

Difficulty:  
Easy



Time:  
40 minutes



# Zingy veg tray bake

Vegan and gluten free



Allergens: none

## What is it?

A quick and easy vegetable tray bake, perfect for those busy evenings when you just want to put everything in the oven and have a sit down! This is a tasty way to get a great helping of your 5 a day!

**AVERAGE COST  
PER PERSON  
£1.39**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Baby potatoes	300g	400g	500g
Cauliflower florets	100g	150g	200g
Broccoli florets	100g	150g	200g
Fresh tomatoes	250g	300g	350g
Chick peas	400g tin	400g tin	2x 400g tins
Curry powder	1 tsp	1 tsp	2 tsp
Olive oil	2 tbsps	2 tbsps	3 tbsps
Fresh coriander	2 sprigs	3 sprigs	4 sprigs
Red chilli	1	1	2
Lime	1	1	2

## Kit list:

- Saucepan
- Oven tray
- Baking paper

## Make it your own!

Why not throw in whatever leftover veggies are sitting in the fridge: carrots, peppers, mushrooms....anything to add some extra colour and reduce food waste!

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## What to do:

**Step 1:** Preheat the oven to gas mark 6, 200°C, fan 180°C.  
Line a baking tray with non stick baking paper.

**Step 2:** Boil the potatoes in a saucepan of water for 5 mins.  
While the potatoes are boiling, roughly chop your tomatoes and slice the red chilli.

**Step 3:** Separate the coriander leaves and stalks, then chop both into small pieces (keeping the leaves and stalks separate).

**Step 4:** Drain the potatoes and tip them onto the baking tray, along with the broccoli and cauliflower florets, tomatoes and (drained) chick peas.

**Step 5:** Mix together the curry powder, olive oil, sliced chilli and coriander stalks. Pour onto the tray and mix everything together. Season with salt and pepper.

**Step 6:** Roast in the oven for 25-30 mins until the vegetables are tender to the touch. Remove from the oven.

**Serve:** Scatter with the coriander leaves and serve a hearty spoonful with a wedge of lime - this is for you to squeeze over the veggies to give it that amazing ZING!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Chicken pasta bake



Allergens: celery, milk, gluten

## What is it?

An easy to prepare meal that will fill your tummies. A great source of protein, and you could add a leafy side salad or your favourite veggies for extra colour!

**AVERAGE COST  
PER PERSON  
£1.88**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Diced chicken	200g	300g	400g
Pasta	150g	225g	300g
Chopped tomatoes	150g	200g	250g
Tomato puree	30g	40g	50g
Onion (diced)	1/2	1	1
Chicken stock	1 cube	1 cube	1 cube
Cheese (grated)	80g	110g	150g
Garlic clove (chopped)	1	1	2
Mixed herbs	1tsp	1tsp	2tsp

## Kit list:

- Saucepan
- Frying pan
- Oven dish

## Make it your own!

You could choose any shapes or colours for the pasta - fusilli, penne, macaroni - why not experiment with different types and see which is your favourite!

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# What to do:

**Step 1:** Fry the diced onions and chopped garlic in a pan over a low heat (with a little oil) until they soften.

**Step 2:** Add the diced chicken and cook until it is sealed (cooked on the outside), then add the stock cube and simmer everything on a low heat. Add the herbs and stir.

**Step 3:** Give everything a good mix, then add the chopped tomatoes and tomato puree. Leave to simmer on a low heat for 15-20 minutes to allow the sauce to thicken.

**Step 4:** Meanwhile, boil a pan of water, adding the pasta once the water is up to temperature. Cook the pasta until it is 'al dente' (just about cooked). Drain the water away and leave the pasta to one side.

**Step 5:** Combine the pasta with the chicken mixture, stirring it all together. Pour into an ovenproof dish, sprinkling your grated cheese on the top. Bake in the oven at 180 degrees (gas mark 4) for around 15 minutes, or until the sauce is bubbling and the cheese is golden on top.

**Serve:** Dish up a hearty scoopful of pasta bake and tuck in while its hot! If you chose to add some veggies to your meal, boil your favourites while the pasta bake is in the oven and serve up as a side (we recommend broccoli or green beans). Tuck in and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
40 minutes



# Veggie pasta bolognese



Allergens: gluten

## What is it?

A tasty vegetarian alternative full of flavour!

**AVERAGE COST  
PER PERSON  
£0.66**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Carrot	1/2	3/4	1
Onion	1/2	3/4	1
Pepper	1/2	3/4	1
Mushrooms	50g	75g	100g
Red lentils	50g	75g	100g
Chopped tomatoes	200g	300g	400g
Vegetable stock	1 cube	1 cube	1 cube
Garlic clove	1	1	2
Mixed herbs	1tsp	1tsp	2 tsp
Paprika	1/2tsp	1/2tsp	1tsp
Tomato puree	1tbsp	1.5tbsp	2tbsp
Pasta	175g	260g	350g

## Kit list:

- Saucepan
- Frying pan

## Make it your own!

You could choose any shapes or colours for the pasta - why not experiment with different types and see which is your favourite! you can also add peas or sweetcorn in the last 5 minutes of cooking.

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## What to do:

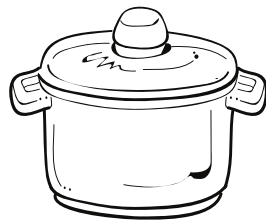
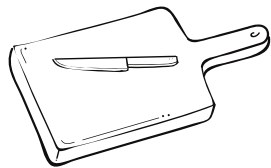
**Step 1:** In a large saucepan heat some oil and soften all the vegetable with the garlic.

**Step 2:** Stir in the lentils, tomatoes, stock, paprika, mixed herbs and tomato puree. Bring to a boil reduce the heat cover and simmer for 15 minutes.

**Step 3:** Remove the lid and season with salt and pepper leave the saucepan uncovered and simmer for another 15 minutes.

**Step 4:** Meanwhile bring a pan of salted water to the boil and cook your pasta to your liking, drain the pasta and serve topped with the bolognaise.

**Serving suggestion :** serve with garlic bread to mop up and yummy juices!!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Vegetable quiche

Time:  
70 minutes



Allergens: gluten, dairy, eggs

## What is it?

A yummy vegetarian quiche that can be enjoyed hot or cold !

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Plain flour(pastry)	100g	100g	200g
butter(pastry)	50g	50g	100g
Thyme(pastry)	1/2tbsp	1/2tbsp	1tbsp
Onion	1/4	1/4	1/2
Pepper	1/2	1/2	1
Garli clove minced	1	1	2
Mushrooms	50g	50g	100g
Spinach	50g	50g	100g
Eggs	1	1	2
Double cream	150ml	150ml	300ml
Parmesan cheese	50g	50g	100g
Mixed herbs	1/2tbsp	1/2tbsp	1tbsp

AVERAGE COST  
PER PERSON

**£1.33PP**

## Kit list:

- Pie tin/loose bottom tin
- Rolling pin
- Baking beans/rice
- Frying pan

## Make it your own!

You could use any veg that you have /prefer !  
Serve with new potatoes or a side salad .

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## What to do:

**Step 1:** Combine flour and butter to resemble breadcrumbs, add the thyme and then slowly add cold water to form a dough, wrap the dough in clingfilm and chill for 40 minutes.

**Step 2:** Add some butter or oil to a pan and add the diced onions and cook until softened, add the rest of the vegetables and cook through. Set aside.

**Step 3:** On a floured surface roll out your pastry to fit the pie dish, brush the pan with oil before placing the pastry. Trim the pastry so you still have plenty of overhang. Scrunch up some greaseproof paper, unscrunch and place over the pastry and then fill with baking beans/rice.

**Step 4:** Blind bake your pastry for 15 minutes, remove the paper and beans/rice and return to the oven for another 5-8 minutes until the pastry is cooked.

**Step 5:** Whisk the eggs with the cream, mixed herbs and grated cheese, season with salt and pepper.

**Step 6:** Re-trim the pastry case to neaten then spread out the vegetables over the pastry case, pour over you egg mixture and gently tap the pan to remove any bubbles.

**Step 7:** Bake @ 190/gas 5 for 25-30 minutes until cooked with a slight wobble in the centre allow to cool for 15-20 minutes. Serve and enjoy!!



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
45 minutes



# Bangers and mash

with baked beans



Allergens: milk, gluten

## What is it?

Bangers and mash is a colloquial term for sausages and mash, traditionally popular in Great Britain. This is one of the easiest meals to whip up after a busy day.

**AVERAGE COST  
PER PERSON  
£0.74**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Sausages	4	6	8
Potatoes	400g	550g	700g
Butter	60g	75g	90g
Baked beans	200g	300g	400g

And a pinch of salt and pepper

## Kit list:

- Saucepan
- Oven dish
- Potato masher

## Make it your own!

You could add different flavours to this dish by mixing something into the mash; cheese, mustard, whatever you want to experiment with!

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# What to do:

**Step 1:** Preheat the oven to 180 degrees (gas mark 4). Peel the potatoes and chop up into cubes (this helps the potato to boil more quickly). Place in a pan and add cold water, bringing to the boil over a high heat. Boil until the potato is cooked (check by inserting a knife, the potato should be soft).



**Step 2:** Meanwhile, place the sausages onto an oven tray and cook for 20 minutes, until the juices run clear and the skin is golden brown.



**Step 3:** When the potatoes are cooked, drain the water away and add the butter to the pan. Mash together and season with a little salt and pepper. If you want, you could add a splash of milk to make the mash extra creamy.



**Step 4:** Heat the beans in a saucepan or microwave (transferring them to a microwavable container) for a few minutes until they are piping hot.

**Serve:** Remove the sausages from the oven and plate up, alongside a spoonful of mash and a helping of baked beans. Tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
15 minutes



# Cheesy gnocchi



Allergens: Dairy, Gluten

## What is it?

A supper quick dinner for those days when time is short!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Gnocci	500g	750g	1000g
Butter	30g	45g	60g
Parmesan	50g	75g	100g

And a pinch of salt and pepper

AVERAGE COST  
PER PERSON  
**£1.00**

## Kit list:

- Saucepan

## Make it your own!

You could add some vegetables to this dish maybe some broccoli or green beans!

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## What to do:

**Step 1:** Bring a large saucepan of salted water to a boil, add the gnocchi and boil until they float to the surface, drain but reserve some of the water( 30ml per portion ).

**Step 2:** In the pan melt the butter with some salt and pepper cook for 1 minute add the reserved water (30ml per portion) and cook for 1 more minute.

**Step 3:** Add the gnocchi and Parmesan cheese and stir well

Serve and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Squash dhansak

with rice



## What is it?

A curry bursting with flavour and veggies  
yummy!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Butternut squash	250g	375g	500g
Onion	1/2	3/4	1
Curry paste	30g	45g	60g
Chopped tomatoes	200g	300g	400g
Coconut milk	200g	300g	400g
Green lentils	1/2 tin	3/4 tin	1 tin
Spinach	100g	150g	200g
Mushrooms	50g	75g	100g
Rice	125g	190g	250g

**AVERAGE COST  
PER PERSON  
£1.41**

## Kit list:

- Saucepan
- Microwave

## Make it your own!

You could add a bit of heat by using a different strength of curry paste and adding some chopped chilli.

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# What to do:

**Step 1:** Peel and dice the squash place in a bowl with a splash of water, cover and place in a microwave for 10 minutes



**Step 2:** Peel and slice your onion put in a fry pan with a little bit of oil once soft and sliced mushrooms cook for a further 5 minutes.

**Step 3:** Meanwhile in a saucepan boil rice to your liking.

**Step 4:** Add the paste, tomatoes, coconut and spinach to the onions and mushrooms and simmer for 10 minutes until thickened then add the drained lentils.



**Step 5:** Drain the squash and add to the sauce, season to taste.

**Step 6:** Drain the rice and serve with the curry enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
45 minutes



# Frittata



Allergens: Dairy, Gluten, Eggs

## What is it?

A perfect dish for leftovers filled with pasta and veggies.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Vegetable stock	1	1	1
Pasta	50g	75g	85g
Leek	1/2	3/4	1
Sweetcorn	50g	70g	85g
Peas	50g	70g	85g
Pepper	1/2	3/4	1
Eggs	1	2	2
Milk	75ml	120ml	150ml
Thyme	1tsp	2tsp	2tsp
Cheese	25g	40g	50g
Parmesan	1tbsp	2tbsp	2tbsp

AVERAGE COST  
PER PERSON  
**£0.87**

## Kit list:

- Saucepan
- Oven dish

## Make it your own!

You could add any leftover vegetables to this and reduce food waste.

