

RECIPE



BOOK

Eat Well • Save Money • Waste Less



HEALTHY
SWEET TREAT

BANANA BREAD

 1
loaf

 15
minutes

 65
minutes

INGREDIENTS

- ▶ 250g plain flour
- ▶ 1 teaspoon bicarbonate of soda
- ▶ pinch salt
- ▶ 115g butter
- ▶ 115g dark brown soft sugar
- ▶ 2 eggs, beaten
- ▶ 500g mashed over-ripe bananas

METHOD

1. Preheat the oven to 180°C/gas mark 4.
2. Lightly grease the loaf tin.
3. In a large bowl, combine flour, bicarbonate of soda and salt.
4. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended.
5. Stir banana mixture into flour mixture and pour into greased loaf tin.
6. Bake for 60 – 65 minutes, until a knife inserted into centre of the loaf comes out clean.
7. Leave to cool in tin for 10 minutes, then turn out onto a wire cooling rack.

Sub the banana for any other mashable fruit, such as mango or stewed apples.
Add in blueberries, cranberries, raspberries for extra flavour.



SEASONAL
(AUTUMN)

SHEPHERD'S PIE



4
servings



15
minutes



60
minutes

INGREDIENTS

- ▶ 1 tbsp sunflower oil
- ▶ 1 large onion, chopped
- ▶ 2 – 3 medium carrots, chopped
- ▶ 500g lamb mince
- ▶ 2 tbsp tomato purée
- ▶ large splash Worcestershire sauce
- ▶ 500ml beef stock
- ▶ 900g potatoes, cut into chunks
- ▶ 85g butter
- ▶ 3 tbsp milk

METHOD

1. Heat the oil in a medium saucepan, then soften the onion and carrots for a few minutes.
2. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat.
3. Add the tomato purée and Worcestershire sauce, then fry for a few minutes. Pour in the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.
4. Heat the oven to 180°C/fan 160°C/gas mark 4.
5. Boil the potatoes for 10 – 15 minutes until tender. Drain, then mash with the butter and milk.
6. Put the mince mixture into an ovenproof dish, top with the mash.
7. Bake for 20 – 25 minutes until the top is starting to colour.

Add any left over veg you might have – swede, parsnip, cauliflower and butternut squash are all in season.

Try beef or turkey mince for a change.

You can freeze the pie after step 6 for up to a month and save it for another day – just allow to defrost and then place in the oven to heat it up!



VEGETARIAN

VEG TORTILLA



6
servings



20
minutes



20
minutes

INGREDIENTS

- ▶ 500g diced vegetables – whatever veg you like or have left over!
- ▶ 6 tablespoon olive oil
- ▶ 1 large onion, finely sliced
- ▶ 3 garlic cloves, finely sliced
- ▶ 6 spring onions, finely sliced
- ▶ 10 eggs
- ▶ 150g diced feta cheese

METHOD

1. Heat 2 tablespoons of the olive oil in a frying pan, add the onion and garlic, fry over a moderate heat until the onion is soft and beginning to colour.
2. Remove from the heat and add the spring onions.
3. Whisk the eggs in a large bowl.
4. To the eggs, mix in the feta, vegetables, and contents of the frying pan.
5. Heat the remaining 4 tablespoons of olive oil in a large, heavy ovenproof frying pan.
6. Pour in the egg mixture and shake the pan every 20 seconds for 2 minutes.
7. Transfer the pan to the oven and bake for 15 – 20 minutes.
8. Remove from the oven and leave to sit for 5 minutes, before serving.

Pretty much any veg or meat can go into a tortilla – make up your own recipe!



LEFTOVER TURKEY CURRY



4
servings



15
minutes



35
minutes

METHOD

1. Heat the oil in a pan and cook the onion and red peppers for 10 minutes, until softened.
2. Stir in the curry powder and tomato purée then add the stock, chutney and tomatoes.
3. Simmer for 10 minutes over a medium heat.
4. Add the turkey; cook for a further 5 - 10 minutes till cooked through.
5. Stir the spinach into the curry and season.
6. Serve with the rice (cooked according to the packet instructions).

