












This cookbook has been created through a collaboration between Swale Borough Council, Family Foodbank, Faversham Foodbank, Swale Foodbank and the Community Chef.



Cooking on a budget



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Introduction

Welcome to the new Foodbank Recipe Book entitled Cooking on a Budget.

This cookbook will provide you with some new recipe ideas, a large proportion of which can be made using staples widely distributed through the foodbank. There are useful Top Tips to give you alternatives, ideas on what to do with leftovers and cooking on a budget as an individual or for the whole family.

There is a focus on creating healthy and nutritious options on a low budget. There are also useful pages covering Store Cupboard Ingredients, Basic Kitchen Utensils, Basic Kitchen Safety and Basic Food Hygiene.

We have included information on different external support agencies who can offer advice and guidance.

Family mealtimes are an excellent opportunity for the family to come together and talk. 'Britain Get Talking' is the national campaign being promoted by ITV and supported by Young Minds and Mind. Anxiety and depression in young people has risen 43% since 2004. Talking and listening can build mental wellness which in turn builds communication skills and improves confidence and resilience.

All the recipes in this book are authentic and were tested prior to selection and publication.

Further information please visit www.swale.gov.uk/foodbanks

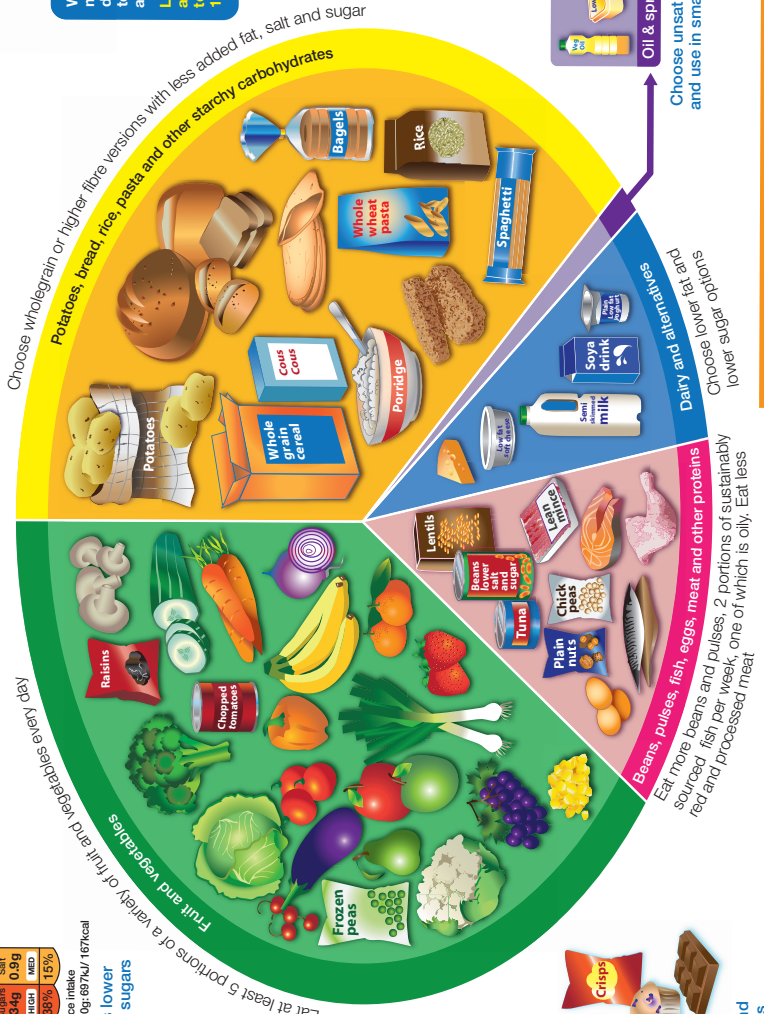
Nutrition Information – The Eatwell Plate

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1300kJ	3.0g	1.3g	34g	0.9g
LOW	LOW	LOW	HIGH	MED
13%	4%	7%	35%	15%

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

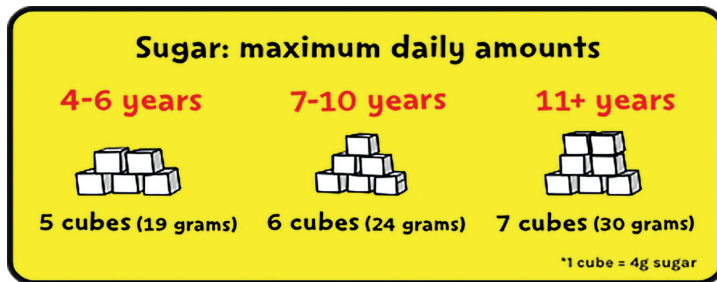
Source: Public Health England in association with the Welsh government, Food Standards Scotland, and the Food Standards Agency in Northern Ireland. © Crown copyright 2016

Nutrition Information – The Eatwell Plate

Top tips to getting your 5 a day

- Fresh, dried, canned or frozen fruit, vegetables, beans and pulses all count towards your 5 a day
- Fruit juice or smoothies also count, but limit to 1 portion a day as these are sugary and can damage teeth
- Adding a tablespoon (30g) of dried fruit, such as raisins, to your morning cereal is an easy way to get 1 portion
- If you have children who are reluctant to eat vegetables try grating them finely into dishes such as bolognese or pasta sauce. This disguises the vegetables and will also make it go further!
- Having a well stocked fruit bowl out on display will encourage you to snack on fruit rather than biscuits or cake
- Tinned tomatoes can be used to make bolognese, chilli, curry or pasta sauces- they count towards your 5 a day and your sauce will contain less salt and sugar than a ready made sauce

Sugar- How much is too much?



