



## WASTELESS WINNERS

Don't throw out your leftover vegetables. Use them in this tasty treat which can be served as a light lunch with some reduced fat sour cream, or as a vegetable side dish with a main meal.



**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; cut using the bridge/claw technique; shape e.g. burgers, fishcakes; season to taste; use the hob/oven (with adult supervision).

**Equipment:** Oven, chopping board, table knife, bowl, plate, measuring spoons, baking tray, fish slice, oven gloves.

**Allergens\*:** Wheat | Gluten | Milk

### Ingredients (makes 2 portions):

- 2 tbsp mashed potato
- 1-2 tbsp plain flour
- Black Pepper
- Vegetable Oil
- Any leftover cold vegetables e.g. carrot mash, green beans, peas and sweetcorn, broccoli

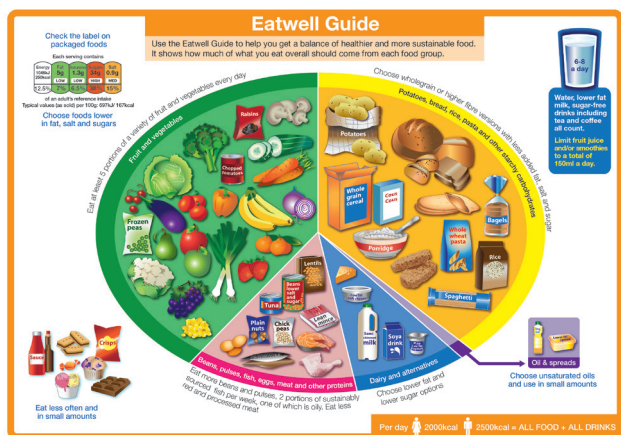
### Method

1. Preheat the oven to 180C / Gas Mark 4.
2. Cut any larger vegetables into small pieces around 1 cm in size.
3. Sprinkle the flour on to a large plate.
4. Place all of the vegetables, including the potato, in a large bowl and season well with black pepper. Mix the vegetables well using your fingertips.
5. Take a small handful of the mixture and make it into a ball.
6. Put it on the plate and roll it covering it with flour, then flatten it slightly to make a burger shape.
7. Repeat until all of the mixture is finished.
8. Spray a baking tray with oil, or use a pastry brush to grease the baking tray, and place the vegetable 'burgers' on top.
9. Cook for 20-25 minutes, turning them carefully half way through, until golden brown on both sides.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



## WASTELESS WINNERS Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 160g serving

	<b>ENERGY</b>	9%
	775kJ / 185kcal	
<b>MED</b>	<b>FAT</b>	10%
	6.8g	
<b>LOW</b>	<b>SATURATES</b>	12%
	2.3g	
<b>LOW</b>	<b>SUGARS</b>	4%
	3.5g	
<b>LOW</b>	<b>SALT</b>	2%
	0.12g	

% of an adult's reference intake

Typical values per 100g : Energy 484kJ /116kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Wasteless Winners...

**Potatoes** are very nutritious and low in calories. If eaten with the skin on they are high in complex carbohydrates and fibre. They are a good source of vitamin C and B6, and minerals.



**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

