



Recipes

Tuna Melt

1. Preheat the oven to 200C/400F/Gas 6.
2. Tip the drained tuna into a bowl and add a portion of cheese. Use a fork to flake the tuna and mix in the cheese. If available add mayonnaise.
3. Butter 2 slices of bread.
4. Sandwich the tuna filling between the bread. Keeping the butter side of the bread on the outside of the sandwich.
5. Place the sandwich on a baking tray and bake until golden brown. This will take approximately 12 minutes.

Tomato Pasta Bake (Serves 2)

1. Heat 1 tablespoon of oil or butter and if available fry a chopped onion for 5 minutes until softened.
2. Optional- Add 1 clove of crushed garlic and cook gently for a further minute.
3. Mix in 1 tin of chopped tomatoes and if required 1 teaspoon of sugar, bring to the boil and simmer for 20 minutes.
4. Cook 100g of pasta according to the pack instructions.
5. Drain the pasta and stir into the sauce and pour into a dish.
6. Sprinkle grated or chopped cheese over the top of the pasta bake and place under the grill for 3-5 minutes.

You can add many other ingredients to this recipe – use fresh, frozen or tinned vegetables add them to the pan when frying the onion. Ham, tuna or vegetarian products can be chopped up and added to the pasta bake.

Frittata

1. Peel half a potato and slice thickly.
2. Boil the potatoes in a pan of boiling water for 3-4 minutes then drain.
3. Optional- Chop an onion, heat a teaspoon of butter in a frying pan and cook the onion for 5 minutes until softened.
4. Mix an egg and 1 portion of cheese in a jug and if required season with salt and pepper.
5. Pour the egg mixture over the onion in the pan, then scatter chopped peppers or peas and the cooked potatoes.
6. Top with a teaspoon of cheese. Place under the grill for 5 minutes until golden and cooked through.
7. Cut into wedges and serve.

Potato Wedges

Preheat the oven to 200C/400F/Gas. Cut the potato into chunky wedges and place on an oven tray. Drizzle with oil and season. Cook in the oven for approximately 30 – 45 minutes.

Vegetable Chilli Topping (Serves 2)

1. Heat 1 tablespoon of oil or butter and if available fry a chopped onion for 5 minutes until softened.
2. Add fresh, frozen or tinned vegetables such as sweetcorn, peas, peppers, carrots to the pan.
3. Once the vegetables are soft, add a tin of chopped tomatoes and if required 1 teaspoon of sugar. Bring to the boil and simmer for 20 minutes.
4. Add 1 tablespoon of baked beans to the mixture and stir in.
5. Optional – add 1 teaspoon of chilli powder to the mixture.
6. Spoon into a cooked, halved jacket potato and serve.

Cheese and Vegetable Stuffed Potatoes

1. Preheat the oven to 200C/400F/Gas 6.
2. Wash a baking potato and prick the skin with a fork in 6 places.
3. Bake in the oven for approximately 1 hour until cooked and the skins are crispy. Leave the potato to cool.
4. Chop up ¼ pepper, ½ tomato and 1 carrot into small pieces.
5. Once the potato is cooled, cut in half and scoop out the middle of the potato, leaving the skin unbroken (like a boat). Place the scooped potato into a bowl.
6. Mash the potato with a fork, add the chopped vegetables, 1 tablespoon of sweetcorn and a portion of cheese and mix everything together. Optional - Season with salt and pepper.
7. Spoon the potato mixture into the potato skins.

Notes

- Place unused tin contents in bowls, cover and keep in the fridge for up to 2 days.
 - Wash all fruit and vegetables before using.
 - Additional vegetables can be added to the potato skins.

