

Recipe Card

Vegetarian Tacos



Serves 4

Ingredients

Rice	400g Chopped Tomatoes
1 Onion	Taco Seasoning
290g Tinned Sweetcorn	Tacos
400g Kidney Beans or Chickpeas	Optional: Cheese & Salad

Method

Boil rice as per packet instructions. In a separate pan, combine tinned sweetcorn, kidney beans or chickpeas and tomatoes.

Stir over gentle heat then add taco seasoning.

Once the rice is cooked add to the tomato mixture. Warm up tacos in the oven and then fill tacos, add cheese and salad (if using).

Recipe Card

Pasta Bolognese



Serves 4

Ingredients

400g Pasta
1 Onion
290g Tinned Carrots
Tinned/Packet Lentils

400g Chopped Tomatoes
2 Tbsp Stuffing Crumbs
Optional: Garlic & Cheese

Method

Drain carrots and lentils and add to a pan, stir over a gentle heat. Add tomatoes and 2 tablespoons of stuffing mix and some garlic (if using). Stir and turn up heat until it starts to boil then let simmer for 20 mins.

Boil pasta, as per packet instructions, once cooked drain and add to the bolognese sauce. Add cheese (if using) and season to taste.

Recipe Card

Chickpea Curry



Serves 4

Ingredients

Rice

1 Onion

400g Tinned Potatoes

400g Chickpeas

290g Tinned Peas

400g Coconut Milk

Curry Paste

Tomato Passata

Optional: Garlic

Method

In a large pan, fry onion for 10 mins until golden. Add garlic if using, cook for a further 2-3 mins. Add the drained potatoes, chickpeas and peas. Combine the coconut milk, 1 tablespoon of curry paste and 2 tablespoons of tomato passata into the pan, stir for further 20 mins on a low heat. Meanwhile cook the rice, per packet instructions.

Once rice is cooked serve up with the curry and season to taste.



Recipe Card

Tuna & Sweetcorn Pasta Bake

Serves 4

Ingredients

300g Pasta
145g Tinned Tuna

198g Sweetcorn
485g Pasta Sauce
Optional: Cheese

Method

Cook pasta as per packet instructions, drain then place in shallow ovenproof dish. Pour over pasta sauce and drained tuna, mix together until evenly coated. Open and drain the sweetcorn and add to the dish.

Place the tray in pre heated oven 180c and bake uncovered for 20 mins, then sprinkle on cheese (if using) bake for a further 10 mins and then serve.

Recipe Card

Beef & Vegetable Curry



Serves 4

Ingredients

Rice
1 Onion
400g Stewed Steak in Gravy

290g Tinned Mixed Vegetables
160ml Coconut Milk
70g Curry Paste

Method

Open the tinned vegetables and drain. Heat up a pan with a little oil and add drained vegetables, fry until golden. Add the curry paste, steak and coconut milk, stir together and simmer for 5-10 mins. Whilst the curry is simmering, cook the rice as per packet instructions.

Once rice is cooked serve alongside the curry and season to taste.

Recipe Card

Vegetarian One Pot Chilli & Rice



Serves 4

Ingredients

Rice

1 Onion

400g Tinned Kidney Beans

400g Chopped Tomatoes

400g Baked Beans

400g Tinned Lentils

41g Seasoning Sachet

Packet of Tortilla Chips

Optional: Cheese

Method

Add the drained kidney beans and lentils to a large saucepan. Then add the baked beans and tomatoes, bring to a simmer. Sprinkle in seasoning mix. Whilst sauce is simmering cook the rice, as per packet instructions.

Slightly open tortilla bag and crush the chips whilst still in the bag, portion the chilli into 4 plates and sprinkle the crushed tortilla chips on top of each portion, add cheese if using.

Recipe Card

Pea & Mushroom Tagliatelle Pasta



Serves 4

Ingredients

400g Tagliatelle or other
Pasta
1 Onion
290g Tinned Mushrooms

400g Mushroom Soup
290g Tinned Peas
Optional: Cheese & Garlic

Method

In a large pan, fry onion for 10 mins until golden. Add garlic if using, cook for a further 2-3 mins. Drain the tinned mushrooms and cut into quarters and combine with other ingredients.

Add the mushroom soup and bring to a simmer, refill the soup tin with water and add to the pan.

Drain the peas and add to the sauce.

Meanwhile cook the pasta as per packet instructions. Once cooked, drain, then carefully stir into the mushroom sauce and serve with cheese if using.

Recipe Card

Hot Dog Stroganoff



Serves 4

Ingredients

Rice or Pasta

1 Onion

400g Tinned Hot Dogs

290g Tinned Mushrooms

400g Mushroom Soup

290g Tinned Peas

39g Beef Stroganoff
Seasoning

Method

Drain the tinned hot dogs, mushrooms and peas. Cut the the drained hot dogs into bite size pieces. Heat up a pan with a little oil and add the tinned mushrooms and hot dog pieces and fry until golden. Add the drained peas and the mushroom soup to the pan and bring to a simmer and sprinkle in the seasoning.

Continue to simmer and stir for another 5 mins, meanwhile put on rice or pasta as per packet instructions.

Once cooked serve with the stroganoff.



Recipe Card

Beef Casserole

Serves 4

Ingredients

1 Onion/Garlic (optional)
400g Tinned Carrots
290g Tinned Mushrooms
400g Tinned Potatoes

400g Tinned Stew Steak
400g Tinned Tomatoes
39g Beef Stew
Seasoning

Method

In a large pan, fry onion for 10 mins until golden. Add garlic if using, cook for a further 2-3 mins.

Add tinned tomatoes, carrots, mushrooms and tinned steak to the pan, and simmer. Then add the beef casserole seasoning.

Cover pan and simmer until piping hot, stirring occasionally.

Meanwhile warm the drained tinned potatoes and serve together once casserole is cooked.

Recipe Card

Katsu Curry



Serves 4

Ingredients

1 Onion
Tinned Ham or Tofu
290g Tinned Peas

600g Potatoes
500g Rice
2 x Katsu sauce pots

Method

Peel and chop the potatoes and par boil in a pan for 5 mins. In the meantime drain the tinned peas and ham, then chop the ham into small cubes.

In a large pan fry the onion for 10 mins until golden. Add the peas, ham and the cooked potatoes and stir in the katsu sauce.

Cover pan and simmer until piping hot, stirring occasionally.

Meanwhile cook the rice as per packet instructions, once cooked serve with the katsu curry. Any leftovers keep in fridge or freeze for 1 month.