

REMIIX

magical ways to breathe
new life into leftovers



It's time to
get creative



Too Good To Go

Look for these icons
if you're in for vegetarian
or vegan dishes



VEGETARIAN



VEGAN



REMI X



the work-with-what-you've-got
recipe book

Welcome to Remix - the recipe book all about resourcefulness and experimentation.

The aim of this book is simple: to help you squeeze the most from the food in your kitchen. Every recipe provides a new idea for turning commonly wasted foods into delicious snacks, desserts, or meals.

Transform leftover roasted fish into a curry, up-cycle last night's boiled potatoes into a buttery rösti, or breathe new life into stale bread by baking it into a spicy pudding.

And while you are welcome, of course, to follow each recipe to the letter, you're equally encouraged to use them as a rough guide. Bend the ideas to fit the food you have to hand: sometimes, that's how the best creations come to be.

the only rule:
there are no rules



WHAT IS A LEFTOVER?

The bananas turning brown in your fruit bowl. The forgotten yogurt that's past its Best Before. The foil-wrapped roast veggies in your fridge.

On its own, a forgotten piece of fruit or a tossed portion of leftovers never seems like much – but added up, this food waste has an impact.

Around the world, 79 tons of food is thrown away every second. And the consequences are severe: with more than 1/3 of food wasted globally, food waste is responsible for 10% of greenhouse gases.

The good news? We can all be part of the solution. By making small changes to everyday habits, our positive impact compounds over time. Instead of binning those few pieces of extra cooked pasta, fry them in with tomorrow's frittata. If you open your Too Good To Go Magic Bag to discover five loaves of bread, convert one into a chocolatey dessert. If you notice the Best Before date has passed on items like a packet of crackers or a pot of yogurt, use the 'look, smell, taste' test: if the food looks, smells and tastes okay (and it's been stored correctly) that means it's still good to eat.

Be bold with your experiments as you blitz, bubble and brew your kitchen scraps into new and delicious delights. You'll save money, you'll eat well, and you'll do our planet a huge favour – it's a win-win-win.

Skip to page 22 to find out how

Best Before dates indicate quality, not safety



winter

- 10 Curried Banana Soup
- 12 Meatless Meatballs
- 14 Cod Curry
- 16 Vegetables À Brás
- 18 Spicy Turkey Stir-Fry
- 20 Leftover Croquetas
- 22 Festive Chocolate Roll



Summer

- 42 La Panzanella
- 44 Surplus Rice Stew
- 46 Summer Rolls
- 48 Luxembourgish Potato Fritters
- 50 Banana Nice Cream 3 Ways
- 52 Fruit Custard & Cookie Dessert
- 54 Aquafaba Pavlova
- 56 Summer Fresh Corn Salad

Spring

- 26 Green Cabbage Spring Rolls
- 28 Fermented Asparagus Ends
- 30 Spring Röstli
- 32 Hungarian Lángos
- 34 Atjar Tjampoer
- 36 Rhubarb Crumble
- 38 Carrot Cake Balls



Autumn

- 60 Mashed Potato Blinis
- 62 Butternut Crème with Roasted Veggies
- 64 Pumpkin Smoothie Bowl
- 66 Dublin Plant-Based Coddle
- 68 Classic Danish Apple Cake
- 70 Chässchnitte
- 72 Pan Bolo





Store in a produce bag in your fridge's crisper drawer

Keep fresh in an airtight container (stored with a paper towel)

Best stored in the fridge's crisper drawer

Keep stored in a brown paper bag

WINTER WARMERS



TIP!
Leftover soup could work as a tasty currybase for your next curryfeast. See Cod Curry on page 15

CURRIED BANANA SOUP



active time
25 MINS



cooking time
7 MINS



makes
2 SERVINGS

Quick and easy

Calling on tropical staples like banana and coconut, this soup evokes the flavour - and fun - of warmer climes. It's also a wonderful use for bananas that are nearing their final days: the riper the banana, the sweeter the soup.

1. Finely chop the onions, garlic and ginger.
2. Heat oil in a large pot at a low-medium heat. Add onions, garlic and ginger, and fry gently for 3-5 minutes. Stir frequently.
3. Slice the banana into coin shapes, then add them to the pot. Continue to stir to prevent burning. Stir until they start to caramelise, turning a golden brown colour.
4. Add vegetable stock and coconut milk, and bring to a simmer. Remove from heat, and puree using a stick blender until smooth.
5. Season to taste with curry powder, salt, pepper and chilli.
6. Gently toast the peanuts in a dry frying pan, then sprinkle them over the soup to serve. Garnish with fresh coriander greens.

INGREDIENTS

1 onion
1 clove of garlic
3cm piece of ginger
2 overripe bananas
200ml vegetable stock
200ml coconut milk
1-2 tsp curry powder
salt, pepper and chilli flakes, to taste
oil
peanuts and fresh coriander, to serve

could use frozen ones



MEATLESS MEATBALLS



active time
20 MINS



cooking time
15 MINS



makes
4 SERVINGS

Give stale bread a second chance by transforming it into a vegetarian meatball alternative. Feel free to make flavoursome additions to the recipe, experimenting with whatever's in your kitchen: think cheese, herbs, spices, olives, or capers.

1. Tear bread into rough pieces, and submerge the pieces in a bowl of water. Let the bread soak for 5-10 minutes, until it's tender.
2. Meanwhile, finely chop the onions and herbs.
3. Drain the bread, and add onions, egg, herbs and spices to the bowl.
4. Use your hands to knead the ingredients into a thick batter. It should be moist, but not so much that the batter can't be shaped into balls. Add breadcrumbs if needed.
5. Using your hands, shape teaspoonfuls of batter into patties or balls.
6. Heat oil in a frying pan on medium heat, then fry the patties/balls until golden brown on all sides.

