

the ZERO WASTE BRUNCH



The Zero Waste Brunch is all about creating a shared moment of connection at a time where we're apart. But, it's also about having something delicious to eat, and looking at what we can do to help limit our food waste!

Below you'll find 2 recipes with brunch options plus some top tips for fighting food waste.

*ENJOY AND REMEMBER TO SHARE
YOUR ZERO WASTE BRUNCH WITH US
@LOVEFOODHATEWASTESCOTLAND*



the
**BANG ANYTHING IN
BREAKFAST
BURRITO**



the
**FANCY
HOMEMADE BEANS
ON TOAST**

the
ZERO WASTE
BRUNCH

the BANG ANYTHING IN BREAKFAST BURRITO

SHORT ON TIME?

Try the Bang Anything in Breakfast Burrito. Utilise fajita leftovers, miscellaneous veg and any greens you've got to make this egg-cellent brunch. Lashings of hot sauce highly recommended!

SERVES 2
READY IN 15 MINUTES

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the ZERO WASTE BRUNCH

SHOPPING LIST

- EGGS
- KALE
- 1 X RED PEPPER
- 1 X ONION
- CHERRY TOMATOES
- AVOCADO
- TORTILLAS (CORN / FLOUR)



the BANG ANYTHING IN BREAKFAST BURRITO

METHOD

1. Chop up your pepper and onion and fry in some oil with salt, pepper and a spice of your choice until soft. Add your kale in the last couple of minutes. If you're using leftover cooked veg then skip this part.
2. Set aside your veg and wipe out your pan before adding olive oil or butter. Scramble 4 eggs until soft and fluffy.
3. Heat up your tortillas and pile with the veg mix, scrambled eggs, fresh tomato and sliced avocado.
4. Roll up and enjoy! Other delicious additions include hot sauce, feta, bacon – whatever you fancy.

ZERO WASTE TIPS

- This recipe really works with any vegetables you have in the fridge.
- Tortillas are great to keep in the freezer, as they take hardly any time to defrost.
- Leftover avocado or kale can be stored in the freezer, both perfect for adding into a healthy green smoothie.





the
ZERO WASTE
BRUNCH

the
**FANCY
HOMEMADE BEANS
ON TOAST**

**LOOKING FOR A MORE
LEISURELY OPTION?**

Get the coffee on and make a start on our Fancy Homemade Beans on Toast. Fabulously freezable – a big batch of these will have you brunching in style for the foreseeable future.

MAKES 6 PORTIONS
READY IN 1HR 25MINS

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the ZERO WASTE BRUNCH

SHOPPING LIST

- 2 X ONIONS
- 2 X GARLIC CLOVES
- 700ML JAR PASSATA
- 2 X 400G TINS OF MIXED BEANS
- 1 X ONION
- PAPRIKA
- CHIPOTLE PASTE / BBQ SAUCE
- FRESH PARSLEY
- LOAF OF SOURDOUGH
- EGGS (OPTIONAL)

ZERO WASTE TIPS

- This recipe makes 6 portions but the beans can be frozen too and also taste great with a baked potato, on top of nachos or as part of a full Scottish breakfast.
- Pick up a delicious sourdough from your local bakery and slice it and freeze it on day of purchase, then you have top-tier toast – whenever you want!



the FANCY HOMEMADE BEANS ON TOAST

METHOD

1. Preheat oven to 180°C/160°C fan. In a large ovenproof casserole dish, fry off your onion and garlic in a tbsp of olive oil over a medium heat with some paprika, salt, pepper and chilli flakes if you have them.
2. Stir regularly until softened, up to about 20 minutes. Pour your passata into the pot, rinsing it out with a splash of water before adding both tins of beans (liquid and all).
3. Add 100ml of BBQ sauce or a couple of teaspoons of chipotle paste and give everything a good stir.
4. Put your beans in the oven and leave for an hour until the sauce is thick and bubbling.
5. When you're ready to eat, toast your sourdough and top with the beans and a sprinkle of chopped parsley. A poached egg is a perfect addition as is feta or grated cheddar!



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BRUNCH

IS ALWAYS A
GOOD IDEA



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