Sugar Swaps

- Swap high sugar cereals such as frosted/ honey or chocolate cereals for wholegrain cereals or porridge
- Swap fizzy drinks, juice or milkshakes for sugar free drinks or water – this can be flavoured with chopped fruit or mint leaves
- Swap split pot or higher-sugar yoghurt for low sugar or plain yogurt flavoured with fruit
- Swap cakes and puddings for sugar free jelly, yogurt, tinned fruit or low sugar rice pudding or custard
- Swap chocolate bars, biscuits and other sugary snacks for malt loaf, scotch pancakes, plain rice cakes, sugar-free jelly

For more information on healthy eating visit:

www.nhs.uk/live-well/eat-well or www.nhs.uk/change4life

Overnight Oats Serves 1



Packed full of healthy breakfast goodness!

Ingredients

- 400g (3 cups) Porridge Oats
- 200g (1½ cups) Natural Yogurt
- Mixed blueberries, strawberries and raspberries (fresh or frozen)

Method

1. Layer the porridge, yogurt and fruit in a jar or bowl
2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt



Top Tip: Try different fruits or flavour of yogurt. Add some natural honey for added sweetness.

If you do not have access to kitchen scales you can use cup measurements. A set of home measuring cups and/or home measuring spoons are available from high street stores and supermarkets with prices starting at £1 per set.

Conversion

Cup	Amount in Grams
½ Cup	75g
⅔ Cup	100g
¾ Cup	115g
1 Cup	150g

tsp = teaspoon

tbsp = tablespoon

Breakfast (American) Pancakes

Serves 4



An exciting weekend alternative!

Ingredients

- 150g (1 cup) Self Raising Flour
- ½tsp Salt
- 2tbsp Sugar
- 130ml Milk
- 1 Large Egg (lightly beaten)
- 2tbsp Melted Butter or Margarine

If using margarine check the label to make sure it is suitable for use in cooking.



Method

1. In a large bowl mix together the flour, salt and caster sugar
2. In a separate jug whisk together the milk and egg and then whisk in the melted butter
3. Pour the milk mixture into the flour and beat with a fork until you have a smooth batter which is like thick cream
4. Heat a frying pan over a medium heat
5. Add oil and add a ladle of batter mix. Wait until the tip of the pancake bubbles then turn it over and cook until both sides are golden brown, and the pancake has risen to 1cm
6. Repeat until all the batter is used

Top Tip: Serve with syrup, fruit or toppings of your choice.

Minced Beef Pasta Serves 4

Ingredients

- 250g Dried Pasta or Spaghetti (2 cups)
- 500g Minced Beef
- 1 x 500g Carton of Passata
- 1tbsp Garlic Paste
- 1tbsp Dried Mixed Herbs
- 1 Onion Finely Chopped
- Grated Cheddar Cheese (optional)



How to cook pasta

- (a) Allow 1 handful of dried pasta per person
- (b) Use boiling water from the kettle and transfer to a pan or bring a pan of water to the boil on the cooker
- (c) Place dried pasta in the pan of boiling water for 10 minutes
- (d) After 10 minutes check pasta for softness

Method

1. Cook the pasta/spaghetti in a pan of boiling water according to the packet instructions
2. Heat a frying pan over a medium heat. Add the mince beef and brown.
3. Add the passata, garlic paste, onion and mixed herbs in the frying pan and stir the mixture until a thick sauce is formed
4. Stir in the cooked pasta/spaghetti
5. Remove from the heat and serve immediately topped with grated cheese

Top Tip: If you cook too much pasta why not save this for tomorrow's lunch mixed with vegetables and/or meat/fish of your choice. Add a fat free salad dressing or mayonnaise for extra flavour

Top Tip: To bulk out any savoury dish add tinned lentils or tinned beans (drained if in water) of your choice – this includes kidney beans, chickpeas, cannelloni beans or baked beans

Spaghetti with Lentil Bolognese

Serves 4



A meat free version of an Italian classic!

Ingredients

- 1 Large Onion (finely chopped)
- 2 Carrots (peeled and diced)
- 4 Celery Sticks (chopped)
- 4 Garlic Cloves (crushed)
- 1 x 400g Tin Chopped Tomatoes
- ½ tsp Dried Chilli Flakes
- 4tbsp Tomato Puree
- 2 x 400g Tins of Green Lentils in water drained
- Vegetable Stock Cube
- 200ml Boiling Water
- Salt and Pepper
- 400g dried Spaghetti
- Oil for cooking





How to crush Garlic

- Peel the garlic clove
- Crush using the flat edge of a kitchen knife
- Alternatively chop garlic clove very finely

Method

1. Heat oil in a large saucepan over a medium heat
2. Add onion, carrots, celery and garlic. Cook slowly until the vegetables start to soften
3. Add the tomatoes, chilli flakes and tomato puree and stir-fry for 4-5 minutes
4. Make stock by melting stock cube in boiling water
5. Stir in the lentils and stock and bring to the boil
6. Season to taste and leave to simmer for 20-25 minutes until the sauce begins to thicken stirring frequently
7. In a separate pan cook the spaghetti according to the packet instructions
8. Divide the spaghetti into four bowls and spoon over the Bolognese sauce

Top Tip: You can use tinned or frozen vegetables as an alternative

Vegetable Pie

Serves 4

An exciting vegetable alternative to Shepherd's Pie!



