

Recipe Book



Vegetable Pie

Ingredients

- 5 large potatoes/ 20 ounce box of instant mash potato (8 serving sizes)
- 3 x 400g tins of vegetables
- Vegetable stock cube
- Salt
- Pepper
- 2 teaspoons of garlic powder
- 400ml boiling water

Method

- Preheat oven to gas mark 7. Mix the stock cube with hot water.
- Peel and boil potatoes until soft and mash them, or cook the instant mash according to the instructions on the back of the packet.
- Drain the tinned vegetables and boil them for 5 minutes in the stock cube water, adding garlic powder, salt and pepper.
- Transfer the vegetables to a pie or casserole dish (or dish with similar measurements).
- Spread the mash evenly on top of rest of ingredients and bake in the oven for 20-30 mins (or until potatoes has browned).

Tomato Pasta Bake

Ingredients

- 400g of pasta
- 1 x 500g jar of pasta sauce
- 1 x 400g tin of meat/fish
- 2 teaspoons of garlic powder
- Salt
- Pepper
- Grated cheese (optional)
- 1 white onion/ frozen onion

Method

- Add pasta to salted water and boil until soft.
- If adding onion, fry with oil until golden.
- Add pasta (and onions if available) into a large dish and mix together with a jar of sauce or homemade tomato sauce, salt, pepper and garlic powder.
- Bake in oven on gas mark 6 for 15 mins.
- Add grated cheese (optional) then bake for extra 5 mins or until cheese has melted.

Chicken/Vegetable Stir-Fry

Ingredients

- 360g of any noodles (or 4 servings of boiled rice)
- 3-4 chicken breast fillets/ 2X 300-400g tins of meat or fish
- 1 vegetable/chicken stock cube
- 300ml of boiled water
- 1 white or red onion/ frozen onion
- ½ tin of sweetcorn
- ½ bag of frozen stir fry vegetables/ tin of vegetables

Method

- Cut up and fry chicken until cooked right through, or prepare and reheat the tinned meat/fish if needed. If using tinned vegetables, reheat for 5 minutes and drain.
- Chop the onion into small pieces and add to frying pan/wok with cooking oil along with the sweetcorn and other vegetables. Fry until golden and soft.
- Add stock cube to 300 ml of boiled water and stir until fully dissolved. Add to a pan with the noodles and boil until soft and separated.
- Drain most of the liquid from the noodles before adding them to a pan with the veg and add the pre-cooked chicken.
- Leave pan on low heat and stir for 2-3 minutes until stock water has mixed fully with ingredients

Tortilla Wrap Pizza

Use bread/small rolls/French bread for pizza base. Ideal for using up stale bread

Ingredients

- Tortilla Wraps (1 or 2 per person)
- 200g Grated Cheese
- 4 tablespoons of Tomato Puree
- Sliced tinned or frozen vegetables of choice

Method

- Preheat the oven to 180°C/Gas Mark 4.
- Boil and slice the vegetables.
- Line a baking tray with foil or non-stick greaseproof paper.
- Place a tortilla wrap on the baking tray and spread ½ a tablespoon of tomato puree around the wrap leaving a gap around the edge.
- Add the toppings of your choice.
- Sprinkle with grated cheese to cover the toppings.
- Bake in the oven for approx. 5 mins until the cheese has melted and the edges of the wrap are brown.

Cheese and Broccoli Pasta Bake

Ingredients

- 200g penne pasta
- 280g frozen broccoli
- 25g butter
- 25g plain flour
- 300g milk
- 1tsp wholegrain mustard (optional)
- 140g grated cheese
- Salt
- Pepper

Method

- Cook the pasta and add the broccoli in for the final 4-5 minutes. Cook broccoli until tender.
- Drain the pasta, and then pre-heat the oven/grill.
- Heat butter in a saucepan until its melted, then stir in the flour. Stir until you have reached a paste like consistency.
- Gradually add the milk, whilst stirring each time.
- Bring to the boil, stirring, and then simmer for 2 minutes. Then stir in half the cheese (mustard if available), salt and pepper.
- Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish.
- Scatter the remaining cheese and place under a hot grill for 3-4 minutes until golden and bubbling.

Chickpea Curry

Ingredients

- 2 tablespoons oil
- 2 x 400g tinned chickpeas
- Ginger
- 1 tin 400g chopped tomatoes
- 1 diced onion
- 1 can coconut milk
- 1 teaspoon garlic powder
- 1 teaspoon curry powder
- 1 x 400g jar of curry sauce)

Method

- Heat 1 tablespoons of oil in a frying pan then add 1 diced onion. Cook until brown.
- Combine the remaining oil, the remaining paste ingredients and the fried onions and blend to a smooth paste. Add water or more oil if needed.
- Cook the paste in a medium saucepan for 2 minutes over a medium- high heat, stirring occasionally so it doesn't stick.
- Tip in 2X 400g cans drained chickpeas and 1X 400g can chopped tomatoes and simmer for 5 minutes until reduced down.
- Add a tin of coconut milk, mix and cook for 5 more minutes.

