



# TRY A TRAYBAKE

## #LoveYourLeftovers

### ACTIVITIES, RECIPES & LEFTOVER IDEAS



## TRY A TRAYBAKE #LoveYourLeftovers

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## JOIN THE CITY-WIDE ACTIVITY + SEND US YOUR PHOTOS

Inspired by VEGPOWER's original campaign, FoodWise Leeds has given the 'Try a Traybake & #LoveYourLeftovers' campaign a festive twist this winter.

Try a Traybake using this booklet, create festive designs with your chopped seasonal veggies and share your traybake photos with us!

This family-friendly activity is perfect for families with kids on their Christmas holidays but also those interested in #BeingFoodWise over the festive period.



#### TO JOIN IN:

- Send your traybake photos to [info@foodwiseleeds.org](mailto:info@foodwiseleeds.org) with your/your child's name, age and where in Leeds you're from.
- Share your photos online and tag @FoodWiseLeeds (on Twitter, Facebook or Instagram). Tell us your name, age and where in Leeds you're from!

*Please note, photos and details sent in/shared will only be used in relation to this competition and will be deleted once the campaign ends on 7th January. Photos will be shared on social media and other online platforms used by FoodWise Leeds.*

We are excited to see your designs!





# ACTIVITY IDEAS

Activities to make eating healthy, seasonal food fun for the whole family!

## TRAYBAKE DESIGN COMPETITION!

May the best designs win!  
Have individuals/teams design a traybake layout and judge for 1st, 2nd and 3rd place.

How you judge for the winners is up to you!



## MAKE THEIR OWN SPICE & HERB BLENDS

Make one or all three of our blends (pg6-8).

Get everyone making their own and store in containers for future meals!



## HOW TO LOVE LEFTOVERS

From soups to salads, get creative as a group with leftovers!

Look at pg.9 for inspiration.



**EAT SEASONAL FOODS**

**FAMILY FRIENDLY**

**CUT FOOD WASTE**

# HOW TO TRY A TRAYBAKE

## Select 3 seasonal veg

From root veggies to cauliflower, here are our suggestions:

**CARROTS**

**BEETROOT**

**SQUASH**

**SWEDE**

**SWEET POTATO**

**PARSNIP**

**PUMPKIN**

**CAULIFLOWER**

**TURNIP**



## Prep your veg



Cut up different shapes ready to create your traybake.  
Ask an adult for help when using sharp knives.

**BATTONS**

**TRIANGLES**

**CIRCLES**

## Select your flavour

Make your own spice & herb blend using recipes on pgs 6-8.

Alternatively, you can buy pre-made blends from your local supermarket (e.g. Moroccan Seasoning or Curry Powder).

MOROCCAN

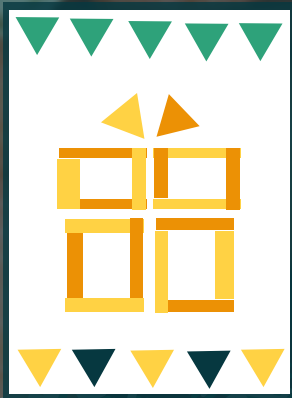
CURRIED

SPANISH

## Create your design

This can be whatever you want!  
Here are a few ideas to get you started...

GIFT



STARS



TREE



Next page for the full recipes >

# CURRIED TRAYBAKE

Serves a family of 4\*

### Ingredients:

- 480g seasonal veg (choose 3 types: carrots, beetroot, turnips, parsnips, cauliflower, squash, pumpkin)
- 360g white potatoes
- x1 400g tin of chickpeas, kidney beans, black beans or butter beans, drained
- x1 portion of Curried Spice and Herb Blend (make your own or buy Curry Powder from a supermarket)
- 2-3 tbsp oil (e.g. vegetable oil)

### Equipment:

- 1-2 roasting trays, depending on size of tray

### Method:

1. Preheat your oven to 200C/180C fan/gas 6.
2. Wash and remove any tops of veg where needed (like carrots). Most root veg and squash won't need to be peeled; carrots, beetroot and potatoes all roast well with skins on.
3. Chop veg into different shapes, in similar sizes (e.g. sticks, circles, triangles, cubes).
4. Mix all chopped veg, the spice and herb blend and oil in a mixing bowl.
5. Create your design on your roasting tray by arranging your different veg. Fill in the gaps with remaining veg.
6. Add the drained chickpeas or beans to your empty mixing bowl, stir to cover in the oil remaining in the bowl and put to the side.
7. Roast your veg in the oven for at least 20-30 minutes, checking every 10 minutes afterwards. Once you can easily pierce your veg with a fork, you can add the chickpeas or beans. After roasting for another 5 minutes, your traybake will be ready to serve!

\* Allow 80g veg and 120g potatoes per adult. Allow up to 40g veg and 60g potatoes per child.

