



Recipes Made Simple



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BREAKFAST RECIPES

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BANANA AND OATS PANCAKE

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SHAKSHUKA



OVERNIGHT OATS

BREAKFAST → MAKES 1 SERVING (5MINS)

Ingredients

- ½ cup (40g) rolled **oats** → about a handful
- ½ cup (120ml) **milk**
- 2 tbsp plain **yogurt** (optional for creaminess)
- 1 tsp honey or maple syrup (optional for sweetness)
- Topping of choice → ½ banana, a handful of frozen berries, **nuts** or a sprinkle of cinnamon



Method

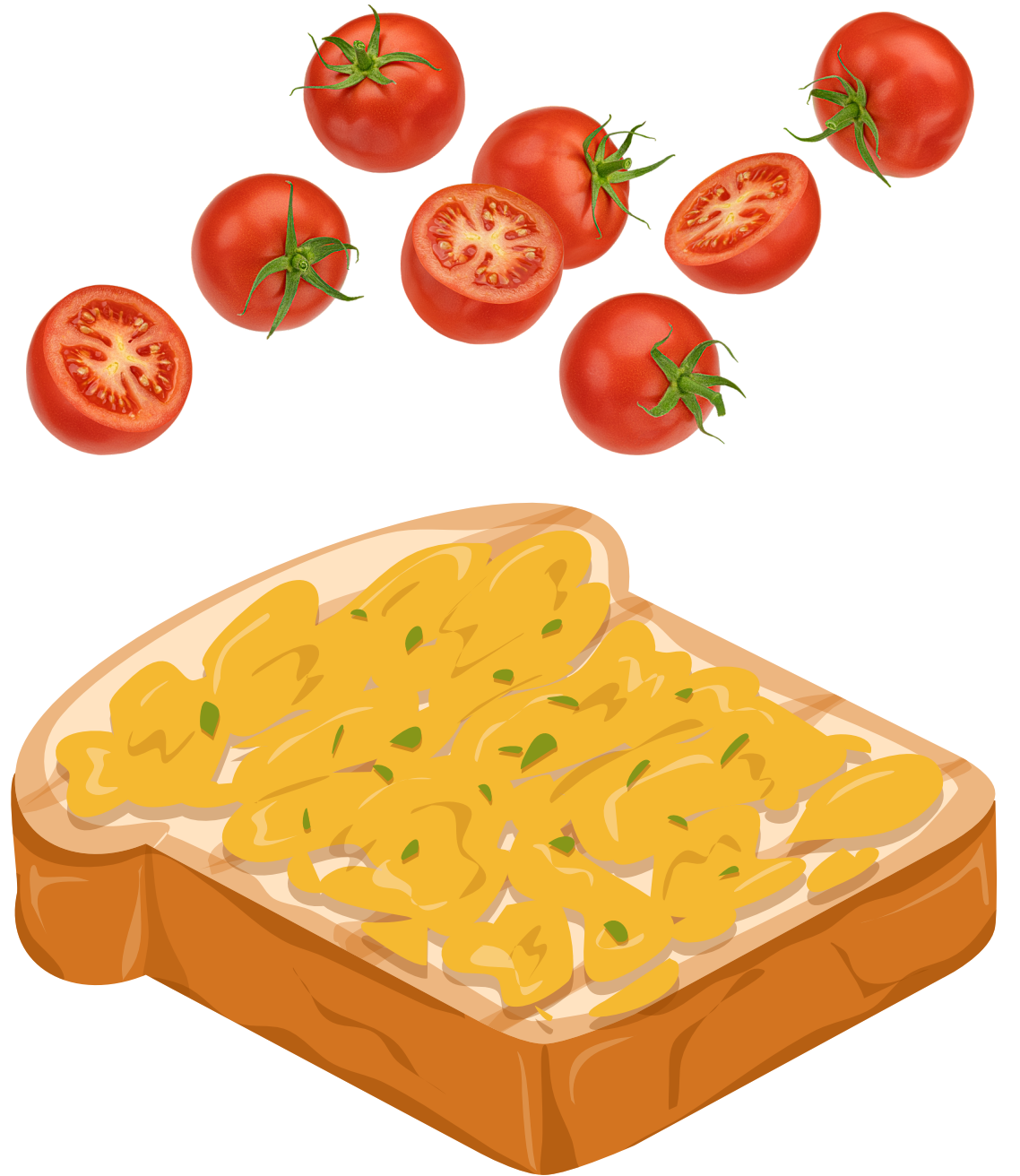
1. In a jar or bowl, mix oats, milk and yogurt.
2. Stir in honey (if using).
3. Add toppings (banana slices, frozen berries or cinnamon).
4. Cover and refrigerate overnight (at least 4–6 hours).
→ Preparing this breakfast the night before makes mornings quicker and easier!

SCRAMBLED EGGS ON TOAST

BREAKFAST → MAKES 1 SERVING (10MINS)

Ingredients

- 2 medium **eggs**
- 2 slices **bread**
- 1 small tomato or a handful of cherry tomatoes
- 1 tsp **butter** or oil
- Pinch of salt & pepper



