

— CHARTWELLS —

WASTE WARRIOR

Cookbook

UK FOOD WASTE

Food waste is a real problem in the UK and **we need your help** to tackle it. In 2024, the UK threw away approximately 9.5 million tonnes of food waste, with 6.6 million tonnes attributed to households, and **6.4 million tonnes of that could have been eaten.**

This recipe book has been designed to **help you in your Waste Warrior Challenge at home.** All of the dishes featured in this booklet are designed to minimise food waste. Fridge Raider Pasta uses up stale bread and vegetables that have passed their best. There is even the recipe for our versatile Chartwells Tomato Sauce made with wonky vegetables.



TOP 10 MOST WASTED FOODS

<u>Bread</u>	<u>Fresh Meat</u>
<u>Fresh Vegetables</u>	<u>Potatoes</u>
<u>Milk</u>	<u>Leftovers</u>
<u>Fruit Juice</u>	<u>Fresh Fruit</u>
<u>Eggs</u>	<u>Out of Date Dry Food</u>

There are 24 million slices of bread wasted every day.

Stale bread can be made into delicious croutons to top salads and soup.

Fresh fruit can be turned into a mood boosting smoothie or a moist banana bread.

Potatoes can be turned into mash and stored in the freezer for up to a month.

What ideas can you think of to reduce waste?



SERVES 5

CHARTWELLS WONKY VEGETABLE TOMATO SAUCE

Ingredients

400g Tinned Tomatoes
10g Tomato Paste
1 tbsp Oil
10g Chopped Garlic
75g Sliced White Onion
10g Caster Sugar
75 ml Water
Pinch Mixed Herbs
Selection of Wonky Vegetables

Method

Put the oil in a pan, add the onion and garlic and gently cook until soft. Add the herbs, and tomato paste and cook out for a few mins. Add the tin of chopped tomatoes, sugar and water and bring to the boil, simmer for at least fifteen mins until the sauce has thickened.

Wonky veg bit

Check your fridge and cupboards for any vegetables past their best: carrots, courgettes, butternut squash, anything you have; it's up to you what you use. Dice the vegetables and add to the tomato sauce at the same time as the onion and garlic. A pinch of herbs will help bring out the flavours; oregano is a classic but try exploring different flavours and make a note of what you did so you can make it again.

Serving suggestion

For a hearty, wholesome meal we recommend serving with some wholewheat pasta and grated cheese.



SERVES 5

Ingredients

- 5 portions (550g) of Chartwells Wonky Vegetable Tomato Sauce
- 1/2 Vegetable Stock Cube
- 2 Slices of Stale Bread
- 5g Chilli Powder
- 1 Tin Butterbeans
- 400ml Water
- Pinch Black Pepper

(or Pitta, Baguette or Wrap)

BUTTERBEAN AND TOMATO SOUP WITH CRISPY CROUTONS

Method

- Drain and wash your butter beans, add the water and place in a pan with the stock cube, chilli powder, pepper and wonky vegetable tomato sauce.
- Gently bring to a simmer and cook for 15 minutes on a low heat.
- Make your croutons by cutting into small squares or strips, place in the oven on a baking tray and cook until they are crisp.
- Use a hand blender to blend your soup, you can add some natural yoghurt or a handful of spinach leaves before you blend, see what's in the fridge that needs using up!
- Serve with the crispy croutons sprinkled over the top.

CHEESE AND LEEK POTATO POPS

SERVES 5

Ingredients

- 450g Leftover Mashed Potato
- 50g Grated Cheese
- 30g Cornflour
- Leftover Green Vegetables (green leek tops or unused broccoli stem)
- Pinch Black Pepper
- Pinch Mixed Herbs

Method

- Take your green vegetables and slice or dice them, bring a pan of water to the boil and add the vegetables, boil for five mins until tender, strain and cool under a cold tap.
- Drain the cooled vegetables and mix with the leftover mash, cornflour, cheese, pepper and mixed herbs.
- Once mixed you want a firm texture, if necessary add a little more cornflour.
- Roll into ten even balls. Place on a baking tray and spray with a little oil. Bake in the oven at 180°C for around 15 minutes until golden brown.
- Serve as a side or even as a starter using the wonky vegetable tomato sauce as a dip.



QUICK TIPS FOR REDUCING FOOD WASTE

1

Don't throw leftovers away – use them to create new recipes.

