



# ONE-POT TOMATO PASTA



**SERVINGS: 2-3**

**COST: APPROX £1**  
(PER PORTION)

## INGREDIENTS:

- 150G PASTA
- 1/2 ONION (CHOPPED)
- 2 CLOVES GARLIC (CHOPPED)
- 1 TIN CHOPPED TOMATOES
- 300ML WATER
- 1 TSP MIXED HERBS SEASONING
- 50G CHEESE (OPTIONAL)

## METHOD:

1. HEAT OIL AND FRY ONION AND GARLIC FOR 3-4 MINUTES
2. ADD TOMATOES, WATER, HERBS AND SEASONING
3. ADD DRY PASTA AND STIR WELL
4. SIMMER FOR 10-12 MINUTES UNTIL PASTA IS SOFT
5. SERVE WITH CHEESE ON TOP



## PROTEIN OPTIONS:

75-100G MINCED BEEF/PORK OR 1-2 RASHERS BACON OR 75G COOKED CHICKEN



# CHICKPEA CURRY



**SERVINGS: 1-2**

**COST: APPROX £1.20**  
(PER PORTION)

## INGREDIENTS:

- 1/2 ONION
- 2 CLOVES GARLIC
- 1 TBSP CURRY POWDER
- 1 TIN CHICKPEAS (DRAINED)
- 1 TIN TOMATOES
- 100ML WATER
- 120G RICE

## METHOD:

1. COOK RICE ACCORDING TO PACKET INSTRUCTIONS
2. FRY ONION AND GARLIC FOR 5 MINUTES
3. ADD CURRY POWDER AND COOK FOR 1 MINUTE
4. ADD CHICKPEAS, TOMATOES AND WATER
5. SIMMER FOR 15 MINUTES AND SERVE WITH RICE

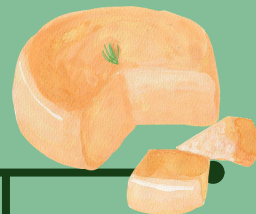


**PROTEIN OPTIONS:**

**80-100G CHICKEN**



# BEAN BURRITO WRAPS



**SERVINGS: 1-2**

**COST: APPROX £1.50**  
(PER PORTION)

## INGREDIENTS:

- 4 TORTILLAS
- 1 TIN BEANS
- 1/2 ONION
- 1 PEPPER
- 1 TSP SPICES
- 120G RICE
- 50G CHEESE

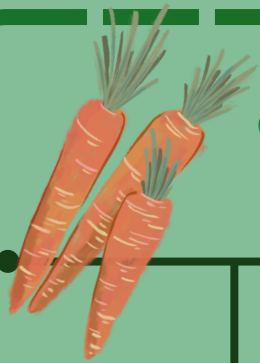
## METHOD:

1. COOK RICE ACCORDING TO PACKET INSTRUCTIONS
2. FRY ONION AND PEPPER FOR 5 MINUTES
3. ADD BEANS AND SPICES AND COOK FOR 5 MINUTES
4. WARM TORTILLAS ON PAN OR IN MICROWAVE
5. FILL WITH RICE, BEAN MIX AND CHEESE, THEN WRAP



## PROTEIN OPTIONS:

75-100G MINCED BEEF OR  
CHICKEN OR 40-50G CHORIZO.



# VEGETABLE FRIED RICE



**SERVINGS: 1-2**

**COST: APPROX £1.50**  
(PER PORTION)

## INGREDIENTS:

- 250G COOKED RICE
- 2 EGGS
- 150G FROZEN VEG OF YOUR CHOICE
- 2 TBSP SOY SAUCE
- 1 TBSP OIL

## METHOD:

1. HEAT OIL AND FRY VEGETABLES FOR 3-4 MINUTES
2. PUSH VEG TO ONE SIDE AND SCRAMBLE EGGS
3. ADD COOKED RICE AND SOY SAUCE
4. STIR-FRY FOR 5 MINUTES UNTIL HOT



## PROTEIN OPTIONS:

75G COOKED CHICKEN/HAM OR  
80G PRAWNS.



# LENTIL BOLOGNESE



**SERVINGS: 1-2**

**COST: APPROX £1.50**  
(PER PORTION)

## INGREDIENTS:

- 1/2 ONION
- 1 CARROT
- 2 CLOVES GARLIC
- 1 TIN LENTILS
- 1 TIN TOMATOES
- 1 TSP HERBS
- 150G PASTA

## METHOD:

1. COOK PASTA ACCORDING TO PACKET
2. FRY ONION, CARROT AND GARLIC FOR 5 MINUTES
3. ADD LENTILS, TOMATOES AND HERBS
4. SIMMER FOR 15-20 MINUTES
5. SERVE WITH PASTA

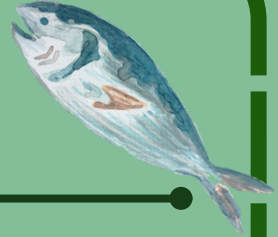


**PROTEIN OPTIONS:**

**50-75G MINCED BEEF.**



# LOADED BAKED POTATOES



**SERVINGS: 2-3**

**COST: APPROX £1**  
(PER PORTION)

## INGREDIENTS:

- 2 LARGE POTATOES
- 1 TIN BAKED BEANS
- 50G CHEESE

## METHOD:

1. BAKE POTATOES AT 200°C FOR 45-60 MINUTES OR MICROWAVE FOR 8-10 MINUTES
2. HEAT BAKED BEANS
3. CUT POTATOES OPEN AND FLUFF INSIDE
4. TOP WITH BEANS AND CHEESE AND SERVE



**PROTEIN OPTIONS:** HALF TIN TUNA (~60G), OR 1-2 RASHERS BACON, OR 75G COOKED CHICKEN



# ADDING PROTEIN



IF YOU'D LIKE TO ADD A PROTEIN, PICK ONE FROM THE SUGGESTIONS OR PUT YOUR OWN SPIN ON IT. ADD IT TO YOUR MEAL AND ENJOY!

## READY BOUGHT:

THE FOLLOWING MEAT ADDITIONS CAN BE BOUGHT READY AT THE STORE AND ONLY NEED TO BE WARMED UP EITHER ON A PAN OR IN THE MICROWAVE

CHORIZO TINNED TUNA

CHICKEN HAM PRAWNS

## NEED TO COOK:

THE FOLLOWING MEAT ADDITIONS CAN BE BOUGHT RAW AT THE STORE. SPICE TO YOUR PREFERENCES AND COOK ACCORDING TO INSTRUCTIONS ON PACKET OR SEARCH THE WEB FOR A MORE DETAILED GUIDE!

BACON RASHERS CHICKEN

MEAT MINCE PRAWNS

