

LOVE  
FOOD  
hate waste  
NEW ZEALAND

# RECIPE REMIX



RECIPE  
REVIEW

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# Introduction

Recipe Remix is all about unlocking the potential of your pantry staples. With a little creativity, those basic and often wasted ingredients can be transformed into various delicious dishes, saving you time, money and food by providing you with more than one meal idea.

The recipes in this cookbook have been designed with three common base ingredients that are often found in the pantry or are cheap to purchase. Using these base ingredients, you can make three distinct dishes that appeal to diverse tastes and are nutritionally balanced. For example, mince, lentils or mushrooms can be used to create Shepherd's pie, nachos or burritos.

To help prevent food waste, swap any ingredients listed in these recipes with family favourites. For leftovers, eat them for lunch the next day or pack them in a labelled container and freeze them.

## About Love Food Hate Waste NZ

Love Food Hate Waste NZ is a behaviour change programme aimed at informing individuals of the consequences of food waste and the benefits of its reduction both in terms of personal cost (financial savings) and environmental harm reduction (less waste to landfill, reduced harmful emissions from food break down, less food production needed or better distribution).

Through national campaigns, our aim is to get people to talk about and be aware of the food they waste, inspiring them to reduce their food waste at home.

With food security being talked about more and more, the cost of living rising, and an increasing number of people without enough food to eat, it's important that we do all we can to make the most of food.

RECIPE  
REMIX



# Cooking Tips

Cooking times will vary based on your appliances, so remember always to check that the food is cooked properly.

You don't need to peel your vegetables — even when you're making mashed potato — but make sure to wash them well. By keeping the skin on your vegetables, you are not only reducing food waste, you are also increasing the nutrients and fibre in your meals.

To use a stock cube, dissolve one cube in one cup of boiling water. Adjust the quantities as necessary to get the amount required for the recipe.

You can adjust flavourings and make substitutions to suit your family's preferences.

## Leftover Love

If you do have leftovers, take them for lunch the next day. It will save you time in the morning not having to make a sandwich before you rush out the door, and it will save you money as well. It is important to refrigerate your leftovers to keep them safe, or if you aren't going to eat them the following day, then freeze them.

When it comes to leftovers, remember the 2-2-2 rule:

- You have 2 hours to get your leftovers into the fridge
- You should eat them within 2 days
- They will last for at least 2 months in the freezer

# Storage Tips

How you store your food has a huge impact on how long it lasts. Store bread, hamburger buns and pita breads in the freezer to keep them fresh and stop them growing mould.

Keep cheese tightly wrapped in its packaging or a plastic bag to stop it from drying out. If cheese grows mould, it is safe to cut the mould off and still eat the cheese.

Store potatoes and onions in cool, dark places, but keep them separate from each other (e.g. in separate cupboards). If they are stored next to each other, they will go bad much faster.

Unless you will eat your meat within two days of buying it, you should always put it in the freezer. Not only will this ensure that it stays fresh, it also means that it will be safe to eat after the use-by date has passed.

If you have leftover cooked rice, you can freeze it. Leftover cooked rice is safe to eat, provided it is cooled quickly and reheated until it is piping hot. One way to cool rice quickly is to spread it over a large tray and then pop it into the fridge as soon as it is cool. Another way is to rinse the rice under cold water.

## Freeze it baby

Did you know that you can freeze almost anything? Avocados? Yes! Chocolate? For sure. Wine? Why not!

Use your freezer like a pause button, and make sure you label everything that goes inside with what it is and a date in order to avoid UFOs (unidentified frozen objects)!

Always defrost leftovers completely in the fridge or microwave. Cook within 24 hours of defrosting until piping hot and DO NOT RE-FREEZE!

# Remix Tips

Use these recipes as a starting point for ideas and inspiration to make your own recipe remix. Using what you already have in your fridge, freezer, and pantry and using them first is a great way to make your food go further.

There are many easy swaps you can make to these recipes or most meal recipes; the key thing is to use what you've got already or swap recipe ingredients for ones you and your household like so the food gets eaten.

Any substitutions and changes of ingredients may affect some of the flavour or texture, but it can still be as tasty. Check out some swap or addition ideas below.

