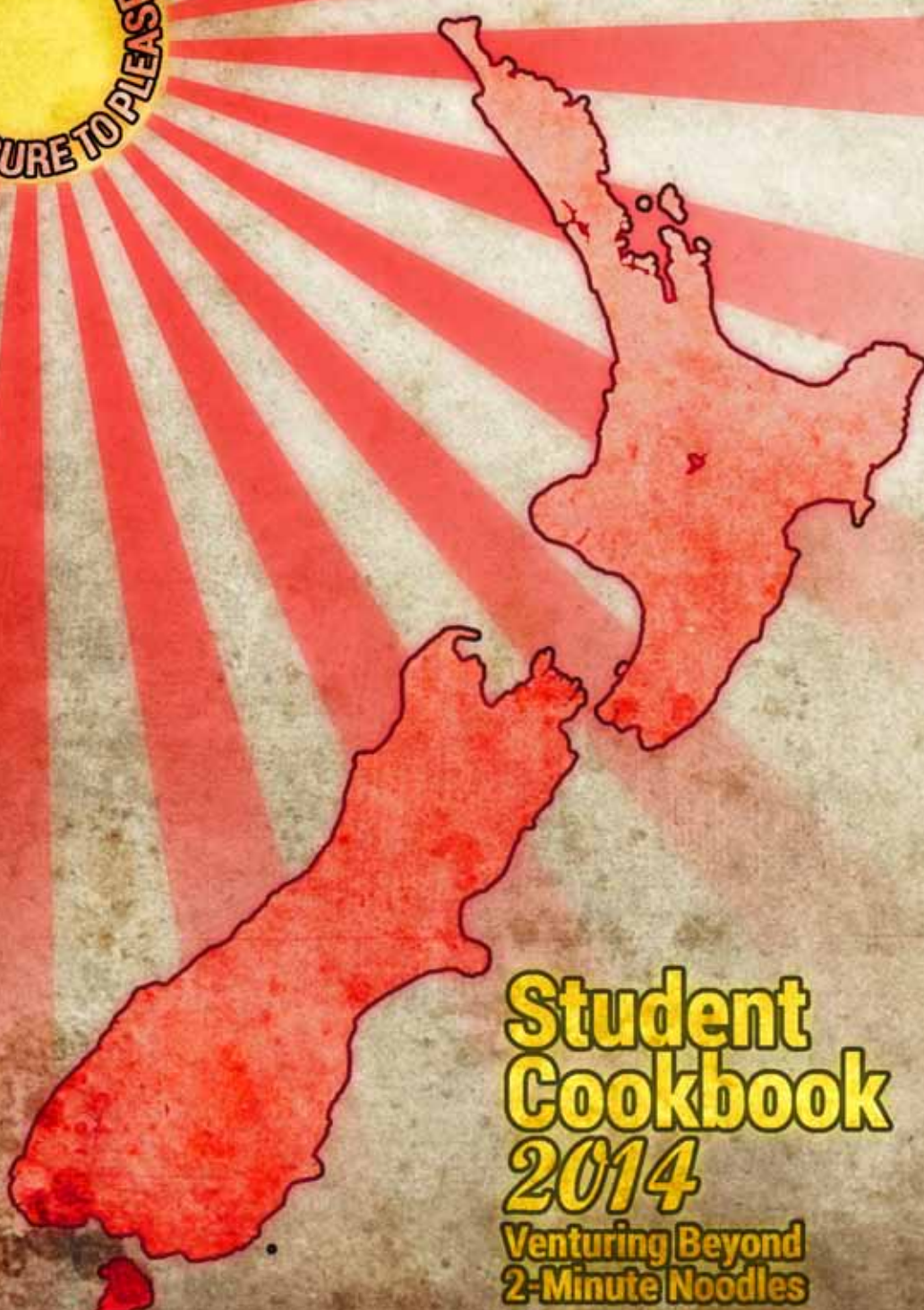




SURE TO PLEASE



Student Cookbook 2014

**Venturing Beyond
2-Minute Noodles**

Introduction



Did you know there are other food groups beyond two-minute noodles and spaghetti Bolognese?

Not that we're knocking these awesome student staples, but we think you deserve some **choice** when it comes to kai.

And it **is** possible to eat healthy, great-tasting food on a flatting budget. Within these pages are food ideas that are cheap, nutritious (well... mostly) and tasty.

The Otago Polytechnic Students' Association (OPSA) and Otago University Students' Association (OUSA) have put their heads together to bring you this collection of simple recipes for great kai.

Enjoy!

