

Topic

“LET'S GET COOKING!”

CHALLENGES

Lack of time, ideas, desire... It can be hard to find the time to cook in our often complicated and busy lives. However, you don't need to be a great chef or spend hours in the kitchen to create tasty healthy dishes.

Our aim is to develop a positive relationship with food through cooking, so that healthy eating remains, above all, enjoyable.

KEY THEMES

We want to introduce a wider range of foods and flavours into people's diets, making cooking enjoyable by:

Building people's confidence cooking, trying new recipes and dishes.

Giving some tips to create quick and easy dishes.

Bringing a personal touch to the dishes, learning new techniques.

Encouraging people to gradually incorporate small changes into their cooking habits.

COOKING WITH THE BASICS

The kettle - a trusted ally



01

The kettle is easy to use and can help in preparing simple meals for 1 or 2 people.

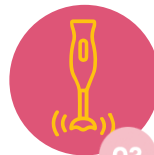
How to use it?

Simply boil the water and use it to reheat or even cook quick meals.

What to prepare?

Add it to some couscous and veg, stir and leave to sit for a few mins

The hand blender - soup in minutes



02

A must for making soup quickly, a hand blender is a useful utensil and is relatively low cost.

How to use it?

Add all the ingredients together in the bowl, and use the blender to mix.

What to prepare?

Soups, sauces, smoothies...

The fork - great for mashing



03

Forks can be used for more than eating. It can be a great way to make mash potatoes.

How to use it?

Simply boil or microwave your potatoes until soft then use your fork to mash them until smooth. Add a splash of milk for a smoother texture.

What to prepare?

You can use a fork to help make mash potatoes, mash sweet potato and more.

The slow cooker - a money saver



04

The slow cooker is great for batch cooking, easy to use, and can save you money by being energy efficient.

How to use it?

Simply put the ingredients for your recipe into the slow cooker, add your seasoning, and put it on. You can even go to work whilst it cooks your dinner.

What to prepare?

Stews, casseroles, lasagne, chicken... the list goes on. Here are a few recipes to try: <https://www.bbcgoodfood.com/howto/guide/top-10-budget-slow-cooker-recipes>



