

FOOD PARCEL MEAL IDEAS

NON-PERISHABLE FOOD

SIMPLE IDEAS TO GET YOU
COOKING GOOD FOOD FAST



FOOD
ACTIVE



INTRODUCTION

Stuck for ideas on what you can make with the ingredients in your food parcel? Look no further.

Healthy Stadia's nutrition partner, Food Active, has developed a guide to help you to prepare and cook some basic but tasty meal ideas for breakfast, lunch, dinner, snacks and dessert.

All of the meals in the guide use non-perishable ingredients (i.e. food you don't

need to put in the fridge and can store for a long time) that you might find in your food parcel. Use the scale below to make sure all of the meals you prepare meet any dietary requirements you or your family may have.

Key

B: Breakfast

P: Pudding

L: Lunch

V: vegetarian

D: Dinner

Ve: Vegan

S: Snacks

Gf: Gluten free

TINNED VEGETABLES

Mushrooms

B: Drained and grilled, served with scrambled, poached or fried eggs and brown toast (v)

B: Drained and fried, added to complete your full English breakfast (gf without toast)

D: Delicious added to pasta dishes, especially tomato-based sauces (v)

D: Perfect addition to any stews or casserole

D: Mushroom Bolognese. Make one quantity of the tomato sauce recipe under 'tinned tomatoes', but add finely chopped drained tinned mushrooms along with the rest of the vegetables at the start. Serve with brown pasta or spaghetti and a sprinkle of cheese (v, ve without cheese)



DID YOU KNOW?

Tinned, frozen and fresh fruit and vegetables all count as a portion. Try to aim for a variety and at least 5 portions every day!

Carrots

D: Perfect accompaniment to any meat or fish meal

D: Perfect addition to any stews, soup or casseroles

Green Beans

D: Perfect accompaniment to any meat or fish meal

D: Delicious added to pasta dishes, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' (ve)

Peas

D: Perfect accompaniment to any meat or fish meal

D: Delicious added to rice or pasta dishes, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' (ve)

Sweetcorn

L/D: Mix with a tin of drained tuna and tablespoon of mayo for a tasty filling for a jacket potato (gf) or sandwich

D: Perfect accompaniment to any meat or fish meal

D: Delicious added to pasta dishes, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' (ve)

L: Corn, chickpea and mayo sandwich filling: Heat tsp oil in a pan, add in mixed herbs, 1 garlic clove and 1 onion. Fry until soft then remove from heat and set aside. In a bowl, mash the onion mixture with a tin of sweetcorn, tin of chickpeas, ¼ tsp salt and 3 tbsp's of mayo (v)



Top tip

When making pasta or rice dishes, it can be useful to make extra portions and use the leftovers for meals across the next few days. Store any leftovers in the fridge in a sealed container and consume within 3 days maximum. When reheating ensure food is piping hot before serving.

Tomatoes

B: Plum tinned tomatoes, warmed and served on two slices of brown toast (ve)

L/D: Perfect for making your very own homemade tomato sauce to be served with pasta. Recipe to the right and some variations could include:

- Adding fresh diced courgettes, aubergines, peppers or tinned mushrooms and/or sweetcorn would all work well (v/ve if no cheese is added).
- Chunks of tinned or cooked fresh meat added is a tasty and filling addition
- Flaked tinned tuna, salmon, mackerel and sardines are also delicious added to this sauce

Spinach leaves

B: Added to a two-egg omelette (v, gf)

B: Added to scrambled egg (v, gf)

D: Delicious added to pasta dishes, especially tomato-based sauces! (v/ve if using dried pasta)

Mushy Peas

D: Perfect accompaniment to any meat or fish meal

TINNED FRUIT

There are many different types of tasty tinned fruit available, and most will work across the selection of meal ideas below. Some varieties you may receive include tinned peaches, mandarin segments, pineapple (chunks and rings), pear halves, apple slices, prunes, strawberries, grapefruit and more. You can also get tins of fruit salad which contains a selection of fruit.

B: Topping on cereal or porridge - apple slices and mandarin segments are a tasty option.

B: Delicious served on top of yogurt - try strawberries or pineapple chunks (v, gf)

S: Bowl of fruit, served with yogurt if available or on its own - a mixture of any fruit! (v, gf)

P: Delicious swirled into rice pudding - chopped peaches or pear halves are a great choice

P: Fruit salad (ve, gf)

Homemade tomato sauce

Serves 4-6 (ve)

Prep time: 10 mins / Cook time: 45 mins

- Chop 1 onion, along with 3 stalks of celery and 1 carrot into small chunks if you have them.
- Fry all together in a medium saucepan with a little oil for 10 minutes on a low-medium heat until soft.
- Add 2 chopped garlic cloves and cook for another 2 minutes.
- Add 1 tin of tomatoes (plum or chopped), and one tin of water. Add 1 tsp of sugar and crumble in half a stock cube (any flavour), if you have one. If not, just add a pinch of salt.
- Simmer on a low heat for 30 minutes and season with black pepper. If available, add any dried herbs you have in stock – roughly around 2 teaspoons worth (mixed herbs, Italian herbs or even a pinch of chilli flakes would all work well).
- Any leftovers are perfect and easy option for tomorrow's lunch or dinner – just make sure you reheat until piping hot in the microwave, hob or oven.