INGREDIENTS

- ▶ 1tbsp olive oil
- ▶ 1 onion, finely chopped
- ▶ 1 red pepper, sliced (or yellow or green if you prefer)
- ▶ 1tsp medium curry powder
- ▶ 2tbsp tomato purée
- ▶ 250ml chicken stock
- ▶ 1tbsp mango chutney
- ▶ 1 tin of chopped tomatoes
- ▶ 500g turkey, diced (or any meat chunks – perfect for leftovers!)
- ▶ 250g basmati rice
- ▶ 200g young leaf spinach, washed

Add in any leftover veg, including potatoes!

This works for any type of leftover meat or fish in chunks.



KIDS
BAKING

FRUITY MUFFINS

 **12**
buns

 **15**
minutes

 **15**
minutes

INGREDIENTS

- ▶ 175g soft butter or margarine
- ▶ 175g soft brown sugar
- ▶ 125g self-raising flour
- ▶ 50g coconut or ground almond
- ▶ 2 grated apples or other fruit (roughly chop if soft fruit)
- ▶ Zest of 1 orange
- ▶ 2 large eggs, lightly beaten
- ▶ Icing sugar to dust

METHOD

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Put the butter and sugar in a bowl and beat until smooth. Gradually add the eggs, beating between each addition.
3. Sieve the flour and fold into the mixture with the coconut or ground almonds, orange zest and chopped fruit.
4. Fill the cake casing two-thirds full with the mixture. Dust with icing sugar and cook for 10 – 15 minutes.
5. Put onto a wire rack to cool.

Experiment with other fruits such as apricots, rhubarb, gooseberries, plums, nectarines, bananas or blackberries, raspberries or strawberries



DIABETIC

STUFFED AUBERGINES



4
servings



15
minutes



55
minutes

INGREDIENTS

- ▶ 2 medium aubergines, halved lengthways
- ▶ 2 tablespoons olive oil
- ▶ 100g (3½ oz) bulgar wheat (or try cous cous as an alternative)
- ▶ 1 onion, finely chopped
- ▶ 1 clove garlic, crushed
- ▶ 1 teaspoon ground cumin
- ▶ 1 teaspoon ground coriander
- ▶ 25g (1oz) seedless raisins

METHOD

1. Preheat the oven to 200°C/400°F/ gas mark 6.
2. Place the aubergine halves, skin-side down, on a baking tray and brush the cut surface with half the olive oil. Bake for 25 – 30 minutes or until golden.
3. Remove from the oven, scoop out the flesh and roughly chop.
4. Meanwhile, place the bulgar wheat in a large bowl and pour over 600ml (1 pint) boiling water and leave to soak for 30 minutes or until tender.
5. Drain off any excess liquid.
6. In a pan, heat the remaining oil and fry the onion and garlic for 2 – 3 minutes until softened. Stir in the ground cumin and coriander and continue to fry for 1 minute.
7. Add the remaining ingredients and heat through.
8. Divide the mixture between the aubergine shells. Return to the oven and cook for 10 – 15 minutes.

Add in tuna, salmon or chicken for variety. Add in peas or sweetcorn for extra flavour.



SPEEDY TEA

FAST FRIED RICE



1

servings



5

minutes



7

minutes

INGREDIENTS

- ▶ 2 tsp oil
- ▶ 1 egg, beaten
- ▶ 2 rashers bacon, chopped
- ▶ 175g mushrooms, sliced
- ▶ 200g frozen peas
- ▶ 1 garlic clove, crushed
- ▶ small knob of fresh root ginger, grated
- ▶ 2 tsp dark soy sauce, plus extra to serve
- ▶ 1 tsp sugar
- ▶ 250g cooked basmati rice

METHOD

1. Heat the oil in a frying pan, then tip in the egg. Leave to set for 30 secs – 1 min, swirling every now and again, then tip it out and finely slice.
2. Add bacon and mushrooms to pan, fry until golden, about 3 minutes.
3. Add peas, garlic and ginger, then cook for 1 min.
4. Mix the soy sauce and sugar together.
5. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the sweet soy sauce.
6. Stir through the egg and serve straight away.

Add whatever left over meat and veg you have lingering in the fridge.



