

Video 3

Description: Paul Mercurio introduces the Love Food Hate Waste video from a kitchen.

Paul: G'day - Paul Mercurio here, welcome to another episode of Love Food Hate Waste.

I love Friday night! It's the end of the working week for most – a chance to kick back, turn on the telly, enjoy a glass of wine – or beer - and create some fun food using the leftovers and whatever else you've got left in the fridge from earlier in the week.

And, with the average Victorian household wasting approximately \$2,000 worth of food every year, it's really important that these leftovers end up on your plate and not in the landfill.

Description: Imagery of food and a fridge are shown.

Paul: Before we start, here are a few tips to avoid food waste:

Number one - always measure your portions to ensure that you do not have too much left over.

Number two - check at the back of your fridge! This is where you find all the goodies that get forgotten.

And three - many left over foods can be turned into delicious sandwiches, salads, soups or wraps! Or even tacos!

Description: Paul is in a kitchen.

Paul: OK, tonight we are going to create what I like to call the Kitchen Sink Frittata - because it has everything in it but – yep! - the kitchen sink!

Now this is the perfect dish to use up all those bits you've left over in your fridge after cooking various meals from throughout the week. You can use almost anything that's safe to eat from left over tomatoes, to beans to chilli to snags. I've even heard of people using left over Thai takeaway from the night before!

Description: Images of the frittata being made are shown.

Paul: Kitchen Sink Frittata – love it! You've always got to have a bit of potato. How often to do find a cheek of capsicum just sitting in the bottom of your fridge drawer? I've got a carrot I'm going to put in, not even going to bother to peel it because there's nice flavour. Beat the eggs.

Everything...goes in. I've just got to let that cook and then I'll add the eggs. Let the bottom set and then I'm going to put it under the grill and set the top.

Description: Image of the cooked frittata is shown.

See – it's easy to create something delicious and healthy as well as reduce food waste – with a little creativity! And as you can see, leftovers are great and should not end up in the back of the fridge or the bin! Have a plan, have some fun and create new recipes.

Description: Paul is in a kitchen.

And if you want to check out lovefoodhatewaste.vic.gov.au for more exciting recipes, then do that. And it can help you to reduce food your food waste.