

FOOD WASTE COOKBOOK



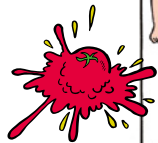
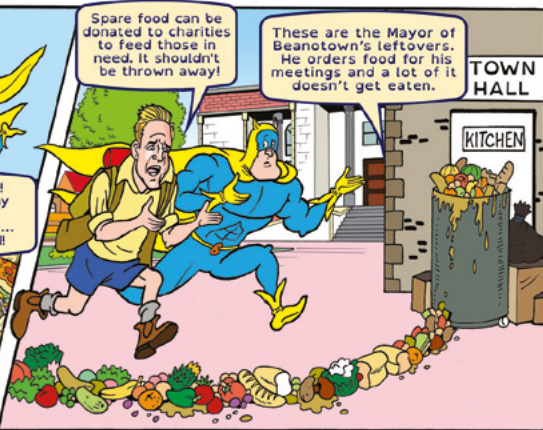
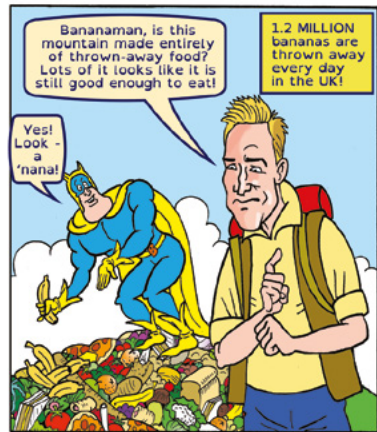
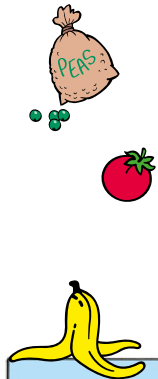
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Cocado | **BEANO**

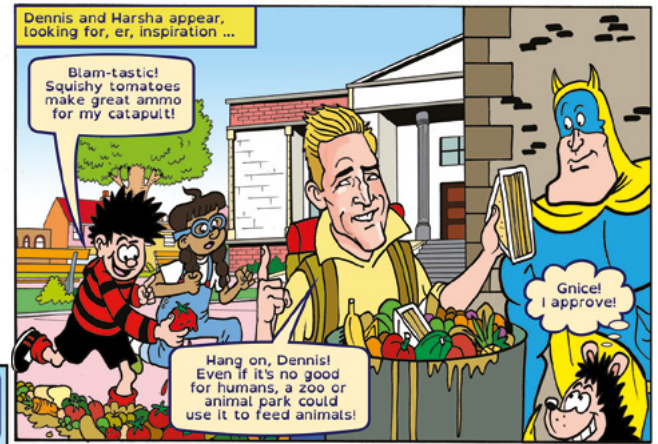
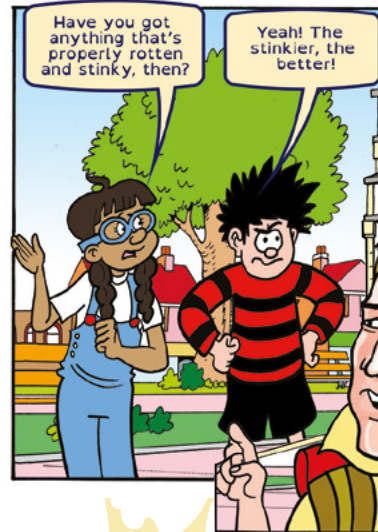
with a helping hand from adventurer, Ben Fogle

Ben Fogle is...

