



Lockdown food recipes for Exeter Food Bank in conjunction with Exmouth Community College Students

Most of these recipes are based around the tinned foods sent out by the food bank . They can all be changed to suit your own taste and available ingredients . Many of the recipes have come from the manufacturers of tinned meat and fish but you do not have to stick to named brands . The idea is to give those with less kitchen experience a starting point to reduce waste and make the most of available food. Many of the recipes are ideas that have come from year 7 and 8 students who worked hard to find ideas that they could make at

Compiled by year 7 and 8 students

and edited by Christine Raybould-Gooding

Index

1. Tips hacks and snacks
2. Page 7 Meat dishes
3. Page 19 Sauces
4. Page 22 Fish Dishes
5. Page 29 Deserts and sweet things
6. Page 42 Vegetarian
7. Page 48 Appendix

Bulking out mince and other food hacks

Cooked Rice: if you're gluten intolerant, don't have bread or crackers on hand or just don't want to use them, then mixing cooked rice of any variety into shaped mince meals can bulk it out too. It helps if the rice was cooked the previous day and has dried out overnight in the fridge so it can adequately soak up flavours and juices while not causing the mixture to become soggy

Lentils: Already soaked and cooked lentils can be added to any kind of mince dish as an extender. If you're combining lentils into meatballs, burgers or rissoles, consider adding additional ingredients like eggs or breadcrumbs as binding. Lentils are great for extending a meat sauce and a chilli too.

Oats: Many mamas swear by adding some regular old porridge oats to mince as an extender. While there's some debate over when it is best to add oats, generally adding the oats when you are browning the meat before adding liquid seems to be most popular consensus. Otherwise some mamas suggest adding the oats ½ an hour before the end of cooking time. You just need to ensure that the oats soak up the liquid and cook out properly or it'll give your dish a chewy texture .

Baked beans: Great to add into any mince based dish. If you don't like baked beans drain the liquid off then rinse in cold water and use to make a bean stew or other dish.

Using left over stew or curry

Most of us throw away a left over food if there isn't enough for a single portion, instead freeze it or use it to make a pasty for lunch the next day

French Toast great for using stale bread to make break-fast

egg

1 teaspoon vanilla flavouring

1/2 teaspoon Cinnamon

1/4 cup milk

4 slices bread

Beat milk and egg together with cinnamon

Soak bread in liquid

Fry in an oiled pan

Using root vegetable peel

Most of us throw away a veg peelings but if you wash the veg and get them very clean you can make Vegetable crisps.

Instructions:

1. Wash root veg and cut away any bad sections
2. Peel and pat dry with tea towel or kitchen paper
3. Spread out on a backing tray and drizzle with a small amount of oil
4. Bake in the oven for 30 mins at 180 degrees
5. Or put in the oven when baking another dish.

Homemade potato crisps

Preheat the oven to 400°F. Slice the potatoes into a bowl and immediately toss them with the oil. Season lightly with

salt and arrange them in a single layer on a baking sheet. Bake in the oven until golden brown — about 12-15 minutes.

Season again lightly with salt and pepper when they come out of the oven. Transfer to a rack to cool for maximum crispness. Weighing your options

If you want to be a little more daring, don't limit yourself to salt and pepper — you can season with

Chilie powder, ground cumin, minced herbs, toasted sesame seeds, ground nori (toasted black seaweed sheets used to roll sushi) really anything you like. Just be sure to season immediately after the chips come out of the oven, while there is still some residual oil for the spices to adhere to.

Peanut Butter Cups

Prepare a cupcake tin with 6 liners.

Stir peanut butter and powdered sugar together until smooth.

Spread 1 to 2 tablespoons of chocolate in the bottom of each cupcake liner.

Dollop 1 to 2 teaspoons of the peanut butter mixture on top of the chocolate.

Cover each dollop of peanut butter with more chocolate and smooth out the top.

Refrigerate for 1 hour or until chocolate has hardened.

Remove peanut butter cups from the liners.

Enjoy!

Homemade smoothies

Pineapple Juice + 1 cup pineapple + 1 cup mango + vanilla yogurt + banana + 1 cup spinach

Apple juice + 2 cups mixed berries + huckleberry yogurt

Orange Banana Juice + 1 cup pineapple + 1 cup peach + vanilla yogurt + banana

Orange Juice + 2 cups strawberries + strawberry yogurt + banana

The possibilities are endless! You can also use tinned fruit

Left over smoothie pancakes

To 300ml of smoothie add 1 egg and 3 heaped tablespoons of self raising flour

Mix together to remove any lumps

Fry in a hot pan with oil to make pancakes

Meat section

Sausage rolls

These sausage rolls are very easy to make and they only take around half an hour. You can use hot dog sausages

1. Heat oven to 200C/fan 180C/gas 6.

2 Place 400g sausage meat in a food processor (if using sausages, peel away the skins), turn on to a high speed, pour the garlic-flavoured water into the mixture, then season with pepper.

