

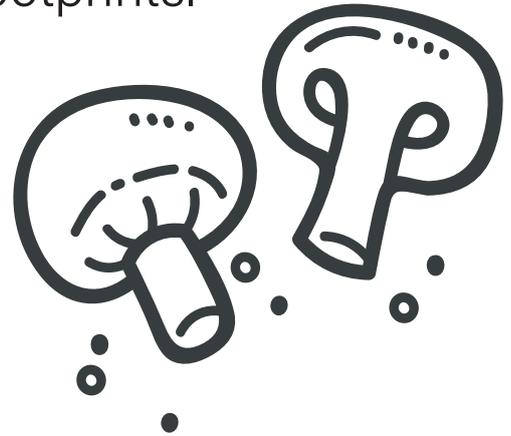


LITTLE GREEN
RECIPE BOOK

PREFACE

As resources become more scarce and our climate continues to change, it's important that we all do what we can to reduce our footprint. But being more sustainable doesn't have to be difficult.

This Green Impact Recipe Book aims to show you how simple swaps to your homecooked favourites can dramatically reduce your water and carbon footprints.



ACKNOWLEDGEMENTS

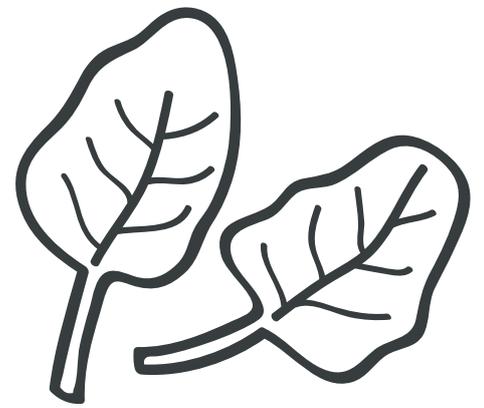
Alicia Shephard, Corporate Communications Green Impact Team

Dr Christian Reynolds, Researcher in economic and environmental impacts of food consumption

Kezia Mahoney, Student Assistant

Francesca Eastment, Green Impact Fellow

HINTS AND TIPS FOR A GREENER KITCHEN



- Cook smaller portions
- One in five bags of food shopping end up in the bin, prep multiple meals in one go especially when using the oven, and freeze the excess
- Eat more plant based foods
- 90% of homeowners don't have the right temperature to store food, check your fridge temperature is correct to stop food waste
- Use locally sourced produce
- Eat five portions of fruit and veg a day so you fill up on more sustainable foods
- A more sustainable diet can reduce the risk of certain diseases such as cancers
- Reducing household food waste could save you up to £290 per person annually

LOOK OUT FOR BUBBLES OF INFO TELLING
YOU HOW MUCH YOU'VE SAVED!



SWAP...

739 LITRES
OF WATER

MEXICAN MEAT CHILLI FOR A BEAN PACKED DELIGHT (SERVES 4)

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 350g pepper, sliced
- 1 tbsp ground cumin
- 1-3 tsp chilli powder, depending on how hot you want your chilli to be
- 1 tbsp paprika
- 400g can kidney bean
- 400g can mixed bean, drained
- 400g can chopped tomato
- rice, to serve

METHOD

1. Heat the oil in a large pan. Add the onion and peppers, and cook for 8 mins until softened. Tip in the spices and cook for 1 min.
2. Tip in the beans and tomatoes, bring to the boil and simmer for 15 mins or until the chilli is thickened. Season and serve with rice, if you like.



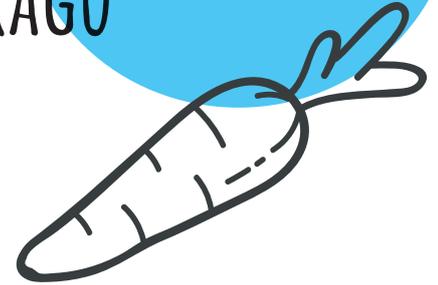
5590 GRAMS
OF CO₂



SWAP...

SPAGHETTI BOLOGNESE FOR A LENTIL RAGU (SERVES 6)

3777 GRAMS
OF CO₂



INGREDIENTS

- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp each dried oregano and thyme 3 bay leaves
- 1l vegetable stock
- 400g spaghetti

METHOD

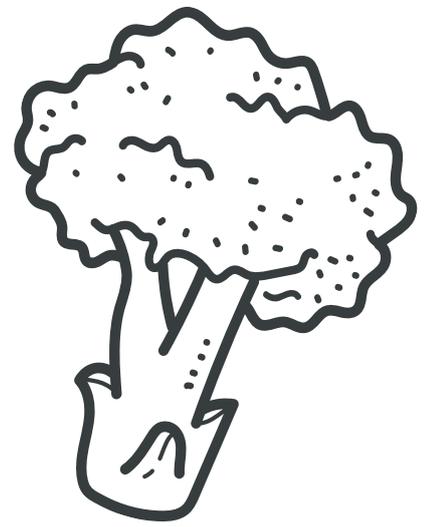
1. Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.
2. Keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese.



