

# Sustainable eating

## Saving time, money and the planet







## Introduction.

Hi, I'm eco-chef Tom Hunt, a climate change activist, food writer and Dad of a very opinionated three-year-old. I believe food has the power to reconnect us with nature and regenerate both our personal and planetary health. I teach people to cook simple, plant-rich whole foods with zero waste through my recipes, articles, talks and TV appearances.

I've collaborated with Food & Drink Wales to provide you with a wealth of tips, ideas and recipes to help you improve the quality of your food whilst at the same time aiming to reduce the cost of your weekly food and energy bills.

---

I've worked with food my whole life, from a pig farm in Dorset to my time at River Cottage working alongside Hugh Fearnley-Whittingstall. I now cook for my family every day, feeding them the best food I can on our budget. My experience working as a food journalist and activist has taught me that how we eat has the power to improve not only our health, but that of our local and global communities, and even the environment. Everything is connected through our food web, the locations from where our ingredients come from and how they got to us.

In 2011 I was invited to create a feast for 200 people out of food that would otherwise be wasted. This was a turning point in my career and when I decided to focus all my energy on helping people to cook the best food they can.

In this guide I aim to pass on some of my top tips about the small (and big) life changes you can make to help save you money and time, whilst supporting our planet. Think of this guide as a starting point to help you eat for pleasure, people and the planet.

We're all facing an increase in living costs. Energy bills are going up along with a rapid rise in food bills, so I know that if we are going to eat well for the planet, it has to work well for us financially too.

It can be easy to think that eating in a way that is good for the environment means expensive ingredients, but that doesn't need to be the case. Eating well for the planet can increase the quality and nutrition of our food all whilst saving us money.

For me, it's about saving waste, energy and our time through clever cooking, centring our weekly shop around seasonal, local fruit and vegetables and whole foods and buying better produce when we can. However, this doesn't mean that there is any such thing as good or bad food. The important thing is that we eat the best food we can.

I'll be showing you how you can get involved by following a value based approach to food, which I call 'Root to Fruit Eating'.

**'Eat for pleasure'**, where you can **'eat whole foods'**, and importantly **'eat the best food you can'** source and afford.

*Tom Hunt*

# What is climate change and 'food sustainability'?





---

## Climate change

Climate change refers to the shift in our planet's usual weather conditions – we have all noticed a change in the weather and felt the effects of climate breakdown through our food. Whether it's a farmer experiencing abnormal weather conditions, an industry professional watching food costs rise, or a consumer seeing food shortages on our shelves.

Temperatures across the globe are getting hotter due to human activity, putting mankind, wildlife and the planet at risk. But it's not too late. Collectively we are in an incredible position to help mitigate climate change with the knowledge of how our actions are impacting the planet.

**21-37% of global GhG emissions** are attributable to food systems. Together, through making better choices, we can help play our part.

## Food sustainability

Food sustainability is an approach to food that considers how our nutrition impacts the world around us from an environmental, social and economic perspective. It is centred around how we can meet our needs without obliterating the earth's natural resources so that future generations are able to meet their needs. Food sustainability demonstrates our food's connectivity to people and planet.

Food sustainability is an holistic approach to our food which also considers a whole combination of factors coming together, such as how we produce our food, how it is packaged and then distributed, consumed and recycled. We are all concerned about the cost of living crisis and food poverty, both are very real issues facing our communities and others, up and down Wales. The tips in this toolkit will help show how the simple things can make a difference to the planet and your pocket.

## Eating sustainably on a budget

Eating sustainably is one of the simplest and most cost-effective ways to reduce your carbon footprint. A box, bag or basket of seasonal fruit and vegetables is the keystone to our sustainable diets. Buying local, seasonal produce will improve your personal health, support your community, reduce your carbon footprint and possibly could save you money.

Shifting our diets by making small changes, such as reducing food waste, buying more local, seasonal produce, eating whole grains and more fruit and vegetables, has a huge collective impact on our food system.

I'm a big advocate of planning meals but sometimes, particularly if time is tight, having a dig around in the fridge and cupboards to invent a meal, is a great way to use up those bits that are hanging around at the back. You'd be surprised what you can make, from casseroles to frittata. When you do plan a recipe, be creative and experiment by replacing ingredients in the recipe with what you already have.



# 5

## ways to eat sustainably on a budget.

### Eat the whole vegetable

Root greens like beetroot leaves and carrot tops, herb stalks and veg peelings are delicious and rich in micronutrients and fibre. Incorporate the whole vegetable into your dishes from root to fruit. Root greens can replace regular greens, herb stalks are fine to use when chopped finely and it's easier not to peel your veg. Fresh vegetables and salads are the most wasted food group in the UK, making up **28% of edible food waste**. Try cooking beetroot tops like spinach, serving radish tops in a salad or whizzing carrot leaves up into a pesto – check out another way of using every part of root greens including beetroot leaves, carrot tops and radish leaves in my **chimichurri sauce** that accompanies barbequed summer veggies.

---

## Know your sell / use by dates

'Sell by' and 'best before' dates are there to make sure food gets to our homes in as perfect condition as possible. But remember, food is perfectly fine to eat and just as delicious right up until midnight on the 'use by' date.

**Food Standards Agency** has all the information you need on best before and use by dates including defrosting your food correctly.

Did you know that lettuce is one of our most wasted household ingredient mainly because it usually has such a short best before date? A report into food surplus and waste by **WRAP**, the Waste and Resources Action Programme, confirms that every day in UK homes, we throw away approximately **86,000 whole lettuces!** If you have a tired lettuce head, you can grill it and turn it into something special. Chop a lettuce into wedges, drizzle with oil and salt, and lay on a hot griddle or frying pan. Char on each side and serve with a squeeze of lemon or dress with mayo and a handful of crushed toasted nuts. Lettuce can also be used in place of other leafy greens like spinach, or upcycled into delicious soups and stews.

---

## Eat local, seasonal food

Local, seasonal produce is often cheaper than imported exotic fruit and vegetables even when it is organic! For example, a locally grown squash is more nutritious and cost friendly than an imported bell pepper.

Local, seasonal fruit and vegetables are the keystone of any sustainable diet! Supporting local and sustainable food systems and communities with fewer food miles and less waste (which occurs at every point along the food chain).