INGREDIENTS

200g stale, dry bread
2 small onions
1 egg
parsley or other herbs
salt and pepper to taste
oil

Bon appétit!



*TIP!
Leave out the egg,
and simply knead the
mixture a little longer to
make it vegan*



TIP!
Good with any white
fish you may have

COD CURRY

 active time
15 MINS

 cooking time
10-15 MINS

 makes
4 SERVINGS

Baked cod is a Norwegian Christmas staple. Ready in less than half an hour, this gloriously flexible recipe uses up the leftover fish, and welcomes the addition of any vegetables you have to hand.

1. Heat oil in a large pot at a medium heat. Add firm vegetables, such as carrot, leek, onion, or brussels sprout. Fry with the curry paste for 3-4 minutes, until fragrant.
2. Add the broth, and bring to the boil.
3. Add tender vegetables, such as pepper and aubergine. Allow to simmer for 4-5 minutes, until cooked.
4. Add coconut milk, fish sauce, lime, and honey. Adjust measurements to taste.
5. Add the fish and shrimp, and allow to simmer for 1-2 minutes until the shrimp is just cooked, and the cod is heated through.

INGREDIENTS

- oil
- 2-3 tbsp green or red curry paste
- the rest of the Christmas cod
- 150g shrimps, shelled
- 1L fish or shrimp shell broth
- 250ml coconut milk
- lime
- a generous spoonful of fish sauce (soy sauce can act as a substitute)
- 1 tbsp honey or sugar
- 400-500g vegetables from your cupboard, roughly chopped (for example: leek, brussels sprout, carrot, pepper, aubergine and spring onion)

frozen
or fresh

use what you have

VEGETABLES À BRÁS

our take on this typical Portuguese dish



active time
50 MINS



cooking time
25 MINS



makes
6 SERVINGS

This is a twist on a Portuguese classic: Codfish à Brás. Here, the fish is replaced with veggies – but not just any veggies. Reach for peels, stems, leaves and leftovers for a cosy, zero-waste dish that'll win over even the biggest veggie skeptic.

1. Slice the potatoes into thin strips using a mandoline slicer or a knife – they should resemble shoestring fries.
2. Wash the potatoes thoroughly, and drain them. In a frying pan on medium heat, fry them in sunflower oil until golden. Set aside.
3. While the potatoes cook, finely chop the remaining vegetables.
4. Sauté the onion in olive oil in a large frying pan on a medium heat. Add the chopped garlic cloves, and continue stirring. If you're using firm vegetables or stems (like carrot or parsnip), add them to the pan now. Season with salt and pepper.
5. When the firm vegetables are almost fully cooked, add the tender vegetables to the pan. Season them, and continue sautéing until all the vegetables are cooked through.
6. Add the fries to the vegetables, and blend them all together.
7. In a bowl, whisk 8 eggs with salt, pepper and chopped parsley. Pour the whisked eggs over the vegetable mixture and blend carefully over low heat until you get a creamy consistency.
8. Serve in a platter with black olives and chopped parsley.

INGREDIENTS

250g potatoes
sunflower oil
900g past-their-prime vegetables, stems, edible peels and leaves (we recommend parsnips, leeks, carrots and courgette, but use whatever you have)
1 large onion, peeled
2 cloves of garlic, chopped
olive oil
8 eggs
salt and pepper, to taste
chopped parsley
120g black olives

perfect for emptying the fridge



TIP!
leftovers could be made into a tasty base for Meatless Meatballs on page 12





SPICY TURKEY STIR-FRY

so yummy!



active time
15 MINS



cooking time
15 MINS



makes
2 SERVINGS

If you're feeling a little worse for wear after holiday festivities, a punchy plate of noodles can be just the dish to lift your spirits. When it comes to veggies, bend the recipe to suit the ingredients you have to hand.

1. Cook noodles according to the packet instructions.
2. If you're using tofu, squeeze out the excess water. Grate the tofu for a shredded effect, then fry with oil on a medium-high heat until golden and crispy. Set aside on a clean tea towel or paper towel.
3. Mix lime juice, honey, and soy sauce in a bowl to make sauce. Set aside.
4. Finely chop chilli, garlic and spring onions.
5. On a medium heat, gently fry chilli and garlic for 1-2 minutes until fragrant.
6. Add turkey, spring onions, and mangetout. Stir until heated through.
7. Add noodles and sauce, and stir until heated through.
8. Serve in a bowl, and top with crushed nuts and a squeeze of chilli sauce. Season to taste.

INGREDIENTS

125g noodles (such as egg or buckwheat – but any noodle will do)
 juice of 1 lime
 1 tsp honey
 1 tbsp soy sauce
 oil
 1 clove of garlic
 1 chilli
 300g cooked turkey (or tofu, or other roasted meat)
 2 spring onions
 2 handfuls of mangetout (or alternative green veggie)
 toasted cashews or peanuts (optional)
 chilli sauce, to serve



LEFTOVER CROQUETAS



active time
30 MINS



cooking time
60 MINS



makes
4 SERVINGS

Croquetas are the ultimate way to transform back-of-the-fridge veggies into something altogether more exciting: soft-on-the-inside, crispy-on-the-outside morsels, bursting with flavour and delicious enjoyed as a light meal.

