

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.



MAKE ANOTHER STIR FRY! You'll have plenty of Chinese 5 Spice, Soy Sauce, Sweet Chilli Sauce and Sesame Oil to make lots more Stir Fries. There's plenty of ideas in the **MAKING AGAIN** section on the Recipe Card to vary your choice of veggies and proteins. Why not try a stir fry with different noodles next time, you could use wholewheat or rice noodles or serve the stir fry with white or brown rice instead.



SOY SAUCE is an East Asian liquid condiment of Chinese origin, traditionally made from a fermented paste of soybeans. Soy sauce can be used in place of salt in many recipes. It can be used to add seasoning and flavour to **stir fries, marinades** and **dipping sauces** and to add colour and depth of flavour to **stocks and sauces**.

SESAME OIL - Sesame oil has a slightly nutty taste making it excellent for **stir-fried dishes** and **salad dressings**. Research suggests it also has a host of health benefits. **Drizzle over rice or steamed vegetables**. It is an ingredient in many **Asian dishes**.



SWEET CHILLI SAUCE Commonly found in Asian, but most popular in Western, Thai, and Malaysian cuisine, sweet chilli sauce is a versatile condiment that can be used as a spread on **veggie burgers** or **sandwiches, a dip for spring rolls**, and also in **stir-fries**. Drizzle over soft cheese to make an instant tasty dip. Pour over prawns or chicken for the last couple of minutes when pan frying to make **Sweet Chilli Prawns or Sweet Chilli Chicken**.



CHINESE 5 SPICE Five-spice powder is a spice mixture of five or more spices used predominantly in Chinese and Vietnamese cuisines. It contains Star Anise, Cloves, Chinese Cinnamon, Sichuan Pepper and Fennel. Five spice is often used with meats such as pork, duck or goose in Chinese dishes. It can be used as a **spice rub** for chicken, duck, pork, vegetables and seafood.



CHICKEN, VEGGIE & EGG FRIED RICE

Use up lots of your spare ingredients and vegetables in this tasty Chinese rice dish. Vary the veggies as to what you have in. Sub the chicken for prawns, tofu or cashew nuts if you prefer.



220g white or brown rice
2 tablespoons sesame or sunflower oil
2 cloves garlic, finely chopped or crushed
1 thumb sized piece of fresh ginger, grated
1 small onion, diced
1/2 red pepper, diced
carrot, diced
1/4 broccoli, cut into small florets (and any larger stem sections diced)
1 handful green beans, sliced
2 tablespoons soy sauce
a little water
2 small chicken breasts, cut to a small dice
1 teaspoon Chinese five spice
1 teaspoon sunflower oil
2 eggs
salt & pepper

1. Start with cooking your rice, cook to packet instructions. Once cooked drain and set aside to cool.
2. Meanwhile heat the oil in a wok or a large deep sided frying pan. Add the onion, garlic and carrot (and any other root or slow to cook veggies that you may be using). Cook for 3 minutes on a very high heat, stirring and turning continuously.
3. Now add the broccoli, beans, pepper and other veggies that you've chosen to use. Also stir in the soy sauce and a couple of tablespoons of water. Continue to cook on a high heat for a further five minutes. Keep adding a splash of water when the liquid evaporates.
4. Finally add the diced chicken and a teaspoon of Chinese five spice. Stir and cook for a final 5 minutes.
5. While the chicken's cooking make your omelette. Heat a teaspoon of sunflower oil in another frying pan. Whisk up the eggs and season with a little salt and pepper. When the pan is hot pour in the eggs, stir a little then leave to firm up on a medium heat. Once the egg is fully cooked through remove the omelette from the pan and cut into small bite sized strips.
6. Thoroughly mix the chicken and veggies, rice and egg strips together and serve immediately. Season with more soy sauce and sweet chilli sauce to taste.

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/>



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THIS WEEKS EXTRA INGREDIENT

Sultanas



Sultanas are made from dried green seedless grapes!