Ingredients

- 1kg Potatoes (peeled and cut into chunks)
- 1 Large Onion (finely chopped)
- 4 Celery Sticks (chopped)
- 4 Large Carrots (peeled and chopped)
- 2 Garlic Cloves (crushed)
- 4 Large Parsnips (peeled and chopped)
- 400ml Boiling Water
- Vegetable Stock Cube
- 150g Frozen Peas
- 2tsp Mustard Powder
- Salt and Pepper



Method

1. Preheat the oven to 220°C/Gas 7
2. Melt the stock cubes in the boiling water
3. Cook the potatoes in a saucepan of boiling water until tender
4. Heat a non-stick frying pan over a medium heat. Add the onion, celery, carrots, garlic and parsnips and stir-fry for 10 minutes until the vegetables are starting to colour. Add 350ml of the stock, peas and mustard powder and stir well. Add salt and pepper and transfer to a medium sized pie dish
5. Drain the potatoes and mash until smooth with the remaining stock
6. Spoon the mash on top of the vegetables and smooth with a fork
7. Bake in the oven for 20-25 minutes until golden

Top Tip: Use instant mash potato or tinned potatoes mashed

Top Tip: If the filling is hot and the topping is hot there is no need to cook in the oven as filling and topping can be served separately

Sausage Casserole

Serves 4

This simple casserole uses 4 of your foodbank staples. A great winter warmer for all the family!

Ingredients

- 2 Tins of Baked Beans
- 1 Tin of Hot Dogs
- 1 Tin of Potatoes
- 1 Red or White Onion (diced)
- 1 Garlic Cloves (crushed)
- Salt and Pepper



Method

1. Heat a little oil in a frying pan over a medium heat. Add the diced onion and garlic. Cook until softened
2. Drain the tin of potatoes and cut into small bite size pieces
3. Drain the tin of hot dogs and cut into bite size chunks
4. Add the 2 tins of baked beans, one tin full of water, diced potatoes, hot dogs, salt and pepper
5. Warm through gently
6. Serve straight away with bread and butter

Top Tip: Fresh cooked sausages can be used in this recipe

Top Tip: Bulk out this recipe by adding tinned tomatoes, kidney beans or tinned vegetables

Top Tip: Add dried herbs to improve flavour

DIY Pizza

Serves 4

Ideal for using up leftovers!

Ingredients

- Tortilla Wraps (1 or 2 per person)
- 200g Grated Cheese
- 1 Tin of Meat
- 4tbsp Tomato Puree
- 2 Garlic Cloves Crushed
- Sliced Vegetables (onions, peppers, mushrooms, tomatoes, sweetcorn)



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Remove the meat from the tin and cut into small chunks
3. Slice the vegetables
4. Line a baking tray with foil or non-stick greaseproof paper
5. Place a tortilla wrap on the baking tray and spread ½ tbsp of tomato puree around the wrap leaving a gap around the edge
6. Add the toppings (meat & veg)
7. Sprinkle with grated cheese to cover the toppings
8. Bake in the oven for approx. 5 mins until the cheese has melted and the edges of the wrap are brown

Top Tip: To make this pizza into a vegetarian option substitute the meat for more sliced vegetables of your choice.

Top Tip: Use bread/small rolls/french bread for pizza base. Ideal for using up stale bread

Top Tip: Use tinned or frozen vegetables

Tuna, Sweetcorn & Pasta Bake

Serves 4

A tasty and easy Pasta Bake!

Ingredients

- 2 x 160g Tinned Tuna (drained)
- 100g Grated Cheddar Cheese
- 2 x 198g Tinned Sweetcorn (drained)
- 200g Dried Pasta
- 300ml Milk
- 1tbsp Cornflour
- 1tbsp Butter or Margarine
- Salt and Pepper



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Cook the pasta according to the packet instructions
3. Make the sauce – melt the butter in a large saucepan. Mix the flour with the milk and add to the pan. Stir continually until the sauce begins to thicken. Season with salt and pepper
4. Remove from the heat and stir in the tuna, sweetcorn, cooked pasta and two thirds of the grated cheese
5. Spoon the mixture into an oven proof dish. Top with the remaining cheese and bake for 15-20 minutes or until the top is golden brown

Top Tip: If you have leftover pasta bake save this for tomorrow's lunch!

Top Tip: Use a packet of white sauce mix and add cheese

Top Tip: Top dish with crushed crisps for added texture and flavour

Vegetable Egg Rice

Serves 4



A loaded stir-fry of vegetables and rice – ideal for using up leftover vegetables!

Ingredients

- 250g Broccoli Florets
- 1 Red Pepper (seeded and cut into chunks)
- 1 Yellow Pepper (seeded and cut into chunks)
- 100g Frozen Peas
- 2 Garlic Cloves (crushed)
- 300g Cooked Rice
- 2 Eggs Beaten
- Light Soy Sauce to drizzle
- Oil for cooking



How to cook Rice

Allow 1 cup of rice per person

Add double the amount of boiling water ie: 2 cups of boiling water to 1 cup of rice

Allow rice to boil for 10 minutes

Method

1. Heat the oil in a wok or frying pan over a high heat. Add the garlic, peppers, broccoli florets and stir fry for 2-3 minutes
2. Add the cooked rice and stir fry for a further 3-4 minutes
3. Make a well in the centre of the rice mixture and add the beaten egg
4. Cook for 1-2 minutes and then stir the egg into the rice
5. Season to taste with salt and pepper
6. Spoon into serving bowls and drizzle with soy sauce and serve

Top Tip: Include extra vegetables of your choice to bulk out this dish to make it go further

Top Tip: Use frozen mixed peppers and frozen or tinned vegetables (drained)

Top Tip: Use Boil in the Bag or microwavable rice

Minced Beef and Baked Bean Hotpot

Serves 4

Real comfort food!

