

Simple recipes (for one person) to use with food parcel contents

<p>Tuna Pasta 75g dried pasta ½ tin of chopped tomatoes ½ tin tuna 80g peas or sweet corn</p>	<ol style="list-style-type: none"> 1. Cook the pasta according to packet instructions 2. Put the tomatoes in a pan (or microwaveable bowl) and heat for 3-4 minutes until piping hot 3. Drain the peas / sweet corn and add to the tomatoes along with the drained tuna 4. Once pasta is cooked, drain and add to the tomatoes. Mix well and serve.
<p>Tuna and potato salad 200g new potatoes ½ tin tuna 80g peas If available</p> <ul style="list-style-type: none"> • Mixed herbs / black pepper if available for flavouring • ½ juice of lemon 	<ol style="list-style-type: none"> 1. Drain the potatoes, cut into small chunks and put into a bowl 2. Drain the tuna and add to the potatoes 3. Add the peas, add mixed herbs / black pepper and lemon juice for flavour and mix well
<p>Minestrone pasta pot 80g peas and corn 50g pasta ½ tin baked beans If available:</p> <ul style="list-style-type: none"> • Grated cheddar • Black pepper 	<ol style="list-style-type: none"> 1. Cook the pasta according to packet instructions 2. Once cooked, add the beans and the drained peas and sweet corn 3. Mix well and thoroughly heat. 4. Season with black pepper to taste and sprinkle with grated cheese.
<p>Vegetable pasta 75g dried pasta ½ tin tomatoes 80g peas or sweet corn</p>	<ol style="list-style-type: none"> 1. Cook the pasta according to packet instructions 2. Put the tomatoes in a pan (or microwaveable bowl) and heat for 3 - 4 minutes until piping hot 3. Drain the peas / sweet corn and add to the tomatoes. 4. Once pasta is cooked, drain and add to the tomatoes. Mix well and serve.
<p>Pea and potato curry 75g rice 80g peas 150g potatoes ½ tin tomatoes Extras needed:</p> <ul style="list-style-type: none"> • 1 tsp curry powder (or more according to taste) • 75ml vegetable stock (for small amount of stock use only half a stock cube) 	<ol style="list-style-type: none"> 1. Cook rice according to packet instructions 2. Add tin or tomatoes, stock and curry powder to pan and stir well. Heat until boiling and turn down to a simmer. 3. Drain the potatoes and cut into small chunks 4. Add potatoes and drained peas to the tomatoes and heat thoroughly. 5. Serve on a bed of rice.
<p>Curried baked beans ½ tin baked beans 75g rice If available</p> <ul style="list-style-type: none"> • 1 tsp curry powder 	<ol style="list-style-type: none"> 1. Cook the rice according to packet instructions 2. 5 minutes before rice is cooked add baked beans to a pan or microwaveable dish, stir in 1 tsp of curry powder and mix well. Heat for 4 – 5 minutes 3. Serve beans on bed of rice
<p>Porridge (serves 1) 6 dessert spoons porridge oats 200ml UHT milk If available</p> <ul style="list-style-type: none"> • Dried fruit • Banana 	<ol style="list-style-type: none"> 1. Put oats and milk into pan and cook on medium heat, till thick and creamy. Pour into bowl and add fruit. <p>OR</p> <ol style="list-style-type: none"> 2. Put oats and milk into a microwaveable dish and cook for 2 minutes stirring after one minute. Continue to heat if want a thicker consistency. Pour into bowl and add fruit.

Eggy bread (serves 1)

2 eggs

2 slices of bread

1. Beat the egg and place into a shallow dish
2. Heat a tsp of oil in a frying pan
3. Dip the bread into the egg mixture, turning it over and making sure it is well covered
4. Cook for 2 – 3 minutes on each side until golden