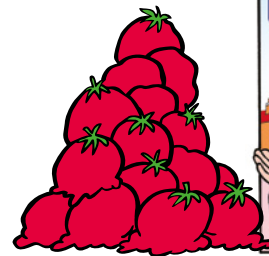
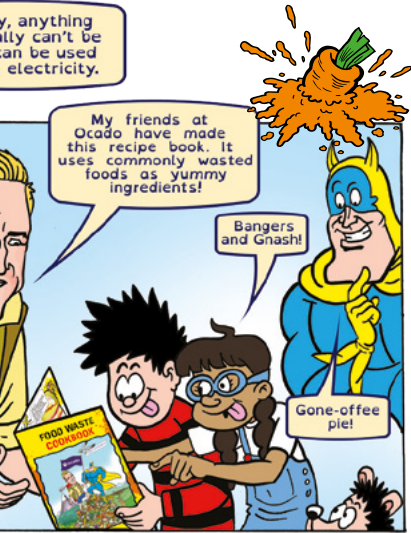
FIGHTING FOOD WASTE!



Why did the tomato cross the road?
To ketchup to their friends!



What did the sausage say when they won the race?
I'm a weiner!



NEARLY GONE-OFFEE PIE



THE MIGHTY BANANA IS THE UK'S FRUIT SUPERHERO, BUT AS SOON AS THEY GO BROWN, TOO MANY OF US CHUCK THEM OUT - BUT THIS IS WHEN THEY'RE THE TASTIEST FOR BAKING! THIS RECIPE WILL HELP YOU DO GOOD BY MAKING A YUMMY PUD!

INGREDIENTS

- 300g Biscoff Cream Sandwich biscuits
- 6 tbsp caramel sauce (we used Carnation Caramel)
- 3 bananas, sliced into ½cm coins
- 150ml whipping cream
- 100g greek style yoghurt or kefir
- 1 tsp grated dark or milk chocolate



METHOD

- 1 Put the biscuits into a bag then seal and bash with a rolling pin until they turn into crumbs. Tip into a bowl then microwave for 1 min, mix well, then press into the base and sides of a 20cm tart tin. Chill for 10 mins in the fridge.
- 2 Spread the caramel over the chilled biscuit base then add a layer of banana coins, then return to the fridge while you make the topping.
- 3 Pour the cream and yoghurt into a large mixing bowl and whip until it forms soft peaks.
- 4 Remove the banoffee base from the fridge and spoon over the cream-yoghurt mix. Sprinkle with grated chocolate and slice to serve.

BANANAMAN

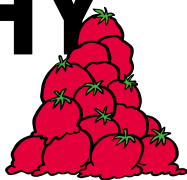


COOK'S TIP

TO SPEED THINGS UP, TIP THE BISCUITS INTO A BOWL OF A FOOD PROCESSOR, THEN WHIZZ TO CRUMBS BEFORE PLACING IN THE MICROWAVE AS PER STEP 1.

PREP TIME
15 mins, plus chilling
SERVES
8 (4 adults, 4 children)

SOFT 'N' SQUISHY TOMATO PASTA



DENNIS LOVES A SQUISHY TOMATO... FLYING THROUGH THE AIR FROM HIS CATAPULT! BUT THERE ARE LOTS OF NON-EDIBLE AMMO OPTIONS, AND TOMATOES THAT HAVE GONE A BIT SOFT CAN STILL BE TASTY WHEN THEY'RE COOKED. THIS SQUISHY DISH MAKES THE MOST OF TOMS THAT SHOULDN'T BE TOSSED. PASTA LA VISTA, BABY!

INGREDIENTS

- 350g cherry tomatoes
- 1 onion
- 1 carrot
- 1 red pepper
- 2 tbsp olive oil
- 1 tsp tomato ketchup
- 200g wholemeal pasta
- 100g mini mozzarella balls
- 10g basil



METHOD

- 1 Tip the tomatoes into a large saucepan, set it on a work surface then, using a potato masher, squash the tomatoes straight into the pan until crushed.
- 2 Using a box grater, grate the onion, carrot and pepper onto a board then scrape into the pan with the tomatoes. Pour over the oil then stir and set over a medium heat, cook for 15 mins, until softened, squashing with the masher as it cooks. Taste the sauce and, if it needs a little sweetness, squeeze in 1 tsp tomato ketchup and stir.
- 3 Meanwhile, add the pasta to a pan of boiling salted water and cook for 8 mins, until just tender. Drain, reserving ½ mug of cooking water.
- 4 Tip the pasta into the squashed tomato sauce and stir well, adding a splash of reserved water if it needs loosening. Divide between serving bowls then top with mini mozzarella balls and basil to serve.