SEASONAL
(SPRING)

CHICKEN & ASPARAGUS PIE



4 - 6
servings



20
minutes



40
minutes

INGREDIENTS

- ▶ 1 tbsp olive oil
- ▶ 1 large red onion, sliced
- ▶ 3 garlic cloves, finely chopped
- ▶ 2 tbsp plain flour
- ▶ 750g of chicken pieces (or leftover chicken from a Sunday roast!)
- ▶ 250g asparagus, tough ends removed and cut into 1 - 2cm pieces
- ▶ 350 ml chicken stock
- ▶ 1 sheet of ready to roll short crust pastry

METHOD

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Heat the olive oil in a large, shallow casserole dish or a large frying pan. Over a high heat fry the onion for 1 minute before adding the garlic, frying for a further 2 - 3 minutes; or until the onion and garlic have begun to caramelize.
3. Add the flour and stir well, then add the chicken, and asparagus to the pan.
4. Pour the stock over the mixture and stir.
5. Reduce the heat to low, cover and simmer for 10 - 12 minutes, stirring every so often to prevent the bottom catching.
6. Transfer the mixture to an ovenproof dish.
7. Roll out the pastry sheet and place each on top of the mixture, until the surface is completely covered. Cook for 25 minutes in the preheated oven, or until the mixture is bubbling and the pastry has turned golden.

Substitute asparagus for other spring veg - leeks, spinach, spring onions and celery.



COOKING
FOR 1

SPEEDY BACON NOODLES



1
serving



2
minutes



5
minutes

INGREDIENTS

- ▶ 1 rasher smoked back bacon, trimmed and chopped
- ▶ 2 spring onions, finely sliced
- ▶ 50g frozen peas
- ▶ Quarter tsp paprika
- ▶ 2 tsp cornflour
- ▶ 200ml vegetable stock
- ▶ 150g block straight-to-wok wheat noodles, or equivalent of dried, cooked
- ▶ Splash Worcestershire sauce

METHOD

1. Fry the bacon for a few minutes.
2. Add the spring onions, peas and paprika, then cook for 1 min more.
3. Separately, mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire sauce.
4. Simmer for a couple of minutes until thick and saucy.

Cooks in less than 10 minutes!
Change the meat if you have some leftover.



FUSSY KIDS

HIDDEN VEGETABLE PASTA SAUCE



4

servings



15

minutes



50

minutes

INGREDIENTS

- ▶ 1 tsp olive oil
- ▶ 1 large onion, chopped
- ▶ 2 celery sticks, chopped
- ▶ 2 carrots, chopped
- ▶ 1 leek, chopped
- ▶ 2 peppers, deseeded and chopped
- ▶ 2 x 400g cans chopped tomatoes
- ▶ 1 clove of garlic, crushed or finely chopped
- ▶ 300g dried pasta

METHOD

1. Heat the oil in a large non-stick saucepan and gently cook the onion, garlic, celery, carrots and leek until soft, about 20 minutes.
2. Add the peppers and cook for 10 minutes more, then tip in the tomatoes. Simmer for 20 minutes.
3. Cook the pasta following pack instructions.
4. Meanwhile, blitz the sauce with a hand blender until smooth.
5. Season the sauce and mix with the cooked pasta.

Use frozen veg as an alternative.



VEGAN

BRUSCHETTA



2
servings



10
minutes



30
minutes

INGREDIENTS

- ▶ 12 tomatoes
- ▶ 3 red peppers
- ▶ Splash of olive oil
- ▶ Dash of balsamic vinegar
- ▶ 6 cloves of garlic
- ▶ 6 basil leaves
- ▶ 4 slices of crusty bread

METHOD

1. Preheat the oven to 200°C/400°C/ gas mark 6.
2. Place 12 tomatoes (halved) and 3 red peppers (deseeded and chopped into large pieces) in a heatproof dish.
3. Drizzle with olive oil and balsamic vinegar.
4. Roast for 30 minutes until soft.
5. Ten minutes into the roasting time, add 6 whole cloves garlic (peeled) and turn the vegetables over in their juices.
6. Remove from the oven and add torn basil leaves.
7. While the vegetables are cooking, toast the sliced bread on both sides.
8. While still warm, rub one side of each slice of bread with the cut edge of half a clove of garlic. Heap the roasted vegetables and basil on top and serve.

Use whatever leftover veg you have in the fridge – mushrooms, spinach, yellow peppers and aubergine all work very well in this dish.

Add some crunch with spring onions.

A close-up photograph of several golden-brown peanut butter cookies resting on a black wire cooling rack. The cookies are round and have a slightly cracked surface. In the top left corner, there is a circular orange badge with the text 'GLUTEN FREE' in white capital letters.

