

NEXSTEPS

COOKING FOR ONE

Five straightforward meals with portions designed for one person.

SPAGHETTI BOLOGNESE FOR ONE

COST	TIME	SERVES
About £2.00	25 minutes	1

INGREDIENTS

- 100g lean beef mince
- 100g spaghetti
- 1/4 onion, chopped
- 1/2 tin chopped tomatoes
- 1 tsp oil
- Pinch of mixed herbs

EQUIPMENT

- Saucepan
- Frying pan
- Wooden spoon
- Colander

STEP-BY-STEP

1. Cook the spaghetti according to the packet.
2. Heat oil and soften the onion.
3. Add mince and cook until browned throughout.
4. Add tomatoes and herbs; simmer for 10 minutes.
5. Drain pasta and serve with the sauce.

FOOD SAFETY

Cook mince thoroughly. Refrigerate leftovers within 2 hours and reheat only once until steaming hot.

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

CHICKEN CURRY FOR ONE

COST About £2.20	TIME 25 minutes	SERVES 1
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INGREDIENTS • 100g chicken breast, diced • 75g rice • 1/4 onion • 100g mixed vegetables • 100g mild curry sauce • 1 tsp oil	EQUIPMENT • Saucepan • Frying pan • Wooden spoon • Knife and chopping board
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STEP-BY-STEP

1. Cook the rice following the packet.
2. Heat oil and cook the chicken and onion.
3. Add vegetables and cook for a few minutes.
4. Add curry sauce and simmer until chicken is fully cooked.
5. Serve with the rice.

FOOD SAFETY

Chicken must be fully cooked with no pink meat. Wash hands and utensils after handling raw chicken.

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

ONE-PAN SAUSAGE & VEG

COST About £2.00	TIME 30 minutes	SERVES 1
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INGREDIENTS • 2 sausages • 200g small potatoes, halved • 150g mixed vegetables • 1 tsp oil • Pinch of mixed herbs	EQUIPMENT • Baking tray • Knife and chopping board • Oven gloves
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STEP-BY-STEP

1. Heat the oven according to the sausage packet.
2. Put potatoes on a tray with oil and herbs and start cooking.
3. Add sausages and cook according to packet timings.
4. Add vegetables for the final part of cooking.
5. Check everything is piping hot and sausages are cooked through.

FOOD SAFETY

Use oven gloves and follow sausage packet cooking instructions carefully.

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

OMELETTE FOR ONE

COST About £1.20	TIME 10 minutes	SERVES 1
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INGREDIENTS • 2 eggs • 30g grated cheese • Small handful chopped vegetables • 1 tsp oil • Black pepper	EQUIPMENT • Bowl • Fork • Frying pan • Spatula
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STEP-BY-STEP

1. Beat the eggs in a bowl.
2. Heat the oil and soften the vegetables.
3. Pour in the eggs and cook gently.
4. Add cheese when nearly set.
5. Fold the omelette and cook until the egg is set.

FOOD SAFETY
Cook eggs until set and piping hot. Keep raw egg away from ready-to-eat foods.

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

PERSONAL FLATBREAD PIZZA

COST About £1.50	TIME 15 minutes	SERVES 1
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INGREDIENTS • 1 flatbread or tortilla • 2 tbsp passata or tomato sauce • 50g grated cheese • Your choice of cooked vegetable or meat toppings	EQUIPMENT • Baking tray • Spoon • Oven gloves
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STEP-BY-STEP

1. Heat the oven.
2. Place the flatbread on a baking tray.
3. Spread with tomato sauce.
4. Add cheese and toppings.
5. Bake until the cheese is melted and the pizza is piping hot.

FOOD SAFETY

**Only use meat toppings that are already cooked unless the packet specifically says otherwise.
Use oven gloves.**

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

COOK FOR YOURSELF. BUILD YOUR CONFIDENCE.