Ingredients

- 750g Mince Beef
- 2 Large Onions (peeled and chopped)
- 2 Garlic Cloves (peeled and chopped)
- 2 Carrots (peeled and chopped)
- 1 Level tbsp of Plain Flour
- Salt and Pepper
- 300ml Boiling Water
- 1 Beef Stock Cube
- 2 tbsp Worcestershire sauce
- 1 400g Tin of Baked Beans
- 600g Potatoes (peeled and thickly sliced)
- Oil for cooking



Method

1. Preheat the oven to 180°C/Gas Mark 4. Melt stock cube in boiling water
2. Heat the oil in a medium frying pan over a medium heat and brown the mince
3. Transfer the cooked mince into a baking dish and add the onions, carrots and flour. Add salt and pepper and mix well
4. Pour over the hot beef stock. Add the Worcestershire sauce and baked beans. Stir well
5. Arrange the sliced potatoes on top of the meat mixture.
6. Cover with foil and place in the oven for 1½ hours until the potatoes are cooked and tender
7. Remove the foil and return to the oven for 10-15 minutes until the potatoes are golden brown
8. Serve immediately

Top Tip: Use tinned potatoes slices – this will take less time in the oven

Vegetable Frittata (Baked Omelette)

Serves 4

A healthy packed lunch idea or a family meal served with Potatoes and Salad!



Ingredients

- 2 Onions (diced finely)
- 2 Garlic Cloves (crushed)
- 1 Red Pepper (seeded and finely sliced)
- 1 Green Pepper (seeded and finely sliced)
- 200g Tin of Sweetcorn (drained)
- 20g Frozen Peas
- 6 Eggs Beaten
- 250g Cooked Pasta
- 100g Grated Cheese
- Oil for cooking



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Coat a medium size pie or flan dish with oil
3. Place all the ingredients into a bowl and mix. Season with salt and pepper
4. Transfer the mixture into the pie/flan dish
5. Bake in the oven for 25-40 minutes. The eggs need to have set and the frittata is golden brown
6. Remove from the oven and stand for 15-20 minutes
7. Cut into portions and serve



Access Swale Borough Council services by visiting:

www.swale.gov.uk

- Make debit/credit card payments (have your account reference to hand) by calling **0330 088 1702** (local call rate)
- Or visit **www.swale.gov.uk**
- Enquires about housing register visit: **kenthomechoice.org.uk**
- Provide photographic or scanned images of documents for Housing Benefit and Council Tax purposes by emailing:
 - Housing Benefit: **bens@swale.gov.uk**
 - Council Tax: **ctax@swale.gov.uk**
- For information about Universal Credit visit:
Gov.uk/universal-credit or call **0800 328 9344**

Partner Services:

SATEDA - **<https://sateda.org/>** domestic abuse service

One You Service - **www.kent.gov.uk/social-care-and-health/health/one-you-kent** provides health checks and stop smoking support

Live Well Kent - **<https://livewellkent.org.uk/in-your-area/swale/>** main link to countywide mental health services

south east water



Your Water Companies Schemes and Support Priority Services Register

We offer extra assistance through our **Priority Services Register**, which is free to join.

Who is eligible for this scheme?

We offer a range of special services - not only for those with mobility restrictions, but also for our customers who are deaf, blind, disabled or suffering from a long or short term illness.

How will this scheme help?

Special services include:

- Giving you warning of planned work which may interrupt your water supply.
- Giving you priority treatment should your water supply be interrupted (we aim to arrange an alternative source as quickly as possible, and will often hand deliver bottled drinking water to our customers with mobility issues).

Support Schemes We Offer

WaterSure Tariff

This can help by putting a cap on your metered water charges. To qualify for the WaterSure Tariff, you must meet the following criteria:

- **You must be supplied by a water meter.**
- You must be in receipt of a qualifying benefit and use more water due to one of the following:
 1. Having a large family (3 or more individuals in the property under the age of 19 for which someone in the house is claiming child benefit for).
 2. Having a medical condition that requires additional usage.

Support tariffs

Each Water company offers support tariffs -to help customers that are struggling financially. They can help by reducing future bills.

Contact your water provider or check their website to find out more

www.southeastwater.co.uk

Billing/ Account enquiries:

0333 000 0001

Customer Care Team:

0333 000 2468

Or write to:

South East Water Customer Care,
Rocfort Road, Snodland,
Kent, ME6 5AH

www.southernwater.co.uk

Affordability & Vulnerability Team:

0800 027 0800

Or write to:

Southern Water,
PO Box 41,
Worthing,
West Sussex, BN13 3NX

Citizens Advice Service Swale

- Debt advice with specialist debt advisers
- Telephone support
- 121 support
- Drop in service available



Swale

Faversham

43 Stone Street, Faversham ME13 8PH

Drop in Sessions

Mon 10am – 2.30pm

Wed 10am – 2.30pm

Fri 10am – 2.30pm

Advice Line: **0344 8487978**

Sheerness

Sheppey Gateway, High Street, Sheerness ME12 1NL

Drop in Sessions

Tues 9.30am – 12.30pm

Wed 9.30am – 12.30pm

Advice Line: **0344 8487978**

Sittingbourne

Swale House, East Street, Sittingbourne ME10 3HT

Drop in Sessions

Mon 10am – 2pm

Wed 10am – 2pm

Fri 10am – 2pm

Advice Line: **0344 8487978**



Kent Support and Assistance Service (KSAS)

KSAS is a discretionary local welfare service provided by Kent County Council which offer crisis support to residents within KCC's boundaries. KSAS may help with food, energy, clothing and furniture depending on circumstance and need. Applicants should have exhausted all other support opportunities prior to applying (e.g. Budgeting Loans, Food Banks etc.)

All applicants will receive signposting to advice and guidance.

Further information is available at www.kent.gov.uk/ksas

CAP

Christians Against Poverty have a mission to release families from poverty through their award-winning debt counselling and community groups. This is achieved by equipping and empowering local churches to reach out in their communities.