GLUTEN FREE

EASY PEANUT BUTTER COOKIES



30
cookies



30
minutes



12
minutes

INGREDIENTS

- ▶ 8 tablespoons peanut butter
- ▶ 8 tablespoons white sugar
- ▶ 4 eggs

METHOD

1. Preheat oven to 175°C (350°F)
2. Grease the baking tray.
3. Beat the eggs
4. Combine peanut butter, eggs, and sugar in a bowl and mix until smooth.
5. Spoon dough by tablespoons onto a cookie sheet.
6. Bake for 10 – 12 minutes or until lightly browned.
7. Let the cookies cool for 5 – 10 minutes before moving.

Add choc chips, chopped nuts, or dried fruit for alternative flavours.



LEFTOVERS

FRUIT SMOOTHIES



1
serving



5
minutes



1
minute

INGREDIENTS

- ▶ 5 ice cubes
- ▶ 50ml water
- ▶ 1 mango, peeled and chopped
- ▶ 1 banana, peeled and chopped
- ▶ 4 strawberries, chopped

METHOD

1. Place all the ingredients into an electric blender and process until smooth.

Any combination of fruit will work,
even if its about to go off.

Try kiwi and oranges, pineapple and grapes,
or apple and raspberries.

Instead of water, try fruit juice or milk.



COOK
ONCE, EAT
TWICE

SPAG BOL/CHILLI



4

servings



15

minutes



45

minutes

INGREDIENTS

- ▶ Splash of vegetable oil
- ▶ 1 clove of garlic, crushed or finely chopped
- ▶ 1 onion, very finely chopped
- ▶ 55g (2oz) mushrooms, quartered
- ▶ 350g (12oz) lean minced beef
- ▶ 400g can chopped tomatoes
- ▶ 1 tbsp tomato purée
- ▶ 1 tsp each dried herbs
- ▶ 1 tsp Worcestershire Sauce
- ▶ 3 tbsps beef stock
- ▶ 225g (8oz) spaghetti

METHOD

1. Heat the vegetable oil and sauté the onion and garlic for 10 minutes without browning.
2. Add the mushrooms and mince, and cook until evenly brown.
3. Add remaining ingredients except spaghetti and bring to the boil, stirring continuously.
4. Cover and simmer gently for 30 minutes.
5. Meanwhile, cook spaghetti in boiling water for 12 – 15 minutes.
6. Drain the spaghetti and serve covered by the meat sauce.

Try adding celery or peppers. It doesn't have to be used the day after – freeze and turn into a chilli later in the week!



SEASONAL
(SUMMER)

CHEESE & TOMATO TART



4
servings



25
minutes



15
minutes

INGREDIENTS

- ▶ 250g puff pastry
- ▶ 1 egg, beaten
- ▶ 4 tbsp grain mustard (pesto would also work if you prefer)
- ▶ 300g mozzarella, finely sliced (most other types of cheese work well too!)
- ▶ 8 – 10 tomatoes, sliced

METHOD

1. Preheat the oven to 230°C/gas mark 8.
2. Roll out the puff pastry and place on a greased baking sheet.
3. Brush the edges of the puff pastry with beaten egg. Press the edges with a fork.
4. Spread the mustard across the pastry, then layer the sliced mozzarella and tomatoes leaving an edge of pastry around the outside.
5. Bake for 15 – 20 minutes until the pastry is cooked through.

Swap the tomatoes for peppers, mushrooms or aubergine, or add in extra veg or slices of meat, such as ham or chicken, for extra flavour.

Most forms of cheese work in this tart, if you don't have mozzarella.

Combine with a salad for a full meal.



SUGAR FREE
TREAT

CHOCOLATE BROWNIES



12

squares



20

minutes



20

minutes

INGREDIENTS

- ▶ 250g plain flour
- ▶ 200g butter
- ▶ Three eggs
- ▶ Four tablespoons honey
- ▶ 150g cocoa powder
- ▶ One teaspoon baking powder
- ▶ A pinch of salt

METHOD

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Line the baking tray (ideally 30cm by 22cm) with greaseproof paper.
3. Place your butter, cocoa powder and honey in a medium-sized bowl over a pan of simmering water and stir gently until melted.
4. Beat your eggs in a separate bowl.
5. Sieve your flour and baking powder in yet another bowl.
6. Remove the chocolate from the heat and quickly add in the eggs, and fold your dry ingredients in slowly.
7. Spoon your mixture into your baking tray and place in the centre of the oven for 20 minutes.
8. The top of your brownies need to be firm to the touch but a skewer inserted in the middle needs to come out slightly sticky. Leave to cool on the side for a few minutes, then cut into squares and place on a rack.



