

NEXSTEPS

MEALS UNDER £5

Five simple, low-cost meals for young people learning to cook independently.

CHEESY TOMATO PASTA

COST	TIME	SERVES
About £1.20 per portion	20 minutes	1

INGREDIENTS

- 100g dried pasta
- 1/2 tin chopped tomatoes
- 1/4 onion, chopped
- 1 small garlic clove or 1/2 tsp garlic granules
- 30g grated cheese
- 1 tsp oil
- Pinch of mixed herbs

EQUIPMENT

- Saucepan
- Small frying pan or saucepan
- Wooden spoon
- Colander

STEP-BY-STEP

1. Cook the pasta following the packet instructions.
2. Heat the oil and gently cook the onion for 3-4 minutes.
3. Add garlic, chopped tomatoes and herbs. Simmer for 5 minutes.
4. Drain the pasta and stir it into the tomato sauce.
5. Sprinkle over the cheese and serve.

FOOD SAFETY

Keep pan handles turned in. Take care when draining boiling water.

HAVE A GO: What went well? What would you change next time?

CHICKEN & VEG RICE BOWL

COST About £2.00 per portion	TIME 25 minutes	SERVES 1
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INGREDIENTS • 100g chicken breast, cut into small pieces • 75g rice • 100g frozen mixed vegetables • 1 tsp oil • 1 tbsp low-salt soy sauce or your favourite cooking sauce	EQUIPMENT • Saucepan • Frying pan • Wooden spoon • Knife and chopping board
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STEP-BY-STEP

1. Cook the rice following the packet instructions.
2. Heat the oil and cook the chicken until browned and cooked through.
3. Add the frozen vegetables and cook until piping hot.
4. Stir in the sauce.
5. Drain the rice and serve with the chicken and vegetables.

FOOD SAFETY

Chicken must be cooked all the way through with no pink meat. Wash hands and surfaces after touching raw chicken.

HAVE A GO: What went well? What would you change next time?

JACKET POTATO, BEANS & CHEESE

COST About £1.30 per portion	TIME 10-12 minutes microwave	SERVES 1
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INGREDIENTS • 1 large baking potato • 1/2 tin baked beans • 30g grated cheese • Optional side salad	EQUIPMENT • Fork • Microwave-safe plate • Microwave • Small saucepan or microwave-safe bowl
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STEP-BY-STEP

1. Wash the potato and prick it several times with a fork.
2. Microwave according to your microwave instructions, turning halfway.
3. Heat the beans until piping hot.
4. Carefully split the potato.
5. Add the beans and cheese.

FOOD SAFETY

The potato and steam inside it will be very hot. Let it stand briefly before cutting.

HAVE A GO: What went well? What would you change next time?

EASY VEGGIE CHILLI

COST About £1.50 per portion	TIME 25 minutes	SERVES 2
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INGREDIENTS • 1/2 onion, chopped • 1/2 pepper, chopped • 1 tin chopped tomatoes • 1 tin kidney beans, drained and rinsed • 100g sweetcorn • 1 tsp oil • 1 tsp mild chilli powder • 150g cooked rice to serve	EQUIPMENT • Saucepan • Wooden spoon • Knife and chopping board • Colander
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STEP-BY-STEP

1. Heat the oil and cook the onion and pepper for 4-5 minutes.
2. Add the chilli powder and stir.
3. Add tomatoes, kidney beans and sweetcorn.
4. Simmer for 12-15 minutes, stirring occasionally.
5. Serve with cooked rice.

FOOD SAFETY

Make sure the chilli is piping hot before serving. Cool leftovers quickly and refrigerate.

HAVE A GO: What went well? What would you change next time?

SAUSAGE & TOMATO PASTA

COST About £1.80 per portion	TIME 25 minutes	SERVES 1
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INGREDIENTS • 2 sausages • 100g dried pasta • 1/2 tin chopped tomatoes • 1/4 onion, chopped • 1 tsp oil • Pinch of mixed herbs	EQUIPMENT • Saucepan • Frying pan • Wooden spoon • Colander • Knife and chopping board
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STEP-BY-STEP

1. Cook the pasta following the packet instructions.
2. Cook the sausages thoroughly, then slice them carefully.
3. Cook the onion in a little oil until soft.
4. Add tomatoes, herbs and sliced sausage. Simmer for 5 minutes.
5. Drain the pasta, mix with the sauce and serve.

FOOD SAFETY

Cook sausages thoroughly according to the packet instructions. Take care when cutting hot sausages.

HAVE A GO: What went well? What would you change next time?

YOU DON'T NEED TO BE A CHEF. YOU JUST NEED TO START.