Method

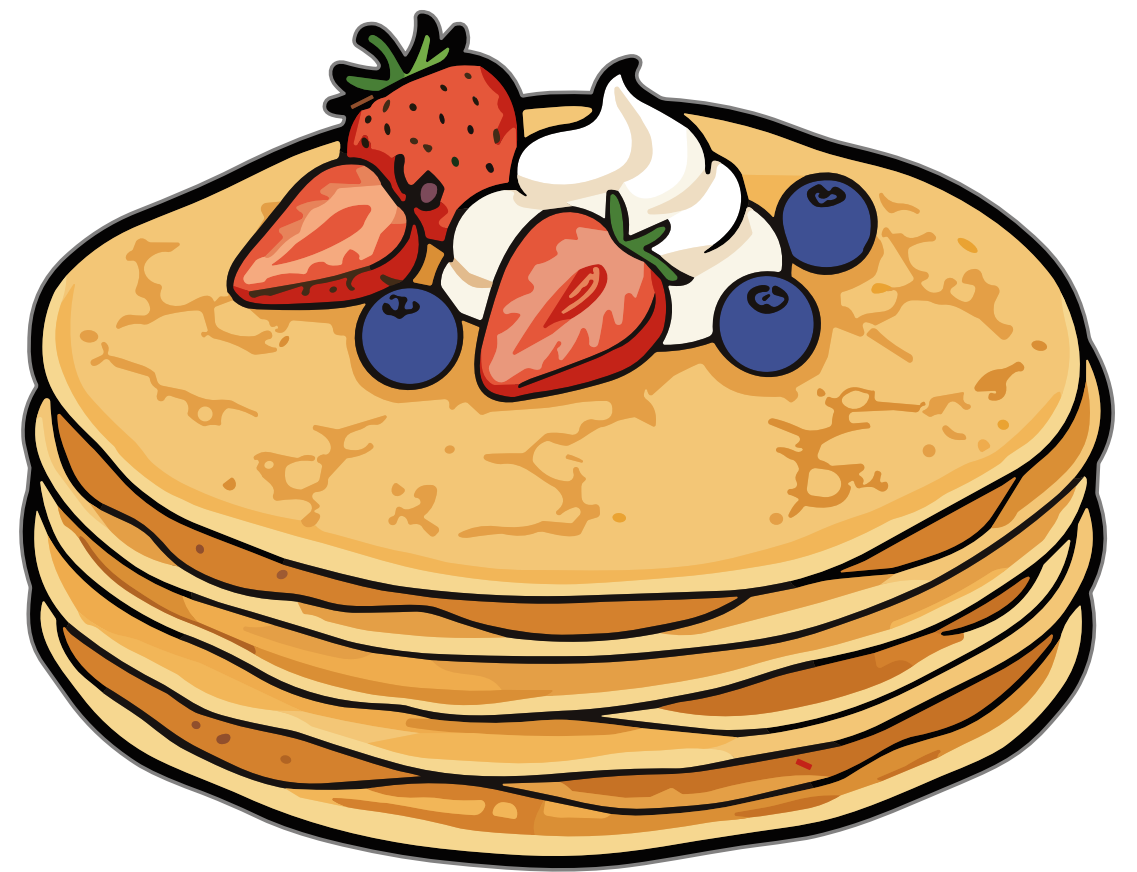
1. Toast the bread.
2. Beat eggs with salt and pepper.
3. Heat butter/oil in a pan over medium heat.
4. Add eggs and stir gently for 1–2 minutes until they begin to set.
5. Add chopped (or halved) tomatoes; cook 30 seconds until eggs are soft and creamy.
6. Serve over toast.

BANANA & OATS PANCAKE

BREAKFAST → MAKES 1 SERVING (10MINS)

Ingredients

- 1 ripe banana
- ½ cup (40g) rolled **oats**
- 1 **egg**
- 1 tsp oil or **butter** for cooking
- Topping of choice → cinnamon, honey, **peanut butter**, berries, **yoghurt** or **cream cheese**



Method

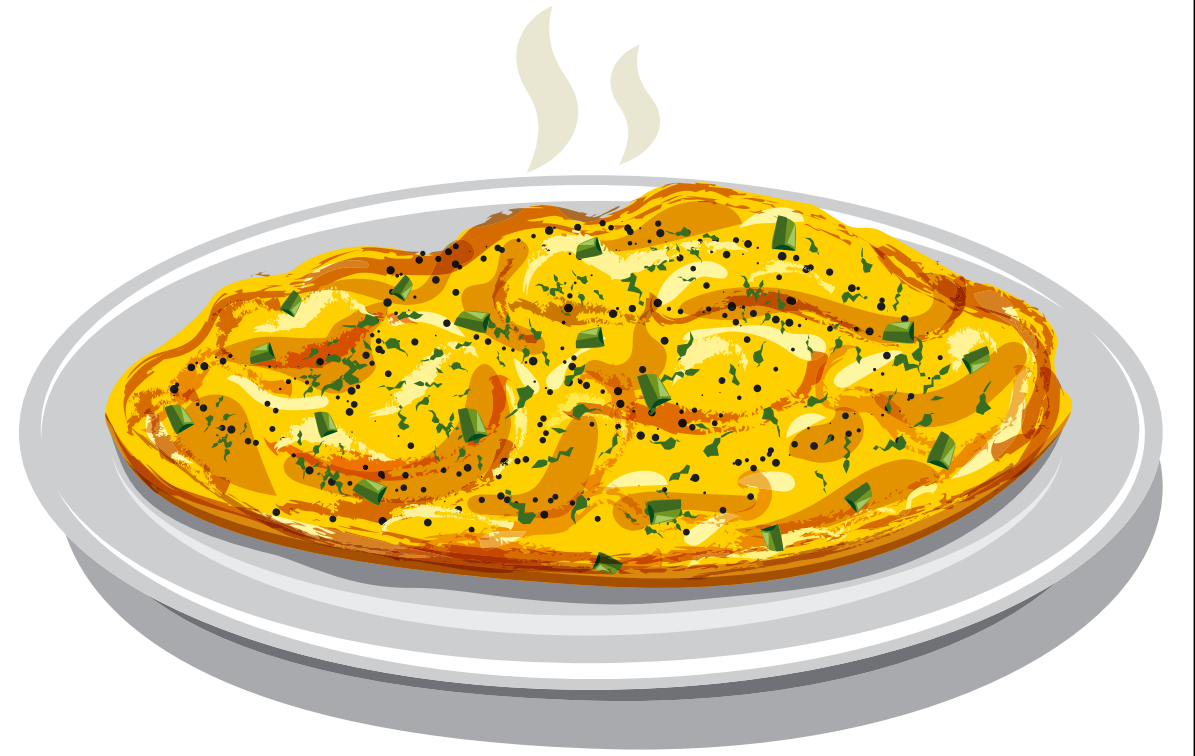
1. Mash the banana in a bowl until smooth.
2. Add egg and oats. Mix into a thick batter.
3. Heat a pan on medium and lightly grease with oil or butter.
4. Pour batter into the pan shaped in a circle.
5. cook for 3 minutes per side until golden and set.
6. Add toppings of choice to serve.

