

Cooking Without A Cooker

*Cheap,
easy and
healthy meals*



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The group would like to thank Dr John Budd for guiding us in this project, Marge Urquhart for her help with the graphic design of the finished product, and the numerous other individuals and organisations that have helped us in creating this book.

ISBN: 978-1-912669-31-8

Contents

Introduction	05
Seasonal Vegetable Guide	06
Kettle Recipes	08
Breakfast Burrito	09
Mushroom, Bean & Vegetable Rice	10
Singapore Curry Noodles	12
Rice With Eggs & Vegetables	14
Toastie Machine Recipes	16
Omelette	17
Quesadilla	18
Bean Burgers	20
Pizza Wraps	22
Microwave Recipes	24
Spinach Risotto	25
Banana Porridge	26
Chilli Con Carne With Rice	28
Tuna Tomato Pasta	30

Introduction

This recipe book is very different to many of the other books that you might find online. Instead of listing recipes by the country they are attributed to, or the cooking style, this recipe book gives you recipes based on what cooking appliances you have available. This may be especially helpful if you are living in a hostel, or temporary accommodation which doesn't have a wide range of cooking facilities. We hope that you'll find this book helpful, with straightforward and easy to make recipes that everyone can manage with the equipment they have available.

This book is split into four sections including a seasonal vegetable guide (as these vegetables are often the cheapest and most stocked in supermarkets), kettle recipes, toastie maker recipes and microwave recipes. We chose these sections to make sure that as many people as possible have access to one of these cooking devices and can use this book. Every recipe has a full breakdown of the cost of the ingredients, tells you how long it will take to make the recipe, and gives you an idea of where you can buy the ingredients for the recipe. It also gives you a picture to show what the final product looks like.

Finally, many of the ingredients used in these recipes (such as rice, noodles, tinned vegetables) are commonly available at food banks if you have access to these. Often you need a referral from a welfare service to do so, and you may well be entitled to this if you are living in temporary accommodation or homelessness. Some things like specific tinned vegetables may only be available in larger supermarkets so bear this in mind when looking for your ingredients. Although a range of supermarket prices have been used in this recipe book, most of the ingredients can be found in all large supermarkets and their prices are broadly similar.



Seasonal Vegetable Guide

Month	Vegetables	Fruits
January	Beetroot, brussels sprouts, cabbage, cauliflower, celery, kale, leek, pak choi, parsnip, swede, turnip	Apple, banana, clementine, dates, grapefruit, lemon, orange, pear, pomegranate, rhubarb
February	Brussels sprouts, cabbage, cauliflower, celery, kale, leek, pak choi, parsnip, swede, turnip	Apple, banana, clementine, grapefruit, lemon, orange, pomegranate, rhubarb
March	Brussels sprouts, cabbage, cauliflower, leek, pak choi, parsnip, pepper	Banana, grapefruit, lemon, orange, pomegranate, rhubarb
April	Cabbage, cauliflower, pak choi, pepper, potatoes, spinach, watercress	Banana, grapefruit, pomegranate, rhubarb
May	Cabbage, pak choi, peas, pepper, potatoes, radish, spinach, watercress	Apricot, banana, grapefruit, nectarines, pomegranate, rhubarb
June	Asparagus, artichoke, aubergine, cabbage, carrot, courgette, pak choi, peas, pepper, potatoes, radish, runner beans, spinach, watercress	Apricot, banana, blackcurrants, gooseberries, nectarines, pomegranate, rhubarb, strawberries, tomato
July	Asparagus, artichoke, aubergine, beetroot, broad beans, cabbage, carrot, courgette, garlic, pak choi, peas, pepper, potatoes, radish, runner beans, spinach, watercress	Apricot, banana, blackcurrants, gooseberries, nectarines, pomegranate, raspberries, strawberries, tomato, watermelon
August	Artichoke, aubergine, beetroot, broad beans, broccoli, cabbage, carrot, celery, courgette, garlic, pak choi, peas, pepper, radish, runner beans, spinach, watercress	Apricot, banana, blackberry, figs, gooseberries, nectarines, peach, pomegranate, raspberries, strawberries, tomato, watermelon
September	Artichoke, aubergine, beetroot, broad beans, broccoli, cabbage, carrot, celery, courgette, garlic, leek, pak choi, parsnip, peas, pepper, raddish, runner beans, spinach, sweetcorn, watercress	Apple, apricot, banana, blackberry, figs, gooseberries, nectarines, peach, pear, plums, pomegranate, raspberries, strawberries, tomato
October	Artichoke, aubergine, beetroot, broccoli, brussels sprouts, cabbage, celery, garlic, kale, leek, pak choi, parsnip, peas, pepper, pumpkin, radish, runner beans, turnip	Apple, banana, blackberry, cranberries, figs, pear, plums, pomegranate, tomato
November	Artichoke, beetroot, brussels sprouts, cabbage, celery, kale, leek, pak choi, parsnip, peas, pumpkin, runner beans, swede, turnip	Apple, banana, clementine, cranberries, dates, pear, pomegranate
December	Beetroot, brussels sprouts, cabbage, celery, kale, leek, pak choi, parsnip, pumpkin, swede, turnip	Apple, banana, clementine, cranberries, dates, grapefruit, pear, pomegranate