Don't forget; 'wonky' or mis-fit fruit and veg may not look perfect but they taste just the same! You can find a list of seasonal fruit and veg in the toolkit and I have a **wonky veg recipe** on my website you can try too.

---

## Eat for personal and planetary health

A wholefood plant-rich diet is economical, nutritious and planet-friendly but that doesn't mean that you need to cut out meat from your diet altogether. Instead, consider eating better quality meat as part of a balanced diet.

A healthy balanced diet should include protein, either from meat, fish and eggs or/and non-animal sources such as beans, peas and lentils. Whole foods and minimally processed ingredients, like wholegrains (e.g. brown rice, barley and millet), dried pulses (i.e. beans, peas and lentils) and whole grain flour, brown bread and pasta are economical, hyper-nutritious and good for your heart.

---

## Produce no waste

Love your leftovers, be creative, store food correctly and plan to use up surplus each week.

Remove vegetables from any plastic wrapping so they can breathe, keep fresh fruit and vegetables in the fridge below 5°C, store root vegetables in a dark cupboard and store cheese and meat in sealed containers. Bananas and onions can ripen other fruit and veg so keep them separately.

Batch cook a pot-luck-meal (including versatile recipes like smoothies, soups, stew and curry) once a week to use up your old ingredients. Leftovers save time and provide a free meal. Durable vegetables like roots, cabbages, apples, squash, and onions keep well so buy in bulk whilst buying smaller quantities of herbs, soft fruits, salad and leafy greens.



---

## Tips on how to source sustainable fish.

Buying fish that is from a sustainable source isn't easy. This is where certification bodies such as the Marine Stewardship Council (MSC), with the easy to spot blue label, can help us to make more sustainable choices. Even with certifications such as the MSC, there are other sustainability factors to consider.

Choosing products with the MSC blue label allows you to enjoy eating seafood in the knowledge you have made a positive choice to support well-managed fisheries.

**The Good Fish Guide** is a handy comprehensive and science-led guide to buying sustainable fish. It states clearly which fish are the best sustainable choice, and which fish to avoid, with an easy to understand traffic light system. It's very easy to use and I recommend referring to it whenever buying fish to ensure you make the best sustainable choice.

## Tips on how to source quality meat.

Meat is a popular and nutritious food source. We can do more to celebrate our meat, heritage and culture by purchasing better quality meat from small local farms. Meats such as chicken, pork, lamb and beef can boost our nutrition whilst still reducing our environmental impact if we eat better quality meat. Good local butchers should be able to tell you where their meat came from and how it was farmed.

**Hybu Cig Cymru - Meat Promotion Wales** has an ambition to make sheep and cattle farming in Wales a global exemplar of how to produce quality food, sustainably and efficiently. It promotes a non-intensive 'Welsh Way' of farming helping farmers to produce high-quality protein on marginal land, which is largely unsuited for arable crops. By using non-intensive systems, grass and rainwater to rear animals, Welsh farmers avoid contributing to deforestation and unsustainable use of water resources elsewhere in the world. For further information on how Welsh farmers are reducing greenhouse gas emissions and cutting waste, in ways which will promote the sustainability of communities reliant on livestock agriculture and food production, you can visit their website.



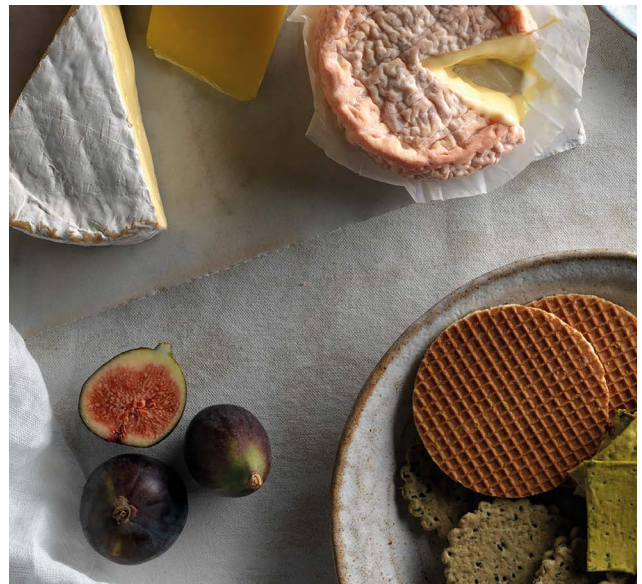


---

# Cutting down on food waste helps the planet and saves money.

Food waste is our biggest opportunity to reduce our planetary impact whilst saving money.

The food we waste at home costs the UK **£13.8bn** which adds up to £284 for every single person in the country and rises to £700 for a family with children. If you split that between all UK households, each home would save £491 per year.



# 5

of the most wasted food and drink items in UK homes...  
(that could have been eaten).

## Potato



Each day UK homes throw away:

# 4.4 million

whole potatoes

Store potatoes in a dry, cool, dark cupboard. Aim to use them before they go green or sprout. Mud covered root vegetables will keep for longer. Cooked potatoes keep well in the fridge for at least five days.

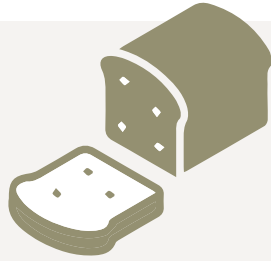
**Love your freezer: did you know cooked potatoes can last up to six months in the freezer!**



If you have an abundance of potatoes, cook and freeze them for later use. To use up a surplus of potatoes I like to make bubble and squeak for breakfast. Potatoes are delicious grated and mixed with an egg and a little flour, then cooked, to make potato rostis.



## Bread



Each day UK homes throw away:

# 20 million

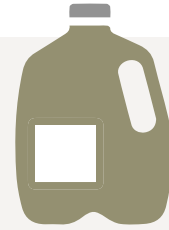
**whole slices of bread** (equivalent to 1,000,000 loaves at 20 slices per loaf)

Store bread in a dry, cool, dark cupboard or bread bin in a cloth bag to allow it to dehydrate and prevent it from moulding.

As bread gets older it can be used for a number of different purposes such as thickening soups, sauces and stews or to make croutons or breadcrumbs.

**Love your freezer: too much bread? Slice it up, freeze it for up to six months and toast straight from frozen.**

## Milk



Each day UK homes throw away:

# 3.1 million

**glasses' worth of milk**

Store milk in an airtight container in the fridge between 1-5°C. Milk may still be good to use after the best before or use by date.