3 Unroll 375g ready-rolled puff pastry onto a board and cut in half lengthways. Or home made short crust using 250g flour and 125g of fat (62g marg + 62g lard or white fat)

4. Divide the sausage mixture in two and spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge.

5 Tightly roll the pastry around the sausage meat and brush the ends with 1 beaten egg or water to secure.

6. Use a sharp knife to cut each roll into 10 pieces, each about 2.5cm long, and place on a baking sheet.

7 Can be made up to this point 1 month in advance and frozen. To cook from frozen, simply add 10 mins to cooking time below.

8 Brush more beaten egg all over the pastry. Place in the oven and

Sausage Pasta Recipe

8 pork sausages,
1 large onion,
2 cloves of garlic,
400g tin of chopped tomatoes,
300g pasta

Method

1. Put a large pan of water on to boil. 2. Heat 1 tbsp olive oil in a large frying pan and fry chunky pieces of 8 pork sausages on a fairly high heat until they are golden brown all over.
3. Now turn the heat down and add 1 large chopped onion and 2 crushed garlic cloves, cooking them until they have softened.
4. Stir in 1 tsp chilli powder and 400g chopped tomatoes with the sausages, bring the sauce to the boil then turn the heat down and let it bubble for about 10 minutes while you cook the pasta.
5. Drop 300g pasta into the pan of boiling water and cook according to the pack instructions.
6. Drain the pasta, then tip it into the frying pan with the sausage sauce, mixing well to coat. Dish up immediately with crusty bread

Pasta recipe flavoured with soup

1 Tablespoon butter

1 Cup celery, chopped optional you can add other veg peas, baked beans or sweetcorn

1 Cup onion, chopped

1(12 ounce) can Spam, cubed

1(10 ounce) can cream of celery soup or creamed mushroom or chicken

1 (15 ounce) can diced tomatoes, undrained

1/2 Teaspoon thyme

1/2 Teaspoon onion powder

1/2 Teaspoon salt

1 (8 ounce) can tomato sauce.

Method

1] Cook pasta 2 minutes under package directions. Drain.

2] Meanwhile, in a large frying pan, melt butter. Sauté celery, onion and Spam until vegetables are just getting soft.

3] Add soup, tomatoes and seasonings. Cook until well blended and heated through.

4] Place pasta in a large casserole; add spam mixture and tomato sauce; tossing well to mix (can be frozen at this point).

5] Cover tightly and cook in a 325° oven for 45 - 60 minutes.

1/2 Lb pasta (elbows, spirals, bowties, etc.)

Baked Meatballs

1 x 500g pack of lean beef mince or 2 cans of meatballs

1 onion finely diced

2 cloves of garlic finely chopped

salt and pepper

1 x 400g can of chopped tomatoes

1 x 400g can of tomato soup



Method

1. In a large mixing bowl put in the mince, onion, garlic, salt and pepper. Using your hands, work the ingredients together - the mince should be smooth and the mixture should hold together easily. Roll them into good sized meat balls and put to one side
2. In an oven proof dish add the stock, soup and chopped tomatoes in and mix well with a spoon. Place your meatballs on top of the sauce so they are just sticking out of the top. Sprinkle with the cheese and lay the mozzarella on the top
3. Bake in the oven for 40 minutes until golden and bubbling
4. Sprinkle a handful of parsley and serve

Corn Beef Sliders

2 onions, thinly sliced

25g butter

1 tbsp of soft brown sugar

1 340g can of corned beef

1 tsp ground coriander

1 tsp crushed fennel seeds



Method

1Pre-heat the oven to 180°C/160°C fan/Gas 4

2Heat a good splash of rapeseed oil in a frying pan over a low to medium heat and add the sliced onions. Let them cook slowly then when they soften add the butter and the brown sugar to caramelize until they turn sticky.

3Remove the onions from the pan and set to one side for now.

4Add another drizzle of oil to the pan and throw in the spices and pepper.

5Now for the corn beef. Remove from its tin and, using 2 forks, pull the meat apart so you have some good shreds of beef. Add these to the spices in the pan, stir them in well and heat through until piping hot.

6Now slice open the brioche buns, pile up the corn beef, top with a slice of Swiss cheese and a good spoonful of the rested sweet onions on top of that. Pop then in the oven another for 5 minutes or just long enough to melt the cheese.

7Meanwhile, in a clean pan fry your eggs.

8Take the sliders out of the oven and pop the egg on top.

9Top with some good, hot mustard or your favourite sauce (optional).

Spam omelette

An omelette can be a good thing to make when you have small amounts of food in the fridge that need using

Ingredients

1 egg per person

1 table spoon of milk per egg

Hard cheese doesn't matter what sort

Chunks of tinned meat for example spam, hot dog sausage or sandwich ham

A few mushrooms

Half an onion or pepper

Hand full of frozen peas or sweetcorn

Method

1. Lightly fry onions mushrooms and peppers in a non stick pan
2. When soft add in egg beaten with milk
3. When egg starts to solidify around the edge of the pan add in peas or sweetcorn, meat and cheese
4. Reduce heat and let it cook.

