

Too good to waste

Salad leaves

Helping you cut down on food waste, one ingredient at a time

From crispy lettuce to peppery rocket, bagged salad leaves are super-convenient... but have a very short shelf life, often resulting in bags of soggy leaves abandoned in the fridge. With a whopping £64m worth* of fresh leafy salad wasted every year, it's about time we changed this. Follow our simple tips to help make leaves last longer, plus nifty ways to use them up.

STORE IT RIGHT

Once opened, put a sheet of kitchen paper in the bag to absorb any moisture and help avoid slimy leaves. Store in the veg drawer of your fridge for up to two days. Only wash leaves when you're ready to use them, and dry them in a salad spinner or by patting gently with kitchen paper.

MAKE IT GO FURTHER

To revive wilted salad, discard any brown or slimy leaves, then put the rest in a bowl of iced water for up to an hour. This should help rehydrate them. Drain and dry thoroughly before use. Don't add any dressing until you're ready to serve.

USE IT UP

LETTUCE SOUP

Fry onion and garlic in oil until softened. Add leaves (dressed leaves work too) and fry to wilt. Add veg stock, bring to the boil, then blend until smooth; season. Garnish with sliced radishes and a dollop of low-fat natural yogurt. Serve hot or chilled.

GREEN SMOOTHIE

For an on-the-go breakfast, blitz salad leaves with a banana, frozen berries, peanut butter and milk in a blender until smooth. For something more substantial, add porridge oats – just make sure to add more milk to the mix.



Jamie says

Make the most of salad leaves with an easy jam-jar dressing using my 3 parts oil to 1 part acid (vinegar or lemon) ratio. Maximise flavour; minimise waste.