Abbreviations

tspn	Teaspoon
Tbspn	Tablespoon
ml	Millilitre
g	Gram
C	Degrees Celsius

Metric Measures

1 Tbspn	15 ml
1 tspn	5ml
3 tspn	1 Tbspn
1 Cup	250ml
16 Tbspn	1 Cup
4 Cups	1 Litre

Temperatures

C	F	Description
140	275	Cool
150	300	
170	325	Moderate
180	350	Moderate
190	375	Moderate
200	400	
220	425	Hot
230	450	
240	475	Very Hot

\$60 Shopping List

- 1x loaf of Bread
- 1 x 150ml Butter
- 1 x 6 pack Eggs
- 1 x 500g Cheese
- 1 Litre Milk
- 500g Mince
- Chicken Pieces
- 1 x 250ml Oil
- 2 x Onions
- 10 x Potatoes
- 2 x Pasta packets (*spirals & macaroni*)
- 1 x Packet Rice
- 10 x pack noodles
- 5 x carrots
- 5 x pieces of fruit
- 2 x Tinned Fruit
- 1 x Baked Beans
- 1 x Spaghetti
- 2 x Tinned Tuna
- 1 x Tinned Chilli Beans
- 1 x Creamed Corn
- 1 x Tinned Tomatoes
- 1 x Box Cereal

Cooking on a Budget Tips

- Make a weekly meal planner, and modify it if you notice you're wasting any food.
- Cook extra so you have lunch the next day instead of buying lunch, or refrigerate and reuse in another meal.
- Cook meals in bulk, and store them in the freezer for dinners during the week.
- Coupons count – if you haven't already, grab a loyalty card for your supermarket.
- Obviously keep an eye out for specials and sales.
- Buy ingredients that last in bulk if you can (*but check the price, bulk isn't always cheaper*).
- Don't shop for groceries when hungry (*ie before a meal time*).
- Less-processed foods are mostly healthier and cheaper.
- Fresh fish off-cuts can often be bought at supermarkets and with a little work can yield a good amount of meat.
- Like pickled food? It's cheap and easy to do. There are a million recipes on the 'net.
- Got a slow cooker? Cheap tough meats can be made tender with slow cooking.
- Potatoes are good value for money and can be very versatile: baked, stuffed, mashed, roasted, scalloped, hash-browns.
- Dried beans can also be excellent value, but need preparation. Make extra and freeze some for next time.
- Grow your own – salad greens are easy to grow and don't take up much space.
- Check out our tips for Vegetarian cooking – most of these are great tips for all cooking.

Freezing: Use thawed meat within two days and cook it right through.

If you defrost raw meat and then cook it thoroughly, you can freeze it again, but foods should never be reheated more than once.

Tips

- Spices and herbs are your friend. Buy lots - and experiment. Spicy food need not necessarily be hot if you dislike heat.
- Soy and other Asian sauces & flavours are also your friend, be aware of the salt in some of them. Asian grocery stores can be a cheap source of tasty vege ingredients.
- Add some protein: tofu, tempeh, chickpeas & non-starchy beans, nuts (*almonds are winners for protein*), cheese, egg, & Greek yogurt.
- Nuts and seeds are more flavoursome when roasted first.
- Lentils and chickpeas can be delicious, but there is a vast range of other beans etc available.
- Jaime Oliver pours olive oil over a meal before serving for a reason. Virgin olive oil is the most flavoursome, Mild the least.
- Chopped greenery, eg coriander, on the top.
- Acidophilus/Greek yogurt can be a good substitute for cream if you're on a low fat diet.
- Mashies can be legendary, especially if made from roast veges. Try adding out-of-the-box things like gherkins or beetroot for fun.
- Don't use more water than necessary when boiling up.
- Don't boil everything up in one pot. Fry tofu, mushrooms, etc separately to add on the top for flavour variety.
- Garlic. Some say you can't have too much. Jars of minced garlic can be found cheaply and last for ages (*not as good as fresh though*).
- Chilli. Cheap and can easily lift a dish. You can however have too much.
- Finely chopped raw onion mixed in or on the top can lift a dish.
- Vinegars, pickles or lime/lemon juice added can lift a dish.
- The left-over horrible wine in a cask is fine for cooking with.
- Carrots and onions are a cheap base for many dishes.
- Seasonal veges. They are all the rage for a reason – they're fresh and comparatively cheap.
- Try and have at least one green. Wilt a few chopped up spinach leaves into each meal.
- Cabbage, if finely chopped, can be added to bulk out a meal and even most cabbage haters won't know it's there.
- Frozen veges are handy as top ups.
- There are thousands of tasty cheap different vegetarian dishes from around the world, the internet is your friend.
- Curry. It's not one flavour – there's hundreds. Make your own with spices etc, or buy handy jars of paste at the supermarket.
- Canned chopped tomatoes are probably the cheapest source of tomato, look out for the added salt.
- Texture-wise tofu, tempeh or halved mushrooms can be meat substitutes.
- Add crunch with some nuts (eg *cashews*) on top of a meal.

BREAD & SOUP Recipes

Overnight Bread

4 cups flour

1 teaspoon salt

¼ teaspoon granulated yeast (cheap, can be bought at any supermarket, and handy to have in the cupboard)

2 cups water

Mix dry ingredients well and add water - use same size measuring cup for water and flour. Mixture will range from sloppy to sticky, Leave overnight in fridge.

