



Recipe book

Love Food Hate Waste

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Introduction

At least one-third of all edible food produced across the world is never eaten – enough food to feed two billion people. That’s just over a quarter of the world’s population!¹

No one intends to throw food in the bin, so our friends at Love Food Hate Waste are here to help everyone learn simple things they can do every day to save more food and make sure it’s eaten. In addition to everything you find here, you can also visit us on lovefoodhatewaste.com for more leftover food recipes and top tips you can try at camp and at home.

If you would like to see how you can help your family save more food when you are at home then why not have a go at the [Make Food Matter](#) activity, developed in partnership with our friends at Love Food Hate Waste.

If you have a food waste recycling service in your area, remember to put any vegetable peelings or eggshells in your kitchen caddy. If you don’t have one, peelings, cores etc can also be composted for your garden. For more information, visit the Recycle Now, [What to do with food waste page](#).

Safety guidance

- All activities must be safely managed. Do a [risk assessment](#) and take appropriate steps to reduce risk. Always get approval for the activity and have suitable [supervision](#) and an [InTouch](#) process.
- Teach young people how to use cooking equipment safely. Supervise them appropriately throughout. Make sure it’s safe to use, and follow manufacturers’ guidelines for use.
- Make sure anyone using fires and stoves is doing so safely. Check that the equipment and area are suitable, have plenty of ventilation and always make sure you have a fire bucket nearby. Follow the [gas safety guidance](#). Have a safe way to extinguish the fire in an emergency.
- Always take care when using flammable items (especially if you’re near fire). Follow the manufacturer’s instructions.
- Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food, and avoid cross contamination of different foods.
- Teach young people how to use sharp objects safely. Supervise them appropriately throughout. Store all sharp objects securely, out of the reach of young people.

¹ Source: Food and Agriculture Organisation (FAO), United Nations 2011, World Vision & UN (2019)

Mixed fruit pancakes

Cook time: 10–20 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 1 egg, beaten
- 150ml milk
- 100g flour (plain, wholemeal or gluten-free)
- 50g dried mixed fruit
- 100g finely chopped fruit (eg apple or pears)
- Dash oil
- 1 teaspoon sugar
- 1 teaspoon mixed spice or cinnamon

Equipment

- Bowl
- Frying pan

Great for campfire
cooking

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Beat the egg into the milk, then put the flour in a bowl and gradually stir in the milk mixture until smooth, then mix in the dried and fresh fruit (pears can be used instead of apples – about 100g).
3. Heat a non-stick pan and add the oil, then add a tablespoonful of the mixture.
4. Place on the heat and cook for two minutes, then flip over with a spatula and cook for another minute or two on the other side. The pancakes should be about 8 cm in diameter and only 3–4 mm thick. You should be able to cook two or three in a large pan at the same time.
5. Mix the sugar and spice together and sprinkle over the hot pancakes before serving.

Top tip

Pancakes are a great way to turn leftovers into an exciting meal, as you can add any savoury or sweet topping you like.

Asto-nosh-ing food facts

**Around 3 million glasses of milk are chucked away in the UK each day!
This is enough to fill 110 Olympic swimming pools every year.**

Source: Love Food Hate Waste

Loaded potato wedges

Cook time: 30–45 mins

Serves: 6

Credit: Caroline Marson

Ingredients

- Potatoes, cut into wedges
- 150g grated hard cheese
- 6–8 slices unsmoked bacon, chopped into small pieces
- 4 medium spring onions, finely chopped

Equipment

- Chopping knife
- Oven
- Grater
- Frying pan

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 200C (400°F) mark.
3. Lay the potato wedges onto a baking tray. Sprinkle over the grated cheese and bacon, and bake in the oven until the potatoes are cooked through, the cheese is melted and the bacon cooked. This will take approximately 30–45 minutes.
4. Sprinkle with spring onions and jalapeños. Serve hot on their own or as a side dish.

Top tip

You can top the wedges with most types of leftover cheese, plus any strips of bacon, salami or ham. Try a drizzle of pesto or chilli sauce and serve them with a platter of cold meats, salad and any pickles from the cupboard.

Quinoa salad with apple and grapes

Cook time: 20–30 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 200g uncooked quinoa
- 2 apples
- 100g seedless grapes
- Juice of half a lemon
- 2 tbsp olive oil

Equipment

- Saucepan
- Apple corer
- Chopping knife

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Cook the quinoa according to the packet instructions, drain and chill.
3. Core the apples, slice them finely and sprinkle with lemon juice. Cut the grapes into halves.
4. Toss all the ingredients together and serve cold.

