into small pieces
- 60ml boiling water

For sprinkling

- 3tbsp caster sugar
- 1tsp ground cinnamon

TOP TIP
Try using other fresh fruits such as blueberries, blackberries, strawberries or a berry mix!

Method

Preheat oven to 220°C/Gas Mark 7. In a large bowl, combine all filling ingredients. Toss to coat evenly and pour into a baking dish. Bake in preheated oven for 10 minutes.

Meanwhile, in a large bowl, combine flour, 60g caster sugar, 50g dark brown soft sugar, baking powder and salt. Blend in butter with your fingertips until mixture resembles coarse breadcrumbs. Stir in boiling water until just combined.

Remove peaches from oven and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture. Bake until topping is golden, about 30 minutes.

Serve warm with ice cream or cream.





NUTELLA FRENCH TOAST ROLL UPS

Prep time 10 mins, cook time 5 mins.

Treat dry bread with this gooey chocolate fix and then treat yourself! Dry bread is ideal as it soaks up the egg more readily.

Ingredients

- Sliced dry bread, crusts on
- Nutella
- 1 egg
- Butter

Method

Flatten bread slices with a rolling pin or heavy tin and spread with Nutella, taking care not to spread too thickly. Roll slices up with Nutella in the middle. Break egg into a bowl and whisk, then dip the roll ups into the egg wash. Melt butter in a pan and add roll ups. Cook for a minute or so on each side and turn until golden brown all over.

To serve, sprinkle with icing sugar, strawberries, chopped banana or cinnamon.



INDEX

Baked Bean Burger	36
Best-before dates	6
Bread	29-31, 33, 47, 50
Cauliflower Cheese	11
Chana Masala	42
Chicken	19-27
Chilli Con Carne	45
Dips & Dressings	12-14
Egg Muffins	16
Freezing	5
French Toast	50
Gratin	44
Herbs	33
Leftovers - Rice	8
Meal planning	4
Meal prepping	15
Mushrooms	10, 16, 24,36-39, 41, 43-44
Overnight Oats	17
Pasta	6, 41, 43
Peaches	48-49
Portion sizes	6
Sauces	9-11
Smart shopping	4
Soups	25-27
Spanish Tortilla	40
Stir Fry	46
Use-by dates	6
Veggie Shepherd's Pie	38-39





www.recycledevon.org/love-food-hate-waste