BREAKFAST

FRUITY PORRIDGE

 **4** servings  **5** minutes  **6** minutes

INGREDIENTS

- ▶ 100g porridge oats
- ▶ 2 apples, peeled and grated
- ▶ ½ tsp ground cinnamon (plus extra for sprinkling (optional))
- ▶ 500ml skimmed milk
- ▶ 2 tbsp ground linseeds (optional)
- ▶ drizzle of honey (optional)

METHOD

1. In a medium saucepan, mix the oats, apples, cinnamon and milk.
2. Bring to the boil, stirring occasionally, then turn down the heat and simmer for 4 – 5 minutes.
3. Stir in the ground linseeds and serve.
4. Top with a drizzle of honey or a sprinkle of cinnamon.

Substitute the apple with a wide variety of fruit such as blueberries, banana, raspberries, or swap the seeds for nuts.



SEASONAL
(WINTER)

BEEF STEW



10
servings



20
minutes



120
minutes

INGREDIENTS

- ▶ 900g stewing steak
- ▶ 3 tablespoons vegetable oil
- ▶ 4 beef stock cubes, crumbled
- ▶ 1L water
- ▶ 1 teaspoon dried rosemary
- ▶ 1 teaspoon dried parsley
- ▶ ½ teaspoon ground black pepper
- ▶ 3 large potatoes, peeled and cubed
- ▶ 4 carrots, cut into 2.5cm pieces
- ▶ 4 sticks celery, cut into 2.5cm pieces
- ▶ 1 large onion, chopped
- ▶ 2 teaspoons cornflour
- ▶ 2 teaspoons cold water

METHOD

1. In a large casserole dish, cook the beef in oil over a medium heat until brown.
2. Dissolve the stock cubes in water and pour into the pan.
3. Stir in rosemary, parsley and pepper.
4. Bring to the boil, then reduce heat, cover and simmer 1 hour.
5. Stir potatoes, carrots, celery and onion into the casserole.
6. Dissolve cornflour in cold water and stir into stew. Cover and simmer 1 hour more.

Add any leftover veg you might have – cabbage and parsnip are in season, or carrots, swede, spinach, peppers and tinned tomatoes all work as well!

You can substitute with other meats if you wish.



**BUDGET
MEALS**

MACARONI CHEESE



2
servings



20
minutes



20
minutes

INGREDIENTS

- ▶ 250g macaroni (or any dried pasta)
- ▶ 1 tbsp butter or margarine
- ▶ 1 tbsp plain flour
- ▶ 450ml milk
- ▶ Grated cheddar cheese
- ▶ Black pepper
- ▶ Grated nutmeg or mustard powder

METHOD

1. Cook the macaroni according to the packet instructions. Drain when cooked. Meanwhile melt the butter or margarine over a low heat.
2. Add a generous tablespoon of plain flour and mix it in.
3. Add some black pepper and a little nutmeg or mustard powder.
4. Stirring all the time, add the milk a little at a time and mix well with a whisk.
5. Bring to the boil to thicken the sauce and stir in the cheese.
6. Add the drained pasta to the cheese sauce and stir well.
7. Serve straight away or put into an oven proof dish, grate some more cheese over and bake at 180°C/gas mark 5 for 10 minutes.

Add a handful of fresh breadcrumbs to the top of the dish for added crunch.

Add some vegetables (broccoli, cauliflower, sweetcorn, carrots etc) to the pan of pasta, a few minutes before it is cooked. Add leek and bacon chunks to give it a great twist.

USEFUL LINKS...

www.lovefoodhatewaste.com

www.seasonalfoodrecipes.co.uk

www.food.com/recipes/leftovers

www.nutrition.org.uk

www.nhs.uk/Livewell/healthy-eating

www.foodwastenetwark.org.uk

www.homecomposting.org.uk



Staffordshire
Waste Partnership

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