Do the sniff test and check if the milk is OK before disposing or use it to make hot chocolate, custard, or paneer, which is a quick Indian cheese.

**Love your freezer: if you have a surplus of milk, freeze in useful portion sizes for around six months – just make sure it's not in a glass bottle.**

## Sliced cooked meats - pork / ham / bacon etc.



Each day UK homes throw away:

# 2.2 million

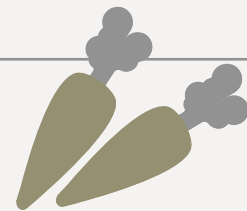
**slices' worth of ham**

Sliced cooked meats are best stored in an airtight container in the fridge between 1-5°C.

You can use up excess meat in toasted sandwiches, pasta, soup or stew or fry ham and serve with eggs for breakfast.

**Love your freezer: did you know a number of sliced meats can be frozen for a few months? Defrost in the fridge and eat within 24hrs.**

## Carrots (fresh)



Each day UK homes throw away:

# 2.7 million

**whole carrots**

Remove any green tops and use them to make green sauce or pesto. Keep the carrots in the crisper drawer in the fridge between 1-5°C. Leave any mud on them as they will last longer.

Use up carrots in any curry, soup or stew or make a carrot mash or stir fry. If you like cake (who doesn't, right?), you can use up 'past their best' carrots in a carrot cake.

**Love your freezer: I wouldn't recommend freezing fresh carrots but you can boil them and freeze them cooked in pieces or mashed.**

# 10

## waste nots...



### Root greens and leafy tops

Root vegetables such as carrots, beetroots, turnips and radishes have a huge plume of delicious leaves that can be used in cooking to save waste and therefore money. A bunch of beetroot, turnip or radish leaves can be used to replace spinach in any dish. Stronger flavoured leaves, like carrot tops, can be used in smaller quantities or in combination with other greens or herbs.



### Bread crusts

Bread can be used in different recipes as it dries out. Old bread can be used for toast, torn into soups and stews, fried to make croutons, blended into sauces to thicken them, or fried to make flavourful breadcrumbs.



### Vegetable peelings

Unless you need to remove them because they are damaged or inedible, never peel a fruit or vegetable. The skin of a vegetable is rich in fibre and micronutrients. If you must peel your veg, then consider how you might use the peelings. They are delicious fried to make 'chips' or kept in the freezer to make soup or stock.



### Cauliflower leaves

The stem and leaf from a cauliflower can be cooked, along with the cauliflower itself, or used as an ingredient in their own right. Cut thick stems thinly across the grain and leave the smaller leaves whole. Boil, roast or fry them like greens. I like them roasted with olive oil and salt, then dressed with lemon juice. However, if you can, batch cook and fill the oven with food to save energy when using it.





## Lemon rinds

Citrus husks are a flavoursome ingredient that can be used to make marmalade, flavour sugar or cake. I halve the lemon juice in my dishes and add lemon zest to boost the flavour. I recommend only cooking with organic citrus rinds because of the fungicides used on non-organic citrus.



## Soft herb stalks (e.g. parsley, basil, coriander)

More than 50% of a bunch of herbs is stalk. Save time and money by using the stalks. Finely chop a bunch of herbs from stem to leaf. Stems should be finely chopped and can be used to garnish dishes just like the leaves or used as a herb when cooking dishes.



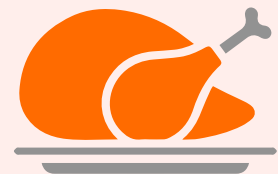
## Pumpkin and squash skin and seeds

Apart from the most hardy squash, the skin and seeds are edible. Roast or boil squash until the skin is tender enough to eat or blend into soup. To prepare the seeds, season with sea salt, dress with oil then roast at 180°C (fan) until crispy. But only do this if you are using the oven anyway to save wasting energy.



## Chicken

Whether it has been roasted, grilled or fried, chicken is good to eat up to 2 days when cooled promptly and refrigerated. Shred chicken to make a stirfry or tacos. It also makes a delicious pie, curry or stew. Check out my roasted broccoli with shredded chicken, pine nuts, basil and parmesan recipe for a great way to use leftovers.



## Spent coffee grounds

Used coffee grounds are full of flavour and antioxidants. Blend them into shakes for an energy boost, add them to coffee cake or brownies or make a rub-marinade for your meat. They can also be used as fertiliser in your garden.



## Aquafaba

The water from cooking pulses such as chickpeas and other peas and beans can be used to replace egg whites in recipes such as mayonnaise, mousse, meringues and cakes. Store aquafaba in the fridge for up to five days or in small portions in the freezer for around six months.



# 6

## steps to reduce your packaging...

According to recent research on average **each household** threw away **66 pieces** of plastic packaging each week, which amounts to an estimated **3,432 pieces a year**, cumulatively that's enough microplastics to pollute vast areas of ocean and wildlife.

Reducing your packaging is a simple and easy way to care for the planet that can also add real value and enjoyment to your own life. For example, taking the time to find a local market that sells loose produce will not only reduce the plastic and packaging we buy, but more often than not, increase the quality of our produce whilst decreasing the costs and building our food community. It's about connecting with our food and products and slowing life down a little so we can enjoy things all the more.

The aim of the game is to buy as few packaged products as possible, avoiding non-recyclable packaging whenever we can. The best way to start is by making a commitment to yourself.



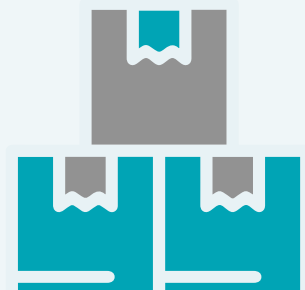
Create your own packaging kit (e.g. bags, jars and tubs). We all love a takeaway every now and then so make sure you keep the containers and lids to store your leftovers in the fridge and freezer.



Buy loose produce from your local shop or supermarket. It is likely that loose produce will also be seasonal produce, so it's a win-win!



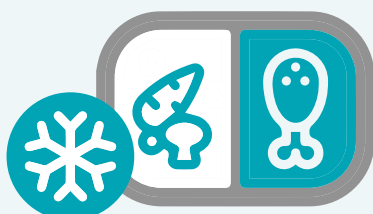
Buy what you need from bulk buy stores or food co-ops. I call bulk buy shops, precision purchase shops, because they allow you to buy exactly what you need. This can save money and reduce your packaging.



