

Let's get cooking!

➔ What does *cooking* mean to you?



- No way! Cooking takes too long!
- It's too complicated! You need equipment and to know what you're doing.
- Not much...I don't like cooking.
- Cooking healthy food is too expensive.
- I would like some tips and ideas on what to cook.

➔ If you have ticked one or more boxes, this leaflet is perfect for you!
Together let's discover ways to cook simple tasty food on a budget.



Tips to build confidence



We often think that cooking is complicated and time consuming. But you don't need to be a great chef to make tasty and nutritious dishes using ingredients you often have in the cupboard at home



For
2 people

QUICK RECIPES



OMELETTE

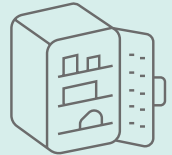


STEP 1

Take a look in your cupboards and fridge, do you have any leftovers or vegetables you aren't sure what to do with? Omelettes are a great way to use up food instead of throwing it away!



- eggs
- 2 cooked peeled potatoes
- 1/2 a tin of green beans
- handful of grated cheese



Top tip! Don't have green beans or potatoes? That's fine! You can make an omelette with any veg of your choice, tinned, frozen, or fresh, it all works.

STEP 2

Preparation

- Heat a tablespoon of oil in a pan
- Fry the leftover potatoes and vegetables
- Beat the eggs and mix in some grated cheese
- Pour into the pan
- Pinch of salt and pepper



Why not finish it with a few lettuce leaves on the side or a sprinkle of fresh or dried herbs? Voila! You've just created a delicious, healthy meal. Hats off to the Chef!



Add some flavour to your everyday meals!



Often, all you need to do is add a little extra to bring out the flavour.

SEASONING IS THE SECRET TO GREAT COOKING!

Try using more herbs (basil, parsley etc.) and spices (paprika, cumin etc.): A little seasoning goes a long way.

IN PRACTICE



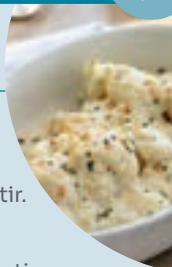
- Vegetable soup (frozen or from a carton)
- Add some curry powder or mixed herbs for extra flavour.

QUICK RECIPES



WHITE SAUCE IN 5 MINUTES

- 1 Mix 3 tablespoons of oil + 3 tablespoons of flour in a bowl.
- 2 Heat in the microwave for 1 minute and stir.
- 3 Add 400ml of heated milk and stir.
- 4 Heat in the microwave for 2 minutes and stir.
- 5 Heat for another minute and stir until thick.



Poured over a slice of turkey breast or cauliflower, this sauce is a perfect accompaniment to almost any vegetables!

Top tip! Add some fresh or dried parsley to enhance the flavour.

I need some extra help with recipes!

Out of ideas for what to eat? Having trouble making a recipe? There's always a solution.



Call a friend or ask a family member for advice, or maybe even a neighbour can give you some ideas to help you out.



Don't feel comfortable in the kitchen? Why not ask a friend to come over and share their culinary tips with you? You may end up having a great time cooking together!



Tasty food can also mean healthy food. Here are some ideas!



Want something quick and easy to make in the evening using every day ingredients?

Check out [cookingonabootstrap](#) [letsgetcooking](#) [bbcgoodfood](#) [goodto](#)

Have a look through cookbooks and food magazines for more ideas. Don't want to buy a cookbook? You can find them at your local library and find lots of free recipes online.



Want more ideas?

Look at the "Quick & Easy" recipe videos on Channel 4 :

<https://www.channel4.com/programmes/jamies-quick-easy-food>

<https://www.bbcgoodfood.com/recipes/collection/easy-recipes>



Easy-to-prepare fruit and vegetable recipes!

Discover step-by-step video recipes and tips to help you select and preserve fruit and vegetables...



Go to the BDA "Let's get cooking" website <https://letsgetcooking.org.uk/lets-get-cooking-at-home/>



Looking to meet new faces?

Check to see if you're local community centres and associations hold any cooking classes or workshops. They're a great way to learn how to make cheap,

healthy dishes and exchange tips and ideas with your neighbours!

For more information look online or visit your local community centre.

