GO-WOMAN! ALLIANCE CIC

Together Fund



CockeBook

Delicious food on a budget

A.L.F Project



Stir Fry Vegetable Noodles

4 servings (1) 10 minutes (£) £6,00

Ingredients

Method

- 2 x vegetable meal deal's - (Stir fry vegetables, noodles and sauce)
- 1 x tin of kidney beans
- 2 tsp of oil
- mixed spices

Enjoy!

- 1. Heat the oil in a large wok / frying pan.
- 2. Stir in vegetables and spices.
- 3. Drain kidney beans and stir into

the vegetables for approximately 2

minutes.

- 4. Add noodles and stir well.
- 5. Add sauce sachet and stir well.

6. Serve and enjoy!



Wrap Pizza 4 servings \bigcirc 8 minutes \pounds £4.30



Ingredients

Method

- 1 x packet of wraps
- cheese
- 1 x tomato puree
- 1 x tin of sweetcorn

Enjoy!

- 1. Open up the wrap pack.
- 2. Place a wrap on a baking sheet.
- 3. Spread a thin layer of the tomato

puree on the wrap.

4. Add your favourite toppings (such as mozzarella and

vegetables).

5. Place the floured sheet on top of

the pre-heated sheet and bake

for 8-10 mins until the cheese

has melted.



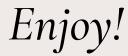
Pasta

4 servings () 10 - 15 minut £4.80

Ingredients

Method

- 500g pasta
- 1 x peppers
- 1 x cucumber
- 1 x lemon
- 1 x tin of sweetcorn



- 1. Put the pasta in the pan.
- 2. Boil the pasta on top of the oven

for 10 - 15 minutes.

3. Drain the pasta completely.

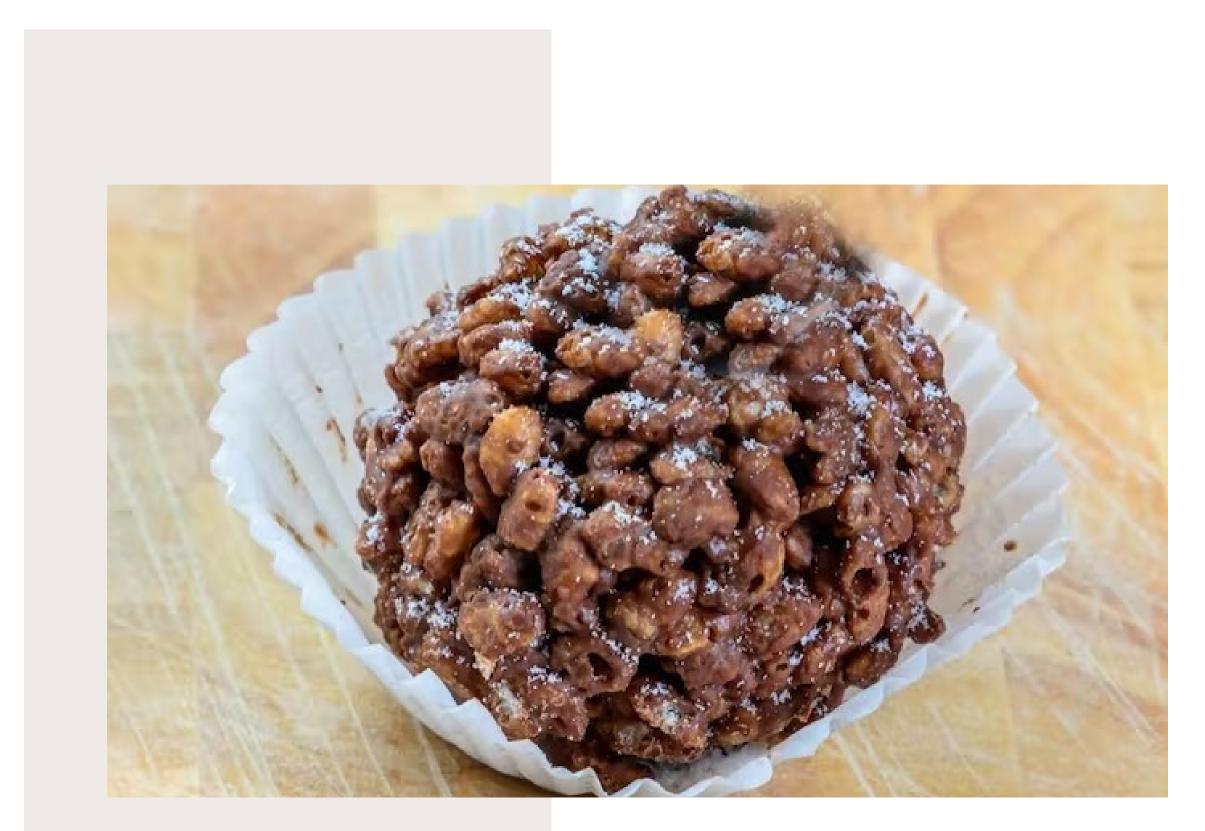
4. Rinse well with cold water.

