



## Time saver

This recipe is a quick and simple way to use up any leftovers. It's faster and cheaper than a take away too.

# Quick Use-Up Pizza

Make this right now, throw onto a halved baguette anything that you've got in the fridge to make a wicked 'pizza addict' munchie.

No baguettes? Then try naan bread, half muffins, half bread rolls, tortilla wraps for a thin base or use store cupboard ingredients to make a no yeast pizza base.

Preparation time: 10minutes

Cook time: 10minutes

### Makes 6

1 baguette, chop into three and then split in half  
1 garlic clove, halved  
2 tbsp olive oil  
4 tbsp pizza topping/tomato puree  
200g any leftover cheese like Edam, Gruyere, Cheddar, sliced or grated  
Pinch of oregano

### No yeast pizza base

275g flour (2½ cups)  
225ml water (¾-1 cup)  
2¾ tsp baking powder  
1 tbsp oil

### Method:

1. Preheat the oven to 200°C (400F) gas mark 6.
2. Rub a halved garlic clove over the split baguette. Drizzle with olive oil. Put onto a baking tray in a hot oven for 5 minutes.
3. Spread pizza topping thinly over the hot bread.
4. Top with the cheese and any other topping that you have in the fridge (see list below). Bake for a further 5 minutes. Sprinkle with dried oregano and arrange on a serving plate.

**Suggested additions to topping:** any cheese such as Edam, Cheddar, Gruyere, Brie, goat's cheese etc, capers, anchovies, leftover chopped or sliced cooked turkey, chicken or ham, sweetcorn, peas, Parma ham, ham or sausage, cream cheese, tuna, olives, sliced mushrooms, leftover cooked or roasted vegetables, chopped, pesto, sun-dried tomatoes, frozen prawns, sliced peppers, sliced courgettes, mixed cheeses, salami slices.

### Method:

1. Mix dry ingredients and add 175ml water (¾ cup of water).
2. Stir until it forms a ball. If the dough is stiff add more water. The dough should be soft, not sticky.
3. Knead on a floured surface for 3-4 minutes.
4. Cook for 15-25 minutes at 200°C or gas mark 6.



In the UK if we all stopped throwing away food that could be eaten it would save as much carbon as taking 1 in 4 cars of the road.

The water used all over the world to grow, feed and make the food we throw away every year is more than all of the water used in UK homes.

# Environment

## It pays to plan

Planning your meals is one of the best ways to cut food waste. Try writing a list and stick to it when you're shopping.

## Know your dates

Food shouldn't be eaten after the 'use by' date even if it looks and smells fine. But when the 'best before' date is passed, the food won't be unsafe to eat but might not be at its best.

## Getting to know your freezer

Plans changed? You don't have to freeze food on the day you buy it – freeze it before the 'use by' date then when you want to eat it simply defrost and use it within 24 hours.

## Savvy storage

Always follow the storage guidance on food packs to enjoy your food at its best. Try keeping apples in the fridge to keep them fresher for longer.

## Perfect portions

Use our portion calculator to make the right amount of pasta or rice, but if you make too much don't worry, store it in the fridge and it'll be perfect for lunch the next day.

For more handy tips and recipes to help reduce food waste, visit [lovefoodhatewaste.com](https://lovefoodhatewaste.com)