340 LITRES
OF WATER

SWAP...

ROAST CHICKEN DINNER FOR A VEGGIE WELLINGTON (SERVES 6)



INGREDIENTS

- 850g squash
- 400g pack shallot, peeled and halved
- 2 tbsp olive oil
- 1 1/2 tbsp balsamic vinegar
- 500g pack all-butter puff pastry
- plain flour, for dusting
- 1 tbsp chopped sage
- 1 egg, beaten
- 1 tbsp plain flour
- 250ml chicken stock
- 1kg Maris piper potatoes
- 100ml olive oil
- 1 x large head of broccoli
- 1kg carrots

METHOD

1. Heat oven to 200C/180C fan/gas 6. Cut the squash lengthways into 8 long chunky pieces and put in a large roasting tin with the shallots. Toss in a little oil, season and roast for 30 mins.
2. Leave the squash to cool completely, but tip the nuts and shallots into a non-stick pan. Add the balsamic vinegar and plenty of seasoning, and stir over the heat until the shallots start to caramelise. Leave to cool.
3. Roll out the pastry on a lightly floured surface to a rectangle about 32 x 38cm. Trim 2cm from one of the long edges and set aside. Transfer the pastry to a baking tray. Place 4 of the pieces of squash down the longest length in the middle to make a rectangular block, keeping a generous border of pastry all the way round. Place another 2 pieces of squash on top. Trim the remaining 2 pieces and put crossways at the end.

739 LITRES
OF WATER

5590 GRAMS
OF CO₂

4. Scatter over the sage and blue cheese, then top with the shallots. Lightly press to compact everything together.
5. Brush round the pastry edges with the egg, then draw the 2 long edges up to meet and pinch together to seal – as you would a Cornish pasty. Tuck under the pastry at both ends, then brush all over with egg. Cut leaf shapes from the pastry trimmings and use to decorate the top of the Wellington. Glaze again and make a couple of small air holes with the point of a knife.
6. To freeze: Open-freeze on a baking tray until solid, then wrap in cling film then foil. It will keep for 2 months. To serve, heat oven to 200C/180C fan/gas 6 and put a baking tray in to heat up. Unwrap the Wellington and place on the hot tray. Bake for 30 mins. Cover lightly with foil and bake for 35-40 mins more, taking off the foil for the final 10 mins. Leave to settle for 10 mins before thickly slicing, or the cheese will be too melty and run out. (If cooking from fresh, chill the Wellington for at least 30 mins before cooking – it then needs only 30-40 mins in the oven.)



SWAP...

BURGER AND FRIES FOR A VEGGIE BURGER AND HOME-MADE SWEET POTATO FRIES (SERVES 4)

INGREDIENTS

- 4 vegetarian burgers
- 4 bread rolls
- 1 head of lettuce
- Ketchup/mayonnaise to serve
- 4 sweet potatoes, scrubbed and cut into large chips
- 2 tbsp olive oil
- 2 tbsp light soy sauce

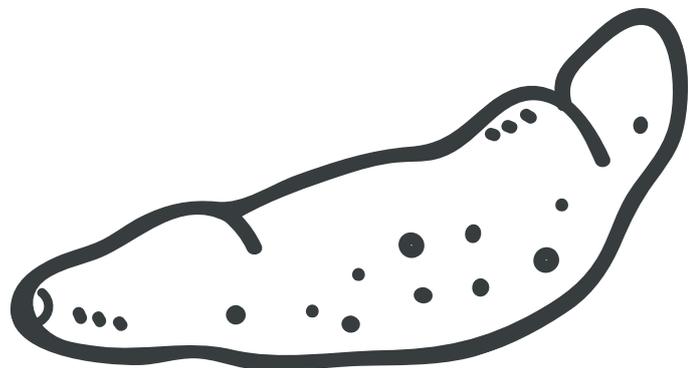
METHOD

1. Cook burgers as per packet instructions.
2. Heat oven to 200C/fan 180C/gas 6. In a large bowl, toss the sweet potato chips with oil and soy sauce. Transfer to a shallow roasting tin and season with black pepper and nutmeg, if you like. Bake for 30-40 mins, until crisp.



5037 GRAMS
OF CO₂

524 LITRES
OF WATER



SWAP...

CHICKEN BURRITOS FOR BEAN BURRITOS (SERVES 4)

579 GRAMS
OF CO₂



INGREDIENTS

- 4 large tortilla wraps
- 2 large handfuls spinach leaves
- 1 avocado, thinly sliced (optional)
- 1 tbsp oil
- 1 garlic clove, crushed
- 1 tbsp chipotle paste
- 400g can chopped tomatoes
- 400g black beans, drained
- 1 bunch coriander, chopped
- 250g wholegrain rice, cooked and drained
- 1 lime, juiced
- 1/2 red onion, finely chopped

METHOD

1. To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.
2. If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and season well.
3. Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half.

247 LITRES
OF WATER