Cook from scratch whenever you can. It doesn't have to be complicated. A simple meal made with seasonal ingredients where you can control the amount of seasoning, for example, is not only delicious but can even help you relax. It also enables you to portion out any leftovers and freeze.



Double up and make your own convenience foods by batch cooking and freezing dishes. This will save you time and money almost immediately. Of course, there's nothing wrong with enjoying convenience foods when you need or want to.



Make your own cleaning products (bicarbonate of soda and vinegar can clean almost anything). Find out how quick and easy it is later on in this toolkit.



# 5

## ways of reducing energy whilst cooking...

Reducing waste in the kitchen isn't just about saving food; the energy that it takes to cook our food also contributes to our environmental foodprint. If you can, swap to a renewable energy tariff as burning fossil fuels is the number one cause of climate change.

The best way to save energy, besides reducing waste, is by cooking more efficiently, but before we all rush out and buy the latest airfryer or top of the range, super energy efficient oven, there are simpler more cost-effective ways to improve the energy efficiency of your kitchen. Being more aware of cooking processes can significantly reduce the amount of energy we use and reduce our energy bills at the same time.

**Here are my five top tips for saving energy whilst cooking.**

### EAT RAW

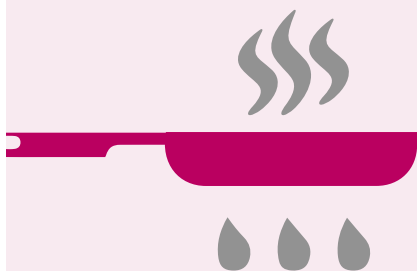
A balance of raw and cooked food is a nutritious way to eat, so swap out a cooked element of your meal for a raw dish or salad. Save any leftover potatoes for a cold potato salad and any leftover pasta or rice can be turned into a side dish by adding other seasonal ingredients and herbs.





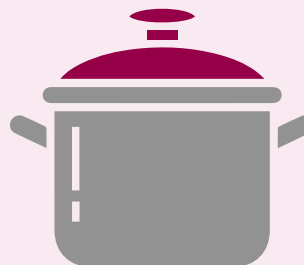
## FAVOUR THE STOVE TOP

A microwave is generally the most efficient way to heat up and cook food but not always the easiest or practical if you are cooking various elements. In that case, favour the stove top over the oven and use the right sized pot with a lid. You can also turn down the level of the ring or burner once up to temperature as most dishes need to simmer rather than boil.



## USE A PRESSURE COOKER AND SLOW COOKER

If possible, invest in a pressure cooker and slow cooker which use less energy. Slow cookers, for example, use just a little more energy than a traditional light bulb, and have the benefit of cooking slowly throughout the day while you're at work or when you need to get on with other things.



## BATCH COOK

Batch cook dishes and store in the fridge or freezer. Dishes such as a chilli can be batch cooked easily, as can seasonal soups, making them a great way of using up your veg. And you can make use of the microwave to heat them up. I double up and batchcook almost every time I cook, however, one of my favourites to batch cook is borlotti bean stew with carrot top pesto – check out the recipe.



## USE YOUR OVEN WISELY

When using the oven, make sure it is full and avoid opening it unnecessarily. Each time you open the oven door, it loses heat and needs more energy to bring it back to temperature. On a similar note, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing. Top tip – if you're using an electric oven, you can turn it off ten minutes before the food's finished cooking because the oven temperature will remain the same for up to ten minutes.



---

# Why bother making your own cleaning products?

You may be wondering why anybody would bother making their own cleaning products, however, making your own can be quick, easy, affordable and reduce single use plastic.

There are a few key ingredients that you will need in your store cupboard such as coarse salt, vinegar and bicarbonate of soda, then you're pretty much ready to go.

Before you begin, collect some clean jars and upcycle containers such as spray bottles to put your cleaning products in once you've mixed them. Storing them in a dark, cool space will help them last longer. Labelling your DIY product is essential – use tags if you've got them to hand, or rip off a bit of masking tape, stick it to the container and write on that. Most ingredients used in the products will last for six months before having to be replaced so you should also add the date that you made it and only make small batches to save waste.

Why not try some of these quick and easy natural cleaning products:

## Chopping board cleaner

There isn't an easier way of refreshing your chopping board.

**Preparation time – 1 minute**

### Ingredients

1 tbsp coarse salt

1 tbsp vinegar or half an unwanted lemon

Sprinkle the salt over the surface of the chopping board. Sprinkle the vinegar or squeeze the lemon over it and scrub. Rinse well and stand upright to dry naturally. Makes enough to clean one average-sized chopping board

## Surface spray

This natural disinfectant smells amazing and also helps eradicate cooking smells after a meal. Makes approximately 500ml

**Preparation time - 2 minutes**

### Ingredients

250ml water

240ml cleaning vinegar

3 tbsp vinegar or half an unwanted lemon

20 drops lemon essential oil (optional)

10 drops eucalyptus essential oil (optional)

Combine all ingredients in an empty spray bottle. Attach the lid and give it a shake. Store in a cool, dark place. Spray over the surface to be cleaned and wipe it with a clean cloth.

\*Do not use it for cleaning stone countertops or floors.

## Furniture polish

A quick, easy and natural alternative to spray polish.

**Preparation time – 2 minutes**

### Ingredients

Lemon oil (essential oil)

½ cup warm water

Add a few drops of lemon oil to the warm water. Mix well and spray onto a soft cotton cloth. Wipe furniture with the cloth, and then wipe again with a dry soft cotton cloth.

## Dishwasher liquid

Dishwashers are so handy but dishwasher liquid or tablets are often expensive and may contain chemicals such as phosphates that are hazardous to water supplies.

**Preparation time – 5 minutes**

### Ingredients

½ cup liquid castile soap

½ cup water

1 tsp lemon juice

3 drops tea tree extract

¼ cup white vinegar

Stir the water and soap together. Add the rest of the ingredients and stir until blended. Transfer into a bottle for storage. Use 2 tablespoons per load.





---

# Recipes - seasonal cooking.

**Remember:** local, seasonal fruit and vegetables are the keystone of a sustainable diet. When you start your weekly shop with a box, basket or bag of fresh seasonal ingredients, the rest will fall into place.