PREP TIME
5 mins
COOK TIME
25 mins
SERVES
4 (2 adults, 2 children)



DENNIS

COOK'S TIP

COOK WITH WHAT YOU'VE GOT! USE 3 SHALLOTS INSTEAD OF BROWN OR RED ONION, SWITCH OUT RED PEPPER FOR YELLOW OR ORANGE AND ADD A COURGETTE TO BOOST YOUR VEGGIES FOR THE DAY. IF YOU LIKE IT SMOOTH, WHIZZ THE SAUCE BEFORE ADDING THE PASTA.

SPEEDY SPICY EGGS & MEGA MANGO SPLAT!

THIS SMASHING TREAT IS EGGS-ACTLY RIGHT WHETHER YOU HAVE IT AS A BLAM BREAKFAST, OR A SUPER SUPPER! AND YOU CAN WHISK IT UP IN NO TIME - AT WHIZZ-SPEED, IN FACT! AND IT'S DELICIOUS - HATCH-URALLY (NO MORE EGG PUNS, PLEASE - WE'VE ALL HAD UN OEUF - THE ED.)

INGREDIENTS

- 2 eggs
- 2 tbsp semi-skimmed milk
- ¼ tsp garam masala
- 1 salad onion, finely sliced, whites and greens separated
- 1 tsp oil
- 80g frozen peas and sweetcorn, defrosted
- 1 roti or paratha
- 1 tbsp natural yoghurt
- ½ tsp mango chutney
- 1 tsp chopped coriander (optional)



METHOD

- 1** Crack the eggs into a jug, pour in the milk, garam masala, white parts of the salad onion and defrosted peas and sweetcorn. Whisk with a fork until well combined.
- 2** Heat the oil in a heavy-based frying pan over a medium heat. Pour in the egg mixture and cook for 2 mins, stirring regularly until just set.
- 3** Meanwhile, put the roti in a toaster for 1 min.
- 4** Put the toasted roti on a plate, top with the spiced eggs, splat with the yoghurt and mango chutney, then sprinkle with the green parts of the salad onion and coriander (if being used).



HARSHA



COOK'S TIP

DOUBLE UP THE RECIPE TO SERVE 1 ADULT AND 2 CHILDREN, OR HALVE FOR SMALLER APPETITES. COOK THE EGGS IN THE MICROWAVE IN STEP 1, IF YOU PREFER, JUST WHISK EVERY 30 SECONDS AND CONTINUE TO STEP 3.

PREP TIME
1 min
COOK TIME
2 mins
SERVES
1 hungry teenager
or adult

BANGERS & GNASH

HAVE A BASH AT THIS YUMMY BANGERS AND MASH RECIPE! GIVE BANGERS A BOOST BY SMASHING THEM INTO SOME DELICIOUS MASHED VEG! EVERYBODY LOVES SAUSAGES AND MASH, AND OUR RECIPE TAKES IT TO THE MAX. IF YOUR POTATOES ARE LOOKING A LITTLE PAST THEIR BEST, DON'T WORRY - SIMPLY REMOVE ANY GREEN OR SPROUTING PARTS AND GIVE THEM A GOOD SCRUB BEFORE USE.

INGREDIENTS

- 400g potatoes, scrubbed and cut into 3cm chunks
- 350g sweet potato, butternut squash, carrots or swede, scrubbed and cut into 2cm chunks
- 60g spread (we used Flora)
- 200ml semi-skimmed milk
- 2 red onions, sliced into thin wedges
- 6 meat or plant-based sausages
- 500g cherry tomatoes
- 1 tbsp olive oil
- 300g greens