Top tip

If you have any leftover tinned food that you want to save for another meal, transfer it into a resealable, non-metallic container and store in the fridge, consuming within two days of opening.

BAKED BEANS

B: Baked beans on brown toast, topped with some grated cheese if available (v)

B: Perfect accompaniment to your full English breakfast to boost the vegetable content

L/D: Delicious filling for jacket potato, topped with some grated cheese if available (gf, v)

D: Perfect served alongside corned beef or tinned pork/ham and mashed potato (gf)

D: Vegetable chilli made with chopped tomatoes, baked beans, mixed beans, peas and condiments including tomato puree, chilli powder and pepper – delicious served with rice (ve, for gf serve in a jacket potato).

TINNED PASTA

L/D: Spaghetti hoops or strands on brown toast and two fried eggs (v)

L/D: Spaghetti hoops or strands on brown toast with grilled mushrooms and grated cheese (v)

D: Perfect served alongside corned beef or tinned pork/ham and boiled vegetables

TINNED SOUP

L: Soup with slices of brown bread with spread or toast (v depending on soup)

L: Soup and a sandwich (any filling; cheese (v), ham, egg (v), tuna served on brown bread with sliced tomato, cucumber and/or salad) (v depending on soup and filling)

D: Soup served with cheese and slices of fresh tomato or sliced tinned mushrooms on brown toast and grilled until melted and golden (v depending on soup)



TINNED PULSES AND LENTILS

D: Lentil bolognese and pasta: Add one tin of lentils (any kind) to a quantity of homemade tomato sauce (found under tinned tomatoes) when the chopped tomatoes are added and continue the recipe as usual (ve).

D: Chickpea fried rice: Cook rice according to packet instructions. Heat 2tbsp butter in a large frying pan and stir in 1 chopped onion, 1 garlic clove and 2 carrots. Continue stirring for 5 minutes. Add chickpeas and tinned peas/sweetcorn and cook for 1 more minute. Spoon the cooked rice into frying pan and stir well. Serve with soy sauce and or/lemon juice for flavour (gf without soy sauce, v/ve depending on butter/margarine used).

TINNED FISH

Tuna (chunks or steak)

L/D: Mix with sweetcorn or red onion and a tablespoon of low-fat mayonnaise for a tasty and healthy filling for your jacket potato (gf).

L/D: Flakes of tuna added to a two-egg omelette, along with some sweetcorn, red onion or chopped fresh tomatoes (gf).

L/D: Delicious added to pasta sauce, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' (v)

Sardines and Mackerel

L/D: Sardines or Mackerel on toast; mix a tin of mackerel or sardines with a tablespoon of low-fat mayonnaise, season with pepper and spread across two slices of brown toast. Serve with a 150ml glass of orange juice.

D: Mackerel or sardines added to a tomato pasta dish. See recipe under 'Tinned Tomatoes'

D: Mackerel or sardines served with boiled rice served and with boiled vegetables of your choice (carrots, peas, cabbage, broccoli etc.)

L/D: Chunks of mackerel or sardines added to a two-egg omelette. Add some diced fresh red onion or tomatoes, tinned sweetcorn or spinach (gf).

D: Mackerel and sardines mixed with mashed potato and served with boiled vegetables of your choice served on the side (gf)



Salmon (Red or Pink)

L/D: Flakes of tinned salmon added to a two-egg omelette, along with some sweetcorn, peas or chopped fresh tomatoes (gf).

L/D: Delicious added to pasta sauce, especially tomato-based sauces. See recipe under 'Tinned Tomatoes'

L: Salmon and tomato sandwich, served on brown bread

L: Mix a tin of salmon with a dollop of mayonnaise, lots of pepper and spread on slices of brown toast. Serve with a 150ml glass of orange juice.

D: Mix tinned salmon with mashed potato, add tinned peas, chopped onion and season with lots of pepper. Add any dried or fresh herbs such as mixed herbs, form into small patties, roll in a little milk and then roll in breadcrumbs (grate any leftover or stale bread on a box grater) and fry in oil for 10 minutes, or until golden. Serve with boiled vegetables.

D: Flakes of tinned salmon mixed with boiled brown rice and any boiled vegetables (gf).

TINNED MEAT

Corned Beef

L: Corned beef sandwiches with sliced tomato, served on brown bread.

D: Slices of corned beef with tinned new potatoes, instant or fresh mashed potato and any boiled vegetables (fresh or tinned) (gf - double check packet on instant)

D: Corned beef hash made with tinned new potatoes, instant or fresh mashed potato, onions and topped with sliced tomatoes and a ½ tin of baked beans on the side (gf - double check packet on instant).

DID YOU KNOW?

It is recommended that we eat at least two portions of fish every week, of which one should be oily – including sardines, mackerel and salmon.

