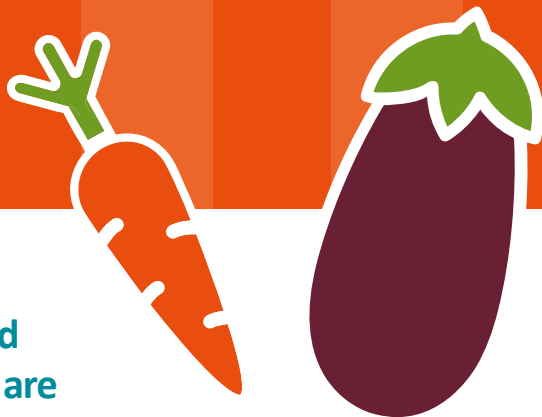


# How to cook and eat well with limited equipment and money



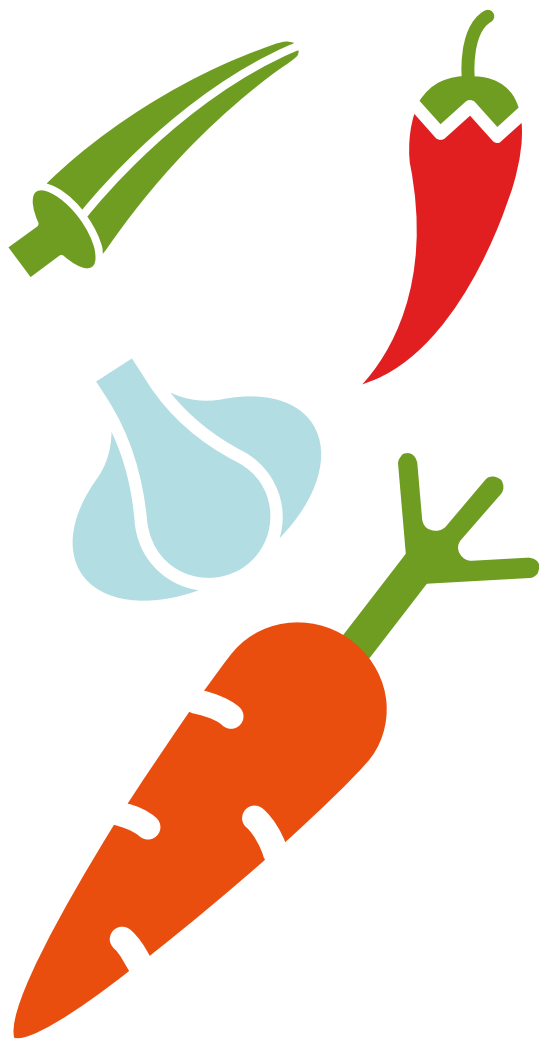
# If you eat better you'll feel better...



Not having enough food, worrying about electricity and not feeling confident to cook are just some of the reasons that get in the way of eating well.

However, regularly skipping meals and not eating enough nutritious food affects how our body functions. What we eat can help us to feel better and be healthier.

Cooking tasty food which is good for you is possible when money is tight and cooking facilities are limited. These easy and cheap recipes will give you energy and help you feel good.



## Give them a go!

# Cooking with a kettle... No oven or microwave? No problem!



## DIY Instant Oats

– Serves 1

### INGREDIENTS

- Half a mug of porridge oats
- Two heaped dessert spoons of skimmed milk powder

**Added extras:** Cinnamon, carrots, chopped fruit

### EQUIPMENT

A kettle, mug, plate and a spoon to stir your porridge

### METHOD

- 1.** Add the milk powder and oats to a heatproof bowl and cover with boiling water.
- 2.** Place a plate or lid over the bowl and leave to stand for a few minutes. Top with extra water until you get your desired consistency.
- 3.** Top with cinnamon, a little sugar or honey and some fruit.

Much cheaper than buying shop bought sachets!

