

STOPFOODWASTE FOODOKU!

1>>>



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1. Across: Boil tagliatelle pasta, grill the tomatoes and asparagus, then toss through the cooked pasta and served with chopped up basil.

2. Across: Grill aubergine, blanch broad beans, soft boil eggs and serve with a rocket salad.

3. Across: Cook potatoes, add shredded basil, tuna and tomato pesto.

4. Across: Roast the beetroot and dice, cook couscous, blanch green beans, mix all together and crumble over goats cheese.

1. Down: Cook potatoes and dice, blanch asparagus an broad beans, add to potatoes and crumble goats cheese on top.

2. Down: Roast beetroot and dice. Make a tomato and basil omlette and serve with warm beets on the side.

3. Down: Cook couscous, wilt spinach, mix both together with rocket and tuna.

4. Down: Cook tagliatelle, grill aubergine, blanch green beans and mix together with tomato pesto.

1. Diagonal: Grill asparagus, blanch green beans, hard boil eggs, flake tuna serve cold.

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