1. Heat the oil in a large deep frying pan over a low heat.
2. Thinly slice the onion, then add it to a pan and fry gently, stirring occasionally. When it becomes soft and golden (usually after about 30–40 minutes), add the sugar and vinegar. Keep cooking on a low heat for another 5 minutes, stirring occasionally. When the mixture is sticky, remove from the heat and set aside.
3. Finely chop the garlic, and any other veggies you'll be using. Gently fry them in a fresh frying pan with a little olive oil, until cooked through and starting to brown. Set aside.
4. In a large pan, melt butter until bubbling. Add flour, and stir until the mixture comes away cleanly from the sides of the pot. Add milk, veggies, and onion, and continue to stir until the mixture turns thick and sticky. Remove from heat, and set the mixture to cool in the fridge for an hour.
5. Once cooled, shape the mixture into small sausage or ball shapes. Dip each one into beaten egg, and then coat it in breadcrumbs.
6. Heat olive oil at a medium heat in a deep frying pan, then fry the croquetas until golden brown. Once fried, place on kitchen paper to allow excess oil to drain away.

INGREDIENTS

4 tbsp flour
 2 onions
 1.5 tbsp sugar
 1–1.5 tbsp balsamic vinegar
 200g mushrooms
 1 courgette ← or any other vegetables you have
 2 cloves of garlic
 30g butter
 30g flour
 1L milk
 salt and pepper to taste
 bread crumbs
 egg
 extra virgin olive oil





the perfect chocolate fix



FESTIVE CHOCOLATE ROLL



active time
20 MINS



cooking time
5 HOURS



makes
6 SERVINGS

cooling in the fridge

Don't be misled – this recipe's resemblance to deli meat is strictly visual. On the taste buds, it delivers an indulgent blend of biscuits and butter, chocolate and nuts – a delicious way to use breads and sweets left over from the holidays.

1. Coarsely chop the dark chocolate, and melt it in the microwave at minimum power, or with a double boiler. Allow it to cool.
2. Meanwhile, beat softened butter and 80g of the icing sugar with a whisk until smooth and creamy. Continuing to beat, add 3 egg yolks, sifted cocoa, and melted, cooled chocolate.
3. Break the bread and biscuits into rubble, and lightly chop the hazelnuts. Stir them into the chocolate butter mixture.
4. Transfer the mixture onto a sheet of baking paper, and create the shape of a sausage. Sprinkle the sausage with the remaining icing sugar, and roll it in the baking paper sheet. Using string, seal the ends so the salami resembles wrapped candy.
5. Leave the roll to harden in the fridge for about 5 hours. Then, remove the baking paper and cut it into slices.

Can be a mix of different kinds

INGREDIENTS

- 100g stale bread
- 100g dry biscuits
- 150g dark chocolate
- 150g butter
- 3 egg yolks
- 50g unsweetened cocoa powder
- 30g toasted hazelnuts
- 120g icing sugar

Feel-good chocolate

Refrigerate in an airtight container



Store upside down at room temperature to retain taste



Store spring onions in a little bit of water



Store them in the fridge, standing in a jar of water like flowers.



SPRING DELIGHTS

Time to experiment



Wash, dry, and refrigerate + wrap in a clean towel





GREEN CABBAGE SPRING ROLLS

fresh and crunchy



active time
30 MINS



cooking time
30 MINS



makes
3 SERVINGS

Always struggle to get through an entire cabbage? Don't let it go to waste - turn the leaves into a spring roll instead.

Sauce

In a small bowl, whisk together all the ingredients. Then, whisk in 2 to 3 tablespoons of water, until the sauce reaches a creamy but dip-able consistency.

Spring rolls

1. Blanch the leaves of the green savoy cabbage by putting them in boiling water for 2 minutes, then immediately running them under cold water.
2. Cut the carrots, cucumber and the radishes into matchsticks.
3. Finely chop the leftover herbs and the spring onion.
4. Cook the rice noodles according to the packet instructions.
5. Fill the cabbage leaf. Leaving about 3cm of leaf empty around the edges, cover the lower third of the leaf with a few pieces of cucumber, followed by a small handful of rice noodles and a few strips of carrot and radish. Sprinkle generously with the herb mix and top with spring onion.
6. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold the short sides inward like you would to make a burrito. Lastly, roll the leaf up. Repeat with the remaining ingredients.
7. Serve the spring rolls with peanut sauce on the side. You can serve them whole, or sliced in half on the diagonal with a sharp chef's knife.

INGREDIENTS

Spring roll

- 4-6 savoy cabbage leaves or any other broadleaf cabbage
- 80g rice noodles
- 1/2 cucumber
- 1-2 carrots
- 1-2 radishes
- spring onion
- assorted herbs (mint, coriander)

Sauce

- 1/3 cup creamy peanut butter
- 2 tbsp rice vinegar
- 2 tbsp soy sauce
- 2 tbsp maple syrup
- 1 tbsp sesame oil
- 2 cloves of garlic, crushed
- 1 tsp curry powder

this is so good!



TIP!

Add whichever veggies you like - just slice them finely

TIP!
Use as accompaniment for
Lángos (p.32), Chässhcutte (p.70),
or as a filling in the rolls
(p. 27 & 47)




**FERMENTED
ASPARAGUS ENDS**



active time
20 MINS



cooking time
7 DAYS



makes
PLENTY!

Spring is prime asparagus season, but the tough end of the spear often gets wasted. Fermentation to the rescue! Soaked with aromatics, lemon, and brine, asparagus ends make a delicious, tangy condiment.

1. Peel the asparagus ends to remove the toughest layer of the vegetable.
2. Chop the ends into bite-sized pieces, and put them in a clean jar.
3. Dice the lemon and herbs, and add both to the jar. Make sure everything is pressed well into the glass, and that the glass is full.
4. Pour the salt brine over the contents of the jar until fully submerged; close the jar.
5. Allow the jar to rest on the kitchen counter for seven days, opening it once a day to let built-up gases escape.
6. Taste your fermented asparagus ends after seven days. If you're happy with the taste, store the jar in the fridge – the lower temperatures will stop the fermentation process. If you prefer a more sour taste, leave the jar on the counter for a few more days, remembering to let the gas out from the jar daily.