## Easy swaps

Dried and tinned pulses such as lentils, beans, peas, and chickpeas can be swapped or combined with meat proteins. As an example, combining 200g mince with one can of lentils or black beans is a great way to have the best of both and introduce incorporating plant proteins in meals, especially if this is not as familiar to the taste buds. Fish is also great to add to the weekly menu; use fresh or tinned.

Using coconut milk, yoghurt, and other non-dairy alternatives instead of milk, butter, and other dairy products is an easy swap in most recipes.

Rolled oats, crushed cereal and crackers (you can even use stale ones) are some ideas for tasty ingredient substitutes that can be used instead of breadcrumbs. Or you can make your own by crumbling up stale bread.

# Remix Tips

## Flavour boosters

Spice things up! Dried spices and herbs can boost the flavours without adding extra salt, and they have a good shelf life, too. If a Mexican spice mix is what you fancy, combine dried cumin, coriander, smoked paprika, and chilli powder (for extra heat).

Onions and garlic are also fantastic ingredients to add depth of flavour to meals and sauces, plus they are nutritious.

Other seasoning ingredients like balsamic vinegar and Worcestershire sauce can also lift the flavours, especially in stews, mince mixes, and marinades.

## Nutrient boosters

Nuts and seeds are a quick and easy addition to meals, either stirred through or as a topping, and even though they are small, they are packed with nutrients such as fibre, protein, healthy fats and a variety of vitamins and minerals. Some examples of seeds are pumpkin, sunflower, sesame, chia, poppy, and flaxseed. Almonds, cashews, walnuts, and Brazil nuts are some examples of nuts.

Store them in your fridge and sprinkle them over your meals.



# BURGERS THREE WAYS

# Beef Burger

## Ingredients

### **Patty**

400g mince  
1 cup breadcrumbs  
1 egg  
Salt and pepper  
Your favourite dried herbs and spices, optional

### **To assemble**

Buns  
Your favourite sauces  
4 cups loosely packed leafy salad or slaw

### **Optional additions**

Pineapple  
Beetroot  
Fried egg  
Mayonnaise  
Relish  
Tomato sauce  
Fried mushrooms or onions

## Instruction

1. Combine patty ingredients in a large bowl. Mix until well combined, then form into 4-6 balls and flatten to about the same width as the bun and place on a large plate.
2. Cook patties in a hot pan with a drizzle of oil until golden and cooked through.
3. Toast the buns if desired.
4. Assemble the burgers by spreading the sauce on the buns, and top with the patty, salad and any other filling ingredients, if you'd like.
5. Serve and enjoy.

Tip: Serve any remaining salad and veggies as a side salad with the burger.



**Prepare Time**

15 - 20 Minutes



**Cook Time**

20 Minutes



# Fish Burger

## Ingredients

### **Patty**

1 can (400g) fish in  
spring water, drained  
½ cup breadcrumbs  
2 eggs  
Salt and pepper  
Your favourite dried  
herbs and spices,  
optional  
Flour, for coating

### **To assemble**

Buns  
Your favourite sauces  
4 cups loosely packed  
leafy salad or slaw

### **Optional additions**

Pineapple  
Beetroot  
Fried egg  
Mayonnaise  
Relish  
Tomato sauce  
Fried mushrooms or  
onions

## Instruction

1. Combine patty ingredients, except the flour, in a large bowl. Mix until well combined, then form into 4-6 balls and flatten to about the same width of the bun. Lightly coat each patty in flour, dusting off any excess and place on a large plate.
2. Cook patties in a hot pan with a drizzle of oil until golden and cooked through.
3. Toast the buns if desired.
4. Assemble the burgers by spreading the sauce on the buns, and top with the patty, salad and any other filling ingredients, if you'd like.
5. Serve and enjoy.

