

Easy budget meals



University of
Nottingham
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Produced by Students and staff of the
Master of Nutrition (M Nutr) degree,
University of Nottingham

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Foreword

This recipe book was produced by Students and staff of the Master of Nutrition (MNutr) degree, University of Nottingham.

It aims to provide recipe ideas for those on a budget and/or using foodbank parcels. Made mainly with non-perishable foods and a microwave and/or kettle.

These recipes are a guide and the instructions on individual products should be followed to ensure food safety.

Pair recipes with your choice of fresh, tinned, or frozen fruit and vegetables to aim for your 5 a day.





Creamy Mushroom Pasta

 Serves 2 people

 Takes 15 minutes

What you need:

- 4 handfuls pasta
- 1 Tin of Chickpeas
- 3 Heaped Spoons of tinned peas/sweetcorn/spinach
- 1 Tin Cream of Mushroom Soup



1. Add the pasta to a microwaveable bowl and add enough cold water to cover it.



2. Microwave the pasta for as long as the packet instructions say to cook for. The pasta should still be a slightly chewy at this point.



3. Drain the water from the chickpeas and vegetables.



4. Drain the water from the pasta and then add the soup, chickpeas and peas/spinach.



5. Microwave for 3 minutes. The pasta should now be soft and easy to chew. Serve into 2 bowls and enjoy!



Speedy Sausage Casserole



Serves 2 people



Takes 15 Minutes



1. Drain the potatoes and your chosen veg.



2. If using hot dog sausages, chop them up into small slices.

What you need:

- 1 Tin of baked beans and sausages/ baked beans and 3 tinned/jarred hot dog sausages
- 1 Tin of Boiled Potatoes
- 1 Can of peas/carrots/sweetcorn (you choose)
- 1 Tin of Tomatoes



3. Add all of the ingredients to a bowl and mix.



4. Microwave for 7-10 minutes until steaming and hot, making sure that you have heated them for at least the time suggested by the sausages.



5. Divide between 2 bowls/plates and enjoy!



Chickpea Burgers



Serves 4 people



Takes 3 Minutes



1. Drain the chickpeas, but make sure you save the water from the tin for later.



2. Use your hands to smash the chickpeas until their roughly mashed.

What you need:

- 2 Tins of chickpeas
- 7 tbsp Water from the Chickpea Tin
- 1 Tin of Mixed Vegetables/Peas/Sweetcorn
- 10 tbsp Flour (at least)
- 3 tbsp Curry Powder
- 2 tsp Dried Mixed Herbs



3. Add all of the other ingredients to the bowl and mix until you have a thick, stiff batter.



4. Split the mixture into 4 burger shapes and add to a hot, oiled pan.



5. Fry for 5 minutes, or until golden brown, and flip to cook the other side.



6. When both sides of the burgers are cooked, add to a plate and serve with a bun or some potatoes/chips.



Veg. Packed Curry



Serves 4 people



Takes 10 Minutes



1. Drain the vegetables and chickpeas.



2. Add all of the ingredients to a bowl and mix.

What you need:

- 2 Tins of Chickpeas (or any other tinned bean)
- 1 Tin of Chopped tomatoes
- 1 Jar of Curry Sauce (or a tin of chicken curry)
- 1 Tin Mixed Vegetables/Peas/Carrots/Sweetcorn



3. Heat in the microwave for 5 minutes or until steaming and hot all the way through.



4. Serve on its own or with a side of rice.



Tomato Pasta



Serves 2 people



Takes 15 Minutes

What you need:

- 4 handfuls of pasta
- 1 Can of meatballs/bolognaise
- 1 Jar tomato pasta sauce/can of tomato soup
- 1 Can of vegetables (optional)
- Salt, pepper and mixed herbs to taste (optional)



1. Add the pasta to a microwave safe container.



2. Add enough cold water to cover the pasta.



3. Cover and heat in the microwave for as long as the packet says to boil the pasta.



4. Add all of the other ingredients to the bowl and mix it all together. Microwave for another 3 minutes.



5. Season with herbs, salt and pepper. Then mix, serve and enjoy!



Posh Pot Noodle



Serves 1 person



Takes 7 Minutes

What you need:

- 1 Pot Noodle
- 2 Tinned/Jarred Hot dog sausages
- 3 Tablespoons Canned Veg (sweetcorn, carrots, peas)



1. Boil the kettle.



2. While the kettle is boiling, cut the hot dog sausages into thin slices.



3. Add the chopped hot dog sausages and veg to the pot noodle.



4. Read the instructions on the pot noodle packet and put in the instructed amount of boiled water.



5. Cover with the lid and leave for 5-7 minutes. (Follow the instructions on the hot dog sausages for more specific timings).