*Use as condiment to dishes.
Over and over.. And over*

INGREDIENTS

- 500g asparagus ends
(or any other of our favorite seasonal gold)
- 1 organic lemon
(can be a already squeezed one)
- 1 handful of herbs
(thyme, rosemary and tarragon work well)
- ½ liter of 2% salted water
(eg. 10 grams of salt in ½ liter of water)

SPRING RÖSTI

Pronounced 'reursch-ti'



active time
20 MINS



cooking time
10 MINS



makes
6 SERVINGS

easy peasy!

The beauty of a rösti? As long as you have potato, you can throw in any additional veggies you have to hand. Here, we used courgette and carrots – but try kohlrabi, parsnip, or any other vegetable that's lying around.

1. Grate carrots, courgette and boiled potatoes.
2. Peel and finely chop the onions, then add them to the grated vegetables. Add eggs, and stir until combined.
3. Add salt, pepper, and nutmeg to taste.
4. Heat oil in a frying pan to medium heat. Place small mounds of the mixture in the pan, and flatten into palm-sized puffs. Fry on both sides until golden brown.

Enjoy!

INGREDIENTS

- 1 carrot
- 1 courgette
- 800g potatoes, boiled
- 1 onion
- 2 eggs
- salt, pepper and nutmeg powder
- 2 tbsp oil



Great lunch snack
with a salad
on the side



HUNGARIAN LÁNGOS



We used sour cream
with dill as dip!



active time
15 MINS



cooking time
60 MINS



makes
2 SERVINGS

Boiled too many potatoes? Transform them into lángos: a delicious, deep-fried bread that's tasty topped with whatever is in your fridge.

1. If your potatoes aren't already boiled, boil them in salted water until tender. Peel, let cool, and then grate finely.
2. Heat the milk in a saucepan until lukewarm. Remove from heat. Add the yeast and sugar, allow to dissolve, then leave to infuse for 3-4 minutes.
3. Mix the flour with the grated potatoes and salt. Add the milk mixture, and stir into a smooth, fairly loose dough. Allow to rise for about 40-50 minutes under a baking sheet, until doubled in size.
4. Cut the dough into 8 pieces and flatten with your fingers and/or a rolling pin. Shape into an oval, and leave to rise for about 10 minutes.
5. Meanwhile, heat the oil to 170°C in a saucepan.
6. Carefully drop the dough into the oil, and fry on both sides until golden. Leave to cool slightly on paper towels.
7. Serve with the desired accompaniments.

INGREDIENTS

1 floury medium potato
100ml milk
7.5g yeast
½ tsp caster sugar
125ml wheat flour
(and a little more for baking)
½ tsp salt
rapeseed oil for deep frying

Toppings:

Top with sour cream and grated cheese, or raid your fridge and use up the odds and ends you find: mushrooms, chopped ham, tomatoes, asparagus, feta cheese, and baby spinach – it all works.

ATJAR
TJAMPOER

sweet-and-sour pickle



active time
20 MINS



cooking time
20 MINS



makes
4-6 SERVINGS

You probably know this Indonesian sweet and sour side dish from the jars from the supermarket. But why eat atjar from the supermarket when you can make it yourself with leftover vegetables?

1. Prepare your veggies by slicing them thinly. We sliced the cabbage with a mandoline, and peeled the carrots into thin strips with a vegetable peeler.
2. Cut the chilli in half and remove the seeds (if you like it spicy, leave the seeds in), then slice it into thin strips. Peel the ginger and garlic, and slice them thinly.
3. In a large pan, bring the vinegar, water, sugar and turmeric to the boil until the sugar has dissolved.
4. Add the white cabbage, carrot, red pepper, garlic and ginger, and cook for 1 minute longer.
5. Turn off the heat, and spoon the vegetables into a sterilised jar, then pour in all the liquid until the vegetables are submerged. Close the jar tightly and let it sit for a few days before using.

INGREDIENTS

Base

- 1 red chilli
- 3cm piece of ginger
- 3 cloves of garlic
- 300ml vinegar
- 100ml water
- 75g sugar
- 1 tbsp turmeric powder

Vegetables

Atjar can be made from all kinds of hard leftover vegetables such as cucumber, bean sprouts, and bell pepper. In this recipe, we used ¼ of a white cabbage and 3 carrots.

Mix it up

Lasts for 1-3 months unopened. Once opened, it should be eaten within a week. (use lots of small jars rather than one large one)



TIP!
Use as accompaniment for Lángos (p.32), Chässhnitte (p.70), or as a filling in the rolls (p. 27 + 47)



Serve with yogurt or cream on the side!



RHUBARB CRUMBLE

perfect spring dessert



active time
10 MINS



cooking time
20 MINS



makes
4 SERVINGS

This is how
rhubarb crumbles

Spring is rhubarb season, and from bitter stalks can the most wonderful dessert come. This recipe is perfect for any scraps of rhubarb - or other fruits - you may have around. Simply adjust your crumble:rhubarb ratio to suit.

1. Preheat the oven to 180°C.
2. Chop the rhubarb into bite-sized pieces, and add to a pan with water and sugar. Simmer for 10 minutes until softened.
3. Combine oats, flour and sugar, then rub in the butter until the mixture is crumbly.
4. Smooth the rhubarb mixture into a greased baking dish, and sprinkle the crumble evenly on top. Bake for 20 minutes, until the crumble is golden brown and the rhubarb is bubbling around the edges of the dish.