Top tip

Other grains can be used – try couscous or brown rice. Choose apples with a tart, fresh flavour and pretty green or red skins.

If you don't have apples or grapes, all kinds of fresh fruit work well in a grain-based salad . Try a citrus variation with orange and grapefruit segments.

Don't forget

If you need to buy any fruit and vegetables for a dish, buy loose ones so you have exactly what you want to use and won't waste any.

Minestrone

Cook time: 10 mins
Serves: 4

Credit: Lyndon Gee

Ingredients

- Dash of any vegetable oil
- 400g mixed vegetables, chopped (e.g. onion, peppers, carrot, mushrooms, cabbage)
- 500ml vegetable stock (stock cube is fine)
- 50g pasta (any dried pasta or broken spaghetti)
- 1 x 400g tin chopped tomatoes
- 1 teaspoon each dried oregano and basil 1 x 400g

- tin mixed beans, drained
- Pinch salt and pepper
- 60g grated cheese to serve

Equipment

- Saucepan
- Spoons for stirring
- Cheese grater

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Add oil to a pan and mix in the vegetables, stirring regularly for five minutes until starting to brown.
3. Add the stock, bring to the boil then reduce the heat. Add the pasta and cook for 6–7 minutes with the lid on.
4. Now add tomatoes, herbs and beans, then cover again and simmer, stirring occasionally.
5. Check the pasta is cooked, season with salt and pepper if needed, then put into bowls and serve sprinkled with grated cheese.
6. Use up leftover cooked chicken or sausages cut into pieces by adding them at the last minute. You can also use most vegetables. Try shredded cabbage, frozen peas, green beans, runner beans, courgettes, aubergines, fresh tomatoes, broccoli, leeks, parsnip or spinach – again, cooked and added at the end.

Top tip

Freezer advice: For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.

Bubble and squeak

Cook time: 30–45 mins

Serves: 4

Credit: Caroline Marson

Ingredients

- 1 red onion, finely chopped
- 1 tablespoon cooking oil
- 4 rashers streaky bacon, cut into small pieces
- 450g leftover mashed potato
- 300g leftover mixed cooked vegetables – eg roast parsnips, brussel sprouts, carrots, cauliflower, chopped into small pieces
- Black pepper and salt
- 25g hard cheese, grated

- 25g butter, melted
- Plain flour

Equipment

- Frying pan
- Chopping knife
- Large bowl
- Plat
- Baking tray
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Heat the oil in a frying pan and cook the finely chopped onion for 4–5 minutes until soft. Add the cut bacon and cook for a further 3–4 minutes or until it begins to turn a golden colour.
3. Remove the pan from the heat and transfer the bacon and onions into a large bowl.
4. Add the mashed potato, cooked vegetables and cheese to the bowl and season well with salt and pepper. Mix well and divide the mixture into six portions.
5. Using your hands, shape each portion into a round cake. Put a little flour on a plate and coat each cake in flour on both sides.
6. Put onto a greased baking tray and brush with a little melted butter. Bake in a preheated oven (200°C/400°F/ mark 6) for 25 minutes or alternatively, fry on both sides until golden brown.

Top tip

Freeze ahead: These bubble and squeak cakes also freeze brilliantly so if you don't manage to eat them all you can enjoy them another day – simply freeze them at the end of step 4.

Did you know?

An average British family can save £840 a year if they stopped throwing food in the bin.

Source: Love Food Hate Waste

One pot chicken noodles

Cook time: 10–20 mins

Serves: 1

Credit: Love Food Hate Waste

Ingredients

- 55g instant rice noodles
- 1 reduced salt chicken stock cube, crumbled, added to 250ml boiling water in a jug and stirred
- skinless cooked chicken breast, shredded
- 1 small carrot, thinly sliced
- 25g frozen peas

- ½ small red pepper, sliced
- 1 spring onion, shredded
- 1 tsp cornflour
- 1 tsp reduced salt soy sauce
- ¼ tsp Chinese five spice

Equipment

- Microwave bowl
- Microwavable food cover

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Place the noodles in an individual microwavable soup bowl or large mug then pour hot stock over the noodles and leave for three minutes.
3. Add the chicken, carrot, peas, red pepper and spring onion. In a small bowl, mix the cornflour, light soy sauce, five spice and a 1 tbsp cold water. Pour the cornflour mixture over the noodles then mix everything together, making sure that the vegetables are evenly distributed throughout.
4. Cover the bowl with a microwavable food cover and microwave on high for two minutes – stirring halfway through cooking – until the chicken is piping hot. Leave to stand for one minute before serving.