Tinned varieties of these fish are a quick and easy way to make sure we meet these guidelines!

Tinned Ham, Pork, Chicken and Turkey

D: Sliced ham/chicken/turkey, beef with tinned new potatoes, instant or fresh mashed potato and any boiled vegetables (fresh or tinned) (gf - double check packet on instant)

D: Chunks of meat swirled into a tomato pasta dish. See recipe under 'Tinned Tomatoes'.

L: Ham and tomato sandwich, served on brown bread, delicious with a dollop of mayonnaise and/or mustard if available

L: Chicken or Turkey salad sandwich, served on brown bread, delicious with a dollop of mayonnaise if available

PASTA, RICE AND NODDLES

Rice

D: Boiled rice is a perfect accompaniment to any meat or fish meal (gf)

D: Egg fried rice – cooked rice mixed with a selection of cooked veg, with an egg added at the end and scrambled into the rice (gf, v)

D: Savoury rice – mix cooked rice and diced vegetables (carrots, celery, cauliflower, peas and sweetcorn, kidney beans and/or chickpeas are good options) together in a pan. Season with pepper, and a touch of salt a sprinkle of mixed herbs can add flavour. Adding a tin of flaked mackerel, sardines, tuna or salmon can be a tasty addition. Make enough for two portions and keep the rest in a resealable box and ensure you consume within 2 days. If reheating, make sure the food is piping hot before serving (gf)

DID YOU KNOW?

Around a third of what we eat in any given day should be carbohydrates, such as bread, pasta, rice and cereals. Try to consume wholegrain varieties as much as possible as they contain more fibre, which is important for our digestive system!



Pasta

L/D: Boil and serve with a quantity of homemade tomato sauce, or jarred sauce, with vegetables such as tinned sweetcorn, peas, cooked onions and/or celery (v/ve). Add chunks of tinned meat or any tinned fish if you prefer. Make enough for two portions and keep the rest in a resealable box for lunch or dinner the next day and ensure you consume within 2 days. If reheating, make sure the food is piping hot before serving.

L/D: Add a handful of leftover cooked pasta to a two-egg omelette, along with veg such as red onion, diced fresh tomato, tinned sweetcorn, spinach or mushrooms (v).

L/D: Serve with a quantity of mushroom bolognese. See recipe under 'Tinned Mushrooms' (ve)

L/D: Serve with a creamy sauce made from low fat cream cheese, fried garlic, lots of pepper and any cooked green vegetables (fresh or tinned) such as broccoli, peas or spinach. Sliced fresh or tinned mushrooms are also a nice addition (v). Add chunks of tinned chicken, turkey or ham/pork if you prefer.

L/D: Serve with boiled cabbage, peas and/or broccoli, chunks of tinned ham/pork, lots of black pepper and mixed together in a tablespoon of margarine or oil.

Noodles

L/D: Simple stir fry – easy way to use up any leftover veg in bottom of the fridge and avoid waste – chop into small chunks 1 onion, 1 garlic clove and 1 small chilli (or 1/2 tsp flakes) and fry in pan on a medium heat for 5 minutes. Add in any other veg you want to use up, chopped into small pieces. Mix 3 tbsp of peanut butter with warm water and stir to make a runny sauce, add in 3-4 tbsp on soy sauce if available. Pour sauce over veg and add in noodles. Fry for a further 6-8 minutes until noodles are soft (v). You can also add chunks of tinned chicken, turkey or ham/pork too if you like.

JARRED SAUCES

Pasta Sauce

L/D: Warm through with vegetables such as tinned sweetcorn, peas, cooked onions and/or celery. Add chunks of tinned meat or any tinned fish if you prefer. Make enough for two portions and keep the rest in a resealable box and ensure you consume within 2 days. If reheating, make sure the food is piping hot before serving

D: Use as a sauce on top of tinned sliced pork, ham, chicken or turkey and serve with boiled brown rice or pasta and boiled vegetables

Curry Sauce

D: Add cooked onion, tinned or frozen peas and chunks of boiled potatoes (fresh or tinned) to the sauce and heat through for a delicious potato and pea vegetarian curry. Serve with boiled brown rice (v, gf and ve depending on type of sauce)

D: Slice chunks of tinned or fresh cooked chicken and add to the sauce. Add any of the following cooked vegetables to boost the veg content: onion, mushrooms (fresh or tinned), peas (tinned or frozen), green beans (fresh, tinned or frozen), cauliflower (fresh or frozen) and/or peppers (fresh or frozen). Serve with boiled brown rice (v, gf and ve depending on type of sauce)

Chilli con Carne

D: Make a vegetable chilli by adding a tin of baked beans to the sauce and/or a tin of red kidney beans, chickpeas or butter beans. Don't forget to add some tinned sweetcorn for a splash of colour and nutrients! Serve with boiled brown rice (ve, gf depending on type of sauce).



Top tip

Planning your meals can make it easier to prepare healthier, home-cooked meals and saves any last-minute stress on what to make for dinner. Use these ideas and inspiration above to plan out your breakfast, lunch and dinner across the week!