## SPRING

Wilted watercress with mechoui Welsh lamb and harissa

Kale and lemon barleyotto with breadcrumbs

---

## SUMMER

Fish scrap croquettes

Waste-free summer pudding

---

## AUTUMN

Clam, leek and pearl barley risotto

Borlotti bean stew with carrot top pesto

---

## WINTER

Roasted broccoli with shredded chicken, pine nuts, basil, and parmesan

Leftover roast veg frittata

---



## Wilted watercress with mechoui Welsh lamb and harissa

Serves 6 as a main course

Mechoui lamb is slow cooked and rested for as long as possible so it steams in its own juices and becomes succulent and aromatic. Watercress goes well with this dish, a delicious iron rich accompaniment.

### Pan steamed watercress

Watercress is a fresh and versatile green that is nice cooked or raw. Wilting or steaming the watercress in a pan is quick and easy. Choose good strong watercress with robust thick stalks. (serves 4 as a side vegetable).

600g watercress, light olive oil, 1 garlic clove

Wash the watercress and chop into rough pieces. Slice the garlic. Bring a lidded frying pan to a medium high heat with a glug of olive oil. When it starts to sizzle, drop in the garlic and watercress, still a little wet from washing. Pop the lid on for one minute. Remove the lid and stir. As soon as the watercress is wilted, it is ready.

### Ingredients

Pan steamed watercress  
1kg Welsh lamb shoulder, the knuckle is the most succulent  
30g butter  
3 garlic cloves, chopped

2 tsp coriander seeds, ground  
2 tsp cumin seeds, ground  
1 tsp sweet paprika  
Zest of half a lemon  
1 tsp salt and 1 tsp of pepper

### Method

Preheat oven 200°C

Mash the butter with the spices, salt, pepper, lemon zest and garlic.

Rub the butter all over the lamb into any nooks and crannies.

Put in the oven for 15-20 minutes until brown, remove from oven and cover tightly with foil.

Turn the oven down to 150°C and return the lamb. Cook slowly for at least 3 hours. Check half way through to make sure it's not burning. Spoon some of the buttery juices over the top.

When cooked, remove from the oven and rest, covered, for 30 minutes.

Pull the meat off the bone and return it to the juices. Serve mixed with wilted watercress and harissa.

**Storage:** Watercress and lamb will keep well for 4 days in the fridge. Reheat until hot right through in a pan and adjust seasoning if necessary.





## Kale and lemon barleyotto with breadcrumbs

Serves 4–6

Locally grown, yet undervalued, barley is a delicious alternative to rice. It is easy to grow and has a strong, deep root system that helps prevent soil erosion. It is also an affordable and nutritious, grain. Use it to bulk out broths, as a base for a whole grain salad or in risottos – known as barleyotto or orzotto in Northern Italy.

Like many foods, wine has become a commodity, lowering its quality whilst increasing its impact on the environment. Choose wine the same way you do good food: buy less, but better, from vineyards that care for the environment.

---

A glug of extra virgin olive oil  
80g green leek tops, washed and finely sliced  
80g onion, finely sliced  
1 garlic clove, crushed  
200g pot barley

½ unwaxed lemon, zest and juice  
200ml white wine (optional)  
200g kale  
Breadcrumbs to serve

---

### Method

Heat the oil in a large, heavy-based pan over a medium– low heat and gently cook the leek tops, onion and garlic for 5 minutes, without colouring. Add the barley, half of the lemon zest and cook for 1 minute, stirring. Pour in the wine, if using and bring to the boil. Pour in enough boiling water to cover the barley and simmer gently, stirring regularly, until all of the liquid has been absorbed. Top up with more boiling water if necessary and continue cooking until the barley is tender but with a bite, about 30–40 minutes. Set aside to rest.

Bring a pan of water to the boil. Finely shred the greens, including the stalks, and add them to the boiling water. Boil for 2 minutes and then drain, catching the water. Blend the greens to a purée, adding a little of the cooking water if necessary. (Keep any leftover cooking water as stock in your fridge or freezer). Stir the green purée into the barley and season well with salt, pepper and lemon juice. Spoon into bowls and top with the remaining lemon zest and the breadcrumbs.





## Fish scrap croquettes

### Makes 12 croquettes

Croquettes are a favourite of mine. I've made them since my first days cooking Spanish style food with my first head chef back in 1997. This recipe is a twist on that one which we made with salt cod. Salting the fish mince and letting it rest before cooking firms up the texture and gives it a similar taste to the Spanish style croquette.

Buying whole fish and having them filleted or filleting your fish at home, will usually ensure fresher tastier fish than buying a fillet which may have been filleted days earlier.

Get ahead and make the mixture up to 24 hours in advance so that when you are ready to serve you can simply shape and fry the croquettes.

As this recipe is for a small quantity of croquettes it only requires you to steam or boil one potato. Consider cooking enough potatoes to serve as a separate dish alongside this meal or to reheat later to save energy and always use an appropriate sized pan to prevent energy wastage.

---

### Ingredients

1 tsp sea salt  
90g fish mince  
150g floury potatoes (e.g. Desiree, King Edward, Maris Piper)  
2 sprigs parsley (about 5g), stalks finely chopped; leaves roughly chopped

2 spring onions (about 40g), finely diced  
Pinch of chilli flakes  
1 small egg  
Freshly ground black pepper  
3 tbsp bread crumbs (optional)  
Lemon wedges, to serve

---

### Method

Mix a teaspoon of sea salt into 90g of fish mince and leave in a colander over a bowl to drain for 15 minutes.

Meanwhile, in a small pan, steam or boil a finely diced potato (about 150g) for 10 minutes or until tender. Leave until cool enough to handle, then mash with one very finely diced spring onion (about 20g), two sprigs of parsley (about 5g), finely chopped from stalk to leaf and a pinch of chilli flakes.

Squeeze any moisture out of the minced fish and then stir into the potato mixture with a small egg. Adjust the seasoning to taste, adding black pepper and more chilli flakes if desired. If the mixture is wet add three tablespoons of bread crumbs to create a malleable texture. Refrigerate for at least 30 minutes, then divide the mixture into 12, shaping each into a rugby ball shape using two tablespoons.

Heat a small frying pan with 5mm of oil in the bottom over a medium heat. Once hot, fry the croquettes in batches, turning occasionally for about 3-5 minutes or until the croquettes are golden brown. Serve hot with lemon wedges.