**Tip:** Serve any remaining salad and veggies as a side salad with the burger.



**Prepare Time**

15 - 20 Minutes

**Cook Time**

15 Minutes

# Black Bean Burger

## Ingredients

### **Patty**

2 cans (800g) black beans, drained and rinsed  
1 cup breadcrumbs  
2 eggs  
Salt and pepper  
Your favourite dried herbs and spices, optional  
Flour, as needed

### **To assemble**

Buns  
Your favourite sauces  
4 cups loosely packed leafy salad or slaw

### **Optional additions**

Pineapple  
Beetroot  
Fried egg  
Mayonnaise  
Relish  
Tomato sauce  
Fried mushrooms or onions

## Instruction

1. Mash the black beans in a large bowl. Add the remaining patty ingredients and mix until well combined. Form into 4-6 balls and flatten to about the same width of the bun and place on a large plate.
2. Cook patties in a hot pan with a drizzle of oil until golden and cooked through.
3. Toast the buns if desired.
4. Assemble the burgers by spreading the sauce on the buns, top with the patty, salad and any additional filling ingredients, if desired.
5. Serve and enjoy.

Tip: Serve any remaining salad and veggies as a side salad with the burger.



### **Prepare Time**

15 Minutes



### **Cook Time**

10 Minutes



# MINCE/ LENTILS THREE WAYS



# Shepherd's pie

## Ingredients

- Cooking oil
- 400g mince
- 1 can (400g) whole or chopped tomatoes
- Approx. 2 cups chopped fresh veggie or frozen veggies
- Your choice of seasoning (herbs, spices)
- Salt and pepper
- Approx. 2 cups mashed veggies eg. potato, kūmara, pumpkin, parsnip, cauliflower, swede

### Optional Additions:

- 1 onion, finely diced
- Grated cheese
- Salad, to serve

## Instruction

1. Heat a drizzle of oil in a large pot or pan over medium-high heat.
2. If using onion, add to the pan and sauté for a few minutes or until softened.
3. Sauté mince for 10-12 minutes or until browned.
4. Add canned tomatoes, vegetables and your choice of seasoning.
5. Simmer for 10-15 minutes or until heated through. Season to taste with salt and pepper. Turn off the heat and remove from the stove.
6. Heat oven to 180°C fan bake and lightly grease a baking dish.
7. Pour the pie filling into the prepared dish.
8. If using cheese, mix through the mash.
9. Top the pie with the mash and bake for 25-30 minutes or until golden and bubbling.
10. Let cool for 5-10 minutes, then serve. Accompany with a side salad if desired.

Tip: Once you've added in the canned tomatoes, fill the can  $\frac{1}{3}$  of the way up with water, swirl and add to the pan.

For a vegetarian option, substitute the mince for 250g finely diced mushrooms and 2 cans (800g) of lentils or beans.



### Prepare Time

20 Minutes



### Cook Time

30 Minutes

# Nachos

## Ingredients

- Cooking oil
- 2 cans (800g) lentils/beans, drained and rinsed
- 1 can (400g) chopped or whole tomatoes
- Approx. 2 cups chopped fresh veggies or frozen veggies
- Your choice of seasoning (herbs, spices)
- Salt and pepper
- Corn Chips

### *Optional Additions/ Toppings:*

- 1 onion, finely diced
- Grated cheese
- Salsa
- Guacamole
- Sour cream
- Plain yoghurt

## Instruction

1. Heat a drizzle of oil in a large pot or pan over medium-high heat.
2. Add onion to the pan and sauté for a few minutes or until softened.
3. Add lentils, canned tomatoes, vegetables and your choice of seasoning.
4. Simmer for 10-15 minutes or until heated through. Season to taste with salt and pepper.
5. To assemble the nachos, place corn chips on a plate or a shallow bowl, top with the hot tomato mixture and your choice of topping, then serve.

Tip: Once you've added in the canned tomatoes, fill the can  $\frac{1}{3}$  of the way up with water, swirl and add to the pan.

Substitute lentils/beans for 400g mince or a combination of 200g mince and one can of lentils/beans and sauté for 5-10 minutes or until browned before adding the tomatoes.



