



WITH OVER 4.5 MILLION TONNES of edible food wasted from UK homes every year, it's not just our wallets that takes a hit. Food waste is an issue that affects all of us – and our planet as it's a leading cause in climate change. But you can do something about it!

Wastebuster has gathered some fantastic recipes from school children during Waste Week 2021, who prove that with a little thought, food items that would find themselves in the bin, can be turned into some delicious dishes.

We hope you enjoy re-creating some of them, getting creative in the kitchen and identifying ways in which you can play your part in reducing food waste in your home.

info@wastebuster.co.uk | www.wastebuster.co.uk

Registered address; The Bothy, Albury Park, Albury, Guildford, Surrey GU5 9BH

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The WASTEBUSTERS Cookbook

SAVING THE PLANET
FROM FOOD WASTE, ONE
SCRUMPTIOUS DISH AT A TIME



ABOUT THE AUTHOR:

Wastebuster is a
not-for-profit environmental
education company:

www.wastebuster.co.uk

jointhepod.org

DID YOU KNOW that the amount of edible food wasted in the UK could fill eight Wembley Stadiums? Or that we throw away 20 million slices of bread EVERY day in the UK, which creates greenhouse gas emissions equivalent to over 140,000 cars every year?

Sadly, the message could not be clearer – wasting food feeds climate change! It's an issue that affects all of us, so isn't it time we start making a difference and bust food waste?

That is why for Waste Week 2021, we invited pupils around the UK to cook up a storm, as part of the Busta Bake Competition, with food items that ordinarily would have gone to waste.

Thanks to the overwhelming response we received we have been able to collate just some of the recipes into this cookbook that we hope you will enjoy!

All the recipes contained in this cookbook have been created by school children or sourced from existing recipes. All the images are the children's own.



Abi's Pizza

Submitted by
Abigail, Aged 8,
Balmalloch
Primary School

Serves 1

Using: LEFTOVER STORE
CUPBOARD INGREDIENTS

Ingredients:

Salsa
Peperami
Plain wrap
Cheese

Method:

- 1 Turn oven on.
- 2 Spread salsa sauce over wrap.
- 3 Sprinkle grated cheese on top.
- 4 Add sliced peperami.
- 5 Place on oven-proof tray in oven at 160°C for 7 minutes.
- 6 Remove from oven.
- 7 Slice into triangles and enjoy.



Savoury Pancakes

Submitted by
Alex, Aged 6,
Hayesdown
First School

Serves 1

Using: STORE CUPBOARD INGREDIENTS PLUS ANY
LEFTOVER FOODS FOR THE FILLING

Ingredients:

2 eggs
100g plain flour
300ml milk
Vegetable oil for frying
Leftovers for the filling – I used
ham, cheese and sweetcorn

Method:

- 1 Mix the eggs, flour and milk in a bowl with a whisk.
- 2 Rest the mixture in the fridge for 30 minutes.
- 3 Heat some oil in a frying pan and cook the pancakes for 1 minute on each side.
- 4 Sprinkle then leftovers on the pancake.
- 5 Roll up the pancake and eat!



Submitted by
Alexandra, Yr 4,
Rydal Penrhos
Preparatory School

Chocolate Baked Bananas

Serves 1

Using: RIPE BANANAS AND STORE CUPBOARD INGREDIENTS

Ingredients:

4 ripe bananas

2 x 32g bag chocolate
buttons

Vanilla ice cream, to serve



Method:

- 1 Heat oven to 200°C/180°C fan/gas 6.
- 2 Make a slit through the skin of the bananas along one side – making sure you don't cut all the way through to the other side.
- 3 Poke in the chocolate buttons along the cut.
- 4 Put each banana onto a sheet of foil and crimp the edges together to seal into a parcel. Transfer to a baking sheet and cook for 25 mins until the bananas have turned black.

Submitted by
Amy, Year 7,
Nunnery Wood
High School

Sunday Roast Pie

Serves 1-2

Using: SUNDAY ROAST LEFT OVER VEGETABLES

Ingredients:

Shop bought puff pastry

Gravy granules

Any leftover vegetables
from Sunday lunch!

5 roast potatoes

Handful of cooked carrots

Handful of cooked broccoli

Small bowl of cooked
cauliflower cheese



Method:

- 1 Add all the vegetables into an oven proof dish.
- 2 Make up approximately 1 pint of gravy and pour over the vegetables.
- 3 Unroll the puff pastry and use it to cover the vegetables.
- 4 Cook for around 25 minutes at 180°C.
- 5 I served mine with extra peas!

Potato Croquettes

Submitted by
Ali, Vakıfbank
Atatürk Secondary
School, Turkey

Serves 4

Using: LEFT OVER POTATOES AND STALE BREAD

Ingredients:

A large bowl of boiled potatoes (without water)

A small bowl of rice

Pinch of salt, black pepper and chilli pepper (not a must, just to give taste)

Cheddar cheese

Coating – Flour, egg, breadcrumbs

Vegetable oil to fry

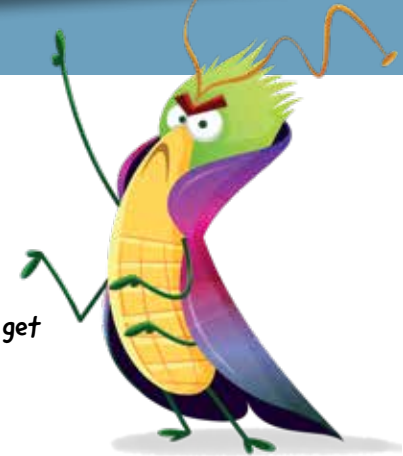


Method:

- 1 First mash the boiled potatoes. Then add rice and mix them together.
- 2 Add seasoning.
- 3 Take one spoon of potato-rice mix, flatten it in your hand. Then put cheese in the middle and finally roll it with your hands to give a ball shape.
- 4 First roll the potato balls into the flour, then dip them in the

beaten egg and finally roll through the breadcrumbs until they are completely covered.

- 5 Fry the potato balls in hot oil.
- 6 Immediately place the fried croquettes onto a paper towel to get rid of the extra oil.
- 7 Finally place the croquettes into a beautiful plate. Serve hot. Enjoy!



