



HEALTHY MEALS UNDER £5 USING FOODBANK STAPLES

Creamy Chickpea & Spinach Curry

Ingredients:

- 1 tin chickpeas (drained)
- 1 tin chopped tomatoes
- 1 tin coconut milk
- 1 small onion
- 2 handfuls spinach (fresh or frozen)
- 1 tbsp curry powder
- 1 tbsp oil
- 1 garlic clove
- Rice



Calories: 300 - 350 kcal per serving
(500 - 600 kcal with rice)

Method:

1. Heat oil and fry the chopped onion and garlic for 3 - 4 minutes.
2. Stir in curry powder and cook for 1 minute
3. Add chopped tomatoes and chickpeas
4. Simmer for 10 minutes
5. Add spinach and cook until wilted
6. Serve with rice

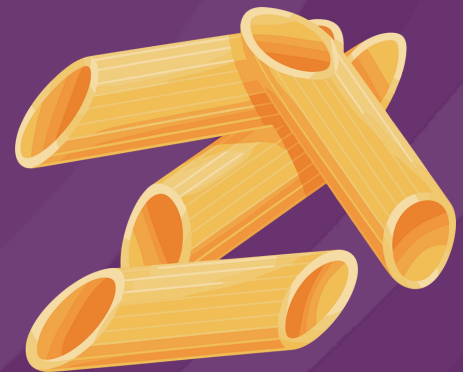


HEALTHY MEALS UNDER £5 USING FOODBANK STAPLES

Veggie Lentil Bolognese

Ingredients:

- Ingredients
- 1 cup dried red lentils (or 1 tin lentils)
- 1 tin chopped tomatoes
- 1 carrot (grated)
- 1 onion
- 1 tsp mixed herbs
- 1 tbsp tomato purée
- 1 tbsp oil
- Salt and pepper to taste
- Pasta (wholemeal if possible)



Calories: 300 kcal per serving
(500 – 600 kcal with pasta)

Method:

1. Method
2. Fry the onion and grated carrot in oil for 5 minutes
3. Add lentils, tomatoes, herbs, and 2 cups of water
4. Simmer for 15 minutes until the lentils soften
5. Serve over cooked pasta



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Sweet Potato & Black Bean Tacos

Ingredients:

- 1 large sweet potato (chopped and cubed)
- 1 tin black beans (or kidney beans)
- 1 tsp paprika
- 1 tsp cumin
- 1 tbsp oil
- Salt and pepper to taste
- Tortilla wraps
- Optional: yoghurt or lime



Calories: 400 - 450 kcal per serving

Method:

1. Roast sweet potato with oil and spices at 200°C for 20 minutes
2. Heat black beans in a pan
3. Fill wraps with sweet potato and beans

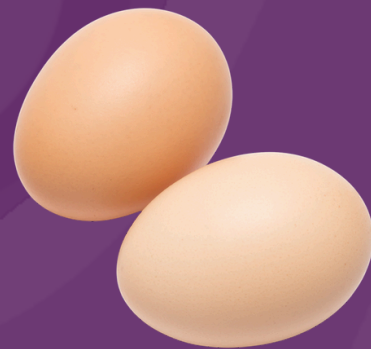


HEALTHY MEALS UNDER £5 USING FOODBANK STAPLES

One-Pot Vegetable Fried Rice

Ingredients:

- 2 cups cooked rice
- 1 cup frozen mixed vegetables
- 2 eggs (optional, but adds protein)
- 1 tbsp soy sauce
- 1 tbsp oil
- 1 spring onion or small onion



Calories: 350 - 400 kcal per serving

Method:

1. Heat oil in a large pan.
2. Cook the onion and vegetables for 3 - 4 minutes.
3. Add rice and stir well
4. Push rice aside and scramble eggs
5. Mix together with soy sauce.



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Mediterranean Chickpea Salad Wraps

Ingredients:

- 1 tin chickpeas
- ½ cucumber
- 1 tomato
- 2 tbsp yoghurt or hummus
- Juice of ½ lemon (optional)
- Wraps or pitta bread (Wholemeal if possible)



Calories: 350 - 400 kcal per serving

Method:

1. Method
2. Mash chickpeas with a fork
3. Chop the cucumber and tomato
4. Mix with yoghurt/hummus and lemon juice
5. Fill wraps or pitta bread

