

PANTRY MEAL BUILDER

IF YOU HAVE... YOU CAN MAKE...

<p>Canned beans Sweet potato Quinoa or rice</p>	<p>Buddha Bowl: roast sweet potato/beans in favourite spices, add leafy greens and leftover veg, top with crushed nuts or hummus Veggie Burgers: mash beans with cooked sweet potato and quinoa/rice, add spices, herbs and chopped nuts then bake</p>
<p>Pasta Canned tuna Onion</p>	<p>Tuna Pasta Bake: add frozen veg, layer in a dish, top with reduced-fat cheese then bake Pesto Pasta Salad: mix with leftover veg, fresh herbs and pesto</p>
<p>Canned beans Wraps or tortillas Canned corn Onion</p>	<p>Quesadillas: add extra veg, Mexican spices and reduced-fat cheese Nachos: cut wraps into triangles then bake, add veg and Mexican spices to beans and corn, add mashed avocado to onions for guacamole Veggie pizza: spread wrap/tortilla with tomato paste, add leftover veg, lean mince and basil/oregano to toppings</p>
<p>Lentils Stock Onion Rice</p>	<p>Dahl: add curry powder and extra veg, serve with rice on the side, try lite coconut milk or low fat Greek yoghurt for creamier meal Pilaf or risotto: add extra veg, fresh herbs and spices, (swap lentils with chicken or prawns for an omnivore version)</p>
<p>Potato or sweet potato Canned tuna or salmon Onion</p>	<p>Fish patties: add an egg, herbs and wholemeal breadcrumbs or rolled oats then bake Jacket potatoes: mash tuna or salmon with onion and low-fat Greek yoghurt and fill the baked potato/sweet potato</p>
<p>Canned tomatoes Canned beans Sweet potato Onion</p>	<p>Easy bean chilli: add cumin, paprika Veggie soup: add stock, extra veg, spices and herbs (swap sweet potato with pasta for a minestrone)</p>