Banana Bread

Serves 10

Using: OVER RIPE BANANAS AND STORE CUPBOARD INGREDIENTS

Submitted by
Abigail, Aged 8,
Balmalloch
Primary School

Ingredients:

150g plain flour

25g cocoa

1/2 tsp bicarb of soda

1/2 tsp salt

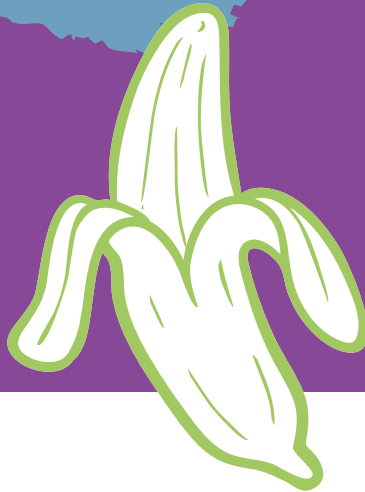
125g margarine

150g sugar (use half soft brown if you have)

2 eggs

3 old bananas (about 300g),

mashed 100g milk chocolate bar cut into chunks



Method:

- 1 Preheat oven to 170°C or Gas Mark 3.
- 2 Put flour, cocoa, bicarb and salt in bowl and mix.
- 3 Using an electric whisk, cream sugar and margarine together.
- 4 Continue using the whisk to beat in the eggs slowly, then the mashed bananas.
- 5 Add the flour mix a bit at a time.
- 6 Use a spoon to stir in the chocolate chunks and transfer to a lined loaf tin.



- 7 Cook in the middle of the oven for 1 hour.
- 8 Test with a skewer, although it may be gooey if you hit a choc chunk.
- 9 Let it cool and eat as it is or with optional icing.



Cheesy Rainbow Bread

Submitted by Bella,
Hayesdown First
School

Serves 4

Using: STALE BREAD AND LEFTOVER VEGETABLES

Ingredients:

- 4 slices of stale bread
- 2 tablespoons of butter
- 4 tablespoons of vegetable leftovers (e.g. peppers, kale, broccoli, carrots, beans, peas, sweetcorn – the more colours the better)
- 2 cloves of garlic
- 3 eggs
- 4 tablespoons of grated cheese
- Seasoning to taste
- Cherry tomatoes for decoration

Method:

- 1 Tear bread into small pieces.
- 2 Melt butter in large pan.
- 3 Finely chop veg & fruit, crushed garlic and add to pan, cook for 10 mins.
- 4 Mix into bread.



- 5 Whisk eggs, add grated cheese and stir into bread/veg mix.
- 6 Line a small casserole dish with greaseproof paper, grease and add bread mixture.
- 7 Sprinkle with grated cheese and add halved cherry tomatoes.
- 8 Bake in middle of oven Gas Mark 5/160°C for 40mins.
- 9 Serve in chunks with rainbow soup.

Banana & Choc Chip Muffins

Serves 12

Using: OVER RIPE BANANAS
AND STORE CUPBOARD INGREDIENTS

Submitted by
Ben & Rachel,
Hayesdown first
School

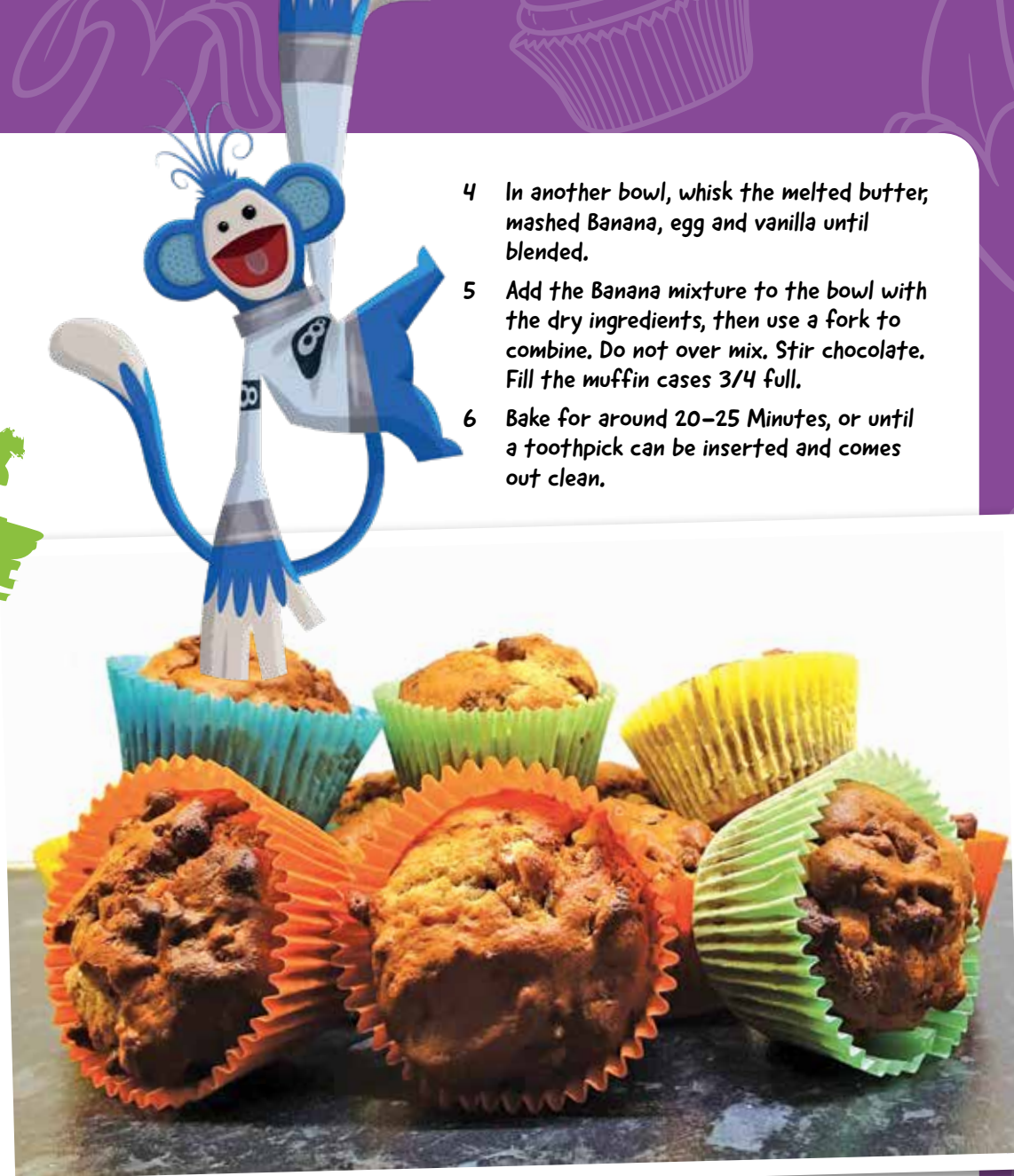
Ingredients:

70grams of unsalted butter – Melted
190grams of plain four
50grams of brown sugar
1tsp baking powder
1tsp bicarbonate of soda
3 ripe bananas – mashed
1 large egg
1/2 tsp vanilla extract
130grams of chocolate chips

Method:

- 1 Heat the oven to 160°C.
- 2 Line a 12 whole cupcake tray with cases.
- 3 Whisk the flour, brown sugar, baking powder and bicarbonate of soda in a large bowl.

