

SHOP SMARTER. SAVE MORE. WASTE LESS.

**ZERO
WASTE**
LIVERPOOL
CITY REGION
MERSEYSIDE RECYCLING AND WASTE AUTHORITY

One food shop can make three family meals, helping you use ingredients across the week, make your food go further and get more from what you spend.

This list helps your family make more than one meal from some of the same ingredients, saving you money and reducing your household's food waste.

HERE'S YOUR SHOPPING LIST

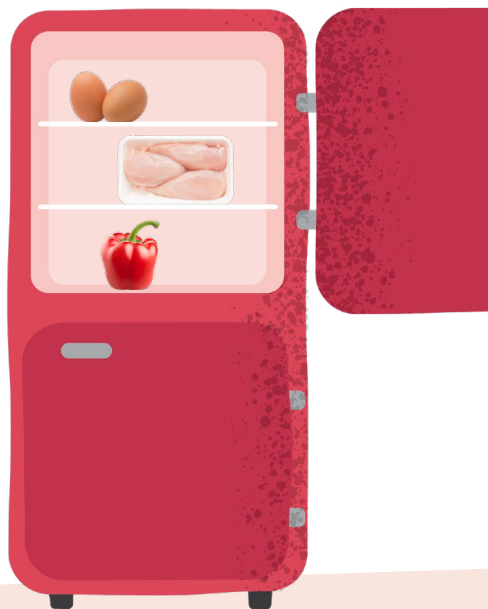
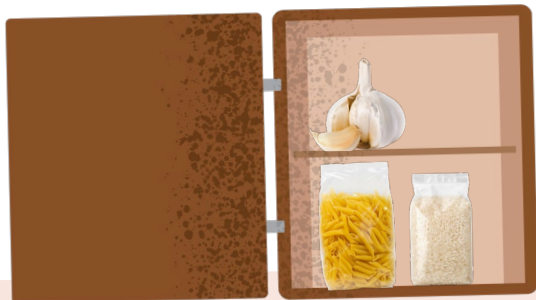
This should cost around £25 for three family meals, with ingredients left over for other meals.

- Penne Pasta 300g
- Long-grain rice 1 mugful
- Risotto rice 300g
- Frozen peas 200g
- Olive oil or Sunflower oil
- Garlic x3 cloves
- Chinese five-spice
- Vegetable stock/ stock cubes
- Butter
- Salt and pepper
- Chicken breast 450g
- Baby spinach 75g
- Soft cheese 250g
- Parmesan 20g
- 1 small bunch of fresh parsley or basil
- 8 rashers of Bacon
- 1 Red pepper
- 2 Spring onions
- 2 Large eggs
- 1 Onion



SCAN YOUR SCRAN

Before you shop, look inside or take photos of your fridge, freezer and cupboards. Cross off anything you already have from the above shopping list and make your food go further.



MEAL 1 | CREAMY CHICKEN PASTA | SERVES 4

A good option for using up cooked chicken, with frozen peas and pasta doing much of the work.

You'll need:

- 300g dried penne
- 2 tsp sunflower or olive oil
- 1 garlic clove
- 75g baby spinach
- 250g soft cheese
- 25g parmesan, optional
- 4 cooked chicken breasts, about 450g, shredded
- 100g frozen peas
- 1 small bunch parsley or basil

[View the full Creamy chicken pasta recipe and cooking instructions](#) 



Food-saving idea:

This is ideal for leftover cooked chicken from another meal. Check what cooked meat and vegetables you have before buying more.

MEAL 2 | EASY EGG FRIED RICE | SERVES 4

A flexible meal built around rice, frozen peas and eggs, with a few fresh ingredients added.

You'll need:

- 1 mugful of long-grain rice
- 1 cupful frozen peas
- 2 tbsp sunflower or olive oil
- 2 back bacon rashers
- 1 small red pepper
- 2 garlic cloves
- 2 large eggs
- 1 heaped tsp Chinese five-spice powder
- 2 spring onions

[View the full Easy egg fried rice recipe and cooking instructions](#)



Food-saving idea:

Fried rice is a useful way to use frozen vegetables and other small amounts of veg you already have at home.

MEAL 3 | EASY RISOTTO WITH BACON & PEAS | SERVES 4

A simple risotto with a short ingredient list, including frozen peas and ingredients many households may already have.

You'll need:

- 1 onion
- 2 tbsp sunflower or olive oil
- 1 knob butter
- 6 rashers bacon
- 300g risotto rice
- 1 litre hot vegetable stock
- 100g frozen peas
- Parmesan, to serve
- Salt and black pepper

[View the full Easy risotto with bacon & peas recipe and cooking instructions](#)



Food-saving idea:

Frozen peas keep well and can be used straight from the freezer, so there is less pressure to use the whole pack at once.

MAKE THE REST GO FURTHER

Eaten your three meals? Now make the most of everything else in your shop.

Store it.

Keep food where it will stay fresh for longer and move anything that needs using soon to the front of the fridge, so it does not get forgotten.

Freeze it.

Not going to use something in time? Check if you can freeze it. Bread, milk, fruit, vegetables and leftovers can all be saved for another day.

Use it again.

A few leftover ingredients can become tomorrow's lunch, a quick dinner or a snack. Vegetables can go into soups, curries or pasta sauces, while leftover meat can work in wraps, sandwiches or salads.

Not sure what to make?

Search the ingredients you have left for recipe ideas and see what you can make before buying anything else.

A little planning does not have to stop after your three meals. Store it, freeze it or use it again and get more from the food you have already paid for.

For more tips on how to save money and waste less food visit:

www.zerowastelcr.com/use-me-dont-bin-me/

