

# Ideas for Leftovers



Some recipes are ideal for batch cooking and are versatile dishes which can be used for several meals.

Here are some suggestions for what to do with your leftovers:

## With pasta

Stir your leftovers through cooked pasta for a hot meal or a cold salad dish.

## With rice

Serve your leftovers hot with a portion of brown rice and your favourite vegetables.

## Tacos

Using your leftovers for tacos makes a fun meal for all the family where you can build your own plate and add to your tacos from a variety of options such as salad, rice, grated cheese and your favourite vegetables.

## Quesadillas

Make quesadillas by spreading hot leftovers on a corn tortilla wrap and topping with a little cheddar cheese. Fold the wrap in half and dry fry for a few minutes each side until golden.

## Instead of a burger

Serve your leftovers hot to fill a burger bun alongside some salad for a healthy burger alternative.

## Kebabs

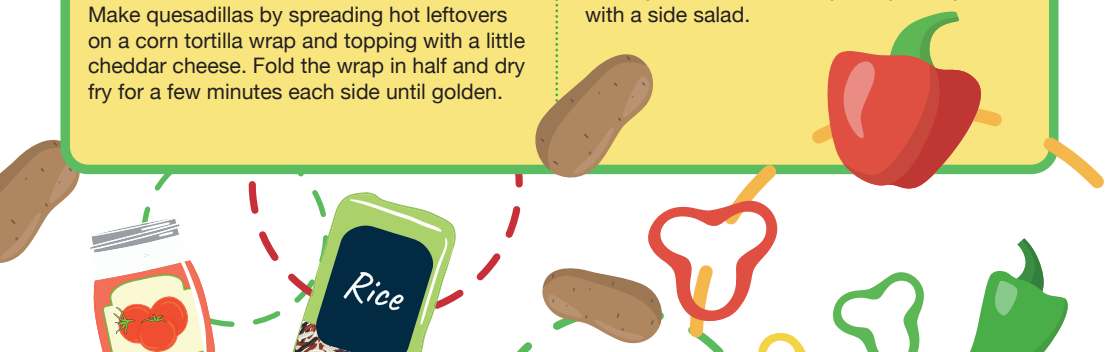
Serve your leftovers hot to fill a wholemeal pitta bread alongside some salad and mint yoghurt for a healthy kebab.

## Sandwiches and wraps

Use cold or hot leftovers as a sandwich or wrap filling with salad.

## Jacket potatoes

Serve your leftovers on top of a jacket potato with a side salad.



**Please be aware that this recipe may contain allergens.  
Please double check the labels carefully.**

For information about how to store and reheat leftovers safely, please visit:

[www.food.gov.uk/safety-hygiene/chilling](http://www.food.gov.uk/safety-hygiene/chilling) AND [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Recipe produced by the Children's Nutrition Team

Follow us on twitter @NHSTamesideCNT Email us - [childrensnutrition@tgh.nhs.uk](mailto:childrensnutrition@tgh.nhs.uk)