- 4 In another bowl, whisk the melted butter, mashed Banana, egg and vanilla until blended.
- 5 Add the Banana mixture to the bowl with the dry ingredients, then use a fork to combine. Do not over mix. Stir chocolate. Fill the muffin cases 3/4 full.
- 6 Bake for around 20–25 Minutes, or until a toothpick can be inserted and comes out clean.



Meatball & Vegetable Soup

Submitted by
Eren, Dronfield
Junior School

Serves 1-2

Using: LEFT OVER VEG AND RICE FROM PREVIOUS DINNER

Ingredients:

Boiled rice, garden peas
and meatballs

1 carrot

1 red pepper

1 onion

Chopped parsley

Sweetcorn

Method:

- 1 Chop up the carrots, pepper and onion.
- 2 Shallow fry until soft.
- 3 Add chicken stock, rice and meatballs.
- 4 Bring to the boil and simmer before serving with chopped parsley.



Biscuit Pudding

Serves 4

Using: NEAR STALE BISCUITS
& LEFTOVER DOUBLE CREAM

Submitted by
Tilisa, Nether
Green Junior School

Ingredients:

Double cream

Coffee

Plain Biscuits

Cocoa powder

Milk Sugar

Optional: Chocolate chips



Method:

- 1 Whip, in a bowl, double cream.
- 2 Then add cocoa powder, sugar and milk, and mix.
- 3 Get the plain biscuits, dip them in the coffee and place them in a container so the bottom of it is covered.
- 4 Then spoon a bit of the whipped cream on top of the biscuits so it covers them.
- 5 Repeat steps 3 and 4 until the container is full (on the top layer, there should be the whipped cream).
- 6 If you decide to put chocolate chips on, then you can place them on the whipped cream in a pattern or whichever way you want it to.
- 7 Refrigerate for a few hours.
- 8 The biscuit pudding is now ready to eat!!!

Cheesy Bread & Butter Pudding

Serves 2

Using: THIS IS A WARTIME RECIPE USING FOOD THAT WOULD USUALLY GO WASTE OR GO OFF. YOU CAN ADD FRUIT AND OTHER ITEMS TO MAKE IT SWEETER. IT IS GREAT FOR VEGETARIANS AS WELL AS IT BEING SIMPLE.

Submitted by
Freya, Nether
Green Junior
School

Ingredients:

5 slices of bread (buttered) stale bread is fine

2 eggs

575 ml of milk

50g of cheese (plus extra for garnish)

Olives or any other vegetable can be added to use up remaining food from leftovers e.g. marrow, tomato, onion, grated carrot etc.

Herbs to taste

Method:

- 1 First, preheat the oven to 190°C or gas mark 5.
- 2 Cut the bread into small pieces.
- 3 Arrange the bread into a bowl butter side down.
- 4 Grate the cheese and sprinkle over the bread.

- 5 Sprinkle on the dry ingredients.
- 6 Beat the eggs and milk together.
- 7 Pour over and allow to soak.
- 8 Add the remainder of the cheese on top.
- 9 Bake for 25 minutes.



Beef Pasties

Serves 4

Using: LEFTOVER BEEF CASSEROLE.

Submitted by
Grace, Year 7,
Whitchurch
High School

Ingredients:

Beef casserole

Potato

Shortcrust pastry
(ready-made)

Method:

- 1 Peel and boil the potato, cut into small chunks and add to leftover beef casserole.
- 2 Roll out the pastry and divide into four large squares.
- 3 Spoon the casserole onto one half of the pastry, fold and seal the edge with a little brush of milk.
- 4 Brush the top of the pastie with milk and place in the oven at gas mark 6 for 30 mins.



Teacake Pizza

Serves 1-2

Using: LEFTOVER TEACAKES

Ingredients:

Teacake(s)
Pesto
Leftover cooked meat
Cheese
Chips & salad optional

Method:

- 1 Using left over t-cakes, cut your t-cake in half.
- 2 Place on a baking tray.
- 3 Spread some leftover pesto on both halves of the t-cake.
- 4 Using any leftover cooked meat ie. chicken, put on top of the pesto.
- 5 Sprinkle some grated cheese on top.
- 6 Place in the oven for 8-10 minutes.
- 7 Serve with some chips & salad.



Submitted by
Charlie,
Chatburn CoE
Primary School

Turkey Katsu Tenders

Serves 20

Using: STALE BREAD AND
STORE CUPBOARD INGREDIENTS

Ingredients:

500g thin-sliced turkey breast
3 handfuls of breadcrumbs made
from stale bread
2 eggs
3 tbsp plain flour
3 tbsp Chinese curry sauce powder
1/2 tsp of salt
Drizzle of olive oil

Method:

- 1 Mix the eggs, plain flour, curry powder and salt.
- 2 Shred a small handful of turkey breast.
- 3 Place into the egg mixture.
- 4 Roll in the breadcrumbs.
- 5 Fry in a shallow pan until crisp and golden.
- 6 Serve with a dipping sauce of choice.



Submitted by
Elizabeth, Aged 8,
Our Lady's Bishop
Eton Primary
School

Fridge Raider Pasties

Submitted by
Harry, aged 9,
Dronfield
Junior School

Serves 2 large or 4 small pasties

Using: FOR THESE SMALL AND TASTY PASTIES I WOULD RECOMMEND FILLING WITH A MIXTURE OF LEFTOVER MEAT, VEGETABLES, CHEESE, AND ANY AVAILABLE CHUTNEYS. IF YOU ARE VEGETARIAN, JUST LEAVE OUT THE MEAT!

Ingredients:

For the pastry

1 x packet of ready-made pastry or:

225g sieved flour

100g diced butter

1 beaten egg for egg wash



Method:

- 1 Roll out the pastry and divide into two large circles.
- 2 Spoon your left-over mixture onto one half of the pastry, fold and seal the edge with brush of beaten egg.
- 3 Brush the top of the pastie with beaten egg and place in the oven at Gas Mark 6 for 30 mins.



Banana Milkshake

Submitted by
Harry, Badgers
class, Hayesdown
First School

Serves 2

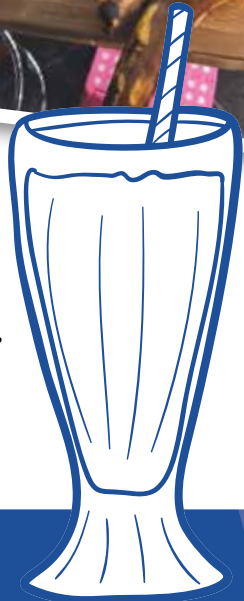
Using: OVER RIPE BANANAS.

Ingredients:

2 x bananas
1 pint of milk
Mini marshmallows
Spray cream

Method:

- 1 Add the bananas and milk into a mixer.
- 2 Blend until all the ingredients are thoroughly mixed and smooth.
- 3 Add to 2 glasses.
- 4 Top with spray cream, mini marshmallows, and a reusable straw.