Top tip

If you have any leftover vegetables from a stir-fry pack, add a handful to replace the sliced vegetables. Alternatively, you could add any cooked leftover vegetables or canned veg such as sweetcorn. Thigh and leg meat also can be used in this recipe, and leftover beef or pork would work just as well as chicken in this recipe.

Boston bean pot

Cook time: 45 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

Meatballs

- 1 slice wholemeal bread
- 375g turkey breast mince
- 1 clove garlic, crushed
- 1 small onion, finely diced
- 1 tsp turmeric
- ½ tsp chilli powder
- Black pepper to season
- ½ tbsp vegetable oil

Boston Beans

- 1 tbsp vegetable oil
- 1 clove garlic, crushed

- 1 small onion, diced
- 1 small red pepper, diced
- 2 tsp smoked paprika
- 3 tbsp BBQ sauce
- 415g can reduced salt and sugar baked beans
- 1 vegetable stock cube, crumbled into 200ml boiling water and stirred

Equipment

- Grater
- Bowl
- Roasting pan
- Frying pan
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 200°C/ 180°C Fan/gas 7.
3. To make the breadcrumbs, finely grate the bread.
4. Place the breadcrumbs – plus the remaining meatball ingredients, except for the oil – into the bowl and mix well until the ingredients are combined. Then using your hands, shape into 12 equal sized balls about the size of a walnut. Fry the meatballs until they're cooked through.
5. Meanwhile to prepare the Boston beans, heat the oil in a non-stick saucepan and gently fry the garlic, onion and pepper for five minutes until softened.
6. Sprinkle over the smoked paprika and cook gently for a minute, then add the BBQ sauce, baked beans and half of the stock. Simmer gently for 10 minutes, adding the remaining stock if the sauce is thick.
7. Once everything is cooked, combine the meatballs and sauce.

Great for campfire cooking

Top tip

Freeze the uncooked meatballs in a freezer box between parchment paper, then defrost in the fridge and use within 24 hours, cook as detailed above. Boston beans can be frozen but are best eaten freshly made. If you don't have a freezer, you could cook the meatballs in one go and store in the fridge for up to two days. Alternatively, you could halve the recipe for the meatballs.

Vegetable lasagne

Cook time: 1 hour 30 mins

Serves: 8

Credit: Caroline Marson

Ingredients

- 2 tablespoons olive oil
 - 4 onions, peeled and finely chopped
 - 4 small courgettes, cut into 2.5cm dice
 - 2 small peppers, cored and cut into 2.5cm squares
 - 300g butternut squash, peeled and cut into chunks
 - 2 garlic cloves, peeled and crushed
 - 2 x 400g canned chopped tomatoes
 - Ground black pepper and salt
 - 600ml water or vegetable stock
 - 80g butter
 - 70g plain flour
- 1.2 litres milk
 - 1 teaspoon mustard
 - 250g cheddar cheese, grated
 - 450g pre-cooked lasagne sheets
 - Pumpkin seeds

Equipment

- Chopping knife
- Peeler
- Ovenproof dish
- Frying pan
- Whisk
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven 180°C (350°F) mark 4.
3. Grease a deep ovenproof dish.
4. In a frying pan, cook the onions, courgettes, peppers, butternut squash and garlic in the remaining oil for a few minutes, then add the tomatoes, tomato puree, seasoning and water or stock.
5. Simmer for 10-15 minutes.
6. To make the sauce, place butter, flour, milk and mustard in a small saucepan and whisk continuously over a medium heat until the sauce begins to boil and thicken.
7. Turn down the heat to its lowest and let the sauce cook for two minutes.
8. Add half of the grated cheese.
9. Into the baking dish, pour one quarter of the white sauce, followed by one third of the vegetable mixture, then a single layer of lasagne sheets.
10. Repeat this process, ending up with a final layer of sauce, and then sprinkle over the remaining cheese and the pumpkin seeds for added crunch.
11. Cook in the oven for 25–30 minutes or until golden and bubbling.

Asto-nosh-ing food facts

Around 3 million glasses of milk are chucked away in the UK each day.