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# What to do:

**Step 1:** Preheat the oven to 190 degrees / gas 5

Cook the pasta with the stock cube until almost tender, add the diced vegetables and cook for another 2-3 minutes then drain.

**Step 2:** Whisk together the eggs and milk and season with salt pepper and thyme.

**Step 3:** Mix together the cheeses and add most of it to the egg mixture.

**Step 4:** Transfer the pasta and vegetables to a baking dish and pour over the egg mixture, sprinkle the top with the remaining cheese mix and bake for 35-40 minutes.

Serve with mixed salad.



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
35 minutes



# Baked eggs



Allergens: Dairy, Eggs

## What is it?

Baked eggs with a difference! can be eaten for dinner or breakfast whats not to love!

**AVERAGE COST  
PER PERSON  
£1.33**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Baking potato	1	2	3
Mushrooms	250g	375g	500g
Garlic cloves	1	2	2
Thyme	1/2tbsp	3/4tbsp	1tbsp
Spinach	75g	100g	150g
Cheese	70g	100g	140g
Eggs	2	3	4

**Kit list:**

- Saucepan
- Oven dish

## Make it your own!

You could use any herbs you like, add some bacon or sausage!

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## What to do:

**Step 1:** Preheat the oven to 190 degrees / gas 5  
Peel and cube potatoes and place in a saucepan of salted water, bring to a boil and cook for 5 minutes then drain.

**Step 2:** Heat some oil in the saucepan add the potatoes, and quartered mushrooms with the diced garlic and most of the thyme, then cook for 5-10 minutes until mushrooms are cooked and potatoes browned.

**Step 3:** Spoon the mixture into an oven dish and sprinkle over the grated cheese and remaining thyme.

**Step 4:** Make holes in the mix and crack an egg into each hole and bake for 10-15 minutes depending how you like your eggs

Serve with crusty bread or home made flatbread



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Veggie pie



Allergens: Dairy, Gluten

## What is it?

A creamy veggie pie

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Vegetable stock	1	1	2
Green beans	25g	40g	50g
Broccoli	1/2	3/4	1
Courgette	1/2	3/4	1
Tomato	1/2	3/4	1
Potato	1/2	3/4	1
Pepper	1/2	3/4	1
Garlic clove	1	1	1
Flour(pastry)	100g	150g	200g
Butter(pastry)	50g	75g	100g
Flour(sauce)	25g	40g	50g
Butter(sauce)	25g	40g	50g
Milk	300ml	450ml	600ml

AVERAGE COST  
PER PERSON  
**£0.90**

## Kit list:

- Saucepan
- Oven dish
- Rolling pin

## Make it your own!

You could add any leftover vegetables to this and reduce food waste.

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## What to do:

**Step 1:** Preheat the oven to 190 degrees / gas 5 mix the flour and butter together to resemble breadcrumbs, slowly add enough cold water to create a dough, wrap in clingfilm and chill in the fridge.



**Step 2:** Meanwhile peel and dice the potato and cut the broccoli into florets, boil for 5 minutes then add your green beans to the water and cook for a further 5 minutes and then drain.

**Step 3:** Deseed and chop your pepper and courgette then stir fry until they have some colour.



**Step 4:** To make your sauce melt the butter in a pan and add the flour, combine and cook for 1-2 minutes. Gradually whisk in the milk until you have a smooth sauce then add the stock cubes to the sauce and season to taste.

**Step 5:** Put all the vegetables into a baking dish and cover with the sauce.

Remove the pastry from the fridge and roll it big enough to cover your baking dish, brush the top with some milk or egg and bake for 35-40 minutes



Serve with Garlic bread or sweet potato wedges.

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Gammon and pineapple

with peas and wedges



Allergens: none

## What is it?

A simple dish with few ingredients, just put the elements together to whip up this tasty meal! We have suggested a fresh ring of pineapple to make this dish extra healthy!

AVERAGE COST  
PER PERSON  
**£1.41**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Gammon steak	2	3	4
Potatoes	500g	700g	850g
Pineapple ring	2	3	4
Peas	200g	300g	400g

And a small amount of oil, salt and pepper

## Kit list:

- Oven dish x2
- Sharp knife

## Make it your own!

If you don't like pineapple, you can swap this for a fried egg to add some protein to the dish. Or if you really fancy it, have both!

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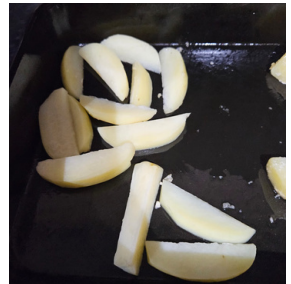
# What to do:

**Step 1:** Preheat the oven to 180 degrees (gas mark 4)

**Step 2:** Cut your potatoes into wedge shapes (roughly 6 segments per potato) and place spaced out on a baking tray lined with greaseproof paper. Sprinkle over a little oil and salt and pepper, and place in the oven for around 20 minutes until the potatoes have softened and browned in colour.



**Step 3:** Meanwhile, place your gammon on an oven tray and place in the oven to cook until it browns, turning over once during cooking so that it can brown on both sides. Alternatively, you could grill the gammon on each side until it browns.



**Step 4:** Prepare your pineapple by cutting into a ring.

**Step 5:** Cook the peas either in a microwave or a saucepan, covered in water. This should take around 5 minutes in a pan of boiling water, or 3 minutes in the microwave. The peas should be piping hot when cooked.

**Serve:** Drain the peas and plate up a spoonful. Remove the gammon and wedges from the oven and add to your plates. Top with your pineapple ring and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Vegetable cous cous

Time:  
20 minutes



Allergens: Gluten

## What is it?

A super simple dish that can be eaten hot or cold and can be used instead of rice!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1/2	1
Garlic cloves	1	1	2
Courgette	1/2	1/2	1
Pepper	1/2	1/2	1
Green beans	25g	25g	50g
Vegetable stock	250ml	250ml	500ml
Cous cous	125g	125g	250g

AVERAGE COST  
PER PERSON  
**£0.49**

## Kit list:

- Kettle
- Bowl
- Fork
- Large frypan

## Make it your own!

You can really add any vegetables you want to this and even use this as a side for a curry as an alternative to rice yum !!

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# What to do:

**Step 1:** Dissolve stock cubes in boiling water and place cous cous in a bowl, pour the stock over the cous cous stir and cover then leave to one side.



**Step 2:** Chop your vegetables to your preferred size and stir fry with garlic and some pepper.



**Step 3:** Once the stock has been absorbed into the cous cous fluff it with a fork then add it to the vegetable and stirfry for a couple of minutes then serve .



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
20 minutes



# Creamy spinach and mushroom pasta

Allergens: Gluten, Dairy

## What is it?

A super simple dish that is creamy and yummy



## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
Pasta	150g	200g	300g
Mushrooms	125g	200g	250g
Oregano	1/2tsp	3/4tsp	1tsp
Vegetable stock	140ml	210ml	275ml
Lemon juice	1/2tbsp	3/4tbsp	1tbsp
Cream cheese	3tbsp	5tbsp	6tbsp
Spinach	100g	150g	200g

AVERAGE COST  
PER PERSON

£0.89

## Kit list:

- Saucepan
- Large frypan

## Make it your own!

if you like a punch of garlic add more, you can also add some Parmesan for a cheesier taste.

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## What to do:

**Step 1:** Bring salted water to a boil, add pasta and cook until tender.

**Step 2:** slice and fry your mushrooms, stir in stock, lemon juice and oregano and cook until the liquid has reduced by half.

**Step 3:** Stir in the cream cheese and spinach and cook for a couple of minutes.

Add the pasta and coat in the sauce the serve.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Stuffed peppers

Time:  
40 minutes



Allergens: Gluten, dairy

## What is it?

Cous cous is actually a form of pasta that's super speedy and versatile

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Peppers	2	3	4
Onion	1/2	1	1
Cous cous	50g	75g	100g
Curry powder	1/2tbsp	3/4tbsp	1tbsp
Vegetable stock	100ml	150ml	200ml
Garlic cloves diced	1	1	2
Mushrooms	30g	45g	60g
Sweetcorn	20g	30g	40g
Peas	20g	30g	40g
Cherry tomatoes	2	3	4
Spinach	25g	40g	50g
Grated cheese	25g	40g	50g

AVERAGE COST  
PER PERSON  
**£0.48**

## Kit list:

- Kettle
- Bowl
- Fork
- Large frypan
- Oven dish

## Make it your own!

You can add any vegetables you want to this. If you don't like things too spicy, adjust the amount of curry powder.

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# What to do:

**Step 1: Preheat oven to 190/gas 5**

**Step 2: Place cous cous in a bowl and stir through the curry powder then pour over the vegetable stock, cover and set aside.**

**Step 3: Heat some oil in a pan and fry the onion until almost soft then add diced mushrooms with the garlic add the remaining vegetables and cook through.**

**Step 3: Cut the peppers in half and deseed.**

**Step 4: Mix the vegetables with the cous cous and fill each pepper. Place in an oven proof dish and bake for 25 minutes**

**Step 5: Remove the peppers from the oven and top with the grated cheese return to the oven and bake for another 5-10 minutes until cheese is melted.**



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Cheese and onion pie

Time:  
60 minutes



Allergens: Gluten, dairy, Eggs



## What is it?

A classic old school recipe (ask your nan)

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Flour(pastry)	100g	150g	200g
Butter(pastry)	50g	75g	100g
Onions	2	3	4
Butter	15g	20g	25g
Eggs	2	3	4
Cheese	200g	300g	400g
Parmesan	30g	40g	50g

AVERAGE COST  
PER PERSON

**£1.33**

## Kit list:

- Rolling pin
- Large fry pan
- Oven dish

## Make it your own!

You can add some of your favorite herbs to the pastry.

Celebrate Family  
Food

Charity no.  
1125784



# What to do:

**Step 1:** Preheat oven to 190/gas 5

**Step 2:** Place flour and butter into a bowl and rub together to create breadcrumbs, add cold water a little at a time to form a dough, wrap in clingfilm and place in the fridge.

**Step 3:** Heat a large saucepan low to medium heat, add the butter and sliced onions and cook until soft , remove from the heat and allow to cool.

**Step 4:** Lightly beat the eggs. Mix the cheeses and add to the onions give it a good mix then add most of the eggs (reserve some for the pastry) season with salt and pepper transfer to a baking dish.

**Step 5:** Roll out the pastry on a floured surface large enough so you have some overhang,cover the baking dish and trim some of the excess pastry, brush the top with the reserved egg and poke a hole in the middle to allow steam to escape..

**Step 6:** Bake for 40-50 minutes

Serve with garlic bread/mixed salad.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Spicy cauliflower rice

Time:  
30 minutes



Allergens: Dairy

## What is it?

A yummy rice dish packed with flavour!



**AVERAGE COST  
PER PERSON  
£1.05**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Cauliflower	1/2	1	1
Spinach	50g	100g	150g
Red onion	1/2	1	1
Halloumi	60g	90g	120g
Garlic clove diced	1	1	1
Tumeric	1/2tsp	1tsp	1tsp
Ginger	1/2tsp	1tsp	1tsp
Curry powder	1/2tbsp	3/4tbsp	1tbsp
Rice	250g	375g	500g
Chilli (optional)	1	1	1

## Kit list:

- Saucepan
- Large frypan
- Sieve

## Make it your own!

If you don't like things to spicy adjust the amount of curry powder.  
and don't add the chilli !

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# What to do:

**Step 1:** Cook rice to your liking drain and set aside.

**Step 2:** Cut cauliflower into florets bring to a boil and cook for 5 minutes, add spinach and cook for a further 2 minutes drain and set aside.

**Step 3:** Heat some oil in a pan and fry the onion for 5 minutes then add the diced halloumi and cook for a further 5 minutes.

**Step 3:** Add all the spices and stir through for a couple of minutes.

**Step 4:** Roughly chop the cauliflower into bite-sized pieces and then add to the mix along with the rice, cook together for a couple of minutes

**Step 5:** Season and scatter with deseeded and diced chilli serve and enjoy



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
20 minutes



# Avocado and lime spaghetti



Allergens: Gluten

## What is it?

A zesty spaghetti with the creamy avocado yummy on a warm day!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Spaghetti	120g	175g	230g
Lime	1/2	1/2	1
Avocado	1/2	1	1
Tomatoes	1	1	2
Coriander	4 sprigs	5 sprigs	6 sprigs
Red onion	1/2	3/4	1
Chilli (optional)	1	1	1

**AVERAGE COST  
PER PERSON  
£0.82**

## Kit list:

- Saucepan
- Large bowl
- Sieve

## Make it your own!

If you don't like things to spicy don't add the chilli !