OMELETTE

BREAKFAST → MAKES 1 SERVING (8MINS)

Ingredients

- 2–3 **eggs**
- 1 tsp **butter** or oil
- Pinch of salt & pepper
- Optional fillings → **cheese**, mushroom, onion or leftover veggies



Method

1. Crack the eggs into a bowl. Add a pinch of salt and pepper, and whisk with a fork until smooth.
2. Heat a frying pan on medium and add the butter or oil.
3. Pour in the eggs and tilt the pan so the mixture spreads evenly.
4. Cook for 1–2 minutes until the edges set. Gently lift them with a spatula to let any runny egg flow underneath.
5. Add any fillings on one half (if using).
6. When the top is almost set but still slightly soft, fold the omelette in half. Cook for another 30 seconds.

SHAKSHUKA

BREAKFAST → MAKES 2 SERVINGS (20-25MINS)

Ingredients

- 1 tbsp oil or **butter** for cooking
- 1 small onion, finely chopped
- 1 clove garlic, minced (or ½ tsp garlic powder)
- 1 red pepper, chopped
- 1 tin (400g) chopped tomatoes
- ½ tsp paprika (or chilli powder for heat)
- Salt & pepper, to taste
- 2–4 **eggs**



Method

1. Heat oil/butter in a large pan over medium heat.
2. Sauté onion and pepper for 5–7 minutes until soft.
3. Add garlic and paprika; cook for 1 minute.
4. Stir in chopped tomatoes, season, and simmer for 8–10 minutes until thickened.
5. Make wells in the sauce and crack in the eggs.
6. Cover and cook 5–7 minutes until whites are set and yolks are runny (or longer if desired).
7. Optional: Serve with bread.

MEAL RECIPES

1

SAUSAGE CASSEROLE

2

PEA AND SALMON FISHCAKES

3

CREAMY MUSHROOM PASTA

4

CHICKEN AND JOLLOF

5

CHICKEN/TOFU TERIYAKI

6

ONE POT CHILLI CON CARNE

7

PRAWN/CHICKPEA CURRY



SAUSAGE CASSEROLE

MAIN MEAL → MAKES 3-4 SERVINGS (20MINS)

Ingredients

- 2 Tins of Baked Beans
- 1 Tin of **Hot Dogs**
- 1 Tin of Potatoes
- 1 Red or White Onion (diced)
- 1 Garlic Cloves (crushed)
- Oil or **Butter** for cooking
- Salt and Pepper



Method

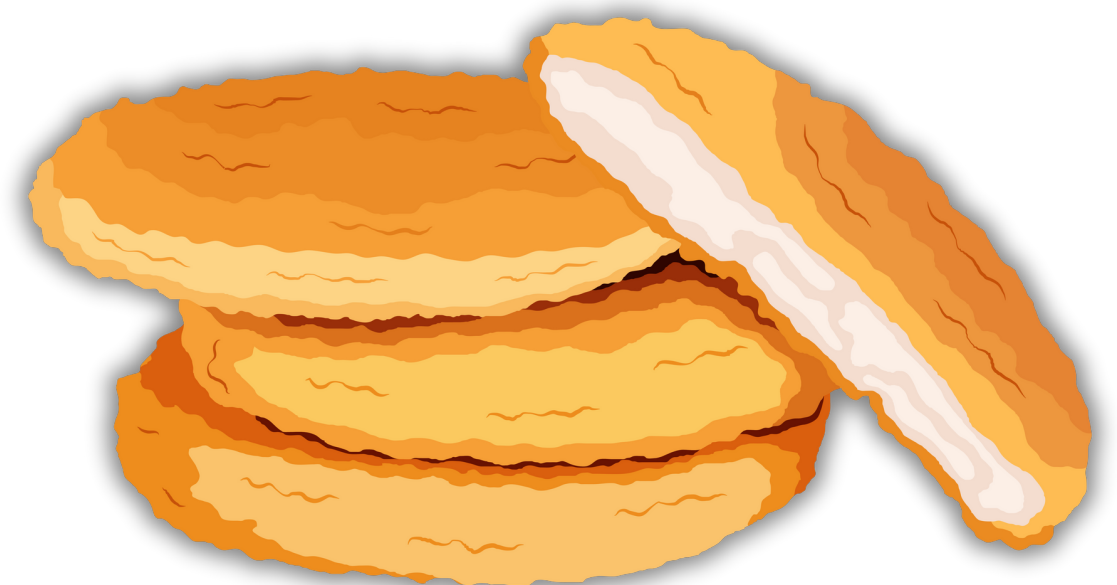
1. Heat a little oil or butter in a frying pan over a medium heat.
2. Add the diced onion and garlic. Cook until softened.
3. Drain the tin of potatoes and cut into small bite size pieces.
4. Drain the tin of hot dogs and cut into bite size chunks.
5. Add 2 tins of baked beans, one tin full of water, diced potatoes, hot dogs. Season with salt and pepper.
6. Warm through gently.