Corned Beef Hash

340g can Princes Corned Beef, cut into cubes
1.5kg potatoes, peeled and cut into small chunks
50g butter
1 large onion, chopped
4 tbsp vegetable oil
4 eggs
Salt and freshly ground black pepper



Method

1. Cook the potato chunks in lightly salted boiling water for 5-8 minutes, until almost tender. It is important that they don't overcook.
2. While the potatoes are cooking, melt the butter in a very large frying pan and gently fry the onion for 6-8 minutes, until soft.
3. Drain the potatoes thoroughly in a colander and let them steam dry for 2-3 minutes. Tip them into the frying pan and cook with the onion for a further 8 -10 minutes, until browned.
4. Add the chunks of Princes Corned Beef and stir them through gently. Keep warm over a very low heat.
5. Heat the vegetable oil in a separate frying pan and crack in the eggs, frying them for 2-3 minutes until done to your liking. Share the hash between four plates, topping each portion with a fried egg. Season and serve, sprinkled with black pepper.

Shepard's Pie

Ingredients

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack lamb mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock

Method

- 1.Heat 1 tbsp sunflower oil in a medium **saucepan**, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.
- 2.When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.
- 3.Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
- 4.Meanwhile, heat the oven to 180C/ fan 160C/ gas 4,
- 5.Then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.
- 6.Put the mince into an **ovenproof** dish, top with the mash and ruffle with a fork. *The pie can now be chilled and frozen for up to a month.*
- 7.Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. *(To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)*

Leave to stand for 5 mins before serving.



Stewed Steak and Potato Pasties

- 1 x 392g can **Princes Stewed Steak**
- 1 medium potato, peeled, diced and boiled
- 2 sheets of ready made shortcrust pastry
- 1 egg whisked



Method

1. Preheat oven to 200°C/ Gas 6.
2. Lightly flour your work surface and place one sheet of the pastry on it. Place a bowl around 10cm wide (cereal bowls are ideal) on one half of the sheet making sure you can fit another the same size on the pastry so that each sheet produces two pasties. (You can gently roll the pastry out a little to make it larger and thinner to fit two bowls).
3. Cut around the edges of the bowls with a sharp-tipped knife and peel the leftover pastry away. Gently lift the bowls off leaving two circles of pastry on your surface.
4. Spoon $\frac{1}{4}$ of a cup of the stewed steak onto half of a round and add a few pieces of the potato. Brush the edges with the egg, fold over to enclose and press edges to seal. Repeat with the remaining ingredients.
5. Place on a baking tray lined with baking paper and brush the pasties with the remaining egg.
6. Bake for 25-30 mins or until golden. Serve with chutney.

SAVIOURY MINCE

Ingredients

- 1 lb lean ground beef, raw 93% lean/ 7% Fat
- 7 cups frozen hash brown potatoes I use Ore Ida
- 1 ½ cups corn fresh or canned
- 1 ½ tbsp vegetable oil
- 2-3 tsp Lawry's Seasoned Salt or your favorite all purpose seasoning blend works
- Salt & Pepper to taste
- Cooking Spray



Method

1. In a large skillet over medium-high heat brown the ground beef.
2. Generously season the beef with salt and pepper while the meat is cooking. When cooked thoroughly remove from heat and set aside in a separate dish. In the
3. same skillet, add vegetable oil and hash brown potatoes. (I also spray a bit of cooking spray on top of the potatoes)
4. Cook on medium high-heat until the potatoes are lightly crispy and cooked through- about 10 minutes.
5. Sprinkle season salt and pepper onto the potatoes and add corn. Cook for a couple minutes until corn is warm. Add ground beef back into skillet and mix thoroughly. Salt & Pepper to taste. Top with some cheddar, optional. Enjoy!

Corned Beef Chilli

400g Corned Beef

- 1 tbsp sunflower oil
- 1 onion, peeled and diced
- 1 large garlic clove, crushed
- 1 tsp ground cumin

Chilli to taste

400g can chopped tomatoes

1 tbsp tomato purée

½ beef stock cube made up with 150ml boiling water

salt and freshly ground black pepper

400g can red kidney beans, drained and rinsed



Method

1. Heat the oil in a large, heavy-based saucepan and fry the onion and garlic until softened. Add the chilli and cumin, cook for a further minute.
2. Add the tomatoes, tomato purée, and stock, season with salt and pepper. Bring to a simmer, loosely cover with a lid and cook over a gentle heat for about 10 minutes, stirring occasionally.
3. Cube the Corned Beef and add to the tomato sauce with the kidney beans and fresh coriander. Cook for a further 10 minutes, uncovered, before removing from the heat.
4. This is ideal served with a dollop of Greek yogurt and rice, crusty bread or jacket potatoes and a green salad.