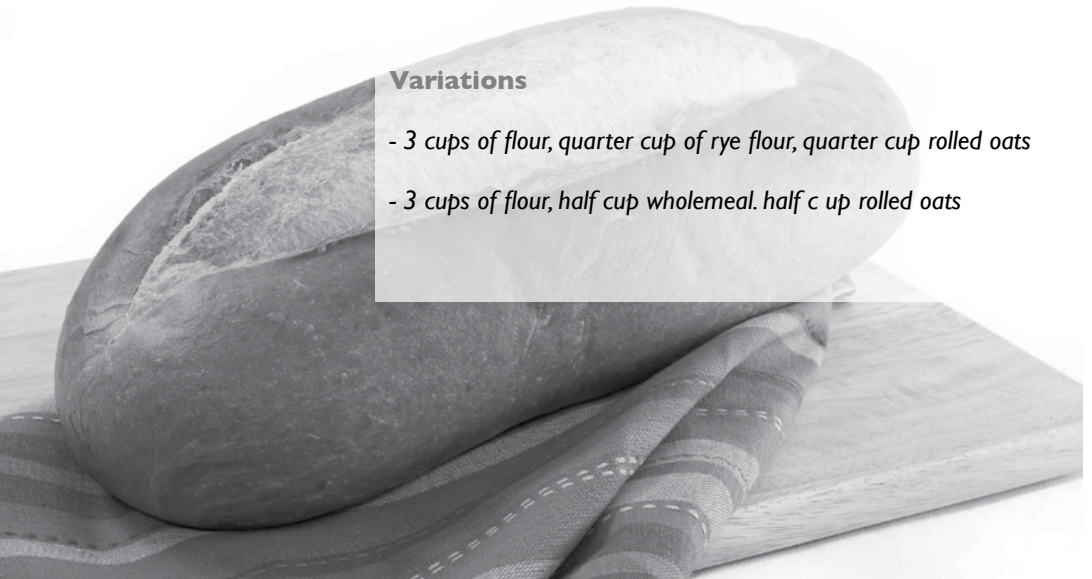
Line a baking tray with baking paper or sprinkle well with flour if you don't have baking paper, tip mixture onto tray and bake in a preheated oven for 25 minutes at 200°C

Day bread

As above but add 1 teaspoon of granulated yeast and leave to grow bigger in warmish place. When doubled in size, maybe 2-4 hours, cook.

Variations

- 3 cups of flour, quarter cup of rye flour, quarter cup rolled oats
- 3 cups of flour, half cup wholemeal, half cup rolled oats



Cob Loaf

7g sachet dry yeast

2 teaspoons caster sugar

1 cup warm water

3 cups bread flour

1 teaspoon sea salt

1 tablespoon olive oil

1 egg, lightly beaten

Extra bread flour, for dusting

Place yeast, sugar and warm water in a jug. Whisk with a fork until yeast has dissolved. Stand in a warm place for 10 minutes or until frothy.

Sift flour into a large bowl. Stir in salt, yeast mixture and olive oil. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead dough for 10 to 15 minutes or until smooth and elastic. Place in a large, lightly greased bowl. Cover and set aside in a warm place for 1 hour or until doubled in size.

Using your fist, punch dough down. Knead until smooth.

Grease a baking tray well with olive oil cooking spray or olive oil. Shape dough into a 15cm round loaf. Place on prepared tray. Cut a shallow criss-cross pattern in centre of dough.

Cover with lightly greased plastic wrap. Set aside in a warm place for 30 to 40 minutes or until dough has almost doubled in size. Meanwhile, preheat fan-forced oven at 200°C/180°C. Brush dough top with egg.

Dust with extra flour. Bake for 35 to 40 minutes. Turn bread, top side up, onto a wire rack to cool. Serve at room temperature

Yeast-free Pizza Base

Got no yeast? Try this great recipe for a fantastic yeast-free pizza base.

1 ¾ cups plain flour

1 teaspoon baking powder

1 teaspoon salt

2/3 cup milk

¼ cup oil

Mix the flour, baking powder and salt in a bowl.

Pour in the milk and oil, mix with a knife and then knead for 5 minutes.

Roll out and place on a pizza stone or oiled tray. Top with your favourite pizza toppings and cook in a hot oven - 210°C for 12-15 minutes until base is golden and crisp.

Pumpkin, Capsicum & Tomato Soup

1 ½ kg pumpkin, roughly chopped
2 red capsicum, halved & seeds removed
3 cloves garlic
1 medium onion, quartered
½ teaspoon sea salt
4 cups (1 litre) chicken or vegetable stock
425g can tomatoes
salt and freshly ground black pepper

Preheat the oven to 180°C.