## Waste-free summer pudding

Serves 4–6

This is an all-time summer favourite of mine and so quick to make. I like to use up whatever fruits I have available, so go for berries in summer and move onto apricots or peaches as the summer draws to a close. This pud is best made the day before you want to eat it, so the bread has time to soak up the juices and set. You need to create a good seal so I always remove the crusts from the bread, but don't throw them away as you can turn them through the berries, which has the added benefit of bulking out the filling. You'll need a one-litre pudding basin for this recipe.

---

### Ingredients

6 slices stale bread	50g honey
500g mixed summer fruits (e.g. raspberries, redcurrants, strawberries, blackberries, etc.)	½ lemon, juiced
	Clotted cream, to serve

---

### Method

Cut the crusts from the bread into small cubes. Place the berries, bread crusts, lemon juice, 50ml water and honey into a small pan, bring to a boil, then reduce the heat and simmer for two minutes.

Lay one slice of bread in the base of a one-litre pudding basin, and four more slices up the sides, overlapping them. Make sure you press the joins firmly together, to seal – you can use a dab of water if you like. Fill the basin with the fruits, then cover with the final slice of bread, sealing it against the walls of bread. Put a small plate and heavy weight on top and refrigerate overnight.

The next day, carefully turn the pudding out on to a plate and serve with plenty of cream.





## Clam, leek and pearl barley risotto

Serves 4

Clams impart a delicate sweetness to this delicious, rich and healthy risotto. It's very easy to cook, so take the time to make a stock to create a rounded and full flavour. Pearl barley makes an interesting alternative to rice; it has a bouncy bite and nuttiness that is very satisfying.

Bivalves such as cockles, clams, mussels, oysters and scallops make a good sustainable choice as they filter the water they are in and increase the biodiversity of the local habitat. Most oysters sold today are farmed, as are mussels: cultured on ropes, they can be superb, with really clean bright shells.

Clams, cockles, whelks and other lesser-eaten bivalves can be hard to buy in supermarkets, but our trusty fishmongers will often stock them, or order them in especially if you ask nicely. Otherwise, you can order them online. Shellfish are best cooked fast, most within 2-3 minutes, making a delicious fast food or snack, although whelks need a bit longer. Whenever cooking bivalves in their shells, check that they all open when cooked: if any don't, discard them.

When there is a choice between hand-gathered or dredged shellfish, choose hand gathered: this means the quality and size can be selected by the picker or diver. They are more expensive, which is why I choose to buy the cheaper species such as cockles, clams and whelks.

### For the stock

1.5 litre fish stock made with: 300g fish bones, 1 carrot, 1 onion, ½ leek (just tops), 1 stick celery, parsley stalks, sprig thyme, 2 bay leaves, 1 tsp fennel seeds (optional)

### For the risotto

25g butter  
1 leek, finely sliced

75g celery, finely sliced  
2 garlic cloves, roughly chopped  
250g pearl barley (or short grain brown rice)  
100ml white wine  
400g clams or cockles, washed  
Few sprigs parsley, stalks and leaves chopped finely  
½ lemon

### Method

First make the fish stock. Grate or finely chop all of the vegetables. Cover with 1.6 litres of water, add the herbs and fennel and bring to the boil. Simmer for 30 minutes. Leave to rest for half an hour then strain through a sieve.

Gently fry the leek and celery for 5 minutes in the butter. Then add the garlic. Stir for 2 minutes. Then add the pearl barley (or rice if using). Turn to coat the grains in the oil.

Cover the pearl barley (or rice if using) in the stock and bring to a simmer. Keep stirring until the stock is absorbed. Then cover again and repeat. After about 20 minutes, the pearl barley or rice should be cooked, bouncy to the bite but enjoyable to eat. Remove from the heat and season to taste.

To cook the clams, heat 100ml of white wine to boiling point. Add the clams and place a lid on top, giving them a shake. After just 1-2 minutes, when they open, add a squeeze of lemon and the chopped parsley. Turn the clams through the risotto and serve immediately.

**Storage:** Sturdy pearl barley reheats well. Keep in the fridge for three to four days in a sealed container. Reheat with a little extra water to rehydrate.





## Borlotti bean stew with carrot top pesto

### Serves 4

I'm a lover of legumes for all the nutrients they provide to us and the soil. Cooking your own beans, pulses or grains from scratch is one of the easiest, rewarding, cost effective, and nutritious things that you can do for yourself and for your diet. I soak and batch-cook several varieties on a lazy Sunday, creating a fridge full of ready-to-go ingredients that can be converted into meals in minutes. If you do cook your own pulses, I'd recommend buying a pressure cooker so you can halve cooking times. Carrot top pesto boosts the flavour of this recipe whilst saving waste. Keep carrot tops fresh by removing them from the bunch of carrots and storing them upright in a jar of water like a bunch of flowers, or, in the fridge sealed in a container or wrapped in a plastic bag with a piece of paper or a cloth to absorb excess moisture.

#### For the borlotti bean stew

2 tbsp olive oil  
 2 garlic cloves  
 1 sprig rosemary  
 1 bay leaf  
 2 carrots with tops (carrots finely diced, tops kept for the pesto)  
 200g tomatoes, cut into 1-2 cm pieces (or 200g of tinned tomatoes in winter)  
 1 tbsp vinegar (red wine, cider or other)  
 240g cooked borlotti beans, plus the cooking liquid (alternatively, any cooked or canned beans will work)