Leftover chicken and sweetcorn noodle soup

Ingredients

1 roast chicken carcass and skin, broken up into pieces

2 garlic cloves, grated

5cm/2in piece ginger, peeled and grated

2 tsp reduced salt soy sauce

1 red chilli, seeds removed, roughly chopped

Method

1. Put the chicken carcass in a large saucepan and cover with 2 litres/3½ pints of cold water.
2. Add the garlic, ginger, soy and half the chilli to the pan and bring to the boil. Turn the heat down and simmer for 30 minutes until the liquid has reduced by half.
3. Strain the liquid into a clean saucepan and return to the boil. Add the egg noodles and sweetcorn and simmer for 2 minutes, until heated through.
4. Stir in the lime juice, remaining chilli and coriander and serve straightaway.

Easy noodle soup



Ingredients

500ml low salt vegetable stock (from a cube is fine)

small piece fresh root ginger, grated

1 garlic clove, grated

2 tsp soy sauce and 2 tsp [sugar](#)

85g leftover cooked [chicken](#), shredded

handful mixed vegetables (try beansprouts, sweetcorn, sliced carrot and mangetout)

150g pack straight-to-wok noodles (or use 85g/3oz dried, cooked according to

Method

1. Put stock, ginger, garlic, soy sauce and sugar in a saucepan, then heat. Simmer for 5 mins. Take off the heat, pour into a microwave-safe bowl, then cool. Throw in chicken and veg, cover, then chill for up to a day.
2. When ready to eat, remove from fridge, then add the cooked noodles. Microwave on High for 2 mins, stir, then cook for 1 min more or until piping hot. Divide between two bowls or mugs, sprinkle with spring onions and add the lime juice.

Ham, Cherry Tomato and Cheddar Frittata

1 x 325g can **Princes Cured Ham**, chopped
2 tbsp sunflower oil
1 bunch spring onions, finely chopped
300g cooked new potatoes, chopped into chunks
8 cherry tomatoes, halved
6 eggs
3 tbsp milk
2 tsp dried mixed herbs
50g mature Cheddar cheese, grated



Method

1. Preheat the grill. Set aside about one-third of the Princes Cured Ham.
2. Heat the sunflower oil in a nonstick frying pan measuring about 30cm in diameter. Add the spring onions and potatoes and cook on the hob for 4-5 minutes, stirring often. Add the cherry tomatoes and the larger portion of ham.
3. Beat the eggs and milk together. Add the dried herbs and season with a little salt and black pepper, then pour into the frying pan. Cook over a medium-low heat for 4-5 minutes to set the base, then sprinkle the cheese on top.
4. Transfer to the grill to set the surface for about 4-5 minutes. Remove from the heat and sprinkle the reserved ham on top and place back under the grill for 2-3 minutes. Cool for 5-10 minutes, (the frittata will be easier to slice). Serve, garnished with salad leaves.

Cheese sauce

Ingredients

25g/1oz butter

25g/1oz plain flour

Method

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1–2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.

Sweet and sour sauce

125g/4oz canned pineapple, in natural juice, juice reserved

Half an onion

3 tbsp freshly squeezed lime or lemon juice or vinegar

light soy sauce

splash of Shaoxing rice wine or dry sherry (optional)

Method

Fish

Tuna Bolognese

- 1 x can Princes Tuna Chunks in Spring Water
- 175g penne pasta
- 1 tsp olive oil
- 1 red pepper, diced
- 1/2 x 430g jar tomato and vegetable passata sauce
- 1 tsp balsamic vinegar
- 1/4 tsp dried oregano
- few fresh basil leaves



Method

- 1 Cook the pasta in unsalted water, for a few minutes less than the time it says on the pack
- 2 Meanwhile, heat the oil in a large frying pan or sauté pan and fry the red pepper for a couple of minutes
- 3 Pour in the pasta sauce and a few spoonfuls of water. Add the balsamic vinegar and oregano, stir and simmer for about 4 minutes
- 4 When the pasta is ready (it should be almost cooked but not quite), drain it and add it to the sauce in the pan. Stir well and let it heat through for a minute then add the tuna and stir again
- 5 Divide between two bowls and scatter over the basil leaves. Serve with Parmesan

Lime and Chilli Mackerel Sizzle with Noodles

1 can Princes Mackerel Zesty Lime and Chilli

100g medium egg noodles

½ tsp vegetable oil

2 spring onions

3 or 4 baby sweetcorn

¼ red pepper

¼ green pepper



Method

1. Cook the noodles for 5 minutes then drain.
2. Meanwhile, chop the spring onion, baby corn and red and green pepper into medium sized pieces.
3. Heat the oil in a frying pan and stir-fry the vegetables for 2 minutes then tip in the noodles and mix together. Place the vegetable noodles onto a warm plate.
4. Add the mackerel to the pan, pour over the marinade and sizzle for one and a half minutes on each side.
5. Top the noodles with the mackerel and spoon over the hot sauce.

