




Additional Recipes


Carbonara Style Pasta (Serves 2)

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1. Cook 100g of pasta in boiling water according to the pack instructions. Chop 1 slice of ham into small pieces.
 2. Put a portion of cheese into a bowl and add 2 tablespoons of milk and the chopped ham. Mix the ingredients together. If available, grate a small garlic clove into the mixture.
 3. Once the pasta is cooked drain it off into a colander, keeping some cooking water aside for later, then tip it back in to the pan and add the cheese mixture. Stir well together to combine and heat everything through. If the sauce is too thick, add a little of the cooking water.


Oven Baked Egg and Chips

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1. Preheat the oven to 180C/350F/Gas 5.
 2. Cut a potato into wedges and place in a roasting tin.
 3. Drizzle over a little oil, season if required and roast for 25 minutes, turning halfway through until almost tender.
 4. Chop a tomato in half and place between the potato wedges cut side up.
 5. Make a space between the wedges and crack 1 egg into it.
 6. Return to the oven for 6-8 mins until the eggs are just set.

Creamy Tuna Pasta Bake (Serves 2)

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1. Heat 1 tablespoon of oil or butter and if available fry a chopped onion for 5 minutes until softened.
 2. Mix in 1 tin of chopped tomatoes and if required 1 teaspoon of sugar, bring to the boil and simmer for 20 minutes.
 3. Stir in 1 portion of cheese and 3 tablespoons of milk to the tomato sauce and continue to stir until the cheese is melted.
 4. Add 185g of tinned tuna to the sauce and stir through gently.
 5. Cook 100g of pasta according to the pack instructions.
 6. Drain the pasta and stir into the sauce and pour into a dish.
 7. Sprinkle grated cheese over the top of the pasta bake and place under the grill for 3-5 minutes.