Seasonal Vegetable Guide

The recipes in this book list fruits and vegetables as inspiration for what you may choose to include in your meals. The great thing about cooking is that it's incredibly adaptable. If you find you dislike a particular vegetable we suggest, you can always swap it out or exclude it. Vegetables tend to be cheaper than fruits, so we'd recommend getting the majority of your 5-a-day through vegetables. As well, a little secret to saving money is to buy products which are in season. This just means it's the right time of the year for those vegetables to be harvested, so the prices are lower since they are in abundance. Our recipes aren't intended for any specific season, so where possible we'd recommend switching vegetables for those which are in season--most vegetables can be cooked using the same method! As well, swapping out your ingredients keeps your diet varied so you can be sure you're getting a good variety of nutrients.

Kettle Recipes

To most, the kettle is solely a means of making a warm cup of tea, coffee or hot chocolate. Regarding food, a pot noodle or cup-a-soup may appear to be the only options. However, the often-overlooked versatility of a kettle lends itself to several possible recipes which are both filling and delicious (who knew you could make a breakfast burrito using a kettle!?). Kettles are not only located in many temporary accommodations, making them easily accessible, but are also extremely easy to use with a single on/off switch in most cases. For these reasons, the kettle undoubtedly deserves its own section within this recipe book and these simple recipes will be easy and cheap to produce. In the following section are four tasty recipes with easy-to-follow instructions as well as pricing and timing for each meal, meaning that you can plan accordingly. The main health and safety tip when using a kettle is to be careful to avoid burns by pouring the water slowly and lifting the kettle by the handle. However, don't let this worry you as most instances of using the kettle are accident free.



Breakfast Burrito

Ingredients & Cost

Prices are from Aldi Supermarket

- Eggs - £0.69 (6 pack free-range eggs)
- Wraps - £0.65 (8 pack of wraps)
- Can of mixed taco beans - £0.49
- Salsa - £0.59 (mild salsa jar)
- Salt and pepper (optional)

The total cost of these ingredients was only £2.42. Depending on your preference, 1 or 2 eggs can be used for each burrito and a third to a half of the can of beans can be used. Therefore, this is potentially enough ingredients for 3 servings, resulting in a cost per serving of £0.81.

The taco beans are a low-fat source of protein, are high in fibre and contain lots of iron. Eggs also provide protein and are a rich source of many vitamins including vitamin D and B12. Even the salsa is fairly rich in vitamins A and C (an antioxidant).

Timing: 10-15 minutes.