2

Buy foods with a longer expiration date to extend their shelf life.



SERVES 5

FRIDGE RAIDER PASTA BAKE

Ingredients

500g Dried Pasta
 5 portions (550g) Wonky Vegetable Tomato Sauce or Regular Tomato Pasta Sauce
 Stale Bread made into Breadcrumbs
 100g Grated Cheese
 1 Vegetable Stock Cube
 500g Mixed Vegetables
 Pinch Black Pepper

See what you have in the fridge that needs using up!

Method

- Open the fridge and look for any vegetables that need using up: bendy carrots, limp leeks or spinach, bashed broccoli – whatever you have – dice it all up into chunks.
- Place your pasta into a pan of boiling water with the vegetable stock cube. Boil your pasta for 16 mins until cooked, drain but keep the stock.
- Add your chopped vegetables to the stock and cook for five minutes, drain and mix with pasta and wonky vegetable tomato sauce.
- Place it all into an ovenproof dish, season with black pepper and top with the cheese and breadcrumbs.
- Bake at 180°C for twenty minutes until the cheesy crumb topping is golden brown.

TORTILLA PIZZA

SERVES 4

Ingredients

4 Tortilla Wraps
 2 portions (220g) Wonky Vegetable Tomato Sauce
 200g Mozzarella
 100g Sliced Peppers
 50g Sliced Red Onions
 50g of Salami, Ham or Cooked Chicken

Method

- Lay two tortilla wraps out and use half the tomato sauce to spread over each one, then sprinkle half the cheese over.
- Lay another tortilla wrap on top of each wrap and repeat the process. Add your assorted toppings on top of the cheese.
- Bake in the oven for 15 mins on a medium heat until the cheese is melted and crispy.
- Cut each tortilla into four.

Topping suggestions

- Keep it simple with cheese, add something that you've never tried before like olives or capers! Look out for leftovers that you can pop on your pizza – the choice is yours.



SUNDAY'S LEFTOVERS SAUSAGE ROLLS

SERVES 5

Ingredients

300g Leftover Roast Meat
200g Leftover Roast Potatoes
50g Grated Cheese
1 Packet Puff Pastry
1 Egg
10ml Milk
Pinch Black Pepper

Method

- Chop the leftover meat into small pieces, mash the roast potatoes and mix them together with the cheese, meat and some black pepper.
- Divide the mix into five equal portions and roll into sausage shapes.
- Whisk the egg and milk together. Lay out your pastry and place meat along a sheet, brush the inside of the pastry with the egg mix and roll up into a sausage roll shape, once all are rolled brush with the egg milk.
- Place on a baking tray and bake at 180°C for 30 mins until golden and piping hot.
- Experiment with different fillings, use kidney beans and chilli for a spicy vegetarian option.



QUICK TIPS FOR REDUCING FOOD WASTE

3

Consider buying canned or preserved foods instead of fresh ones.

4

Use food preservation methods such as freezing or pickling to extend the shelf life of foods and avoid waste.



SERVES 5

WASTE SLAW

Ingredients

200g Cauliflower or Broccoli Stems
100g Carrots
50g White Onions
100g White Cabbage
10ml Lemon Juice
100g Mayonnaise
Pinch Black Pepper

Method

- Grate your stems and carrots.
- Thinly slice the peeled onion and cabbage.
- Mix everything together with the lemon juice and mayonnaise.
- Season with a twist of black pepper.

CURRIED CAULIFLOWER LEAF AND CHICKPEA SALAD

SERVES 5

Ingredients

1 Whole Cauliflower
(including the leaves)
1 Tin Chickpeas
10g Curry Powder
20ml Vegetable Oil
Pinch Black Pepper

Method

- Portion the cauliflower into bitesize florets, wash and cut the leaves down through the stem, keep the cauliflower core for the slaw recipe.
- Simmer the florets in boiling water for five minutes then drain and allow to cool.
- Drain and rinse the chickpeas, toss in half the oil.
- Mix the curry powder, black pepper and remaining oil and toss the florets and leaves through it.
- Place the chickpeas on one baking tray, on another baking tray place the mixed florets and leaves. Roast at 180°C for around 20 minutes.
- Once the chickpeas are crispy mix with the cauliflower and leaves. Serve hot or cold