- Debt Help – Advice and Support on managing debt
- Job Club – Offers practical help with seeking employment
- Life Skills – 8-week course delivering practical skills
- Money Course – Budgeting Skills

E: info@capuk.org

W: <https://capuk.org/i-want-help/our-services>



Live Well Kent

Community Link Service is delivered in Swale as part of Kent County Council's Live Well framework. The service is delivered by Porchlight and Shaw Trust and helps people manage any issues that are affecting their day-to-day life or their ability to live independently. The service connects people to support in their local area. Support available:

- Mental and physical health
- Finding things to do
- Money and debt advice
- Education, Training and Volunteering
- Drugs and Alcohol
- Confidence
- Relationships



T: **0800 567 7699** (Porchlight helpline)

E: info@livewellkent.org.uk

W: www.porchlight.org.uk/commissioners-and-professionals/our-services/mental-health-health-wellbeing

Optivo

Help and support available with Debt, Benefits support and borrowing money. Open to both Optivo residents and non Optivo residents. Requires completion of an online form to access a team of advisers.

Employment Support

Job skills and training – free training sessions to support with writing a CV and preparing for interview

Starting Your Own Business

Increase Enterprise (Increase Programme) offering group workshops, mentoring one-to-one advice, help to:

- (a) Identify a business idea
- (b) Build a business plan
- (c) Promotion of the product or service
- (d) Retaining benefit payments when starting up
- (e) Improving the business



W: www.optivo.org.uk/support-for-you/money-and-benefits-guidance/Getting-help-with-debt.aspx

Salvation Army

The Employment and Local Service provides a local level centre where information and guidance are available to assist members of the community into employment. Attending E+ Local is voluntary and available to any unemployed person who is looking for work or wishes to learn new skills. Additional 121 support from job life coaches who offer guidance with benefit queries and support to identify and overcome barriers to work. The service includes:

- Support with employability skills
- Learning, progressions and qualifications
- Short term work experience placements
- Training courses

Foodbank – There is a foodbank service available at Sittingbourne Corps which runs on a Wednesday 10am to 12 midday

T: **01795 477678**

E: **sittingbourne@salvationarmy.org.uk**

Online Debt Service

This is a free debt advice service which is geographically based and offers:

- Review of client's financial situation to find ways to raise income and reduce expenditure
- Develop and agree a realistic payment plan
- Negotiate with creditors
- Continuing support during the repayment process
- Provide money education



W: **www.salvationarmy.org.uk/budgeting-debt-advice**

W: **<https://capuk.org/i-want-help/our-services>**



Family Food Bank

Provided by Children and Families

The Family Food Bank provides support to families and individuals that are experiencing financial hardship, meaning they are unable to buy food or are left with a difficult choice between paying for food or other necessities.

Our service covers the Isle of Sheppey, Sittingbourne and Faversham. To find your nearest food collection and distribution centre please visit our website.

T: **01233 500477**

E: **familyfoodbank@children-families.org**

W: **www.familyfoodbank.org/swale-ffb.html**

F: **www.facebook.com/familyfoodbank/**

Other useful services Children and Families Provide:

- **Early Years Services** – Childcare, Family Activities, Health, Midwifery, SEN services, etc.
- **Family Support Projects** – 1:1 support, Health & Wellbeing, Early Years, Community Safety, Adult Ed Courses, Parenting Skills, etc.
- **Family Finance Project** – 1:1 Support, Budgeting Skills, Managing Money, Income Maximisation, etc.
- **Volunteering and Work Experience Opportunities**
- **FareShare Kent** – Redistributes Good Quality Surplus Food to Local Charities and Community Groups

For more information please contact us:

T: **01795 889233**

E: **info@children-families.org**

W: **www.children-families.org**

Children and Families

Charity Registration No: 1115459

Registered address: Seashells, Rose Street, Sheerness, Kent, ME12 1AW

Tel: 01795 889233

Seashells



Children and Families

Trussell Trust

Launched in partnership with local churches foodbanks in the Trussell Trust network provide additional support including running holiday clubs and providing budgeting courses. Foodbanks work on a voucher system obtained via health visitors, schools, early help, social workers, CAS and other external agencies.

Money Life

Provides tools and courses to help tackle debt and financial difficulties partnered with money advice specialists. This includes:

- Managing or avoiding debt
- Setting a budget
- Advice on accessing benefits and grants

Eat Well Spend Less

Six-week budgeting and cookery course teaching cookery skills and household budgeting tips. Each session is 2.5 hours long covering two recipes. Topics covered include menu planning, portion sizes and money planning.

Holiday Clubs

Providing food and support to families struggling during the school holidays. Open to families with children receiving free school meals.

Swale Foodbank – Sittingbourne

T: **07486 370709**

E: **info@swale.foodbank.org.uk**

W: **www.swale.foodbank.org.uk**

Faversham Foodbank – Faversham

T: **07938 720604**

E: **info@faversham.foodbank.org.uk**

W: **www.faversham.foodbank.org.uk**



Bean and Chilli Soup

Serves 4

A warming spicy soup ideal for lunch or a cold winters evening

Ingredients

- Olive oil for cooking
- 3 Cloves Garlic (chopped)
- 2 Onions (chopped)
- 3 Cups of Water
- 2tbsp Worcester Sauce
- 2 400g Can Chopped Tomatoes
- 1 400g Can Chickpeas (drained)
- 1 400g Can Cannellini Beans (drained)
- 2 400g Can Kidney Beans (drained)
- 1 Red Chilli (chopped)
- 1tbsp sugar
- 1tbsp Tomato Puree



Method

1. In a large saucepan gently fry onions, garlic, chilli in olive oil over a low heat
2. Add all other ingredients and stir
3. Bring to boil. Reduce heat and simmer gently for about 10-15 minutes

Top Tip: use less water for a thicker soup.

