



# INSPIRATIONAL WASTE RECIPE

COURTESY OF **JO TRAVERS** - THE LONDON NUTRITIONIST  
(GOOD FOOD LEWISHAM STEERING GROUP MEMBER)





## BREADCRUMBS

### INGREDIENTS

Dry/stale Bread

If you have a food processor then tear the bread into smallish pieces and put them in a processor and whizz until they're breadcrumbs.

If you don't have a processor, you can push the bread through a grater.

The breadcrumbs can be used or frozen at this point, but you can also dry the breadcrumbs and store in an airtight container in the cupboard.

To dry the breadcrumbs, spread them on a baking tray and cook them in a low oven (about 150C) for about 5-10minutes, or under a low grill stirring occasionally until they are dry and crispy.

Watch them so they don't burn!



### DIRECTIONS

1. Coat vegetables, meat, fish and prawns by dipping in egg and then covering in breadcrumbs and baking, grilling or frying.
2. Top dishes like fish pie or cauliflower cheese.
3. Fry in olive oil with dried herbs and garlic and sprinkle on soup or stews
4. Added to homemade burgers



## SAVOURY VEGGIE PANCAKES

### INGREDIENTS

$\frac{3}{4}$  cup flour

$\frac{3}{4}$  cup water or milk

1 or 2 eggs (optional)

$\frac{1}{2}$  onion or 5 spring onions, peeled and sliced

2 handfuls of whatever vegetables you have in the fridge like carrots, mushrooms, leeks, sweetcorn, courgettes, cabbage, peas, broccoli and even lettuce or bagged salad can be used up here.



### DIRECTIONS

1. Add the flour, water, the egg (if using) and a little salt and pepper to a bowl and whisk together.
2. Grate the vegetables or slice them finely and put in the bowl with the onion. Give everything a stir.
3. Heat a non-stick frying pan and add a little oil. Dollop spoonfuls of the mixture into the pan and spread them out slightly with the back of the spoon.
4. Let the pancakes cook for a minute or so and lift the edge of one to check underneath.
5. When it is golden, flip the pancake and cook the other side until golden. Delicious dipped in soy or sweet chili sauce!

## INGREDIENTS

- 1 tbsp oil
- 1 onion, peeled and chopped
- 1-2 cloves garlic peeled and chopped(optional)
- 4-5 handfuls of vegetables like carrots, celery, broccoli, cabbage, cauliflower, squash, mushrooms, swede, parsnips
- 1 potato (optional)
- 1 handful of peas frozen or tinned (optional)
- 1 litre stock (made from stock cubes or fresh).  
Pepper and a little salt

### Flavouring ideas

- 1 tsp dried herbs, 1 tsp cumin, 1 tsp curry powder,  
¼ tsp cayenne pepper 1 tsp lemon juice

## DIRECTIONS

1. Heat the oil in a large pan (ideally with a lid) over a lowish heat and add the chopped onion.
2. If you are adding any spices, you can add them now as well.
3. Let it cook gently for about 5 mins or so until it is starting to soften and become translucent.
4. Meanwhile wash and dice your vegetables (and potato if using) into small cubes – no need to peel.
5. When the onion has softened add the veg to the pan and continue to cook with the lid on (or covered with a large plate), for another 5-10 mins, stirring occasionally. Then add the stock, and any herbs or lemon juice you are using, and turn up the heat.
6. Cook, simmering for a further 15-20 mins until the vegetables are soft, adding the peas (if using) a couple of minutes before the end. You can blend the soup if you like or eat as is.

## BACK-OF-THE-FRIDGE SOUP

**This soup makes a great lunch and uses up any vegetables you have kicking around –**

even if they are looking past their best. Avoid anything mouldy though! If you don't have time to make the soup straight away, you can freeze the vegetables and make it at a later date. If you have a lot of vegetables to use up, you can double up and freeze the leftover soup.



**Bananas are one of the most wasted foods Over 3 billion bananas get thrown away in the UK each year!**

Bananas are one of the UK's most wasted foods, which is a shame because although they go soft, they tasted great even when they are completely brown. The soft texture makes them perfect for this recipe.



## CHOCOLATE & BANANA ICE

### INGREDIENTS

1 medium very ripe banana 1 tbsp cocoa powder

### DIRECTIONS

1. Mash the banana with the cocoa powder until smooth and then freeze (or eat as desert straight away!).
2. Nutrition information Protein 2g Total Fat 1g Carbs 30g  
Calories 110 kcal





## BANANA & RAISIN COOKIES

### INGREDIENTS

- 1 ripe banana, mashed
- 4 heaped tbsp oats
- ¼ tsp cinnamon (optional)
- ¼ tsp vanilla extract (optional)
- 4 tsp raisins or sultanas



### DIRECTIONS

1. Preheat oven to 160°C. Mix all ingredients together until well combined.
2. Drop spoonful of dough on to a lightly greased baking tray.
3. Use the back of a spoon to flatten into four round discs.
4. Bake 10-15 minutes until lightly brown. Cool completely before eating.

Save in an air-tight container in the fridge for up to four days.