





**BEANS** or CHEESE or **VEGETABLES** 

**MEAT** CHICKEN



VEGETABLES or YOU VEGETABLES or COULD SOUR CREAM or SAUCE e.g. cranberry

**STEW CURRY** 



RICE or COUSCOUS or **VEGETABLES** or **BEANS** 





SAUCE e.g. satay or tomato or CHEESE or **EGG** 



**CINNAMON** or **OULD** CUSTARD or JAM

# HOW WILL YOU



## pie maker

PASTRY flaky or shortcrust **BREAD** MASHED POTATO on top



### muffin tin

PASTRY flaky, shortcrust or filo **BREAD** TOP WITH PASTRY or leave open



#### pie or oven dish

**BASE OPTIONAL or** PASTRY flaky, shortcrust or filo TOP WITH PASTRY or mashed vegetables



# free-form

PASTRY flaky or filo Make sure all of the filling is enclosed



for more recipes visit lovefoodhatewaste.co.nz