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# What to do:

**Step 1:** Bring salted water to a boil and cook spaghetti to your liking.

**Step 2:** Meanwhile put zest and juice of the lime into a large bowl.

**Step 3:** Finely dice the onion, tomato and chill and add to the bowl.

**Step 4:** Peel and dice the avocado and chop the coriander add to the bowl and mix together.

**Step 5:** Drain the pasta and add to the bowl stir all together and serve.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Somerset stew with cheddar mash



Allergens: Dairy

## What is it?

A warming beany stew packed full of flavor

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1	1
Garlic cloves	1	1	1
Carrot	1/2	1	1
Mushrooms	90g	120g	150g
Tomato puree	1tbsp	2tbsp	2tbsp
Chopped tomatoes	200g	400g	400g
Butter beans	1/2 tin	3/4 tin	1 tin
Berlotti beans	1/2 tin	3/4 tin	1 tin
Vegetable stock	225ml	450ml	450ml
Thyme	1/2tsp	1tsp	1tsp
Potatoes	2	2	3
Butter	20g	20g	30g
Cheese	50g	50g	75g

AVERAGE COST  
PER PERSON

**£1.08**

## Kit list:

- Saucepan
- Potato masher
- Sieve

## Make it your own!

Any leftover veggies? add them for extra yumminess !

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## What to do:

**Step 1:** Dice carrots and onion and soften in a pan add chopped garlic and sliced mushrooms and cook for 2 more minutes.



**Step 2:** Add tomatoes, stock, puree, thyme and beans simmer for 45 minutes.

**Step 3:** Meanwhile peel, chop and boil the potatoes until soft.

**Step 4:** Drain the potatoes then mash with the butter and grated cheese. Season to taste



**Step 5:** Serve the mash with a generous scoop of the stew and enjoy !



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Medium



Time:  
30 minutes



# Flatbread pizza

with your favourite toppings



**Allergens: gluten, milk**

## What is it?

A healthy take on a classic favourite! The flatbread base will not be as thick and bready as shop-bought pizzas, and making from scratch will give them a much fresher flavour.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Self raising flour	300g	450g	600g
Mixed herbs	3 tsp	4 tsp	5 tsp
Tomato puree	100g	150g	200g
Olive oil	4 tsp	5 tsp	5 tsp
Water	150ml	225ml	300ml
Cheese	100g	150g	200g

And a pinch of salt

**AVERAGE COST  
PER PERSON**  
**85P**  
**PLUS TOPPINGS**

## Kit list:

- Mixing bowl
- Rolling pin
- Frying pan

## Make it your own!

The ingredients above will make the pizza base, but you can use your imagination to add any toppings you like! This recipe can easily be personalized don't like tomato! use bbq sauce or garlic butter!

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## What to do:

**Step 1:** Add the flour (saving a little bit for later) and salt into a large bowl, and add the water a tiny splash at a time. Mix together until it is fully combined.



**Step 2:** Once mixed, add the oil and knead the dough (use your hands to work the dough until the ingredients are all well combined). If it's too sticky, add more flour, or if it's too dry, and more water. Only add a small amount of each at a time to avoid going round in circles! Keep kneading the dough for about 5 minutes and then roll into a ball.

**Step 3:** On a clean surface, sprinkle a little bit of flour and then roll out each ball of dough one at a time with a rolling pin (the flour stops the dough from sticking to the surface). Roll until the dough is about half a centimetre thick.



**Step 4:** Heat a large frying pan on the hob. Cook each flatbread for about 2 mins on each side and then transfer onto a clean tea towel to rest (use a tea towel rather than a plate to avoid a soggy bottom!)



**Step 5:** Mix the tomato puree and mixed herbs together and spoon on top of the flatbread. Add grated cheese and your preferred toppings.

**Step 6:** Heat the oven to 200 degrees (gas mark 6) and cook your flatbreads for 8 minutes until golden and crisp.



**Serve:** Take a moment to pat yourself on the back for making your own pizza base from scratch! Then slice up and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Quesadillas



Allergens: Gluten, Dairy

## What is it?

A very tasty crunchy cheesy wrap with a gentle warmth (not spicy).

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Potato	1/2	1	1
Pepper	1/2	1	1
Red onion	1/2	1	1
Sweetcorn	50g	75g	100g
Mushrooms	50g	75g	100g
Black beans	1/2 tin	3/4 tin	1 tin
Cumin	1/2tsp	3/4tsp	1tsp
Chilli powder	pinch	pinch	1/2tsp
Cheese	100g	120g	150g
Coriander	2 sprigs	3 sprigs	4 sprigs
Wraps	2	3	4

**AVERAGE COST  
PER PERSON**  
**£0.78**  
**PLUS TOPPINGS**

## Kit list:

- Mixing bowl
- Frying pan

## Make it your own!

Serve with a side salad or wedges and all your favorite toppings!

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# What to do:

**Step 1:** Heat 1 tbsp of oil in a large fry pan finely dice your potatoes and add to the oil cook until tender and browned, place in a bowl and set aside.

**Step 2:** dice the rest of the vegetables and add to the fry pan with a bit more oil cook for 4-5 minutes. Drain and rinse the beans.

**Step 3:** Add the potatoes, beans, chilli powder and cumin cook for a further 2 minutes place them all in a bowl and set aside.

**Step 4:** Wipe the fry pan clean and place back on the heat. Add a wrap, sprinkle with some grated cheese and bean mix to half the wrap add some chopped coriander.

**Step 5:** Fold the wrap and cook one side till its crispy , flip the wrap and cook the other side

You can keep wraps warm in an oven set low whilst you cook the rest .



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
30 minutes



# Bean burgers with green beans



**Allergens: Gluten**

## What is it?

A very tasty burger packed full of flavour you won't miss the meat!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	3/4	1
Garlic clove	1	1	1
Cumin	1/2tsp	3/4tsp	1tsp
Ground coriander	1/2tsp	3/4tsp	1tsp
Mushrooms	60g	90g	120g
Kidney beans	1/2 tin	3/4 tin	1 tin
Mixed herbs	1/2tbsp	3/4tbsp	1tbsp
Flour(dusting)	1tbsp	1tbsp	1tbsp
Buns	2	3	4
Green beans	180g	250g	320g
Tomato	1	1	2
Gherkin	1	2	2
Lettuce	40g	60g	80g

**AVERAGE COST  
PER PERSON  
£0.45**

## Kit list:

- Mixing bowl
- Frying pan
- Fork/masher

## Make it your own!

Serve with a side salad or wedges and all your favorite toppings!  
(we had cheese, salad and pesto mayo Yum!)

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# What to do:

**Step 1:** Heat 1 tbs of oil in a large fry pan finely dice your onion and cook for 5 minutes until soft.

**Step 2:** Add cumin, coriander and diced garlic and cook for 1 minute. Add the diced mushrooms and cook until any moisture has evaporated.

**Step 3:** Meanwhile mash the beans and add salt, pepper and herbs add everything together and mix.

**Step 4:** Divide the mixture evenly and mold into balls, flatten, dust with the flour and brush with oil .

**Step 5:** these can be cooked either under the grill in the oven or in a fry pan cook for 5 minutes on either side.

**Step 6:** Put your green beans in a saucepan of water (add a little salt) and boil for 5-10 minutes until cooked to taste. You can keep them a little firm (this is called 'al dente') if you prefer them crisp, or cook for longer to soften. Drain the water.

**Step 7:** Build your burger with your favorite toppings and serve with the green beans. Enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
20 minutes



# Lemon pasta



Allergens: Gluten, Dairy

## What is it?

A zesty, creamy pasta

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Pasta	150g	225g	300g
lemon juice	1tbsp	1 1/2tbsp	2
Mascarpone	60g	90g	120g
Green beans	50g	75g	100g
Peas	50g	75g	100g
Spinach	25g	35g	50g
Mixed herbs	1/2tsp	3/4tsp	1tsp

AVERAGE COST  
PER PERSON

**£0.43**

## Kit list:

- Mixing bowl
- Saucepan

## Make it your own!

Add some diced chilli for some added zing!

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# What to do:

**Step 1:** Boil pasta in salted water after 5 minutes add green beans, spinach and peas to the pasta and cook to your liking.

**Step 2:** In a large bowl mix together lemon juice, marscapone , mixed herbs and salt and pepper, mix until smooth.

**Step 3:** When pasta and veg are cooked strain and stir through the marscapone mix.  
Serve and enjoy



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Courgette soup

Allergens: Dairy

## What is it?

a warming soup that is bound to be a family favorite



## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Potato	125g	250g	250g
Vegetable stock	1	1	1
Courgettes	250g	500g	500g
Onion	1/2	1	1
Cheese	30g	60g	60g

**AVERAGE COST  
PER PERSON  
£0.49**

### Kit list:

- Blender
- Saucepan

## Make it your own!

You can batch cook this and freeze it! perfect for those days you need something quick and delicious.

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## What to do:

**Step 1:** Dice potatoes and place in a saucepan with enough water to just cover them, Crumble in the stock cube and bring to a boil, Boil for 5 minutes then add your courgette and onion to the sauce pan cover and cook till the vegetables are soft.

**Step 2:** Grate your cheese.

**Step 3:** When the vegetables are cooked take the pan off the heat and add the cheese.

**Step 4:** Blend until smooth and adjust seasoning as required  
Serve with some more grated cheese on top.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
45 minutes



# Chilli con carne

with rice



Allergens: celery

## What is it?

A tasty mince dish cooked in a blend of subtle spices, and served with a hearty portion of rice to fill your tummy.

This meal will have you drooling at the aromas that fill your kitchen while you cook!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef mince	250g	375g	500g
Kidney beans	160g	200g	250g
Chopped tomatoes	220g	300g	350g
Red pepper	1	1	2
Chilli powder	1/2 tsp	1/2 tsp	1/2 tsp
Paprika	1 tsp	1 tsp	1 1/2tsp
Cumin	1 tsp	1 tsp	1 1/2 tsp
Beef stock	1 cube	1 cube	1 cube
Garlic	1 clove	1 clove	1 clove
Onion	1	1	1
Tomato puree	100g	150g	200g
Rice	150g	200g	250g

AVERAGE COST  
PER PERSON  
**£1.83**

## Kit list:

- Mixing bowl
- Frying pan

## Make it your own!

You can make this dish as mild or as spicy as you prefer by changing the amount of chilli powder you add. We also recommend some tortilla chips as a side, for an extra crunch!

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## What to do:

**Step 1:** Dice (chop into small squares) the pepper and the onion into squares (about the size of a small pea). Chop the garlic as finely as you can manage, until it almost becomes a paste.

**Step 2:** Put a saucepan on the hob and set to medium heat. Add a small splash of oil and then pour in the onion and garlic. Cook for 5 minutes, stirring so that nothing sticks to the bottom of the pan (the onion should be soft, squidgy and slightly see-through, that's when you know it's ready).

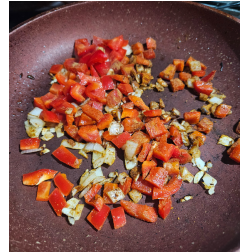
**Step 3:** Add the pepper, chilli powder, paprika and cumin to the pan and stir. Cook for around 5 minutes to let all of the spices unlock their lovely aromas.

**Step 4:** Add the mince beef and cook until it is brown all over. Lower heat and continue to cook until you cannot see any pink mince. Mix the beef stock with 100ml of hot water, then carefully add to the pan. Next, add the chopped tomatoes and tomato puree. Season it all with a pinch of salt & pepper, and give it a good stir.

**Step 6:** Leave to simmer for 20 mins stirring occasionally. If it looks like the mix is drying out, add a splash of water. It should look thick and juicy when done.

**Step 7:** Drain the kidney beans and add to the pan. Bring your chilli to the boil and then simmer again for 5 - 10 minutes. Taste and add salt and pepper if needed.

**Serve:** boil your rice, drain and spoon onto a plate. Top with a scoopful of your amazing chilli and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
70 minutes



# Gardeners pie



**Allergens: Dairy**

## What is it?

A Fabulous veggie version of a classic that even meat eaters will enjoy!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic cloves	1	2	2
Carrots	1	1 1/2	2
Thyme	1/2tbsp	3/4tbsp	1tbsp
Vegetable stock	100ml	150ml	200ml
Chopped tomatoes	200g	300g	400g
Green lentils	1/2 tin	3/4 tin	1 tin
Balsamic vinegar	1/2tbsp	3/4tbsp	1tbsp
Peas	30g	40g	50g
Sweetcorn	30g	40g	50g
Mushrooms	50g	75g	100g
Mixed herbs	1/2tbsp	3/4tbsp	1tsp
Tomato puree	1/2tbsp	3/4tbsp	1tbsp
Potatoes	2	3	3
Butter	20g	30g	30g
Cheese	50g	100g	100g

**AVERAGE COST  
PER PERSON  
£1.27**

## Kit list:

- Saucepan
- Oven dish
- Masher

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# What to do:

**Step 1:** Heat oven 190/ gas 5

**Step 2:** Slice and chop the onion and carrot small and soften in a large saucepan with the garlic and most of the thyme.

