



# Posh Pot Noodle



Serves 1 person



Takes 7 Minutes

## What you need:

- 1 Pot Noodle
- 2 Tinned/Jarred Hot dog sausages
- 3 Tablespoons Canned Veg (sweetcorn, carrots, peas)



1. Boil the kettle.



2. While the kettle is boiling, cut the hot dog sausages into thin slices.



3. Add the chopped hot dog sausages and veg to the pot noodle.



4. Read the instructions on the pot noodle packet and put in the instructed amount of boiled water.



5. Cover with the lid and leave for 5-7 minutes. (Follow the instructions on the hot dog sausages for more specific timings).



6. Make sure all of the ingredients are thoroughly stirred together after cooking and it's now ready to eat.



# Anything goes Risotto



Serves 2 people



Takes 10 Minutes

## What you need:

- 1/2 Mug of rice
- 1/2 Mug of cold water
- 1/2 Jar pasta sauce  
OR 1 tin of soup
- 1 Can of vegetables  
(optional)
- Handful of grated  
cheese (optional)



1. Add the rice to a bowl and rinse it to remove the starch.



2. Add the water and the pasta sauce/soup into the bowl with the rice.



3. Cover the bowl and heat in the microwave for 4 minutes, then stir the mixture and microwave for another 4 minutes.



4. Divide the rice between 2 bowls/plates and, if you have any cheese, sprinkle on top while warm so it melts. Enjoy!



# Mexican Rice



Serves 4 people



Takes 15 Minutes

## What you need:

- 1/2 Mug rice
- 1 Mug cold water
- 1/2 Jar of Mexican sauce/1 Tin of kidney beans in chilli sauce
- 1/2 Tin sweetcorn
- 1/2 Tin of beans/chickpeas



1. Add the rice to a bowl and rinse it to remove the starch.



2. Add the cold water to the rice and cook in the microwave for 5 minutes.



3. Add the rest of the ingredients to the bowl and mix.



2. Heat in the microwave for another 4 minutes.



5. Serve the rice onto 2 plates/bowls and top with the cheese if you're using it.



# Jacket Potato and Beans



Serves 1 person



Takes 15 Minutes



1. Wash the potato.



2. Use a fork to poke holes all over the potato.

## What you need:

- 1 Large Potato
- 1/2 Can of Baked Beans
- Veg of choice (tinned, fresh or frozen - any will do)



3. Place the potato on a plate and microwave for 8-10 minutes until soft.



4. Empty the baked beans into a bowl and heat for 2-3 minutes until bubbly and steaming.



5. Heat the carrots in the veg in the microwave for 2 minutes.



6. Top the potato with the beans and put the veg on the plate. Enjoy!