



If It's...

EQUIPMENT:
Baking dish, oven

If It's in the cupboard and might work, then try it! The crumble can be made with just flour and butter/margarine if that's what you have.

Ingredients

- Jar of tomato-based sauce (or tinned chopped tomatoes)
- Tinned meat, cubed
- Your choice of veg - tinned (drained), fresh (cubed and cooked), or frozen are all fine
- **200g** plain flour
- **100g** butter/margarine
- Handful of porridge oats
- **50g** cheese - grated

Method

1. Pour the sauce, chopped meat and vegetables into a baking dish.
2. In a bowl, rub the butter/margarine into the flour. Add the oats, grated cheese (and a pinch of black pepper if you have it) and mix everything together. Sprinkle this over the sauce mixture
3. Bake at 200°C for about 30 minutes, until the crumble starts to go golden.

Full bellies for longer, from a Foodbank box.

If you have any fresh ideas, be sure to let us know at...



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Creative Cookery from a Foodbank Box
Step-by-step instructions to keep cooking simple, interesting and in budget.



Fruit Jellies



Jelly Idea 1

Ingredients:

- Packet of jelly (any flavour)
- Tinned fruit cocktail or mandarin, or a sliced banana

Method

1. Make up the jelly as instructed on the packet
2. Strain the juice from the tinned fruit (if using) and add the fruit to the jelly mixture.
3. Allow to cool and refrigerate to set

Jelly Idea 2

Ingredients:

- Packet of jelly (any flavour)
- Milk (about ½ pint)
- A sliced banana, or any other fruit to taste

Method

1. Make up the jelly using half the water recommended.
2. Allow to cool completely, then make up to the full amount with milk.
3. Add your sliced banana or chosen fruit and leave to set in the fridge

✓ Top Tip:

- Why not get creative with different flavours and fruit combinations?
- You could set your jellies in different sizes and shapes of bowl and create an exciting colourful display!





Simple Fish Pie



EQUIPMENT:

Baking dish, oven, saucepan, hob

Ingredients

- 2 tins of tuna and/or salmon (drained)
- Tinned or frozen peas and/or sweetcorn (drained if tinned)
- **500g** potatoes, cubed, **or** instant mash
- **100ml** milk
- 2 tbsp flour
- Salt and pepper if you have it

Method

1. Boil the cubed potatoes for 5-10 minutes, then drain. (Skip this if you are using tinned potatoes.)
2. Add the fish and vegetables to a baking dish, add salt and pepper if you want to and mix well.
3. Sprinkle the flour evenly over the mixture, then pour over the milk.
4. Spread the mashed potato evenly across the top and score it with a fork (to help it go crispy).
5. Bake for 40 minutes at 180-200°C
6. Serve on its own, or if available, with a side salad or with some green vegetables.

✓ Top Tip:

Bulk this out with some chopped hard-boiled eggs – add these to the mixture before topping with mashed potato.



Spanish Omelette



EQUIPMENT:

Frying pan, hob, grill

Ingredients

- 2 eggs per person
- 2 small cooked potatoes per person, sliced
- Your choice of veg (fresh, tinned or frozen) – diced peppers, peas, sliced mushrooms, diced tomatoes
- Salt and pepper, mixed herbs, garlic granules if you have them
- 1 teaspoon oil

Method

1. Add the oil to the frying pan over a medium-high heat. Add the sliced potato, allow to go slightly golden then turn the slices over.
2. Add your chopped veg between the potato slices.
3. Beat the eggs well (with seasoning if you are using any), then pour the mixture over the cooked veg and potatoes.
4. Cook until the eggs are set and golden. You can either flip the omelette in the pan, or put it under the grill. You can add a sprinkle of cheese if you have it.
5. Serve as it is, or if available with a side salad.

✓ Top Tip:

This can be eaten hot or cold, so is great for lunches and picnics!