PEA AND SALMON FISHCAKES

MAIN MEAL → MAKES 6 SERVINGS (35-40MINS)

Ingredients

- 900g of jacket potatoes
- 75ml **milk**
- 100g frozen petit pois (peas)
- 3 tins of **salmon**
- 150g **breadcrumbs** (alternative: crumble the end of bread very fine)
- 2 tbpns flour
- 3 **eggs**
- Pack of fresh **parsley**
- 1 **lemon**



Method

1. Microwave peas (to defrost) and potatoes (till fork tender)
2. Let both cool slightly
3. Scoop out potato flesh into large bowl and leave to cool down
4. In a separate bowl, break salmon into flakes
5. In a third bowl combine: grated lemon zest, chopped parsley, plain flour, egg, salt and pepper
6. Mash potatoes once they have cooled
7. Add mashed potatoes, peas, flaked salmon into flour mixture
8. Set oven to 200 degrees
9. Divide combined mixture into 12 equal sized patties
10. Beat leftover eggs into a bowl
11. Place breadcrumbs into a separate bowl
12. Dip each patty into eggs and coat completely with the breadcrumbs
13. Lightly drizzle baking tray and patties with oil
14. Place patties in baking tray and leave to cook in oven until crisp and golden

CREAMY MUSHROOM PASTA

MAIN MEAL → MAKES 2 SERVINGS (20MINS)

Ingredients

- 150g **pasta**
- 1 tbsp oil or **butter**
- 200g mushrooms, sliced (any type)
- 1 small onion
- 1 garlic clove, minced (or ½ tsp garlic powder)
- 100ml **milk** or **cream**
- Salt, pepper and herbs



Method

1. Cook the pasta according to the packet instructions.
2. While the pasta cooks, heat oil/butter in a large pan over medium heat.
3. Add the onion and cook for 2–3 minutes until soft.
4. Add the mushrooms and cook for 5–7 minutes until golden.
5. Stir in the garlic, cooking for 30 seconds.
6. Pour in the milk or cream, season with salt, pepper and herbs. Simmer for 2–3 minutes.
7. Toss in the drained pasta. Add a splash of pasta water if you need extra creaminess.

JOLLOF RICE & CHICKEN

MAIN MEAL → MAKES 4 SERVINGS (45MINS)

Ingredients

- 4 chicken thighs or drumsticks
- 1½ cups (300g) long-grain rice
- 2 tbsp oil
- 1 onion, finely chopped
- 2 garlic cloves, minced (or 1 tsp garlic powder)
- 1 red pepper, chopped
- 1 tin (400g) chopped tomatoes
- 2 tbsp tomato puree
- 2 tsp paprika
- 1 **stock cube** (chicken or vegetable)
- 2 cups (500ml) water
- Salt and pepper

Optional → 1 tsp thyme and 1 bay leaf



Method

1. Season the chicken with paprika, salt and pepper.
2. Heat 1 tbsp oil in a large pot or deep pan. Brown the chicken on all sides (about 5–7 mins). Remove and set aside.
3. In the same pot, add a little more oil if needed. Fry the onion, garlic and red pepper for 3–4 mins until soft.
4. Stir in the tomato puree, tinned tomatoes, paprika, thyme and stock cube. Simmer for 5 minutes to create a rich sauce.
5. Add the rice and stir so it's coated in the sauce.
6. Pour in the water, add the bay leaf and return the chicken to the pot. Cover with a lid.
7. Reduce heat to low and cook for 25–30 minutes. Stir occasionally, until the rice is tender and the chicken is cooked through. Add a splash more water if it starts to dry out.

TERIYAKI CHICKEN/TOFU NOODLES

MAIN MEAL → MAKES 2 SERVINGS (20MINS)

Ingredients

- 200g chicken breast OR 200g firm **tofu** (drained and cubed)
- 2 tsp oil
- 1 cup mixed vegetables (fresh or frozen)
- 150g **dried noodles**
- 4-5 tbsp store-bought **teriyaki sauce**
- Salt and pepper



Method

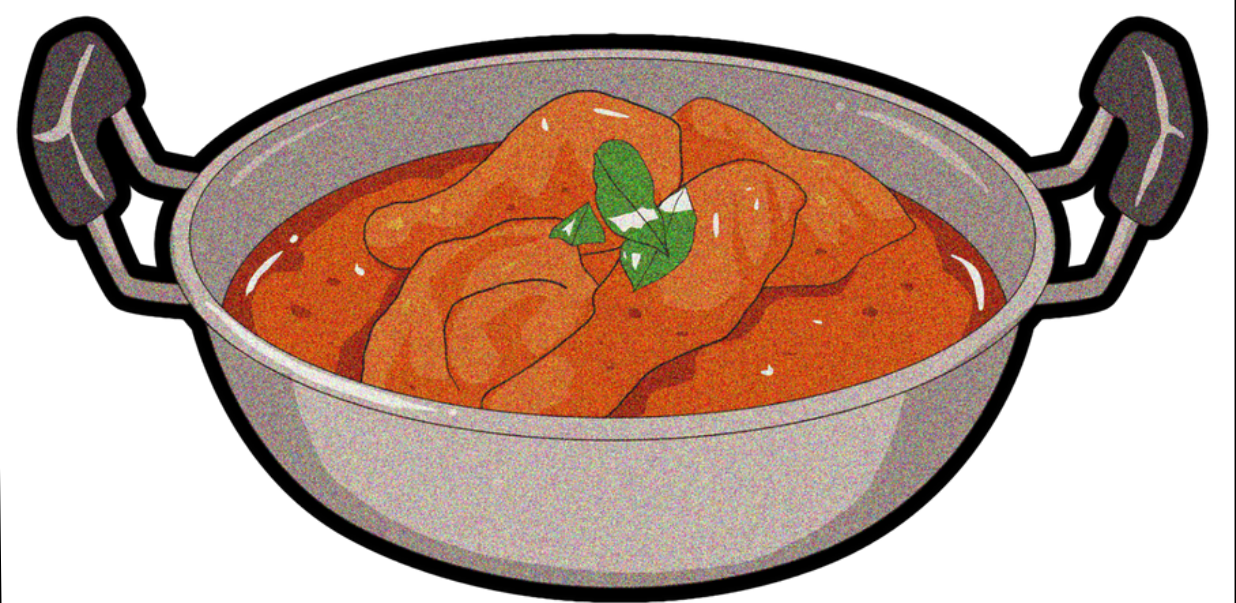
1. Cook the noodles following the packet instructions, drain and set aside.
2. Heat 1 tsp oil in a large pan or wok over medium heat.
3. Add the chicken or tofu, season lightly with salt & pepper. Cook until golden and cooked through (about 5–7 mins for chicken, 4–5 mins for tofu). Remove and set aside.
4. Add the remaining 1 tsp oil to the same pan. Toss in the vegetables and stir-fry for 3–4 minutes until tender-crisp.
5. Return the chicken/tofu to the pan. Pour in the teriyaki sauce. Stir for 1–2 minutes until everything is coated and heated through.
6. Add the noodles, toss well and cook for another minute so the flavours combine.

