



Two Sea Meals, One Base

OBJECTIVE

Promote **food planning**, the **use of bases** and the consumption of **seafood**, reducing waste and saving time in the kitchen.

YOUR MISSION

Prepare a **single base** and use it in **two different meals** throughout the week.

1. **Cook enough brown rice** for two days.
2. **Day 1** - Rice **mussel** with vegetables.
3. **Day 2** - **Cold rice salad** with black-eyed peas, peppers, cucumber and **pickled sardines**.

Step 1- Plan meals

Day	Meal	How you will use brown rice
Day 1	Mussel rice	
Day 2	Cold rice salad	

Step 2 - Plan of the Week

Write down when you are going to **cook the base** and when you are going to **reuse it**, to save time and avoid waste.

Day of the week	What you'll cook
	Cook brown rice (base)
	Day 1 Meal
	Day 2 Meal



Mediterranean tip

Using **fish and seafood, pulses, vegetables and whole grains** in the same week helps to create balanced, nutritious and sustainable meals.

Final reflection

It answers the following questions:

1. How does cooking rice just once help you **save time**?

2. How does this strategy contribute to **reducing food waste**?

3. What other **bases** (e.g. wholemeal pasta, potatoes, pulses) could you use in seafood meals?