6. Make sure all of the ingredients are thoroughly stirred together after cooking and it's now ready to eat.



Anything goes Risotto



Serves 2 people



Takes 10 Minutes

What you need:

- 1/2 Mug of rice
- 1/2 Mug of cold water
- 1/2 Jar pasta sauce
OR 1 tin of soup
- 1 Can of vegetables
(optional)
- Handful of grated
cheese (optional)



1. Add the rice to a bowl and rinse it to remove the starch.



2. Add the water and the pasta sauce/soup into the bowl with the rice.



3. Cover the bowl and heat in the microwave for 4 minutes, then stir the mixture and microwave for another 4 minutes.



4. Divide the rice between 2 bowls/plates and, if you have any cheese, sprinkle on top while warm so it melts. Enjoy!



Mexican Rice



Serves 4 people



Takes 15 Minutes

What you need:

- 1/2 Mug rice
- 1 Mug cold water
- 1/2 Jar of Mexican sauce/1 Tin of kidney beans in chilli sauce
- 1/2 Tin sweetcorn
- 1/2 Tin of beans/chickpeas



1. Add the rice to a bowl and rinse it to remove the starch.



2. Add the cold water to the rice and cook in the microwave for 5 minutes.



3. Add the rest of the ingredients to the bowl and mix.



2. Heat in the microwave for another 4 minutes.



5. Serve the rice onto 2 plates/bowls and top with the cheese if you're using it.



Jacket Potato and Beans



Serves 1 person



Takes 15 Minutes



1. Wash the potato.



2. Use a fork to poke holes all over the potato.

What you need:

- 1 Large Potato
- 1/2 Can of Baked Beans
- Veg of choice (tinned, fresh or frozen - any will do)



3. Place the potato on a plate and microwave for 8-10 minutes until soft.



4. Empty the baked beans into a bowl and heat for 2-3 minutes until bubbly and steaming.



5. Heat the carrots in the veg in the microwave for 2 minutes.



6. Top the potato with the beans and put the veg on the plate. Enjoy!



Speedy Shepherds Pie



Serves 3-4 people



Takes 10 Minutes



1. Open the can of potatoes and drain the water.

What you need:

- 1 Tin of Boiled Potatoes
- 1 Tin of Minced Beef and Onions
- 1 Tin of Peas/Sweetcorn
- Butter/milk/salt (optional)



2. Mash the potatoes with a fork. (You can add a bit of milk, butter and/or salt if you want to).



3. In a separate bowl, mix the minced beef and onions and peas/sweetcorn and mix.



4. Heat in the microwave for 2 minutes then stir the mix and heat for another 2 minutes. Repeat this until the mix is hot and bubbling.



5. Top the mince mixture with the mashed potato and heat for another 2 minutes in the microwave.



6. Once hot, divide into bowls and eat while still hot.



Warming Peachy Pudding



Serves 2 people



Takes 3 Minutes



1. Pour the tin of custard or rice pudding into 2 bowls or microwave safe containers.

What you need:

- 1 Tin of rice pudding or custard
- 1 Tin of Peaches



2. Heat both bowls in the microwave for 2-2.5 minutes.



3. Add the peach slices on top of the two bowls.



4. Eat while still warm, and enjoy!



Peachy Custard Trifle



Serves 1 Person



Takes 5 minutes



1. Crumble two biscuits into a bowl until it looks like chunky breadcrumbs.



2. Add the butter into the biscuits and microwave for 15 seconds.

What you need:

- 2 digestive biscuits/oaty biscuits
- 1 tsp butter
- 3 Tinned peach slices
- 3 heaped spoons yoghurt/custard



3. Mix the crumble together and add to a glass, pressing down to make the biscuit base.



4. Spoon 3 heaped spoonfuls of custard/yoghurt onto the biscuit base.



5. Top with 2 peach slices. You can chop them before if you want to.



6. Pop into the fridge for later or eat straight away!



**Thank you to the students who contributed to
this recipe booklet.**

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