

Use Up Your Leftovers!

In each Recipe Box there are a few extra leftover ingredients - here are some ideas to use them up in different meals and dishes. Just search the ideas on the recipe sites listed at the bottom of the page or on Google and you should find plenty of tasty recipes.

BUTTERNUT SQUASH

Butternut squash has a sweet nutty taste. It is very similar to a pumpkin and can be used in the same ways. Use up your butternut squash by making a tasty **butternut squash soup** or adding chunks to **stews, casseroles, curries, or stir fries**.

It is a lovely vegetable eaten on it's own too. How about trying **roasted butternut squash**. Cut it into large chunks or slices (you can leave the skin on), place on an oven tray and drizzle over a little olive oil and a pinch of salt and pepper. Roast at 180c in the oven for around 40 minutes until very tender. Cooked this way it makes a delicious veggie addition to Sunday dinner, and you can eat the skin too!



FROZEN PEAS

Peas can of course be eaten as they are as a veggie with any meal, or you can use them as an ingredient of a dish. Add them to **fish pies, homemade fish cakes, stews, casseroles, curries or stir fries**. They also make a delicious **pea soup**, and are a main ingredient of **Chinese egg fried rice**.

CREAMY PEA DIP

200g Frozen Peas
75g Feta Cheese or Cream Cheese
½ Lemon, zest and juice
A few Mint Leaves, optional
1 pinch of Black Pepper



1. Steam, boil or microwave the peas in a little water for 2 to 4 minutes until just tender. Drain and cool in cold water.
2. Place the cooled peas in a medium sized bowl with all the other ingredients.
3. Mash together with a fork or potato masher. Eat with carrot, cucumber, pepper or apple sticks.

SUNFLOWER OIL

Use as a cooking oil when making **soups, stews, casseroles or curries**. *It's usually the best choice of oil for stir fries - so leave some for Week 4!* You could also use sunflower oil to make **homemade oven chips**.

FRESH GINGER

Ginger is a spicy root and grows under the ground. It is a staple ingredient in lots of Asian and Caribbean recipes and adds a very distinctive flavour. Ginger is used in lots of **stir fry** and **curry** recipes. It makes a healthy and refreshing **hot drink**. Add a slice to boiling water along with a slice of lemon. Leave to infuse and cool for a few minutes before drinking. *Ginger can handily be frozen. When needed for a dish there's no need to defrost, just grate from frozen!*

CHILLI POWDER

Chilli powder is made from ground chillies and can be very hot! The jar in your box is however MILD and is suitable for seasoning family dishes, however the more you use the hotter the dish will be. Usually a teaspoon is about right. Chilli powder is an ingredient in nearly all **Asian curry dishes** and **chilli con carne**. It can also be sprinkled on food if you like a bit of spice!

STOCK CUBES

Stock cubes and stock are ingredients in many dishes for adding additional flavour, from **curries to soups**, and **risottos, stews and casseroles**.



GROUND ALMONDS

Ground almonds are used in lots of Indian recipes as a natural, healthy and tasty thickener to **curries** and **sauces**. They can be used in **baking** and add a lovely texture to **cakes**. They are a main ingredient of **bakewell tart, marzipan** and **macaroons**. **Ground almonds** are used in lots of **gluten free baking** to replace flour.

Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at louisa@growinglocal.org.uk and I'll gladly help you come up with some ideas!

BBC Good Food: <https://www.bbc.co.uk/food>

Jamie Oliver: <https://www.jamieoliver.com>

Jack Monroe: <https://cookingonabootstrap.com/>

Growing Local: <http://growinglocal.org.uk/recipes/> Eat Your Veg <http://www.eatyourveg.co.uk>

WISH Herefordshire <https://www.wisherefordshire.org/keeping-well-staying-healthy/healthy-lifestyles/healthy-eating/cooking-at-home/>



THIS WEEKS EXTRA INGREDIENT OATS




WHAT TO DO WITH OATS?

Oats are a cheap, versatile and healthy ingredient to use in your cooking and baking.

Use oats to make **porridge for breakfast**, either make hot porridge in the morning or soak overnight to make '**overnight oats**'. Or how about making **homemade granola**, it's delicious and can be much healthier and lower in sugar than bought granola.

Oats are also used as an ingredient in homemade biscuits or cookies, granola bars or flapjacks. Below are a couple of tasty treats to make with children. How about challenging older children to their own mini Bake Off to make these cookies all on their own?



Super-easy
Oaty Cookies

OATY COOKIES

100g Butter
150g Brown Sugar
1 Egg
100g Plain Flour
1/2 tsp Baking Powder
1/2 tsp Salt
125g Oats
75g Raisins or Sultanas*

1. Preheat the oven to 200c
2. Beat the butter and sugar together with a wooden spoon until light and fluffy
3. Beat in the egg
4. Add all the remaining ingredients and stir well
5. Form the dough into 12 equal balls
6. Bake on a lined baking tray (lined with baking paper) for 12 to 14 minutes
7. Allow to cool on the baking sheet until they are firm enough to handle

*For peanut cookies switch the raisins for 75g of crunchy PEANUT BUTTER, yummy!



1. Preheat the oven to 180°C / 160° fan / gas mark 4.
2. Spread out the oats and seeds on a baking tray, the nuts on another. Bake the oats and seeds for 12 minutes and the nuts for 10 minutes. They should be all slightly golden and very lightly roasted. Allow to cool for a few minutes.
3. Meanwhile line a 20cm by 20cm baking tray with baking paper
4. Once a little cooled coarsely chop the nuts (it's nice to keep them fairly large).
5. In a large mixing bowl combine the oats, seeds, chopped nuts, chopped dates and dried fruit.
6. Place the peanut butter and honey either in a small saucepan or a microwave proof dish. Heat until warm and runny, thoroughly mix together before stirring into the nut, fruit and seed mix. Ensure everything's well coated.
7. Turn out the mixture into the lined baking tray and very firmly press down with your hands.
8. Place the dish in the freezer for 30 minutes to firm up, remove and cut into slices.

HOMEMADE GRANOLA BARS

- 150g oats
- 70g seeds (sesame, pumpkin, sunflower or linseeds OR a mix of all these)
- 140g nuts (unsalted almonds, hazelnuts, brazils, peanuts, cashews, walnuts, pecans OR a mix of all of these)
- 125g dates, pitted and chopped (you can buy them ready chopped)
- 60g dried fruit (cranberries, chopped apricots, raisins, sultanas OR a mix of these)
- 90g smooth peanut butter (preferably one with no added salt or sugar)
- 90g runny honey



OAT FACTS!

- Oats are among the healthiest grains on earth!
- They are a gluten-free wholegrain and a great source of important vitamins, minerals, fiber and antioxidants
- Oats are grown in the UK. They are grown all over the World in 'temperate' climates. Top producers of oats are Russia, Canada, Poland, Finland and Australia.
- Oat milk makes a tasty and healthy alternative to dairy milk