Salmon Fishcakes

3 eggs
213g can **Red Salmon**
20g butter
6 spring onions, finely chopped
500g ready-made mashed potato
1 tsp finely grated lemon zest
1 tbsp chopped fresh parsley
4 tbsp plain flour
150g dried breadcrumbs
Salt and freshly ground black pepper



Method

1. Hard-boil 2 of the eggs for 12 minutes. While they are cooking, drain the can of salmon and flake the fish into large chunks. Set aside.
2. Melt the butter in a frying pan and gently fry the spring onions for 3-4 minutes. Mix them into the mashed potato with the lemon zest and parsley.
3. Cool the eggs in cold water, then shell and chop them. Add them to the potato mixture with the salmon chunks and combine together. Season with salt and pepper, then shape the mixture into 4 large or 8 small fish cakes.
4. Beat the remaining egg in a shallow bowl with 2 tbsp cold water. Put the flour and breadcrumbs onto separate large plates. Lightly coat the fish cakes in flour, then dip them into the beaten egg and coat in the breadcrumbs. Chill for 10 minutes.
5. Heat the sunflower oil in a frying pan and shallow fry the fish cakes for 3-4 minutes on each side. Serve with mixed salad leaves and cherry tomatoes.

Mackerel Baked with Potatoes and Onions

1x 125g can **Mackerel Fillets in Sunflower Oil**

3 medium potatoes, peeled and thinly sliced into rounds

2 red onions, thinly sliced into rounds

½ cup vegetable stock

4 bay leaves

Salt and pepper

Butter for greasing

2 tablespoons olive oil

2 tablespoons of flat leaf parsley chopped



Method

1. Preheat oven to 200°C/Gas 6.
2. Grease a large baking dish with butter.
3. Layer half the potatoes on the bottom of the dish to cover and season well.
4. Scatter the onions over the potatoes.
5. Drain the oil from the mackerel fillets and place on top of the onions
6. Pour the vegetable stock over the fish and potatoes mix and scatter the bay leaves on.
7. Place the rest of the potatoes on top of the mackerel and season well again, then drizzle with the olive oil.
8. Cover with foil and bake in the hot oven for about 40 minutes or until the potatoes are tender then remove the foil and bake for another 20 minutes until the top is golden.

Tuna and Sweetcorn Burgers

145g can **Tuna Chunks in Spring Water**
15g butter
4 spring onions, finely chopped
400g cold mashed potato
100g sweetcorn, thawed if frozen
1tbsp chopped fresh chives or parsley
Salt and freshly ground black pepper
Plain flour, for dusting
1 egg, beaten
Vegetable oil, for frying
4 seeded burger buns, split through the middle



Method

1. Drain the can of Princes Tuna Chunks and tip onto a plate. Break into chunks and set aside.
2. Melt the butter in a frying pan and gently fry the spring onions for 2-3 minutes. Cool slightly, then mix into the potato with the sweetcorn and chives or parsley.
3. Add the tuna, season with salt and pepper and mix together. Form into 4 burgers and coat them lightly in plain flour.
4. Beat the egg in a shallow bowl. Dip the burgers in the egg and coat them in the flour once more. Chill until ready to cook.
5. Heat the vegetable oil in a large frying pan and shallow fry the burgers for 3-4 minutes per side, until golden brown. Drain on kitchen paper.
6. Toast or chargrill the cut sides of the burger buns, then add the tuna burgers

Medium Red Salmon Risotto

- 1 x 213g tin **Red Salmon**, drained and broken into chunks
- 1 small Onion, finely diced
- 2tsp Olive Oil
- 1 clove Garlic, crushed
- 100g Risotto Rice
- 50ml White Wine
- 50g Petits Pois
- A handful Flat Leaf Parsley, chopped
- 1 tbs Parmesan Cheese, finely grated
- 1 Vegetable Stock Cube, made up to 1 litre stock with boiling water



Method

1. Make up the stock and keep warm.
2. In a deep saucepan, gently fry the onion in the olive oil for 3-5 minutes until soft then stir in the garlic and risotto rice. Stir thoroughly so the rice is coated in the oil.
3. Pour in the wine and cook while stirring for another 2-3 minutes until some of the wine has evaporated.
4. Add a ladleful of hot stock and stir. When the stock is almost all absorbed, add another ladleful and stir again. Keep adding stock bit by bit, until the rice is almost cooked but still a little firm in the middle.
5. Add the petits pois and heat through for another couple of minutes. When the rice is cooked and the peas are heated through, add the parsley, cheese, butter and black pepper and stir vigorously.
6. Turn off the heat, add the salmon chunks, stir once and allow to warm through for a minute, then serve. Great with a mixed salad.

Mackerel Curried Pilau Rice

125g cans Mackerel in Spicy Tomato Sauce

10g butter

1 small onion, finely chopped

1tsp ground turmeric

1/2tsp ground coriander

1/2tsp ground cumin

100g frozen peas, thawed

2x250g packs microwaveable basmati rice

2tbsp chopped fresh coriander or parsley



1. tip the cans of Mackerel in Spicy Tomato Sauce onto a plate. Break the fish into chunks and set aside.
2. Heat the butter in a large frying pan and gently fry the onion for 5-6 minutes until soft and golden. Stir in the turmeric, ground coriander and cumin and cook for a few seconds. Add the peas and cook over a low heat for 2 minutes.
3. At the same time, microwave the rice according to pack instructions. Tip the contents into the frying pan. Add the mackerel chunks and coriander or parsley and stir gently to combine. Season with salt and pepper.
4. Share the rice mixture between 2 plates. Serve.

