

Time saver

Having a bag of frozen seafood and vegetables in the freezer is always a great standby for an emergency instant supper.



Stir-Fried Seafood with Noodles

By Caroline Marson

Feeds 2 adults and 2 children

300g dried medium egg noodles

4 tablespoons olive oil

2 red peppers, seeds removed and cut into thin strips

4 leeks, cut into strips

2 large onions, peeled and cut into thick wedges

300g cherry tomatoes, halved

4 garlic cloves, peeled and cut into slivers

400g frozen prawns or mixed frozen seafood, such as king prawns, mussels, scallops and squid rings

A few sprigs of coriander

4 teaspoons balsamic vinegar

Salt and ground black pepper

1. Cook the noodles in boiling water according to packet instructions. Drain, rinse thoroughly under cold water and set aside.
2. In a large frying pan or wok, heat 1 tablespoon of olive oil, add the peppers, leeks and onions, stir-fry until lightly brown. Add the cherry tomatoes and cook for a further 2 minutes. Remove from the pan and set aside in a warm place.
3. Heat the remaining oil in the same pan, add the garlic and mixed seafood, and cook over a high heat. Cook for 7-8 minutes if the seafood is frozen or 3-4 minutes if the fish is defrosted or fresh.
4. Add the drained noodles, reserved vegetables, coriander and balsamic vinegar, and stir-fry until piping hot. Season to taste and sprinkle with extra balsamic vinegar if necessary.

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

Using the freezer more can help save time, money and effort so here are a few top tips for using the freezer – remember it's just a colder cupboard!



Freezer

Top Tips

When shopping buy a combination of frozen and fresh foods for convenience and check to see if fresh foods can be frozen for later. Foods with use-by dates can be frozen right up to the end of that date.

When cooking save time by doubling up on family favourites such as lasagne, bolognese sauces and curries; eat one for dinner and freeze one for later.

Successful freezing

Keep a freezer list; note down items as you put them in the freezer and cross them off as you take them out.

There are lots of ways to save space in your freezer. Use the smallest possible containers, freeze liquids in bags (freeze them flat first) and remove any unnecessary packaging (cut out cooking instructions).

Label containers and bags with their contents and the date that you freeze them. Seal well and exclude air to prevent freezer burn.

Did you know?

Most things can be frozen, including tomatoes. Freeze them whole and use straight from the freezer to make tasty pasta sauces.

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