INGREDIENTS

Crumble

- 175g plain flour
- 125g demerara/golden sugar
- 125g porridge oats
- 125g butter

Filling

- 6-8 rhubarb stalks
- 4 tbsp golden caster sugar
- 4 tbsp water

you can also
use stale bread

CARROT CAKE BALLS



active time
20 MINS



cooking time
60 MINS



makes
SCALABLE

Carrot cake is a springtime staple. But what happens when you've got a little too much left over, and it starts to dry out? Introducing cake balls: the easy way to breathe new life into on-the-edge bakes.

1. In a bowl, crumble up your leftover cake and fold in the frosting. Scale the recipe based on the amount of leftover cake and frosting you have. For every cup of leftover cake, you'll want about half a cup of frosting.
2. Use a spoon or scoop to create 1-inch balls of cake, rolling to smooth.
3. Place them in the freezer for 1 hour.
4. Meanwhile, melt white chocolate using the microwave or a double boiler.
5. Using a fork, carefully dip the entire cake ball into the melted chocolate, allowing the excess to drip off.
6. Add sprinkles or nuts while the chocolate is still setting.
7. Allow the cake balls to rest for at least an hour until chocolate has hardened.

INGREDIENTS

leftover carrot cake
leftover cream cheese frosting
white chocolate chips
sprinkles or crushed nuts (optional)

*Works with any
type of cake...*





Figs should be eaten asap - if you have to buy in advance, refrigerate in a sealed produce bag

If your herbs look tired, pop them in ice water for a few minutes

Store sweetcorn unhusked in the fridge

Gently wrap in a towel, then place in a loosely closed bag

Store with paper towel or tea towel to soak up excess moisture

Grapes stay freshest when stored in the fridge

SUMMER LOVING



LA PANZANELLA

Italian classic!



active time
20 MINS



cooking time
20 MINS



makes
4 SERVINGS

*Hearty enough for a
light summer dinner*

This ancient salad is one of the best known dishes of central Italy. Owing its fame to its punchy flavours and sheer simplicity, it's also a delicious way to use up stale bread.

1. Cut the stale bread into cubes, and place it in a bowl with vinegar and water. Shuffle the bread around to allow the liquid to absorb evenly. Set aside.
2. Slice the cucumber and onion thinly, and cut the tomatoes into quarters.
3. Add the vegetables to the bread bowl, and stir the mixture to distribute the flavours.
4. Roughly chop the basil leaves, and dress the salad with salt, pepper, and oil. Sprinkle the basil leaves atop the salad, and enjoy.

INGREDIENTS

400g stale bread (preferably unsalted)
200ml water
50ml white wine vinegar
250g very ripe tomatoes
180g cucumber
100g red onion
basil
extra virgin olive oil
salt and pepper



*Smaller portions can
serve as a starter
or as side dish*

SURPLUS RICE STEW



Very flexible recipe

Made too much rice? This wonderfully flexible stew provides the perfect backdrop for it to shine. Use the recipe as a guide, and add whichever leftover veggies or meats you see fit.

1. Heat the butter at a medium heat in a frying pan. Chop the chicken filet into pieces, then fry until cooked through. Remove from the pan.
2. Dice the onion, and finely chop the garlic and chilli.
3. In the frying pan, fry the onion at a low-medium heat for around 8 minutes until soft.
4. Add the garlic, chilli, and paprika – fry until fragrant.
5. Add the leftover rice and the broth. Bring to the boil.
6. Add corn, parmesan, parsley, and egg, continuing to simmer. Add the chicken, and stir until heated through.
7. Season with salt and pepper, and serve.

INGREDIENTS

3 tbsp butter
 1 chicken filet
 1/3 of an onion
 1 clove of garlic
 2cm piece of chilli
 1/2 tsp paprika
 200ml chicken broth
 leftover rice
 1 egg
 1 can corn, drained
 chopped parsley
 grated parmesan

This dish can easily be turned vegetarian, by replacing the chicken with an alternative, and the broth for a vegetarian version





SUMMER ROLLS

 active time
20-30 MINS

 cooking time
10 MINS

 makes
4 SERVINGS

literally just
the rice paper

INGREDIENTS

Dipping sauce

8 tbsp unsweetened peanut butter

1 clove of garlic

1 tbsp of lemon juice

2 tbsp soy sauce

Rolls

12 pcs rice paper

Any leftovers you're happy to experiment with, here we used:

5 leaves of lettuce

1 handful of herbs

2 carrots

1 bell pepper

½ cucumber

¼ cabbage

1 mango

1 avocado

Pickled veggies

5 tbsp nuts or seeds

Try Atjar
from page 34

Summer rolls are a versatile, healthy snack, perfect for days when it's too hot to cook. Stuff them with whichever ingredients you have to hand.

1. Chop the fillings into matchsticks, and arrange them so they're easy to grab with your fingertips or a spoon.
2. Working with one piece of rice paper at a time, soak the paper in lukewarm water for 30 seconds to 1 minute until pliable.
3. Lay the paper on a plate. Leaving about 3cm of paper empty around the edges, top it with your fillings. Fold the lower edge up over the fillings, rolling upward just until the filling is enclosed. Fold over the short sides.
4. To make the dip, mix the peanut butter, soy sauce and lemon juice. Crush the garlic and add it to the sauce. Add a little warm water to create a dip-able consistency.
5. Enjoy and have fun trying out your very own creations.

A Vietnamese signature!

LUXEMBOURGISH POTATO FRITTERS

Warning: very moreish



active time
20 MINS



cooking time
50 MINS



makes
4 SERVINGS

Gromperkichelcher is one of Luxembourg's most beloved snacks: a deep-fried potato cake, with the saltiness offset by an apple compote dip. Often served up at fun fairs or Christmas markets, they're a festive, moreish way to use up excess potatoes.

