

# Chickpea and bean casserole

## Ingredients

160g new potatoes  
½ tablespoon olive oil  
1 small onion, chopped  
1 clove garlic, crushed  
1 teaspoon paprika  
1 x 400g can chopped tomatoes  
½ teaspoon dried mixed herbs  
1 large carrot, peeled and chopped into batons  
Half a 400g can chickpeas, rinsed and drained  
Half a 400g can cannellini beans, rinsed and drained  
Freshly ground black pepper



<https://www.wcrf-uk.org/uk/recipes/chickpea-and-bean-casserole>

## Method

1. Place the potatoes in a small saucepan, cover with cold water, bring to the boil and simmer for 5 minutes.
2. Meanwhile, in a medium saucepan, measure out the olive oil and put on a medium heat. Add the chopped onion and cook, stirring, until transparent.
3. Add the garlic and paprika and cook for 1 minute, stirring.
4. Add the chopped tomatoes, mixed herbs and baby potatoes, stir and bring to simmering point. Cover and simmer for 10 minutes.
5. Add the carrots, chickpeas, beans and some black pepper. Bring back to simmering point and simmer with the lid off for a further 8 minutes, until the carrots and potatoes are just tender and the sauce has thickened slightly, stirring occasionally.
6. Taste the sauce and season with extra black pepper if necessary. Serve on warmed plates, ensuring the potatoes are evenly divided between each portion.

# Easy Spaghetti Bolognese

## Ingredients

- 1 medium onions, peeled and chopped
- 1tbsp olive oil
- 1 garlic clove, peeled and crushed
- 250g lean minced beef
- 50g mushrooms, sliced
- 1tsp dried oregano or mixed herbs
- 400g can tomatoes or chopped tomatoes
- 150ml hot beef stock
- 1tbsp tomato purée
- 1tbsp barbeque sauce
- salt and ground black pepper
- 150g spaghetti
- freshly grated Parmesan
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## Method

Put the onion and oil in a large pan and fry over a fairly high heat for 3-4 mins. Add the garlic and mince and fry until they both brown. Add the mushrooms and herbs, and cook for another couple of mins.

Stir in the tomatoes, beef stock, tomato ketchup or purée, Worcestershire sauce and seasoning. Bring to the boil, then reduce the heat, cover and simmer, stirring occasionally, for 30 mins.

**Meanwhile**, cook the spaghetti in a large pan of boiling, salted water, according to packet instructions. Drain well, run hot water through it, put it back in the pan and add a dash of olive oil, if you like, then stir in the meat sauce. Serve in hot bowls and hand round Parmesan cheese, for sprinkling on top.

# Homemade Pot Noodle

## Ingredients

40g nest dried vermicelli rice noodles, broken in half  
½ tsp gluten-free yeast extract  
1-2 tsp gluten-free soy sauce  
1/4 red chilli (depending on how hot you like it), finely chopped  
1 tsp ginger  
¼ small courgette, grated.  
1 small carrot, grated  
25g frozen peas, defrosted  
25g cooked gammon, chicken, shredded  
25g baby spinach leaves, roughly chopped  
½ lime, zested and juiced

## Method

1. Put the noodles in the bottom of the jar, then add all the other ingredients except the lime.
2. Pour over enough boiling water to just cover the ingredients – about 300ml.
3. Cover with a lid or cling film and leave to soak for 10 mins, then stir in the lime zest, juice and some seasoning.
4. Serve immediately.



## Quick 'V' Lasagne

### Ingredients

1 onion  
1 garlic clove  
1 carrot  
2 celery sticks  
1 x 10ml spoon oil  
100g green lentils  
1 can chopped tomatoes (400g)  
1 x 5ml spoon mixed herbs  
1 x 15ml spoon tomato puree  
200ml crème fraiche, reduced fat  
25g parmesan, grated  
100ml semi-skimmed milk  
Black pepper  
6 lasagne sheets



### Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, frying pan, measuring jug, small bowl, spoon, foil trays, baking tray.