Desserts and sweet things

Berries with Vanilla Custard



Ingredients

- 1 cup half-and-half cream
- 2 large egg yolks
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- 2 cups fresh berries

Method

Transfer to a bowl; stir in vanilla. Refrigerate, covered, until cold. Serve over fresh berries.

Nutrition Facts

1/2 cup berries with 1/4 cup sauce: 166 calories, 9g fat (5g saturated fat), 132mg cholesterol, 34mg sodium, 16g carbohydrate (11g sugars, 4g fiber), 4g protein. **Diabetic Exchanges:** 1-1/2 fat, 1/2 starch, 1/2 fruit.

Fruit crumble

Ingredients

1 tin of fruit for example peaches

50g Margarine

50g sugar

100g flour plain or self raising

Method

1. Empty tin of fruit into an oven proof dish
2. Place the other ingredients into a clean bowl and rub the margarine into the flour and sugar using your finger tips.
3. When mixed this should look like fine breadcrumbs
4. Cover fruit and place in oven at 180 degrees for 20 to 25 minutes until golden brown.
5. Once cooked remove from oven . Can be eaten hot or cold

Pineapple Cupcakes

Ingredients For the cupcakes:

50ml Princes Pure Pineapple Juice 1

large egg

50g caster sugar

75g self-raising flour



For the glaze: 10ml Princes Pure Pineapple Juice

Method

1. In a jug, beat together the juice and egg.
2. In a bowl, mix the caster sugar and flour together then beat in the juice mix.
3. Line a cupcake tin with 8 paper cases then divide the mixture between them.
4. Bake in the oven at 190c for approx.15 minutes then cool on a wire rack.
5. Once the cupcakes have cooled, make the glaze: sift the icing sugar into a small bowl, then gradually stir in the pineapple juice, bit by bit to make a smooth glaze. Spoon a little over each cake and leave to set.

Banana Mayo Muffins

INGREDIENTS

- 2 Very ripe bananas mashed
- 150G caster sugar
- 150G mayonnaise
- 2 large eggs
- 1 TSP vanilla extract
- 260G self-raising flour
- 1 TSP baking powder
- 1/2 TSP bicarbonate of soda
- 12 dried banana chips to decorate



Method

1. Place 12 paper baking cases in a muffin tin and preheat the oven to 190C/170C fan.
2. Mix the mashed banana with sugar, mayonnaise, vanilla and eggs and beat into a smooth mixture. Gently fold in the flour, bicarbonate of soda and baking powder to form a thick batter. Divide the mixture between the cases, topping each with a banana chip.
3. Bake in the centre of the oven for 20-25 minutes, until a skewer inserted in the centre comes out clean
4. Transfer to a baking rack to cool before serving.

Halloween pumpkin cake

Ingredients

For the cake

300g self-raising flour

300g light muscovado sugar

3 tsp mixed spice

2 tsp bicarbonate of soda

175g sultanas ½ tsp salt

4 eggs, beaten

200g butter, melted



Method

1. Heat oven to 180C/fan 160C/gas 4.
2. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment.
3. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine.
4. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined.

To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 minutes then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.

Blueberry muffins

Ingredients:

- 2 cups all-purpose flour, spooned and levelled
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 3/4 cup granulated sugar
- 1/2 cup (1 stick) unsalted butter, melted and cooled
- 1/2 cup whole milk
- 2 large eggs

Method

1 1/2 cups blueberries

1. Preheat oven to 375° F. Line 12 muffin cups with paper liners, or coat with non-stick cooking spray.
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. In a medium bowl, whisk together the granulated sugar, butter, milk, and eggs. Add to the flour mixture and stir. Fold in the blueberries (be careful not to over-mix).
4. Divide the batter among the prepared muffin cups and sprinkle with the turbine sugar. Bake for 20 to 25 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.
5. Let cool in the pan for 5 minutes. Transfer to a wire rack to cool completely, or serve warm. Makes 12 muffins.



Vegan brownies

Ingredients

- 2 tbsp ground flaxseed
- 200g dark chocolate, roughly chopped
- ½ tsp coffee granule
- 60 ml vegetable oil, plus extra for greasing
- 125g self-raising flour
- ground almonds 70g
- 50g cocoa powder



Method

1. Heat oven to 170C/150C fan/gas 3½. Grease and line a 20cm square tin with baking parchment. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins.
2. In a saucepan, melt 120g chocolate, the coffee and oil with 60ml water on a low heat. Allow to cool slightly.
3. Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.

