

Food Parcel contents for 5 days

1 x Jacket Potato	50g Dried Pasta	125g Grated Cheese	2 x Eggs	200ml Passata
1 x Pepper	1 x Onion	200g Carrots	4 x Tomato	½ Cucumber
Mushrooms	60g Bread Mix	2 x Wholemeal Bread	200g Baked Beans	5x Pieces of Fruit
5 x Biscuits				

- Grated Cheese - Please keep refrigerated until required
- Baked Beans once opened – please store in a plastic lidded container for a maximum of 3 days



Filled Jacket Potato

Ingredients

- 1 x Jacket Potato
- 100g Baked Beans (from allocation)
- 50g Grated Cheese

Method

1. Wash the jacket potato and using a fork prick it 3 or 4 times
2. Pre – heat the oven to 180 degrees C
3. Place the potato on an oven proof dish in the oven. It takes approximately 45 minutes to 1 hour to cook
4. The potato should be cooked when inserting a fork into the **potato** (it's done if the fork goes in easily) or give the **potato** a quick squeeze (they will give easily if they're done).
5. Carefully remove from the oven and, as soon as you can handle them, slice them down the middle. Then place your forefingers and thumbs on the bottom corners (as much as potatoes have corners) and squeeze toward the centre. This “fluffs” the insides and keeps moisture from getting trapped inside the skin as the potatoes begin to cool.
6. Heat the portion of baked beans either in a pan on the stove or in the microwave and put on the cooked jacket potato
7. Serve immediately with a side salad of grated carrot, chopped tomato, and chopped cucumber



Baked Beans on Toast

Ingredients

- 2 x Thick Sliced Bread
- 100g Baked Beans (from allocation)

Method

1. Toast the 2 slices of bread
2. Re-heat the portion of baked beans either in a pan on the stove or in the microwave and pour over the toast



Filled Omelette

Ingredients

- Eggs x 2
- Grated cheese x 25g
- Fresh Pepper x ¼ - chopped
- Mushroom x 2 – slice/chop
- Salt & Pepper to taste

Method

1. Chop or slice the vegetables into small pieces. Using a frying pan put over a medium heat adding a small amount of oil
2. Cook the vegetables until they are tender but not brown
3. Break the eggs in a bowl

4. Lightly beat the eggs and add seasoning if applicable
5. Add the cooked vegetables to the egg mix
6. Put the pan back on the medium heat with a little oil and ensure it is hot (the mix should sizzle when poured into the pan)
7. Pour into the frying pan the egg/vegetable mix and using a fork gently stir the mix until it becomes more solid, leave for a few minutes for the base to cook
8. Using a spatula loosen the edges, sprinkle with the cheese, and fold the omelette over to melt
9. Serve immediately with a side salad of grated carrot, chopped tomato, and chopped cucumber

Multi Use Tomato Sauce (for Pizza & Pasta Dishes)

Ingredients

Passata 200ml, Pepper ½, Onion ½

Method

1. Peel the onion and cut up and dice the pepper dice into small pieces
2. Using a pan put a little oil and cook vegetables until tender and add the passata to the pan and simmer for 20 minutes
3. Leave to cool, then either mash with a potato masher for a smooth consistency or leave chunky
4. Use for pizza topping or for pasta



Cheese Tomato & Mushroom Pizza

Ingredients

60g of bread mix, Cold water 60ml, 100ml Multi Use Tomato Sauce
Mushrooms, Grated Cheese 25g

Method

1. Make the bread dough mix
2. Add 60ml of cold water to the dry dough mix & mix to form a dough
3. Pull the bread dough into a circle using your fingers.
4. Place the dough on a lightly greased baking tray
5. Spoon 100 ml of the multi-use tomato sauce over the dough and spread evenly out.
6. Slice the mushrooms and sprinkle on the pizza base
7. Sprinkle the cheese evenly over the top of the pizza base
8. Put in a hot oven (180 degrees C) for approx. 8-12 minutes or until the cheese has melted and the base is cooked
9. Serve with a side salad of grated carrot, chopped tomato, and chopped cucumber



Cheese and Tomato Pasta

Ingredients

60g Dried pasta, Cold water 100ml, Multi Use Tomato Sauce
Grated Cheese 25g

Method

1. Put a pan of water onto the stove and bring to the boil. There should be enough water in the pan to cover the pasta once added.
2. Once the water is boiling - add the pasta and cook for approximately 15 minutes until tender. Drain pasta
3. Whilst the pasta is cooking place multi-use sauce in a pan, reheat thoroughly on the stove or place in a microwave dish and reheat
4. Once the pasta is cooked, drain and mix the reheated sauce into the pasta
5. Place on a plate and sprinkle with the grated cheese
6. Serve with a side salad of grated carrot, chopped tomato, and chopped cucumber