**Prepare Time**

15 -20 Minutes

**Cook Time**

10 - 15 minutes



# Burritos

## Ingredients

- Cooking oil
- 250g mushrooms, finely diced
- 2 cans (800g) lentils/beans, drained and rinsed
- 1 can (400g) chopped or whole tomatoes
- Approx. 2 cups chopped fresh veggies or frozen veggies
- Your choice of seasoning (herbs, spices)
- Salt and pepper
- Tortilla wraps

### *Optional Additions/ toppings:*

- 1 onion, finely diced
- Grated cheese
- Salsa
- Guacamole
- Sour Cream
- Refried beans
- Coleslaw
- Salad, to serve

## Instruction

1. Heat a drizzle of oil in a large pot or pan over medium-high heat.
2. If using onion, add to the pan and sauté for a few minutes or until softened.
3. Sauté mushrooms for 10-15 minutes or until softened.
4. Add canned lentils/beans, tomatoes, vegetables and your choice of seasoning.
5. Simmer for 10-15 minutes or until heated through. Season to taste with salt and pepper.
6. To assemble the burritos, place a tortilla on a plate, and add your choice of toppings and the hot burrito filling. Fold and roll the tortilla to make a burrito, then serve.

Tip: Once you've added in the canned tomatoes, fill the can  $\frac{1}{3}$  of the way up with water, swirl and add to the pan.

Substitute mushrooms and lentils/beans for 400g mince or two cans (800g) drained and rinsed lentils/beans, or a combination of mince and lentils/beans.



### Prepare Time

15 -20 Minutes

### Cook Time

10 - 15 minutes

# RICE BOWLS THREE WAYS



# Salad Bowl

## Ingredients

- Approx. 1 ½ cups rice
- Approx. 4 cups fresh or frozen veggies
- Your choice of seasoning (herbs, spices)
- 1 can (400g) canned fish in spring water, drained

## *Additional topping suggestions*

- Cucumber, beetroot, carrots, edamame, onion, radish, mung beans, seaweed, canned pineapple, drained, roasted peanuts, sesame, pumpkin or sunflower seeds, mayonnaise, chipotle sauce

## Instruction

1. Cook rice per packet instructions.
2. Prepare vegetables by steaming, stir-frying or roasting with your choice of seasoning. If using salad, rinse if required.
3. To serve, scoop the rice into bowls and top with the veggies and canned fish.
4. Add your desired toppings, then serve and enjoy.

Tips: If you know the amount of rice you normally cook that suits your household, cook that instead. For any leftover rice, cool it down quickly, and store it in a labelled container in the fridge or freezer.

Substitute fish for 400g mince, chicken, tofu, or eggs. Simply season with salt and pepper and pan fry or bake with a drizzle of oil until cooked through. For a vegetarian option, try two cans (800g) of drained and rinsed chickpeas or beans, pan fry or roast in the oven with your choice of seasoning. You can mix it up and use a can of chickpeas and a can of beans for this salad bowl.



### Prepare Time

15 Minutes

### Cook Time

25 Minutes

# Burrito Bowl

## Ingredients

- Approx. 1 ½ cups rice
- Approx. 4 cups fresh or frozen veggies
- Your choice of seasoning (herbs, spices)
- 2 cans (800g) chickpeas/beans, drained and rinsed
- Mexican spice mix or paprika and cumin
- Salt and Pepper

## *Additional topping suggestions*

- Cucumber, beetroot, carrots, edamame, onion, radish, mung beans, seaweed, canned pineapple, drained, roasted peanuts, sesame, pumpkin or sunflower seeds, mayonnaise, chipotle sauce

## Instruction

1. Cook rice per packet instructions.
2. Prepare vegetables by steaming, stir-frying or roasting with your choice of seasoning. If using salad, rinse if required.
3. Pat the chickpeas dry with a paper towel, then pan fry or roast with a drizzle of oil until golden. Toss with Mexican spice mix, salt and pepper.
4. To serve, scoop the rice into bowls, and top with the veggies and chickpeas.
5. Add your desired toppings, then serve and enjoy.

**Tips:** If you know the amount of rice you normally cook that suits your household, cook that instead. For any leftover rice, cool it down quickly, and store in a labelled container in the fridge or freezer. Substitute chickpeas for 1 can (400g) drained canned fish or alternatively 400g mince, chicken or tofu, or eggs. Simply season with salt and pepper and pan fry or bake with a drizzle of oil until cooked through.