Eggy Bread

Optional: can be served with bacon or fruit

Ingredients

- 2 medium eggs
- 1 tablespoons milk
- 2 slices white or brown bread
- 1 tablespoons butter

Method

- Lightly beat the egg in a shallow bowl along with the milk. Season with salt and black pepper.
- Dip each slice of bread into the egg mixture, making sure that it has soaked up all of the liquid. Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 minute or until golden brown.

Spaghetti Bolognaise

Ingredients

- 1X 300-400g tin of meat (mince if available)
- 2X 400g tins of vegetables
- 2 x 400g tins of chopped tomatoes
- 400g of dried spaghetti
- 400ml of stock
- Salt
- Pepper
- Oil

Method

- Cook the tinned mince in a frying pan and then set aside for later use.
- Boil the tinned vegetables and drain before putting them back into the saucepan along with the cooked mince.
- Add the tinned tomatoes to the saucepan and stir well, adding the salt, pepper, onion powder and garlic powder.
- Pour in the stock cube water and allow it to come to a simmer while reducing the temperature.
- Boil the spaghetti in a large saucepan of salted water. Once cooked, drain and add to the saucepan with the previous ingredients and mix well.

Ham Omelette

Ingredients

- 1 tablespoon of butter
- 3 eggs
- 3 tablespoons of water
- Salt
- Pepper
- Ham - cooked
- Any grated cheese of your choice

Method

- In a frying pan, melt butter over a medium-high heat.
- Whisk together the eggs, water, salt and pepper. Add this mixture to the pan once the pan is heated, the mixture should begin to set at the edges.
- As the eggs begin to set, begin to add the ham and the cheese. Once the ham and the cheese has been added onto one side, fold the other side over the filling.

Egg Fried Rice

Ingredients

- 2 tablespoons of vegetable oil
- 1 chopped onion
- 100g of frozen peas
- 500g of cooked rice
- 2 large eggs, beaten
- 2 tablespoons of soy sauce and sesame oil (optional)
- Salt
- Pepper

Method

- Heat the oil in a wok or a large frying pan until it is at a high temperature, and then begin to add the chopped onions and stir-fry over a high heat for one minute. Then add the peas, cook for a further minute then add the rice and begin to toss.
- In the centre of the rice, create a space to allow the eggs to be added. When the bottom of the eggs begins to set, scramble the eggs then stir the rice through, adding salt and pepper.
- Stir in the soy sauce and sesame oil if available.

Chicken Curry

Ingredients

- 1 chopped onion/ onion powder
- 1 x 400g tin of chopped tomatoes
- 1 x 400ml tin of coconut milk
- Chilli powder (to taste)
- 2 teaspoons of garlic powder
- 1 x 400g jar of curry sauce
- 300g uncooked rice
- 2 chicken breasts/ boneless thighs
- Vegetable options: baby corn, cauliflower, mushrooms, onions, sweet potato, chickpeas

Method

- Finely chop onion and fry until translucent, stirring occasionally (5 minutes)
- Add chili powder and garlic powder.
- Add tin of tomatoes.
- Mash/blend until consistence is smooth.
- Boil rice according to instructions
- Cut chicken/ veg into small pieces.
- Cook chicken separately until cooked through (approx. 10 minutes)
- add chicken/veg to sauce and mix.

Lunch Soup Ideas

Base for all soups-
One whole onion (chopped and fried)
2 cloves of garlic (chopped and fried)
Vegetable stock
Season with Salt and Pepper

Potato and leek

- 1 leek 1 potato per person (Blend)

Vegetable

- 100g parsley
- 100g celery
- 2 chopped carrots
- Chopped potatoes (optional)
- Chicken (optional)
- 1 leek
- 50g lentils
- 50g barley
- (blend if preferred)

Carrot and Lentil

- 2 chopped carrots
- 75g lentils
- Blend

Shepherd's Pie

Ingredients

- 1X 400g tin of mince beef and onion
- 20 ounce box of instant mash potato (8 serving sizes)
- 1X 400g tin of vegetables
- 8 ounce can of beef gravy
- 2 teaspoons of garlic powder
- Salt
- Pepper
- Frylight or any oil spray
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Method

- Preheat oven to 190 degrees Celsius and use oil spray to coat a casserole dish.
- Prepare instant mashed potatoes following box directions.
- Reheat the tinned vegetables in a saucepan for around 5 minutes, adding a small amount of salt and pepper.
- Reheat the tinned mince beef and onion in a separate saucepan, adding ½ can of beef gravy and enough water to get desired thickness, salt, pepper and the garlic powder.
- Add the beef mixture to the casserole dish, then the vegetables and spread evenly. Add the mashed potato on top and spread evenly. Sprinkle some paprika on top.
- Bake for 30 mins and allow to cool before serving with the rest of the gravy if desired.