WHAT CAN YOU DO WITH SULTANAS?

Sultanas are a healthy and tasty snack to eat as they are, and are perfect to pop in lunchboxes.

They are also great to bake or cook with. Below are a couple of recipes that use sultanas, **Fruit Crumble** and **Welsh cakes**.

You could also use the sultanas to make the **Banana Yogurt Pot Cakes** from Week 1, the **Oaty Cookies** (use instead of raisins) and **Homemade Granola Bars** from Week 2 or the **Fruit Scones** or **Fruit Pancakes** from Week 3.

Here's some other holiday baking and making ideas using sultanas:

Homemade Banana Bread <http://www.eatyourveg.co.uk/recipes/banana-bread/>

Homemade Florentines <http://www.eatyourveg.co.uk/recipes/florentines/>

No sugar Chocolate Energy Balls <http://www.eatyourveg.co.uk/recipes/energy-balls/>

Apple, Carrot & Pecan Mini Mega Muffins <http://www.eatyourveg.co.uk/recipes/apple-carrot-muffins/>

Butternut Squash & Sultana Mini Muffins <http://www.eatyourveg.co.uk/recipes/butternut-muffins/>



WELSH CAKES

Welsh Cakes are made in a frying or griddle pan and are cooked on the hob. They're a quick, easy and very tasty little bake!

INGREDIENTS

- 110g salted butter, chilled, cut into cubes, plus extra for greasing
- 225g self-raising flour, sieved, plus extra for dusting (or 225g plain flour + 3 tpsps baking powder)
- 85g caster sugar
- handful of sultanas
- 1 egg, beaten milk, if needed



1. Rub the butter into the flour to make breadcrumbs. Add the sugar and sultanas, then stir in the egg. Mix, then form a ball of dough, using a splash of milk if needed.
2. Roll out the dough on a lightly floured surface until it is 5mm thick. Cut it into rounds using a 7.5cm/3in fluted cutter or an upturned mug or glass.
3. You now need a frying pan or a heavy iron griddle. Rub it with butter and wipe the excess away. Put it on a direct heat and wait until it heats up. Place the Welsh cakes on the griddle and cook for 2–3 minutes on each side, or until lightly golden. Remove from the pan and dust with caster sugar while still warm. They're at their best eaten whilst still warm.

APPLE & PEAR CRUMBLE *Fruit Crumbles are a tasty traditional pudding and can be made with lots of different fruits. Replace the pears and/or apples with blackberries, rhubarb, frozen berries, bananas, tinned peaches or pears. Get creative and try interesting combinations! Don't fancy the sultanas? Then leave out or use other dried fruit like apricots, raisins or figs instead. Use the oats in the topping from Week 2's box.*

INGREDIENTS:

- 1 large cooking apple
- 2 pears
- 1 large handful sultanas
- 1 dessert spoon sugar
- 1/2 teaspoon ground cinnamon, optional

Crumble Topping:

- 75g butter, chopped into small pieces, plus a little extra for greasing
- 75g plain flour
- 75g oats
- 50g sugar

METHOD:

1. Preheat your oven to 180° C/Gas Mark 5.
2. Grease a small ovenproof dish.
3. Prepare the fruit by peeling if you wish. You can leave the skin on for extra fibre (and for speed!). Cut into quarters and cut out the core of the apple and pear, then chop into bite size chunks.
4. Place the apple and pear in the dish along with the sultanas, a dessert spoon of sugar and cinnamon if using. Using your hands or a spoon mix everything together and then set aside.
5. Now for the crumble topping, weigh the butter and flour and place in a mixing bowl. Using your hands rub the butter into the flour until it's fairly well mixed and the mixture looks a little like large breadcrumbs.
6. Weigh out the oats and sugar and add to the crumble mix. Mix until combined.
7. Sprinkle the crumble mix over the fruit.
8. Place the dish in the oven, bake until golden brown on top and you can just see the fruit bubbling through the crumble. This should take 30 to 40 minutes.

