

RECIPES FROM THE RUBBISH

YUMMY WAYS TO USE UP BREAD

CROUTONS

These simple and delicious croutons can be made using any leftover bread or buns (including gluten-free).

- Cut bread/buns into small pieces and place on a baking tray.
 - Drizzle with olive oil or vegetable oil.
 - Season with salt and pepper (you can also add your favourite seasoning e.g. garlic salt, mixed herbs or smoked paprika). Add fresh, green herbs e.g. thyme or rosemary.
 - Bake at 200 degrees C. Flip and stir every five minutes until they are golden and crunchy.
 - Serve with salads or soups.
 - Store any leftover croutons in an airtight container for up to one week.
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BREAD AND BUTTER PUDDING

Ingredients

- 6 slices of bread (any type of bread or bun can be used, bonus points if the bread is a little stale and has its crusts!).
- Butter
- 4 tbsp of dried fruit e.g. sultanas or raisins
- 2 eggs
- 2 tbsp white sugar
- 2 cups milk
- 1 tsp vanilla
- ½ tsp ground nutmeg or cinnamon

Method

- Thinly butter bread and cut into triangles.
- Lay the bread buttered side down into your oven-safe dish
- Sprinkle with dried fruit and add another layer of bread.
- Repeat until you've used all the bread. When you get to the last layer, put the bread buttered side up.
- Beat eggs, sugar, vanilla and milk together. Pour over bread layers and sprinkle the spice on top.
- Bake at 180°C for 30 minutes or until all the egg mixture is firm and cooked.

RECIPES FROM THE RUBBISH

EASY WAYS TO USE COOKED MEAT

LEFTOVER PIZZAS AND TOASTIES

Ingredients

You can use a variety of different leftovers for these quick meals. Some leftovers that go well together on pizzas and toasties that we cooked are:

- Cooked sausage – sliced into thin rounds
- Onion – sliced and fried until soft
- Grated cheese
- Fresh spinach
- Chopped lamb chop
- Fresh spinach
- Roast veges
- Feta
- Grated cheese

Method

- Make a pizza sauce, buy your favourite at the supermarket or use a relish, chutney or pesto.
- Spread pizza sauce onto leftover wraps or pizza bases.
- Place your toppings on the base, sprinkle cheese on top.
- Bake at 150oC until cheese is melted and wrap/base is brown.
- Approximately 10 - 15 minutes, or grill for 5 minutes.

**TOP
TIP**

You can use all the same ingredients in a toasted wrap or sandwich – great for a snack or in a lunchbox.

RECIPES FROM THE RUBBISH

THREE WAYS WITH WINTER VEG

BREAD BASKETS

Ingredients

- 6 slices bread (keep the crusts on)
- Butter
- ½ onion, fried until soft
- 4 slices bacon, fried
- 1 cup fresh, chopped spinach
- 8 eggs
- ¾ cup of grated cheese

Method

- Fry the bacon and onion until soft.
- Thinly butter one side of the bread and press into a muffin tin, buttered side down.
- Fill with onion, bacon, feta and spinach – or any other leftover veg you have in the fridge!
- Beat eggs together and pour an even amount into each cup.
- Top with cheese and bake in at 180 oC in the oven until egg is set. Approximately 15 minutes.
- Serve with a salad and relish to make into a quick meal, or pop into lunch boxes for a snack.

ROAST WINTER VEGE SALAD

- Chop 3-4 cups of vegetables into even, bite-sized pieces. Season with salt and pepper and coat with 4 tbsp oil.
- Roast firm vegetables at the same time (kūmara, potato, carrot, pumpkin etc.). When they are just tender, add the soft vegetables (e.g. capsicum, leek, celery, broccoli etc.). Cook until all are soft and beginning to crisp.
- Serve warm with fresh spinach/rocket, and add a sprinkle of feta, seeds or croutons.

TOP
TIP

Serve with
leftover meat,
rice or orzo pasta
to feed more
mouths.

STOCK

Stock is useful for making soups, stews, gravies, risottos and sauces. Plus, it's a great way to use any peels, trimmings, stalks from vegetables - even onion peels! For meat-based stocks, add leftover carcasses, bones, juice and jelly - which bring a delicious depth of flavour to your meals.

- Place stock ingredients, 1 tsp peppercorns and any herbs from the garden (stalks and all) into a large pot.
- Add just enough water to cover the ingredients and simmer for 1.5 hours, topping up with water as needed.
- Strain the stock through a colander and pour into containers. Ready or to use right now or pop in the freezer once cooled.
- Use in soups, gravies and risottos. Stock can be stored in the freezer for up to 3 months.