METHOD

- 1 Put the potatoes in a large pan, cover with water and bring to the boil. Once boiling, add the sweet potato/squash/carrots and/or swede. Cook for 10-15 mins, until cooked through. Drain, then leave in the colander set over the hot pan for 5 mins to steam.
- 2 Tip the steam-dried potatoes and veg back into the pan. Add the spread and milk, then mash until smooth.
- 3 Meanwhile, heat the grill to medium. Spread the onion over the base of the pan then top with both the meat or plant-based sausages and tomatoes. Drizzle with oil then grill for 20 mins, until cooked through, turning frequently.
- 4 Set the greens in a heatproof bowl, add 100ml water and microwave for 3-4 mins until just tender, then drain.
- 5 Serve a spoonful of mash per plate then top with 2 sausages for kids and 3 for adults with plenty of onion, tomato and greens - leftovers are perfect for lunchboxes or the freezer.

PREP TIME
10 mins
COOK TIME
30 mins
SERVES
4 (2 adults, 2 children)



GNASHER

COOK'S TIP

DON'T CHUCK LEFTOVERS, MIX WITH SHREDDED LEFTOVER VEGGIES FOR BUBBLE AND SQUEAK BALLS TOMORROW AND TOP WITH A FRIED EGG FOR ULTIMATE OOZE.

JAMMY DODGER FRENCH TOAST

ROGER THE DODGER IS ALL ABOUT MAXIMUM REWARD FOR MINIMUM EFFORT AND THIS RECIPE IS RIGHT UP HIS STREET. IT'S GOT ALL THE BEST BITS OF HIS FAVOURITE TREAT, WITHOUT THE BAKING! WE LIKE IT - BERRY MUCH! YOU CAN USE BREAD THAT'S TURNED A LITTLE HARD FOR THIS RECIPE, OR SLICES YOU'VE DEFROSTED FROM THE FREEZER.

INGREDIENTS

- 320g mixed berries
- 8 slices wheat & white bread
- 3 large eggs, beaten
- 150ml semi-skimmed milk
- ½ tsp ground cinnamon
- 200g natural yoghurt, greek style yoghurt or kefir
- 2 tbsp spread (we used Flora)

METHOD

- 1 Tip the mixed berries into a bowl and mash with a fork until broken up and there are no big lumps.
- 2 Spread 4 slices of bread with most of the crushed fruit, then top with the remaining 4 slices. Using a cookie cutter, stamp out a 9cm circle from the centre of each sandwich then cut the remaining sandwich into wedges and set aside.
- 3 Whisk the eggs, milk and ground cinnamon in a wide shallow bowl until well combined.
- 4 Dip each 'jammy dodger' sandwich into the egg mixture until all sides and edges are coated, then transfer to a tray, repeat with the remaining off-cuts.
- 5 Melt a little spread in a large non-stick frying pan over a medium heat. Add the soaked sandwiches to the pan and fry for 2 mins on each side until just set and golden, serve straight away topped with crushed berries and yoghurt. Repeat with the remaining pieces and extra crusts for the grown-ups.

COOK'S TIP

SQUASH ANY OF YOUR FAVOURITE SOFT FRUITS TO FILL THIS SANDWICH, AND USE ANY LEFTOVER FRUIT AND YOGHURT TO SERVE WITH BREAKFAST IN THE MORNING. YOU CAN USE WHATEVER TYPE OF BREAD YOU HAVE TO HAND.



ROGER THE DODGER

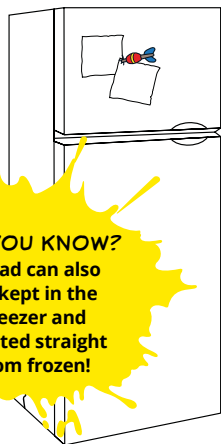
PREP TIME
10 mins
COOK TIME
10 mins
SERVES
4 (2 adults, 2 children)

WHERE SHOULD YOU STORE IT?

DRAW LINES BETWEEN THE FOOD ITEMS TO WHERE THEY ARE BEST KEPT IN THE KITCHEN. SHOULD THEY BE IN THE CUPBOARD OR IN THE FRIDGE?

