



Simple ideas for easy meals using tinned and dried foods

Indian Meal

Ingredients

1 mug of rice + 1 jar of sauce or tin of coconut + onion + chickpeas + Indian paste or home made spice mix of cumin, coriander, turmeric and garam masala.

Method

Add two mugs of water to a pan and bring to the boil then add washed mug of rice. Once water boiling cook for 12 minutes on a low heat. Remove from heat and leave to stand until needed and fluff up with a fork.

While rice is cooking, add oil to a pan and when hot add a chopped onion with a little salt. After 5 minutes add 1 -2 tbsp of paste (if using) and continue to fry for several minutes before adding drained and rinsed chickpeas followed by the tomatoes (or a jar of curry sauce). Add any other fresh vegetables if you wish. Spinach, broccoli or cauliflower work well. Add a can of coconut milk if you wish to bulk out especially if adding other vegetables.

Cous cous salad

Ingredients

$\frac{3}{4}$ mug cous cous + 1 tin of mixed bean salad + Spring onions + red pepper

Method

Place cous cous in a bowl and add 1 mug of boiling water. Place a plate on top to allow cous cous to steam for 5 minutes.

Slice spring onions and chop up peppers small and any other veg you wish to use. Drain and rinse the tin of beans.

Add the vegetables and beans to the cous cous along with any herbs or spices you wish to use.

Add a tin of fish, sliced boiled egg, olives or seeds to bulk it out.

Thai Vegetable noodle soup

Ingredients

3-4 nests of noodles + 1 tin of sweetcorn + spring onions + green pepper + ready made Thai paste + 1 tin of coconut milk (optional)

Method

Add a little oil to a pan and fry off spring onions or an onion with the Thai paste, and any vegetables and protein you wish to use, then add coconut milk if using. Add cooked noodles and cook for five minutes until the noodles are cooked through. (Cook noodles through in a separate pan in boiling water for 4-5 minutes)

Tuna Pasta

Ingredients

1/2 bag of pasta + 1 tin of tuna + 1 sweetcorn + 1 tin of butterbeans + 1 onion + 1 tin of tomatoes /passata (optional) and/or add dried or fresh herbs .

Method

Boil a pan of water and cook pasta for specified time on the packet, around 10-12 minutes.

In another pan, fry off a chopped onion for a few minutes before adding the tomatoes, drained butterbeans or sweetcorn, tin of tuna and some dried herbs such as oregano or basil for flavour.

Cook gently for 7-10 minutes while the pasta is cooking.

Fajitas

Ingredients

3 peppers + 1 carrot + 1 onion + tomatoes + 1/2 carton of passata (or 2 tbsp oil and 2 tbsp tomato puree)

Method

Cut into strips 3 peppers along with an onion and carrot. Fry off with smoked paprika and a little chilli powder or use a packet mix before adding half a carton of passata. Alternatively place everything on a baking tray and cook for 20-25 minutes in the oven. Add chicken strips to the mix if you wish. Serve on flour tortillas.

Home made wedges

Ingredients

4 large potatoes for baking/chipping + baked beans

Method

Wash and dry potatoes. Cut in half, half again and then on an angles to create 8 wedges from each potato. Place in a bowl with a little oil and any spices to add flavour e.g. smoked paprika and mix. Place potatoes on a baking tray and cook for 35-40 minutes.

Pancakes

Ingredients

1 mug of flour + 1 mug of milk (or + 3 tbsp powdered milk and mug of water) + 1 egg (or 4 tbsp of aquafaba/tinned chickpea water) = 6 pancakes

Method

Mix all the ingredients together. Leave to rest if possible in the fridge for 20 minutes before frying mixture in a pan. Only three or four tablespoons at a time into a hot frying pan. Flip the pancake when the surface is matt to ensure it flips successfully and cooked through.

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