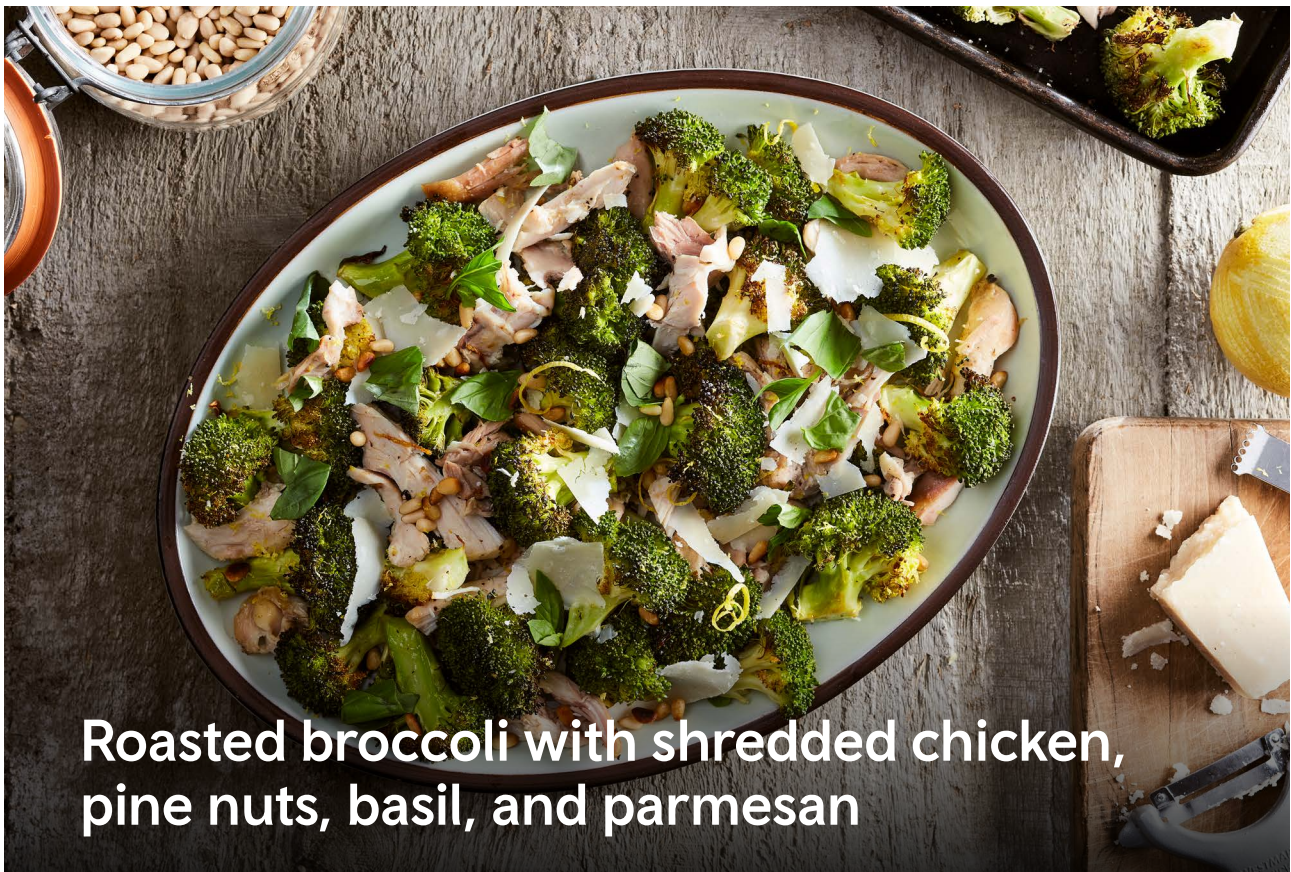
#### For the pesto

25g carrot tops, well cleaned, plus extra to garnish  
 25g basil, parsley or oregano  
 1 small garlic clove, finely chopped  
 1 tbsp pine nuts or breadcrumbs toasted  
 1 tbsp grated parmesan or nutritional yeast  
 110ml extra virgin olive oil  
 Bread to serve, optional  
 To serve: breadcrumbs, lemon zest, chopped herbs, olive oil

#### Method

To make the borlotti bean stew, heat a heavy based pan with two tablespoons of extra virgin olive oil over a medium-low heat. Lightly crush two garlic cloves and add them to the pan, still in the skin, with a small sprig of rosemary and a bay leaf. Add the carrots to the pan and gently sauté for five minutes, then stir in the tomatoes. Add the vinegar and bring to the boil. Next add the cooked beans with 150ml of cooking liquid, bring to the boil with a lid on top and simmer for 5-10 minutes. Remove the lid and continue cooking until the liquid begins to thicken. Season and serve topped with the pesto and carrot tops.

To make the pesto, finely chop the carrot tops and basil or other herbs and place them in a food processor, along with the garlic clove, pine nuts or breadcrumbs, parmesan or nutritional yeast and 110ml of olive oil. Pulse-blend until you have a rough but even texture. Use immediately or store in a clean, sealed jar in the fridge for up to a week.



## Roasted broccoli with shredded chicken, pine nuts, basil, and parmesan

Serves 4 - as a light meal or side dish

This is a winning dish. Surprisingly tasty, full of robust and savoury flavours and a great way to use up cooked chicken. Also, if your broccoli is looking a bit tired, then this is a delicious way to give it new life and save it from the compost monster.

Save energy by batch cooking other ingredients for the week whilst using the oven to roast the broccoli.

---

### Ingredients

800g broccoli  
A glug of light olive oil  
A lemon for zesting

160g cooked chicken  
25g pine nuts, toasted  
12 leaves basil  
50g parmesan shavings