1. Peel the onion, and grate it along with the potato. Put both in a bowl.
2. Add egg, flour, salt and parsley. Mix well and leave to rest for 30 minutes. Once 30 minutes has passed, stir the mixture well.
3. Coat the surface of a frying pan in sunflower oil, and bring to a medium heat. Test if the oil is hot enough by putting a drop of batter in – it should start bubbling.
4. Divide the potato mix into 4 portions to form 4 Gromperkichelcher in the pan.
5. Fry on each side for 2-3 minutes. Remove from the pan, and place on a plate lined with kitchen paper to absorb some of the oil.
6. Sprinkle with salt to taste, and serve immediately with a dollop of apple compote.

INGREDIENTS

2 potatoes, around 300g
1 onion, around 100g
1 egg
2 tbsp flour
½ tsp salt
1 tbsp parsley, chopped
sunflower oil
apple compote, to serve

Fritters > litter



TIP!
For the apple compote
use leftovers from
The Classic Danish Apple Cake!
on page 69


**BANANA
 NICE CREAM
 3 WAYS**



active time
5 MINS



cooking time
5 MINS



makes
2 SERVINGS

dessert in 5 mins

Brown, spotty bananas are too often deemed unfit to eat, with many households throwing them away just when their true potential is about to become unlocked. Treated right, they're the key to a delicious, healthy dessert that can be enjoyed within minutes.

Base recipe

1. In a high speed blender, blitz the banana pieces with a splash of plant milk and a pinch of salt until thick and creamy.
2. Enjoy immediately.

Variation 1

Add 1 tbsp peanut butter and top with chocolate shavings.

Variation 2

Add frozen raspberries and top with chopped pistachios.

Variation 3

Add 1 tbsp dark cocoa powder and top with cookie crumbs.

INGREDIENTS

2 overripe bananas, peeled, cut into coins, and frozen

plant milk

Variations

pistachios

raspberries

cocoa powder

peanut butter

possibilities are endless

A sustainable, easy-to-make, healthy dessert



FRUIT CUSTARD & COOKIE DESSERT

Delicious 



active time
10 MINS



cooking time
40 MINS



makes
4 SERVINGS

Ripe fruits and stale cookies go through the ultimate glow-up in this fuss-free dessert. The ultimate cool treat to enjoy after a day in the sun.

1. Heat a pan to a low heat. Meanwhile, chop the fruit into small, bite-sized pieces.
2. Add fruit and milk to the pan, and heat gently for 5 minutes. Once the fruit has softened, remove from the heat.
3. To the same pan, add rice flour, and beat with a hand mixer until combined.
4. Return the pan to a low heat, cover, and cook for a further 10 minutes.
5. Blitz the mixture in a blender until there are no lumps. Set aside.
6. Crush the cookies into crumbs, and dry-fry in a medium-hot pan until they are toasted.
7. In small glasses or bowls, layer the cookie crumbs followed by the fruit custard. Freeze for 30 minutes, or refrigerate overnight. When ready to serve, decorate with fruit and enjoy.

INGREDIENTS

500g ripe fruit (whatever is in season
– we used mango and banana)

50ml plant milk

3 tbsp rice flour

5 cookies

Leftovers can be used
as supplement for your
yogurt breakfast

TIP!
Top with any kind of
fruit or berries you have
on hand





TIP!
 Aquafaba is the perfect vegan replacement for egg whites! Can also be used instead of egg yolks, when making mayo

AQUAFABA PAVLOVA



active time
20 MINS



cooking time
2 HOURS



makes
2 SERVINGS

leave time for cooling

When chickpeas are cooked in water, they transform the water into something magical: aquafaba. This cloudy liquid's brilliance lies in its ability to mimic egg whites, making it the perfect vegan replacement in recipes such as pavlova.

1. Drain the chickpeas from the can, reserving the cloudy water - this is your aquafaba. Chill the aquafaba for an hour or so. Save the chickpeas for use in a salad, stew, hummus, or curry.
2. Preheat the oven to 130°C, and line a baking tray with baking paper. You may find it helpful to draw a 20cm circle onto the baking paper, placing it face-down on the tray so the circle shows through the back.
3. Once the aquafaba is chilled, whisk it for around 5 minutes with an electric beater. Continue whisking until stiff peaks form.
4. Add caster sugar 1 tbsp at a time, beating continuously for around 15 minutes, or until the mix is thick and glossy and the sugar has dissolved.
5. Whisk in vanilla essence and vinegar/lemon juice.
6. Spoonful by spoonful, place the pavlova mixture onto the baking tray. Using your spoon, slowly smooth the pavlova mixture into the circle shape.
7. Bake the pavlova for two hours, or until the outside of the pavlova is firm and crisp. Once baked, turn the oven off, leaving the pavlova inside the oven to cool for at least two hours - or preferably, overnight.
8. When you're ready to serve the pavlova, whip the cream until stiff peaks form. Spread the cream on top of the pavlova, and arrange fruits on top.

Works as meringues or pavlova

INGREDIENTS

- 400g tin of chickpeas in plain water
- 225g caster sugar
- 1 tsp vanilla essence
- 1.5 tbsp white wine vinegar or lemon juice
- 225ml coconut cream if you want to keep the recipe vegan; swap for regular whipping cream if you'd prefer
- fruits for topping, such as summer berries, sliced mango, kiwifruit, and passionfruit



SUMMER FRESH CORN SALAD



active time
20 MIN



cooking time
-



makes
2 SERVINGS

Enjoyed al fresco, the lone cob of corn left over from a boisterous summer dinner is a Canadian staple. Remix the cob with your favourite leftover veggies for the sweetest, freshest take on the ultimate summer salad.