### Curried Spice & Herb Blend

- 1 tsp garam masala or curry powder
- 1 tsp cumin seeds (crushed) or 1 tsp ground cumin
- 1 tsp coriander seeds (crushed), 1 tsp ground coriander or 1 handful of fresh coriander finely chopped
- 1 tsp ground turmeric
- 1 tsp chilli powder
- Sprinkle of salt & pepper

Please use level teaspoons.

Remember to share your traybake photos with us by tagging @FoodWiseLeeds on social media or sending to info@foodwiseleeds.org.uk



# MOROCCAN TRAYBAKE

Serves a family of 4\*

## Ingredients:

- 480g seasonal veg (choose 3 types: carrots, beetroot, turnips, parsnips, cauliflower, squash, pumpkin)
- 360g white potatoes
- x1 400g tin of chickpeas, kidney beans, black beans or butter beans, drained
- x1 portion of Moroccan Spice and Herb Blend (make your own or buy Moroccan Seasoning from a supermarket)
- 2-3 tbsp oil (e.g. vegetable oil)

## Equipment:

- 1-2 roasting trays, depending on size of tray

## Method:

1. Preheat your oven to 200C/180C fan/gas 6.
2. Wash and remove any tops of veg where needed (like carrots). Most root veg and squash won't need to be peeled; carrots, beetroot and potatoes all roast well with skins on.
3. Chop veg into different shapes, in similar sizes (e.g. sticks, circles, triangles, cubes).
4. Mix all chopped veg, the spice and herb blend and oil in a mixing bowl.
5. Create your design on your roasting tray by arranging your different veg. Fill in the gaps with remaining veg.
6. Add the drained chickpeas or beans to your empty mixing bowl, stir to cover in the oil remaining in the bowl and put to the side.
7. Roast your veg in the oven for at least 20-30 minutes, checking every 10 minutes afterwards. Once you can easily pierce your veg with a fork, you can add the chickpeas or beans. After roasting for another 5 minutes, your traybake will be ready to serve!

\* Allow 80g veg and 120g potatoes per adult. Allow up to 40g veg and 60g potatoes per child.

### Moroccan Spice & Herb Blend

- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp coriander seeds (crushed), 1 tsp ground coriander or 1 handful of fresh coriander finely chopped
- Sprinkle of salt & pepper

Please use level teaspoons.



# SPANISH TRAYBAKE

Serves a family of 4\*

## Ingredients:

- 480g seasonal veg (choose 3 types: carrots, beetroot, turnips, parsnips, cauliflower, squash, pumpkin)
- 360g white potatoes
- x1 400g tin of chickpeas, kidney beans, black beans or butter beans, drained
- x1 portion of Spanish Spice and Herb Blend (make your own or try a different pre-made blend from a supermarket e.g. Fajita Seasoning)
- 2-3 tbsp oil (e.g. vegetable oil)

## Equipment:

- 1-2 roasting trays, depending on size of tray

## Method:

1. Preheat your oven to 200C/180C fan/gas 6.
2. Wash and remove any tops of veg where needed (like carrots). Most root veg and squash won't need to be peeled; carrots, beetroot and potatoes all roast well with skins on.
3. Chop veg into different shapes, in similar sizes (e.g. sticks, circles, triangles, cubes).
4. Mix all chopped veg, the spice and herb blend and oil in a mixing bowl.
5. Create your design on your roasting tray by arranging your different veg. Fill in the gaps with remaining veg.
6. Add the drained chickpeas or beans to your empty mixing bowl, stir to cover in the oil remaining in the bowl and put to the side.
7. Roast your veg in the oven for at least 20-30 minutes, checking every 10 minutes afterwards. Once you can easily pierce your veg with a fork, you can add the chickpeas or beans. After roasting for another 5 minutes, your traybake will be ready to serve!

\* Allow 80g veg and 120g potatoes per adult. Allow up to 40g veg and 60g potatoes per child.

### Spanish Spice & Herb Blend

- 1 tbsp paprika (smoked or non-smoked)
- ½ tsp chilli powder
- 1 tsp coriander seeds (crushed), 1 tsp ground coriander or 1 handful of fresh coriander finely chopped
- 1 tsp dried thyme or 2 sprigs of fresh thyme finely chopped
- Sprinkle of salt & pepper

Please use level teaspoons.



Remember to share your traybake photos with us by tagging  
@FoodWiseLeeds on social media or sending to [info@foodwiseleeds.org.uk](mailto:info@foodwiseleeds.org.uk)

## HOW WILL YOU #LoveYourLeftovers?

There are so many ways to enjoy leftovers and avoid food waste.  
Here are 3 tips from VEGPOWER:

### MIX IT

Mix in your leftover veg, hot or cold, with a few salad ingredients like salad leaves, olives, cous cous...

### HASH IT

Gently heat a tablespoon of oil in a pan, warm up your leftover veg and stir in 1-2 lightly beaten eggs for a minute/ until cooked.

