

NEXSTEPS

15-MINUTE MEALS

Five quick meals for busy days and first-time cooks.

CHICKEN STIR-FRY

COST	TIME	SERVES
About £2.20	15 minutes	1

INGREDIENTS

- 100g chicken breast, thinly sliced
- 150g stir-fry vegetables
- 1 nest quick-cook noodles
- 1 tbsp stir-fry sauce
- 1 tsp oil

EQUIPMENT

- Frying pan or wok
- Saucepan
- Wooden spoon
- Knife and chopping board

STEP-BY-STEP

1. Cook the noodles following the packet instructions.
2. Heat the oil and cook the chicken until fully cooked.
3. Add the vegetables and stir-fry until hot and tender.
4. Add the sauce, then mix in the drained noodles.
5. Serve straight away.

FOOD SAFETY

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

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

QUICK EGG FRIED RICE

COST About £1.20	TIME 15 minutes	SERVES 1
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INGREDIENTS • 1 pouch cooked rice or 150g chilled cooked rice • 2 eggs • 75g frozen peas and sweetcorn • 1 tsp oil • 1 tsp low-salt soy sauce	EQUIPMENT • Frying pan • Wooden spoon • Bowl • Fork
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STEP-BY-STEP

1. Heat the oil and cook the vegetables until piping hot.
2. Push them to one side and add the beaten eggs.
3. Stir until the egg is cooked.
4. Add the rice and stir-fry until piping hot throughout.
5. Add soy sauce and serve.

FOOD SAFETY

If using leftover rice, cool it quickly, refrigerate it and use within 24 hours. Reheat only once until steaming hot.

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

CHEESY BEAN WRAPS

COST About £1.30	TIME 10 minutes	SERVES 1
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INGREDIENTS • 2 tortilla wraps • 1/2 tin baked beans • 40g grated cheese • Handful of salad	EQUIPMENT • Microwave or saucepan • Plate • Spoon
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STEP-BY-STEP

1. Heat the beans until piping hot.
2. Warm the wraps according to the packet.
3. Spoon beans down the middle of each wrap.
4. Add cheese and salad.
5. Fold and eat while warm.

FOOD SAFETY Take care with hot beans and steam. Refrigerate unused ingredients promptly.
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HAVE A GO: What went well? What would you change next time?

PESTO PASTA & VEG

COST About £1.50	TIME 15 minutes	SERVES 1
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INGREDIENTS • 100g quick-cook pasta • 100g frozen mixed vegetables • 1 tbsp pesto • Optional grated cheese	EQUIPMENT • Saucepan • Colander • Spoon
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STEP-BY-STEP

1. Cook the pasta according to the packet.
2. Add the frozen vegetables for the final few minutes.
3. Drain carefully.
4. Stir through the pesto.
5. Add cheese if you like and serve.

FOOD SAFETY Check pesto ingredients for allergens. Take care when draining boiling water.

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

QUICK CHICKEN FAJITAS

COST About £2.40	TIME 15 minutes	SERVES 1
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INGREDIENTS • 100g chicken strips • 1/2 pepper, sliced • 1/4 onion, sliced • 2 tortilla wraps • 1 tsp fajita seasoning • 1 tsp oil	EQUIPMENT • Frying pan • Wooden spoon • Knife and chopping board
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STEP-BY-STEP

1. Heat the oil and cook the chicken until nearly cooked.
2. Add pepper, onion and seasoning.
3. Cook until the chicken is fully cooked and vegetables have softened.
4. Warm the wraps.
5. Fill, fold and serve.

FOOD SAFETY

Chicken must be cooked through. Keep raw chicken separate from ready-to-eat foods.

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

QUICK. SIMPLE. REAL FOOD.