

FRUIT MELBA

One can each of: Fruit
Custard (or a ready made tub)
8 biscuits
4 glasses (serves 4 people)



Instructions:

1. Open cans and drain fruit.
2. Crush 4 biscuits and put in the bottom of the glasses.
3. Put fruit on top of biscuits in each glass.
4. Pour layer of custard on top of fruit.
5. Crush remaining 4 biscuits and sprinkle on the puddings.
6. Put in fridge ready to eat.

MICROWAVE CHOCOLATE MUG CAKE

Cook in microwave (makes 1 large mug or 2 mugs)

4 tablespoons of self-raising flour
4 tablespoons of sugar
1 egg
2 tablespoons of chocolate powder
(can use drinking chocolate)
3 tablespoons of milk



Instructions:

1. Add the flour, sugar and chocolate powder to a microwaveable mug and mix well.
2. Crack the egg into the mug and mix well. (don't worry if there is still some dry mixture).
3. Add the milk and mix well until smooth. Split into 2 microwave mugs if required for 2 people.
4. Cook in microwave for 4-5 mins, until the cake is firm and springy to touch. This needs watching as all microwaves are different.
5. Allow to cool for a few minutes before eating.

TRY THESE EASY RECIPES.....

MEATBALLS AND PASTA

Cook on hob (serves 2-4 people)

One can each of: Meatballs
Peas and or Carrots
Dried pasta (mug full per person)
Grated Cheese (optional)
Jar of pasta sauce



Instructions:

1. Put sauce and drained meatballs in pan and cook for 5 mins.
2. Drain water out of the tins and stir in carrots and peas.
3. Meanwhile, cook pasta in pan of boiling water until soft.
4. Add pasta to meatballs sauce and serve with grated cheese on top.

TUNA SURPRISE

Cook on hob or in oven (serves 2-4 people)

One can each of: Tuna
Condensed Chicken or
Mushroom soup
Sweetcorn
Peas/mixed vegetables



Instructions:

1. Open cans and drain sweetcorn and vegetables.
2. Mix tuna, soup and the vegetables together and spoon into a casserole dish or foil tray.
3. Pour some crisps or grated cheese on top. (Optional)
4. Cook in oven Gas Mark 4 or 190C for 25-30 mins, or on hob.

SAUSAGE AND BEAN HOTPOT

Cook on hob (serves 2-4 people)

One can each of: Tomatoes
Kidney beans
Baked beans
Hotdogs



Instructions:

1. Open and drain the hotdogs and kidney beans.
2. Chop hotdogs in half and add to a pan.
3. Add tomatoes and bring to a simmer on the hob.
4. Add baked beans and kidney beans and cook for another 10 mins.
5. If possible serve with some rice.

CORNERD BEEF HASH

Cook on hob or in oven (serves 2-4 people)

One can each of: New potatoes
Cored Beef
Baked Beans



Instructions:

1. Chop potatoes in half.
2. Chop cored beef into similar sized chunks.
3. Put all the ingredients into a casserole dish or foil tray, or in a saucepan if cooking on a hob.
4. Bake in the oven Gas Mark 4 or 190C for 25-30 mins, or cook on hob for 15 mins in a saucepan.

TUNA AND TOMATO PASTA

Cook in oven (serves 2-4 people)

One can each of: Tomatoes
Sweetcorn
Tuna

Dried Pasta (a mug full per person)
Onion (optional)



Instructions:

1. If you are using onion, chop onion and put in an oven proof dish or foil tray.
2. Add pasta, tuna, sweet corn and tomatoes.
3. Mix together in dish.
4. Add a little mug of water. Bake in the oven Gas Mark 4 or 190C for 25-30 mins.

VEGETABLE BALTI

Cook on hob (serves 2-4 people)

One can each of: New Potatoes
2 types of any vegetables
Vegetable curry

Spinach (optional)



Instructions:

1. Open cans and drain vegetables.
2. Add vegetable curry, vegetables and potatoes to a pan and simmer for 10 mins, or until all the vegetables are soft.
3. Add spinach and simmer for another 3 mins.
4. If possible serve with rice or naan bread.