PRAWN/CHICKPEA CURRY

MAIN MEAL → MAKES 2 SERVINGS (25MINS)

Ingredients

- 150g of frozen **prawns** OR 1 tin of chickpeas (400g)
- 1 tin (400g) chopped tomatoes
- 100ml coconut milk or ½ cup plain **yogurt**
- 1 tbsp oil (vegetable or olive)
- 1 onion, finely chopped
- 2 garlic cloves, minced (or 1 tsp garlic paste)
- 2 tsp curry powder
- Salt and pepper
- Rice OR **Naan bread** to serve



Method

1. Heat the oil in a large pan over medium heat.
2. Add the onion and cook for 5 minutes until soft and golden.
3. Stir in the garlic and curry powder, cooking for 30 seconds.
4. Add the chopped tomatoes, season with salt and pepper. Simmer for 5–7 minutes to thicken slightly.
5. Stir in the coconut milk or yogurt and mix well.
6. For chickpeas: add them now and simmer for 5 minutes to heat through.
For prawns: add them (thaw them in the fridge to defrost) and cook for 3–4 minutes until pink and cooked through.
7. Serve with cooked rice or Naan bread.

ONE-POT CHILLI CON CARNE

MAIN MEAL → MAKES 4 SERVINGS (40MINS)

Ingredients

- Minced meat + Lentils (200g each)
- 1 tin (400g) chopped tomatoes
- 1 tin (400g) red kidney beans
- 1 onion, chopped
- 2 garlic cloves, minced (or 1 tsp garlic powder)
- 1 tbsp oil
- 1 tsp garam masala
- 1 tsp chili powder
- Salt and pepper
- 500ml water or **beef stock**
- 200g long-grain rice



Method

1. Heat oil in a large pot over medium heat.
2. Add onion, cooking for 4–5 minutes until soft.
3. Add garlic and spices (garam masala and chili powder) and cook for 30 seconds until fragrant.
4. Add the minced meat, breaking it up with a spoon and cook until browned.
5. Stir in chopped tomatoes, beans, sugar, salt and pepper, mix and cook for 10 mins.
6. Add rice, lentils (with juice), or stock and stir once, bringing to a simmer.
7. Cover with lid and reduce heat to low. Cook for 20 minutes, until the rice is tender and liquid absorbed. Stir occasionally.

DESSERT RECIPES

1

BANANA & OAT COOKIES

2

GREEK YOGHURT AND BERRY PARFAIT

3

CHIA SEED PUDDING



BANANA & OAT COOKIES

DESSERT → MAKES 8 COOKIES (20MINS)

Ingredients

- 2 ripe bananas
- 1 cup rolled **oats**
- 2 tbsp **peanut butter** (optional)
- 1 tsp cinnamon



Method

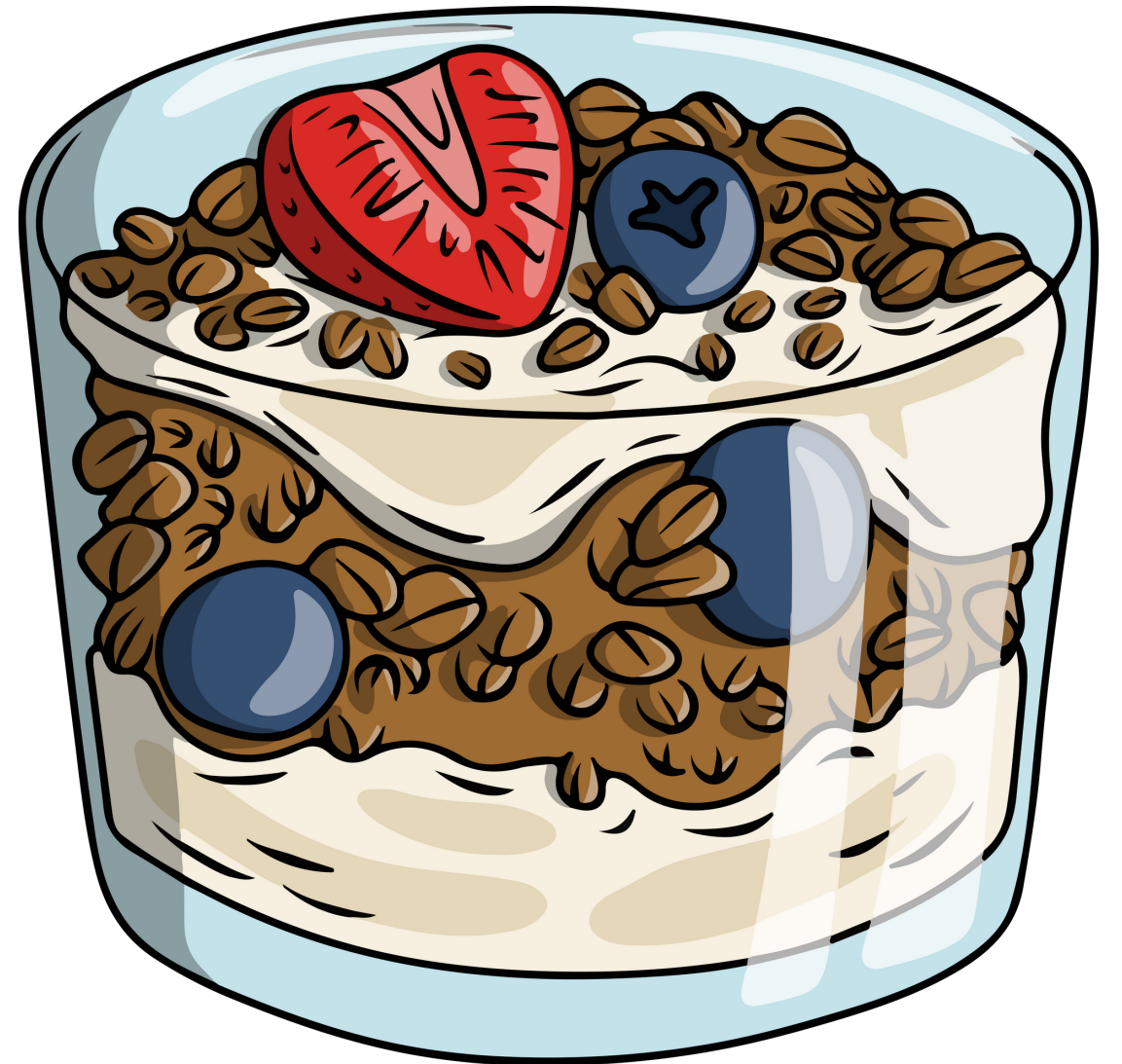
1. Preheat oven to 180°C (350°F).
2. Mash the bananas in a bowl.
3. Mix in oats, peanut butter and cinnamon.
4. Scoop spoonfuls onto a baking tray lined with parchment paper.
5. Bake for 12–15 minutes until golden.