Rhubarb Crumble

25g butter
3 pears, cored and halved
500g rhubarb, cut into chunks
2 tbsp soft light brown sugar
½ tsp ground cinnamon
¼ tsp ground cloves
vanilla ice cream or double cream, to serve
For the crumble topping
50g roasted hazelnut
50g cold butter, diced
85g self-raising flour
1 tsp ground cinnamon
50g demerara sugar



Method

1. Melt the butter in a pan, then add the pears, rhubarb, sugar, cinnamon and cloves, and cook over a low heat for 10-12 mins or until just tender.
2. Divide the rhubarb between 4 ovenproof dishes (or use 1 large dish) and set aside.
3. Heat oven to 200C/180C fan/gas 6.
4. To make the crumble topping, tip all the ingredients into a food processor and pulse to crumbs.
5. Sprinkle the topping over the fruit filling, then bake for 30 mins or until golden brown on top. Serve with vanilla ice cream or double cream.

PINAPPLE UPSIDE-DOWN CAKE

Ingredients

425g tin pineapple rings in juice (drained weight 250g)

4 tbsp soft light brown sugar

235g/8oz unsalted butter, softened, plus extra for greasing

175g/6oz caster sugar

3 free-range eggs, beaten

½ tsp vanilla bean paste



Method

1. Preheat the oven to 180C/170C Fan/Gas 4. Butter the sides of a deep 20cm/8in cake tin.
2. Drain the pineapple slices and leave to dry on kitchen paper. Put the soft brown sugar and 60g/2oz of the butter in a small frying pan and melt over a medium heat. Spoon into the prepared cake tin. Cut seven of the pineapple rings in half to make semi-circles and arrange around the tin – you may only need six of the rings depending on how tightly you pack the slices. Place the remaining whole ring in the middle of the tin.
3. Cream the remaining 175g/6oz butter and the caster sugar together until pale and light. Gradually add the eggs, mixing well between each addition. Add the vanilla and mix again.
4. Sift the flour, baking powder and salt into the bowl, add the milk and mix until smooth. Carefully spoon over the pineapple slices and spread level.
5. Bake for 30 minutes, or until risen, golden brown and a skewer inserted into the middle of the cake comes out clean.
6. Leave the cake to cool in the tin for 1 minute and then carefully turn out onto a serving plate and leave to cool. This cake is best served slightly warm

Vegan banana bread

3 large black bananas

75ml vegetable oil or sunflower oil, plus extra for the tin

100g brown sugar

225g plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp)

3 heaped tsp baking powder



Method

1. Heat oven to 200C/180C fan/gas 6.
2. Mash 3 large black peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.
3. Add 225g plain flour, 3 heaped tsp baking powder and 3 tsp cinnamon or mixed spice, and combine well.
4. Add 50g dried fruit or nuts, if using. Bake in an oiled, lined 2lb loaf tin for 20 minutes.
5. Check and cover with foil if the cake is browning.
6. Bake for another 20 minutes, or until a skewer comes out clean.
7. Allow to cool a little before slicing. It's delicious freshly baked, but develops a lovely gooey quality the day after.

Lemon cake



Ingredients

250g vegan margarine

200g sugar

2 tsp vanilla sugar

30g soya flour

1/2 tsp xanthan gum

200ml warm water including juice of 2 lemons

Finely grated zest of 2 lemons

Icing

150g icing sugar

3 tbsp lemon juice

2 tsp lemon zest

Method

1. Preheat oven to 170 degrees, line a 30cm cake loaf tin and lightly grease.
2. Place vegan margarine, sugar and vanilla sugar, soya flour, lemon zest and xanthan gum into a mixing bowl. Combine on low speed.
3. Top up the lemon juice with warm water to 200ml in total. Let liquid drizzle into mixture beating on medium speed for 3-4 minutes until creamy.
4. Sift flour, corn flour and baking powder and fold under mixture with a spatula.

Fill with loaf tin cake mixture and bake for 65-70 minutes.

Icing

Mix the icing sugar with zest and lemon juice. Spread over cake.

Peachy Bread and Butter Pudding

410g can Peach Slices with Juice

25g butter, softened

6 slices fruit bread

2 eggs

400ml milk

1tsp vanilla extract



Method

1. Drain the can of Princes Peach Slices. Cover and set aside.
2. Grease a 1.2 litre baking dish with a little butter. Spread the remaining butter onto the fruit bread, then cut each slice in half. Arrange in the dish.
3. Beat the eggs, milk and vanilla extract together. Stir in the sugar, allowing a few minutes for it to dissolve. Pour the mixture over the fruit bread, then cover and leave to soak for at least 20 minutes.
4. Preheat the oven to 180°C, fan oven 160°C, Gas Mark 4.
5. Uncover the pudding and tuck in the peach slices. Bake for 30-35 minutes, until puffed up and golden brown. Serve.

Top tip

Make a pineapple and banana version by using a 227g can Pineapple Chunks with Juice (drained) and 1 sliced banana, instead of the peaches.

Flapjack

Ingredients

175g/6oz butter

175g/6oz golden syrup

175g/6oz muscovado sugar

350g/12oz porridge oats



Recipe Tips

You can also pour some melted dark chocolate over the cooked flapjacks and then leave them to set before eating.