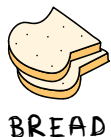
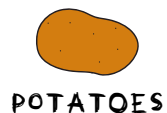
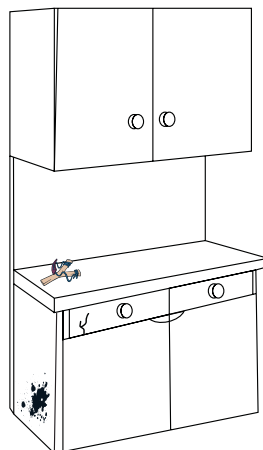
Where we store different types of food can have a big impact on freshness and how long items last for. When food stays fresher for longer, there's more time to enjoy it and less waste!

FRIDGE



DID YOU KNOW?
Bread can also be kept in the freezer and toasted straight from frozen!

CUPBOARD



Now you know, go check if those items are stored correctly in your kitchen!

Answers: Fridge - Apples, Bread, Eggs, Jam, Potatoes, Crisps | Cupboard - Bananas, Bread, Cake, Crisps

TOP FIVE TIPS FOR REDUCING FOOD WASTE

SEE HOW MANY YOU ALREADY DO IN YOUR HOME OR HOW MANY YOU OR YOUR 'GROAN-UPS' CAN INTRODUCE!

1

PUT SERVING DISHES ON THE TABLE AND LET PEOPLE HELP THEMSELVES

Encourage your guests to take only what they know they'll eat and invite them to come back for seconds (or thirds!). This way there'll be less wasted on the plate and any leftovers can be safely stored for lunch the next day.

4

SQUISHY FRUIT MAKES AN AMAZING SMOOTHIE

It may be a little too squishy to eat as it is but chuck your brown bananas and squishy strawberries into a mixer with some milk or yoghurt, and it can be blitzed into a nutritious smoothie.

2

LEARN TO LOVE YOUR LEFTOVERS!

If you've got some bolognese left in the pan - let it cool, cover it and save it in the fridge for lunch the next day. Lots of things taste better the second time round! Or you can portion it up into freezable containers and freeze too for future dinners.

5

EAT ME FIRST!

Keep food that needs using up soon on an 'eat me first' shelf and it won't get forgotten about!

3

COOK THE RIGHT AMOUNT

It's easy to cook too much pasta or mashed potato. Refer to portion sizes on packets to make sure you're cooking the right amount for the right number of people!



NUTRITIONAL INFORMATION

NEARLY GONE-OFFEE PIE

	Per Serve
Energy	1464kj/350kcal
Fat	19.5g
of which Saturates	12g
Carbohydrate	39g
of which Sugars	27g
Fibre	1g
Protein	4g
Salt	0.35g

BANGERS & GNASH

	Per Serve
Energy	2833kj/677kcal
Fat	40g
of which Saturates	12g
Carbohydrate	54g
of which Sugars	20g
Fibre	11g
Protein	20g
Salt	1.7g

Fruit and veg portions

4 of 5 a day

SOFT 'N' SQUISHY TOMATO PASTA

	Per Serve
Energy	1435kj/343kcal
Fat	12.5g
of which Saturates	4.5g
Carbohydrate	40g
of which Sugars	8g
Fibre	8.5g
Protein	13g
Salt	0.3g

Fruit and veg portions

2 of 5 a day

JAMMY DODGER FRENCH TOAST

	Per Serve
Energy	1498kj/358kcal
Fat	11.5g
of which Saturates	5g
Carbohydrate	43g
of which Sugars	12g
Fibre	6g
Protein	18g
Salt	1g

Fruit and veg portions

1 of 5 a day

SPEEDY SPICY EGGS & MEGA MANGO SPLAT!

	Per Serve
Energy	2054kj/491kcal
Fat	18g
of which Saturates	4g
Carbohydrate	52g
of which Sugars	8g
Fibre	7g
Protein	27g
Salt	1.2g

Fruit and veg portions

1 of 5 a day

We've worked with a nutritionist and recipe developer to create this cookbook. All recipes are intended to be enjoyed as part of a balanced diet.

FOR MORE FOOD WASTE RECIPE IDEAS, HEAD TO www.ocado.com/foodwasterecipes