1. If using fresh corn, clean it and carefully slice the corn off the cob and break into smaller pieces. If using canned corn, drain all the liquid from the can.
2. Slice cherry tomatoes in half.
3. Chop cucumbers, carrots, and onions into bite-sized pieces.
4. Add all chopped vegetables to a large bowl with cheese, olive oil, and lime juice.
5. Mix all ingredients, adding salt and pepper to taste.
6. Garnish with basil or any fresh herbs of your choice.
7. Serve salad as is or on a bed of greens you have to hand.

INGREDIENTS

300g corn, canned or cooked

150g cherry tomatoes

1 ~~cucumber~~

2 carrots

½ an onion

cheese of your choice

2 tbsp olive oil

juice of 1 lime

salt and pepper, to taste

fresh basil for garnish

bed of greens for serving (optional)

Use leftover vegetables

*Measure with
your heart*





Plums don't ripen when they're stored in the fridge



store in a perforated bag in the bottom of the fridge



Leave your pears out at room temperature



Best stored at room temperature



Store shelled or unshelled walnuts safely in an airtight container and keep in a cool, dry place

AUTUMN FLAVOURS

Fall in love with the season's rich flavours



Store blackberries in a shallow container and place them in a cool spot or in the refrigerator



MASHED POTATO BLINIS

Perfect appetiser or snack



It can be hard to predict how many mashed potatoes to cook. Luckily, there's a delicious solution for times we've gone overboard – the ultimate comfort snack.

1. In a large bowl, combine cold mashed potatoes, grated cheese, egg, herbs, 30g flour, salt and pepper.
2. Shape potato mix into palm-sized patties.
3. Place remaining flour into a shallow dish, and lightly coat the potato pancakes in flour on both sides.
4. Drizzle olive oil into a frying pan or cast iron skillet over medium-high heat, pouring just enough to coat the surface.
5. Fry mashed potato pancakes until crispy (about 3 minutes on each side), adding more oil as needed.
6. Serve with your topping of choice.

Try crème fraîche + salmon

INGREDIENTS

500g leftover mashed potatoes
100g parmesan or cheddar cheese, grated
1 egg, lightly beaten
2 tbsp fresh herbs such as rosemary or chives
60g flour, divided in two
vegetable oil
salt and pepper to taste
gravy, sour cream or hot sauce (optional) to serve

whatever you have



BUTTERNUT CRÈME WITH ROASTED VEGGIES



active time
20 MINS



cooking time
60 MINS



makes
6 SERVINGS

Got a surplus of vegetables to use up? A butternut is all you need to bring them together in one creamy, crispy and colourful ode to autumn.

Butternut crème

1. Preheat the oven to 200°C.
2. Cut the squash in half lengthwise, and scoop out the seeds. These can be reserved for roasting at a later date.
3. Brush olive oil onto the cut side of the squash. Season with salt, pepper, and other herbs to taste.
4. Place the squash cut-side-down on a baking sheet, and roast for 40-45 minutes until the cut side begins to caramelize.
5. Remove the butternut from the oven, and allow to cool. Then scoop out the flesh into a mixing bowl, and mash it with a hand masher or electric beater. Add the butter, and continue mixing until creamy. Season with salt and pepper.

Roasted veggies

1. Preheat the oven to 180°C.
2. Cut the veggies into bite-sized pieces. Toss them in herbs, salt, pepper, and olive oil, and spread on a baking sheet.
3. Roast for about an hour, turning the vegetables once or twice to create a caramelised crust on both sides.

Sauce

Whisk together olive oil, lemon juice, maple syrup, and mustard.

To serve

Spread the crème on a plate, and arrange the roasted veggies on top. Garnish with the sauce and add rosemary or other herbs to taste.

INGREDIENTS

Butternut crème

1 butternut
olive oil
¼ cup melted butter
salt and pepper, to taste
2 red onions

Roasted veggies

A mixture of autumn veggies, for example:

1 parsnip
2 carrots
1 beetroot
1 broccoli
4 Jerusalem artichokes

Sauce

4 tbsp lemon juice
1 tbsp grain mustard
1 tbsp maple syrup

or any
veg you have





PUMPKIN SMOOTHIE BOWL



Perfect recipe for using up
flesh from Halloween pumpkin



active time
5 MINS



cooking time
5 MINS



makes
2 SERVINGS

yummy snack in less
than 10 minutes

INGREDIENTS

Smoothie

- 100ml plant or dairy milk
- ½ cup cooked (and cooled) pumpkin
- 1 banana, sliced (can be frozen, or room temperature)
- 1 pitted date
- 2 tsp pumpkin pie spice
- 1 tsp raw turmeric root
- 2–3 ice cubes

Suggested toppings

- creamy peanut butter/almond butter
- pumpkin granola
- pumpkin seeds
- nuts/seeds
- banana slices
- apple slices

or whatever you have
lying around

Halloween is supposed to be spooky. But the scariest thing of all? The amount of pumpkins we waste! If you're carving a pumpkin this year, reserve the flesh for this delicious, nutrition-packed smoothie bowl.

1. Combine all the ingredients together in a blender and blend on high-speed until smooth. Pour into a bowl.
2. Place the bowl in the freezer for 5-10 minutes. This will create the texture and consistency of frozen yogurt.
3. Top with your desired toppings, and enjoy.



DUBLIN PLANT-BASED CODDLE



active time
5 MINS



cooking time
2 HOURS



makes
4 SERVINGS

Quick prep-time!

You rarely get more Dublin than coddle, a delicious meat-filled stew perfect for warming your bones on a cold autumn evening. Our plant-based version allows you to make the most out of your hot vegan breakfast leftovers.