5. Chop up the vegetables.

- 6. Add the vegetables to the pasta.
- 7. Mix together well.

8. Add lemon juice to taste and any

extra seasoning.



Chocolate Rice Krispie Cakes

4 servings $(10 - 15 \text{ minutes } \pounds 3.50)$

Ingredients

Method

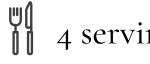
- 200g milk chocolate
- 450g rice krispies
- 6 handful of raisins
- paper cup cases

Enjoy!

- 1. Break the chocolate up into small pieces and place in a microwave bowl.
- 2. Microwave on full power for one minute. Stir the chocolate.
- 3. Repeat until the chocolate has melted.
- 4. When chocolate has melted, mix in the rice krispies, a cupful at a time, until the chocolate has coated them all.
- 5. Add the raisins to the mixture until the chocolate has covered the raisins.
- 6. Place paper cases on a tray and spoon the mixture into the cases and leave to set.



Chickpea and Sweet Potato with Home Made Coleslaw



4 servings (10 - 15 minutes £3.00)

Ingredients

- 400g tin chickpeas, (drained and rinsed)
- ³⁄₄ teaspoon paprika
- ¹/₂ teaspoon ground cumin
- pinch of salt and black pepper
- juice of $\frac{1}{2}$ a lemon
- 1 x pepper
- 1 x red onion
- 2 x tomatoes
- 1x courgette
- 1 x carrot (grated)

Enjoy!

Method

1. Drizzle a small amount of olive oil or vegetable oil into a frying pan. 2. Add chickpeas, paprika and cumin with a pinch of salt and black pepper and fry for 2 minutes. 3. Squeeze in the lemon juice. 4. Add grated sliced carrots, courgette and diced tomatoes to the pan and continue to heat the chickpeas until cooked.