**Budget bites:** Cheaper oats work better in this recipe as they are smaller, so cook quicker.

**Healthy hacks:** Oats are high in soluble fibre which can help lower your blood cholesterol levels.

### MORE KETTLE IDEAS...

**Heat up tinned soup** – Just add the contents of the can into a heatproof, ziplock bag. Fill the kettle with water and pop the bag into the kettle. Make sure you leave the lid open and be careful when taking it out.

**Boiled eggs:** Place the eggs carefully inside the kettle (it is very messy if they break). Fill the kettle until the water level is approximately 5 cm above the eggs. After the kettle has boiled leave the eggs inside for around 10-15 minutes (depending on the size and how runny you like your egg). Drain the water and carefully remove the eggs.



# Cooking with a kettle... No oven or microwave? No problem!

## DIY Pot Noodle

– Serves 1

### INGREDIENTS

- 1 nest of thin quick-cook egg or rice noodles
- 1 small carrot, peeled and very thinly sliced
- 3-4 spring onions, trimmed and finely sliced
- Garlic clove grated
- Red or green chilli, deseeded and finely chopped
- 2 teaspoons of soy sauce
- Juice ½ lime
- 1tsp yeast extract

**Added extras:** Add or remove ingredients based on what you've got and what you like – pepper, mushrooms, sweetcorn and grated ginger work well, peanut butter is delicious too!

### EQUIPMENT

A kettle, chopping board, knife and heatproof container. A grater or peeler is helpful but not essential.



### METHOD

- 1.** Place the noodles in a heatproof jar/container with everything else on top and cover with boiling water.
- 2.** Leave for 8-10 minutes and season with lime and soy sauce to taste.

**Healthy hacks:** Give this a protein boost by adding some cooked chicken, lean ham, a boiled egg or mixed beans. Protein helps to keep us feeling fuller longer.

**Budget bites:** Keep an eye out for a reduced price stir fry veg mix – it makes for a very quick and cheap meal!

# Microwave meals: No oven or hob? No problem!



## Banana bread in a mug

– Serves 2

### INGREDIENTS

- 1 egg
- 1 banana
- 1tsp vegetable oil or butter
- 2 heaped teaspoons of sugar
- 2 heaped dessert spoons self-raising flour
- ½ tsp baking powder (not essential but makes a lighter, airier mixture)
- A splash of milk

**Added extras:** Cinnamon, vanilla extract.

### EQUIPMENT

Fork, mug and microwave

### METHOD

- 1.** Mash the banana in a bowl with the oil and sugar.
- 2.** Crack the egg and lightly whisk together with a fork.
- 3.** Stir in the flour and baking powder and any added extras. If the mixture is very thick add some milk to loosen – it should be like a thick cake mixture.

**4.** Place half of the mixture into a mug and place in the microwave on approximately 50% power for 90 seconds. If it is still runny on the top pop back in for another 30 seconds. Be careful not to overcook it.

**5.** It's delicious topped with some yogurt and extra fruit.

**Budget bites:** Eggs past their best before date? Place them in a bowl of cold water. If they sink to the bottom they're fine. If they float give them a miss.





# Microwave meals: No oven or hob? No problem!

## Microwave Bean Chilli

– Serves 1–2

### INGREDIENTS

- ¼ smallish onion (finely chopped)
- 1 small garlic clove
- ½ vegetable stock cube
- 70g rice
- ¼ tsp ground cumin
- ½ tsp paprika (sweet or smoked)
- 1 x 200g tin of chopped tomatoes
- 130g tinned kidney beans (drained and rinsed)
- Pinch of salt
- 100ml natural yoghurt to serve (optional)

### EQUIPMENT

Microwave, chopping board, knife and heatproof container.  
Cling film or a lid to cover

### METHOD

- 1.** Pop the onion and garlic into a jug or bowl with a tablespoon of water to stop them from sticking. **Remember: no metal – metal in microwaves sets fire to things.**
- 2.** Cover with cling film and pierce in a couple of places. Microwave for 90 seconds on around half power and leave to stand for a few seconds. Carefully peel back the cling film.
- 3.** Add the rest of the ingredients, crumbling the stock cube into it so that it dissolves instead of remaining in a lump, and add 150ml cold water. Re-cover with cling film (remember to pierce it if you're using a new bit) and cook on full power for 3 minutes.
- 4.** Remove, carefully uncover and stir well, cover again and pop back in for another 3 minutes. Remove, carefully uncover, and leave to stand for a minute before serving. If your rice isn't cooked (just nibble a piece to check), then pop back in for 2 more minutes.