Rainbow Vegetable Soup

Submitted
by Fraser,
Hayesdown
First School

Serves 4

Using: VEGETABLES JUST PAST THEIR 'BEST BEFORE' DATE IN AS MANY COLOURS AS POSSIBLE

Ingredients:

Sweetcorn	Peas
Carrots	Peppers
Broccoli	Garlic
Cauliflower	1 pint of water
Red onion	A jar of Bolognese sauce
Green beans	Seasoning to taste

Method:

- 1 Wash vegetables but leave skins on. Place in a large pan.
- 2 Chop vegetables into small chunks.
- 3 Crush garlic.
- 4 Add water to the pan and bring to the boil, with lid on, then simmer for 30 mins.
- 5 Add Bolognese sauce and seasoning to taste.
- 6 Cook for a further 5 mins.
- 7 Liquidise soup and serve with Cheesy Rainbow Bread chunks.



Vegetable Cake

Serves 8-12

Using: LEFTOVER VEGGIES AND STORE CUPBOARD INGREDIENTS

Submitted by
Dorothy, Aged 7,
Wentworth
Primary School

Ingredients:

SPONGE

- | | |
|--------------------------------|--|
| 200g sugar | 1/4 teaspoon vanilla extract |
| 2 eggs | 200g grated leftover raw vegetables (carrot, courgette and/or parsnip) |
| 200ml oil | 50g chopped nuts and/or dried fruit (optional) |
| 200g self-raising flour sieved | |
| 1/2 teaspoon ground cinnamon | |
| 1/4 teaspoon ground ginger | |

Method:

SPONGE

- 1 Heat oven to 170°C.
- 2 Mix sugar, eggs and oil in a bowl.
- 3 Gradually add the flour, cinnamon, ginger and vanilla extract and keep stirring.
- 4 Stir in the grated veg, chopped nuts and dried fruit.
- 5 Pour mixture into 2 lined and greased 20cm cake tins.
- 6 Put into the oven for 20-25 minutes until golden and spongy.
- 7 Once slightly cooled, turn out onto cooling rack.



- ### ICING (OPTIONAL)
- 150g icing sugar sieved
 - 25g butter at room temperature
 - 60g cream cheese



ICING

- 8 Smooth icing sugar and butter together.
- 9 Add the cream cheese and mix thoroughly.
- 10 Once cooled, smooth 1/2 icing over 1 sponge, put the other sponge on top and spread remaining icing on top. Decorate with any leftover nuts or fruit.

Monday Night Pork Rice

Submitted by
Herbie, Nether
Green Junior
School

Serves 1

Using: SUNDAY LEFT-OVER ROAST PORK

Ingredients:

Left over roast pork from Sunday dinner cut into tiny pieces
Rice (add into pan, boiled on the side, or cooked in the microwave)
Chopped carrots
Garlic
Olive Oil
Soy Sauce
Seasoning
Spinach
King Prawns (optional)



Method:

- 1 Throw it all together in a hot sizzling pan and fry together until very hot.
- 2 Mix in one big bowl and help yourself.

Watermelon Smores

Submitted by
Isabella, Nether
Green Junior
School

Serves 1-2

Using: OVER-RIPE BANANAS

Ingredients:

A quarter of a watermelon
Over-ripe banana
Leftover fruit (e.g. blueberries, grapes, raspberries)

Method:

- 1 Cut your watermelon quarter into 3cm thick slices.
- 2 Cut a 1cm slice out of each don't cut down through the skin (use slice in smoothie).
- 3 Place fruit in a blender and make a smoothie with your leftover fruit.
- 4 Wrap each slice of watermelon in a piece of foil (like a pocket), then pour the smoothie over the watermelon.
- 5 Fold the foil to seal the top.
- 6 Freeze at -24° for 1 hour.
- 7 Remove slices from the freezer and enjoy!



Feel Good Flapjacks

Submitted
by Isaac H,
Nether Green
Junior School

Serves 12

Using: OVER-RIPE BANANAS AND APPLE

Ingredients:

- 50g butter, plus a little extra for greasing
- 2 tbsp smooth peanut butter
- 3 tbsp honey or maple syrup
- 2 ripe bananas, mashed
- 1 apple, peeled and grated
- 250g rolled oats
- 85g dried apricot, chopped
- 100g raisin
- 85g mixed seed eg pumpkin or sunflower seeds (optional)

Method:

- 1 Heat oven to 160°C/140°C fan/gas 3. Grease and line a 20cm square tin with baking parchment. Heat the butter, peanut butter and honey or maple syrup in a small pan until melted. Add the mashed banana, apple and 100ml hot water, and mix to combine.
- 2 Tip the oats, the dried fruit and the seeds into a large bowl.



Pour in the combined banana and apple and stir until everything is coated by the wet mixture. Tip into the cake tin and level the surface. Bake for 55 mins until golden. Leave to cool in the tin. Cut into 12 pieces to serve or store in an airtight container in the fridge. They will keep for up to 3 days.

Cheese straws

Serves 4

Using: SLIGHTLY HARDENED CHEDDAR CHEESE.

Submitted by
Jaidee, Notley
Green Primary
School

Ingredients:

113g butter softened
200 g of grated cheddar cheese
160g of plain flour

Method:

- 1 Preheat oven to 180°C In a large bowl.
- 2 Beat the butter than light and fluffy.
- 3 Blend in the grated cheese tithe butter.
- 4 Add the flour until a dough is formed.
- 5 Roll out into a rectangle 15x6in.
- 6 Cut into 6in strips.
- 7 Place each strip on to a tray covered with a baking sheet and cook for 15–20 mins until golden brown.
- 8 Cool for 5 mins before eating.



Piggy Pesto Pasta

Submitted by
Jenny & Jake

Serves 2

Using: WE HAD 6 SAD OLD MUSHROOMS AND A FEW SLICES OF BACON ... SO WITH SOME MAGIC WE MADE PIGGY PESTO PASTA. YOU COULD ALSO USE LEFT OVER CHICKEN, COURGETTES, TOFU PEAS OR GREEN BEANS IN THIS.



Ingredients:

Pasta	Mushrooms	Pesto
Bacon	Single cream	

Method:

- 1 Put a large handful of pasta for each person into a saucepan.
- 2 Cover with boiling water & cook for 12 minutes.
- 3 Chop bacon into small pieces and fry it in 1 teaspoon of oil.
- 4 Break mushrooms into small pieces with your hands.
- 5 Add mushrooms to the bacon.
- 6 Once mushrooms are cooked add 5 teaspoons of pesto to the frying pan.
- 7 Add half a pot (a small cup) of single cream to bacon/pesto.
- 8 Drain pasta, mix it into the sauce and serve.

Chocolate Cheesecake

Submitted by
Jake, aged 9,
Dronfield
Junior School

Serves 4-6

Using: OLD BISCUITS AND LEFTOVER EASTER EGG CHOCOLATE.

Ingredients:

300g broken biscuits & crumbs from the bottom of the biscuit tin. Cream ones work best, e.g. custard creams, bourbon creams, Oreos etc. Top up to 300g with unbroken ones if you don't have that many!