Tomato Soup

Serves 4

A warming soup which is a true family favourite

Ingredients

- 400g Can Chopped Tomatoes
- 1 Onion (chopped)
- 1 Medium Carrot (peeled and chopped)
- 1 Clove of Garlic (chopped)
- 1.2 Litres of Boiling Water
- 2 Vegetable Stock Cubes
- 2 tbsp Tomato Puree
- 100g Passata



Method

1. Put the tinned tomatoes, onion, carrot, garlic. Stock and tomato puree in a saucepan over a high heat
2. Bring to the boil and then turn the heat to low and simmer for 15 minutes until the vegetables are soft
3. Add passata and simmer until thickened. Serve immediately

Yorkshire Pudding Wraps Serves 2

Looking for something tasty to do with Chicken and leftover Veg from a roast dinner!

Ingredients

- 150g Plain Flour (1 cup)
- 3 Eggs
- 2tbsp Vegetable Oil
- 50g Frozen Peas
- 100g Kale or Shredded Cabbage
- 200g Leftover Roast Meat (i.e. Chicken, Turkey or Beef)
- 100g Gravy



Top Tip: Use frozen large Yorkshire pudding, defrosted and flattened

Method

1. Preheat the oven to 220°C/Gas Mark 7
2. Whisk the flour, eggs and milk together until smooth
3. Heat the oil in a large roasting tin (40cm x 30cm) in the oven for 10 minutes. Once hot, pour in the batter and cook for 25 minutes until puffed and golden
4. Meanwhile boil some water in a large pan and cook the kale and frozen peas for 2-3 minutes until tender. Drain and season with salt and pepper
5. Remove the cooked Yorkshire pudding from the pan and flatten with a rolling pin. Fill with meat and vegetables of your choice, wrap together and serve with gravy

3 Ways with Chicken

3 meals for your family from one roasted chicken!

These simple recipes allow you to stretch your budget further!

First roast a whole chicken

Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Roast the chicken in the oven following the packet cooking instructions
3. Leave to cool
4. Strip all the meat off into a bowl



Chicken Noodles

Serves 4

A healthier and cheaper alternative to a Chinese takeaway!

Ingredients

- 200g (4 nests) Dried Noodles
- 1/3 Cooked Chicken meat
- 2-3tbsp Sweet Chilli Sauce
- 1tbsp Soy Sauce
- 1 Red or White Onion
- 2 Peppers
- Any other vegetables you have (mushrooms, sweetcorn, bean sprouts, carrots)
- Stir Fry Sauce (optional)



Method

1. Core the pepper and chop into slices. Repeat with extra vegetables (if using)
2. Peel and chop the onion
3. Heat a little oil in a frying pan over a medium heat and stir fry the vegetable ingredients
4. Add 1/3 of the cooked chicken meat into the frying pan with the vegetables
5. Add sweet chilli sauce, soy sauce and stir fry sauce to vegetable/chicken mix and heat through
6. Cook noodles according to packet instructions (i.e: 4 mins in a pan of boiling water)
7. Drain noodles when cooked and mix with the chicken/vegetables
8. Serve immediately

Chicken Wraps

Serves 4

A great recipe to encourage children into the kitchen to make their own wrap! Ideal for a dinner of lunch box filler.

Ingredients

- 1 Packet of Tortilla Wraps
- 1/3 of Cooked Chicken Meat
- Sweet Chilli Sauce and Light Mayonnaise
- Tin of Sweetcorn
- Spring Onions
- 1 Red Pepper
- 1 Lettuce
- Any vegetables or salad you have (carrot, tomato, cucumber etc)



Method

1. Slice all the salad ingredients
2. Lay 1 tortilla wrap on a plate. Spread the wrap with 1 tsp of sweet chilli sauce and 1 tsp of mayonnaise
3. Add the cooked chicken
4. Add vegetables of your choice
5. Fold in the sides and base of the wrap
6. Cut your wrap in half and serve immediately

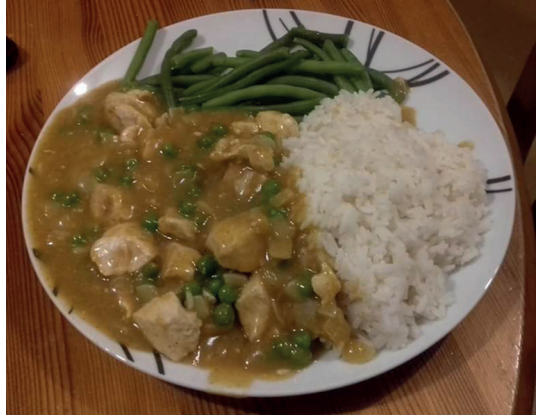
Chicken & Chickpea Curry

Serves 4

Flavoursome and warming – a family favourite!

Ingredients

- 2 Tins of Chopped Tomatoes
- 1 Tin of Chickpeas (drained)
- 1/3 Cooked Chicken Meat
- 2 Gloves of Garlic (crushed)
- 1 Red or White Onion (chopped)
- 1 Bunch of Fresh Coriander (chopped) (optional)
- 4tbsp of Curry Powder
- Salt and Pepper
- Rice to serve (optional)
- Oil for cooking



Method

1. Heat a little oil in a frying pan over a medium heat
2. Add the chopped onion and garlic and cook until softened and lightly browned
3. Add the curry powder, stir for 1-2 minutes then add chopped tomatoes, chickpeas, coriander and stir well
4. Add the cooked chicken and season with salt and pepper
5. Simmer for 5-10 minutes
6. Meanwhile cook the rice according to the packet instructions
7. Serve immediately

Top Tip: Chickpeas can be crushed so they are disguised

Vegetarian Chilli Pasta Bake

Serves 4



This delicious pasta bake is really easy to cook and so tasty!

