

Cook once, eat twice

This well-known Jamaican family dish was traditionally served on Mondays to use up the salty ham left over from Sunday's dinner.

Feeds 4-6

- 75g streaky bacon, roughly chopped
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and crushed
- 2 x 400g tin kidney beans, drained and rinsed
- 400ml tin coconut milk
- 250g leftover ham, sausage or Polish sausage cut into small pieces
- ½ teaspoon cayenne pepper
- ½ teaspoon dried thyme or a few sprigs of fresh thyme leaves
- 300ml long-grain rice (roughly a mug of uncooked rice)
- Leftover vegetables such as peppers, courgettes, broccoli
- Tabasco sauce or a hot sauce of your choice
- Sea salt and ground black pepper
- Coriander sprigs

Jamaican Vegetables, Beans and Rice

By Caroline Marson

1. In a non-stick medium pan, add the chopped bacon and cook until the fat is released. Then add the onion and garlic, and cook over a low heat until just soft.
2. Add the beans, coconut milk, ham or sausage, cayenne pepper and thyme, and bring to the boil. Allow it to cook, stirring for about 1 minute.
3. Add the rice and 450ml boiling water. Turn down the heat to barely a simmer, cover and leave undisturbed for about 25 minutes.
4. When the rice is tender, stir gently and add any leftover vegetables. Add the Tabasco and season to taste. Serve in bowls and garnish with coriander sprigs. Allow your guests to help themselves to extra hot sauce.



Every year in the UK we throw away £1.2 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your meat and fish.

Meat and Fish

Freeze for later

Buying large quantities of meat or fish can often be economical, just divide up the big packs into smaller portions and freeze.

For a quick supper, cut raw meat into thin strips or chunks before freezing, it will defrost in no time and is great for stir-frys and curries.

Lovely leftovers

Often small portions of meat are left over from last night's supper. Why not keep that odd portion of pie, curry or stew to have as a tasty lunch the next day.

Cooked meat and fish will keep for two days in the fridge, just cool quickly and wrap well.

Flake leftover fish into scrambled eggs for a delicious breakfast or mix with cream cheese or mayonnaise for a quick pâté.

Did you know?

If you defrost raw meat and then cook it thoroughly, you can freeze it again. Take care to defrost thoroughly and re-heat until piping hot.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com