



# Speedy Sausage Casserole



Serves 2 people



Takes 15 Minutes



1. Drain the potatoes and your chosen veg.



2. If using hot dog sausages, chop them up into small slices.

## What you need:

- 1 Tin of baked beans and sausages/ baked beans and 3 tinned/jarred hot dog sausages
- 1 Tin of Boiled Potatoes
- 1 Can of peas/carrots/sweetcorn (you choose)
- 1 Tin of Tomatoes



3. Add all of the ingredients to a bowl and mix.



4. Microwave for 7-10 minutes until steaming and hot, making sure that you have heated them for at least the time suggested by the sausages.



5. Divide between 2 bowls/plates and enjoy!



# Chickpea Burgers



Serves 4 people



Takes 3 Minutes



1. Drain the chickpeas, but make sure you save the water from the tin for later.



2. Use your hands to smash the chickpeas until their roughly mashed.

## What you need:

- 2 Tins of chickpeas
- 7 tbsp Water from the Chickpea Tin
- 1 Tin of Mixed Vegetables/Peas/Sweetcorn
- 10 tbsp Flour (at least)
- 3 tbsp Curry Powder
- 2 tsp Dried Mixed Herbs



3. Add all of the other ingredients to the bowl and mix until you have a thick, stiff batter.



4. Split the mixture into 4 burger shapes and add to a hot, oiled pan.



5. Fry for 5 minutes, or until golden brown, and flip to cook the other side.



6. When both sides of the burgers are cooked, add to a plate and serve with a bun or some potatoes/chips.



# Veg. Packed Curry



Serves 4 people



Takes 10 Minutes



1. Drain the vegetables and chickpeas.



2. Add all of the ingredients to a bowl and mix.

## What you need:

- 2 Tins of Chickpeas (or any other tinned bean)
- 1 Tin of Chopped tomatoes
- 1 Jar of Curry Sauce (or a tin of chicken curry)
- 1 Tin Mixed Vegetables/Peas/Carrots/Sweetcorn



3. Heat in the microwave for 5 minutes or until steaming and hot all the way through.



4. Serve on its own or with a side of rice.



# Tomato Pasta



Serves 2 people



Takes 15 Minutes

## What you need:

- 4 handfuls of pasta
- 1 Can of meatballs/bolognaise
- 1 Jar tomato pasta sauce/can of tomato soup
- 1 Can of vegetables (optional)
- Salt, pepper and mixed herbs to taste (optional)



1. Add the pasta to a microwave safe container.



2. Add enough cold water to cover the pasta.



3. Cover and heat in the microwave for as long as the packet says to boil the pasta.



4. Add all of the other ingredients to the bowl and mix it all together. Microwave for another 3 minutes.



5. Season with herbs, salt and pepper. Then mix, serve and enjoy!