

SUMMER HOLIDAY FOOD PACK

RECIPE INSPIRATION

A selection of meals to create with
Some of your ingredients

Important Message

All free school meal children are welcome to two food hampers over the summer holidays. To access your second food hamper please visit www.efrpa.org.uk to book your click and collect slot at the nearest location to you or call 01482 871077 if you need assistance with your booking.



Department
for Education

East Riding Holiday Activities and Healthy Food (HAF)

Tomato & Ham Pasta Bake



Ingredients (Serves six)

- 350g Pasta
 - 2 tablespoons oil
 - ½ small onion, chopped
 - 1 ½ cups cubed tined ham (optional)
 - 1 can chopped tomatoes
 - Salt and pepper
 - 1 cup cheese
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Method

1. **Bring a large pot of water to a boil and salt the water. Add pasta and cook the pasta until soft.**
2. **To make your sauce, place the oil to the pan on medium heat. Add diced onions and fry until translucent or soft, then add the chopped tomatoes and let simmer for 5 minutes. Take the tomato sauce off the heat.**
3. **Drain the pasta and add to the tomato sauce you have just made stir until all combined.**
4. **Add the cubed ham and leave to simmer on low heat until the Ham is cooked through.**
5. **Sprinkle the cheese in to the pan and stir until melted. Once the cheese is melted you are ready to serve.**

Meatball Bolognese



Ingredients (Serves five)

1x Onion

1x Tin of carrots

1x Jar of pasta Sauce

1x Tin of Meatballs or hot dogs

350g Spaghetti or pasta

Method

1. Bring a large pot of water to a boil and salt the water. Add pasta and cook the pasta until soft.
2. Meanwhile place your oil and diced onions in a medium sized pan on medium heat and cook until translucent. Next drain your carrots and place in to the pan with the onions and fry for 1 minute.
3. Add your pasta sauce and your hotdogs or meatballs to the pan and let cook for 8 minutes.
4. Once the pasta is cooked, drain and serve immediately, then place your sauce on top serve and enjoy.

Tip: For extra flavour add some garlic when cooking the onions or for the extra kick add chilli to the sauce.

Tuna and Corn Fritters



Ingredients (Serves four)

- 1 x Tin of tuna
- 1 x Tin of sweetcorn
- 2 x Cups of plain flour
- 2 eggs
- 3tbsp milk
- Salt and pepper to season

Method

1. Cook the sweetcorn in a saucepan of boiling water until heated through. Refresh under cold water. Drain well.
2. Whisk the eggs in a large bowl. Add flour and milk and stir until a smooth thick batter forms. Stir in corn. Season. Gently fold through the tuna.
3. Heat a large non-stick frying pan over medium heat. Pour four 1/4-cup (60ml) portions of mixture around the pan, allowing room for spreading. Cook for 2-3 mins or until golden underneath. Turn and cook for 2 mins or until cooked. Transfer to a plate. Repeat, with any remaining tuna mixture.
4. Divide fritters among serving plates.
5. Serve with sweet chilli sauce and salad or they are also good served in a bread cake.

Chickpea Burgers



Ingredients (Serves Four)

400g Can chickpeas, drained

zest 1 lemon, plus juice ½

1 x Egg

100g Fresh breadcrumbs

1 x Onion, ½ diced, ½ sliced

1 tbsp olive oil

1 tsp ground cumin (Optional)

Small bunch coriander, chopped or use 1 tsp of dried coriander (Optional)

4 x Bread buns (Optional)

1 x Large tomato, sliced, ½ cucumber, sliced and sauce to serve (Optional)

Method

- In a large bowl mash the chickpeas with a hand held masher. Then add and mix lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning.
- Add and mix with 80g of the breadcrumbs and the diced onions.
- Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 mins.
- Heat the oil in a frying pan until hot.
- Fry the burgers for 4 mins each side, keeping the heat on medium so they don't burn.
- To serve, slice each bun and fill with a slice of tomato, a burger, a few onion slices, some cucumber slices, a dollop of your favourite sauce, or you can decide on your own topping!

Bean Burrito Wraps



Ingredients (Serves four)

- ½ Cup of Rice or 1 packet of ready cooked rice
- ½ Tin mixed beans or pulses
- 4 x Tortilla wraps
- 1 x Paprika
- 1 tsp ground garlic
- 2 tbsp. tomato puree

Method

1. To cook the rice place ½ cup of rice in a sauce pan with 1 ½ cups of boiling water to a medium sized pan and place on the medium heat for about 10 minutes or until soft to eat. Once cooked drain and leave to the side for later.
2. Add beans and ½ cup water to the pan bring to a boil, add garlic, paprika and tomato puree to the pan and reduce heat to medium, and simmer, stirring occasionally, until thickened, 10 to 12 minutes. Add sweetcorn (optional) cook to heat through, 2 to 3 minutes. Remove from heat.
3. Heat tortillas according to package instructions; fill with rice, bean mixture.
4. Assemble: Mound rice, bean mixture, on one side of tortilla. Fold sides, and hold them in. Starting from filled end, holding sides in as you work, tightly roll into a bundle. Place on a baking sheet, seam side down, and prepare remaining burritos.

Tips: For extra kick add chilli powder to the bean mixture, or if you like cheese add your favourite cheese when assembling the wrap.

Ham and Broccoli Stroganoff



Ingredients (Serves four)

- 2 x Cups broccoli, frozen or fresh chopped
 - 1 Tablespoon water
 - 1 Tablespoon butter
 - Half Onion, chopped
 - 3 Tablespoons flour
 - 1 x Tin of chicken broth or chicken soup
 - 1 x Tin of ham, cubed or 1 x Packet of ham
 - Mushrooms or 1 x Tin of Mushroom Slices, drained
 - Noodles or pasta (Optional)
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Method

- Place broccoli and water in a microwave-safe bowl. Cover and microwave on high for 3 to 5 minutes, or until the broccoli is tender, stirring once. Drain; set aside and keep warm.
- In another microwave-safe bowl, heat butter, uncovered on high for 20 seconds, or until melted. Add onion, cover and microwave on high for 2 minutes, or until tender. Stir in flour until blended. Gradually, stir in broth/chicken soup and mix well.
- Cover and Microwave, on high for 4 to 6 minutes, or until thickened and bubbly, stirring once.
- Add the ham, mushrooms and broccoli; mix well. Cover and cook in the microwave, on high for 3 to 5 minutes, or until heated through, stirring once.
- Serve on noodles or pasta, cook the noodles or pasta following the instructions on the packet.



This has been brought to you by the the following East Riding Food Poverty Alliance members:

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East Yorkshire Foodbank
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Peoples Pantry
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www.foodfactoflife.org.uk**

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