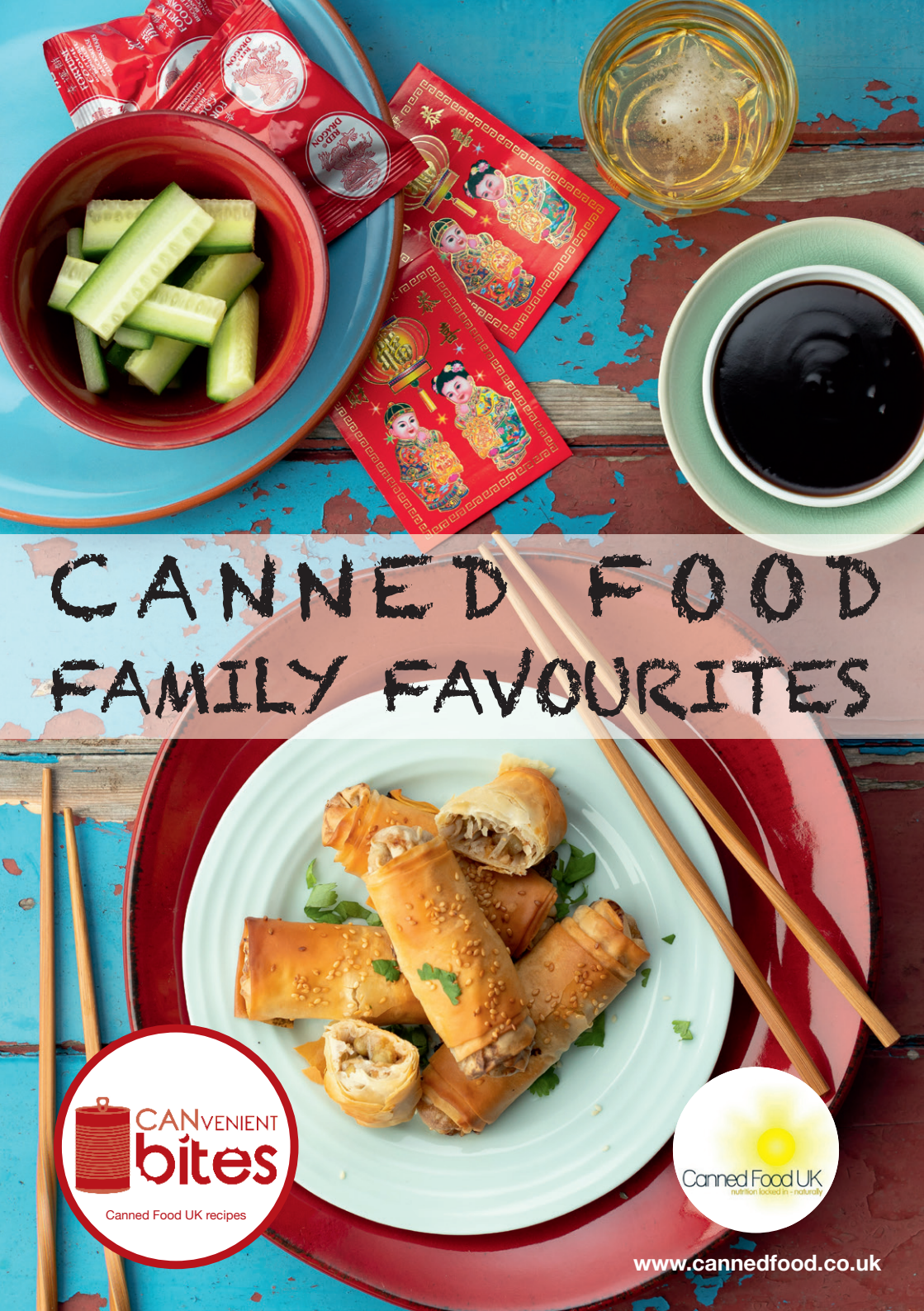


CANNED FOOD FAMILY FAVOURITES

CANvenient bites

Canned Food UK recipes

Canned Food UK
nutrition locked in - naturally

www.cannedfood.co.uk



WELCOME

to the Family Favourites recipe booklet.
Nine delicious recipes using many of our favourite canned foods.