100g unsalted butter

400g cream cheese (e.g., Philadelphia)

120g caster or icing sugar

240ml double cream

200g broken chocolate, we used Easter eggs to be seasonal, but any will work!

Recycled old glass dessert pots, Jake used 4 and there was enough spare mixture to also fill a 8.5 in tin. Otherwise use a 9.5in tin.

Method:

- 1 Break the biscuits into crumbs.
- 2 Mix with melted butter to create the base of the cheesecake (pressed into a tin or pot). Chill in the fridge before adding topping.



- 3 Mix cream cheese, caster sugar, double cream and melted chocolate together.
- 4 Spoon the mixture over the chilled biscuit base.
- 5 Decorate and place in the fridge to set before eating.

Golden Chicken Goujons, potatoes & veg stir fry

Serves 4

Using: STALE BREAD, CHEESE, POTATO AND OLD VEG

Ingredients:

FOR THE CHICKEN GOUJONS:

4 slices left over stale bread
2 beaten eggs
75g of plain flour
75g of any leftover stale cheese eg: Cheddar, Parmesan

2 tbsp any fresh herbs you have available eg; Parsley, thyme, Rosemary
Seasoning
Optional: sweet chilli sauce

FOR THE POTATOES:

200g left over roast or boiled potatoes
25g butter

1tbsp sunflower oil

FOR THE STIR-FRIED VEGETABLES:

Any vegetables you have left over in your fridge eg: 1/2 cauliflower, 2 carrots, 1/2 broccoli, 1 onion, 1 courgette, 1/2 cabbage etc.

1tbsp sunflower oil
2 tbsp soy sauce
Left over nuts eg: cashew nuts, peanuts, walnuts

Method:

- 1 Put the flour into a bowl.
- 2 Beat the egg in another bowl.
- 3 Put the stale bread and fresh herbs into a food processor to make flavoured bread crumbs.
- 4 Put the bread and the grated cheese into a third bowl with salt and pepper and mix together.
- 5 Coat each goujon in the flour then the beaten egg and finally cover it in the bread crumb mixture.
- 6 Place the goujons on a baking tray and drizzle with oil.
- 7 Place the goujons in the oven for approximately 25 minutes until cooked through, golden brown and crispy.

Submitted by
Jasmine, aged 11,
Whitchurch High
School



Truffles

Serves 10

Using: LEFTOVER CHOCOLATE AND LEFTOVER CAKE

Ingredients:

420g leftover cake
210g full fat cream cheese
185g white chocolate
215g dark chocolate

Method:

- 1 Use a food processor to run the cake into crumbs.
- 2 Mix the cream cheese with the cake crumbs.
- 3 Roll the cake mixture into balls using your hands. Weigh them to get them of a similar size if you like then place the balls onto a lined baking tray and put in the freezer for an hour.
- 4 Melt the chocolate in the microwave, heating for 30 secs then stir, then again in 10 sec blasts until fully melted.
- 5 Remove the cake balls from the freezer and dip them into the chocolate, coating them fully.
- 6 Place them on some grease proof paper and allow to set.
- 7 Serve immediate, store leftovers in the fridge and eat within 5 days.



Submitted by
Maisie, aged 8,
Woodstone
Community Primary

Cinnamon French Toast

Serves 10

Using: NEARLY STALE BREAD

Ingredients:

Unsalted butter
Not fresh Bread/baguette
2 Eggs
Cinnamon
Teaspoon of sugar

Method:

- 1 Cut the bread or baguette into medium slices.
- 2 Beat the eggs, sugar and cinnamon into one mixture.
- 3 Heat the piece of butter on the pan.
- 4 Soak the bread in the egg mixture until well done and transfer on the pan.
- 5 Fry until golden.
- 6 You can replace cinnamon with any other seasoning. Enjoy!



Submitted by
Marcel, Great
Chart Primary
School

Chicken Cobbler

Serves 6

Using: PERFECT FOR A MONDAY NIGHT SUPPER USING SUNDAY ROAST LEFTOVERS. HERE WE'VE USED ROAST CHICKEN. WHY NOT TRY WITH LAMB OR BEEF?

Submitted by
Keira, aged 11,
Cawston Grange
Primary School

Ingredients:

Main dish

100g roast chicken

200g roast veg

275ml chicken gravy

Scones

200g flour

90g butter

A pinch of salt

2tsp Italian seasoning or
mixed herbs

1/2 tsp baking powder

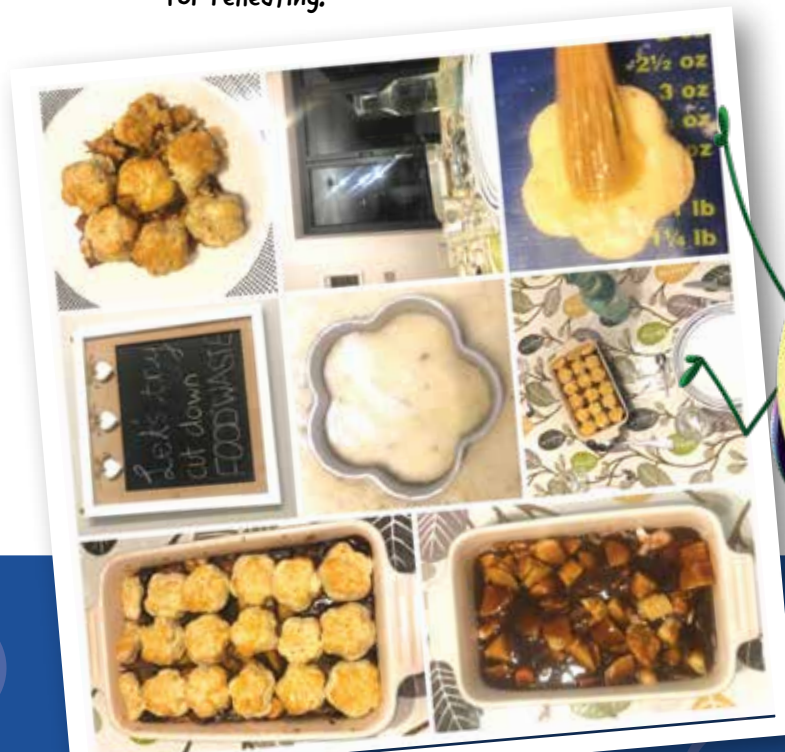
2-5 tbsp water (depending
on consistency)

1 egg

Method:

- 1 Cut leftover chicken into small pieces & then cut up pieces of roast veg into small chunks. Add any other leftover vegetables (green beans, peas).
- 2 Add the chicken & vegetables into the gravy.
- 3 Add the gravy mixture into an oven-proof dish (approx. 17cm x 25cm)
- 4 For the scones – preheat the oven to (conventional 190°C, fan 175°C gas mark 5).
- 5 Sift the flour, salt & baking powder into a large baking bowl. Now add in herbs.

