Fridge rescue

Turn the week's leftovers into dinners without throwing food away.

Before you go shopping, make a rescue meal: the whatever-you've-got frittata (recipe 36) or the fridge-rescue soup (recipe 37) will swallow almost any leftover.

What to do with each leftover

LEFTOVER	TURN IT INTO…
Roasted vegetables	Soup, frittata, pasta sauce (blended with a little water)
Chicken	Wrap, salad, stir-fry, potato filling
Beans and lentils	Hummus, soup, burgers with oats
Stale bread	Oven-baked croutons, breadcrumbs, toasts
Overripe fruit	Frozen in chunks for smoothies, or in overnight oats
Yesterday's rice (kept in the fridge)	Fried rice with egg and vegetables, reheated until steaming
Yogurt about to expire	Marinade for chicken (recipe 9) or sauce (recipe 21)

If you have four odds and ends left on day 4

YOU HAVE	YOU CAN MAKE	TIME
Rice (less than 24 h in the fridge) + egg + vegetables	Fried rice, reheated until steaming	10 min
Roasted vegetables + eggs	Whatever-you've-got frittata (recipe 36)	15 min
Beans + tomato + spices	Quick stew or express chili	10 min
Chicken + flour tortilla + sauce	Wrap	3 min
Any base + vegetables + sauce	Matrix bowl	3 min
Cooked potato + egg	Quick skillet omelet	15 min
Odd vegetables + broth	Fridge-rescue soup (recipe 37)	25 min
Chickpeas + tahini + lemon	Hummus (recipe 22)	5 min
Stale bread + tomato + egg	Toasts under the broiler	10 min

> Rice: only if it has been in the fridge for less than 24 hours, reheated until steaming, and only once. When in doubt, throw it out.