---

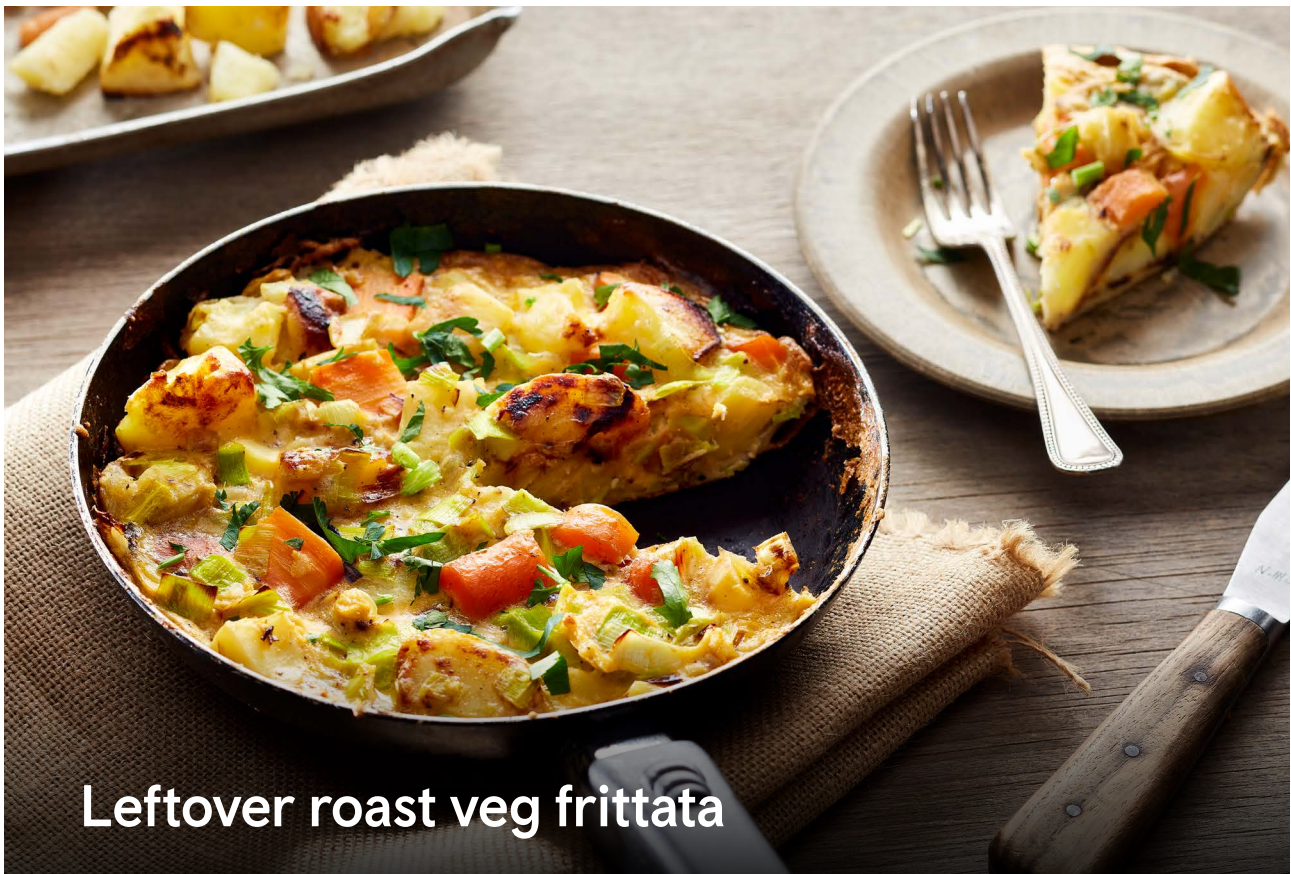
### Method

Preheat oven to 190°C

Cut the broccoli into large florets. Toss in light olive oil and salt and pepper. Grate a little lemon zest over the top. Roast in the oven for 20-30 minutes until it's charred in places and cooked right through.

Shred the chicken into medium sized pieces and toss in the baking tray with the warm broccoli. Serve on a platter scattered with the toasted pine nuts and an extra grating of lemon zest. Finish with torn basil leaves and shavings of parmesan.





## Leftover roast veg frittata

Serves 4

Frittata is a versatile dish that can be made any time of the year. It's quick and easy to make, and I particularly love a frittata because you can make it with leftover roast potatoes, carrots, squash, sprouts or any cooked vegetables! It's also super quick and easy.

### Ingredients

1 good glug light olive oil  
1 large onion, peeled and finely sliced  
Up to 500g leftover roast potatoes, carrots, parsnips, squash, etc. roughly chopped into 3-5cm dice

Salt and black pepper

3 eggs, lightly beaten and seasoned  
3 sprigs flat-leaf parsley, stalks finely chopped, leaves roughly chopped – remember, root to fruit!

### Method

Heat a glug of light olive oil in a frying pan over a medium heat. Slowly sauté the onion until soft, caramelised and brown, then add the leftover vegetables and season well.

Distribute the vegetables evenly around the pan, then pour in the eggs. Turn the heat right down low and cook until the egg is almost perfectly set, but still a little soft. Serve topped with chopped flat-leaf parsley.



---

# A handy guide to seasonal fruit and vegetables.

## January and February

Apples, Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Spring Greens, Spring Onions, Squash, Swedes and Turnips.

---

## March and April

Artichoke, Beetroot, Cabbage, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Sorrel, Spring Greens, Spring Onions and Watercress.

---

## May

Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rhubarb, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries and Watercress.

---

## June

Asparagus, Aubergine, Beetroot, Blackcurrants, Broad Beans, Broccoli, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Gooseberries, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Swiss Chard, Tayberries, Turnips and Watercress.

---

## July

Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Gooseberries, Greengages, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Swiss Chard, Tomatoes, Turnips and Watercress.

---

## August

Aubergine, Beetroot, Blackberries, Blackcurrants, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Damsons, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Leeks, Lettuce, Loganberries, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Plums, Potatoes, Pumpkin, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes and Watercress.

---

## September

Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Damsons, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Pears, Peas, Peppers, Plums, Potatoes, Pumpkin, Radishes, Raspberries, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress and Wild Mushrooms.

---

## October

Apples, Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Elderberries, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Pears, Peas, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms and Winter Squash.

---

## November

Apples, Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Elderberries, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Pears, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms and Winter Squash.

---

## December

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Watercress and Winter Squash.

---

# Resources.

## Websites, apps and campaigns

Below outlines only a few of the wide number of online resources out there you can learn more from:

Eat the Seasons - [eattheseasons.co.uk](http://eattheseasons.co.uk)

Hybu Cig Cymru - Meat Promotion Wales - [meatpromotion.wales/en/industry-resources/environment](http://meatpromotion.wales/en/industry-resources/environment)

IPCC - [ipcc.ch/report/ar6/wg2/resources/press/press-release](http://ipcc.ch/report/ar6/wg2/resources/press/press-release)

Love food hate waste - [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

My Plastic Diary - [myplasticdiary.co.uk](http://myplasticdiary.co.uk)

Savory Institute (meat) - [savory.global](http://savory.global)

Soil Association - [soilassociation.org](http://soilassociation.org)

Sustain - [sustainweb.org](http://sustainweb.org)

The Good Fish Guide - [mcsuk.org/goodfishguide](http://mcsuk.org/goodfishguide)

The European Food Information Council (EUFIC) - [eufic.org](http://eufic.org)

Tom's Feast - A Resource for Climate Friendly Cuisine - [tomsfeast.com](http://tomsfeast.com)

Too Good To Go - [toogoodtogo.co.uk/en-gb](http://toogoodtogo.co.uk/en-gb)