### Method

1. Preheat the oven to 190°C or gas mark 5.



- peel and crush the garlic;



2. Prepare the vegetables:

- peel and chop the onion;



- peel and slice the carrot;



- slice the celery.



2. Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes.



3. Add the lentils, tomatoes, herbs and tomato puree.



4. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.



5. Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.



6. Place an oven proof dish or foil tray on a baking tray spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.



6. Place an oven proof dish or foil tray on a baking tray and spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.



7. Sprinkle the remaining grated cheese on top and bake for 20 minutes.





## Macaroni Cheese

### Ingredients

100g macaroni  
100g Cheddar cheese  
1 tomato  
25g soft margarine  
25g plain flour  
250ml semi-skimmed milk  
Black pepper

### Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).



### Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.



2. Grate the cheese and slice the tomato.



3. While the pasta is cooking, make the sauce:

- place the butter or margarine, flour and milk into a small saucepan;

- bring the sauce to a simmer, whisking all the time until it has thickened;



- stir in 75g of the grated cheese.



4. Preheat the grill.



5. Drain the boiling hot water away from the macaroni into a colander in the sink.



6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.



7. Pour the macaroni into an oven-proof dish (or foil tray).



8. Arrange the tomato slices over the macaroni.



10. Place under a hot grill until the cheese is bubbling and golden brown.





## Mushroom risotto

### Ingredients

- 1 onion
- 150g chestnut mushrooms
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or cube
- 1 – 1.5 litres water, boiling
- 1 x 15ml spoon parmesan, grated
- 1 x 10ml spoon thyme, chopped

### Equipment

- Chopping board, knife. Garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.



### Method

1. Prepare the vegetables:
  - peel and chop the onion;



- slice the mushrooms;



- peel and crush the garlic.



2. Fry the onion and garlic in the oil until softened.





3. Add the mushrooms, and fry for another 2 minutes.



4. Stir in the rice.



5. Mix the stock powder with the water.



6. Add a little of the stock until the rice – a little at a time. Wait for the stock to be absorbed, stirring constantly.



7. Continue adding the stock until the rice cooks – this will take 20 – 25 minutes. The rice should be soft, but still remain a nutty bite.



8. Stir in the parmesan and thyme into the rice.





## Pizza Toast

### Ingredients

½ yellow pepper  
1 spring onion  
1 mushroom  
30g hard cheese, e.g. Cheddar, Edam, Gruyere  
2 slices bread (or a bagel or a piece of French stick sliced in half) 2 x 15ml spoons tomato pizza sauce ½ x 5ml spoon mixed herbs

### Equipment

Chopping board, knife, grater, fish slice, measuring spoons, spoon.



### Method

1. Preheat the grill.



2. Slice the pepper, spring onion and mushroom.



3. Grate the cheese.



4. Place the bread under the grill and toast one side.



5. Remove the bread from the grill and place on the chopping board uncooked side-up.



6. Spread the tomato sauce over the bread using the back of the spoon.



7. Arrange the pepper, mushroom and onion over the slices.



9. Place under the grill until the cheese bubbles.



## Spinach, potato and chickpea curry

### Ingredients

- 1 onion
- 1 clove garlic
- 1 large potato
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 1 can chopped tomatoes (400g)
- 1 can chickpeas (410g), drained
- 3 handfuls of fresh spinach

### Equipment

- Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.



### Method

1. Prepare the onion, garlic and potatoes:
  - slice the onion;

- peel and crush the garlic;



- peel and cut the potatoes into 1cm cubes.



2. Fry the onion and garlic for 2 minutes in the oil.



3. Stir in the curry paste, potatoes and water.



4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.



5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.