'Three tin soup'

Ingredients

- 1X 300-400g tin of meat or fish
- 1X 400g tin of vegetables
- 1X 400g tin of chickpeas or bean of choice (e.g. butter beans, kidney beans or mixed beans)
- 250ml of water
- Vegetable stock cube
- Salt
- Pepper

Method

- Mix the water with the stock cube.
- Open the tins and drain off any brine, oil or water. Put all of the tinned ingredients and the stock water into a saucepan on a medium heat. Stir thoroughly and add salt and pepper and any other desired seasonings.
- Bring to the boil, and then turn down the heat until it is just boiling (simmering). Cook until all ingredients are thoroughly cooked.
- Once cooked, the soup can be blended in a food processor, with a potato masher, pressed through a sieve with the back of a spoon or left as it is.

Vegetable Fried Rice

Ingredients

- 300g of uncooked rice
- 1X 400g tin of vegetables
- 1X 400g tin of chickpeas/ bean of choice (e.g. mixed beans)
- Salt
- Pepper
- Frylight or oil spray
- Any other seasonings available, such as garlic powder, onion powder or cajun.
- Soy sauce/ curry sauce (optional)

Method

- Boil 4 servings of rice according to the instructions on the back of the packet.
- Drain and rinse the contents of the tins thoroughly before allowing to boil in water for around 5 minutes.
- Place the cooked rice and the contents of the tins in a saucepan with a few sprays of oil, salt, pepper and any other seasonings available. Mix well.
- Add in a tablespoon of soy sauce or some curry sauce if desired to finish off the meal.

Vegetable Burritos

Ingredients

- 2X 400g tins of vegetables
- 2X 400g tins of beans (e.g. kidney beans, mixed beans)
- 300g of uncooked rice
- 4-8 tortillas
- Salt
- Pepper
- Butter (optional)

Method

- Boil the rice in salted water according to the instructions on the back of the packet.
- Drain and reheat the vegetables and beans in boiling water for around 5 minutes. Once reheated, drain the water, add salt, pepper and any other seasonings desired and mix well.
- Lay out a tortilla and spread rice evenly along the middle of the tortilla in a straight line, followed by vegetables and beans on top.
- Fold in the sides of the tortilla and roll to form a burrito.
- Either the burrito can be served the way it is, or butter can be spread on the outside of the wrap or placed in the pan, where the burrito will then be fried. Turn the burrito regularly to ensure a crispy edge all the way around.

Fish Pie

Ingredients

- 1 sachet of Fish Pie seasoning mix
- 300ml semi skimmed milk
- 1X 145g tin of fish
- 600g mashed potato (instant mash)
- 50g grated cheddar cheese

Method

- Blend the contents of the sachet with the milk in a saucepan, bring to the boil stirring constantly, reduce the heat and simmer for 1 min.
- Drain and add the fish to the sauce and mix well.
- Place the fish sauce mixture in a warm ovenproof pie dish.
- Pile the mashed potato evenly over the fish, sprinkle with grated cheese and place under a preheated grill until the top is golden and bubbling.

Sweet Chilli Chicken Noodles

Ingredients

- 400g noodles
- 4 large sliced chicken breasts
- Sliced peppers
- Sliced onions
- Any other preferred vegetables
- 1 tablespoon of oil
- Sweet chilli sauce

Method

- Add oil to a frying pan and fry sliced chicken until cooked.
- Once chicken is cooked, add any onions, peppers or other vegetables to a low heat until they are softened.
- Meanwhile add noodles to a saucepan of boiling water and let them simmer for 4 minutes.
- Drain the noodles and add into the frying pan.
- Add in desired amount of sweet chilli sauce and mix for 2 minutes to heat the sweet chilli sauce.