The amount of milk wasted each year is equal to the weight of 2,101 blue whales!

Source: Love Food Hate Waste

Chicken and vegetable fajitas

Cook time: 25 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 1 tbsp oil
- 450g mixed vegetables from the fridge or freezer, sliced (eg onion, pepper, courgette, mushrooms)
- 2–3 tsp fajita seasoning
- 400g can chopped tomatoes
- 250g leftover roast chicken, shredded

- 8 tortilla wraps
- To serve: grated cheddar cheese and sour cream

Equipment

- Frying pan
- Chopping knife
- Grater

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Heat the oil in a large frying pan and fry the prepared mixed vegetables for five minutes.
3. Add the fajita seasoning and cook for one minute.
4. Stir in the chopped tomatoes, rinse the can with a dash of water and add to the pan.
5. Cook for 4–5 minutes.
6. Stir in the chicken and heat through.
7. Divide the chicken mixture between the tortillas and roll up.
8. Serve with grated cheese from the fridge and soured cream.

Great for campfire cooking

Top tip

Not suitable for freezing.

Vegan and vegetarian option: replace the meat with extra vegetables and a can of kidney beans. Leave out the cheese and sour cream.

Did you know?

Global food waste generates 22 million tonnes of greenhouse gases – that's four times more than all aeroplanes put together.

Source: World Resources Institute

Tuna pasta bake

Cook time: 1 hour

Serves: 4

Credit: Caroline Marson

Ingredients

- 300g of pasta
- 4 spring onions or 1 small onion, finely chopped
- 1 tablespoon olive oil
- 2 x 185g tins of tuna from certified sustainable stocks
- 125g each frozen peas and sweetcorn
- 600ml milk
- 25g plain flour 25g butter
- 125g hard cheese, grated

- A squeeze of lemon juice

Equipment

- Frying pan
- Bowl
- Saucepans
- Grater
- Whisk
- Ovenproof dish
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 160°C(325°F) mark 3.
3. In a frying pan stir fry the onions for 1–2 minutes in a little oil.
4. Drain the tuna well, and flake into a bowl.
5. Cook the pasta in a pan of boiling water for about 10 minutes or until just cooked. Add the frozen peas and sweetcorn to the pan five minutes before the end of cooking.
6. To make the sauce, place milk, flour and butter in a small saucepan and whisk continuously over medium heat until the sauce begins to boil and thicken.
7. Turn down the heat to its lowest and let the sauce cook for two minutes. Add the grated cheese and mustard, keeping a little cheese back for the topping.
8. Season with a little lemon juice.
9. Mix the pasta with the vegetables, spring onion, tuna and cheese sauce and pour into a lightly oiled ovenproof dish.
10. Sprinkle with the remaining cheese and bake in a preheated oven until golden on top; about 25 minutes.
11. Serve with steamed green beans or broccoli.

Sausage, onion and potato tray bake

Cook time: 20–30 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 454g pack sausages
- 1 large onion, cut into wedges
- 500g new or salad potatoes, thickly sliced
- 2 tbsp olive oil
- 1 tbsp wholegrain mustard

- 1 tbsp fresh or dried thyme leaves

Equipment

- Chopping knife
- Roasting tray
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 200C, gas mark 6.
3. Twist each sausage into two and cut to make 16 small sausages.
4. Place in a large roasting tray with the onion and potatoes. Toss in the oil, mustard and thyme, and season well.
5. Bake for 30–35 minutes (stirring halfway through), or until golden and potatoes are tender.

Dessert

Pear tray bake

Cook time: 30 mins
Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 150g butter softened
- 150g light brown muscovado sugar
- 3 medium eggs
- 150g self-raising flour
- 2 ripe pears, peeled, halved and cored (350g)

Equipment

- 22cm square tin for baking
- Whisk
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 180°C, gas mark 4. Grease and base line a 22cm square tin.
3. Whisk the butter and sugar until pale and fluffy. Add the eggs one at a time and whisk to incorporate. Gently fold in the flour.
4. Spread the cake mixture in the base of the tin and gently press the pears into the mixture evenly.
5. Bake for 30 minutes until golden and the sponge is cooked.
6. Tip: Sprinkle a little extra sugar on top before cooking to give a crunchy texture.

Top Tip

Freezer advice: cut into portions and freeze

You could replace the pears with plums or apples – or any fruit that's in season (they'll be cheaper and may even grow in your garden, if you have one!).

