

Dinners

Baked potato with beans and cheese

Ingredients

One large potato
A small tin of beans
1 oz (30 grams) of cheese

Instructions

Pop a large potato in the microwave (about 6 minutes, but this varies from oven to oven), pop some beans in a saucepan, grate some cheese. When the potato is ready, make a criss-cross cut, pour over the beans and sprinkle with cheese.

Veggie omelette

Ingredients

2-3 eggs
Vegetable oil
Milk
A mixture of vegetables
Cheese (optional)

Instructions

Pour a little vegetable oil into a frying pan. Chop up your favourite veg like onion, mushrooms, broccoli, sweetcorn and peppers and fry until soft. Meanwhile, beat two or three eggs together with a little milk. Pour the egg mixture over your vegetables in the pan and sprinkle with a little cheese (if you like). When the bottom of the omelette is cooked and the top is set, fold it in half. Serve with salad and whole grain bread.

Spaghetti Bolognese (serves four)

Ingredients

1 lb (0.5 kilo) of mince
1 beef stock cube
1 teaspoon of basil and oregano
1 clove of garlic (minced)
Half an onion (finely chopped)
Half a carrot (grated)

1 tablespoon of peas
3-4 mushrooms
1 tin of chopped tomato
1 dessert spoon of tomato puree
Pasta (1 mug per person if it's shaped, or the amount of spaghetti that fits between your thumb and index finger)

Instructions

Buy a pound (0.5 kilos) of the leanest mince you can afford. Put the mince in a large saucepan and start to brown it, stirring occasionally until it is fully brown.

Meanwhile, mince the clove of garlic and chop or grate the other veg as necessary.

When the mince is brown add the stock cube, the herbs and all the veg. Let the vegetables cook and soften for a few minutes. Then add the chopped tomato and tomato puree, pop the lid on and leave to cook on a low heat. Stir it occasionally to make sure it's not burning and add some extra water if it starts to dry out. If you want to be fancy, you can add a small drop of red wine now, if you have some left over.

Meanwhile, boil a kettle and put your pasta in the boiling water with a bit of vegetable oil. The pasta takes 12-15 minutes. When the pasta is cooked, so is the sauce.

Drain the pasta and top with the Bolognese sauce. If you are not cooking for anyone else, you can freeze individual portions of the sauce for dinner later in the week.

Enjoy!