

# 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.