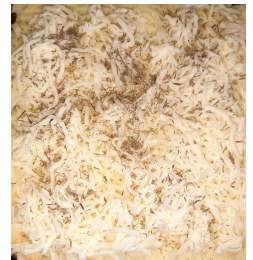
**Step 3:** Add the vegetable stock, tomatoes and simmer for 10 minutes.

**Step 4:** Add the lentils and remaining vegetables with the tomato puree and simmer for another 15 minutes.

**Step 5:** Meanwhile peel and dice the potato and boil until tender, Mash with the butter and most of the cheese, season with salt and pepper.

**Step 6:** Transfer the vegetable mix t a baking dish and cover with mashed potatoes. sprinkle the top with the remaining cheese and thyme then bake for 35-40 minutes

**Serving suggestion:** Garlic bread/side salad



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Polenta and mushroom tart



Allergens: Dairy

## What is it?

Polenta is cornmeal and very bland on its own but when you pack it full of flavor it's delicious.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Butter	15g	25g	25g
Vegetable stock	425g	850ml	850ml
Polenta	100g	200g	200g
Parmesan	50g	100g	100g
Rosemary leaves	1/4tsp	1/2tsp	1/2tsp
Mushrooms	200g	400g	400g
Thyme	1/4tsp	1/2tsp	1/2tsp
Mozzerella	70g	140g	140g
Rocket	garnish	garnish	garnish

**AVERAGE COST  
PER PERSON  
£1.15**

## Kit list:

- Saucepan
- Baking tray
- Whisk

## Make it your own!

You can add more or less herbs depending on your preference.

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# What to do:

**Step 1:** Heat oven to 200/gas 6

**Step 2:** Place stock in a pan and bring to a boil then slowly add the polenta whisking constantly

**Step 3:** Remove polenta from the heat and stir in the parmesan, butter, rosemary and a generous amount of salt and pepper. Spread out over a greased tray and bake for 30 minutes.

**Step 4:** Meanwhile slice and fry the mushrooms with some oil and thyme.

**Step 5:** Top the baked polenta with the mushrooms and spread the mozzarella over the top bake for another 10 minutes until the cheese has melted.

**Step 6:** Allow to rest for 5 minutes then scatter the top with the rocket and serve.



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Toad in the hole

with cabbage and mash

Time:  
45 minutes



Allergens: milk, gluten

## What is it?

Some say that its name comes from a golf course in Northumberland that was overrun with toads, and that the sausages in batter reminded the chefs of a toad poking its head out of the golf holes!

**AVERAGE COST  
PER PERSON  
£1.00**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Sausages	4	6	8
Oil	2 tbsp	3 tbsp	3 tbsp
Egg	2	2	3
Plain flour	140g	210g	280g
Cabbage	1/2	1/2	1
Potatoes	2	3	3
Butter	50g	70g	100g
Milk	140ml	210ml	280ml

## Kit list:

- Mixing bowl
- Frying pan
- Whisk/fork

## Make it your own!

Instead of making one big toad in the hole, you could use smaller dishes and make individual ones for each family member!

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# What to do:

**Step 1:** Finely chop the cabbage and place in a pan of boiling water. Add a pinch of salt, and boil until the cabbage is cooked (taste a little bit to try it). Save it in the water to keep it warm for later.



**Step 2:** Peel the potatoes and cook in a pan of salted water. Boil for 20 minutes or until cooked (check with a knife, the cooked potato should feel soft and slide right off). Keep them warm for later.

**Step 3:** Heat the oven to 200 degrees (gas mark 6). Put the oil and sausages in an oven dish and cook until they have browned (approximately 10-15 minutes).



**Step 4:** Meanwhile, make the batter; tip the plain flour into a bowl with a pinch of salt. Add the egg and whisk the batter together until smooth. Slowly add the milk a little at a time. Leave to stand for a moment, while the sausages brown in the oven.

**Step 5:** Remove the sausages from the oven and pour in the batter mix over the top (be careful - the pan will be hot!). Place the dish back into the oven, towards the top, and cook for 15 minutes. Turn the heat down to 180 degrees (gas mark 4) and cook for a further 10 minutes. Do not open the oven as the batter will sink! Watch from the oven door to see it rise.



**Step 6:** Return to your potatoes; drain the water and add the butter. Mash the potatoes until smooth and creamy. Drain the water from the cabbage.

**Serve:** Plate up a scoop of mash and a spoonful of cabbage. Remove the cooked toad in the hole from the oven and dish up a portion. You might want to make up some gravy if you have some granules and boiling water, and drizzle over the top. Enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Medium



Time:  
35 minutes



# Carbonara

with bacon and sweetcorn



**Allergens: milk, gluten**

## What is it?

A deliciously elegant pasta dish with simple ingredients but huge flavour! We've added sweetcorn for a pop of colour to liven up this tasty dish.

**AVERAGE COST  
PER PERSON  
£1.37**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Bacon	2 rashers	3 rashers	4 rashers
Parmesan cheese	20g	30g	40g
Spaghetti	160g	240g	320g
Egg	1	1	1
Garlic clove	1	1	1
Butter	30g	50g	70g
Peas	80g	100g	120g

## Kit list:

- Mixing bowl
- Saucepan
- Chopping board

## Make it your own!

Traditional carbonara uses spaghetti, but you could swap for your favourite type of pasta instead - penne, fusilli, bows! See what tastes best to you!

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## What to do:

**Step 1:** Place a saucepan of water on the hob and boil. Meanwhile, prepare your ingredients by finely chopping the bacon.

**Step 2:** Beat the egg and season with some salt and pepper. Leave to one side for later.

**Step 3:** Once the water is boiling, add the spaghetti and simmer (without boiling) until it is just about cooked - this is called 'al dente'. Take off the heat and save for later.

**Step 4:** While the pasta is cooking, chop the garlic and add to a frying pan with the butter. Once the butter has melted, add the chopped bacon and stir. Cook on a medium heat until the bacon starts to brown in colour - without burning!

**Step 5:** Keep the heat on low. Keeping the water from the pasta, lift the pasta out and add to the frying pan with the bacon.

**Step 6:** Mix most of the cheese in with the beaten egg, keeping a small handful back for later. Take the frying pan off the heat and add the egg and cheese mixture. Mix well, making sure that the sauce thickens but the eggs do not become scrambled! Coat everything in the sauce, adding a little of the pasta water (a few tablespoons) to keep the sauce runny. Add the sweetcorn and stir well.

**Serve:** Scoop a delicious helping of your pasta mix onto your plate, getting a good amount of all the ingredients! Sprinkle over the last of your cheese. Tuck in while it's hot!



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Medium



Time:  
40 minutes



# Mushroom risotto



**Allergens: milk, celery**

## What is it?

A meat-free meal packed with flavour and guaranteed to fill you up! And all you need is one frying pan to cook it all in, so washing up is easy!

**AVERAGE COST  
PER PERSON  
£1.46**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Mushrooms	100g	150g	180g
Parmesan cheese	2 tbsp	3 tbsp	4 tbsp
Rocket	30g	50g	70g
Veg Stock	1 cube	1 cube	1 cube
Risotto rice	140g	200g	230g
Garlic clove	1	1	2
Onion	1	1	1
Leek	1	1	1

You will also need water

## Kit list:

- Frying pan

## Make it your own!

You can add all sorts of things to this risotto to make it your own, like maybe some leftover cooked chicken or some frozen peas. Get creative and see what you like best!

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Food**

Charity no.  
1125784



## What to do:

**Step 1:** Dice the leeks and onions and gently fry in a frying pan over a low heat. Crush the garlic with the side of a knife (carefully) and then chop into small pieces and add to the pan.



**Step 2:** Heat 250ml water (per person) and then crumble in the stock, stirring until dissolved.

**Step 3:** Slice the mushrooms and add into the frying pan, giving everything a stir. Once they have softened, add the risotto rice and cook for one minute.



**Step 4:** Gradually add the stock mixture a small amount at a time so that the rice absorbs the liquid. The risotto should become creamy, plump and tender. Keep adding the stock and stirring. By the time you add the last of the stock, the rice should be almost cooked. If it isn't add a little bit of water to give the mixture more moisture.



**Step 5:** Continue cooking and stirring on a low heat. Once the rice is cooked through, take the pan off the heat and add the parmesan (leaving a little bit for the top). Season with a little salt and pepper and give everything a good stir.

**Serve:** Spoon the risotto onto your plate, add a sprinkle of the remaining parmesan and top with rocket. Tuck in and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:

Easy



Time:

60-90 minutes



# Coronation chicken jacket potato



**Allergens: mustard, egg, sulphates**

## What is it?

Coronation chicken is a combination of cold cooked chicken meat, herbs and spices, and a creamy mayonnaise-based sauce. It is said to originate in 1953, when florist Constance Spry and chef Rosemary Hume catered for a banquet to celebrate the coronation of Elizabeth II - a royal dish!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Baking potato	1	2	3
Mayonnaise	2 tsp	3 tsp	4 tsp
Curry powder	1 tsp	2 tsp	2 tsp
Mango chutney	1 tsp	2 tsp	2 tsp
Sultanas	2 tbsp	3 tbsp	4 tbsp
chicken	200g	300g	400g
Salad leaves	100g	150g	200g
Cherry tomatoes	3	5	7

**AVERAGE COST  
PER PERSON**

**£1.90**

## Kit list:

- Mixing bowl
- Oven dish

## Make it your own!

We have included ingredients for a green salad, but why not make up your own side dish to go with this tasty meal. You could try a mixed bean salad or a corn on the cob - all healthy options!

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## What to do:

**Step 1:** Place your baking potato on a tray and pierce several times with a knife. Cook at 200 degrees (gas mark 6) for around an hour to an hour and a half, until the potato is soft and fluffy inside.

**Step 2:** Dice the Chicken into bite size chunks. Put a little oil (or butter) into a pan at medium heat and cook the chicken until white all the way through and allow to cool.

**Step 3:** Meanwhile mix the mayonnaise, curry powder, mango chutney and sultanas in a bowl. Season with a pinch of salt and pepper.

**Step 4:** Add the cooked chicken (shredded or diced) and stir to coat in the coronation mix

**Serve:** Remove your cooked potato from the oven. Slice in half and pile your coronation chicken mix on top or to the side. Add your leaves and cherry tomatoes to make a colourful side salad. Enjoy this flavoursome dish (whilst wearing your most royal outfit if you want to dress for the occasion!).



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Minced beef and vegetable cobbler



**Allergens: gluten, celery**

## What is it?

A cobbler or stew is a fantastic dish to use up lots of leftovers; veggies, potatoes, meat - anything goes! And topped with a freshly handmade dumpling, comfort food doesn't get much better than this!

**AVERAGE COST  
PER PERSON  
£1.95**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Minced beef	200g	300g	400g
Onion (diced)	1/2	1	1
Garlic clove	1	1	2
Peas	100g	150g	200g
Chopped tomatoes	150g	200g	250g
Mixed herbs	1/2 tsp	1 tsp	1 tsp
Worcester sauce	1 tbsp	2 tbsp	2 tbsp
Self raising flour	80g	120g	160g
Atora suet	30g	50g	70g
Plain flour	20g	30g	40g
Beef stock	1 cube	1 cube	1 cube
New potatoes	7	10	13
Leeks	1	1	1

## Kit list:

- Mixing bowl
- Frying pan
- Oven dish
- Kitchen foil

## Make it your own!

You can adapt this recipe to include whatever you have in the fridge; switch up the meat or veggies to make the most of what you've got at home and save some pennies!

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## What to do:

**Step 1:** Prepare the dumplings. Put the self raising flour and Atora suet in a bowl. Add a tablespoon of water and use your hands (wash them first!) to knead everything together. The dough should blend together so that you can make it into a ball shape. If it is too wet and sticky, and a little bit more flour. If it is too dry, add a tiny bit of water. Divide the mix into balls. Chill the balls in the fridge for later.



**Step 2:** Fry the mince, chopped garlic and diced onions in a frying pan with a little oil over a high heat. Stir frequently to break up large chunks of mince, until the meat has browned all over. Add the plain flour, Worcester sauce and chopped tomatoes and stir. Add the beef stock and the mixed herbs, and stir again to combine everything together. Turn the heat down and leave the mix to simmer, allowing all the flavours to blend.