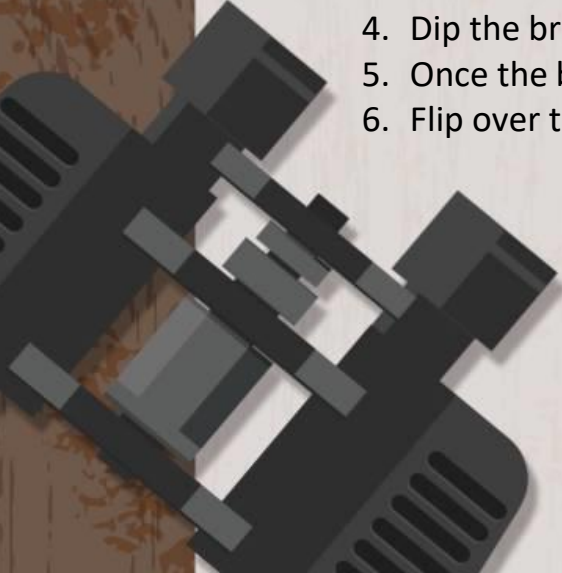
Ham and Cheese Melt

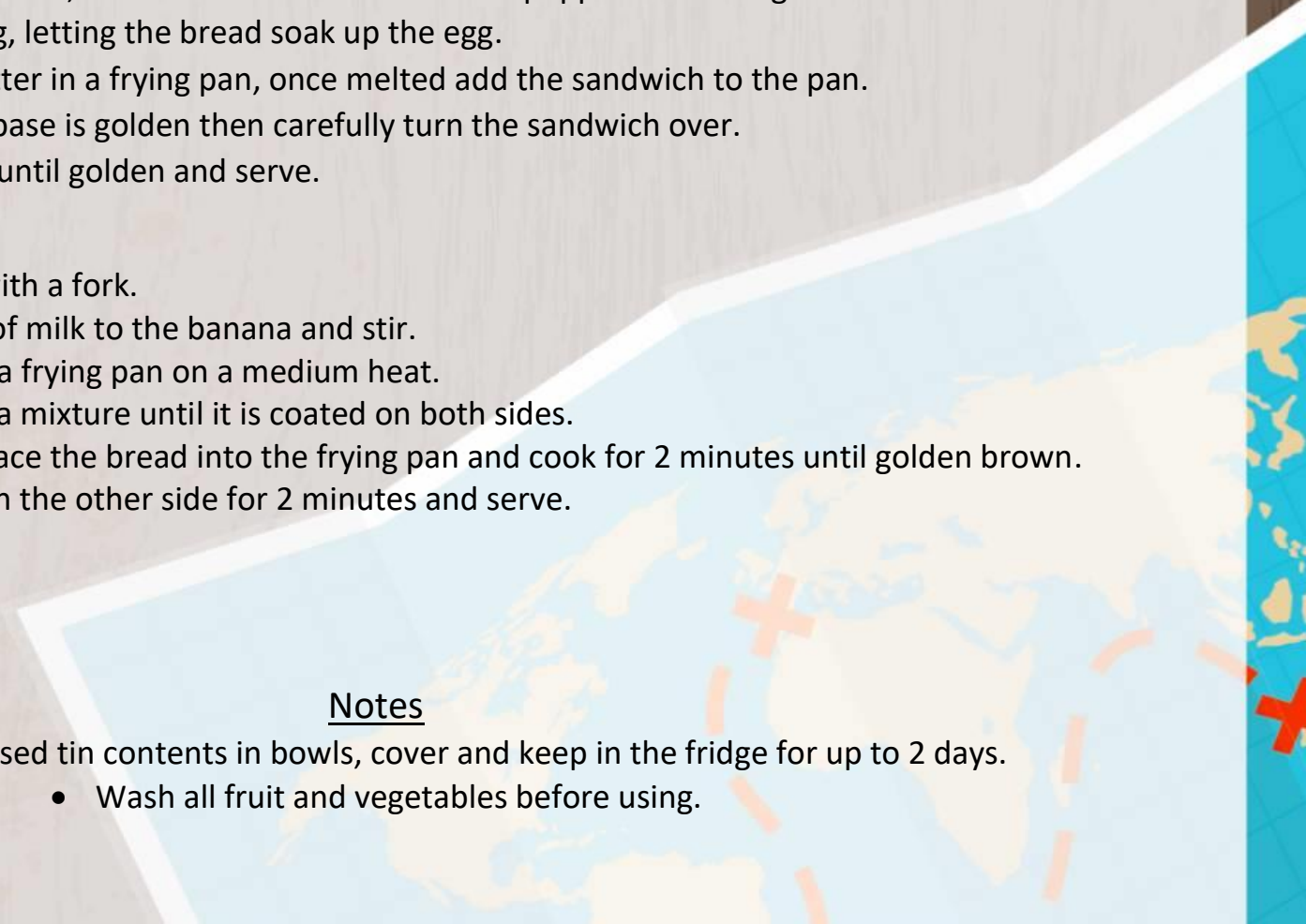
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1. Preheat the oven to 200C/400F/Gas 6.
 2. Butter 2 slices of bread.
 3. Sandwich a cheese triangle or tablespoon of grated cheese between the bread. Keeping the butter side of the bread on the outside of the sandwich.
 4. Place the sandwich on a baking tray and bake until golden brown. This will take approximately 12 minutes.

Eggy Bread with Ham and Cheese

1. Make a cheese and ham sandwich between 2 pieces of bread.
2. Break 1 egg into a bowl and whisk, if available add a little salt and pepper and mix again.
3. Dip the sandwich into the egg, letting the bread soak up the egg.
4. Gently heat a spoonful of butter in a frying pan, once melted add the sandwich to the pan.
5. Cook for 3 minutes until the base is golden then carefully turn the sandwich over.
6. Cook for a further 3 minutes until golden and serve.

Banana Toast

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1. In a bowl mash $\frac{1}{2}$ a banana with a fork.
 2. Add 1 egg and 1 tablespoon of milk to the banana and stir.
 3. Heat 1 teaspoon of butter in a frying pan on a medium heat.
 4. Dip the bread into the banana mixture until it is coated on both sides.
 5. Once the butter is melted, place the bread into the frying pan and cook for 2 minutes until golden brown.
 6. Flip over the bread to cook on the other side for 2 minutes and serve.



Notes

- Place unused tin contents in bowls, cover and keep in the fridge for up to 2 days.
 - Wash all fruit and vegetables before using.