GREEK YOGHURT & BERRY PARFAIT

DESSERT → MAKES 2 SERVINGS (5MINS)

Ingredients

- 1 cup Greek **yogurt**
- 1 cup mixed berries (fresh or frozen)
- 2 tsp honey or maple syrup
- 2 tbsp granola



Method

1. Layer yogurt in glasses.
2. Add a layer of berries and drizzle a little honey.
3. Repeat layers and top with granola.

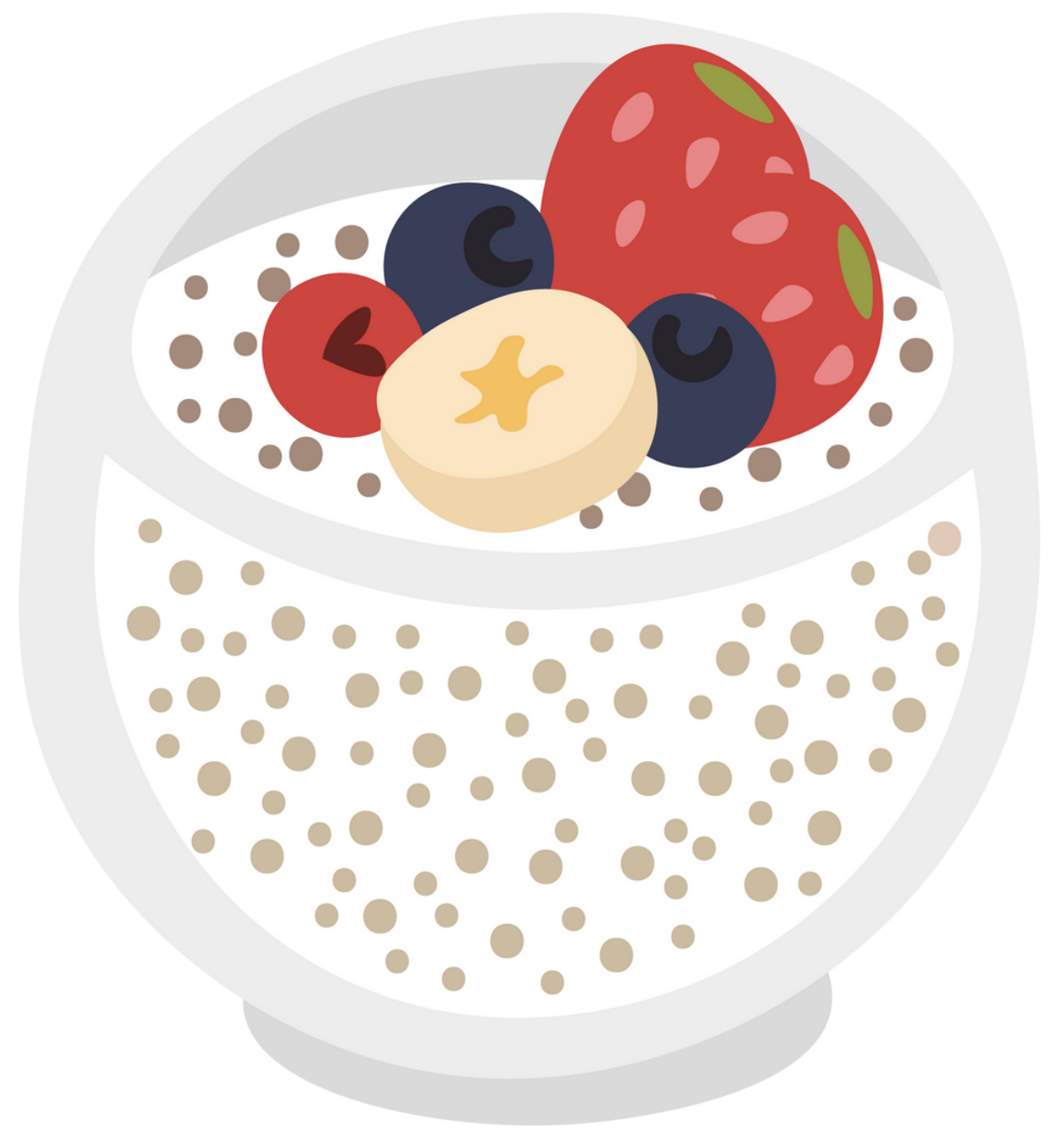
CHIA SEED PUDDING

DESSERT → MAKES 2 SERVINGS (5MINS)

Ingredients

- 3 tbsp chia seeds
- 1 cup **milk**
- 1 tsp vanilla extract
- 1 tsp sugar (optional)

Topping (s) of choice:
berries, banana or nuts



Method

1. Mix chia seeds, milk, vanilla and sugar in a jar or bowl.
2. Refrigerate for at least 2 hours or overnight until thickened.
3. Top with fruits or nuts before serving.