**Step 3:** Add the peas, and transfer everything to an oven dish. Place your dumplings on top, just resting them in the juices of the meat mixture, not fully submerged. Cover the dish with a lid or some tin foil. Place in the oven at 160 degrees (gas mark 3) for around 20 minutes. Then remove the covering and cook for a further 10 minutes until the dumplings have plumped up and feel firm to the touch (you could check if they are cooked by slightly prying one open to ensure it nice and fluffy in the middle).



**Step 4:** While the cobbler is cooking, slice up the leeks and fry in a pan over a gentle heat until they are cooked (soft to taste), around 10 minutes. Meanwhile, add the new potatoes to a saucepan with water and boil until they are cooked through (a knife inserted through the centre should slide right through). Drain the water ready to serve.

**Serve:** plate up a helping of new potatoes and leeks. Remove the cobbler from the oven and dish up a hearty serving, topped with your tasty dumplings. Tuck in and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# BBQ pork chop

with rice, sweetcorn,  
courgettes and red onion



Allergens: none

## What is it?

This dish is packed with flavour and variety to give you a taste of an indoor barbeque - something very handy to have as an alternative to an outdoor BBQ in British weather!

AVERAGE COST  
PER PERSON

£1.46

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
BBQ sauce	80g	110g	140g
Pork chop	2	3	4
Rice	150g	210g	260g
Courgette	1/2	1/2	1/2
Sweetcorn	80g	100g	120g
Red onion	1	1	1

## Kit list:

- Sauce pan
- Oven dish x2

## Make it your own!

If BBQ seasoning isn't your thing you could adapt the flavour of this dish by using a different spice mix, perhaps try a Cajun or fajita seasoning and see what you think!

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# What to do:

**Step 1:** Add the rice to a saucepan and cover with cold water. Bring to the boil over a high heat. Boil for around 15 minutes, until the rice is fluffy and cooked (taste a little to check). Preheat the oven to 180 degrees (gas mark 4).



**Step 2:** Cut the courgette into coins. Cut the onion into large chunks. Put all this onto a tray and coat with oil, season with salt and pepper. Cook in the oven until the vegetables start to soften and brown.

**Step 3:** Put the BBQ sauce in a bowl and coat the pork chop. Transfer the meat onto an oven tray lined with baking parchment, and pour any remaining BBQ sauce over the top. Add to the oven, cooking for 20-25 minutes until the juices of the meat run clear.



**Step 4:** Boil the sweetcorn in a saucepan for around 5 minutes.

**Serve:** Drain the sweetcorn and cooked rice and plate up. Remove the pork chop from the oven and place on top of the rice. Pour any sauce over the meat to save all the tasty juices. Add the roasted vegetables alongside and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
45-60 minutes



# Spaghetti and meatballs



Allergens: gluten, celery

## What is it?

A classic Italian favourite, and a great one to get your hands messy making the meatballs yourself!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef mince			
Onion	200g	300g	400g
Garlic cloves	1/2	3/4	1
Chopped tomatoes	1	1	1
Spaghetti	150g	200g	250g
Mixed herbs	150g	220g	300g
Breadcrumbs	1/2 tsp	1 tsp	1 tsp
Cheese	1 tbsp	2 tbsp	2 tbsp
Beef stock	75g 1 cube	100g 1 cube	130g 1 cube

AVERAGE COST  
PER PERSON

**£1.90**

## Kit list:

- Sauce pan
- Frying pan

## Make it your own!

You could use any mince for this recipe - turkey mince is an affordable and tasty alternative you might like to try!

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## What to do:

**Step 1:** In a large bowl, mix the beef mince, breadcrumbs and half of the herbs together. Finely chop 1/2 of the garlic cloves and dice the onion. Work the mixture together with your hands (if you are cooking with children, this is a great chance for them to get involved!) - make sure you wash your hands first! Use your hands to shape the mix into 5 round balls per person.



**Step 2:** Heat a little oil in a frying pan and leave on a medium heat. Add the meatballs and fry, keeping them moving frequently to avoid burning on any sides. They should take around 8 minutes to cook through, and turn golden brown. Add the chopped tomatoes and the rest of the garlic, then the rest of the herbs, and stir everything to combine into a sauce. Add the beef stock and let it cook into the chopped tomatoes, stirring to combine. Cook for 8-10 minutes on a medium heat.



**Step 3:** Meanwhile, bring a large pan of water to the boil over a high heat. Add the spaghetti and cook for 10 minutes until the pasta has softened. Try a little bit to see if it is to your taste!

**Step 4:** Drain the spaghetti and add to the pan with the meatballs, stirring to coat the pasta in the sauce.



**Serve:** You may want to use bowls instead of plates for this potentially messy dish! Start with a helping of spaghetti and then add the meatballs (counting how many each person gets to avoid any family disputes!). Add a spoonful of sauce over the top. Grate your cheese and sprinkle on top to finish off this tasty dish!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Vegetable curry

with rice

Time:  
40 minutes



Allergens: sulphites, celery

## What is it?

A super healthy dish, which you can make as mild or as spicy as you prefer! Sometimes it can be a nice break in the week to go with a meat-free meal, especially one as flavourful as this!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Spinach	60g	90g	120g
Garlic clove (chopped)	1	1	1
Large carrot (diced)	2	3	4
Onion (diced)	1/2	1	1
Cauliflower	1/4	1/2	3/4
Medium curry powder	1/2 tsp	1 tsp	1 tsp
Chick peas	80g	120g	150g
Frozen peas	80g	110g	130g
Chopped tomatoes	150g	200g	250g
Vegetable stock	1 cube	1 cube	1 cube
Mango chutney	1 tbsp	2 tbsp	2 tbsp
Rice	150g	210g	260g

You will also need a small amount of oil

## Make it your own!

We have included a range of veggies in this recipe, but you can use any leftover vegetables that you have in the fridge. It's a great recipe to reduce any waste at the end of the week.

AVERAGE COST  
PER PERSON

**£1.76**

## Kit list:

- Sauce pans x2
- Frying pan

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# What to do:

**Step 1:** In a frying pan, add 2 tsp of oil and gently fry your chopped garlic, diced onion and diced carrot. Stir over a gentle heat for around 10 minutes, and then leave to one side.



**Step 2:** In a separate saucepan, simmer the cauliflower until it is just cooked (still a little bit crunchy), then drain and leave in a bowl for later.

**Step 3:** Use your saucepan again to mix the curry powder, chopped tomatoes and veg stock cube and cook for 10 minutes until the stock has dissolved. Then leave to one side, in the pan or in a jug if you need to reuse the same saucepan for step 4.



**Step 4:** Boil the rice in a saucepan of water for around 10 minutes. Check that the rice is cooked by tasting a small amount, it should be soft and fluffy but not sticky. Drain most of the excess water and keep the rice in the pan over a very gentle heat.

**Step 5:** Add the green peas and chick peas to the rice. Then add the cauliflower from earlier and spinach, and stir until the spinach is cooked (when it starts to wilt).



**Serve:** Dish up your rice and peas mix first, then spoon on your sauce mixture (tomatoes and stock). Finally add a helping of your carrots and onions mix to top it all off. Add a spoonful of mango chutney, and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Chicken fajitas



**Allergens: gluten, milk**

## What is it?

Traditionally this is a dish made by Mexican ranch workers living in West Texas. Nowadays people all over the world take to their kitchens to make the meal their own, customising it with tasty toppings like sour cream, guacamole and cheese!

**AVERAGE COST  
PER PERSON  
£1.46**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Self raising flour	300g	450g	600g
Chicken breast	2	3	4
Peppers	2	3	4
Onion	1/2	1	2
Paprika	1 tsp	1 tsp	1 tsp
Coriander	2 sprigs	2 sprigs	2 sprigs
Cheese	50g	75g	100g

You will also need some tap water (75ml per person)

## Kit list:

- Mixing bowl
- Frying pan

## Make it your own!

If you wanted to fill out these wraps even more, try adding some mushrooms to your peppers and chicken while cooking. Top your wraps with cheese, salsa or guacamole for the full experience!

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Food**

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# What to do:

**Step 1:** Make your flatbread wraps: put the flour (saving a little bit for later) into a large bowl, and add the water a tiny splash at a time. Knead the dough (use your hands to work the dough until the ingredients are all well combined). If it's too sticky, add more flour, or if it's too dry, and more water. Only add a small amount of each at a time to avoid going round in circles! Keep kneading the dough for about 5 minutes and then roll into a ball (this part is a great opportunity for any children helping to get their hands nice and messy!)



**Step 2:** On a clean surface, sprinkle a little bit of flour and then roll out each ball of dough one at a time with a rolling pin (the flour stops the dough from sticking to the surface). Make sure that you roll them out nice and thin so that they can be used to wrap up your fajita mix later! Heat a large frying pan on the hob. Cook each flatbread wrap for about 2 mins on each side and then transfer onto a clean tea towel to rest (use a tea towel rather than a plate to avoid a soggy bottom!)



**Step 3:** Slice the chicken into strips and put in a frying pan with a little oil until the chicken starts to seal (cook on the outside but not cooked all the way through). This should take around 5-10 minutes, stirring so that nothing burns.



**Step 4:** Slice the peppers and onions and add to the pan with the chicken. Stir gently and turn the heat up to cook with more intensity.

**Step 5:** Add the paprika and cook for another 10 minutes, making sure that the chicken is cooked all the way through (check by cutting into the thickest piece and checking that there is no pink meat).

**Serve:** Grab your flatbread wraps from earlier, and lay them on your plate. Spoon your fajita mix into the middle and sprinkle with chopped coriander and grated cheese. Wrap up and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
50 minutes



# Mac 'n' cheese

## with bacon



**Allergens: milk, mustard, gluten**

### What is it?

This delicious dish is such a feel-good meal to fill you up after a busy day. It's sure to be a new family favourite!

**AVERAGE COST  
PER PERSON**  
**£1.27**

### What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Macaroni pasta	200g	300g	400g
Garlic clove	1	1	1
Mustard	1 tsp	1 tsp	2 tsp
Plain flour	2 tbsp	2 tbsp	3 tbsp
Milk	250ml	325ml	500ml
Cheddar cheese	175g	220g	250g
Bacon	2	3	4

### Kit list:

- Shallow dish
- Plate
- Oven tray

### Make it your own!

Instead of bacon, you could use anything you have at home to make this dish suit your family's taste - maybe some chorizo, ham, or even some of your favourite roasted veggies!

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# What to do:

**Step 1:** Grate the cheddar cheese. and set aside. Boil the pasta in a saucepan for around 10 minutes, then drain. Meanwhile, melt the butter in a saucepan. Add the garlic and mustard, cook for 1 min, then stir in the plain flour.

**Step 2:** Cook for 1 minute, stirring continuously, then gradually whisk in the milk (you can use a fork) until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in the cheddar.

**Step 3:** Stir the pasta into the sauce, and then pour it all into an ovenproof dish.

**Step 4:** Chop and cook the bacon in a frying pan, and then add to the ovenproof dish. Mix everything together and place in the oven at 200 degrees (gas mark 6) for around 20 minutes until the sauce is bubbling.

**Serve:** Scoop a hearty portion of mac and cheese into a bowl and enjoy! You could add some greens as a healthy side, or maybe some garlic bread.



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
60 minutes



# Pork chow mein



Allergens: gluten, soya, shellfish

## What is it?

A chow mein is a traditional Chinese dish made with noodles and stir-fried veggies. The dish can be made with different meats, we have chosen pork for this recipe, but you can try your own favourites and see what you like best!

AVERAGE COST  
PER PERSON  
**£1.53**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Diced pork	180g	270g	360g
Garlic clove	1	1	1
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
Oyster sauce	3 tbsp	4 tbsp	5 tbsp
Soy sauce	3 tbsp	4 tbsp	5 tbsp
Red pepper	1	1	2
Spring onion	2	2	3
Noodles	160g	240g	320g
Beansprouts	70g	110g	150g
Ginger	1 tsp	1 tsp	1 tsp

You will also need some oil

## Kit list:

- Frying pan or wok
- Saucepan
- Chopping board

## Make it your own!

Pork is quite a cheap meat to use in this recipe, but you could swap it for anything you like; chicken, beef, or even prawns for a seafood twist!

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# What to do:

**Step 1:** Crush the garlic with the side of a knife, and mix it with the ketchup, oyster sauce, ginger, soy sauce and 1 tbsp of water. Stir and leave to one side for later.



