

Easy budget meals



University of
Nottingham
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Produced by Students and staff of the
Master of Nutrition (M Nutr) degree,
University of Nottingham

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Foreword

This recipe book was produced by Students and staff of the Master of Nutrition (MNutr) degree, University of Nottingham.

It aims to provide recipe ideas for those on a budget and/or using foodbank parcels. Made mainly with non-perishable foods and a microwave and/or kettle.

These recipes are a guide and the instructions on individual products should be followed to ensure food safety.

Pair recipes with your choice of fresh, tinned, or frozen fruit and vegetables to aim for your 5 a day.





Creamy Mushroom Pasta

 Serves 2 people

 Takes 15 minutes

What you need:

- 4 handfuls pasta
- 1 Tin of Chickpeas
- 3 Heaped Spoons of tinned peas/sweetcorn/spinach
- 1 Tin Cream of Mushroom Soup



1. Add the pasta to a microwaveable bowl and add enough cold water to cover it.



2. Microwave the pasta for as long as the packet instructions say to cook for. The pasta should still be a slightly chewy at this point.



3. Drain the water from the chickpeas and vegetables.



4. Drain the water from the pasta and then add the soup, chickpeas and peas/spinach.



5. Microwave for 3 minutes. The pasta should now be soft and easy to chew. Serve into 2 bowls and enjoy!