



Cook once, eat twice

Risottos are a fantastic way to use your leftover cooked rice and any sausages or other meat you have in the fridge.

Sausage Risotto

By Alison Jones, Aylesbury

Feeds 4

- 1 tablespoon oil
- 1 onion, peeled and finely chopped
- 1 carrot, peeled and finely chopped
- 2-3 leftover cooked sausages cut into small chunks
- 400g of leftover boiled rice – must be cooled quickly and stored in the fridge for no more than a day
- 400g tin chopped tomatoes
- 1 tablespoon tomato puree
- Pinch mixed dried herbs
- Grated Cheddar cheese and basil to serve

1. Heat the oil in a saucepan. Add the onions and carrot and cook until just soft. Add the sausages and rice and stir for a minute or so to drive off any excess moisture.
2. Tip in a tin of chopped tomatoes and tomato puree with the herbs. Stir together. Bring to the boil and simmer, and keep stirring for about 5 minutes, adding a little water if needed to thin.
3. Serve with grated cheese and sprinkle with basil leaves.



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FOOD
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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