- 6 Cut the butter into cubes & rub the fat into the flour using your fingers (remember to wash your hands well first). The mix should look like a crumble mix.
- 7 Add in 2-3 tbsp of water and try to form into a ball. If crumbles add another 1-2 tbsp water.
- 8 Sift a little flour onto a clean work surface & roll out the dough so that it's 1.5cm thick. 6. Cut out, using a medium-sized biscuit cutter, or shape of your choice.
- 9 Now meticulously, place your scones on the top of the gravy mixture ensuring you don't push them too deeply into the mixture.
- 10 Next, gently whisk an egg until thoroughly mixed & using a pastry brush, coat each scone with a little egg wash. This will make the scones shine once cooked.
- 11 With the help of an adult, place the dish in your preheated oven for 20-25 minutes until the base mixture is piping hot, the scones appear cooked through and are golden on top.
- 12 Serve immediately with side of your choice. Not suitable for reheating.



Baked Burritos

Serves 1-2

Using: LEFTOVER CHILLI AND RICE FROM PREVIOUS EVENING MEAL.

Submitted by
Niamh, aged 8,
Our Ladies Bishop
Eton School

Ingredients:

Pot of chilli and rice
Tortilla wraps
Grated cheese
Chopped coriander
Finely chopped spring onion
(optional)



Method:

- 1 Heat up your leftover chilli and rice in the microwave until piping hot.
- 2 Place the rice in a line down the centre of a wrap. Then place the chilli on the top of the rice, add cheese coriander and spring onion.
- 3 Fold wrap tightly to contain the contents.
- 4 Place on a tray in a heated oven (180°C).
- 5 Bake for 5 minutes until hot.
- 6 Cut in half to serve and garnish with coriander.



Tuna Cheese Pockets

Serves 10

Using: SLIGHTLY STALE BREAD

Submitted by
Nuha, Palfrey
Junior School

Ingredients:

183g tuna flakes
1 chopped onion
200g Asda four cheese blend
Chopped coriander
1 teaspoon salt
1 teaspoon chilli flakes
Bread

Method:

- 1 Mix all ingredients together in a bowl.
- 2 Take a slice of bread and remove the crusts.
- 3 Roll the bread gently so that it is flat.
- 4 Place a couple of spoonful's of the mixture on one half of the bread.
- 5 Fold the bread and seal with a little beaten egg.
- 6 Deep fry the pockets until golden brown (make sure you have an adult to help you!)



Banana Bread

Serves 8-10

Using: OVER-RIPE BANANAS

Ingredients:

140g softened butter

140g self-raising flour

140g caster sugar

2 large eggs

1 teaspoon baking powder

2 ripe bananas

Submitted by
Remi, Coaltown
of Balgonie
Primary School

2 teaspoons vanilla essence

Dried banana chips (optional)
for decoration

50g icing sugar (optional) for
topping

Method:

- 1 Mix the softened butter and sugar together.
- 2 Add the flour, beaten eggs, mashed bananas, baking powder and vanilla essence and stir the mixture thoroughly.
- 3 Place in a lightly greased baking tin (you can line with baking paper if you wish to ease removal).
- 4 Cook in an oven at 180°C for 30-40 mins (test with a clean knife to see if the cake is cooked).
- 5 Remove from the oven and leave to cool before turning the cake out onto a plate ready to serve.



Pasta Pie

Serves 2-4

Using: LEFTOVER PASTA

Submitted by
Safiyah, aged 8,
Palfrey Junior
School

Ingredients

Any leftover pasta

Some potatoes for mash

Herbs

Salt, pepper and chilli
flakes (if you dare)

Cheese



Method:

- 1 Use any leftover pasta and spread out at the bottom of the dish (I had some creamy sweet corn pasta leftover which I used).
- 2 Peel and boil some potatoes.
- 3 Mash them then add some salt, pepper and chilli flakes to taste.
- 4 Put the mash over the pasta.
- 5 Put some cheese over the mash.
- 6 Sprinkle some herbs.
- 7 Bake in oven till starting to brown.



Vegetable Crisps

Serves 1 bowl

Using: LEFTOVER PEELINGS FROM POTATOES, CARROTS AND PARSNIPS

Ingredients:

Leftover peelings from potatoes, carrots and parsnips

Method:

- 1 Preheat oven to 200°C.
- 2 Spray baking tray with oil and place peelings in a single layer.
- 3 spray the top of the peelings with oil.
- 4 Cook in the oven for around 15 minutes or until crisp and golden, turning halfway through.
- 5 Once cooked put in a bowl and sprinkle with seasoning of your choice and mix (salt/pepper/paprika).



Submitted
by Sam,
Hayesdown
First School

No Waste Frittatta

Serves 1-2

Using: ANY LEFTOVER VEGETABLES ARE GREAT IN THIS DISH AS WELL AS HAM, FISH OR EVEN LEFTOVER SAUSAGES!

Ingredients:

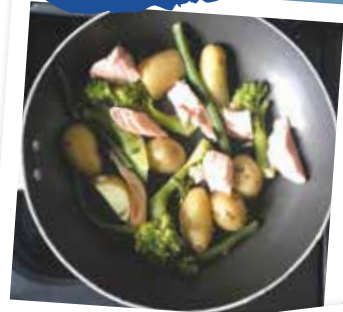
3 eggs,

'leftovers' – in this case salmon, green beans, broccoli and boiled potatoes.

Method:

- 1 Turn on your grill to pre heat...
- 2 Chop the leftovers into bite sized pieces and pop them into a frying pan over a medium heat. Warm them through for a couple of minutes.
- 3 Meanwhile, beat your eggs together on a cup or jug and season with salt and pepper. Pour the eggs into the pan around the 'leftovers'.
- 4 Allow it to cook for a few minutes carefully tipping the raw egg to the sides of the pan to cook. When most of the raw egg has cooked put the pan under the grill to cook the top of the frittata. It is ready when the top is puffed up and golden.
- 5 (The eggshells can be filled with cotton wool and used to plant cress seeds!)

Submitted by
Theo, Dronfield
Junior School



Chicken Soup

Serves 4

Using: LEFT OVER CHICKEN BONES (FROM ROAST CHICKEN), LEFT OVER VEGETABLES (COOKED AND UNCOOKED) AND STALE BREAD

Submitted
by Abbie

Ingredients:

Bones from 1 whole chicken
1 onion
1 carrot
1 stick of celery
Mixed herbs
Salt and pepper

Left over vegetables – e.g.
leek, broccoli, carrots,
sweetcorn, peas
4 slices stale bread
Olive oil
Garlic puree

Method:

- 1 Put chicken bones into a pan or slow cooker with a chopped onion, roughly chopped stick of celery and a roughly chopped carrot along with spoonful of mixed herbs. Cover with water and simmer for a few hours.
- 2 Strain the bones out but keep the liquid and vegetables.
- 3 Cook any raw vegetables in a pan with a little oil
- 4 Add stock back and any leftover veg (you could puree the leftover veg if you want to add flavour and colour but not lumps).
- 5 Simmer until all veg are soft.

