



Overnight Oats Creations

These can be made up in a batch to last 3 days and your toppings can be as varied as your cupboards allow. Just multiply the quantity for the number of days you're making for.

Basic Ingredients (per portion)

- **50g** (half a cup) of porridge oats
- **100ml** of water or milk (your choice)
- **1** tbsp of yoghurt (if you have it)

Extra toppings

- Chopped or grated apple with a sprinkle of cinnamon
- Banana and a drizzle of honey
- Other fruit in any form (fresh, tinned, dried or frozen)
- Grated carrot, raisins and cinnamon.

Method

1. Mix the oats, water/milk and yoghurt together in a bowl or container, with extra space left (the oats will expand)
2. Cover and leave in the fridge for at least 2 hours (and up to 3 days)
3. Spoon out enough for your meal, add your toppings and mix!

✓ Top Tip:

- If you will be using the same toppings for each meal, you can mix these in with the oats to save time when you serve.
- You can also enjoy these hot - just pop in the microwave for a couple of minutes for 'instant porridge'!

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Creative Cookery from a Foodbank Box

Step-by-step instructions to keep cooking simple, interesting and in budget.



Easy Pasta Bake



EQUIPMENT:

Baking dish, oven, saucepan, hob

Ingredients:

- **300g** pasta (about 1 large handful per person)
- Jar of pasta sauce or tinned tomatoes
- Tin of tuna or salmon - drained
- Choice of veg if you have any (fresh, tinned and drained, or frozen) –sweetcorn, peas, carrots, broccoli
- Grated cheese

Method

1. Cook the pasta according to the packet instructions.
2. Drain the pasta and place it back in the saucepan, off the heat.
3. Add all of the sauce or tomatoes, fish and vegetables (with herbs/seasoning if you have any) to the pasta and mix well.
4. Tip the mixture into a baking dish, top with grated cheese and bake at 180-200°C for 20-30 minutes, until golden on top.
5. Serve on its own, or if available, with a side salad or with some green vegetables.

✓ Top Tip:

Bulk this out a bit more by adding a tin of chickpeas or kidney beans (drained) –great for adding protein and fibre!





Easy Peasie Risotto

 **EQUIPMENT:**
Saucepan, hob

Ingredients

- **½ cup** of rice per person
- Tin of chopped tomatoes
- Choice of veg (fresh, tinned and drained, or frozen) e.g. sweetcorn, peas, chopped onion
- **1** stock cube, dissolved in about 100ml of boiling water
- Salt and pepper, mixed herbs, garlic granules, if you have them

Method

1. Add the rice to a saucepan filled with boiling water and follow guidelines on the packet for the time it will take to cook (usually about 12-14 minutes).
2. 2-3 minutes before the rice finishes cooking, add the veg if you are using fresh or frozen.
3. Once the rice has finished cooking, drain and return the rice to the saucepan.
4. Add the tinned tomatoes, stock, seasoning if you have any, and any tinned and drained vegetables.
5. Mix well and heat through, for about 3-4 minutes.
6. Serve on it's own, with a sprinkle of grated cheese if you have any.

✓ Top Tip:

Why not try adding a drained tin of tuna or salmon, to add some extra tasty protein and healthy fats?



Cottage Pie

 **EQUIPMENT:**
Baking dish, oven, saucepan, hob

Ingredients

- Tinned mince **or 400g** mince, **½** pint stock and **2tbsp** flour
- **100g/a** hand full dried redlentils – if using tinned mince add some fluid – or tinned lentils (green or red)
- Tin of cooked carrots or **2** large cooked carrots, chopped
- Salt/pepper/mixed herbs if you have them.
- Tinned potatoes, cooked and mashed or instant mash or **400g** potatoes diced, cooked and mashed. Add a knob of butter if you have it.

Method

1. Cook the mince and lentils in a saucepan or large frying pan for about 20 minutes. (If using fresh mince, add the stock and flour. If using tinned lentils rather than dried, add these later with the carrots).
2. Add the carrots and seasoning (if using), mix well and pour the mixture into an oven dish.
3. Spread the mashed potato evenly across the top, and score it with a fork (to help it go crispy).
4. Bake for 30 minutes at 180-200°C
5. Serve on its own, or if available, with a side salad or with broccoli and green beans.

✓ Top Tip:

Bulk this out even more with peas and/or sweetcorn (tinned or frozen) –add these with the carrots.