

WE LOVE OUR LEFTOVERS

Cookbook
created by learners
from the ESOL Entry 1
course (ZI3012)



ABOUT THE CHEFS



We are men and women living in and around the London Borough of Redbridge. We are learning English in Laura's E1 ESOL class. We come from a range of different countries and speak many different languages.



In February 2025 our class had the opportunity to attend a 'Love food, Hate waste' workshop run by Our Streets Redbridge. We learnt how to make quesadillas and vegetarian noodles using leftover ingredients.

We were able to discuss how we use leftover food to create something new. We continued to discuss our ideas in class and learnt how to write our recipes.

We hope you enjoy our ideas.



RECIPES

01. Rice Fritters
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05. Chinese Biryani
06. Fish Balls
07. Leftover Chicken Soup
08. Egg Fried Rice with Prawns
09. Beef and Rice Platter
10. Lamb Karahi
11. Root Cake
12. Banana Bonda
13. Coconut Pudding
14. Pudding
15. Grape Juice

RICE FRITTERS

01.

20 minutes - Serves 4

INGREDIENTS :

- 1 cup leftover rice
- 1 egg
- 1 tbsp flour or breadcrumbs
- Salt and pepper to taste
- 1 tsp oil for frying

STEPS :

- Mix the leftover rice, egg, flour, salt and pepper.
- Shape into small fritters
- Heat the oil in the pan.
- Fry until golden brown
- Serve warm and enjoy!



by Aguida Ferreira

02.

VADAI

2 hours - Serves 4

INGREDIENTS :

- 1 cup split black gram lentils
- 2-3 green leftover chillies finely chopped
- 1 tsp black pepper
- 1 tsp cumin seeds
- 1 tbsp finely chopped ginger
- 2 tbsp coconut pieces
- A few coriander and curry leaves
- Oil

STEPS :

- Wash and soak the lentils for 1.5 hours.
- Drain the water and grind the lentils into a smooth batter. Whisk the batter until thick and fluffy.
- Add the chillies, pepper, cumin seeds, ginger, curry leaves, coconut pieces, coriander and curry leaves and mix well.
- Shape small portions of the batter into a donut and fry them in the oil until golden brown.



by Subathira
Rathinayagam

WIGGLES AND SIZZLES

inspired by Bubble and Squeak

03.

25 minutes - Serves 4

INGREDIENTS :

- Leftover vegetables from yesterday's dinner - can include carrots, peas, mini sweetcorn and asparagus
- Onion
- Olive oil
- Spaghetti
- Sausage eggs

STEPS :

- Heat the oil in a frying pan
- Add the onion and cook until golden brown
- Boil the spaghetti for 10 mins
- Add the vegetables to the onion and fry.
- Add salt to taste
- Add the cooked spaghetti and mix together.
- Serve with the sausage eggs and anything else you have leftover.



by Atika Begum

04.



STUFFED CABBAGE ROLLS

1.5 hours - Serves 6

INGREDIENTS :

- Leftover cabbage leaves
- 500 gr pork mince
- 120 gr leftover rice
- 1 onion
- 3 tbsp flour
- 2 tbsp tomato sauce
- 100gr sour cream
- Oil
- Salt and pepper to taste
- A pinch of spices
- Leftover potatoes

STEPS :

- Chop the onion and mix it with the leftover rice, the mince and the spices.
- Place the cabbage leaves into boiling salted water.
- Place some meat filling on the edge of each cabbage leaf, fold in the sides and roll it up.
- Lightly coat each roll in flour and lightly fry it in oil.
- Arrange all the rolls in a pot, cover them with water and add tomato sauce.
- Simmer for about 40 minutes.
- Add sour cream and simmer for a few more minutes



by Rasa
Arlauskiene

CHINESE BIRIYANI

05.

40 minutes - Serves 2

INGREDIENTS :

- 2 eggs
- 1 tbsp black pepper
- 2 tbsp oil
- 1 tbsp garlic
- 1 medium onion
- 200gr leftover chicken
- 1 tbsp salt
- 1 fresh chilli
- 1 tbsp vinegar
- 1 tbsp soy sauce
- 2 carrots
- 1 small cabbage
- 4 dates
- Leftover rice



STEPS :

- Crack the eggs into a bowl.
- Heat the oil in a pan and when it is hot add the eggs.
- Add the chopped garlic, onion and fry.
- Add the leftover chicken.
- Season with salt and pepper.
- Add the fresh chilli, vinegar and soy sauce.
- Chop the carrots and cabbage and add them to the pan.
- Mix in the dates and leftover rice. Mix well.

by Tahira Bibi

06.

FISH BALLS

30 minutes - Serves 3

INGREDIENTS :

- Any fish that needs using up.
- 2 cloves of garlic
- Salt and pepper
- Handful of parsley
- 1 onion
- 3 tomatoes
- 2 large potatoes
- A dash of vinegar

STEPS :

- Remove the fish from the bone.
- Season with black pepper, salt, garlic and parsley.
- Roll the fish into balls.
- Fry the balls in oil.
- Cut the onions and tomatoes.
- Peel and cut the potatoes.
- Fry them together.
- Add vinegar and cook for 20 minutes.
- Serve with rice and bread.



by Maty Seck

LEFTOVER CHICKEN SOUP

07.