Equipment

- Fork
- Bowl
- Dessert spoon
- Ziplock bag
- Kettle

Method

1. Crack 1 or 2 eggs into a Ziplock bag and mix using a fork
2. Add salt and pepper (or other seasonings) to the bag (optional)
3. Pour 1/3 or 1/2 of the can of taco beans into the bag
4. Add half a dessert spoon of salsa to the bag
5. Mix the contents of the bag using a fork and seal the bag
6. Place the Ziplock bag in a bowl
7. Boil the kettle and carefully add the water to the bowl, so that the bottom of the bag is submerged in water
8. After around 3 minutes, carefully replace the water with newly boiled water from the kettle (this speeds up the cooking)
9. Leave for another 3-5 minutes, until the eggs are cooked (the eggs will be cooked once they go slightly paler and become more solid)
10. Remove the bag carefully from the water and place the egg mixture on to a wrap
11. Fold the wrap and enjoy.

Mushroom, Bean & Vegetable Rice

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- Red kidney beans - £0.30 (can of red kidney beans in water from Aldi)
- Long grain rice - £0.45 (1kg of long grain rice from Aldi)
- Tinned mushrooms - £0.90 (tinned mushrooms from Tesco)
- Tinned mixed vegetables - £0.40 (tinned mixed vegetables in water from Tesco)

The total cost of all of the ingredients was only £2.05. This is enough for around 2 or 3 servings, depending on the quantity of vegetables, beans and mushrooms desired, making the possible cost per serving only £0.68.

Kidney beans and mushrooms are great sources of both protein and fibre. The mixed vegetables (carrot, turnip, peas and green beans) are also high in fibre, vitamins and minerals and will count to your 5-a-day. Rice is also enriched with many vitamins and provides carbohydrates to help fuel your body throughout the day

Timing:

This recipe takes 20-25 minutes to make.

Equipment

- Fork
- 2 bowls
- Ziplock bag
- Lid
- Kettle

Method

1. Pour your desired quantity of rice into a bowl and boil the kettle
2. Add boiling water to the bowl, so that there is double the amount of water in the bowl compared to the rice
3. Cover the bowl with a makeshift lid and leave for 7 minutes
4. Pour 1/3 to 1/2 of the each of the tinned ingredients into a Ziplock bag and mix using a fork (add seasoning if you desire)
5. Carefully place the Ziplock bag in a separate bowl full of boiling water, making sure the ingredients in the bag are submerged.
6. After 7 minutes of the rice sitting in the water, pour out that water and replace it carefully with more boiling water.
7. Leave this for another 7 minutes and repeat once more.
8. After around 20 minutes in total of the rice sitting in water, pour the water out and serve the rice.
9. Carefully remove the Ziplock bag from the other bowl and add the mixture on top of the rice.



Singapore Curry Noodles

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- 250g pack of egg noodles, £0.45p
- Soy sauce, £1
- Curry powder, £1
- Broccoli, £0.49
- Carrot, £0.05 bought loose
- Can of peas, £0.27

This is a hearty and filling meal filled with warmth from the curry flavours. The vegetables can be swapped out for whatever you like and can afford. Although the curry powder and soy sauce are initially expensive, they can be used again to make further portions. The variety of vegetables offers a lot of nutrients and vitamins, such as vitamin C in the broccoli. You can stir in some pre-cooked sliced chicken breast if you'd like for some extra protein.

Total: £3.26

This recipe serves 4 people, making the cost 82p per serving.

Timing: 15 minutes.

Equipment

- Plate or sieve
- Spoon
- Mug
- Bowls
- Kettle

Method

1. Boil the kettle.
2. Place the noodles and chopped up vegetables into some bowls (you can do them one after another if you don't have enough bowls).
3. Pour hot water to fill each bowl and leave to stand for a few minutes (you may need to boil the kettle again for the veg and change the water as it cools down quickly).
4. Meanwhile, mix 4 tbsp soy sauce and 1 tbsp curry powder in a mug.
5. Drain the noodles and veg (the water shouldn't burn you as the noodles and veg will have cooled it down) using the plate or a sieve.
6. Drain the peas, then add along with the sauce, then mix well before serving.