Place the pumpkin, garlic, capsicum and onion in a roasting pan, drizzle with olive oil and sprinkle with sea salt. Roast for 45 minutes until vegetables are tender. Slip the skin off the capsicum and remove pumpkin skin.

Heat the stock and tomatoes in a large saucepan and add the vegetables. Simmer for 10 minutes. Puree the soup in batches until smooth. If need be add extra stock to achieve the desired consistency.

Serves 6-8

This soup is delicious served with a swirl of Greek yoghurt and a sprinkle of dukkah or chillie.

Got some crappy old white cask wine no one wants to drink? Try using that instead of the stock.

Lentil and Vegetable Soup

2 Tablespoons olive oil
1 stalk celery, finely sliced
1 large carrot, chopped
1 onion, finely chopped
2 cloves garlic, chopped
1 cup brown lentils
4 cups (1 litre) chicken or vegetable stock
400g can crushed tomatoes
1/4 cup chopped parsley
salt and freshly ground black pepper

Heat oil in a large saucepan and gently cook celery, carrot, onion and garlic until onion is tender.

Add the lentils, stock and tomatoes and continue to cook for a minimum of 45 minutes until lentils are tender. Add parsley for the last 10 minutes of cooking.

Taste and season accordingly, salt needed will depend on the stock used.

Add some frozen vegetables to make into a hearty soup.



MINCE

Recipes

Meat Loaf Recipe

500g lean mince
1 ½ cup breadcrumbs
¼ cup tomato sauce
1 egg
1 tspn dried mixed herbs
1 cup grated carrot

Mix all the ingredients above in a bowl. Press the mixture into a loaf tin, or oven-proof dish.

Cook at 180 C for 40-45 minutes, or until juices run clear.

Don't forget to serve with veges.

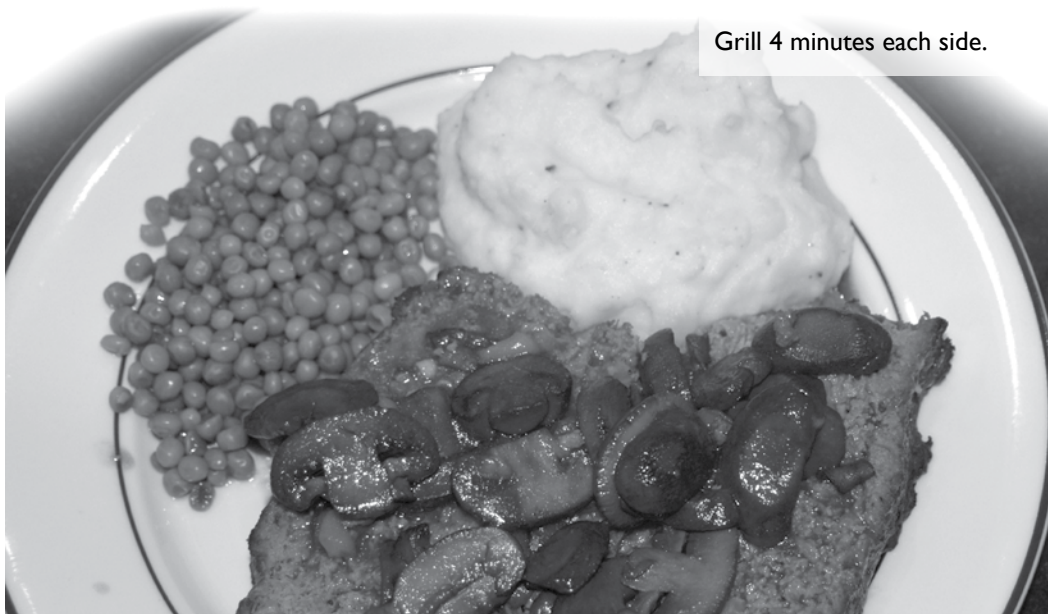
Beef Patties

650g Mince
4 Tbspn of oatmeal
2 Tbspn milk
¾ tspn salt and black pepper to season
1 Large egg
1 Tbspn chopped capers (use extra gherkin if you don't have capers)
3 Gherkins, finely chopped
A little oil

Thoroughly mix all ingredients except oil.

Shape into patties.

Grill 4 minutes each side.



Mince Delight

2 Tbspn oil

400g lean mince

2 cups chopped vegetables (e.g. onion, celery, carrot, mushrooms, frozen vegetables, pumpkin – anything you like)

½ tspn mixed herbs

¼ cup tomato paste (in an emergency tomato sauce could be used)

1 ½ cups of water

2 medium potatoes, sliced

Heat the oil in a saucepan.

Brown the mince, stirring to break up, and then add the chopped onion. Add tomato paste, herbs, water and vegetables.

Pour into an oven dish.

Peel and slice the potatoes and cover the meat.

Bake for 45 minutes or until potatoes on top are soft and brown.

