

Feed Bellies, Not Bins!



Carrots

How many times have you bought a bag of carrots and then struggled to use them all before they've gone bendy?

Or bought a bag of apples, forgetting you've not eaten last week's yet?

Be inspired to use it all and lighten the load for the recycle bin collectors.

Carrot and Beetroot Salad

Ingredients:

- Carrots
- Beetroot (raw)
- Olive oil

Method:

Peel the beetroot, but no need to peel the carrots.

Grate your carrots and beetroot (as much or little as you like).

Combine in a bowl with a drizzle of olive oil, and season to taste. Mix well and serve with sandwiches, or with a BBQ.



Coleslaw

Ingredients:

- Carrots
- Cabbage (red or white)
- Red onion
- Mayonnaise
- Plain yoghurt
- Lemon juice



Method:

Grate your carrots. Thinly shred the cabbage.

Finely dice your red onion (as much as you like, depending on your preferences for onions)

Mix vegetables together in a large bowl, then add a mixture of mayonnaise and yoghurt with a drizzle of lemon juice. Season to taste and mix until well combined.

Add more yoghurt/mayo if necessary (it's always easier to start with less and add more).

Serve as a side dish, or in a sandwich!



Bolognese

Add grated carrots to any Bolognese style dish (e.g. spaghetti Bolognese, meatballs and sauce – in the meatballs or the sauce! – cottage pie or chilli).

Mix them into the sauce and allow to cook for 5 minutes or so before serving.



Soup

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed or finely chopped (or garlic granules)
- 3 medium carrots, finely chopped
- 3 medium sweet potatoes or half a butternut squash, chopped into small-ish cubes
- 1L vegetable stock (using 1-2 stock cubes)
- Salt and pepper to taste



Method:

Heat the oil over a medium heat and cook the onion for 5 minutes, then add the garlic, carrots and sweet potato, cook for a further 5 minutes, stirring frequently

Stir in the vegetable stock, simmer for 20 minutes until vegetables are soft.

Allow to cool slightly, blend until smooth add some milk to loosen if needed.

Season the soup with salt and pepper to taste, then serve.

Carrot cake

Ingredients:

- 4-5 medium-sized carrots – grated (about 250g in total)
- 150g raisins/sultanas
- 150g whole wheat flour
- 1 tablespoon of cinnamon
- 1-2 teaspoons of baking powder
- 2 medium-large ripe bananas
- 2 large or 3 medium sized eggs

Method:

1. Preheat the oven to 180-200°C
2. Put grated carrots, raisins, flour, cinnamon and baking powder in a large mixing bowl and mix well
3. Peel the bananas, break each into 4-5 chunks and add to another bowl.
4. Mash the bananas with a fork until they become runny
5. Crack the eggs into the bowl with the mashed banana, and mix these really well together
6. Add the eggs and banana to the carrot mixture and mix until well combined and sticky
7. Divide the mixture between muffin cases, or pour into a lined cake or loaf tin
8. Bake for 20-25 minutes for muffins, or 35-40 minutes for cakes
9. Once cooked, carefully take muffins out of the tray or cake out of the tin and leave to cool on a wire rack