**Step 2:** Use a sharp knife to cut the pepper into long strips. Slice the spring onion. Set aside.

**Step 3:** Boil a large saucepan of water. Add the noodles, leave the noodles to simmer for 4 minutes. Drain the water and cover the noodles in cold water, then leave to drain.



**Step 4:** Heat a wok or a large frying pan with a little oil. Add the diced pork, keeping it moving so that it doesn't burn. Once it has cooked through, add the peppers and stir fry for another minute.

**Step 5:** Pour in the sauce mix that you made earlier, and stir until it starts to bubble.

**Step 6:** Add the noodles, beansprouts and spring onions a handful at a time, tossing the mixture to coat everything in the sauce as you go. Keep stirring everything as it cooks. Keep going until the veggies soften to your taste.



**Serve:** We recommend piling a tasty helping of stir fry into a bowl and challenging yourself to eat it with chopsticks! (But it will be just as tasty with a knife and fork!)

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
50 minutes



# Tuna pasta bake



**Allergens: gluten, fish, milk**

## What is it?

Tuna can be an easy fish to cook with if you grab a few tins in the supermarket, and turn it into this tasty and filling pasta bake. Maybe it will become a new weekly favourite!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Pasta	200g	300g	400g
Butter	20g	30g	40g
Flour	20g	30g	40g
Milk	200ml	300ml	400ml
Cheddar cheese	50g	100g	150g
Tuna (160g tins)	1	1	2
Sweetcorn	80g	100g	120g

You can also add a handful of chopped parsley as a garnish

**AVERAGE COST  
PER PERSON  
£1.14**

## Kit list:

- Saucepan
- Oven dish

## Make it your own!

You can make this dish to your taste by adding a side salad or some garlic bread to fill you up. One tip we recommend is to grill the bake for a few minutes at the end of cooking to make it nice and crispy!

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1125784



# What to do:

**Step 1:** Preheat the oven to 180 degrees (gas mark 4). Then boil a saucepan of water and add your pasta, cooking for around 10 minutes or until the pasta is almost cooked (you need it to be slightly hard still as it will carry on cooking later). Drain and set aside.



**Step 2:** Prepare the sauce; melt your butter in a saucepan over a medium heat, adding the flour and stirring well to combine. Add the milk a splash at a time, and stir to thicken the sauce. Then add the cheese (saving a handful for later) and stir until it melts and combines to thicken the sauce further. Remove from the heat.



**Step 3:** Mix the pasta into the sauce, coating it all. Add the drained tins of tuna and the sweetcorn.

**Step 4:** Pour your mix into an oven dish and sprinkle the last of the cheese on the top. Bake in the oven for 15-20 minutes until the sauce is bubbling and the cheese on top has browned.



**Serve:** Scoop a generous portion into a bowl or plate, and top with some chopped parsley. Tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Sausage casserole

Time:  
60 minutes



**Allergens: gluten, celery**

## What is it?

A hearty dish perfect for the winter, and another great recipe to use up any leftover veggies you've got in the fridge at the end of the week!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic	1	1	1
Paprika	1 tsp	1 tsp	2 tsp
Chopped tomatoes	200g	300g	400g
Vegetable stock	1 cube	1 cube	1 cube
Potatoes	2 large	3 large	3 large
Carrots	2	3	4
Sausages	3	5	6
Onion	1	1	2

**AVERAGE COST  
PER PERSON**

**£1.03**

## Kit list:

- Large frying pan
- Oven dish

## Make it your own!

This dish can use up any and all leftover veggies to reduce waste in your weekly shop. Or you could thicken up the casserole with some tinned beans (even baked beans if they are a family favourite!).

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## What to do:

**Step 1:** Preheat the oven to 180 degrees (gas mark 4). Peel and chop the potatoes into quarters. Peel and chop the carrots into small coins.



**Step 2:** Add the sausages to a frying pan and cook for 10 minutes, turning constantly so that they cook evenly on all sides. Remove the sausages from the pan until later.



**Step 3:** Chop the onion and add to the frying pan with garlic and paprika, cooking until the onions soften. Then add the potatoes and carrots and cook, stirring constantly, for a few minutes.

**Step 4:** Mix the stock with 100ml of boiling water per person. Then add this to the pan along with the chopped tomatoes, making a sauce for the veggies to simmer in.



**Step 5:** Add the sausages (whole or cut into bite size pieces) and stir everything together. Then transfer to an oven dish.

**Step 6:** Transfer everything to an oven dish and bake for 30-40 minutes, until the potatoes are cooked through and the casserole sauce is bubbling.

**Serve:** Remove the casserole from the oven and dish up into bowls. You could use some bread rolls to mop up the sauce and get the most out of the tasty flavours!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Chicken schnitzel

with wedges and pan-fried tomatoes



**Allergens: egg, gluten, sulphates**

## What is it?

Traditionally an Austrian dish, the schnitzel works well with any meat. We're suggesting this delicious chicken recipe, paired with crispy potato wedges to make it an easy but filling dish.

**AVERAGE COST  
PER PERSON**

**£1.78**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Breadcrumbs	100g	150g	200g
Plain flour	100g	150g	180g
Sugar	20g	30g	40g
Egg	1	2	2
Chicken breast	2	3	4
Potatoes	2	3	4
Tomatoes	6	9	12
Cider vinegar	20ml	25ml	30ml

You will also need some oil

## Kit list:

- Frying pan
- Rolling pin
- Oven dish

## Make it your own!

We suggest chicken for this recipe, but you could try it with pork instead for a change!

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# What to do:

**Step 1:** Wrap the chicken breast in cling film and place it on a chopping board. Bash the chicken with a rolling pin until it is 2-3mm thin (roughly the thickness of a pound coin).

**Step 2:** Put the flour on a plate and mix with a little salt and pepper. Beat the egg in a separate bowl. Lay the chicken breast in the flour to coat it on each side, and then dip it into the egg mixture to give it a moist coating.

**Step 3:** Cover the chicken in the breadcrumbs until completely coated. Put the coated chicken on a plate and leave it in fridge to chill.

**Step 4:** Cut the potatoes into thick wedges. Spread them out on an oven tray lined with baking paper. Cover the wedges in oil and season with salt & pepper . Cook at 200 degrees (gas mark 6) for 20 minutes or until golden brown.

**Step 5:** Heat some oil in a large frying pan on a high heat. When hot, carefully place the breadcrumbed chicken and let it sizzle for 2 - 3 minutes each side until golden brown. Then lift it out onto absorbant kitchen paper to drain the excess oil.

**Step 6:** Mix the sugar and vinegar until the sugar is dissolved. Use your frying pan to heat the tomatoes with the vinegar/sugar mix, season with a pinch of salt and cook until the tomatoes soften.

**Serve:** Plate up your homemade wedges with your delicious chicken schnitzel and top with cherry tomatoes. You might like to add a squeeze of lemon on your schnitzel for an extra zing. Enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
45 minutes



# Potato nachos



Allergens: milk

## What is it?

A slightly more filling alternative to the usual tortilla chip recipes, this potato-based dish is a new take on a classic Mexican favourite!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Tinned potatoes	1 tin	1 tin	1 tins
Cherry tomatoes	6	9	12
Avocado	1	1	2
Creme fraiche	4 tbsp	6 tbsp	8 tbsp
Spring onions	1	1	2
Feta cheese	20g	30g	40g
Coriander	1 sprig	2 sprigs	3 sprigs
Cumin	1 tsp	1 tsp	1 tsp
Sriracha	1 tsp	1 tsp	1 tsp

AVERAGE COST  
PER PERSON

**£1.87**

## Kit list:

- Sauce pan
- Oven dish
- Kitchen roll

## Make it your own!

Add your favourite nacho toppings like guacamole or cheddar cheese. Or if you are missing meat, add some cooked mince to fill this dish out even more!

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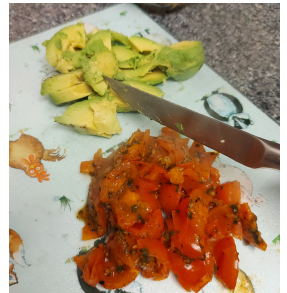
# What to do:

**Step 1:** Thinly slice the potatoes. Sprinkle with cumin and fry in a saucepan (with a dash of oil), stirring so that they do not stick to the pan. Fry until the potatoes crisp.

**Step 2:** Set the potatoes to one side, on top of some kitchen paper to absorb the excess oil.

**Step 3:** Make your own salsa by roughly chopping the tomatoes, seasoning with some salt and pepper, and adding a dash of sriracha (if you like spicy flavours).

**Step 4:** Place the potatoes in an oven dish, and top with your salsa. Slice up the avocado and later on top. Spoon on your creme fraiche. Slice the spring onion into small pieces and sprinkle on top, along with the coriander. Crumble the feta over the dish to finish it off. You could place the dish in the oven for 5 minutes to heat it all through and melt the cheese, or serve straight away. Enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
45 minutes



# Hunters chicken

## with green beans and mash



**Allergens: milk, mustard, gluten**

### What is it?

Bacon, chicken, cheese...what more could you want from a meal! This delicious dish pairs well with some fresh greens and creamy mash for a top notch dinner.

### What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Mozzarella	15g	20g	25g
Cheddar	15g	20g	25g
BBQ sauce	1 tbsp	2 tbsp	2 tbsp
Butter	60g	75g	90g
Bacon rashers	2	3	4
Chicken breast	2	3	4
Green beans	200g	250g	300g
Potatoes	400g	550g	700g

**AVERAGE COST  
PER PERSON**

**£1.86**

### Kit list:

- Saucepan x2
- Oven dish

## Make it your own!

We love this recipe with two different types of cheese, but you could take out one and double the quantity of the other if you have a preference.

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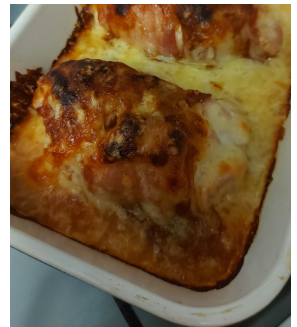
# What to do:

**Step 1:** Heat your oven to 200 degrees (gas mark 6). Wrap your bacon rashers around the chicken (one rasher per chicken breast), overlapping the rashers slightly. Place them on an oven dish and bake for around 30 minutes until the chicken is cooked through.



**Step 2:** Meanwhile, mix the mozzarella and cheddar together in a bowl and set to one side.

**Step 3:** Boil a saucepan of water. Peel and chop the potatoes and add to the pan. Boil until the potatoes are completely cooked. Drain and set aside.



**Step 4:** Remove the chicken from the oven. Spread 1/2 tbsp of BBQ sauce over each breast, and then sprinkle the cheese on top. Return to the oven for 10 minutes or until the cheese has melted.

**Step 5:** Meanwhile, boil the green beans in a pan of hot water until cooked to taste.

**Serve:** Add the butter to the potatoes and mash well. Dish up a scoop of mash and a helping of cooked green beans. Remove the chicken from the oven and add a portion to each plate, along with a spoonful of the BBQ cheesy sauce from the oven dish. Tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
40 minutes



# Tomato risotto



Allergens: celery, milk

## What is it?

An easy peasy recipe with few ingredients, but perfect for a chilly winter evening. Packed with flavour too!

AVERAGE COST  
PER PERSON

£1.16

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Risotto rice	140g	210g	280g
Garlic clove	1	1	1
Vegetable stock	1 cube	1 cube	1 cube
Chopped tomatoes	200g	300g	400g
Butter	20g	30g	40g
Parmesan	2 tbsp	3 tbsp	4 tbsp
Basil	Handful	Handful	Handful
Onion	1/2	1	1
Cherry tomatoes	150g	200g	300g
Rosemary	1 sprig	1 sprig	1 sprig

## Kit list:

- Saucepan x2

You will also need a little oil

## Make it your own!

We have written this as a vegetarian recipe, but you could add your favourite meat if you wanted to! Chicken or chorizo would work well with these flavours.

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# What to do:

**Step 1:** Dissolve your stock in 250ml water (per person). Mix together with the chopped tomatoes to create a runny sauce. Pour into a saucepan and simmer over a low heat.

**Step 2:** Place the butter and a little oil in the base of a large saucepan and heat gently until the butter has melted. Dice your onion and gently cook in the pan for 6-8 mins until softened. Stir in the chopped garlic and rosemary, then cook for another minute. Add the risotto rice and cook, stirring, for 1 min.

**Step 3:** Add the stock and tomato mixture a quarter at a time. Let the risotto absorb the liquid, and then add more. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up.

