

Food Waste Week recipes

The UK wastes more than 87,000 tonnes of food every week – most of which goes in the bin and ends up in landfill sites. You can do your bit to reduce food waste by turning your leftovers into delicious new meals. So why not try these three delicious and simple recipes?

Wasteless pesto *Uses the core of a pepper*

Ingredients

3 large peppers any colour
100ml olive oil
Squeeze of lemon
Salt/pepper
25g Basil or Coriander

Method

1. Remove core and seeds of pepper
2. Place in a blender or large cup
3. Cover with olive oil
4. Add a squeeze of lemon juice (teaspoon)
5. Salt/pepper
6. Add herb and blend (try to retain some texture).

Date and banana chutney *Uses banana skins*

Ingredients

50g (1) diced shallot
75g fresh ginger (grated)
200g dates (chopped)
2 bananas including skin (chopped)
10g curry powder
100ml white wine vinegar
50ml golden syrup

Method

1. Weigh and prepare the above
2. Sauté your onion with the ginger, add curry powder and cook for 1-2 mins
3. Add your dates and when softened add white wine vinegar, banana and golden syrup
4. Allow to cook on a low heat for approx. 30mins stirring every once in a while, – add some water if it gets to dry to cook gently.
5. Adjust seasoning with a squeeze of lemon at the end – you do not need to blend as all ingredients should be soft, however you can do if you like.

Pork or Chicken pie *Uses leftover Pork/chicken and vegetables. Serves 4*

Ingredients

2 tablespoons any oil (sunflower, vegetable, rapeseed or olive oil)

50g butter or dairy free alternative

50g plain flour or gluten free flour mix

400 ml milk with 1 vegetable or chicken stock cube dissolved within (add more if you like)

500g mixed vegetables – (onion, mushroom, celery leek for example)

Salt and pepper to season

1 kg potatoes

Method

1. Peel potatoes (retain skins for crisp frying as a topping on the mash) cut peeled potatoes into large even bitesize pieces so to ensure they cook evenly, add to a sauce pan just covered in water and boil/steam until soft approx. 20 – 30 minutes – when cooked mash and set aside
2. Chop your vegetables into bitesize pieces
3. Add your oil to a saucepan on a medium heat, add the butter or dairy alternative to the pan
4. Once butter is melted add your flour a little at a time until it forms a smooth paste – cook this mixture out for about 30 secs until it resembles a sandy texture
5. Now add your stock a third at a time stirring to form a smoother paste
6. Add your chopped vegetables and coat them in the sauce and leave to cook slowly with a lid on the pan, for about 15minutes
7. You can add any leftover cooked meat to your vegetables in the sauce at this point and heat through – taste and add a pinch or two of salt and pepper to finish
8. Place in a pie dish and top with the mash.