

Creative Recipes

To Use Your

Leftovers



END FOOD
WASTE ZA



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SOUTH AFRICAN
FOOD
LOSS & WASTE INITIATIVE

Leftover Roast Chicken & Vegetable Pie

"This is a cracking way to use up any bits of cooked chicken and tired-looking vegetables."



Ingredients:

For the filling:

- 2 tbsp olive oil or butter
- 1 onion, chopped
- 2 cloves garlic, crushed
- 200g leftover cooked chicken, shredded or diced
- 200g mixed leftover cooked vegetables (e.g., carrots, peas, broccoli, potatoes), roughly chopped is fine
- 400ml chicken or vegetable stock
- 2 tbsp plain flour
- 100ml milk or cream (dairy or non-dairy)
- Salt and black pepper to taste
- A handful of fresh herbs, chopped (e.g., parsley, thyme), if you have them

For the topping pick one:

- Puff Pastry: 300g ready-made puff pastry, rolled out
- Mashed Potato: 500g leftover mashed potato (or make fresh)

Instructions:

1. Preheat your oven to 190°C.
2. Heat the oil or butter in a large pan over a medium heat. Add the chopped onion and cook for 5-7 minutes until softened. Add the garlic and cook for another minute until fragrant.
3. Stir in the flour and cook for 1 minute, stirring constantly to form a roux. Gradually whisk in the stock, followed by the milk/cream, until the sauce is smooth and thickened.
4. Add the shredded chicken and mixed cooked vegetables to the sauce. Stir in the fresh herbs (if using) and season well with salt and pepper.
5. Spoon the filling into an ovenproof pie dish.
6. If using puff pastry: Place the pastry over the filling, trim the edges, and crimp to seal. Make a few small slits in the top.
7. If using mashed potato: Spoon the mashed potato over the filling and spread evenly. You can rough up the top with a fork for a nice crispy finish.
8. Bake for 25-30 minutes, or until the topping is golden brown and the filling is bubbling.
9. Serve hot with a fresh green salad.

Speedy Leftover

Rice Stir-Fry

Ingredients:

- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 piece of ginger (+- 2cm), grated
- 1 large carrot, finely diced or grated
- 1 pepper, finely diced
- 100g leftover cooked meat or tofu, diced works best
- 300g cold, leftover cooked rice
- 2 spring onions, chopped
- 2 tbsp soy sauce
- 1 tsp sesame oil
- 1 egg, lightly beaten

Instructions:

1. Heat the vegetable oil in a large wok or frying pan over a high heat.
2. Add the garlic and ginger. Then stir-fry for 30 seconds until fragrant.
3. Add the carrot and the pepper. Then stir-fry for 2-3 minutes until slightly tender-crisp.
4. Add the diced leftover meat or tofu and stir-fry for 2 minutes to heat through.
5. Add the cold rice, breaking up any clumps with your spoon. Stir-fry for 3-5 minutes, tossing constantly, until the rice is heated through and slightly crispy.
6. Pour in the soy sauce and stir well to coat everything.
7. Push the rice mixture to one side of the pan, pour the beaten egg into the cleared space, and scramble until just set. Then mix it into the rice.
8. Stir in the chopped spring onions and sesame oil.

"This is a fantastic way to transform leftover cooked rice into a quick and flavourful meal."



Classic Bread and Butter Pudding

"A wonderfully comforting dessert that's perfect for using up stale bread and any leftover milk or cream."



Ingredients:

- 4-6 slices of stale white bread
- 25g butter, softened
- 50g sultanas or raisins, or use other dried fruit (This ingredient is optional)
- 300ml milk
- 100ml cream or more milk if you're out of cream
- 2 large eggs
- 50g caster sugar
- 1 tsp vanilla extract (optional)
- Pinch of nutmeg (optional)
- 1 tbsp brown sugar for sprinkling (optional)



Instructions:

1. Preheat your oven to 170°C. Lightly butter a medium-sized ovenproof dish (about 20x15cm).
2. Butter one side of each slice of bread. Cut each slice into triangles or squares.
3. Arrange a layer of buttered bread in the bottom of your prepared dish, butter-side up. Sprinkle over half of the dried fruit (if using).
4. Repeat with another layer of bread and the remaining dried fruit. Finish with a final layer of bread.
5. In a jug, whisk together the milk, cream, eggs, caster sugar, and vanilla extract (if using) until well combined.
6. Gently pour the liquid mixture over the bread in the dish, making sure all the bread is well-soaked. You might need to gently press the bread down to help it absorb the liquid.
7. Leave to stand for 10-15 minutes to allow the bread to soak up the mixture.
8. Sprinkle with a little nutmeg and brown sugar (if using).
9. Bake for 30-40 minutes, or until the mixture is set and the top is golden brown and puffed up. A skewer inserted into the centre should come out clean.
10. Serve warm with a dollop of cream, ice cream, or custard.

Hearty Vegan Lentil and Vegetable Shepherd's Pie

"This is a really satisfying and wholesome meal that uses up leftover vegetables and can incorporate various pantry staples."

Ingredients:

For the filling:

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery sticks, diced
- 150g mushrooms, sliced (optional, but great for texture)
- **150g mixed leftover cooked vegetables roughly chopped**
- 1 tin (400g) green or brown lentils, drained and rinsed
- 1 tin (400g) chopped tomatoes
- 400ml vegetable stock
- 1 tbsp tomato purée
- 1 tsp dried mixed herbs (or fresh equivalent)
- Salt and black pepper to taste

For the topping:

- **700g chopped potatoes (or use leftover cooked potatoes)**
- 50ml plant-based milk (e.g., oat, soy, almond)
- 2 tbsp vegan butter or olive oil
- Salt and white pepper to taste

Instructions:

1. If using fresh potatoes for the topping, boil them in salted water for 15-20 minutes, or until very tender. Drain well and mash with the plant-based milk, vegan butter/olive oil, and salt and pepper until smooth and creamy. Set aside.
2. Preheat your oven to 190°C.
3. Heat the olive oil in a large, deep frying pan or pot over a medium heat. Add the chopped onion, carrots, and celery, and cook for 8-10 minutes until softened.
4. Add the minced garlic and sliced mushrooms (if using), and cook for another 5 minutes until the mushrooms have softened and released their liquid.
5. Stir in the tomato purée and dried herbs, and cook for 1 minute.
6. Add the drained lentils, chopped tomatoes, and vegetable stock. Bring the mixture to a simmer, then reduce the heat, cover, and let it gently simmer for 15-20 minutes, or until the sauce has thickened and the vegetables are tender.
7. Stir in any additional leftover cooked vegetables you have. Season the filling with salt and black pepper to taste.
8. Spoon the lentil and vegetable filling into an ovenproof pie dish.
9. Carefully spoon or pipe the mashed potato topping over the filling, spreading it evenly to cover completely. You can rough up the top with a fork for a nice texture.
10. Bake for 25-30 minutes, or until the topping is golden brown and the filling is bubbling around the edges.
11. Serve hot, perhaps with some steamed greens on the side.