**JACK  
MONROE**

Find this and more recipes at:  
[www.cookingonabootstrap.com](http://www.cookingonabootstrap.com)

# Microwave meals: No oven or hob? No problem!



## Microwave cleaning

**hack:** Squeeze the juice of half a lemon into a bowl with ½ a cup of water. Microwave for around 3 minutes (until water boils). Let it stand for 5 minutes before removing the bowl. Wipe the inside with a clean cloth.



**5.** Basic white rice cooks in around 6 minutes with a 1-minute rest in the middle and a 1-minute rest at the end, but brown rice takes longer. If you fancy add a tiny splash of vinegar and a pinch of salt to serve. A dollop of plain yoghurt on top is a nice addition.



## Check before you chuck



### 💀 USE BY DATE

- Don't use any food or drink after the end of the "use by" date on the label, even if it looks and smells fine. You could put your health at risk.
- Follow storage and cooking instructions e.g. refrigerate, do not cook from frozen, eat with 2 days of opening.
- **Typical foods with use by dates:** Things that go off quickly – meat, fresh fish, dairy. **Past the use by date? THROW IT AWAY!**

### 😊 BEST BEFORE DATE

- You can use food after the best before date. It doesn't mean that it is harmful. It might just lose some flavour or texture.
- **Typical foods with best before dates:** tinned, frozen and dried goods like pasta, breakfast cereals, flour and lentils.
- **Past the best before date?** Use your judgement. If it looks and smells fine you'll probably be OK to use it. The longer its shelf life, the longer it's likely to last after the best before date.



# Microwave meals: No oven or hob? No problem!

## Breakfast in a mug

– Serves 1

### INGREDIENTS

- 1 slice wholemeal bread, ripped into chunks
- 2 tbsp finely chopped ham
- 1 medium tomato diced
- 2 tbsps grated cheddar cheese
- 1 finely chopped spring onion
- 1 egg, beaten
- 2 tbsp milk

### EQUIPMENT

Mug, grater, chopping board and knife or scissors



### METHOD

- 1.** Toss bread with ham, tomato, cheese and green onion. Transfer to a microwave-safe mug. Whisk egg with milk; pour over filling.
- 2.** Microwave on High (100%) for 60 seconds; let stand for 10 seconds. Microwave on High (100%) for an additional 60 seconds or until set.

#### **You can do this recipe in a pan.**

Lightly fry the spring onion on a low heat before adding the other ingredients. Cook on a medium heat until the egg mixture is set, around 3-5 minutes.





# Microwave meals: No oven or hob? No problem!



## Poached eggs in peppers

– Serves 1

### INGREDIENTS

- 2 eggs
- 1 pepper
- Pinch of salt and pepper

**Added extras:** This is lovely with some toasted wholemeal pitta, or you could chop it up and mix it with rice, some salad vegetables e.g. cucumber/tomato/sweetcorn and a splash of oil and lemon for a delicious rice salad.

### EQUIPMENT

Knife, microwavable plate, fork



**Healthy hacks:** Eggs are a great source of protein; there is no recommended limit on how many eggs you should eat.

### METHOD

- 1.** Slice tops off pepper. Remove seeds inside the pepper.
- 2.** Place pepper upright on microwave-safe plate. Microwave on High (100% power) for 2 minutes. Turn over and drain on paper towel then slice in half.
- 3.** Place pepper upright on microwave-safe plate. Break eggs in each pepper half. Pierce egg yolks several times with fork.
- 4.** Season with pepper and salt.
- 5.** Microwave on Medium-High (70% power) until eggs are almost cooked, about 3 minutes. Let stand for 2 minutes, then serve.

