



GOAL GO-WOMAN!
ALLIANCE CIC



Cook Book

Delicious food on a budget



A.L.F Project



Stir Fry Vegetable Noodles

 4 servings  10 minutes  £6,00

Ingredients

- 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!

Method

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



8 minutes



£4.30

Ingredients

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

Enjoy!

Method

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 minutes



£4.80

Ingredients

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

Enjoy!

Method

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 minutes



£3.50

Ingredients

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

Enjoy!

Method

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)
 - $\frac{3}{4}$ teaspoon paprika
 - $\frac{1}{2}$ 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 carrots, sliced courgette and diced tomatoes to the pan and continue to heat the chickpeas until cooked.



Sweet Potato

 4 servings  30 - 35 minutes  £1.00

Ingredients

- 250g sweet potatoes (peeled and diced)
 - 1 teaspoon of paprika
 - ½ teaspoon of onion powder
 - ½ teaspoon of garlic powder
-

Enjoy!

Method

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 oven for approximately 30 - 35 minutes until golden brown and tender.



Ingredients

- 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!

Coleslaw



4 servings



5 - 10 minutes



£4.40

Method

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



10 minutes



£4.00

Ingredients

- 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!

Method

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!



Ingredients

- 1 teaspoon vegetable oil
 - 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
-

Enjoy!

Vegetable Rice



4 servings



25 - 30 minutes



£4.50

Method

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, sweetcorn, mix vegetables and 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.