



Rescue recipe

Tortillas make the most of your leftover cheese, cooked vegetables and cooked meats like spicy sausage or ham.

Spanish Potato Tortilla

By Women's Institute

Feeds 4

1 tablespoon olive oil
350g potatoes, sliced thinly
1 large onion, sliced thinly
6 large eggs
Salt and ground black pepper
Leftover spicy sausage or ham
Cheese to sprinkle over
Coriander

1. Heat the olive oil in a large pan. Add the potatoes and onion and cook gently for 20-30 minutes until softened, without browning the onion.
2. Beat the eggs in large bowl. Season well and add the potatoes and onion mixture. Combine well and tip into a non-stick frying pan.
3. Cook over a gentle heat for 10-12 minutes until set, then scatter over the sausage slices and cheese. Place under a hot grill until golden brown.
4. Serve with coriander sprigs and a crisp green salad.

Every year in the UK we throw away £12 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 'in date'.

Date Labels

Use-By

Food can be eaten or frozen right up to the end of this date. Follow storage instructions on packs. 'Use by' dates are usually found on chilled products such as meat, soft cheeses and dairy-based desserts.

Best Before

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best. One exception is eggs - never eat eggs after the 'best before' date. 'Best before' dates are usually found on items with long shelf lives such as frozen, tinned or dried foods, and pre-packed fruit and vegetables

Display Until and Sell By

You can ignore these dates as they are for shop staff not for shoppers.

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

