



# HOW TO TURN LEFTOVERS into **PIES**



WHAT DO YOU HAVE TO  
**USE UP?**



MINCE

+  
**YOU  
COULD  
ADD**

BEANS or  
CHEESE or  
VEGETABLES



FISH  
MEAT  
CHICKEN

+  
**YOU  
COULD  
ADD**

VEGETABLES or  
SOUR CREAM or  
SAUCE e.g. cranberry



STEW  
CURRY  
CASSEROLE

+  
**YOU  
COULD  
ADD**

RICE or COUSCOUS or  
VEGETABLES or  
BEANS



VEGETABLES

+  
**YOU  
COULD  
ADD**

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



FRUIT

+  
**YOU  
COULD  
ADD**

CINNAMON or  
CUSTARD or  
JAM

ALWAYS  
**BLOW**  
ON THE  
**PIE**



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## HOW WILL YOU COOK IT? =



### *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

LOVE YOUR LEFT OVERS

for more recipes visit  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



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