- 6 Season with salt and pepper.
- 7 You could puree all the liquid now if you want and then rewarm in the pan.
- 8 To make croutons cut bread up into cubes and sprinkle over a good tablespoonful of oil and garlic puree then toss with hands until all coated.
- 9 Place on baking tray in oven and bake until crisp and golden but watch out this will go golden suddenly.
- 10 Serve a portion of soup with croutons on top.



Vegan Meringues

Submitted by
Sofia, Year 4,
Giles Brook
Primary School

Serves 20

Using: ME AND MY FAMILY LOVE MAKING HUMMUS OUT OF CHICKPEAS, BUT WE USUALLY WASTE THE CHICKPEA WATER LEFT IN THE CAN. MY LITTLE SISTER HAS ALLERGIES TO MILK AND EGG SO SHE CAN'T EAT NORMAL YUMMY MERINGUES. SO WE DECIDED TO DO SOME RESEARCH AND WE FOUND OUT THAT YOU CAN ACTUALLY MAKE VEGAN MERINGUES OUT OF THE LEFTOVER CHICKPEA WATER! SO WE FOUND A RECIPE FOR THESE YUMMY TREATS AND JUST TWEAKED IT A LITTLE BIT TO MAKE THE MERINGUES EASIER TO MAKE AND WE HAVE LOVED THEM EVER SINCE!!

Ingredients:

100g chickpea water (from a can or jar)

120g caster sugar

1 pinch of salt

1/2 a teaspoon of vanilla extract (optional)

Method:

- 1 Measure out the chickpea liquid and beat it together until it is in stiff peaks. Preheat the oven to 120°C and line a baking tray with baking paper.
- 2 Measure out the chickpea liquid and beat it together until it is in stiff peaks. Preheat the oven to 120°C and line a baking tray with baking paper.
- 3 Once everything is combined, start piping or spooning the mixture onto the baking sheet. Make sure you leave a little space between each one because they will expand a bit in the oven.
- 4 Bake for 2 hours, then when they are done, turn the oven off and leave them in the oven for another 2 hours. Once you take them out, you can eat them! It is better served straight away because the longer they sit in the air, the softer and stickier they get or keep in an airtight container to stop them from softening.



Fruity Bread & Butter Pudding

Serves 4

Using: LEFT OVER NEARLY STALE BREAD AND OVER-RIPE SATSUMAS

Submitted
by Sophie

Ingredients:

6-8 slices of stale bread

2 eggs

2 egg yolks

2-3 tablespoons caster sugar plus an extra spoonful for fruit

1/2 pint cream

1/4 pint milk

Vanilla extract

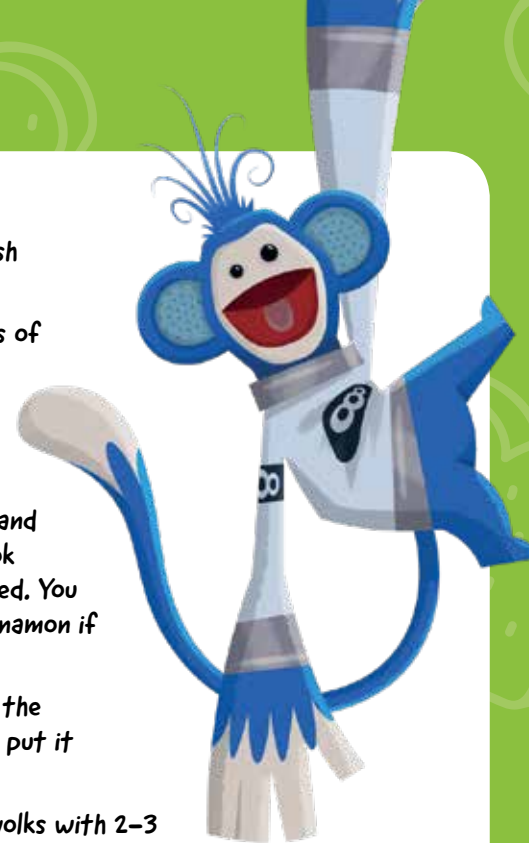
Butter

Fruit – whatever is left over in the fruit bowl. Examples grated apple or pear, peaches, apricots, bananas, even orange segments, blueberries, raspberries, strawberries.



Method:

- 1 Grease an oven proof dish with butter.
- 2 Spread each of the slices of bread with butter and cut into quarters, squares or triangles.
- 3 Slice up the fruit and add a spoonful of sugar and put into a small pan. Cook gently until slightly cooked. You can add a sprinkle of cinnamon if you want.
- 4 Strain the fruit and put the fruit's juice in a pot and put it into the fridge.
- 5 Whisk the eggs and egg yolks with 2-3 tablespoons of caster sugar until light and fluffy.
- 6 Heat the cream and milk together with a few drops of vanilla extract until warm. Pour over the whisked eggs and stir lightly to make a thin custard.
- 7 Layer up slices of bread and fruit in the bowl and pour over the custard mix.
- 8 Allow to sit for an hour or even overnight in the fridge to allow the custard to soak in.
- 9 Bake in the oven (gas mark 4 or 180°C) until crispy on top but still a bit wobbly.
- 10 Serve with cream or ice cream and the fruit juice you made earlier.



Lime & Courgette Cake

Serves 10-12

Using: AN OLD COURGETTE

Submitted by
Samuel, aged 8,
Holbrook Primary
School

Ingredients:

- 3 eggs
- 125ml vegetable oil
- 150g caster sugar
- 225g self-raising flour
- 1/2 teaspoon of bicarbonate of soda
- 1/2 teaspoon of baking powder
- 250g grated courgette
- Tablespoon lime zest



Method:

- 1 Preheat oven to 180°C / 160°C fan / Gas 4. Grease and line two 21cm sandwich tins.
- 2 Beat together the eggs, oil and sugar in a large bowl until creamy. Sift in the flour, bicarbonate soda and baking powder and beat well. Stir in the grated courgettes until well combined. Divide the mixture into the cake tins.

- 3 Bake in the middle of the oven for 25 to 30 minutes.
- 4 Remove the cakes from the oven and carefully turn out onto a wire rack. Carefully peel off the paper lining and leave to cool.
- 5 For the icing, beat the cream cheese in a bowl until smooth. Sift in the icing sugar and stir in the lime juice.
- 6 Use a bread knife to level one of the cakes if necessary. Use 2/3 of the icing to sandwich the 2 cakes together, the levelled one on the bottom, and use the remaining icing to cover the top of the cake. Sprinkle with the pistachio nuts and lime zest.