**Prepare Time**

15 Minutes

**Cook Time**

25 Minutes



# Teriyaki Bowl

## Ingredients

Approx. 1 ½ cups rice  
Approx. 4 cups fresh or frozen veggies  
Your choice of seasoning (herbs, spices)  
400g mince, chicken or tofu  
2 tbsp soy sauce  
2 tsp sugar

### *Additional topping suggestions*

Cucumber, beetroot, carrots, edamame, onion, radish, mung beans, seaweed, canned pineapple, drained, roasted peanuts, sesame, pumpkin or sunflower seeds, mayonnaise, chipotle sauce

## Instruction

1. Cook rice per packet instructions.
2. Prepare vegetables by steaming, stir-frying or roasting with your choice of seasoning. If using salad, rinse if required.
3. Mix your chosen protein with soy sauce and sugar, then pan-fried with a drizzle of oil until cooked through.
4. To serve, scoop the rice into bowls top with the veggies and your chosen protein.
5. Add your desired toppings, then serve and enjoy.

**Tips:** If you know the amount of rice you normally cook that suits your household, cook that instead. If you have leftover rice, cool it down quickly and store it in a labeled container in the fridge or freezer. Substitute mince, chicken or tofu for one can (400g) of drained canned fish or, alternatively, two cans (800g) of drained and rinsed chickpeas or beans. You can mix it up and use a can of chickpeas and a can of beans for this teriyaki bowl.

To make a thicker teriyaki sauce, mix cornflour and water in a small bowl until well combined, then add the towards the end of cooking.



### Prepare Time

15 Minutes

### Cook Time

25 Minutes

# PASTA THREE WAYS



# Creamy Pasta

## Ingredients

- ½ packet (250g) dried pasta
- 400g cooked shredded chicken
- 2-3 cups chopped fresh veggies or frozen veggies
- 2 tbsp oil
- Approx. 2 cups stock or water
- 2 cups milk
- Salt and pepper

### *Optional additions/toppings*

- Grated cheese
- Fresh herbs (basil, parsley, sage etc.)
- Extra veggies (steamed, roasted, fresh leafy salad or crisp slaw)

## Instruction

1. Combine pasta, chicken, veggies, oil, stock or water and milk in a large pot. Stir to combine, then bring to a simmer over medium-high heat.
2. Simmer for 10 minutes or until most of the liquid is absorbed and the pasta is almost cooked, stirring occasionally.
3. Season with salt and pepper to taste.
4. Finish by adding your choice of toppings and serve with extra veggies if desired.

Tip: If cooking for a larger family or members with a larger appetite, increase the ingredient quantities. Substitute chicken for two cans (800g) of drained and rinsed lentils or one can (400g) of drained canned fish. If using canned fish, mix through at the end.



### Prepare Time

10 Minutes

### Cook Time

15 Minutes

# Lemon Pasta

## Ingredients

½ packet (250g) dried pasta  
2 cans (800g) lentils, drained and rinsed  
2-3 cups chopped fresh veggies or frozen veggies  
2 tbsp oil  
Approx. 3 cups stock or water  
2 lemons, zested and juiced  
Salt and pepper

*Optional additions/toppings*

Grated cheese  
Fresh herbs (basil, parsley, sage etc.)  
Extra veggies (steamed, roasted, fresh leafy salad or crisp slaw)

## Instruction

1. Combine pasta, lentils, veggies, oil, stock, lemon juice zest and 1 cup of extra water in a large pot. Stir to combine, then bring to a simmer over medium-high heat.
2. Simmer for 10-15 minutes or until most of the liquid is absorbed and the pasta is cooked, stirring occasionally.
3. Season with salt and pepper to taste.
4. Finish by adding your choice of toppings and serve with extra veggies if desired.

**Tip:** If cooking for a larger family or members with a larger appetite, increase the ingredient quantities. Substitute lentils for 400g cooked shredded chicken or one can (400g) drained canned fish. If using canned fish, this can also be mixed through at the end.



**Prepare Time**

15 Minutes

**Cook Time**

15 Minutes



# Tomato Pasta

## Ingredients

½ packet (250g) dried pasta  
2-3 cups chopped fresh veggies or frozen veggies  
2 tbsp oil  
Approx. 3 cups stock or water  
1 can (400g) chopped tomatoes  
Salt and pepper  
1 can (400g) canned fish in spring water, drained

## *Optional additions/toppings*

Grated cheese  
Fresh herbs (basil, parsley, sage etc.)  
Extra veggies (steamed, roasted, fresh leafy salad or crisp slaw)

## Instruction

1. Combine pasta, veggies, oil, stock and tomatoes in a large pot. Stir to combine, then bring to a simmer over medium-high heat.
2. Simmer for 10-15 minutes or until most of the liquid is absorbed and the pasta is cooked, stirring occasionally.
3. Stir through canned fish and season with salt and pepper to taste.
4. Finish by adding your choice of toppings and serve with extra veggies if desired.