Notes



Nachos/Tacos

500g lean mince

1 onion, finely chopped

1 tin of baked beans or chilli beans (420g tin)

2 tspn dried mixed herbs

1 tspn chilli powder/paste/sauce to taste

1 packet nachos, burritos or tacos

3 Carrots, grated or sliced

1 lettuce, shredded

Sour cream or Acidophilus/Greek yogurt

Cook the mince in a non-stick fry pan until brown. Add onion and cook until tender. Add tomatoes, beans, mixed herbs and chilli.

Simmer on low to medium heat for 15 minutes, warm the tacos or nacho chips in the oven.

Serve while hot with grated carrot, lettuce, and a little sour cream or yogurt.

Sliced veges (eg celery, carrot, etc) or dried vege chips could be used instead of nachos.

Savoury Mince

500g lean mince

2 Tbsn oil

1 onion, finely chopped

Salt and Pepper

1 x sweet potato, diced (carrot pumpkin, etc could be used instead)

1 cup frozen peas and corn

2 cups beef stock (Marmite dissolved in water can be used instead)

Heat oil in a large pan, then add the onion and cook until transparent, add mince and generous sprinkle of salt.

When mince is browned, add diced sweet potatoes. Stir for a few minutes then add the peas and corn and season with salt and pepper. Add the beef stock to the pan.

Cook on a low heat with the lid on, stirring periodically. Once the potato is soft, taste and season accordingly.

PASTA

Recipes

Simple Spaghetti Bolognese

500g lean mince

1 Tbspn cooking oil

1 x 425g jar pre-prepared pasta sauce

1 x Packet of spaghetti pasta

Heat oil in a large pan and stir over a moderate heat for 1-2 minutes. Add mince, stirring constantly until well browned. Drain off excess liquid. Stir in pasta sauce, cover and simmer gently for 20-30 minutes, or until cooked through.

Boil a large pot of water, add a pinch of salt and 1 tspn of oil, once the pot is boiling, add the packet of spaghetti and cook to your liking. Serve in a bowl.

Simple Macaroni Cheese

1 packet macaroni

2 Tbspn margarine (or butter)

2 Tbspn flour

1 tspn dried mustard (optional)

1 ½ cups low-fat milk

1 cup grated cheese

breadcrumbs (fresh or dried)

Cook the macaroni. Drain. Melt margarine in a small saucepan. On medium heat, stir in the flour and mustard. Cook for 1 minute. Slowly stir in the milk. Stir until the sauce thickens. Take off the element. Stir in the grated cheese. Put macaroni and cheese sauce in an ovenproof dish. Top with breadcrumbs.

Bake at 180°C until golden brown.

Sliced tomatoes can be added to the topping.

Simple Lasange

400g packet fresh egg lasagne sheets

500g mince

1 onion

737g jar tomato and basil pasta sauce

500g pot sour cream

1 cup grated tasty cheese

Cut three pieces from lasagne to fit a 30 x 20cm ovenproof dish.

Grease base of dish. Place mince in a frying pan and cook, turning often, until brown. Peel onion and chop finely.

Crush garlic, peel and chop finely. Add onion to mince and cook for five minutes. Add pasta sauce and combine.

Place one sheet of lasagne over base of dish. Divide mince mixture into three equal portions. Place one portion of mince over pasta. Continue layering dish with pasta sheets and mince, finishing with mince.

Beat sour cream and tasty cheese together. Spread over mince mixture. Bake at 200 degrees C for 40 minutes or until golden and bubbling.

Acidophilus or Greek yogurt can be used instead as a low-fat option.

Tuna Pasta Bake

1 can tuna in water (425g can), drained

3 cups penne pasta, or spirals

2 cups frozen peas

1 tin whole kernel corn, drained

2 tins Italian-flavoured chopped tomatoes (400g tins)

½ cup breadcrumbs

½ cup grated cheese

Preheat oven to 180°C. Bring a large pot of water to the boil. Cook pasta by following directions on packet. Drain pasta. Add peas, corn, tuna and tomatoes to pot with drained pasta. Stir to mix. Pour mixture into a large baking dish and sprinkle breadcrumbs and cheese on top.

Cook in oven for 20 minutes or until crispy and golden on top.

Try adding a couple of chopped gherkins for variety.

