



This one does what it says on the tin – yes, you really can make an omelette in your kettle! It couldn't be easier, and there's no washing up.

Serves: 2

Done in: 15 minutes

Ingredients

- 4 large eggs
- 2 tbsp grated cheddar
- 5 slices wafer thin ham
- Salt and pepper
- 2 zip-lock sandwich bags

Optional:

- Sriracha, Brown Sauce, or your favourite sauce, to serve
- Vegetables

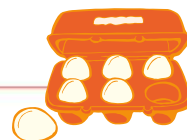
TOMS'S SWAP

If you don't fancy a cheesy omelette why don't you give grated mushrooms or sweetcorn a go? Just as tasty!

Method

1

Crack the eggs into a bowl and beat with a fork. Grate the cheddar and roughly chop the ham, then add this to the eggs with a bit of salt and pepper and give it a good stir.



2

Pour half the egg mixture into a heatproof zip-lock sandwich bag and carefully push all the excess air out of the bag and seal it. Then do the same again with the remaining egg mixture into a second bag.



3

Fill the kettle to $\frac{3}{4}$ full, and then carefully place both omelette bags inside, leaving a little of each bag hanging over the top of the kettle and close the lid to secure the bags in place.

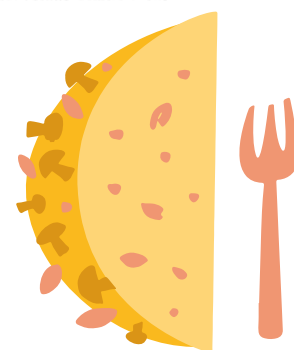


4

Switch the kettle on. Once it has boiled, leave it to stand for 8 minutes – don't open the lid! – then turn it back on again for a second boil. Once boiled for a second time, carefully remove the omelette bags using a set of tongs or something similar. Be careful it's hot!

5

Unzip the bags, slide the omelette out onto a plate, and tuck in. Easy peasy!



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FISH PIE JACKETS



A mashup of fish pie and jacket potatoes. This is a pocket-friendly and exciting way to eat fish that is super easy but looks impressive – a piled up high fish pie!

Serves: 4

Done in: 2 hours

Ingredients

- 2 large baking potatoes
- 4 frozen white fish fillets
- 1 tbsp vegetable oil
- 4-6 tbsp light mayonnaise
- 1-2 tbsp American mustard
- A pinch of pepper (cayenne, or whatever you have)
- 1 mug of frozen peas
- 8 tbsp grated cheddar
- Salt and pepper



Method

1

Whack the oven on at 180C.



2

Put the potatoes onto a baking tray and cook in the hot oven for 1 hour.

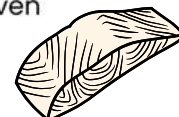
3

When the hour is nearly up, lay a sheet of foil over a flat surface. Lay the frozen fish fillets on top and drizzle with vegetable oil and a sprinkle of salt and pepper. Lay another sheet of foil the same size on top of the fish and scrunch up the edges to make a sealed parcel.



4

After the potatoes have been cooking for 1 hour, add the foil fish parcel to the tray in the oven and cook this all for another 30 minutes.



5

Remove the tray with the potatoes and fish parcels from the oven – but leave the oven on. Take the cooked fish fillets out of the foil and pop them in a bowl. Using a sharp knife, cut the potatoes in half and carefully spoon out the hot and fluffy insides from the skins, and add this to the bowl – make sure to keep the potato skins intact!



6

To the same bowl, add the mayonnaise, mustard, a pinch of cayenne (or other) pepper, and frozen peas. Give it all a good mix. Spoon the fish and potato mix into each of the potato skins (you will have 4) and grate the cheddar over each one.

7

Put the filled jackets onto the baking tray and pop them back in the oven for 20 minutes until warmed through and the cheese has melted. Serve up and dig in!

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Don't let those bits and bobs at the back of the fridge go to waste - use them to make a super tasty sandwich!

Serves: 1

Done in: 25 minutes

Ingredients

- A small chunk of cheese (about 15g)
- 1 mushroom
- ¼ tomato
- 1 large egg
- 1 tbsp semi-skimmed milk
- A pinch of cayenne pepper
- 2 slices of bread
- ½ tbsp vegetable oil



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Method

1

Start by grating the cheese and the mushroom on the fine side of a box grater, then roughly slice up the tomato.



2

Crack the egg onto a plate and add the milk and cayenne pepper, then beat with a fork to combine it all together. Dip the slices of bread into the egg mixture so that each piece soaks up the egg and milk.



3

Heat the vegetable oil in a frying pan over a medium heat and, once hot, add the slices of bread to the pan and gently fry for a few minutes until browned on one side. Flip the slices over and cook the other side for a few more minutes.



4

Pop the grated cheese, mushroom and tomato on top of one of the slices of bread, and then place the other slice on top. Squash the sandwich together with the back of a spatula and cook gently for a few more minutes until the cheese has melted.



5

Lift the butty onto a plate and slice in half before tucking in.



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CLASSIC LASAGNE



A family favourite that's as tasty as it is satisfying. This recipe has some great shortcuts, making it nice and easy; and it's versatile – the sauce can also be used for a bolognese or chilli con carne.

Serves: 6

Done in: 2 hours

Ingredients

For the sauce:

- 500g 5% fat beef mince
- 1 carrot
- 1 mug of frozen onions
- 1 mug of frozen sliced mixed peppers
- 2 tbsp tomato purée
- 1 tin of chopped tomatoes
- 2 tbsp low-salt gravy granules

To assemble:

- 2 x 25g sachets of white sauce mix
- 2 mugs semi-skimmed milk
- 40g grated mozzarella cheese
- 9 sheets of lasagne



Method



1

Heat a large, deep, non-stick frying pan over a high heat. Once hot, tip in the mince and break it up with a wooden spoon. Cook for around 10 minutes, until the mince is evenly browned.

2

Peel and grate the carrot, then add this along with the frozen onions and peppers to the pan. Cook for a few minutes more to soften, stirring often.



3

Once the onions are soft, add the tomato purée and cook for 2-3 minutes. Pour in the chopped tomatoes, then fill the tin with water and add to the pan. Stir in the gravy granules. Bring it to a gentle bubble and cook over a low-medium heat, stirring often, for around 45 minutes until the sauce has thickened.



4

Pop the oven on at 180C, then make the white sauce. Pour the milk into a pan and add the white sauce powder. Whisk together until the sauce thickens, as per the packet instructions.



5

Now build the lasagne. Into a deep ovenproof dish, spoon in a good layer of the sauce, then lay on 3 sheets of lasagne and spoon over a nice covering of the white sauce. Repeat this process 2 more times, making sure to cover the final layer of lasagne sheets just with white sauce. Sprinkle over the cheese and a bit of pepper, then cook in the hot oven for 45 minutes.

6

Then serve it onto plates and enjoy!



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