Method

1. Preheat the oven to 150C/130C Fan/Gas 2 and line a 20cm/8in square baking tin with baking paper.
2. Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.
3. Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.
4. Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out onto a chopping board and cut into squares.
5. These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast.

Vegetarian

Hoops Sweetcorn Fritters

Ingredients

400g Tinned Hoops

250g Tinned sweetcorn

2 spring onions finely sliced

35g Self raising flour



METHOD

1. Strain the Hoops through a sieve, reserving the sauce.
2. In a medium sized bowl combine the sweetcorn, spring onions, flour and eggs and mix well to combine. Add the hoops (keeping the sauce until later) and season with salt and pepper.
3. Lightly spray a non-stick frying pan over a medium heat. Add spoonfuls of the mixture to the pan, a few at a time, and sauté for a couple of minutes on either side or until golden and cooked through
4. Transfer to an oven to keep warm while you cook the rest. This will make 4-6 large sized fritters, or 8-10 mini ones.

Mango, Chickpea and Quinoa Salad

1 x 432g can Princes Mango Slices with Juice

400g can chickpeas, drained and rinsed

1/2tsp cumin seeds

1/2tsp ground turmeric

80g whole almonds

250g pack pre-cooked red & white quinoa

1 small red onion, finely sliced



Method

1. Drain the can of mango and chop the slices into chunks. Set aside.
2. Tip the chickpeas into a large frying pan and dry-fry for 2 minutes. Add the cumin seeds, turmeric and almonds and continue to dry-fry for another 2-3 minutes to toast the chickpeas and almonds slightly. Remove from the heat.
3. Prepare the quinoa according to pack instructions. (This is best if heated in a saucepan with a little water for 1-2 minutes). Drain and combine with the chickpea mixture. Cool completely.
4. Meanwhile, put the onion into a bowl with the olive oil and vinegar. Season with salt and pepper.
5. Arrange handfuls of spinach onto 4 serving plates. Stir the mango pieces and onion mixture through the chickpeas and quinoa, then share between the plates. Serve at once.

Chickpea curry

For the paste

2 tbsp oil

1 onion, diced

1 tsp fresh or dried chilli, to taste

9 garlic cloves (approx 1 small bulb of garlic)

thumb-sized piece ginger, peeled

1 tbsp ground coriander

2 tbsp ground cumin

1 tbsp garam masala

2 tbsp tomato purée

For the curry



Method

1. To make the paste, heat a little of the 2 tbsp oil in a **frying pan**, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.
2. In a **food processor**, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.
3. Cook the paste in a medium **saucepan** for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.
4. Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.
5. Add 100g creamed coconut with a little water, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilt-

Satay Sweet Potato Curry

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 garlic cloves, grated
- thumb-sized piece ginger, grated
- 3 tbsp Thai red curry paste (check the label to make sure it's vegetarian/ vegan)
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml can coconut milk



Method

Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.

Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

Falafel burgers

Ingredients:

400g can chickpea, rinsed and drained

1 small red onion, roughly chopped

1 garlic clove, chopped

handful of flat-leaf parsley or curly parsley

1 tsp ground cumin

1 tsp ground coriander

1/2 tsp harissa paste or chilli powder

2 tbsp plain flour



Method:

1. Drain a 400g can chickpeas and pat dry with kitchen paper.
2. Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove, handful of flat-leaf parsley, 1 tsp ground cumin, 1 tsp ground coriander, ½ tsp harissa paste or chilli powder, 2 tbsp plain flour and a little salt.
3. Blend until fairly smooth, then shape into four patties with your hands.
4. Heat 2 tbsp sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
5. Serve with toasted pitta bread, 200g tub tomato salsa and a green salad.

Tomato sauce

Ingredients

2 tbsp oil, ideally olive oil

1 onion, finely chopped

1 garlic clove, finely grated or crushed

Method

1. Heat the oil in a frying pan and fry the onion over a low heat for 5 minutes, stirring regularly with a wooden spoon. Add the garlic and cook for a few seconds more.
2. Add the tomatoes, herbs and sugar and cook for 5 minutes, stirring regularly.

Recipe Tips

You can vary this pasta sauce so to suit your taste. For a spicy pasta sauce, add 1–2 pinches of dried chilli flakes with the tomatoes.

For a creamy tomato sauce, stir in 2–3 tablespoons of single or double cream, crème fraîche, soft cheese or mascarpone at the end of the cooking time and heat through gently.

For a meaty flavour, fry chopped bacon, chorizo, salami or ham when cooking the onion. Or add at the end if you need to keep some of the sauce vegetarian.

This tomato sauce can be kept in the fridge for a week, or frozen for up to 2 months.

Useful websites for more recipes and information on eating on a low budget.

<https://www.lovecannedfood.com/recipes/>

<https://www.princes.co.uk/>

<https://www.recycledevon.org/love-food-hate-waste/Have-your-food-and-eat-it-Recipe-Book.html?page=52>

<https://www.nhs.uk/change4life/recipes/>

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/budget.html?limitstart=0>