<p>Vegetable chilli (serves 2) 1 onion (chopped) 400g tin kidney beans 400g tin chopped tomatoes 300g tin peas (or frozen) 150g uncooked rice If available:</p> <ul style="list-style-type: none"> • 1 tsp dried coriander • 1 tsp ground cumin • Pinch chilli powder (or to taste) • 1 dessertspoon tomato puree <p>(If available can use alternative vegetables such as carrots, courgette, pepper, mushrooms – fresh, tinned or frozen all work, just cook until vegetables are soft).</p>	<ol style="list-style-type: none"> 1. Cook the rice as per packet instructions 2. Heat 2 tps oil in a pan and fry the onion until soft 3. Add the spices if using and stir well to coat the onion 4. Add the tomatoes, beans, peas and tomato puree and mix well. 5. Bring to the boil, cover and simmer for 15 – 20 minutes until sauce has thickened. 6. Serve with rice
<p>Tuna croquettes (serves 3) 2 large potatoes 185g tin tuna 25g butter 25 – 50g breadcrumbs (2 slices of bread)</p> <p>Serving suggestion...</p> <ul style="list-style-type: none"> • Serve with vegetables either fresh, tinned or frozen such as sweet corn, green beans, broccoli, carrots. 	<ol style="list-style-type: none"> 1. Peel the potatoes and cut into small pieces and put in a pan of water to boil 2. Preheat the oven to 200 / GM 6 and lightly grease a baking tray 3. Drain the tuna and break it up with a fork. 4. If making breadcrumbs, toast the bread slightly and grate 5. When the potatoes are cooked (soft), drain and mash them and add the tuna. Add the butter and mix well. 6. Shape the mixture into small sausage shapes, and dip into the breadcrumbs to coat. 7. Bake in the oven for 20 minutes until brown and cooked through 8. Serve with vegetables (i.e. tinned sweet corn / mixed veg).
<p>Savoury rice (serves 3) 100g white rice 1 large carrot (finely chopped) 150g frozen peas</p> <p>If available</p> <ul style="list-style-type: none"> • 1 tsp ground cumin • Pinch chilli powder 	<ol style="list-style-type: none"> 1. Wash the rice before cooking. 2. Add the rice, vegetables, cumin and chili to a pan and pour on boiling water to cover by about 1 cm. 3. Cover with lid and bring to boil then simmer for 10 – 15 minutes until water is absorbed. 4. Fluff up with a fork and serve.
<p>Corned beef hash (serves 4) 2 large potatoes (550g tin) 1 tin corned beef (cubed) 1 onion (chopped)</p> <p>Serving suggestion...</p> <ul style="list-style-type: none"> • Serve with vegetables, tinned, fresh or frozen such as green beans, peas or carrots. 	<ol style="list-style-type: none"> 1. If using fresh potatoes, wash and cut into cubes, put into a pan and boil until soft. If using tinned, rinse and drain potatoes, cut in half and cook according to instructions. 2. Heat 1 tsp oil in a frying pan and fry the onion till soft. 3. Once cooked drain the potatoes and add along with corned beef to the frying pan. Roughly mash the mixture as heating. 4. Heat thoroughly and serve
<p>Fishy pasta (serves 2) 120g tin of sardines or mackerel 150g pasta 200g tin sweet corn (or frozen) 1 tablespoon tomato puree</p>	<ol style="list-style-type: none"> 1. Cook the pasta according to packet instructions 2. drain fish and sweet corn (or cook according to instructions if using frozen) 3. Drain pasta when cooked and add all ingredients to pan. Stir well and serve.
<p>Tomato and chickpea curry (serves 3) 400g tin tomatoes 400g tin chickpeas 1 onion 2 teaspoons curry powder Pinch chili powder (or to taste) 1 tsp oil 225g rice</p>	<ol style="list-style-type: none"> 1. Cook the rice according to packet instructions 2. Heat the oil in a pan and add the onion. Fry until soft. 3. Add the spices and stir well. 4. Add the tin tomatoes and reduce the sauce for 10 – 15 minutes 5. Drain and rinse the chickpeas and add to the pan, heat thoroughly and serve.

Baked potatoes (serves 4)

4 medium potato

Serving suggestion...

- Fill with baked beans, grated cheese, tuna and sweet corn mayonnaise.

1. Wash potatoes
2. Preheat oven to 180 and bake potatoes until skin is crispy and potato is soft (or cook in microwave for approximately 10 – 15 minutes until potatoes are soft)