**Step 4:** Stir in the basil leaves. Cover your pan and leave on a low heat for a few minutes.

**Serve:** Dish your risotto up into bowls or plates, add a sprinkle of parmesan on top and tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes



# Tomato baked rice



Allergens: Dairy

## What is it?

An easy recipe where you don't have to pre-cook the rice!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1	1
Garlic cloves	2	3	4
Mushrooms	50g	75g	100g
Cherry tomatoes	4	6	8
Spinach	50g	75g	100g
Pepper	1/2	1	1
Chopped tomatoes	200g	300g	400g
Long grain rice	100g	150g	200g
Vegetable stock	100ml	150ml	200ml
Cheese	25g	40g	50g

You will also need a little oil

AVERAGE COST  
PER PERSON  
**£0.85**

## Kit list:

- Fry pan
- Oven dish

## Make it your own!

Want to add meat? It's delicious with diced chicken and chorizo!

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# What to do:

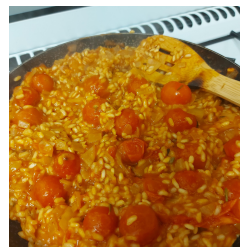
**Step 1:** Pre-heat oven to 190/gas 5

**Step 2:** Heat some oil in a pan and add the diced onion, mushrooms, pepper, spinach and the chopped garlic, cook for 5-10 minutes until fairly soft.

**Step 3:** Add the chopped tomatoes, rice, cherry tomatoes and vegetable stock, mix well and transfer to a baking dish cover with foil and bake for 25 minutes.

**Step 4:** remove from the oven, uncover give it a stir then return to the oven uncovered for 15 more minutes,

**Step 5:** Give the rice a stir again and sprinkle top with grated cheese and cook for 10 more minutes  
Serve and enjoy !



What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



# Vegetable chilli

Time:  
45 minutes



Allergens: celery

## What is it?

A lovely healthy dish full of flavour and packed with veggies! This meal is a great one to get in plenty of your five a day!



## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Rice	80g	160g	220g
Thyme	1/2 tsp	1 tsp	1 tsp
Garlic clove	1	1	1
Kidney beans	60g	90g	120g
Vegetable stock	1 cube	1 cube	1 cube
Chilli powder	1/2 tsp	1 tsp	1 tsp
Paprika	1/2 tsp	1 tsp	1 tsp
Onion	1/2	1	1
Carrot	2	2	3
Courgette	1/2	1	1
Chopped tomatoes	150g	200g	250g
Cauliflower	1/2	1/2	1
Mixed peppers	1	2	2

AVERAGE COST  
PER PERSON  
**£1.61**

## Kit list:

- Saucepan

## Make it your own!

If you are not a spicy fan, you can adjust the spice level to your taste by adding less chilli powder - or more if you are feeling daring!

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## What to do:

**Step 1:** In a pan, fry the onion, garlic clove (chopped) and carrot for 5-10 minutes. Add the vegetable stock and cook for another 5-10 minutes. Add the chilli powder, thyme and smoked paprika and stir in, then the chopped tomatoes and cauliflower florets. Give everything a good stir.



**Step 2:** Simmer the chilli for a few minutes, then add the peppers and stir. Cook for another 5-10 minutes before adding the courgettes and kidney beans. Simmer for a further 5-10 minutes to set off all the flavours, taste a little bit and add some seasoning if needed. Meanwhile, add the rice to a saucepan of boiling water, boil until the rice is soft to taste.



**Serve:** Place scoopfuls of your rice in a bowl, then load some vegetable chilli mix on top, and tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Medium



Time:  
60 minutes



# Beef and onion pie

with mash, peas and broccoli



**Allergens: celery, gluten, milk, fish, egg**

## What is it?

A tasty and filling meal with plenty of healthy veggies to give your body some great fuel. If you've never made your own pastry before, this will be an amazing and rewarding cooking experience!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef stock	1 cube	1 cube	1 cube
Garlic clove	1	1	1
Tomato puree	50g	75g	100g
Gravy	40g	60g	80g
Flour (pastry)	200g	300g	400g
Beef mince	200g	300g	400g
Onion (diced)	1/2	1	1
Broccoli	1/2	1/2	1
Peas	100g	150g	200g
Butter (pastry)	100g	150g	200g
Butter	40g	60g	80g
Egg	1	1	1
Worcester sauce	1 tsp	1 tsp	2 tsp
Potato	2	3	4

AVERAGE COST  
PER PERSON

**£1.32**

## Kit list:

- Saucepan
- Frying pan
- Oven dish
- Rolling pin

## Make it your own!

Once you get the hang of making your own pie crust, the world of pies is your oyster! Try different fillings like chicken and mushroom, ham and leek, or a vegetable medley!

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# What to do:

**Step 1:** Make the pastry. Sift the flour into a large bowl and add the cubed butter. Rub it into the flour with your fingers (make sure to wash your hands first!) until the mixture looks and feels like breadcrumbs. Stir in a pinch of salt and 2 tablespoons of water, then mix everything into a firm dough. Knead the dough (like you did with the flatbread recipe) and form it into a ball. Wrap it in cling film and put it in the fridge for later while you make the pie filling.

**Step 2:** Preheat the oven to 200 degrees (gas mark 6). Heat some oil in a frying pan and add the beef mince, browning it for 5 minutes and breaking up any large chunks.

**Step 3:** Add the onions and cook for a few minutes, then stir in the tomato puree. Keep stirring, adding a splash of Worcester sauce and the crushed garlic. Then add the beef stock as well as 75ml of water (per person). Simmer the pan for 20 minutes, letting the meat absorb the flavours and juices.

**Step 4:** When the liquid starts to boil, add half of the gravy granules and stir until dissolved. Then take the pan off the heat and set aside to cool, before transferring it to a pie dish.

**Step 5:** Retrieve your pastry from the fridge and roll it out onto a floured surface until it is slightly larger than the pie dish. Gently lift the pastry over the dish and press firmly around the edges to seal it. Trim the excess pastry from around the dish, and make 2 or 3 small slits in the top (this lets the steam out during cooking). Lightly brush the beaten egg over the pastry and bake.

**Step 6:** Meanwhile, peel and boil your potatoes. Once boiled, drain the water and add the butter, giving it a good mash. Boil the peas and broccoli in a saucepan with water until cooked.

**Serve:** Dissolve the rest of your gravy granules in hot water. Once the pie is cooked (pastry should be cooked through), dish it up with a hearty spoonful of mash and drained vegetables. Drizzle the gravy on top and enjoy your delicious homemade pie!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
60 minutes  
+ 30 minutes



# Souffle jacket potato

with bacon and cheese



**Allergens: milk, egg**

## What is it?

A way to make your 'standard' jacket potato a little more exciting! The egg makes the dish more fluffy and filling, a great tip for a small price!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Cheese	100g	150g	200g
Baking potato	2	3	4
Cherry tomatoes	8	12	16
Lettuce	1/2	3/4	1
Cucumber	60g	90g	120g
Egg	1	2	2
Bacon	2	3	4

AVERAGE COST  
PER PERSON

**£1.40**

## Kit list:

- Frying pan
- Oven dish

## Make it your own!

Why not experiment with this recipe by trying it with different fillings, like baked beans or tuna and sweetcorn. The possibilities are endless!

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# What to do:

**Step 1:** Heat your oven to 200 degrees (gas mark 6). Place the baking potato on a tray and cook for an hour to an hour and a half depending on the size. The potato should be soft.

**Step 2:** Remove from the oven and let the potato cool until you can handle it. Cut it in half and carefully scoop out the middle into a bowl, leaving the skins and a small layer of potato around the edge. Put the skins back on the tray for later.

**Step 3:** Mash up the scooped out middle, and add the grated cheese (saving a little bit for later).

**Step 4:** Cook the bacon and chop it up into small pieces. Add this to the cheesy potato mix.

**Step 5:** Carefully crack the egg, separating the egg white into one bowl and the yoke into another. Add the white to the cheesy potato mix and whisk together with a fork.

**Step 6:** Spoon the mix back into the potato skins and top with the rest of the grated cheese. Bake for 10-15 minutes until the skins are crisp and golden and the cheese has melted. You may like to put them under the grill for the last 5 minutes to brown the cheese on top.

**Step 7:** Meanwhile, prepare the side salad by slicing up the lettuce, cucumber and tomatoes. Dress your plates with this salad ready for when the potatoes are cooked.

**Serve:** Remove the potato skins from the oven and place two skins on each plate. Tuck in and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Cheesy herb cakes with peas

Time:  
45 minutes



**Allergens: milk, gluten, egg**

## What is it?

Like a fish cake, without the fish! This recipe comes from a chef in our Celebrate Family Food family who loves creating new dishes with fresh flavours. Give it a try and see if it becomes a family favourite for you!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Breadcrumbs	2 tbsp	3 tbsp	4 tbsp
Carrots	1	2	2
Courgette	1/2	1	1
Halloumi	200g	300g	400g
Spring onion	1	1	2
Coriander	2 sprigs	3	3
Mint	2 sprigs	3	3
Egg (beaten)	1	1	2
Peas	100g	150g	200g

AVERAGE COST  
PER PERSON

**£1.32**

## Kit list:

- Frying pan
- Oven dish
- Mixing bowl
- Sieve

## Make it your own!

We have suggested peas as a side for this meal, but you could make this a meaty dish by frying up some bacon and cabbage in a pan, still healthy (ish!) and gives the meal a fresh flavour.

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## What to do:

**Step 1:** Grate the carrot and courgette (strange, but trust us!). Then place them in a sieve and sprinkle with salt to drain the moisture. You need them to be as dry as possible.



**Step 2:** Grate the halloumi or break into small crumbs. Put in a bowl with the grated carrot and courgette. Chop the spring onions and add to the bowl. Chop the coriander and mint and add to the mix. Stir everything together, then add the eggs and mix again. Add the breadcrumbs and mix for a final time. The mix should be stiff enough to form into a patty (like a burger).



**Step 3:** Form the mix into patties (2 per person), and place in an oven dish in the fridge to firm up for 20-25 minutes.

**Step 4:** Heat a frying pan with a little oil, then add the herb cakes, cooking over a low heat so that they don't burn. Fry them on both sides for a few minutes until golden brown and hot in the middle.



**Step 5:** Meanwhile, boil the peas in a saucepan of hot water or microwave until cooked (5-10 minutes).

**Serve:** Remove the herb cakes from the pan and serve on a plate with a big spoonful of peas.

What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Medium



Time:  
60 minutes



# Roast chicken pie

with green beans and sweetcorn



**Allergens: milk, gluten, celery**

## What is it?

A delicious homemade pie to be proud of!  
You can save yourself some time and reduce food waste by using leftover roast chicken!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Vegetable stock	1 cube	1 cube	1 cube
Flour	40g	50g	60g
Butter	20g	30g	40g
Flour (pastry)	100g	150g	200g
Butter (pastry)	50g	75g	100g
Thyme	1 tsp	1 tsp	2 tsp
Gravy	40g	50g	60g
Sweetcorn	60g	90g	120g
Egg	1	1	1
Onion (diced)	1/2	1	1
Chicken breast (diced)	200g	300g	400g
Green beans	150g	200g	250g

AVERAGE COST  
PER PERSON

**£1.84**

## Kit list:

- Saucepan
- Mixing bowl
- Oven dish
- Rolling pin

You will also need 40ml milk per person

## Make it your own!

If you are feeling confident with your pastry making, why not add a fun design to the top of your pie! Cut out shapes or letters with the remaining pastry and send us your creative designs!

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# What to do:

**Step 1:** Make the pastry; Place the pastry flour and butter in a bowl. Mix well with your hands until the mixture looks like breadcrumbs. Add a splash of water and mix gently until a dough is formed (it should hold its shape and not be too sticky). Place in cling film in the fridge for later.



**Step 2:** In a pan, heat the onions and chicken in the remaining butter over a medium heat. Cook until chicken is no longer pink in the middle and onions are soft. Then add the remaining flour, vegetable stock and thyme and mix together.

**Step 3:** Slowly add the milk, stirring until the mixture thickens. Place everything into an ovenproof dish. Preheat the oven to 180 degrees (gas mark 4)



**Step 4:** Remove your pastry from the fridge and roll out to around 1cm thick, ensuring that it will cover your pie dish. Cut around your pie dish and lay the pastry over the top of your mix. Score 3 or 4 lines in your pastry (this lets the steam out during cooking) and then glaze with an egg (mix the egg in a cup or bowl, then baste a thin layer over the pastry to give it a golden brown finish when cooked). Bake in the oven for 25 minutes until the pastry is golden and the mix is bubbling.



**Step 6:** When you have 10 minutes cooking time left on your pie, prepare your veggies. Boil a pan of water and add your green beans. After 5 minutes, add the sweetcorn and continue to boil. After another 5 minutes, check that the veggies are cooked (soft to taste). Alternatively you could cook the sweetcorn in the microwave in a microwavable dish with water for 3-4 minutes.

