

Feed Bellies, Not Bins!



Potatoes

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.

This time, we look at potatoes...

Potato Wedges

Ingredients:

- Potatoes or sweet potatoes
- Olive oil
- Seasoning of choice – salt and pepper/Cajun spice/garlic and thyme...

Method:

No need to peel your potatoes! In fact, the skins are really good for you.

Simple chop them into wedges or chips (roughly the same size as each other).

Place them in a roasting tray, drizzle with olive oil and top with seasoning – shake and mix well to get an even covering. If you only have a shallow baking tray, mix in a large bowl first, then transfer to the tray.

Place in an oven at 180-200°C for 30-40 minutes, until crispy and golden (thicker cut chips will take longer). You'll need to shake/turn them at least once during the cooking time.

Serve on their own with dips, or as a side dish.



Easy Roasties

Ingredients:

- Potatoes (any type – yes, some may be 'ideal' for roasting, but you can honestly use any!)
- Olive oil
- Seasoning of choice - garlic, thyme, mint, rosemary, oregano, salt, pepper...



Method:

No need to peel these either! The skins even help roasties go nice and crispy, so don't waste them.

Chop up the potatoes into cubes of any size – the bigger they are, the longer they'll need to cook, but it doesn't matter as long as they are all roughly the same.

No need to parboil! Save time and energy by skipping this step – just pop the oven on.

Place them in a baking tin, drizzle with olive oil and add your seasoning. Shake and mix well.

Place them in the oven at 180-200C for 30-45 minutes, until crispy and golden (they may need longer if they are particularly chunky)

Serve with a roast dinner, baked fish, or ratatouille, for example.

Potato Salad

Ingredients:

- New potatoes (approx. 3-4 per person) or regular potatoes (1 per person)
- 100g Natural or Greek style yoghurt
- Squeeze of lemon juice (approx. 1 tablespoon)
- Salt and pepper
- Handful of mint leaves (optional) – chopped or torn into small pieces

Method:

- 1) Fill the kettle and put it onto boil
- 2) Chop potatoes into small-ish chunks – about 1-inch cubes
- 3) Place potatoes in the saucepan and cover with boiling water. Allow to simmer until just soft – approx. 15 minutes.
- 4) Once cooked, drain potatoes. Either you can leave these to cool for a while (at least 1 hr) or you can run them under cold water for a minute or 2. Make sure they are drained well before moving on.
- 5) Place potatoes in mixing bowl, and add yoghurt, lemon juice, and mint leaves.
- 6) Mix well, and add salt and pepper to taste.