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THE GOOD STUFF

# Al Brown, Antonia Prebble And More Kiwi Celebs Share Their Best Tips For Reducing Food Waste

Make your groceries last longer and save yourself some money with these tips!

THE BREEZE
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Some of the biggest names in the country have shared their tips and tricks on making your food last longer as part of Countdown's Zero Food Waste Challenge.

Countdown has revealed that Kiwis waste over $3 billion worth of food annual, which is enough to feed the population of Hamilton for a whole year. That adds up to $1500 of food wasted by every household every year, and the numbers have worsened compared to last year.

To help out, some NZ legends have shared how they reduce food waste and save a good chunk of money in the long run.

**Al Brown**

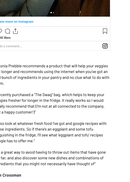
Who better to give food advice than one of our best chefs Al Brown? He says to always be wary of how much food, particularly fish, the meat requires before getting it, and to make sure you use every part of the fish.

"Firstly, as a recreational fisherman/fisherwoman, before you venture out ask yourself the question, how much fish do you need?" he said.

"There is no point or anything good about catching your limit, only taking the fillets (and heaven forbid freezing them) and throwing a third of the edible fish left on the frames away. Use the whole fish, not just the pearly white fillets... The wings, the belly, the bones for stock (minus the gills/etc).

"Again, when purchasing fish, think about buying and cooking a whole fish. Easier on the wallet, a slower eating experience, visually stunning and zero wastage."

**Antonia Prebble**



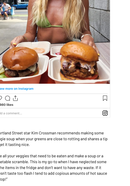

Antonia Prebble recommends a product that will help your veggies last longer and recommends using the internet when you've got an odd bunch of ingredients in your pantry and no clue what to do with them.

"I recently purchased a "The Swag" bag, which helps to keep your veggies fresher for longer in the fridge. It really works so I would totally recommend that (I'm not at all connected to the company, just a happy customer)!"

"I also look at whatever fresh food I've got and google recipes with those ingredients. So if there's an eggplant and some tofu, languishing in the fridge, I'll see what eggplant and tofu/ recipes google has to offer me."

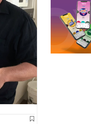
"It's a great way to avoid having to throw out items that have gone too far, and also discover some new dishes and combinations of ingredients that you might not necessarily have thought of"

**Kim-Crossman**




Shortland Street star Kim Crossman recommends making some veggie soup when your greens are close to rotting and shares a tip to get it tasting nice.

"Use all your veggies that need to be eaten and make a soup or a vegetable scramble. This is my go to when I have neglected some of the items in the fridge and don't want to have any waste. If it doesn't taste too flash I tend to add copious amounts of hot sauce on top!"



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IN THE KITCHEN

# Two Raw Sisters' Delicious Leek And Potato Soup Recipe

A must try soup this winter!

THE BREEZE
TOP FIVE STAFF

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Nothing beats a good soup on a cold day!

If you love a good soup, here's a yum Leek and Potato Soup you can try out.




Our team from The Breeze Canterbury, Flizzy and Hilary joined the Two Raw Sisters' to try out their popular 'Leek and Potato Soup'.

Here's the recipe:

**Ingredients:**

2 tbsp oil
1 onion, diced into small pieces
1 bay leaf leaves, stalk discarded + leaves removed
1 tsp salt
Black pepper
2 leeks, thinly sliced
4 medium potatoes, cubed
2 bay leaves
4-10 cups of water
½ 400g can of coconut cream
2 tbsp miso paste

**Method:**

Get a large pot, add the oil and begin to heat over a medium heat. Add the onion, thyme + salt and pepper. Sauté for about 5 Bmins or until the onions are nice and soft and slightly golden.
Add in your leeks, potatoes, bay leaves, water and coconut cream. Bring to the boil and reduce the heat to medium heat and simmer for 12Bmins, or until the potato and leeks are soft.
Once the potatoes have softened, remove from the heat and add the miso paste. Pile the miso paste through the soup until it is fully dissolved.
Eat straight away or store the soup in an airtight container in the fridge for up to 1week or in the freezer for up to 3 months.

Watch the video of Hilary and Flizzy making this wonderful soup with Two Raw Sisters.

THE GOOD STUFF

# Woman Shares A Simple Two Ingredient Recipe To Create Whippy's Classic Soft Serve

Just because it's winter, doesn't mean we can't have ice cream!

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We all know the iconic sound of the Mr Whippy truck rounding the corner. Soft in winter it's a bit more of a rarity to hear those chimes calling.
That doesn't mean we can't have ice cream though!

One woman has discovered how to recreate the classic Mr Whippy soft serve with only two ingredients!

@aprilmakes3 posted the video, enthusiastically showing us how to make the treat at home.

Ice Cream lovers were obsessed with the hack with people commenting: "I'm going to try this, thanks hun," and "Can't wait to try this!".

Grab the step-by-step instructions below.

## INGREDIENTS

- One pot of double cream
- One tin of condensed milk
- Toppings of choice

## METHOD

Using an electric whisk, whip cream until stiff peaks begin to form.

Pour in condensed milk to your desired sweetness – the more you add, the sweeter the ice cream will be.

Mix until combined.

Add in the toppings of your choice (eg chocolate drops)

Pour into a freezer-safe container.

Leave for approximately three hours, or until it reaches ice cream consistency.

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