Simple Tomato Sauce Recipe

Ingredients

- 1 onion
- 4 celery sticks cut into small pieces (equal amount to the onion)
- 2 large carrots cut up into small pieces (equal amount to the onion)
- 1X 500g carton (or bottle) of tomato passata
- 2X 400g tins chopped tomatoes (or chop yourself)
- Olive oil
- Salt
- Pepper
- Sugar

Method

- Heat up the olive oil and fry the onions until they are translucent (clear).
- Add the celery and carrots and continue to fry on a lower heat until soft enough to place a fork into the carrot.
- Add passata and chopped tomatoes.
- Add salt and pepper to taste.
- Continue to cook until celery and carrots are completely cooked.
- Add between half and 1 teaspoon of sugar to the sauce and keep tasting the sauce until it is to your liking.
- This can be batch cooked (just increase the ingredients) and frozen in portions for the freezer. Serve with cooked pasta (we like spaghetti pasta) and simply serve or add bacon or chicken and top with cheese.

Option 1

Leave the sauce to cool and blitz in a blender to end up with a smooth sauce

Option 2

This is a basic tomato sauce recipe which is tasty in its simplicity, however you can be creative and add herbs such as mixed herbs, basil tarragon and/or oregano, or to make this into a hot Arrabbiata sauce add either chopped chillies, chilli flakes, chilli powder or tabasco sauce.

Stuffed Peppers

Ingredients

- 1 Drizzle of oil
- 1 large onion , chopped
- 2 teaspoons of garlic powder
- 500g beef mince or 500g meat free mince
- 2X 400g tins of chopped tomatoes
- 1 beef/ vegetable stock cube
- 2 tablespoons of tomato ketchup
- 4 peppers (mixed colours are nice)
- 100g grated mozzarella or cheddar

Method

- Heat oven to 200C/180C fan/gas 6 and heat the oil in a large pan. Add the onion and cook for a few mins to soften. Add the garlic and beef, and cook until the meat is browned – break it up with a spoon as it cooks. Add the tomatoes, oregano, stock cube and ketchup. Season well, give everything a good stir and cover with a lid. Simmer for 30 mins.
- Meanwhile, halve the peppers and scoop out the seeds. Place cut-side up in a roasting tin, season and bake for 20 mins.
- When the mince is cooked, divide it between the softened peppers. Return to the oven for 10 mins, sprinkled with cheese.

Jacket Potato

Ingredients

- 2 tsp olive oil
- 4 large baking potatoes
- Any toppings you like e.g. Beans, cheese, tuna

Method

- Heat the oven to 220C/200C fan/gas 7. Rub the olive oil over the potatoes and put on the top shelf of the oven. Bake for 20 mins.
- Turn down the oven to 190C/170C fan/gas 5 and bake for 45 mins-1hour until the skin is crisp and the inside is soft.
- Cut a cross on top of each potato, squeeze the sides, and add your favourite toppings.

Sausage and Tomato Pasta

Ingredients

- 6 frozen sausages
- 2x 400g tins butter beans/ chickpeas
- 1X 400g tin chopped tomatoes/ 500g carton of tomato passata
- 400g pasta
- Onion powder
- 2 teaspoons of garlic powder
- Chilli powder
- Salt
- Pepper
- Oil

Method

- Cook the frozen sausages in the oven until soft and able to cut. Remove from oven and chop into small pieces before frying in oil until golden brown.
- Drain and rinse the butter beans/ chickpeas.
- Stir in the chopped tomatoes, beans/ chickpeas and seasonings with the sauce and bring to the boil. Then, turn the heat down and let it simmer for around 10 minutes.
- Cook the pasta in a pan of boiling, salted water according to the instructions on the back of the packet. -Drain the pasta, before placing it back in the saucepan and adding the sausage sauce, mixing well.

Chicken and Chorizo Pasta

Ingredients

- 400g pasta
- 4 chicken breasts sliced
- 60g feta cheese
- Sweet chilli sauce
- Packet of chorizo slices
- 2 diced red onions
- 1 tablespoon of vegetable oil

Method

- Bring a large pan of salted water to the boil. Cook the pasta according to the packet instructions.
- Meanwhile, heat the vegetable oil in a large frying pan. Fry off the chicken for 5 minutes.
- Add the diced onion to the chicken and fry for another 5 minutes.
- Drain the pasta and keep the starchy water. Add pasta into the frying pan.
- Slice the feta cheese into the pan and add desired amount of sweet chilli sauce.
- Stir in a couple of tablespoons of the starchy water and allow to simmer for 5 minutes.

**Pictures of our recipes
we've made**



Vegetable Pie



Tortilla Wrap Pizza



Chicken/Vegetable Stir Fry



**Cheese and
Broccoli Pasta Bake**



Chickpea Curry



Egg-Fried Rice



Eggy Bread



Sweet Chilli Chicken
Noodles



Stuffed Peppers



Sausage and Tomato
Pasta



Jacket Potato

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