

These lovely little seeds should never be discarded, if like me, you would rather eat them than wear them as a necklace then this is the perfect recipe for you as they make a great nibble.

Ingredients:

- 1 teaspoon olive oil
- 100g pumpkin seeds
- Pinch of cumin
- Pinch of garlic salt
- Pinch of paprika
- Pinch of coarse sea salt
- Freshly ground black pepper



Roast Pumpkin Seeds

By Kevin Woodford

Method:

1. Heat a frying pan, add the olive oil and then add the pumpkin seeds.
2. Once they become brown then tip them into a bowl and season them with the other ingredients.



Every year in the UK we throw away £12.5 billion worth of good food, costing the average family £60 a month. The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

Halloween and Bonfire night top tips



Making lanterns this year? Why not make our pumpkin and coriander soup or a pumpkin tart with the leftover flesh. Or, freeze it for use at a later date. Don't forget to compost the shell.

A fun way to use up apples in danger of not being eaten is to make toffee apples, the kids will love them. Dip into two melted tablespoons of sugar.

Preparing trays of warming autumn lasagne or shepherd's pie, and batches of bolognese or spicy chilli, is a great way to feed a crowd with something hearty. Any leftovers can be put into airtight boxes or freezer bags and frozen to make a welcome homemade "ready meal" for use at later date.

If cooking rice for chilli one full mug is enough uncooked rice to feed four people.

Not sure how much pasta to boil? Use a spaghetti measure or use scales to weigh out the packet's guideline portion size. A good guide is two handfuls of dried pasta per adult.

Wrap jacket potatoes in foil and cook in the fire on bonfire night. If you've got any leftover spuds why not make quick fried potatoes for breakfast by dicing them and sautéing in a bit of olive oil or butter.

Turn any overripe autumn fruit into sumptuous warming fruit crumbles.

For hints and more recipes go to:
www.lovefoodhatewaste.com

