

Pasta bake (4 portions)

Tin of tomato soup

200g Pasta

30g Cheese

Method

1. Preheat oven to 180C fan/gas mark 4.
2. Grease and oven proof dish.
3. Bring a saucepan of water to boil. Add pasta and cook until soft.
4. Drain Pasta and pour into oven proof dish and stir through the tomato soup.
5. Sprinkle the cheese over the top and bake for 20 -25 minutes until golden brown.

You can add tinned tuna or vegetables (cooked) to this at the time when you stir in the tomato sauce.



Cheesy Frittata (4 portions)

4 eggs

100g cheese

1 onion (optional)

Broccoli (optional)

Method

1. Preheat oven to 180/gas mark 4.
2. Grease a round ovenproof tin (16cm).
3. Crack eggs into a bowl and whisk until the yolks are mixed into the white.
4. Add grated cheese to the eggs and a little salt and pepper.
5. Place into the oven for 30 minutes.
6. Served with bread and butter.

You can add vegetables to this but they will need to be cooked at added at the same time as the cheese and cut small.



Vegetable soup (serves 4)

2 potatoes
1 broccoli head
5 carrots
1 onion
1 vegetable stock cube (optional)
Tinned tomatoes

Method

1. Chop all vegetables and place in a saucepan with water (enough to cover the vegetables).
2. Bring to the boil and simmer for 10 minutes until the vegetables are soft.
3. Add tinned tomatoes, stock cube, salt and pepper and simmer for a further 5 minutes.
4. Using a blender, blend it to make it smooth or leave it 'chunky'.
5. Serve with bread and butter.



Pasta salad

100g pasta
2 eggs
1 tin of Tuna
 $\frac{1}{4}$ Cucumber
20g Cheese

Method

1. Bring a pan of water to a rolling boil. Gently add the eggs and cook for 7 minutes.
2. Place the cooked eggs in their shell into cold water.
3. Bring a pan of water to boil and cook the pasta until soft.
4. Drain the pasta and place into a bowl.
5. Add the tinned tuna to the pasta along with the cucumber (sliced or chunked).
6. Remove the shells from the eggs and quarter them.
7. Mix together the pasta and eggs.
8. Serve with grated cheese (optional).



Homemade cheesy wedges

Potatoes

30g Cheese

Oil (olive oil or vegetable oil)

Salt

Method

1. Preheat oven to 180C/gas mark 4
2. Using a knife, cut the potatoes into quarter or chip size wedges.
3. Place them in a saucepan and cover the potatoes with cold water.
4. Place the saucepan on the heat and bring to the boil.
5. Place the wedges into an ovenproof dish and season with salt.
6. Cook for 45 minutes or until golden and crisp.
7. Serve with grated cheese.



Tuna fish cakes (6 portions)

3 potatoes

2 slices of bread (made into breadcrumbs)

1 egg

Tin of tuna, drained

1tbsp of flour

Lemon juice (optional)

Method

1. Preheat the oven to 180C/gas mark 4.
2. Put the potatoes in a saucepan and cover with cold water and bring to the boil. Reduce the heat and simmer for 15 minutes.
3. Drain the potatoes and return them to the pan with butter/margarine, lemon juice, salt and pepper. Mash together until smooth. Stir in the tuna fish and set aside.
4. Put the bread into a food processor and pulse until it crumbs. Put the flour, egg and breadcrumbs in 3 separate bowls.
5. Shape the tuna mixture in 6 fishcakes. Coat each first in flour, then egg, then breadcrumbs.
6. Place on a baking tray and bake for 15 minutes or until golden brown.



Omelette (1 portion)

3 eggs beaten

1 tsp oil

1tsp butter/margarine

30g cheese

Method

1. Beat the eggs with a fork or whisk in a jug.
2. Season the beaten eggs.
3. Heat the oil and butter in a non-stick frying pan until the butter has melted and foaming.
4. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
5. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
6. At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, fresh herbs, sautéed mushrooms or smoked salmon all work well. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve



Eggy bread (1 portion)

2 eggs

2 slices of bread

Method

1. Lightly beat the egg in a shallow bowl. Season with salt and black pepper.
2. Dip each slice of bread into the egg mixture, making sure 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 min or until golden brown.

You can serve this with fruit, cheese or even make a cheese sandwich then dunk it in egg and fry it.



Other suggested meals

Jacket potato with cheese and beans.
Jacket potato with tuna.
Cheese and broccoli pasta
Beans/spaghetti on toast
Egg on toast (poached, scrambled or fried)
Tuna Sandwich
Cheese sandwich
Carrot/cucumber sticks
Egg and chips
Soup served with bread