1. Preheat the oven to 180°C.
2. Chop onion and sausage into thick slices, then slice potatoes and carrots approximately 3-5mm thick.
3. Place half of the sausages at the bottom of a casserole dish, then layer half of the potatoes, onions, carrots, salt, pepper and parsley. Repeat with the remaining half of sausages and vegetables.
4. Pour vegetable stock and milk into the dish, and cover with a lid. Put in oven.
5. Once 1 hour and 40 minutes has passed, remove the dish from the oven and add plant-based bacon and a knob of butter. Return to oven for 20 minutes, then remove and allow to rest for 10 minutes before stirring and serving.

INGREDIENTS

450g plant-based sausages of your choice
2 large white onions
900g potatoes
3 large carrots
2 tbsp chopped fresh parsley
300ml plant milk
500ml vegetable stock
225g lean plant-based bacon
salt and pepper for seasoning
knob of plant-based butter

Yum!



TIP!
Freeze leftover cream in
ice cube trays - perfect
for a cup of coffee



CLASSIC DANISH APPLE CAKE

use those bruised and wrinkled apples!



active time
30 MINS



cooking time
60 MINS



makes
2 SERVINGS

Gammeldags æblekage" - or classic apple cake - is a signature Danish dessert. With no baking required, it's quick to throw together - and it makes the perfect home for a surplus of autumnal apples.

- Using a saucepan, cook the apples with a splash of water, on low heat, until the apples begin to soften and break down.
- Add sugar and lemon juice, adjusting the quantities until you reach your preferred balance of sweet and tart. Once you're satisfied, set the apple mixture aside.
- Using a food processor, blitz the stale bread and sugar to form breadcrumbs.
- Melt the butter in a frying pan at medium-high heat. Once bubbling, add the breadcrumb mix and fry until golden and crispy. Remove from heat.
- Grab two glasses, and layer a thin coat of the breadcrumb mix in the bottom of the glass. Top with a spoonful of apple mix. Repeat to create layers, being sure to finish with a layer of crumbs. Top with whipped cream. For a warming kick, add a drizzle of whisky or rum atop each biscuit layer.
- Finish the dessert with a spot of cream on the jam.

INGREDIENTS

300g apple, peeled and diced
a splash of water
100 g of stale bread (the breadcrumbs used in between layers can be made of all your different odds and ends - even ryebread)
40g sugar
40g butter
100g whipped cream
sugar and lemon juice to taste
jam to serve

Make a larger batch, and freeze half for next time - easy peasy!
Or use it as dipping sauce for the Potato Fritters on page 48

CHÄSSCHNITTE



active time
15 MINS



cooking time
12 MINS



makes
6 SERVINGS

easy peasy!

It's cheese on toast – but perhaps not as you've always known it. Spruced up with onion, garlic and eggs, this is the ultimate in autumnal indulgence, perfect for using up stale bread and last-of-the-packet cheese.

1. Preheat the oven to 200°C.
2. Finely chop the onions and garlic.
3. Mix the onions and garlic together with the grated cheese. Add eggs, flour and milk, and stir until smooth.
4. Arrange the bread slices on a baking tray, and spread the cheese mixture onto the surface of the bread. Bake for 12-15 minutes until the mixture turns golden and bubbly.
5. Season with salt, pepper and nutmeg.

INGREDIENTS

- 300g leftover grated mixed cheese
- 1 small onion
- ½ clove of garlic
- 100g flour
- 2 eggs
- 150–200ml milk
- salt, pepper and nutmeg powder, to taste
- 400–500g leftover bread, cut into 1cm slices

Mix it up by spreading the preserved condiments from pages 29 + 34 on the bread before the cheese





TIP!
Store the pan bolo in the
baking pan covered with a
piece of foil

PAN BOLO

use your stale bread for this



active time
15 MINS



cooking time
80 MINS



makes
8 SERVINGS

Whether you know it as pan bolo or bread and butter pudding, the outcome is the same: an indulgent, spicy, warming dessert that's perfect for using up stale bread.

1. Preheat the oven to 180°C.
2. Dice the bread into small cubes of about 2x2cm – or simply tear the bread into small pieces. Set the pieces in a large bowl, add the milk, and allow to soak for 5 minutes.
3. Meanwhile, grease a baking dish with butter, then sprinkle with an extra tbsp of sugar. Ensure the butter is evenly coated with sugar.
4. Add the raisins and cinnamon to the bread bowl – stir to form a chunky batter.
5. Mix the sugar, vanilla sugar, and baking powder into the batter. Then, add the butter. Stir until fully combined.
6. Lastly, add the eggs to the batter, and stir until the eggs are fully incorporated.
7. Layer the batter as smoothly as possible into the baking dish, and bake for 50 minutes.
8. Once the dessert is golden brown and bubbling, sprinkle 1 tbsp of sugar evenly across the surface. Return to the oven and bake for a further 15 minutes. Serve while warm or cold.

INGREDIENTS

8 slices of white bread
450ml milk
100g raisins
1 tsp cinnamon
100g sugar (plus extra for garnishing)
2 tsp vanilla sugar
2 tbsp butter at room temperature
(plus extra to grease the baking dish)
1 tsp baking powder
4 eggs
Optional: coconut flakes, splash of rum,
or apple pieces

Serving it with the
Banana Nice Cream from page 51,
makes this the perfect
food-waste-fighting dessert!



FIGHT FOOD WASTE WITH TOO GOOD TO GO

Our app lets you save 'Surprise Bags' of unsold food from shops and restaurants near you. Use the recipes in this book to create exciting dishes from what you get.



Remix, reinvent and reuse
these recipes again and again



Too Good To Go