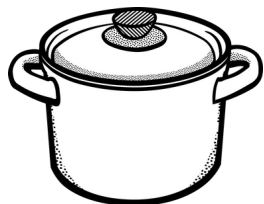




Learn - Cook - Share



Batch Cooking



What is it?

Cooking more than one portion of a meal at a time to help you plan ahead for the week. You can freeze it or keep it for 3-4 days in the fridge.

How do I get started and why is it a good idea?

Doing this once a week means that dinner tomorrow is already sorted and you save yourself money on energy costs and ingredients. Start by doubling or tripling your favourite family meal when you cook.

What equipment do I need?

A large pan and cooking utensils. Some zip lock food bags or tupperware (they can be washed and reused), some labels or a sharpie.

What if I don't have a freezer or only a small one?

Stick to doubling or tripling portions for the fridge. Using freezer bags and lying meals flat is a huge space saver!

How long will it last?

In the fridge, meals will last a few days. In a freezer, eat within 3 months for the best flavour.

How much should I freeze?

See how many spoonfuls will make one portion in a bowl and then use that measure to put in the bag or tupperware.