Ingredients

- 400g Dried Pasta
- 1 Large Onion (chopped)
- 3 Garlic Cloves (crushed)
- 1tsp Dried Chilli Flakes
- 700g Jar of Passata
- Salt and Pepper
- 200g Frozen peas
- 100g Grated cheese
- 1 Tin of kidney beans (drained)
- 1 Tin of Black Beans (drained) (optional)
- Oil for cooking



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Cook the pasta according to the packet instructions
3. Heat the oil in a medium sized frying pan over a medium heat
4. Fry the onion and garlic until softened
5. Add the chilli flakes, frozen peas, kidney beans, black beans and passata. Mix well and season with salt and pepper
6. Add pasta to the sauce and stir well
7. Spoon mixture into a baking dish
8. Cover with grated cheese and bake in the oven for 20 minutes until the cheese is golden brown

Top Tip: Use any beans including baked beans

Fruit Crumble

Serves 4



A comforting fruit pudding which can be served with custard!

Ingredients

- 3 x 410g Tins of Fruit in Syrup
- Zest of 1 Lemon
- Juice of ½ a Lemon
- 150g Plain Flour
- 50g Porridge Oats
- 25g Sugar
- 25g Butter
(cut into small chunks)



Method

1. Preheat the oven to 200°C/Gas Mark 6
2. Drain the fruit and tip into a deep baking dish
3. Sprinkle over the lemon zest and lemon juice and mix together
4. In a bowl mix together the flour, oats, sugar and butter. Mix together with your fingers until the mixture resembles breadcrumbs
5. Place the 'crumble' mixture over the fruit
6. Bake in the oven for 35 minutes until golden and crunchy on top
7. Serve with custard, cream or ice cream

Top Tip: Fresh fruit can be used as an alternative

Top Tip: Why not bake the crumble topping separately on a baking tray. Once cooled this can be stored in an air tight container for up to 7 days

Fresh Fruit Salad

Serves 4



A comforting fruit pudding which can be served with custard!

Ingredients

- 1 Tin of Pineapple (in natural juice)
- 1 Tin of Other Fruit (i.e. peaches) (in natural juice)
- 1 Apple
- 1 Orange
- 1 Melon
- 2 Pears
- 2 Kiwis



For the Syrup

- 100ml Citrus juice (from tinned fruit)
- Zest of 1 lime
- 100g Sugar

Method

1. Drain the natural juice from the tinned fruit and put to one side
2. Make the syrup by placing the citrus juice (from the tinned fruit) and sugar in a small saucepan. Heat over a medium heat until the sugar has dissolved stirring occasionally. Add the lime zest. Bring to the boil. Reduce the heat and simmer for 10 minutes. Turn off heat and allow syrup to cool
3. Pour the drained fruit into a bowl
4. Peel, deseed and chop the fresh fruit and mix in the bowl with the tinned fruit
5. Pour the syrup over the fruit and serve immediately

Top Tip: Can add raisins and/or currants

Top Tip: Can use dried fruit. If using dried fruit place fruit salad in the fridge to absorb the syrup before serving

Orange Rice Pudding Jelly

Serves 6



An exciting alternative pudding – simple to make and really yummy!

Ingredients

- 1 Pack of Orange Jelly
- 1 Tin of Creamed Rice
- 1 Tin of Mandarin Segments



Method

1. Drain the juice from the mandarin segments and set aside
2. Chop the mandarin segments into small pieces
3. Make the jelly according to packet instructions using boiling water. Make the jelly up to ½ a pint using the juice from the mandarin segments and cold water if necessary
4. Empty the creamed rice into a mixing bowl. Add the jelly mixture and stir
5. Stir in the chopped mandarin segments
6. Pour the jelly/rice mixture into a jelly mould
7. Place in the fridge and allow to set overnight

Simple Sponge Cake

Serves 8 – 10



An easy sponge cake recipe – choose your favourite filling!

Ingredients

- 225g Softened Butter
- 225g Caster Sugar
- 4 Large Eggs
- 1tsp Vanilla Extract
- Zest of ½ a Lemon
- 225g Self Raising Flour
- 1tbsp Milk

Buttercream

- 140g Softened Butter
- 280g Icing Sugar
- Vanilla Extract



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Put the butter and caster sugar in a bowl and mix to a fluffy consistency
3. Mix in the eggs one at a time
4. Add the lemon zest, vanilla, flour and milk. Whisk to combine ingredients
5. Grease 2 x 20cm cake tins with butter
6. Divide cake mixture evenly between the 2 cake tins
7. Bake in the centre of the oven for 20-30 minutes until a skewer inserted into the middle of the cake comes out clean
8. Once cooked remove from the oven and allow to cool in the tins for 10 minutes. Remove the cakes from the tins and leave to cool on a wire rack

Buttercream:

1. Beat the butter in a large bowl until soft. Add half of the icing sugar and beat until smooth
2. Add the remaining icing sugar and a few drops of vanilla extract and beat the mixture until creamy and smooth



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Store Cupboard Ingredients

Pasta, Rice & Pulses

Dried Pasta
Rice
Oats
Dried Noodles

Tins

Baked Beans
Chickpeas
Tomatoes
Sweetcorn
Tuna
Lentils

Fruit & Veg

Garlic Cloves
Onions
Lemon

Oils, Herbs & Condiments

Mixed Herbs
Salt & Pepper
Cooking Oil
Soy Sauce
Mustard

Store Cupboard Staples

Tomato Puree
Stock Cubes
Flour
Sugar
Jam
Baking Powder
Selection of Spices
Passata