CHICKEN & BEEF Recipes

Beef Stir Fry

300g beef schnitzel, flank skirt, chuck or blade steak

2 tspns oil

1 clove garlic

1 onion

2 Tbspn soy sauce

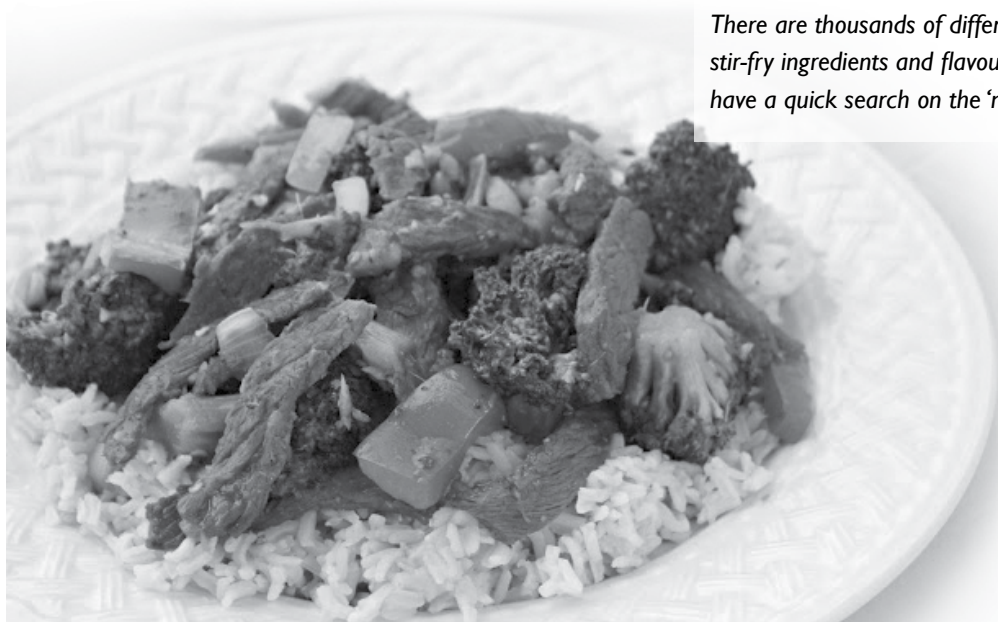
2 cups chopped vegetables (eg broccoli, carrots, cauliflower, brocoli, courgette, etc) finely chop, slice, or floret the different veges as appropriate - different shapes make a more interestingly textured meal

Noodles or rice

Cut the schnitzel into thin strips. Heat 1 tablespoon oil in a large pan and quickly cook the meat on both sides until just brown. Remove the meat from the pan. Finely chop garlic, chop onion. Heat 1 tablespoon of oil in the pan, add garlic and onions. Cook for a couple of minutes then add the other vegetables and soy sauce. Add a little water if the vegetables stick. When the vegetables are cooked and slightly crisp return the meat to the pan and heat through. Serve with noodles or cooked rice.

Top with some cashew nuts if you have some.

There are thousands of different stir-fry ingredients and flavours, have a quick search on the 'net.



Slow Cooked Beef Curry

2 Tbspn cooking oil

750g to 1kg beef, trimmed, cut into 3cm cubes

2 medium brown onions, halved, sliced

¼ to ½ cup curry paste of your choice (curry powder and a little water will do instead)

3 to 4 large potatoes, unpeeled, cut into 2cm cubes

½ cauliflower or bunch of broccoli, cut into small florets

2 x 400g cans diced tomatoes

1 cup beef stock (or some Marmite dissolved into water)

1 cup frozen peas

Rice

Plain yoghurt

Coriander, chopped (optional)

Cook beef in a fry-pan with oil for 3 to 4 minutes or until browned all over in a pan. Transfer to plate.

Cook onion with the rest of the oil, stirring, for 3 minutes or until softened. Transfer onion and pan juices to slow cooker oil etc from the pan.

Add curry paste to slow cooker and cook on medium high for around a minute or 2 until fragrant, stirring occasionally.

Add potato, cauliflower, tomatoes, and beef. Season with salt and pepper. Stir to combine. Cover with lid. Turn cooker on low.

Cook for 8 hours or until beef is tender, stirring halfway during cooking. Stir in peas.

Serve with rice, yoghurt and coriander.



Apricot Chicken

4-6 chicken drumsticks

1 packet of French onion soup mix

1 tin apricots in natural juice

Take the skin off the chicken drumsticks and place in the microwave proof or oven proof dish. Sprinkle French onion soup mix over chicken. Pour apricot juice over chicken then place apricots on top of the chicken. Cover and place in microwave and cook on high for 15-20 minutes. Stir half way through cooking. After cooking, stand for one or two minutes before serving.

Curried Chicken with Noodles

3 Cups water

3 tspns chicken stock

1 Cup of chicken pieces

1 Tbspn curry powder

1 Tbspn corn flour

1 packet udon noodles

Brown the chicken in a saucepan in a little oil, then add all other ingredients and stir continually until chicken is thoroughly cooked.

Chicken Casserole

4 large or 8 small chicken pieces

4 potatoes

2 onions

4 carrots

Chopped celery

1 ½ cups water

2 tspn instant chicken stock (optional)

1 tspn mixed herbs (or 1 tablespoon fresh herbs)

1-2 tablespoons corn flour to thicken

Take the skin off the chicken pieces. Cut the potatoes into large pieces. Slice the carrots into rounds. Cut the onions into chunks.

Put the vegetables and chicken pieces into a casserole dish. If using stock, dissolve in the water. Pour the water over. Sprinkle over the herbs.