## Scone Based Pizza

### Ingredients

150g self raising flour  
25g margarine  
1 egg  
50ml milk semi-skimmed  
3 x 15ml spoons of passata sauce  
2 mushrooms  
1 tomato  
½ green pepper  
25g sweetcorn  
50g cheese, e.g. Mozzarella  
1 x 5ml spoon of dried herbs

### Equipment

Baking tray, weighing scales, sieve, mixing bowl, measuring jug, small bowl, fork, palette knife, flour dredger, spoon, chopping board, knife, measuring spoons, grater.



### Method

1. Preheat the oven to 200°C or gas mark 6.



2. Line a baking tray.



3. Sift the flour into a bowl.



4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.



5. Whisk the egg and milk together in a small bowl with a fork.



6. Add the egg mixture to the flour and mix together to form a soft dough.



7. Flatten out the dough on a floured surface to form a large circle.



8. Transfer the dough to the baking tray.



9. Spread the passata sauce over the dough using the back of a spoon.



10. Prepare the vegetables:

- slice the mushrooms;
- slice the tomato;
- remove the core from the green pepper and slice into thin strips.



11. Arrange the mushrooms, tomato, green pepper and sweetcorn over the base.



13. Sprinkle or place the cheese and herbs over the top of the pizza.



14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.





## Spaghetti Bolognese

### Ingredients

1 onion  
1 clove garlic  
1 carrot  
1 celery stick  
1 x 15ml oil  
250g lean minced beef  
1 can chopped tomatoes (400g)  
1 x 15ml spoon tomato purée  
100ml water  
1 x 5ml spoon mixed herbs  
Black pepper  
150g spaghetti

### Equipment

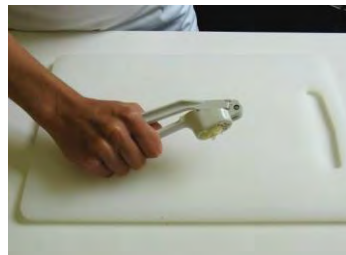
Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander.



2. Prepare the vegetables:

- peel and chop the onion

- peel and crush the garlic;



- peel and slice the carrot;

- finely slice the celery.





2. Fry the onion, garlic and carrot and celery in the oil.



3. Add the meat and cook until the mince is lightly browned.



4. Add the tomatoes, tomato purée, mixed herbs and water and mix all the ingredients together. Then add a few sprinkles of black pepper.



5. Bring to the boil, then simmer for 20 minutes.



6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 – 12 minutes or until the spaghetti is *al dente* (tender).



7. Drain the boiling water away from the spaghetti into a colander in the sink.



8. To serve pour some of the bolognese sauce over the spaghetti.



## Spicy Tomato Soup

### Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x can chopped tomatoes (400g)
- 500ml water
- 1 stock cube
- 1/2 x 5ml spoon dried chilli flakes
- 1 x 15ml spoon tomato puree

### Equipment

- Chopping board, knife, vegetable peeler, saucepan, can opener, measuring spoons, wooden spoon, liquidiser/blender, ladle.



### Method

1. Prepare the vegetables:
  - peel and slice the onion;
  - top and tail, peel and slice the carrot;



- peel and cut the potato into 8.



2. Put all the ingredients into a saucepan.



3. Stir everything together, bring to the boil and then simmer for 20 minutes.



4. Ladle the mixture into the liquidiser and blend until smooth.



5. Serve.



# Tuna pasta bake

## Ingredients

150g pasta shapes

400g tomatoes

1 x 120g tins tuna in springwater, drained and flaked

150g sweetcorn

15g tomato puree

100g mature cheddar, grated



## Method

1

Preheat the oven to 200°C/gas mark 6. Bring a large pan of water to the boil, then add the pasta and cook for 6 minutes. Drain. Tip the cooked pasta back into the pan and stir through the pasta sauce, tuna, sweetcorn, chopped tomatoes and half the parsley.

2

Tip the mixture into a 1½-litre baking dish and sprinkle the cheese over the top. Cook for 30 minutes until golden and bubbling. Garnish with the remaining parsley just before serving.