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SERVES 5

OVEN-BAKED BBQ POTATO PEELING CRISPS

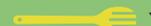
Ingredients

Potato Peelings from
10 Medium Potatoes
40ml Vegetable Oil
10g Paprika
10g Garlic Powder
10g BBQ Seasoning
Pinch Black Pepper

Method

- Mix the paprika, garlic and BBQ seasoning together and set aside.
- Soak your peelings in cold water for five minutes to remove the starch, drain and dry your peelings with some kitchen paper.
- When dry, gently mix the peelings in a bowl with the oil. If you have an air fryer, cook them at a high temperature until golden and crispy. If not, spread them out on a baking tray and bake at 200°C until crispy.
- Once cooked but still hot toss your crisps in the seasoning mix.
- Allow to cool before eating.
- Try experimenting with beetroot, carrot or parsnip peelings. Use up cupboard spices and dried herbs to mix up the flavours!

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BREAD AND BUTTER PUDDING

SERVES 5

Ingredients

8 Slices of
Leftover Bread
50g Butter
3 Whole Eggs
1 tsp Vanilla Essence
100g Sugar
Sprinkle of Cinnamon
350ml Milk

Or leftover pastries!

Method

- Cut your bread in half long ways and butter.
- Crack the eggs into a bowl and whisk well with the sugar, vanilla essence and cinnamon.
- Add the milk and whisk.
- Lay the bread in an ovenproof dish and pour the egg and milk over.
- Allow the pudding to stand for an hour then bake at 180°C for 45 mins until crisp and golden.
- Serve with custard or ice-cream.

Suggestion

- You can experiment with any type of bread or pastries; muffins too. Check in cupboards for dried fruits, chocolate chips, seeds or jam – anything you like.

CUPBOARD CRUMBLE

SERVES 5

Ingredients

1 Tin of Fruit
2 Over Ripe Bananas
100g Butter
150g Plain Flour
50g Porridge Oats
25g Brown Sugar

Method

- Have a look at the back of the cupboard for any tins of fruit: apple, pear, pineapple or peaches perhaps.
- Open and drain the fruit, put the juice from the tin in a pan and simmer it until it resembles a syrup.
- Slice the tinned fruit and lay in the bottom of an oven proof dish with the banana. Pour over the fruit syrup.
- Prepare the crumble by rubbing the flour and butter together until they resemble fine breadcrumbs, add the sugar and oats and mix.
- Pour the crumble mix over the fruit and spread evenly. Bake at 180°C for 40 mins until bubbling and golden.

Suggestion

- Try adding dried fruit and seeds or any overripe fresh fruit.





VEGETABLE PEELING CAKE

SERVES 5

Ingredients

250g Mixed Peelings
200g Self Raising Flour
3 Whole Eggs
1 tsp Baking Powder
1 tsp Baking Soda
120ml Vegetable Oil
1 tsp Vanilla Essence
1 tsp Cinnamon
75g Sultanas
120ml Natural Yoghurt
120ml Golden
or Maple Syrup

Method

- Wash the vegetables before peeling, carrot, parsnip, beetroot and potato all work well.
- Blend or finely chop the peelings.
- Mix the flour, baking powder, baking soda, cinnamon and sultanas in a large bowl.
- In a separate bowl, beat the eggs, syrup, vegetable oil, yoghurt and vanilla essence together.
- Gently mix the wet ingredients in with the dry ingredients.
- Grease a nine-inch cake tin and line with parchment paper, carefully pour the cake mix into the tin. Cook in a preheated oven at 180°C for 40 mins or until an inserted skewer comes out clean from the cake.

SUMMARY

Use these recipes to fire up your imagination. Don't be afraid to swap ingredients and get creative with anything that needs using up.

There are no rules other than to have fun. Not only will you be making tasty, nutritious food but you'll be doing your bit to reduce food waste.



- **Make the sausage rolls and serve them with your waste 'slaw and BBQ potato peel crisps.**
- **Cook some pork chops and serve them with the curried cauliflower leaf salad.**
- **Add some leftover cooked meat to your fridge raider pasta bake.**

Start thinking outside the box, grow some vegetables in your garden, pick blackberries in the summer and check that your parents aren't throwing anything away that you could make into an amazing meal or drink.

Ask your parents to help you make some jam or chutney when we have an abundance of fruits in the summer. Windfall apples or pears work well and can be found in lots of places, go and explore the countryside and see what you can find.

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