Cover. Bake at 180°C for 1 ½ hours until chicken is cooked.

VEGE-TARIAN

Recipes

Quesadilla with Beans and Cheese

400g can red kidney beans, rinsed and drained

6 round tortillas

1 Cup grated tasty cheese

2 Spring onions, chopped

1 tspn lemon or lime juice

Chopped fresh coriander leaves (optional)

1 avocado, finely chopped

1 long red chilli, de-seeded, finely chopped (or use dried chilli to taste)

¼ Cup medium taco sauce

Salt and pepper

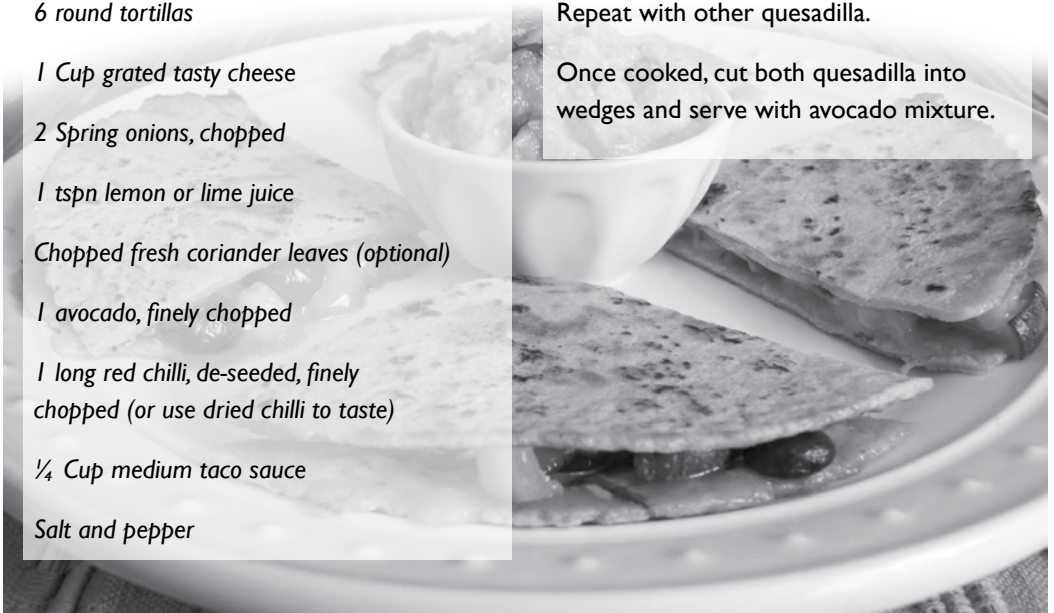
Place kidney beans in a bowl and roughly mash with a fork. Stir through taco sauce, salt and pepper.

Lay tortilla on a flat workspace. Spread with a little of the bean mixture, some grated cheese and spring onion. Repeat with another tortilla on top of the first. Repeat again so that you have 3 tortillas in a stack. Make a second quesadilla with the remaining 3 tortillas, beans, cheese and spring onions.

Mix avocado, chilli, coriander and lemon/lime juice in a small bowl until combined. Set aside.

Heat a large non-stick frying pan over medium-low heat. Place one quesadilla in the pan, making sure it stays flat. Cook for 4-5 mins. Gently slide out of the pan and, using 2 spatulas (or any creative way you think of), carefully turn it over. Return to pan and cook other side for a further 4-5 minutes. Repeat with other quesadilla.

Once cooked, cut both quesadilla into wedges and serve with avocado mixture.



Creamy Lentils and Kidney Beans

500ml water

1 cup brown lentils (dry), rinsed

½ tspn cumin seeds

½ tspn coriander seeds

1 Tbspn butter

1 onion, finely chopped

2 garlic cloves, crushed

2.5cm piece of fresh ginger, peeled and grated

2 fresh green chillies, finely chopped

3 Tbspn tomato puree or paste

440g can kidney beans

Salt and pepper

75ml milk (just over ¼ of a cup)

75ml cream

*Chopped fresh parsley/coriander
to serve (optional)*

Bring water to boil in a large saucepan then add lentils and cook for about 30 mins (until soft but not mushy).

In a frypan, dry-fry the cumin and coriander seeds for a few minutes until fragrant. Take care not to burn it.

Melt butter in a large pan, add onion, garlic, ginger and chillies and cook for about 6 minutes over medium heat until soft (don't burn).

Stir in tomato puree or paste and cook for further 6 minutes.

Add cumin and coriander seeds, cook 3 mins. Add kidney beans, lentils, seasoning and milk. Bring to the boil then reduce heat and simmer for about 6-8 minutes, until most of the liquid has been absorbed.

Stir in the cream and adjust seasoning as needed. Scatter with fresh herbs and serve with rice or crusty bread.