### SOUP IT

Heat through your veg in a pan with a little oil. Add hot stock or water to cover the veg.

Mash (or whizz with a blender) until smooth, or leave it chunky.

Bulk out with a tin of beans or lentils.

## WHY EAT SEASONALLY?

To eat seasonal food means to consume the food near the time that it is harvested.

Seasonal food is fresher, tastier, more nutritious. It's also better for the planet because it's not being transported from far away.

By eating seasonally and reducing our 'food miles', we can look after our wellbeing and the wellbeing of the planet.



## WHY CUT FOOD WASTE?

*"The average UK family with children throws away £720 worth of food a year, that's £60 a month."* – Love Food, Hate Waste

We know the average household in Leeds wastes 200 kilos of food per year (Leeds By Example). We also know that if food waste were a country, it would be the third biggest source of greenhouse gas emissions (UNEP).

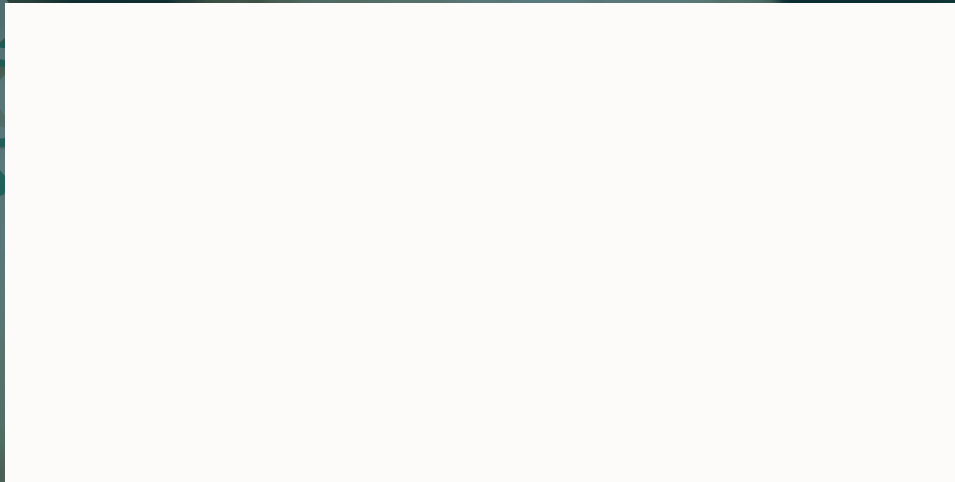
Making better use of leftovers (pg.9) is one of many ways we can avoid food waste, save money and protect our planet.

Interested to find out more?  
See the last page of this booklet.

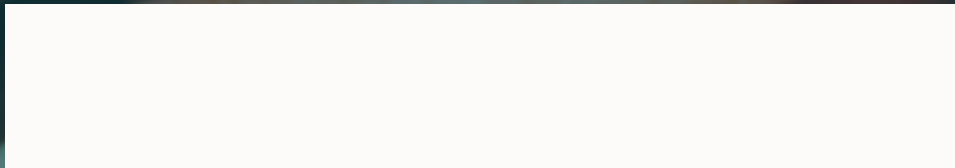




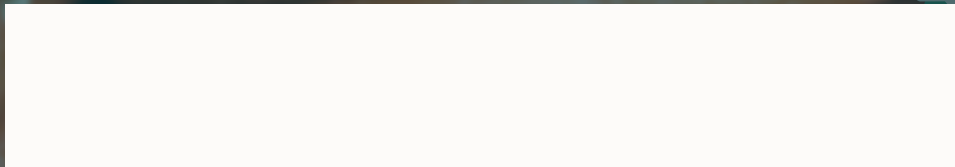
## DRAW YOUR DESIGN IDEAS:



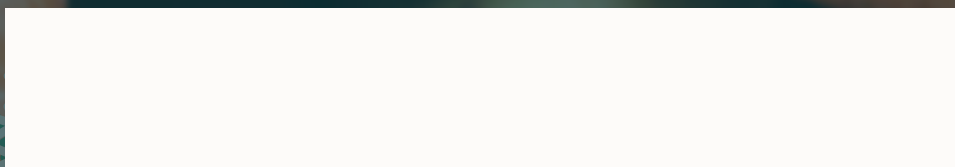
## WHAT WAS YOUR FAVOURITE DESIGN?



## WHAT FLAVOURS DID YOU TRY?



## WHAT VEG DID YOU LIKE THE MOST?



## Who is FoodWise Leeds?

## What does #BeingFoodWise mean?

### Get in touch:

✉ [info@foodwiseleeds.org](mailto:info@foodwiseleeds.org)

↔ [foodwiseleeds.org](http://foodwiseleeds.org)

🐦 [@foodwiseleeds](https://twitter.com/foodwiseleeds)

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