

PYTTIPANNA – OR ‘WENDY’S PUT-IN-A-PAN!’

Recipe by Wendy Barrie



 Serves 2

Ingredients

10ml rapeseed oil

2 onions, peeled and chopped

200g cooked meat – any cold cuts, sausages or leftovers, chopped

4 leftover boiled potatoes – or a couple more if small ones, diced

A small knob of butter

A generous shake of chilli sauce

Freshly milled black pepper and a light pinch of salt

2 eggs

- 1 Heat the oil in a wok or large pan and soften the onions. Add potatoes and sauté until golden.
- 2 Add meats and thoroughly heat through. Add butter and seasonings.
- 3 Meanwhile, poach the eggs for 3 minutes in a pan of gently simmering water with a dash of vinegar or lemon juice. Lift out with a slotted spoon.
- 4 Serve on warmed plates topped with the poached egg.

This is a tasty frugal weeknight dish from Sweden where they pop in any leftovers they fancy! Swedes serve this with pickled beetroot and gherkins – delicious.



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

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.

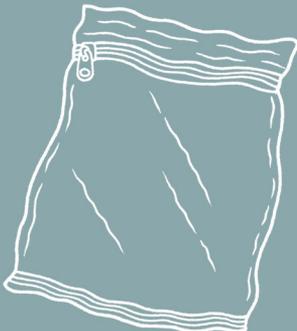
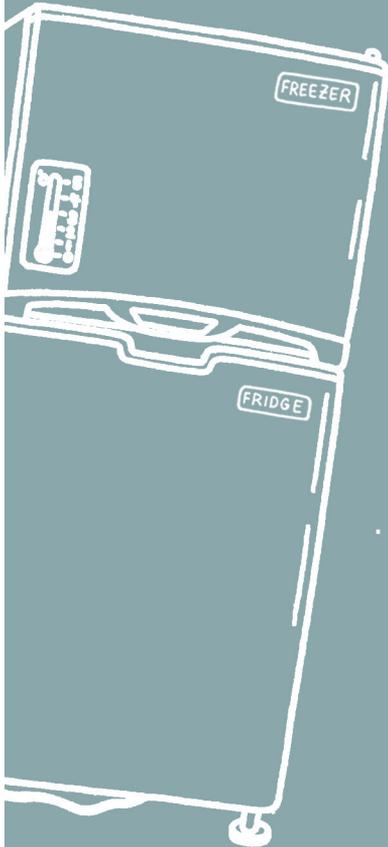
Savvy storage

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 or find us at [facebook.com/lovefoodhatewastescotland](https://www.facebook.com/lovefoodhatewastescotland)



LOVE
FOOD
hate waste