Asto-nosh-ing food facts

Every day, the equivalent of 20 million slices of bread are thrown away in UK homes.

A year's worth of wasted bread slices laid end-to-end could circle the Earth from pole-to-pole 28 times!

Source: Love Food Hate Waste

Orange tray bake cake

Cook time: 1 hour 15 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- Butter for greasing
- 1 large orange
- 100g self-raising flour
- 100g ground almonds
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 175g caster sugar
- 4 medium eggs

Equipment

- 24cm square tin cake tin
- Greaseproof paper
- Food processor or blender
- Sieve
- Spatula
- 2 bowls

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 180°C /160° fan/Gas 4.
3. Lightly grease a 24cm square cake tin and line with baking parchment.
4. Place the orange in a pan and cover with cold water. Bring to the boil then simmer gently for 30 minutes until the orange is soft.
5. Place the orange in a bowl of cold water and leave to cool.
6. Roughly chop the orange (without peeling it) and discard any pips, then place the orange in a food processor and blend until smooth. A stick blender also works well.
7. Sieve the flour, ground almonds, baking powder and cinnamon into a bowl.
8. In a separate bowl, whisk together the sugar and eggs until thick and creamy. You'll know it's ready when the whisk leaves a trail on top of the mixture.
9. Using a spatula, gently fold the flour mixture and puréed orange into the sugar and eggs.
10. Pour the mixture into the prepared tin then bake in the preheated oven for 30 minutes, until the sponge is golden and firm to touch.
11. Allow to cool slightly in the tin before turning out onto a wire rack to cool completely.

Top Tip

Cut into portions and freeze in individually wrapped portions.

Don't forget

If you buy loose fruit and vegetables, you can buy exactly what you want to use and will have less waste.

Source: Love Food Hate Waste

Crunchy fruit and oat crumble

Cook time: 10-20 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 2–3 slices bread (100g), crumbled (stale is fine)
- 50g rolled oats (or muesli or granola)
- 1 tbsp sunflower seeds (or sliced almonds)
- 400g any fruit (eg 2 apples plus berries)

- 100ml fruit juice (we used apple juice)
- 2 tablespoons runny honey

Equipment

- Ovenproof dish
- Oven

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Add crumbled bread, oats and seeds/nuts to a bowl and mix well.
3. Chop the unpeeled, cored apples and put in an ovenproof dish with the berries and fruit juice.
4. Sprinkle the crumble mixture on top, then drizzle with honey.
5. Bake in a preheated oven 180°C/Gas 6/ 350°F for 15–20 minutes until golden brown.
6. Serve immediately with a little Greek yoghurt, custard or cream.

Top tip

If you buy loose fruit and vegetables, you can buy exactly what you want to use and will have less waste.

Did you know?

Every day, the equivalent of 20 million slices of bread are thrown away in UK homes. This is enough to make breakfast for 10 million people.

Source: Love Food Hate Waste

Snacks

Mexican vegetable crisps

Cook time: 30–45 mins

Serves: 4

Credit: Love Food Hate Waste

Ingredients

- 200g fresh beetroot
- 1 large carrot
- 1 large sweet potato
- 2 tbsp vegetable oil
- black pepper to season
- 240g mixed pack salsa/ guacamole/

sour cream

Equipment

- 3 baking trays
- Chopping knife
- Oven
- Greaseproof paper

INSTRUCTIONS

1. Split the young people into small groups and make sure they all have the correct ingredients and equipment.
2. Preheat the oven to 220°C/ 200°C Fan/Gas 7.
3. Cut off the top and bottom of the beetroot and carrot then clean the skins, including the sweet potato, by scrubbing in water.
4. Slice the vegetables very thinly: a swivel peeler or a mandolin are best for this but you could also use a knife if you're careful. Then gently press between kitchen paper to absorb any excess moisture.
5. Line three large baking trays with baking parchment and brush with oil. Lay the vegetables on the trays in a single layer, keeping the beetroot on a separate tray to prevent it from staining the other vegetables. Brush the vegetables with the remaining oil, season with black pepper then roast for 25 minutes, turning halfway through. Transfer to a tray lined with kitchen paper and allow to cool completely.
6. To assemble, arrange the vegetable crisps on a plate and serve with bowls of salsa, guacamole and sour cream.

Top tip

This healthier version of nachos is a great way of using up root vegetables and can be served as a snack or sharing starter when entertaining.