Potato Gnocchi

Serves 1-2

Using: OLD POTATOES TO MAKE DELICIOUS GNOCCHI PASTA AND WE USE OUR OLD VEGETABLES TO MAKE OUR YUMMY SAUCE

Submitted
by Siena,
St Martin's School

Ingredients:

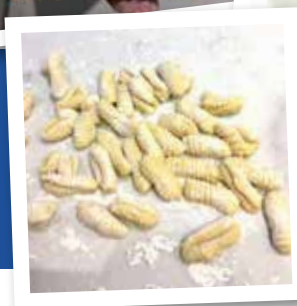
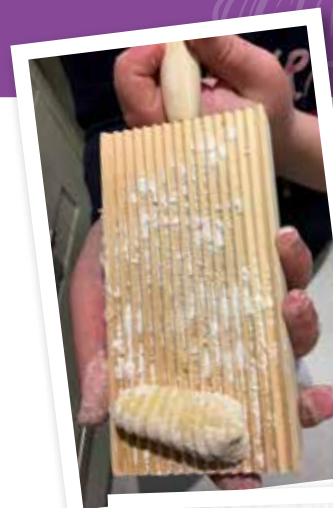
1kg floury potatoes, Marfona are best but you can use King Edward

3 large eggs, beaten

300g plain flour or less, depending on the texture of the potatoes

Method:

- 1 Cook the potatoes and lower them whole in their skins into a pan of salted boiling water, bring back to the boil and simmer for 10-15 minutes until just soft. Peel them quickly, as the cooler they get, the less fluffy they become. Hold them in a tea towel to peel as they are hot.
- 2 Pass the potato through a potato ricer, but only if it has small holes, and you may need to push the potatoes through three times to get the right texture.
- 3 Make a hollow in your pile of potatoes, then pour in the egg and sprinkle over some of the flour. Start to blend everything with your hands, adding more flour but as little as you can get away with (you want the flavour of the potato to come through, rather than that of the flour).



- 4 You should now have a soft dough that holds together, doesn't feel sticky and can be easily shaped.
- 5 Cut the dough into thumb-nail long lengths. Some people don't bother to shape and pattern them, but just cook them as they are. However, the shaping and patterning gives a hollow on one side and a pattern on the other that enables the sauce to cling better.
- 6 Roll the gnocchi in a little flour. Use a fork to make a light groove in each if you don't have a rolling board.
- 7 Bring a large, deep pot of salted water to the boil. Working with a few at a time drop in the gnocchi and let them cook for 2 minutes, during which time they will bob back up to the surface, then scoop them out with a slotted spoon. Taste – they should be al dente. You can also shallow fry them if you wish.

Chocolate Hot Cross Buns Brownies

Submitted by
Amelie, Aged 8,
Chetwynd Junior
School

Serves 16-25 (20cm square cake tin)

Using: LEFT OVER HOT CROSS BUNS WHICH WERE GOING STALE AND STORE CUPBOARD INGREDIENTS YOU CAN RECREATE THIS RECIPE FROM SOURCE: <https://www.deliciousmagazine.co.uk/recipes/hot-cross-bun-brownies>



White Chocolate & Raspberry Loaf

Submitted
by Erin, Dronfield
Junior School

Serves 10 (2lb loaf tin)

Using: RASPBERRIES AND EGGS ON THEIR BEST BEFORE DATE YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.janespatisserie.com/2019/08/31/white-chocolate-raspberry-loaf-cake



Peppermint Creams

Submitted by
Eleanor, Holbrook
Primary School

Serves 20

Using: LEFTOVER EGG WHITES FROM ANOTHER DISH YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.bbgoodfood.com/recipes/peppermint-creams



Gluten free Apple Scones

Submitted
by Jacob,
Hayesdown
First School

Serves 6-8

Using: OVERRIPE LEFTOVER APPLES YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.glutenfreecupbatea.co.uk/2019/03/28/gluten-free-scones-recipe-vegan-low-fodmap/



Raspberry Muffins

Submitted by
Jasmine,
St Martins
School

Serves 8

Using: OVER-RIPE RASPBERRIES (INSTEAD OF BLUEBERRIES AS RECIPE SUGGESTS) YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.bbc.co.uk/food/recipes/blueberrymuffins_67846



Easy Rocky Road

Submitted by
Jax Hethersett,
Woodside Primary
School

Serves 12

Using: CEREAL THAT NOBODY LIKES THAT WOULD OTHERWISE BE THROWN AWAY YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.bbcgoodfood.com/recipes/easy-rocky-road



Apple Crumble Cake

Serves 12

Submitted
by Lucy, Dronfield
Junior School

Using: SOME COOKING APPLES PICKED FROM GRANNY'S ORCHARD IN AUTUMN THAT WERE ON THE TURN, SO WE CUT OFF THE BAD BITS AND USED THEM TO MAKE THIS CAKE. ALSO HAD SOME SLIGHTLY OUT OF DATE CORNFLOUR TO USE UP WHICH WAS INCLUDED IN THE RECIPE — YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.allrecipes.co.uk/recipe/12405/apple-crumble-cake.aspx



Lemon Drizzle Cake

Serves approx.
30 squares

Submitted by
Sophie, aged
9, Holbrook
Primary School

Using: OVER-RIPE LEMONS YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.maryberry.co.uk/recipes/baking/lemon-drizzle-traybake

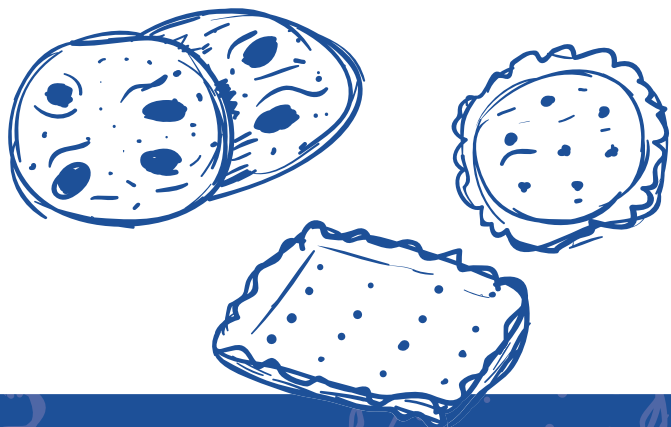


Recycled Biscuit Cake

Submitted by Theodore, Our Lady's Bishop Eton Primary School

Serves 8

Using: BROKEN NEAR STALE BISCUITS YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.lovefood.com/recipes/59641/recycled-biscuit-cake-recipe



Apple & Cinnamon, Bread & Butter Pudding

Submitted by Toby, aged 7, Hayesdown First School

Serves 4

Using: HALF A POT OF LEFTOVER CREAM, SOME SLICED BREAD, AND A SAD-LOOKING OLD APPLE LEFT IN THE FRUIT BOWL YOU CAN RECREATE THIS RECIPE FROM SOURCE: www.bbc.co.uk/food/recipes/breadandbutterpuddin_85936

