



Beginners Cooking Guide

Tips for preparing
simple meals with
your food parcel

What you'll need:

- A hob or camping stove
- A saucepan or deep frying pan
- A spoon or fork
- Clean water

Cooking Dried Pasta or Rice

1. Fill a saucepan halfway with water
2. Add a pinch of salt (optional)
3. Bring to a boil
4. Add your dried pasta or rice
 - About 1 cup per person
5. Stir regularly so it doesn't stick
6. Cook until soft:
 - Pasta: 10-12 minutes
 - Rice: 12-15 minutes
7. Drain carefully

Simple Pasta Meal (2 portions)

You'll need:

- 1 tin chopped tomatoes
- Salt, pepper, or dried herbs (optional)
- 1 tin meat, beans, or vegetables

Cooking method:

1. Have your pan of cooked, drained pasta ready.
2. In the same pan, add the tinned tomatoes and stir well.
3. Add the tinned meat, beans, or vegetables.
4. Stir together and heat for 5- 10 mins, until the whole mixture is hot.

Note: Leftovers can be saved and eaten cold or re-heated later.

Simple Rice Meal (2 portions)

You'll need:

- 1 tin stew, chilli, curry, or beans

Cooking method:

1. Have your pan of cooked, drained rice ready.
2. In the same pan, add the tinned meal and stir well.
3. Stir together and heat for 5- 10 mins, until the whole mixture is hot.

Note: Leftovers can be saved and eaten cold or re-heated later.

Note: Extra care is needed for cooked rice as it must be cooled as quickly as possible (within 1 hour) and eaten within 1 day. See back page for more information.

Simple Soup Meal (1 portion)

You'll need:

- 1 tin soup
- Leftover pasta, rice, beans, or veg

Cooking method:

1. Pour soup into a pan.
2. Add leftover ingredients.
3. Heat gently, stirring until hot.

Note: Do not store and re-heat leftovers more than once.

Microwave Pasta/Rice Meal (2 portions)

You'll need:

- 1 tin meat, beans, or vegetables
- 1 microwaveable pouch

Cooking method:

1. Add tinned meat, vegetables, or beans to a pan. Heat and stir gently.
2. Microwave the pouch as per the instructions.
3. Pour the pouch of pasta or rice into the pan, stir and serve.

Using a jar of pasta/cooking sauce (2 portions)

Cooking method:

1. Follow the **Simple Pasta Meal** recipe but use a jar of sauce instead of chopped tomatoes
2. In the pan, add the pasta sauce (enough to cover all the pasta) and stir well.
3. Add tinned meat, beans, or vegetables (optional).
4. Stir together and heat for 5-10 mins, until the whole mixture is hot.

Note: Leftovers can be saved and eaten cold or re-heated later. Leftover sauce jars can be sealed and stored in the fridge.

Top Tips

- Tinned meals are often already cooked – just heat until hot.
- Tins of meat, e.g. ham/corned beef, can be chopped up and add to meals.
- Mix tins together for bigger meals.
- Only open tins when you're ready to use them.
- Store opened tins in a covered bowl or tub (not in the tin) and keep in the fridge.
- A pinch of salt, pepper, or dried herbs can add flavour.
- For a sweet treat, add a spoon of jam to rice pudding or custard for extra flavour.

Food Safety for Cooked Rice

Can you reheat rice?

Yes, but you should never reheat rice more than once. And when you do reheat rice, make sure it is steaming hot all the way through.

If you have leftover rice you should chill it as quickly as possible, ideally within one hour. Dividing it into smaller portions can help with this. Also don't leave rice in the rice cooker, steamer or pan to cool down.

How long can you safely eat rice for after cooking?

Rice may be eaten cold if it is cooled down quickly. Put the rice in the fridge and consume within 24 hours. You can get food poisoning from eating reheated rice. It's not the reheating that causes the problem, but the way the rice has been stored before it's reheated.

Source: Food Standards Agency (food.gov.uk)