Oven Baked Fries

4 x Medium/large potatoes

½ Cup flour

1 tspn salt

Pinch of freshly ground pepper

Dried herbs of choice

Olive oil

Peel the potatoes and slice lengthwise into two or three, then slice again into chips. Place flour and seasonings into a medium bowl and stir well.

Add chips and make sure well covered with flour mix.

Set the oven to 200 Celsius.

Approximately 3 tablespoons of oil in a roasting dish.

Spread potatoes out in a single layer.

Bake for 1 hour or until crispy golden.

You can also roast some veges (eg pumpkin, cauliflower, onions, garlic, etc) in another dish while the fries are cooking to make into a mash.

Corn and Feta Fritters

½ Cup milk

2 eggs

1 Cup self-raising flour

100g crumbled feta

2 Cups frozen corn kernels, thawed

*6 spring onions, finely chopped
(normal onion will do)*

Salt and pepper

Whisk milk and eggs in a large bowl. Gradually add flour, whisking constantly to create a smooth, thick batter.

Stir through feta, corn and spring onions. Season with salt and pepper.

Lightly cover the base of a fry pan with olive oil (or use a spray) and cook large spoonfuls of fritter batter for about three minutes each side over medium heat, or until golden.

Tofu Burgers

*Block of firm tofu (or tempeh),
sliced into thick segments*

Marinade:

1 clove garlic, crushed

5cm piece of ginger, peeled and grated

2 Tbspn peanut butter

2 Tbspn olive oil

*2 Tbspn soy sauce (preferably tamari
or dark but any will do)*

2 Tbspn tomato sauce

2 tspn honey

Mix all marinade ingredients together.

Marinate tofu slices for at least two hours.

Line a tray with tinfoil and grill the
tofu both sides under a hot grill. They
will blister a bit – that's good!

*Serve on toasted buns with your favourite
burger fillings (eg tomato slices, cheese, salad
leaves, & avocado) and sauces (eg mustard,
mayonnaise, or tomato). Try adding sliced raw
onion, beetroot or pickle for some zing.*



Scalloped Potatoes

4 x Medium/large potatoes

1 onion finely sliced

1 cup milk or cream

1 cup of grated cheese

Salt and pepper

Using a medium sized casserole dish put
a layer of potatoes then sprinkle with
some of the onion, cheese, salt and pepper.
Repeat the layers until you've used all the
ingredients and finish with a layer of cheese.

Pour the milk or cream over it evenly.
I think it tastes best with cream, but it
all depends if you're on a diet or not.

Bake at 180 C for 40 or 50 minute
or until the potatoes are soft.

For the first 30 minutes of baking have
the casserole dish covered with a lid, for
the rest of the time bake uncovered.

Pasta with Feta and Rocket

Enough dried spaghetti or fettuccine for 4 people

3 cloves garlic, finely sliced or chopped

*1 chilli de-seeded and finely
chopped or use dried chilli*

2 Tbspn olive oil

150g feta, crumbled

Salt and pepper

A squeeze of lemon juice

1 Cup rocket leaves (spinach could be used)

A handful of pine nuts (optional)

Cook pasta to packet instructions.

Gently cook garlic and chilli in oil until soft.

Place crumbled feta in a large serving bowl (big enough to hold the entire meal). Add the garlic and chilli into the feta. Add lemon juice and seasoning. Stir to combine.

Once the pasta is cooked, drain well. Toss immediately into the feta, garlic mix. Splash in a little more olive oil. Add the rocket and toss all ingredients together.

Bean Pasta

1 packet of pasta

*1 440g can of cooked dried
beans (not baked beans)*

1 440g jar of pasta sauce

1 x finely chopped onion

1 x carrot chopped into cubes

*100g Feta cheese, diced (optional,
any cheese will do)*

Drain the beans.

Add all ingredients except the sauce.

Heat it all gently in a saucepan, until all the vegetables are cooked, meanwhile boil the pasta in a pot of water with a splash of oil.

Drain the pasta, and splash some olive oil over if you have some. Serve with sauce and feta cheese on top.

*Add some sliced garlic to the veges, or
some chilli to the sauce for extra zing.*

DESSERT



Cake in a Cup

*Two large tea-cups
of your choice*

4 Tbspn of flour

4 Tbspn of sugar

2 Tbspn of baking cocoa

*¼ tspn of baking powder (if
your flour is not self-raising)*

1 egg

3 Tbspn of milk

*3 Tbspn of oil (or
melted butter)*

*1 tspn vanilla essence
(optional)*

Add dry ingredients into cup and mix well. Add egg, and mix thoroughly until the egg is mixed in as smoothly as possible. Pour in oil, vanilla, & milk and mix well. Separate into 2 cups.

Microwave for 1.40 (grunty microwave) to 3 minutes (weak microwave) – keep an eye on it.

Serve with whipped cream, yogurt, jam, syrup, or sauce.

For variety try swapping one of the teaspoons of coco with 2 teaspoons of peanut butter, or mix in dried fruit or lollies like M&Ms.