Rice With Eggs & Vegetables

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- Long grain rice - £0.45 (1kg of long grain rice from Aldi)
- Eggs - £0.69 (6 pack free-range eggs from Aldi)
- Tinned vegetables - £0.45 (Here we used sweetcorn from Tesco, which had a ring pull lid so no need for a can opener)
- Salt / pepper (optional)

Rice is a great food which is filling and provides lots of long-lasting energy. This recipe combines rice with eggs (a source of protein and rich in fats) and vegetables of your choice to get in one of your five a day. This is both a great dish to have with something else or on its own, and is incredibly cheap whilst remaining healthy and filling.

Total – approximately £1.59 (and you'll have 4 eggs and lots of rice left over!)

Timing – 32 minutes

Equipment

- Kettle
- Bowl
- Sieve (optional - can use a spoon to drain instead)
- Spoon
- Knife
- Plate

Method

1. Fill the kettle and boil it
2. Put two eggs and two handfuls of rice into the bowl
3. Pour the boiling water into the bowl so that the eggs and rice are full submerged
4. Cover the bowl with a plate and leave for 5 minutes, whilst refilling the kettle and boiling it again
5. Uncover the bowl, stir the rice with the spoon, and drain off the water using either a sieve if you have one, or carefully tip the bowl over a sink using the spoon to keep the rice and eggs in.
6. Pour fresh boiled water from the kettle into the bowl
7. Repeat steps 4, 5, and 6 a total of 6 times – so 30 minutes total cook time with 5 changes of water. On the last 5 minute cook, drain your tinned vegetables and add them into the mixture to heat up with the rice and eggs). Check that your rice is soft, if its not then you will need to do another round of 5 minutes cooking.
8. Drain the bowl for the final time and remove the eggs from the bowl
9. Run the eggs in your hand underneath the cold tap for 30 seconds – this will make peeling them a lot easier
10. Peel off the shells of the eggs by gently tapping them on a surface then gently rolling the egg between a surface and your hand. When cracks appear on the shell, carefully peel off the shell from the egg.
11. Cut up your eggs and mix them into the rice and vegetables mixture. Now you can add salt and pepper if you have some.



Toastie Machine Recipes

The toastie machine is a much-loved favourite and can make a whole range of delicious, nutritious, and filling toasties and sandwiches. Toasties are so versatile, and there are endless combinations of fillings you can use that can be cheap and healthy. However, if you are ever bored of a toastie, toastie machines can be used to make so much more. Toastie machines are easy to use and can be stored away easily making it a very useful appliance to have. These four recipes can be made entirely on the toastie machine and require little else so that they are easy to follow and can be made at any time.

If you are looking to buy a toastie machine, Currys PC World offer some that cost less than £10, like the LOGIK L02SMS17 Sandwich Toaster. If you are able to order off the internet, cheaper appliances can be found on Amazon, although delivery costs will apply.



Omelette

Ingredients & Cost

Prices are from Lidl Supermarket

- Pack of 6 eggs- £0.69
- 1 red pepper- £0.49
- 3 red onions- £0.49
- Salt and pepper (optional)

This easy omelette recipe contains 2 of your '5 a day' and contains enough protein for a whole day. It takes less than 15 minutes to make and the vegetables used can be swapped out for any others you may prefer. Serves 2.

Eggs are a fantastic source of protein, vitamins and minerals. They are incredibly nutritious and have been linked to a reduced risk of heart disease. By adding pepper and red onion, you can boost your daily intake of vegetables as well as your intake of vitamins like Vitamin C.

Timing: 15 minutes.

Equipment

- Toastie machine
- Fork
- Knife
- Mug

Method

1. Heat up the toastie machine
2. Cut up the red pepper and red onion into small chunks using a knife
3. Crack the eggs into a mug and using a fork, mix them together
4. Add salt and pepper to taste, then, add the chopped up red pepper and red onion to the egg and mix together
5. Pour the mixture onto the toastie machine and let it cook for 10 minutes or until cooked through.