We're all looking for convenient and easy meal options but it is equally important to ensure a healthy, balanced diet, so these dishes are not only CANvenient and easy to put together but also nutritious. Our recipes use store cupboard essentials, which means they can be rustled up in minutes.

Why we love canned food…

- Canned foods are cooked in the can, locking in nutrients
- Can count towards 5-A-Day nutritional requirements
- Can contribute to a balanced and healthy diet
- Convenient, quick and easy to use
- Good quality and affordable
- Cans are 100% recyclable
- Cans can be recycled again and again

More canned food recipes and inspiration are available via
www.cannedfood.co.uk

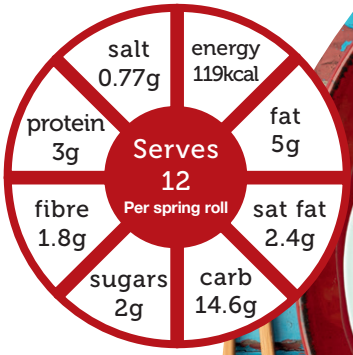
CHINESE SPRING ROLLS

- ½ x 410g can beansprouts, drained
- 1 x 285g can sliced mushrooms, drained
- 1 x 300g can mixed vegetables, drained
- ½ tsp Chinese 5 spice
- 5 - 6 tbsp hoisin sauce
- 6 sheets filo pastry
- melted butter, for brushing
- 1 tbsp sesame seeds

1. Pre-heat the oven to 190°C / Gas mark 5 and line 2 baking trays with baking paper.
2. Mix together the vegetables in a large bowl and stir through the 5 spice and 1 tbsp hoisin sauce.
3. Lay out the pastry sheets and cut in half lengthways (to form long strips).
4. Taking one length of filo at a time (keeping the rest of the sheets covered), brush lightly with the melted butter and place 12th of the vegetable mixture (approx. 1 heaped tablespoon) at the bottom of the filo. Fold the sides of the filo in and gently roll up. Brush with melted butter and sprinkle with a few sesame seeds.
5. Place onto the lined tray and repeat the process until all 12 have been made. Bake for 20-25 minutes until golden and crispy.
6. Serve with the remaining hoisin sauce for dipping.

Cook's Tip:

Make sure the vegetables are drained really well to make it easier to roll up the filo without it splitting.





5-A-DAY PORTIONS

Three spring rolls counts as 1 of your 5-A-DAY target of fruit and vegetable portions.

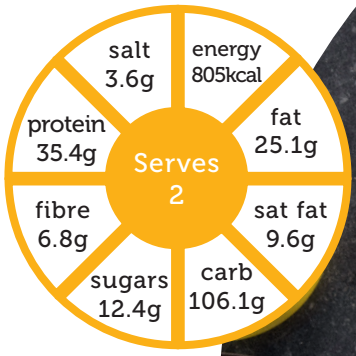
HAWAIIAN PIZZA

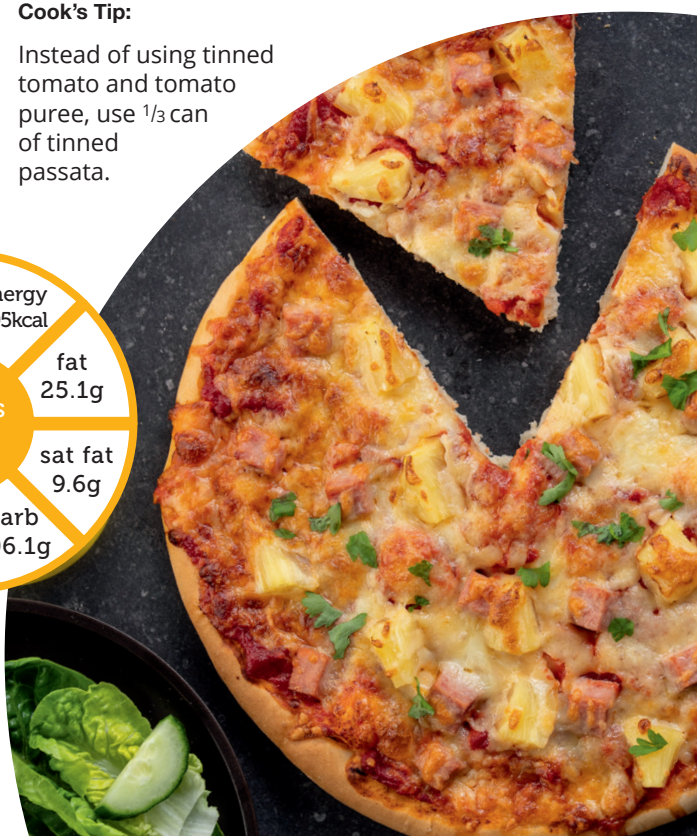
- 250g strong white flour
- 1 tsp canned easy bake yeast
- ½ tsp salt
- 2 tbsp olive oil
- 1/3 x 400g can chopped tomatoes
- ¼ x 142g can tomato puree
- ½ x 200g can ham, cubed
- 1 x 227g can pineapple chunks, drained well
- 100g grated cheddar or mozzarella