Fridge

Eggs
Plain Yogurt
Cheese
Butter



Basic Kitchen Utensils

Baking Tray	Saucepans
Tin Foil	Mixing Spoon
Dessert Spoon	Colander
Chopping Board	Tin Opener
Kitchen Knives	Rolling Pin
Mixing Bowl	Oven Dish
Measuring Jug	Kitchen Scales
Potato Peeler	Teaspoon
Frying Pan	Tablespoon
Potato Masher	



Use By and Best Before Dates

Food labels provide a wide range of information about foods. Use by and best before dates are often confused so we have provided a quick guide below:

Use By Dates

- State the date up to which a food is safe to eat
- Generally found on high risk foods which require refrigeration such as fish, meat and dairy products
- Foods that have passed their use by date will contain harmful bacteria that cannot be seen and does not smell
- Freezing food before its use by date extends its life but once defrosted it should be eaten within 24 hours. Do not freeze food after its use by date

Best Before Dates

- Best before dates indicate the length of time food will be at its best quality
- Food that has passed its best before date is not unsafe to eat but its flavour, texture and quality may be affected

Basic Rules for Kitchen Safety

Cooking brings family and friends together and is a fun activity, but kitchen safety is a priority. Observing basic rules of kitchen safety is a good habit to develop. Always pay attention to what you are doing in the kitchen to avoid injuries or accidents. Follow these cooking safety tips:

Knives – Store knives in a wooden block or in a drawer. Make Sure knives are always out of reach of children.

Turn pot handles away from the front of the stove – This will ensure that children cannot get grab hold of the handles and adults cannot bump into them.

Clothing – Never cook in loose clothes and keep hair tied back.

Wipe up spills immediately – Keeping the floor dry means no one will slip or fall.

Temperature-sensitive foods – Certain raw meat, fish and dairy products can ‘spoil’ at room temperature so keep refrigerated until required.

Jewellery – Remove all dangling jewellery as this could get caught on pot handles, dangle into food or open flames.

Oven Gloves – Keep oven gloves nearby and use them. Do not place oven gloves near an open flame.

Keep foods separate – Store raw meat and poultry separate from other foods. This avoids cross-contamination of harmful bacteria from one food to another.

Wash your hands – You should wash your hands before you start to cook and at intervals throughout the cooking process especially after handling meat or poultry.

Children – Encourage children to help in the kitchen and assist with the cooking but ensure they are supervised at all times.

Basic Food Hygiene

A critical part of healthy eating is keeping foods safe. You can keep food safe to eat by following this guide.

Storing food

- **Use** your refrigerator to store food. Don't over fill it with drinks that can be kept either outside or in a cold shed or garage
- **Keep** raw meat and poultry or defrosting food at the bottom of your fridge and prevent the juices from dripping into the salad tray
- **Keep** cooked and raw foods separate on different shelves in the fridge
- **Don't** leave food out at room temperature that should be kept in the fridge
- **Keep** your fridge temperature between 0°C and 5°C and use a fridge thermometer to check the temperature
- **Refrigerate** cooked food as soon as it is cool. Cool hot food down within one and a half hours

Cooking

- **Make** sure meat and poultry is fully thawed before cooking
- **Don't** forget to remove the giblets from your bird
- **Cook** stuffing separately. If you wish to stuff the bird, stuff the neck end only
- **Make** sure leftovers are not reheated more than once and that they are piping hot all the way through

General hygiene

- **Wash** your hands frequently in hot soapy water, especially after handling raw foods and before handling cooked meats or salads
- **Dry** your hands on clean towels preferably disposable kitchen roll. Change cloth towels and tea towels regularly
- **Wash** work surfaces, dishes and utensils in clean hot water and detergent between and after preparing different types of food. Keep cloths clean and use a kitchen sanitiser if you can
- **'Use by'** dates mean exactly that. You should not use food and drink after the end of the 'use by' date shown on the label. Even if it looks and smells fine, using it after this date could put your health at risk and give you food poisoning. 'Use by' dates are normally put on highly perishable foods such as milk, soft cheese, sliced meats and prepared salads.

Conversion Table

A useful table showing metric/imperial measurements as well as oven temperatures!

Weights		Volume		Oven Temperatures		
					Fan	Gas
15g	½oz	25ml	1floz	110° C	90° C	
25g	1oz	50ml	2floz	120° C	100° C	½
40g	1½oz	75ml	3floz	140° C	120° C	1
50g	2oz	100ml	4floz	150° C	130° C	2
60g	2½ oz	150ml	5floz	160° C	140° C	3
75g	3oz	175ml	6floz	180° C	160° C	4
100g	3½oz	200ml	7floz	190° C	170° C	5
125g	4oz	225ml	8floz	200° C	180° C	6
150g	5oz	250ml	9floz	220° C	200° C	7
175g	6oz	300ml	10floz	230° C	210° C	8
200g	7oz	350ml	13floz	240° C	220° C	9
225g	8oz	400ml	14floz			
250g	9oz	450ml	16floz			
275g	10oz	600ml	20floz			
300g	11oz	750ml	25floz			
350g	12oz	900ml	30floz			
375g	13oz	1 litre	34floz			
400g	14oz	1.2 litres	40floz			
425g	15oz	1.5 litres	52floz			
450g	1lb	1.8 litres	60floz			
500g	1lb 2oz					
650g	1lb 7oz					
675g	1½lb					
700g	1lb 9oz					
750g	1lb 11oz					
900g	2lb					
1kg	2lb 4oz					
1.5kg	3lb 6oz					