DRINKS RECIPES

1

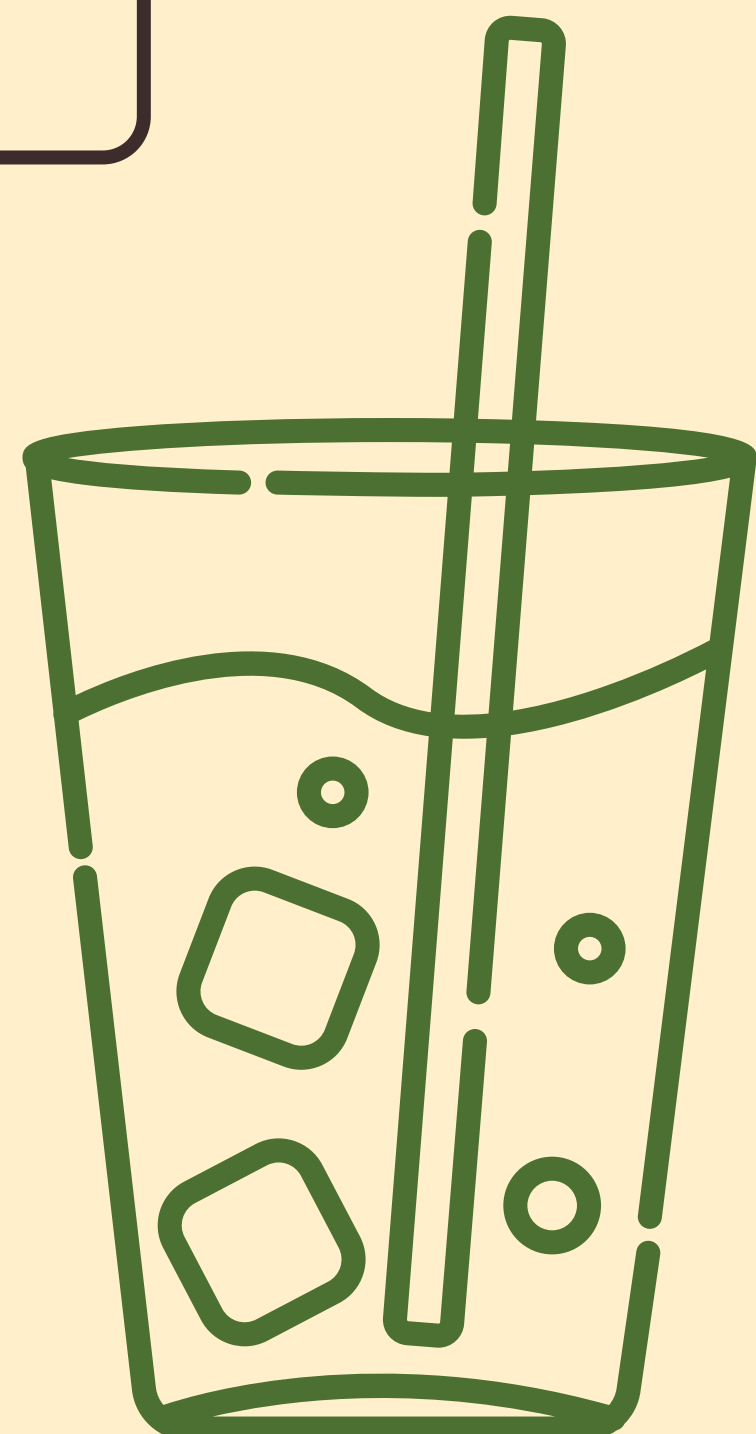
BANANA & CHOCOLATE SMOOTHIE

2

BANANA & SPINACH SMOOTHIE

3

LEMON & MINT ICED TEA



BANANA CHOCOLATE SMOOTHIE

DRINK → MAKES 1 SERVING (10MINS)

Ingredients

- 1 ripe banana
- 2 tbsp **yoghurt**
- 1 cup **milk**
- 1 tbsp cocoa powder
- 1 tsp honey (optional)



Method

1. In a bowl, mash the banana with a fork until smooth and lump-free.
2. Add the cocoa powder and yogurt. Mix into a paste.
3. Gradually stir in the milk until everything is well combined.
4. Taste and add honey if you'd like more sweetness.
5. Pour into a glass or shake in a jar, then enjoy!

→ This recipe does not require a blender!

BANANA & SPINACH SMOOTHIE

DRINK → MAKES 1 SERVING (5MINS)

Ingredients

- 1 banana
- 1 handful spinach (fresh or frozen)
- 1 cup **milk**
- 1 tsp honey (optional)



Method

1. Blend all ingredients until smooth.

2. Serve chilled.

→ This recipe requires a blender!