30 minutes - Serves 4

INGREDIENTS :

- 3 cups of water
- leftover chicken
- ½ cup carrots
- ¼ cup baby corn
- 3 tbsp mushrooms
- ½ tsp garlic powder
- ½ tsp ginger powder
- ½ tsp black pepper
- salt to taste
- ½ tbsp oil
- ½ tbsp tomato ketchup
- 1.5 tbsp cornflour
- 1 egg
- ½ tbsp lemon juice
- 2 tbsp coriander leaves



by Naima Chowdhury

STEPS :

- Use a medium flame, cover the chicken with a lid and cook for 10 minutes. Flip it over and then cook for 10 more minutes. Shred the chicken.
- Add the carrots, corn, mushrooms, soy sauce, tomato ketchup, corn flour and water.
- Stir well and add the garlic, ginger and salt and cook for 2-3 minutes.
- Crack the egg, beat the egg slowly and pour in. Stir slowly and continuously while adding the egg.
- Add the lemon juice and coriander leaves.
- Simmer and serve!

08.



EGG FRIED RICE WITH PRANWS

2 hours - Serves 4

INGREDIENTS :

- 1 onion
- 1 red pepper
- handful of coriander
- 1 green chilli
- prawns
- mixed vegetables
- leftover rice
- 4 eggs

by Mita Zaman

STEPS :

- Heat the oil in a frying pan
- Fry the diced onion
- Once sauteed add the prawns and cook for 3 minutes
- Add the mixed vegetables for 3 minutes
- Add the 4 eggs, mix well and cook for 2 minutes
- Add the leftover rice
- Stir it all up.
- Serve

BEEF AND RICE PLATTER

09.

35 minutes - Serves 2

INGREDIENTS :

- 200g beef
- Carrots
- Leftover rice
- Cheese
- Bolognese sauce
- Salt and pepper
- Oregano

STEPS :

- Boil the meat in a pot.
- Leave the meat to rest and use the broth for the rice.
- Mix the broth into the leftover rice and heat.
- Season with salt and pepper.
- Fry the meat with salt and pepper for a crispy texture.
- Fry the carrots in the same pan to get some flavour from the beef.
- Serve the rice with the bolognese sauce and grated cheese, meat and carrots.



by Fatma Kanxha

10.

LAMB KARAHI

2 hours - Serves 4

INGREDIENTS :

- 2 kg lamb
- 2 onions
- 2 tsp garlic and ginger paste
- 4 leftover tomatoes
- coriander
- turmeric
- 1 tsp garam masala.
- 1 cup of yogurt
- 1 tsp black pepper and salt to taste
- 1 cup of oil

STEPS :

- Boil lamb for 1 hour and 40 minutes on full heating.
- Fry up onions until it's brown.
- Then mixed the tomatoes and garlic and ginger paste.
- Cook again for 10 minutes.
- Mix in all the masalas
- Mix in the yogurt to make a good curry paste
- Add the lamb
- Cook for a further 15 minutes and our lamb curry is ready!



by Asif Ali

ROOT CAKE

11.

45 minutes - Serves 6

INGREDIENTS :

- 4 eggs
- 1 cup of sugar
- 1 cup of oil
- 1 cup of milk
- 1 tsp of cardamom
- 1 tbsp baking powder
- 1 tsp vanilla extract
- black and white sesame seeds

STEPS :

- Heat oven to 150 degrees.
- First crack 4 eggs into a bowl. Add 1 cup of sugar, 1 cup of oil and 1 cup of milk. Mix together.
- Add one tsp of cardamom.
- Add 1 tbsp of baking powder and a tsp of vanilla extract.
- Mix it all together.
- Pour into a cake tray.
- Bake for 45 minutes at 150 degrees.



by Zohra Masoud

12.



BANANA BONDA

25 minutes - Serves 3

INGREDIENTS :

- 2 black bananas that you have to throw away.
- $\frac{3}{4}$ cup of sugar
- 1 cup flour
- $\frac{1}{4}$ cup of grated coconut
- Oil
- Pinch of salt

STEPS :

- Mash the bananas until smooth.
- Add the flour, sugar, grated coconut and salt.
- Mix the ingredients and add a little water to form a thick batter.
- Scoop out small portions and shape them into oval pieces.
- Deep fry in hot oil until golden brown.
- Remove from the oil and remove any excess oil.
- Serve and enjoy!



by Doreen Croos

COCONUT PUDDING

13.

1 hour - Serves 4

INGREDIENTS :

- 2 cups of leftover milk
- 1 cup of sugar
- 2 cups of coconut water
- 1 tbsp gelatin
- 1 pomegranate

STEPS :

- Pour the milk and sugar into a pan and bring to the boil.
- Transfer to a bowl and leave it in the fridge for 1 hour.
- Add 2 cups of coconut water to a pan and let it simmer.
- Add 1 tbsp of gelatin.
- After it starts boiling take the cold milk and add it together with the coconut water.
- Let it cool down.
- Add the pomegranate and coconut pieces to the mixture.
- Let it rest for half an hour and serve.



by Salina Akter

14.



by Farida Parven

PUDDING

25 minutes - Serves 4

INGREDIENTS :

- 500 ml milk that needs to be used up
- 4 eggs
- 1 cup of sugar
- 2 drops of vanilla

STEPS :

- Boil the milk in a pan and let it cool.
- Crack the eggs into a bowl
- Mix in the sugar
- Add the vanilla
- Mix well
- Put everything in the oven at 180 degrees for 30 minutes.
- Leave to cool and serve!

GRAPE JUICE

15.

5 minutes - Serves 2

INGREDIENTS :

- Leftover grapes that are going bad.
- 4 tbsp sugar
- 2 cups of water
- 1 lemon

STEPS :

- Add the grapes to a blender and blend.
- Add the sugar.
- Add the water.
- Blend again
- Squeeze half a lemon and mix again.
- Drain the juice to get any smaller bits out.
- Add a slice of lemon to the glass and serve!



by Ramseena Rafeek





Thank you!
We hope you enjoyed
our recipes