

Autumn fruit crumble

Ingredients

750g

apples, pears, or blackberries -
or tinned fruit

140g porridge oats

50g golden caster sugar

100g butter

1tsp ground cinnamon
(optional)

Method

1. wash, peel and chop your autumn fruit
2. place fruit in a saucepan with a sprinkle of sugar and tbsp of water and cook on a low heat until softened
3. melt your butter in a saucepan
4. in a large bowl, combine your oats, sugar and cinnamon (if using) and pour over your melted butter
5. put your cooked fruit in a deep baking dish and cover with your oat crumble topping
6. bake your autumn fruit crumble in the oven for 20 minutes at 170 degrees, until golden

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tinned fruit



custard



oats



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Harvest vegetable stew

Method

1. fry your onion and celery in a large saucepan with a tbs of oil
2. when the onions are soft and turning golden, add your tinned tomato
3. peel and chop your potato, carrots and butternut squash
4. add 500ml vegetable stock to the fried celery, onion and tomato mixture and simmer on a low heat
5. add your chopped vegetables to the stock mixture and bring to the boil
6. add the pearl barley and reduce the heat and simmer for 30 to 40 minutes until the vegetables are soft and the pearl barley is cooked through
7. season your harvest vegetable stew with salt and pepper

Ingredients

- 2 x vegetable stock cube
- 400g tinned tomatoes
- 1 x butternut squash, diced
- 1 x onion, diced
- 1 x carrot, diced
- 1 x stick celery, chopped
- 2 x potatoes, diced
- 100g pearl barley

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pearl barley



vegetable stock



tinned tomatoes, potatoes & carrots

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Comforting cottage pie

Ingredients

- 4 x large potatoes
- 500g minced beef - or soya substitute
- beef stock cube (or vegetable)
- 2 x onions, finely chopped
- 2 x cloves garlic, finely chopped
- 2 x carrots, diced
- 1 tin of garden peas, drained

Method

1. fry the onion and garlic in a tbsp of oil, then add the carrots and fry for a further 5 minutes
2. add the mince to the pan and fry until cooked through
3. add 400ml of stock to the mince mixture and simmer for 20 minutes, when thickened, add peas to finish
4. peel and chop the potatoes and boil in salted water until soft
5. drain the potatoes and mash with a spoonful of butter and a dash of milk
6. place the mince mixture in a deep baking dish and top with your mashed potatoes
7. bake in the oven for 30-40 minutes at 170 degrees

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beef stock or gravy granules



tinned potatoes, carrots and peas

**dried soya
mince**



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Baked tuna and sweetcorn pasta

Ingredients

2 x small tin tuna in brine
1 x tin sweetcorn, drained
300g dried pasta - Rigatoni is great!
50g flour
50g butter
250ml milk
cheese

Method

1. boil your pasta in salted water for 12 to 15 minutes
2. in a small saucepan melt your butter with a tablespoon of flour, cook this mixture on a low heat until a golden colour
3. slowly add the milk to the flour mixture, whisking continuously until it is a thick texture and season with salt a pepper
4. drain your pasta and stir in your white sauce.
5. add the tuna and sweetcorn into your pasta mix and put into a deep baking dish
6. cover with grated cheese and bake in the oven for 15 minutes at 170 degrees or until the cheese is melted and golden on top

For a healthier version - try adding fresh spinach or cooked broccoli

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tinned tuna



tinned sweetcorn

pasta



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Tomato and chickpea curry

Ingredients

- 2 x onions finely, sliced
- 2 x garlic cloves, crushed
- 1 tsp of turmeric, garam masala and ground coriander
- 400g tin chopped tomatoes
- 400ml tin coconut milk
- 400g tin chickpeas, drained and rinsed
- 2 x large tomatoes, quartered
- 300g basmati rice

Method

1. heat 1tbsp of oil in a pan and cook onions until soft
2. add crushed garlic and spices and cook out for a further 2 to 3 minutes, then add chopped tomatoes and simmer for 10 minutes
3. pour in tin of coconut milk, season, and simmer for 15 minutes until thickened
4. tip in the drained chickpeas and quartered tomatoes and warm through
5. serve over cooked fluffy basmati rice with a scatter of fresh coriander if you have it

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coconut milk



curry spices



tinned tomatoes

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Creamy mushroom carbonara

Method

1. in a shallow pan, add the oil and cook onion and garlic until soft and translucent
2. turn up the heat slightly and add bacon lardons (skip this step for veggie) until they have some colour on them, season with pepper and add tin of mushroom soup, simmer for 5 minutes
3. next, add the canned peas and mushrooms and a good pinch of your grated cheese while you cook your tagliatelle in boiling salted water
4. once tagliatelle is cooked, drain well, and stir it into the sauce
5. serve into bowls and sprinkle with remaining cheese

Great with some crusty bread!

Ingredients

- 1 x onion, finely diced
- 2 x cloves of garlic, finely chopped
- 100g bacon lardons
leave out for a delicious veggie version
- 400g tin cream of mushroom soup
- 1 x tin of mushrooms, drained
- 1 x tin of garden peas, drained
- 400g dried tagliatelle
- good grind of black pepper
- 25g grated parmesan
or other cheese

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pasta



mushroom soup



tinned mushrooms and peas

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