



## Top Tips for using leftovers to create new recipes

Do you often have leftover food after cooking meals or notice things in the fridge that just aren't getting used? It's easy for this to happen, but instead of letting good food go to waste, you can turn those bits and pieces into tasty new meals. By using up what you already have, you're not only saving money but also making a positive impact by reducing food waste.

**Here are some tips to help you turn leftovers into delicious, simple new recipes that you might have forgotten about:**



### Storage Tips

Store your leftovers in airtight containers, label them with the date, and keep them in the fridge for up to 3 days or freeze them for future use.

### Combining Leftovers

Don't be afraid to mix and match what you have.

Combine different leftovers to make casseroles, stir-fries soups or even homemade pizza - the possibilities are endless so get creative!

### Rice:

- › Turn leftover rice into fried rice, rice pudding or add it to soups/stews/curries to bulk them up and make them more filling.
- › Make rice patties by mixing with egg and veggies, then pan-frying.
- › Add it to a stir-fry with leftover meat, beans and veggies.
- › Use it as a filling for stuffed capsicum or tomatoes and bake.

### Pasta:

- › Mix leftover pasta into a cheesy pasta bake, create a pasta salad with mayo and salad veggies, or add it to soups like Minestrone.
- › Cook up a pasta frittata with eggs, cheese and spices.
- › Use it in a stir-fry with some veggies, sesame oil and soy sauce for an Asian-style noodle dish.

### Chicken:

- › Shred leftover chicken to make tacos, add it to soups or stir-fries, or toss it into a fresh salad with dressing.
- › Make a chicken quesadilla with cheese and salsa.
- › Add to a chicken curry with some coconut milk and spices.
- › Use it in a sandwich with some pesto, lettuce and tomato.

### Vegetables:

- › Use leftover veggies in omelettes, fritatas or stir-fries, or blend them into a sauce or soup for added flavour.
- › Roast them and add to Buddha bowls with quinoa or rice and salad.
- › Chop them finely and add to a savoury muffin mix.
- › Make vegetable fritters by combining them with egg, flour, and seasoning - with dipping sauce.

### Bread:

- › Don't toss out stale bread. Turn it into croutons, breadcrumbs or even make a comforting bread and butter pudding.
- › Use it for French toast by dipping it in egg and milk before frying.
- › Make a savoury bread pudding with cheese, mustard and shallots.
- › Use it to create a panzanella (bread salad) with tomatoes, cucumbers, and dressing.

### Fruit:

- › Use overripe bananas to make banana bread or blend them into smoothies.
- › Turn soft berries into jam and freeze avocados into chunks - they still taste great.
- › Chop up leftover fruit to create a fruit salad, add to yogurt, or freeze for future smoothies.
- › Blend fruit with some juice, milk or cream to create homemade ice blocks.

**Yum!**

Rescue to Recipe is an initiative of

**Prosper**  
Project Australia

Proudly funded by the NSW Government through the NSW Environment Protection Authority Food Rescue Grants