Quesadilla

Ingredients & Cost

Prices are from Lidl Supermarket

- Wraps - £0.65 (for 8)
- Cheddar cheese - £1.49
- Bell pepper - £0.42
- Carrot - £0.02
- Salt and pepper (optional)

Quesadillas can be personalised from one person to the other and can have almost any filling someone would like. Popular fillings are chicken, beans, peppers and onions. This recipe is a basic recipe and allows you to add anything you would like.

These quesadillas have at least 2 of your 5 a day and you can always add more of your favourite vegetables to them to make them healthier.

The total cost based on these prices is £2.58 for 4 quesadillas, 65p for each serving (1 quesadilla).

Timing: 10 minutes.

Equipment

- Toastie machine
- Knife

Method

1. Chop the pepper and carrots into small cubes. If the cheese is not grated or sliced, cut the cheese into thin slices.
2. Lay down one tortilla wrap, spread your toppings of cheese, peppers and carrots (or any veg that you would like to use) on top of this wrap. Put another tortilla wrap on top of the filling.
3. Transfer this to a toastie machine for about 2-3 minutes on each side until the cheese has melted.
4. Slice the quesadilla into 4 pieces.



Bean Burgers

Ingredients & Cost

Prices are from Lidl Supermarket

- Tinned kidney beans - £0.30
- Tinned mushrooms - £0.39
- Eggs - £0.69 (for a 6 pack)
- Bread - £0.36 (for a loaf)
- Lettuce - £0.69 (optional)
- Salt and pepper (optional)

Burgers are a fantastic food for anyone as they can be personalised with any vegetables that you add, cheese, condiments, and even the type of bread. Based on your budget and tastes, you can have as much or as little to top your burger.

The total cost based on these prices is £2.43 for 6 burgers, 81p for each serving (2 burgers).

These bean burgers have at least 2 of your 5 a day and you can always add toppings to your burgers to make them healthier like lettuce, tomatoes, onions, and cucumbers. The beans are also a very good source of protein.

Timing: 30-40 minutes.

Equipment

- Toastie machine
- Fork
- You can use a bowl, mug or plate to help mash the beans and mushrooms, but this can also be done in the can.

Method

1. Drain the water from the kidney beans and mushrooms and using a fork, mash up the kidney beans. Break up the mushrooms and mash up the mushrooms as much as possible using the fork. Mix the beans and mushrooms together.
2. Add an egg to the bean and mushroom mixture and make sure it is all mixed together.
3. Rip up 2 slices of bread into very small pieces, so it looks a bit like breadcrumbs, and add it to the beans and mushrooms (stale bread can be used in this stage too). Add salt, pepper, and any other seasoning you have available to you. Mix everything up well.
4. Using your hands, shape the mixture into 6 burgers. Put the burgers on the toastie machine to cook them. After about 5 minutes, turn the burgers over using a fork so that they cook on the other side. Take the burgers out of the toastie machine after they are cooked on both sides (about 10 minutes in total).
5. Put the burger in bread of your choice and add any toppings like lettuce, tomatoes, or onions. Add any condiments like ketchup or mayonnaise if available.



Pizza Wraps

Ingredients & Cost

Prices are from Aldi Supermarket

- Tortilla wraps, £0.65
- Cheese, £1.49
- Pasta sauce, £0.49
- Can of sliced mushrooms, £0.39
- Red pepper, £0.42

This is a great comfort food which hits the spot if you're craving a pizza. The peppers contain lots of vitamin C, and mushrooms contain many vitamins and antioxidants. However, these toppings can be swapped out depending on preference and price. Ham or pepperoni could be added, and even chicken could be cooked on the grill (although this would have to be done prior to cooking the wraps themselves). Although meat will increase the cost, it is an excellent source of protein.