Tip: If cooking for a larger family or members with a larger appetite, increase the ingredient quantities. Substitute canned fish for 400g cooked shredded chicken or 2 cans (800g) drained and rinsed lentils. Once you've added in the canned tomatoes, fill the can halfway with water and add to the pot.



### Prepare Time

15 Minutes



### Cook Time

15 Minutes

# SOUPS THREE WAYS



# Creamy Soup

## Ingredients

- Approx. 8 cups stock or water
- 6-8 cups chopped veggies or frozen veggies
- Your favourite herbs and spices
- 1 can (400ml) coconut milk or 300ml cream or 2 cups milk
- Approx. 2 cups cooked shredded chicken
- Salt and pepper

## Instruction

1. Place stock and veggies in a large pot. Bring to a boil over medium-high heat.
2. Add herbs and spices and curry powder if using. Simmer until the vegetables are soft.
3. Remove from the heat and add coconut milk.
4. Blend until smooth using a stick blender.
5. Place the soup back on the heat and cook until heated through.
6. Stir through the chicken and cook for a few minutes or until the chicken is heated through.
7. Season to taste with salt and pepper. Serve and enjoy.

## *Optional additions*

- Curry powder or curry paste

Tip: Substitute chicken for 1-2 cans of drained and rinsed beans or lentils. Dried lentils or split peas also work well in this dish, so you don't need to stick with canned for this one.



### Prepare Time

15 Minutes

### Cook Time

30 Minutes



# Hearty Soup

## Ingredients

Approx. 8 cups stock or water  
6-8 cups chopped veggies or frozen veggies  
1-2 cans beans/lentils, drained and rinsed  
Your favourite herbs and spices  
2 cans chopped tomatoes, optional  
Salt and pepper

### ***Optional additions***

Curry powder or paste  
Pesto

## Instruction

1. Place stock, veggies and beans in a large pot. Bring to a boil over medium-high heat.
2. Add herbs, spices and curry powder if using. Simmer until the vegetables are cooked to your liking.
3. Season with salt and pepper to taste.
4. If using pesto, stir through the soup.
5. Serve and enjoy.

Tip: Substitute the beans/ lentils for 2 cups of cooked shredded chicken. Dried lentils or split peas also work well in this dish, so you don't need to stick with canned for this one.



### **Prepare Time**

15 Minutes



### **Cook Time**

30 Minutes

# Noodle Soup

## Ingredients

- Approx. 8 cups stock or water
- 6-8 cups chopped veggies or frozen veggies
- Approx. 2 cups cooked shredded chicken
- Your favourite herbs and spices
- 250g dried noodles or spaghetti
- Salt and pepper

### *Optional additions*

- Curry powder or paste
- Pesto

## Instruction

1. Place stock or water, veggies and chicken in a large pot. Bring to a boil over medium-high heat.
2. Add herbs, spices, noodles and curry powder if using. Simmer until the vegetables and noodles are cooked to your liking.
3. Season with salt and pepper to taste.
4. If using pesto, stir through the soup.
5. Serve and enjoy.

Tip: Substitute chicken for 1-2 cans drained and rinsed beans/lentils.



### Prepare Time

15 Minutes

### Cook Time

25 Minutes



# Acknowledgements

The premise of this book came together after discussions around recent behaviour change research projects in reducing household food waste, with the Love Food Hate Waste NZ team agreeing that education on flexible cooking was a great way forward.

The recipes in this book are meant to be used as a guide to your own creative cooking skills in the kitchen, and we would like to thank Gel Lim for her time in developing each of these recipes. We love your creative touch.

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As always, thank you to the Love Food Hate Waste NZ supporters who provide us with tips, tricks and feedback on all of our Love Food Hate Waste projects. Together, we can reduce the amount of food we send to the bin and make a positive impact on the environment.

Ngā mihi nui.



For more great recipes & food-saving tips visit [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz)