



Banana 'Ice Cream'



**Delicious, healthy ice cream – what more could you ask for?
A brilliant way of using up overripe bananas.**

Method

1. Take as many overripe bananas as you have, peel them and chop into chunks.
2. Place the banana chunks in a freezer bag or box and freeze until solid.
3. Tip the frozen banana chunks into a food processor and whizz until you've made a smooth, creamy 'ice cream'.
4. Serve, with extra fruit and fresh banana if you like.

Hints and Tips

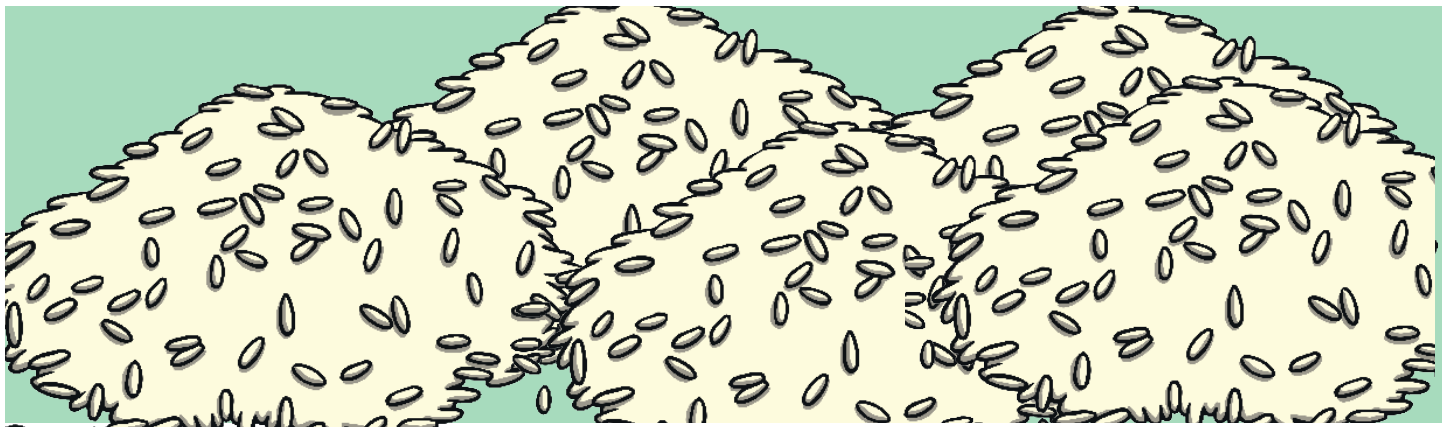
The bananas you use must be very ripe – even mushy – so that the ice cream is sweet enough.

This recipe needs no other ingredients, but you could add a little creamed coconut or a pinch of cinnamon before blending.

You can serve the ice cream straight away, or spoon the mixture into lollipop moulds and refreeze to make banana popsicles.

The ice cream contains no milk or cream, so is perfect for vegans or anyone with a dairy intolerance or allergy.

These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.



Reducing Food Waste: Fried Rice for Monday Night Recipe

Ingredients (serves 4)

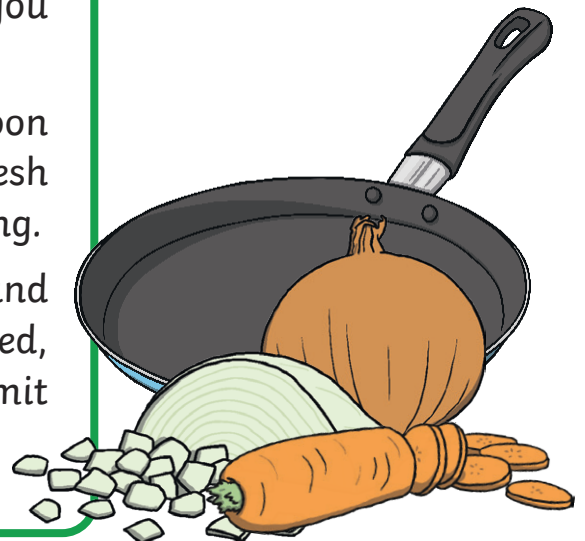
- 1 onion, peeled and finely chopped
- 1 clove garlic, finely chopped
- 1 tsp five-spice powder
- 1 carrot, peeled and chopped
- 1 stick of celery, washed, trimmed and chopped
- 1 red pepper, deseeded and chopped
- Leftover cooked chicken or pork
- Basmati rice, measured to the 200ml mark in a measuring jug
- 400ml hot chicken or vegetable stock (from a cube is fine)
- A handful of frozen peas
- 2 eggs
- Olive oil
- Soy sauce

Hints and Tips

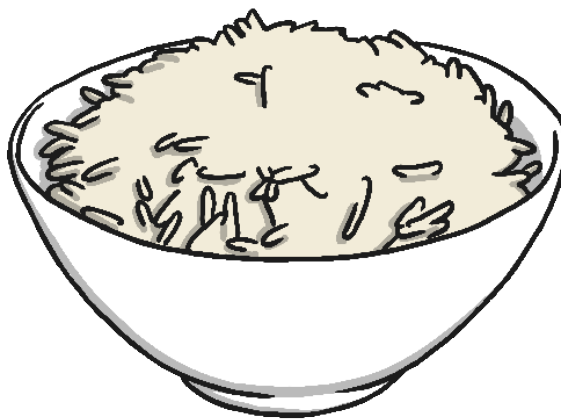
It's best to use an onion, but other than this, you can use any vegetables you like in this dish.

Instead of five-spice powder, try adding a teaspoon of curry powder. Stir through some chopped fresh herbs, such as parsley or coriander before serving.

For a tasty vegetarian version, omit the meat and add a tin of red kidney beans, drained and rinsed, and a handful of toasted cashew nuts. If you omit the omelette, this makes a vegan-friendly dish.



1. Heat 1 tablespoon of olive oil in a large frying pan or wok, and fry the onion and garlic gently for 5 minutes, stirring occasionally, until the onion starts to become translucent. Stir in the five-spice powder and cook for a further two minutes, stirring.
2. Stir in the remaining chopped vegetables, cover and cook for 5 minutes until becoming soft.
3. Turn up the heat and add the shredded pork or chicken and the rice. Stir well so that the rice becomes coated with oil. With the heat still high, pour in the hot stock, frozen peas and some seasoning, and stir once.
4. Reduce the heat to its lowest level, cover the pan and cook until the rice has absorbed all the liquid.
5. Meanwhile, beat the eggs with a splash of water and some seasoning. Heat 1 teaspoon of oil in a small frying pan, then pour in the egg mixture, swirling it around to fill the base of the pan. After a minute, flip the omelette over to cook the other side. When the omelette is cooked, remove from the pan, roll it up and slice into long ribbons.
6. When the rice has absorbed all the liquid, remove from the heat, take off the lid and cover the pan with a clean tea towel for a couple of minutes.
7. Stir through the sliced omelette and a couple of splashes of soy sauce and serve.





Bread Pudding

Looking dried-out or slightly stale is not necessarily a reason for throwing bread away. Dried-out bread, breadcrumbs and unwanted crusts have many uses in cooking. Here's one simple and tasty recipe you can use to reduce waste.

Ingredients

- 4 slices of leftover white, wholemeal or granary bread
- 25g butter or margarine
- 50g currants, raisins, sultanas or mixed dried fruit
- 25g sugar
- 1 tsp grated nutmeg
- 300ml semi-skimmed milk
- 2 medium eggs

Top Tip

Serve with custard, cream or ice cream.

Method

1. Preheat the oven to 160°C/140°C fan or gas mark 3.
2. Grease an ovenproof dish with a little of the margarine/butter and spread the rest on one side of each slice of bread.
3. Cut the slices into quarters diagonally (to make triangle shapes).
4. Arrange half of the bread across the base of the prepared dish.
5. Sprinkle the dried fruit, half the sugar and the nutmeg over the bread.
6. Arrange the remaining bread triangles, spread side up, on top of the fruit.
7. Beat together the milk and eggs in a measuring jug and pour over the bread.
8. Sprinkle the remaining sugar over the pudding and leave to stand for 10 minutes to allow the bread to soak up the egg and milk mixture.
9. Bake the pudding in the oven for 30 minutes or until set and golden.

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