

# Recipe Sheet 1 - Pea Soup with Flavour Twists

*A cheap, flexible soup with a brighter fresh-green finish. Great with mint, chilli, feta, yoghurt, or croutons.*



*Photo adapted for this handout from Mx. Granger, "Amy's split pea soup", Wikimedia Commons (CC0).*

## Serves

2 bowls

## Best for

cheap lunches and quick suppers

## Leftover angle

freezing and next-day lunches

## Ingredients

- 1 tbsp vegetable oil
- 1 small onion, chopped
- 1 medium potato, peeled and diced
- 300 g frozen peas
- 500 ml vegetable stock
- Salt and black pepper
- Optional: a few mint leaves, chilli flakes, 25 g feta, spoon of yoghurt, handful of spinach, stale bread

## Method

1. Heat the oil in a saucepan and cook the onion gently for 5-6 minutes until soft.
2. Add the potato and cook for 1 minute, then add the peas and stock.
3. Simmer for about 12-15 minutes until the potato is soft.
4. Blend until smooth. For a brighter green soup, stir in a handful of spinach or a few mint leaves right before blending.
5. Season well and serve plain or topped with feta, yoghurt, chilli, or croutons.

## Swaps and savings

- Frozen peas are often cheaper than fresh and work perfectly.
- Use up herbs or spinach by blending them in at the end.
- A little feta or yoghurt adds flavour without much cost.
- Stale bread can be cubed, toasted, and used as croutons.

## Leftovers / notes

- Keeps in the fridge for up to 2 days.
- Freeze in single portions once fully cooled.
- If it thickens, loosen with a splash of water when reheating.

# Recipe Sheet 2 - Leftover Vegetable Frittata

Eggs turn odds and ends into a proper meal. Best served warm or at room temperature.



Photo: Dedda71, "Frittata2.jpg", Wikimedia Commons (CC BY 3.0).

<b>Serves</b> 2 portions	<b>Best for</b> using cooked veg and bits of cheese	<b>Leftover angle</b> packed lunches and fridge clear-outs
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## Ingredients

- 4 eggs
- 350 g potatoes, cut into small cubes
- 1 small onion, sliced
- 1 tbsp oil
- 100 g frozen peas or chopped spinach
- 60 g grated cheese (optional)
- 1 tsp mixed herbs or chopped parsley
- Salt and black pepper

## Method

1. Boil or steam the potatoes for 8-10 minutes until just tender, then drain.
2. Cook the onion in the oil until soft.
3. Beat the eggs with seasoning, herbs, and cheese if using.
4. Fold in the potatoes, onion, and peas or spinach.
5. Pour into a small lined ovenproof dish or frying pan and bake at 190 C for 20-25 minutes until set and golden.

## Swaps and savings

- Leftover boiled potatoes work perfectly here.
- Swap in peppers, mushrooms, broccoli, courgette, or sweetcorn.
- A little leftover chicken, sausage, or ham can be added.
- No cheese is fine - just season well.

## Leftovers / notes

- Can be eaten cold the next day.
- Best used within 2 days if refrigerated.
- Nice with salad, soup, or toast.

# Recipe Sheet 3 - Easy Chickpea Pilaf

*A one-pan rice dish that is cheap, filling, and easy to adapt with what is on hand.*



*Photo: Daniel Sone / National Cancer Institute, "Rice pilaf.jpg", Wikimedia Commons (public domain).*

**Serves**  
2 portions

**Best for**  
one-pan meals and bulk-friendly basics

**Leftover angle**  
batch cooking and next-day meals

## Ingredients

- 1 tbsp oil
- 1 small onion, chopped
- 1 carrot, diced small
- 200 g long-grain rice, rinsed
- 1 x 400 g tin chickpeas, drained
- 80 g frozen peas
- 450 ml hot stock
- 1/2 tsp cumin, 1/2 tsp turmeric, pinch of paprika, salt and pepper
- Optional: small handful of raisins, leftover chicken, chopped herbs

## Method

1. Heat the oil in a lidded pan and soften the onion and carrot for 6-8 minutes.
2. Stir in the spices, then add the rice and coat it well.
3. Add the chickpeas, peas, and hot stock. Stir once and bring to a gentle boil.
4. Cover, lower the heat, and cook for 18-20 minutes until the liquid is absorbed.
5. Leave covered for 5-10 minutes, then fluff with a fork before serving.

## Swaps and savings

- Use whatever vegetables need using up.
- A small amount of leftover roast chicken can be stirred through.
- Raisins or curry powder change the mood without changing the method.
- Chickpeas make the meal filling without relying on meat.

## Leftovers / notes

- Cool quickly and refrigerate leftovers.
- Reheat until piping hot.
- Good with yoghurt, pickle, or chopped cucumber.

# Recipe Sheet 4 - Yorkshire Pudding Batter (with Pancake Option)

*One basic family of ingredients - flour, eggs, and milk - can become a filling savoury meal.*



*Photo: Richard W.M. Jones, "Yorkshire-puddings.jpg", Wikimedia Commons (public domain).*

## Serves

4-6 Yorkshire puddings / 2 portions

## Best for

staple-ingredient confidence

## Leftover angle

comfort food from basics

## Ingredients

- 2 eggs
- 100 g plain flour
- 250 ml milk
- Pinch of salt
- 1-2 tbsp oil for the tin
- To serve: onion gravy, beans, roasted veg, or leftover stew
- Pancake option: use the same batter in a lightly oiled frying pan

## Method

1. Whisk the eggs, flour, salt, and milk into a smooth batter. Rest for at least 20 minutes if you can.
2. Heat the oven to 220 C. Put a little oil into a muffin tin or small roasting tin and heat until very hot.
3. Pour the batter into the hot tin, about one-third to one-half full.
4. Bake for 20-25 minutes without opening the oven until puffed and golden.
5. For pancakes, cook ladles of batter in a lightly oiled frying pan, turning once.

## Swaps and savings

- Just flour, eggs, and milk can become a proper meal.
- Serve with leftovers like beans, stew, or roasted veg.
- Use the same session to show both Yorkshire puddings and pancakes if helpful.
- A simple batter is a skill people can reuse again and again.

## Leftovers / notes

- Yorkshire puddings are best fresh but can be reheated in a hot oven.
- Pancakes are handy for leftover savoury or sweet fillings.
- A good final recipe because it feels useful and transferable.