Eggs are cheap and don't need to be kept in the fridge.



# Microwave meals: No oven or hob? No problem!

## Super-quick heart healthy salad – Serves 2

### INGREDIENTS

- 1 pouch of ready-to-eat mixed grains (e.g. rice, couscous, quinoa)
- 1 carrot, grated
- ½ red onion or 1-2 spring onions finely sliced
- 1 tomato diced
- Chunk of cucumber diced
- 1 apple diced or grated
- 1 tin of sardines or mackerel in oil or water flaked into small pieces
- 1 tbsp oil
- 1 lemon, juiced

**Added extras:** You can use whatever veg/salad you like. You could also swap the oily fish for some tuna, lean meat, egg or tofu.

### EQUIPMENT

Bowl to mix, microwave and knife

*Can be kept in the fridge for a few days*

### Healthy hacks:

- Pouches of mixed grains and rice are a useful store cupboard ingredient.
- Add them to a soup for a more substantial meal, mix with some meat or fish and a portion of veg for a quick and easy dinner.

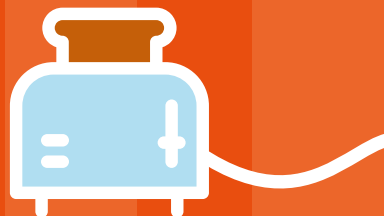
### METHOD

1. Heat 1 pouch of ready-to-eat grains following pack instructions then tip into a bowl and cool.
2. Add the rest of the ingredients and mix thoroughly.



**Healthy hacks:** Tinned sardines and mackerel are high in omega 3 fats – these are good for our heart and brain. Aim for one portion per week. Tinned tuna doesn't count!

# Things on toast – quick, easy and good for you



## Savoury

- Beans on toast. If you can, opt for the “no added sugar and salt” versions, they taste the same as the standard ones. Microwave, heat in a pan or have cold.
- Scrambled/boiled/poached eggs – you can microwave, use a kettle (for boiled eggs) or use a pan. Try this with a yeast extract spread on toast for added nutrients and a delicious twist. A sliced tomato is also a great addition.
- Tinned mackerel or sardines in tomato sauce on toast. Mash up the fish, spread it on the toast. Adding some sliced onion – any kind will do, is a delicious added extra.
- Light cream cheese or cottage cheese, lean ham, tomato and cucumber.



## Sweet

- Peanut butter and banana.
- Cream cheese or quark with sliced apple and a drizzle of honey.
- Cottage cheese with tinned pineapple.

## EQUIPMENT

Toaster, kettle or microwave, knife



### Healthy hacks:

- If you choose wholemeal bread you get extra fibre which is good for your gut and helps to keep you fuller for longer.
- Topping with fruit will give you 1 of your 5 a day servings of fruit and veg.
- Topping with cottage cheese is a protein and calcium boost for healthy teeth and bones.

## Further ideas...

### Cooking on a Bootstrap

Recipes and tips for thrifty chefs from Jack Monroe.

Visit [www.cookingonabootstrap.com](http://www.cookingonabootstrap.com)



## Cost of living support...

### Local Discretionary Grant

For more help and advice during the cost of living crisis visit:

[www.costofliving.campaign.gov.scot](http://www.costofliving.campaign.gov.scot)

## Find us...

Facebook [www.facebook.com/dieteticealthimprovementteam](https://www.facebook.com/dieteticealthimprovementteam)

Download our **NHS Ayrshire and Arran Healthy Weight App** available through Google Play or the Apple App store

[www.youtube.com/channel/dietetic health improvement team](https://www.youtube.com/channel/dietetic%20health%20improvement%20team)

## Leaflet developed by...

with thanks to Brighton & Hove Food Partnership