Total: £3.44

These ingredients are enough to make 5 servings (one wrap). This makes the cost per serving 68p. Depending on the brand of tortilla wraps, there may be leftovers, in which case it would easily be possible to make more wraps if you bought some extra sauce and veg. This makes this a very cost-efficient meal.

Timing: 15-20 minutes.

Equipment

- Toastie machine
- Knife
- Cheese grater (optional, can use a knife instead)
- Spoon
- Fork

Method

1. Pre-heat the toastie maker whilst you prepare your ingredients.
2. Chop the red pepper finely. Grate the cheese if it is not pre-grated (if you do not have a grater, you can chop it finely using a knife).
3. Drain the mushrooms.
4. Cut a slit in the tortilla wrap from the edge to the centre (see below).
5. Place a couple of tablespoons of pasta sauce in one quarter and top with the mushrooms.
6. Place the grated cheese in the next quarter.
7. Place a little more sauce (optional, you can save sauce by not including it here) and the red peppers in the third quarter. Leave the final quarter bare.
8. Fold the pizza wrap quarters over each other. Fold it quickly to avoid the fillings spilling out as you lift each quarter.
9. Place in the toastie maker for 1-2 minutes on each side. You can flip it using a knife and fork.
10. Take out carefully with a knife and fork before serving.



Microwave Recipes

The microwave is an appliance which is loved by everybody- it is convenient, versatile, and you can cook almost anything in it! You might be cautious about using a microwave to cook meals in as there are myths that the radiation can be dangerous for your health- however this is not true. In fact, the radiation which the microwave uses to cook food is at a much lower level than the levels known to cause harm to people. However if you are still worried, simply standing away from the microwave while it is on can dramatically reduce the level of exposure. Just remember to not put anything made of metal in the microwave, or anything which does not specifically say it is microwave safe, as this can be dangerous.



Spinach Risotto

Ingredients & Cost

Prices are from Lidl Supermarket

- 1 clove garlic, £0.39 whole garlic bought loose
- 1 chicken stock cube, £0.35 for a box of stock cubes
- 1 mug long-grain rice, £0.79 for a 500g bag
- 1 leek, bought loose for £0.40
- 2 mugs of spinach, 240g bag for £0.99
- 1/3 cup of cheese, £0.99 for 12 slices
- 4 Tablespoons butter, £1.50 for 250g
- Hand-full of Parsley, pot for £0.49

This risotto is a hearty warm dish that would definitely go down a treat after a long day. It's a quick and simple recipe to follow, taking approximately 25 minutes to make.

This recipe includes green vegetables like leek, parsley and spinach which are packed full of vitamins, as well as having a base of rice for carbohydrates. The addition of butter and cheese adds both flavour and creaminess.

Timing: 25-30 minutes.

Equipment

- Knife
- Chopping board
- Mug
- Spoons
- Large microwave proof dish
- Grater (optional - substitute for knife)
- Plate
- Microwave

Method

1. Chop the leek, garlic finely
2. Chop the spinach into smaller pieces but not finely
3. Dissolve the stock cubes in 3 cups of water
4. Combine 2 tablespoons butter, leek and garlic in a microwave-safe dish. Cover with a plate and Microwave on HIGH for 2 minutes
5. Add rice. Stir to coat in butter mixture. Microwave, uncovered, on HIGH for 1 minute.
6. Remove from microwave and stir in 2 cups stock. Cover and microwave on HIGH for 5 minutes, stir and then cook for a further 7 minutes on HIGH.
7. Remove again and then add in spinach and remaining stock. Cover and microwave on MEDIUM for a further 7 minutes.
8. Add parmesan, parsley and remaining butter. Stir to combine.

