

LOVE THE LEFTOVERS

RECIPE CARD 5

Why we need to think about food waste

Where do you think most of the food waste comes from? Almost half of all the food that ends up being thrown away has actually come from people's houses. It's the food we don't get around to eating in time or the large amounts of food we've prepared but can't finish. But it does not have to be this way. We have some delicious and easy to follow recipes to help you love your food for longer!

Simple Salad Dressings

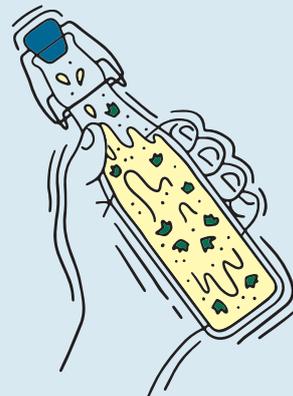
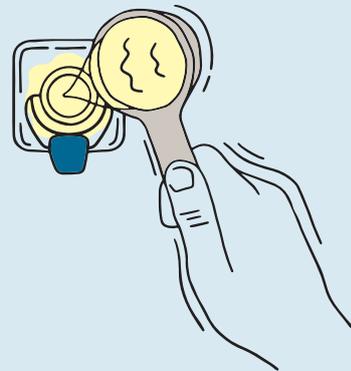
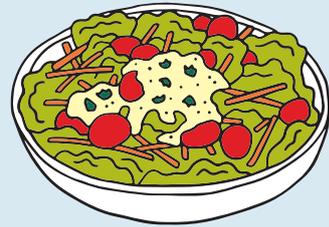
These will make any left over salad items delicious.

You will need

Vinegar
(You can use any vinegar you like, but try and experiment with different ones)
Oil
Shallots
Mustard
Garlic
Leftover herbs
Honey

How to make it

- 1 Depending on how sharp you like your dressing to taste you can mix up 1 part vinegar to 3 parts oil, or 1 part vinegar to 4 parts oil. The more vinegar the sharper the taste!
- 2 Simply add the oil and vinegar to the jar, then add anything else you like e.g. your favourite mustard, diced shallots, crushed garlic, any leftover herbs you might have chopped up, drizzle of honey.
- 3 Once all ingredients are in the jar, just shake for 20 seconds or so and it's ready. Now dress your salad. These will keep in the fridge for up to 2 weeks.



LEARN AT CHESTER ZOO

Super Speedy Soup

This is a great way of using up any left over vegetables (ideally raw, but you could use ones left over from a roast or a previous meal). It only takes about 20 minutes to prepare.

You will need

Left over vegetables

Onion chopped

(about ½ a medium onion)

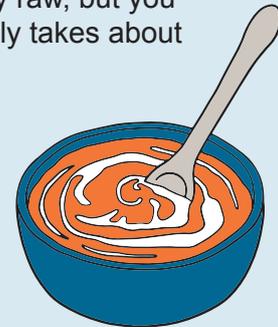
Garlic (to taste)

A dash of Oil

A small square of butter

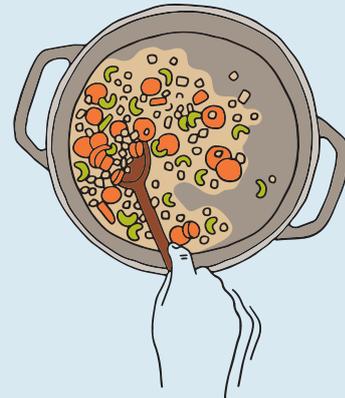
Vegetable stock

Cream (optional)



How to make it

- 1 Chop up all your vegetables into the same size pieces (this will make sure that they will all be cooked at the same time).
- 2 First, fry some chopped onion and garlic with some oil and butter until they start to look clear.
- 3 Add to the pan all your other vegetables and cook for 2 minutes.
- 4 Pour in the vegetable stock (enough to cover the vegetables in the pan) and simmer for 15 mins (or until veg is cooked, you can use a fork to check that they are soft).
- 5 Spoon the mixture into a blender and blitz until smooth.
- 6 Add some salt and pepper if needed. (If you want to try something richer, why not add a good drop of cream before serving?).



Top tips for mixing the dressing

Rather than messing about with bowls and splashing oil everywhere. We recommend that you keep any empty jars and give them a thorough clean! Use them to shake up the dressing.

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Perfect Porridge Muffins

You will need

150g leftover porridge
1 egg
75ml sunflower oil
50ml milk
70g soft butter

225g self-raising flour
1-2 teaspoon cinnamon
1tsp baking powder
2tbsp raw porridge oats
A little butter for greasing moulds

How to make it

- 1 Add the leftover porridge, oil, egg and milk to a large mixing bowl. Whisk to mix all the ingredients together, making sure there are no lumps of porridge.
- 2 Add the sugar, salt, cinnamon, baking powder and stir with a wooden spoon.
- 3 Next add the flour, little by little until the batter is fully mixed.
- 4 Divide the mixture into a lightly-oiled muffin tin, sprinkle with oats and place in a preheated oven (180°C / 160°C fan) for 22 minutes, or until a skewer comes out clean.
- 5 Leave to cool in the tin for a few minutes before transferring to a wire rack to cool. Perfect served with a hot cup of tea!
- 6 Why not experiment by adding bits of dried fruit to the mix, before you add the flour?