**Serve:** Boil some water and dissolve your gravy granules (add as much water as you prefer for thick or runny gravy!). Remove your pie from the oven. Dish up a hearty portion, add a scoopful of veg on the side. Top with your gravy and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Turkey meatballs

## with spaghetti



Allergens: milk, gluten, celery

### What is it?

Turkey mince is lower in fat than traditional beef mince, so why not give these meatballs a try for a change? The herbs and spices add a super tasty flavour!

### What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
Chilli flakes	1/2 tsp	1/2 tsp	1
Chopped tomatoes	400g	600g	800g
Spaghetti	200g	275g	350g
Turkey mince	200g	300g	400g
Onion (diced)	1	1	2
Basil	Handful	Handful	Handful
Parmesan (grated)	2 tbsp	3 tbsp	4 tbsp

AVERAGE COST  
PER PERSON

**£1.29**

### Kit list:

- Saucepan
- Frying pan
- Oven dish

### Make it your own!

We have suggested spaghetti with this recipe, but you could swap in your favourite pasta if you prefer.

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## What to do:

**Step 1:** Place the turkey mince in a bowl along with the diced onion. Then chop the garlic and add to the bowl. Add the chilli flakes and mix it all together.

**Step 2:** Form the mixture into balls, 4 per person. Heat a little bit of oil in a frying pan and add the balls. Cook for 3-4 minutes, giving the pan a shake to turn the balls so that they cook evenly on all sides.

**Step 3:** Add the chopped tomatoes to the pan and stir, letting the sauce simmer for 15-20 minutes until the meatballs are cooked through (there should be no pink left in the mince).

**Step 4:** Meanwhile, boil a pan of water and cook the spaghetti for 10 minutes, until soft.

**Serve:** Drain the pasta and dish up into bowls or plates. Add a scoop of the meatballs and sauce. Top with a handful of basil and a sprinkle of parmesan



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
40 minutes



# Sausage ragu

with rice

Allergens: gluten

## What is it?

This saucy dish is a cheap and cheerful meal for a busy evening. With simple ingredients, its sure to be a hit with even the fussiest eaters!



## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
Oregano	1 tsp	1 tsp	2 tsp
Carrots	2	3	4
Spring onion	2	2	2
Mushrooms	100g	150g	200g
Sausages	4	5	6
Chopped tomatoes	400g	400g	400g
Ketchup	1 tbsp	2 tbsp	3 tbsp
Rice	150g	200g	250g

AVERAGE COST  
PER PERSON

**£1.25**

## Kit list:

- Saucepan
- Frying pan

## Make it your own!

You can adapt this basic recipe by adding leftover veggies like chopped celery or thicken it by adding new potatoes and skipping the rice. Anything goes!

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## What to do:

**Step 1:** Heat a little oil in a frying pan. Squeeze the sausage meat out of their casing into the pan, breaking it up into chunks with a spoon. Cook until the meat begins to brown on the outside.



**Step 2:** Chop the garlic, carrots and spring onion and add to the pan, along with the oregano. Once they start to soften, add the chopped tomatoes and simmer over a medium heat for 10 minutes.



**Step 3:** Add the mushrooms and continue to simmer for 10 minutes. Then stir in the ketchup. Continue to simmer, stirring occasionally, until the sausage meat is cooked through.

**Step 4:** Meanwhile, boil the rice in a saucepan of hot water for around 10 minutes until cooked to taste.

**Serve:** Drain the rice and scoop onto plates. Spoon a helping of ragu on top, making sure to get plenty of the tasty sauce. Tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



# Veggie lasagne

Time: 1 hour  
30 minutes



Allergens: gluten, milk

## What is it?

An alternative to the traditional lasagne recipe, giving you an easy way to cram in lots of your five a day!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Butter	85g	85g	85g
Flour	85g	85g	85g
Milk	750ml	750ml	750ml
Garlic cloves	1	1	1
Red peppers	1	2	3
Courgette	1	1	2
Olive oil	4 tbsp	6 tbsp	8 tbsp
Lasagne sheets	200g	250g	300g
Mozarella	125g	125g	125g
Cherry tomatoes	8	12	16
Onion	1	1	1
Carrot	1	1	1
Chopped tomatoes	400g tin	400g tin	400g tin
Basil	Handful	Handful	Handful

AVERAGE COST  
PER PERSON

**£2.39**

## Kit list:

- Oven dish
- Saucepans

## Make it your own!

Why not use our flatbread pizza recipe to make your own flatbread garlic bread! All you need is flour, water, a little oil, some garlic and butter. Easy!

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# What to do:

**Step 1:** Heat the oven to 200 degrees (gas mark 6). Chop the red peppers and courgettes into slices and place in an oven dish. Toss with the olive oil, season well, then roast for 25 mins until lightly browned.



**Step 2:** Meanwhile, make the tomato sauce by adding the chopped onions, diced garlic cloves and 1 roughly chopped carrot to a saucepan. Cook for 5-7 mins over a medium heat until softened. Add the chopped tomatoes and a handful of basil leaves. Bring to the boil then simmer for 20 mins, stirring frequently.



**Step 3:** Make the white sauce; in a pan, gently melt the butter and add the flour. Once you have created a paste, add the milk a little bit at a time and mix well. Keep going until the sauce thickens. Add a small pinch of salt and white pepper if you have it. Stir continuously so that the bottom of the pan does not burn.



**Step 4:** Remove the dish from the oven and lower the temperature to 180 degrees (gas mark 4). Arrange the veggies in layers, alternating with layers of the tomato sauce and lasagne sheets. Finish with a layer of lasagne sheets, then drizzle the white sauce on top.

**Step 4:** Tear the mozzarella into small pieces and scatter over the top of the dish. Add the cherry tomatoes, cut into slices. Bake for 45 mins until bubbling and golden.



**Serve:** Dish up a tasty slice of your lasagne with your chosen side, and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!





Difficulty:  
Easy



Time:  
30 minutes



# Chicken skewers with chips



Allergens: milk

## What is it?

A super easy and delicious chicken recipe, with a chance to make your own marinade!

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Natural yoghurt	3 tbsp	3 tbsp	3 tbsp
Curry powder	1 tsp	1 tsp	1 tsp
Chilli powder	1 tsp	1 tsp	1 tsp
Lemon juice	2 tsp	2 tsp	2 tsp
Coriander	2 tsp	2 tsp	2 tsp
Chicken (diced)	200g	300g	400g
Potatoes	2	2	3

You will also need some oil

AVERAGE COST  
PER PERSON

**£1.14**

## Kit list:

- Oven dishes
- Mixing bowl
- Wooden skewers

## Make it your own!

Why not add some cherry tomatoes or colourful peppers to your skewers, alternating between these and the chicken pieces, to make them even more healthy and tasty!

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# What to do:

**Step 1:** Mix together the yoghurt, curry powder, chilli powder, lemon juice, coriander and red chilli. Marinate the diced chicken in the mixture for 10-15 minutes or as long as you can, the longer the better!

**Step 2:** Meanwhile, chop the potatoes into wedges or small strips (chip-like shapes) and toss in an oven dish with a little oil, salt and pepper. Leave the skins on the potatoes for extra crispiness! Place the dish in the oven at 200 degrees (gas mark 6) for around 30 minutes.

**Step 3:** Once the chicken has marinated, thread it onto the skewers to make kebabs. Place them onto an oven tray or dish and add to the heated oven for 20 minutes (10 minutes into the chips cooking time).

**Serve:** Check that the chicken is cooked through by removing a piece from a skewer and cutting open (the meat should have no pink remaining). If cooked, remove everything from the oven and dish up a couple of skewers and a handful of chips on a plate. Tuck in, maybe dipping the chips in your favourite sauce!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
35 minutes



# Sloppy joes

with homemade slaw



**Allergens: gluten**

## What is it?

A favourite recipe in the USA, and a fun and (slightly messy) way to enjoy beef mince! If your kids aren't a fan of spaghetti bolognese, maybe this will go down well as an alternative.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
BBQ sauce	2 tbsp	2 tbsp	2 tbsp
Onion	1	1	1
Red peppers	1	1	2
Beef mince	200g	300g	400g
Chopped tomatoes	400g tin	400g tin	400g tin
Cheese slices	2	3	4
Bread roll	2	3	4
Red cabbage	1/2	1/2	1
Carrots	1	1	2
Mayonnaise	100g	100g	150g

You will also need some oil



## Kit list:

- Mixing bowl
- Frying pan

## Make it your own!

We have included the recipe and ingredients for a homemade slaw, but you could swap this for your favourite side - maybe some corn on the cob or baked beans.

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## What to do:

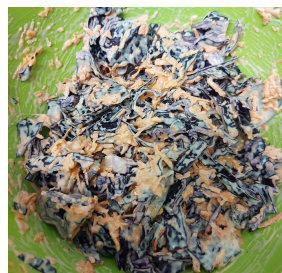
**Step 1:** Heat some oil in a deep frying pan, then dice and fry the onion, pepper and garlic for 10 minutes until softened. Add the beef mince and stir until it browns all over. Tip in the chopped tomatoes and BBQ sauce, and add a little seasoning. Simmer for 10-15 mins until the sauce has thickened and the meat is cooked through.



**Step 2:** Put the cheese slices on top of the mince let them melt into the sauce. Meanwhile, make the slaw but roughly chopping the red cabbage and grating the carrot and mixing together with the mayo. Add some salt and pepper for seasoning.



**Serve:** Pile the sloppy joe mix into your buns and add to a plate, along with a scoopful of slaw. Tuck in, making as much mess as possible for extra fun!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
30 minutes



# Mexican bean soup



Allergens: celery

## What is it?

A delicious winter treat, full of goodness! You can also make this ahead of time and easily heat it back up when its time for dinner.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	2
Vegetable stock	1	1	2
Chilli powder	1 tsp	1 tsp	1 tsp
Cumin	1/2 tsp	1/2 tsp	1 tsp
Oregano	1/2 tsp	1/2 tsp	1 tsp
Onion	1/2	1/2	1
Carrot	1	1	2
Red pepper	1/2	1/2	1
Kidney beans	200g	200g	400g
Chopped tomatoes	200g	200g	400g

You will also need some oil

AVERAGE COST  
PER PERSON

**£1.68**

## Kit list:

- Saucepan

## Make it your own!

Try making your own croutons; all you need is bread, oil and salt and pepper. Cut the bread into dice shapes, coat in oil and season, then cook for 10 minutes or so in the oven until golden and crispy.

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## What to do:

**Step 1:** Heat a little oil in a pan, dice and add the onion and pepper and fry, stirring frequently, for 10 mins.

**Step 2:** Stir in the chopped garlic and spices, then tip in the chopped tomatoes and kidney beans (including their liquid). Fill the tin half way with water and add this to the pan.

**Step 3:** Finally, stir in the stock and let the mix simmer for 15 mins.

**Step 4:** If you are adding croutons, prepare these and roast for 10 minutes (during the simmering time above).

**Serve:** Dish up a hearty portion of your homemade soup into bowls, and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!



Difficulty:  
Easy



Time:  
35 minutes



# Cauliflower Cheese



Allergens: Dairy

## What is it?

A creamy mixture of cheese and cauliflower, topped with breadcrumbs to give it a yummy crunch, Great as a main or as a side to a gorgeous roast dinner.

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Cauliflower	1/2	3/4	1
Milk	250ml	375ml	500ml
Flour	2tbsp	3tbsp	4 tbsp
Butter	25g	40g	50g
Grated Cheese	75g	120g	150g
Breadcrumbs	1 1/2 tbsp	2 1/2 tbsp	3 tbsp

AVERAGE COST  
PER PERSON

**£1.31 PP**

## Kit list:

- Saucepan
- oven dish

## Make it your own!

why not make some homemade flatbread or boil some green beans as a side.

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# What to do:

**Step 1:** Preheat the oven to 200 degrees (gas mark 6).

**Step 2:** Cut cauliflower into florets and place in a saucepan of salted water, bring to a boil and cook for 5 - 10 minutes until cooked to your liking. Drain and set aside.

**Step 3:** Melt the butter in a saucepan over a medium heat, stir in the flour and cook for 1 - 2 minutes. Gradually add the mil until you have a thick sauce.

**Step 4:** Stir in most of the cheese saving some to sprinkle over the top.

**Step 5:** Put the cauliflower into an ovenproof dish and cover with sauce, top with the breadcrumbs and what cheese you have left. Then bake for 20 minutes

**Serve:** Dish up a hearty portion into bows, and serve alongside your favourite side



What did you think of this recipe? Colour in the stars to give it a rating!