Banana Porridge

Ingredients & Cost

Prices are from Lidl Supermarkets

- 1 banana- £0.13
- 6 tablespoons of milk - £0.50
- 6 tablespoons of oats- £0.23
- Optional: seasonal fruits, cinnamon, sugar

This quick and easy banana porridge recipe is a filling sweet breakfast. It takes less than 5 minutes to make and you can choose to add additional seasonal sweet fruits to get more of your '5 a day'. Serves 1.

The oats in porridge are a carbohydrate and great for breakfast as they can give you slow releasing energy throughout the morning. Cooking porridge with milk adds healthy fats, proteins and nutrients. Banana is a great fruit as it contains many very important nutrients that play a role in heart and digestive health.

Timing: 5 minutes.

Equipment

- Microwave
- Mug
- Fork
- Spoon

Method

1. Peel the banana and mash thoroughly using a fork in the mug
2. Add the milk and oats and mix thoroughly using a spoon
3. Cook in the microwave for 2-3 minutes until thick
4. Add additional fruit or cinnamon, if applicable



Chilli Con Carne With Rice

Ingredients & Cost

Prices are from Lidl Supermarket

- 1 medium onion, 12p bought loose
- 1 clove garlic, 39p whole garlic bought loose
- 1 can tomatoes, 35p
- 1 can red kidney beans, 30p
- 1 beef stock cube, £0.35 for a box of stock cubes
- 1 tsp chilli powder, 69p for a small spice jar
- 1 mug long-grain rice, 79p for a 500g bag
- 2 mugs of mince, 500g of Mince, £1.50

This chilli is the microwave twist on a popular dish that contains both protein and a variety of nutrients. This chilli tastes great, and the spiciness can be tailored to your preference. It's a quick and simple recipe to follow.

This recipe contains three of your five a day, from the onion, the can of tomatoes and the can of red kidney beans. The mince provides protein and the beans provide fibre.

Timing: 25 minutes.

Equipment

- Knife
- Chopping board
- Mug
- Spoons
- Large microwave proof dish
- Large microwaveable bowl
- Microwave

Method

1. Peel and finely chop the onion and garlic
2. Slice the mushrooms if using
3. Drain the kidney beans
4. Put the mince in the microwaveable dish and using a fork break up the meat and mix the onion and garlic through it. microwave on HIGH for 5 minutes.
5. Fork through again to break up any clumps of meat. Add mushrooms, crumbled stock cube, chilli powder, tomatoes and beans
6. Swirl out empty tomato can with a bit of water and add to the rest of the ingredients. Then cook on HIGH for 10 min, stirring halfway through. Leave to stand whilst you cook the rice
7. To cook the rice: Put rice in a large microwaveable bowl and add 2 mugs of hot water (either heat this in the microwave or a kettle). Stir and microwave on HIGH for 10-12 min.



Tuna Tomato Pasta

Ingredients & Cost

Prices are from Aldi Supermarket

- Can of tuna - £0.75
- Can of chopped tomatoes - £0.35
- Mug of pasta - £0.29 for one bag
- Salt and pepper (optional)
- Optional: any other veg, chilli flakes, garlic granules, dried herbs, cheese

This is a filling and easy meal, which can be made in just 10 minutes. It makes a great lunch or dinner, and is packed with protein which will keep you fuller for longer. It is also very versatile, as it is easy to add any extra veg you might have into the sauce to make it even more nutritious. The total cost to make the recipe is £1.39.

Timing: 10 minutes

Equipment

- Mug
- Bowl x2
- Microwave
- Spoon or fork
- Sieve (optional, can use spoon to drain instead)

Method

1. Put the pasta into your bowl and pour in hot water (heated either in the microwave or kettle) so that the pasta is fully covered
2. Cook the pasta by putting it in the microwave for the time it advises on the back of the packet
3. While the pasta is cooking, mix together the tin of tomatoes and tuna in the mug or a separate bowl, and add the salt, pepper, and any other veg/ seasonings you have (such as garlic granules, dried herbs, chilli flakes)
4. Add this into the microwave for the last 2 minutes that the pasta is cooking
5. Drain the pasta and mix the sauce in.