LEMON & MINT ICED TEA

DRINK → MAKES 2 SERVING (20MINS)

Ingredients

- 2 black or green tea bags
- 2 cups boiling water
- Juice of 1 lemon
- 5–6 fresh mint leaves
- Ice cubes

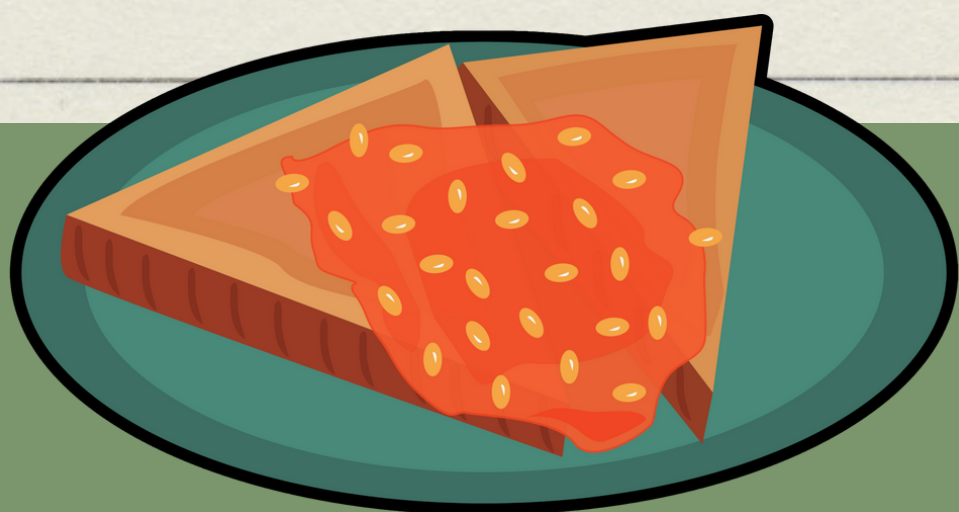


Method

1. Steep tea bags in boiling water for 5 minutes.
2. Remove tea bags and let cool.
3. Add lemon juice, mint leaves and ice cubes.
4. Serve chilled.

SNACK SUGGESTIONS

- Baked beans on toast
- Enriched milk (adding milk powder to milk)
- Hummus with pepper or carrot sticks
- Apple with nut butter
- Greek Yogurt with honey and granola
- Rice cakes with cream cheese and cucumber



A FEW TIPS...



- **Portion and freeze meals** → Cook larger batches and divide them into single servings. Freeze for later and reheat in the microwave. If you don't have any tupperwares, you can also use zip bags.
- **Use frozen ingredients** → Frozen vegetables, fruits and proteins are often cheaper than fresh. They also last longer and are just as nutritious. If using frozen protein, just make sure they are thawed before use.
- **Plan your meals weekly** → Create a meal plan and shopping list to avoid impulse buys. You may also want to ensure you use all ingredients before they go bad.
- **Buy in bulk when possible** → Items like rice, pasta, oats, beans and frozen vegetables are cheaper in larger packs.

An average man needs 2,500kcal a day and an average woman needs 2,000kcal a day.

All breakfasts contain 250-430kcal and 10-20g of protein.

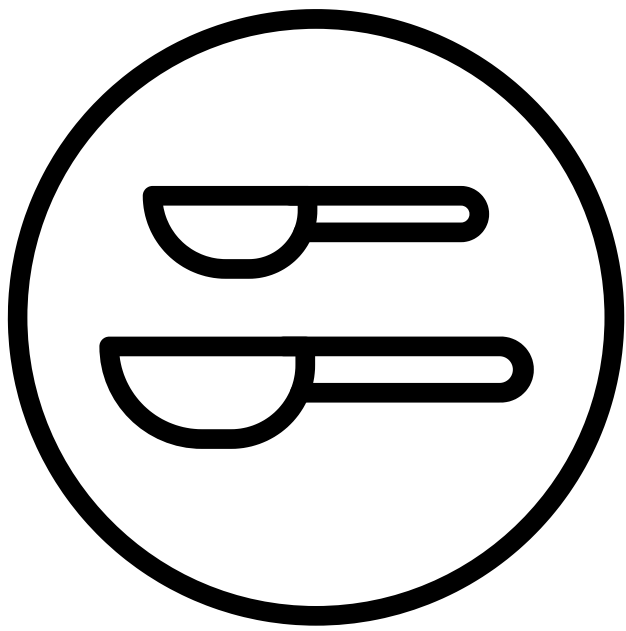
All main meals contain 350kcal-680kcal and 12-32g of protein.

All desserts contain 90-150kcal and 2-10g of protein.

All drinks contain 5-250kcal and 0-9g of protein.

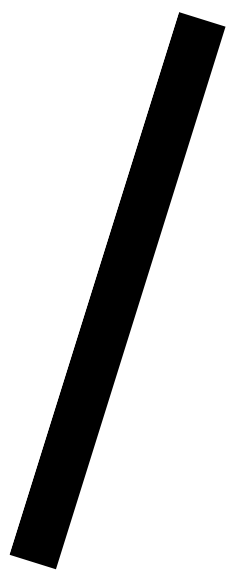
*Allergens in BOLD.

ABOUT THE WORDS IN THIS GUIDE



Tsp → Teaspoon

Tbsp → Tablespoon



Either/or

(You could always add both ingredients if you wanted to!)

Bold

Allergen

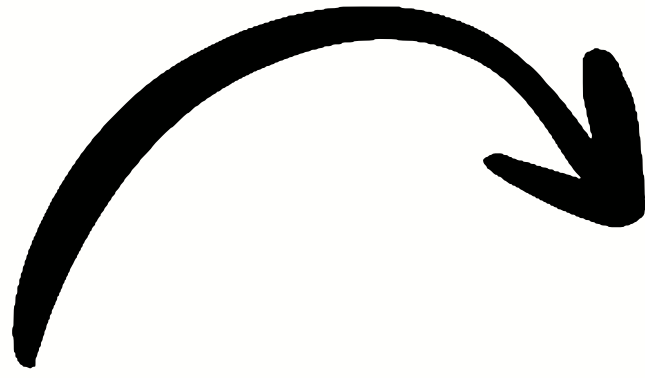
Protein → includes fish, meat, eggs, dairy, and plant-based sources such as beans, lentils or tofu.

Thawed = heating up frozen food until it is no longer frozen.



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- 3) Public Health England (2016) The Eatwell Guide [online]. Available from: <https://www.gov.uk/government/publications/the-eatwell-guide>.
- 4) Swale Borough Council, Family Foodbank, Faversham Foodbank, Swale Foodbank (2024) Cooking on a budget. [online]. Available from: <https://www.familyfoodbank.org/uploads/7/9/9/6/79964306/food-bank-recipe-book-final-web-and-email.pdf>.



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