Sweet Potato

4 servings \bigcirc 30 - 35 minutes \bigcirc £1.00

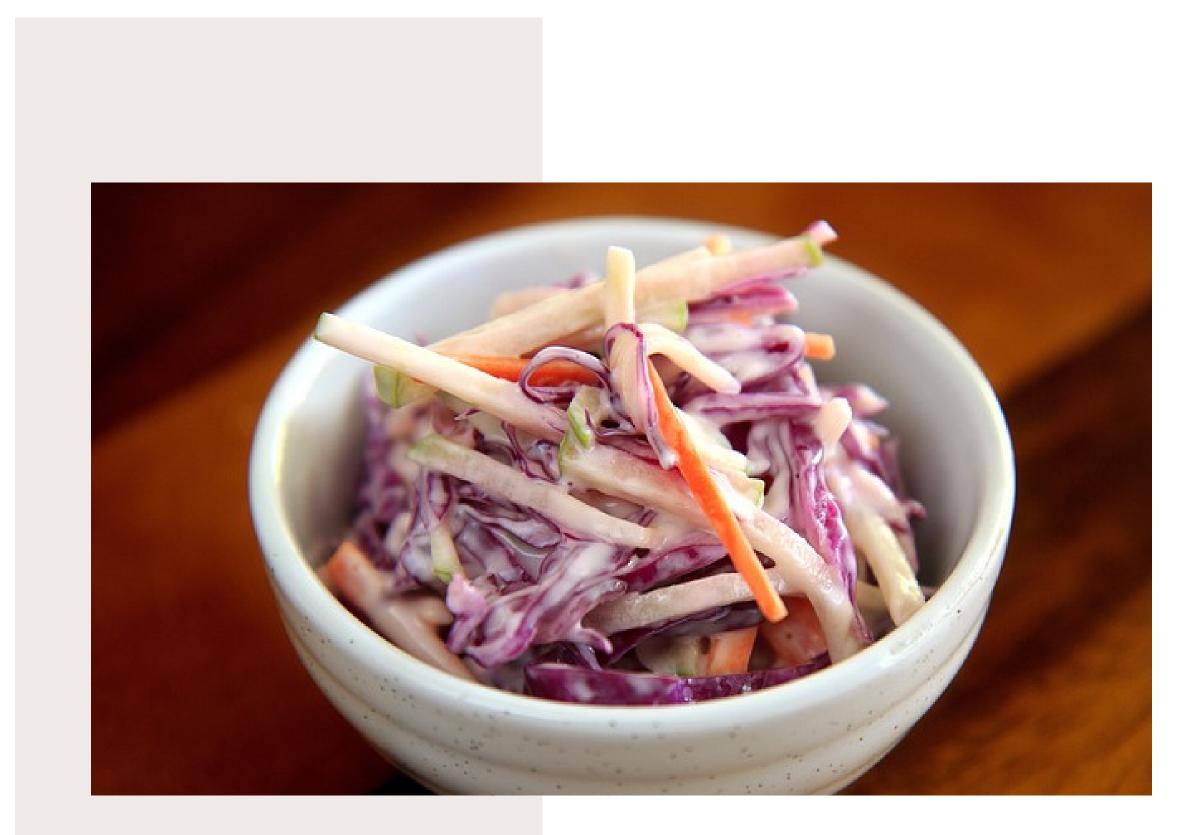
Ingredients

Method

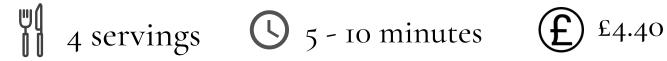
- 250g sweet potatoes (peeled and diced)
- 1 teaspoon of paprika
- ¹/₂ teaspoon of onion powder
- ¹/₂ teaspoon of garlic powder

Enjoy!

- 1. Add the sweet potatoes, paprika, onion powder and garlic powder into a bowl.
- 2. Drizzle olive oil or vegetable oil and mix together.
- 3. Place sweet potatoes onto a greased tray.
- 4. Bake in the for oven approximately 30 - 35 minutes until golden brown and tender.



Coleslaw



Ingredients

Method

- 1 x white cabbage finely shredded
- 1 x red cabbage finely shredded
- 2 x carrots peeled and grated
- 1 x small onion
- 4 level tablespoons of mayonnaise
- juice of a lemon

Enjoy!

1. Mix all of the ingredients into a

large bowl.

2. Season to taste.

3. Cover and place in a fridge until serving.



Tuna, Sweetcorn Pasta

4 servings O 10 minutes

£4.00

Ingredients

Method

- 500g packet of shaped pasta
- 1 x tin tomatoes
- 75g cheese
- 1 x tin sweetcorn
- 1 x tin tuna
- 1 x small onion
- mixed spices

Enjoy!

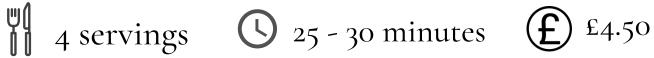
- 1. Heat the oven on gas mark 4/180.
- 2. Boil the pasta as per instructions on the packet.
- 3. Mix the tomato and spices together.
- 4. Grate the cheese.
- 5. Drain the pasta.
- 6.Add the spiced tomatoes and tuna and stir well.
- 7. Pour into an oven proof dish.
- 8. Sprinkle the grated cheese evenly over the top.
- 9. Place in the oven and bake for 10 mins.

Serve and Enjoy!



Vegetable Rice

Ingredients





• 1 teaspoon vegetable oil

Method

- 1 medium onion, finely chopped
- 100g closed-cup mushroom, sliced
- 150g white rice / brown rice
- 300ml reduced-salt vegetable or chicken stock
- 75g mix vegetable
- 1 x tinned sweetcorn
- 1 teaspoon curry powder
- 1 x tomato, chopped



- 1. Heat the oil in a sauce pan and fry the onion for 2 to 3 minutes. Add the mushrooms and cook for a further 2 minutes.
- 2. Stir in the rice and then add the stock, vegetables and sweetcorn, mix curry powder.
- 3. Stir well. Bring to boil and turn down the heat and simmer for about 15 to 20 minutes, until the rice is tender (adding more water if necessary).
- 4. Add a pinch of dried chilli flakes or mixed dried herbs to flavour the rice as required.
- 5. Serve the rice in bowls and sprinkle the chopped tomato on top.