1. Makes one 12" pizza. Place the flour and yeast into a large bowl. Add the salt, oil and 160ml warm water and mix to form a soft dough.
2. Knead the dough on a lightly floured surface for about 8-10 minutes, until smooth and elastic.
3. Roll out the dough to about 12 inches, making a thin pizza base. Place onto a greased or lined baking tray.
4. Stir together the chopped tomatoes and tomato puree, then spread over the pizza base. Top with the ham, pineapple and cheese. Leave to rise for 30-45 minutes.
5. Meanwhile, preheat the oven to 200°C / Gas mark 6. When ready, bake the pizza for 18-20 minutes, until risen and golden brown.

Cook's Tip:

Instead of using tinned tomato and tomato puree, use 1/3 can of tinned passata.





5-A-DAY PORTIONS

One serving (half a pizza) counts as 1 of your 5-A-DAY target of fruit and vegetable portions.

CHICKEN JALFREZI

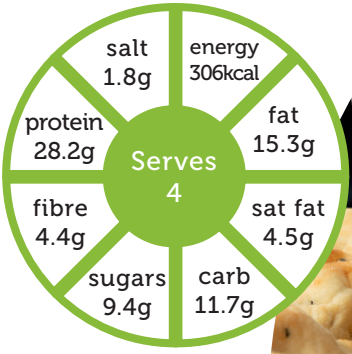
- 1 onion, 2-3 cm diced
- 1 garlic clove, crushed
- 2 peppers, 2-3 cm diced
- 1 tbsp canned ghee
- 3 – 4 heaped tbsp jalfrezi spice paste (adjust to taste)
- 2 x 200g cans chicken breast, cut into pieces
- 1 x 400g can chopped tomatoes

Fresh coriander, Basmati rice and naan, to serve

1. In a large pan, fry the onions, garlic and peppers in the ghee until softened.
2. Add the jalfrezi paste and continue cooking for 1-2 minutes.
3. Add the chicken, canned tomatoes and 200ml water. Simmer for 8-10 minutes until everything has heated through and the sauce thickens.
4. Serve with a handful of fresh coriander, rice and naan.

5-A-DAY PORTIONS

One serving counts as 2 of your 5-A-DAY target of fruit and vegetable portions.



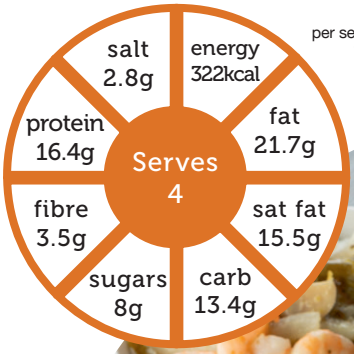
per serving excludes coriander garnish, rice and naan bread



THAI GREEN PRAWN CURRY

- 1 tbsp groundnut or vegetable oil
- 1 x onion, thinly sliced
- 4 tbsp Thai green curry paste (adjust to taste)
- 1 x 285g can sliced mushrooms, drained
- 1 x 225g can sliced water chestnuts, drained
- 1 x 400g can coconut milk
- 300g large cooked prawns, defrosted if frozen
- ½ x 400g can green beans, drained
- Thai rice, to serve

1. Fry the onion in the oil until starting to soften. Add the Thai green curry paste and continue to fry for 1 -2 minutes.
2. Add the mushrooms, water chestnuts and coconut milk. Simmer for 7 - 8 minutes, until the sauce has reduced slightly.
3. Add the prawns and green beans, cook for a further 3 – 4 minutes until heated through.
4. Serve with Thai rice.



per serving excludes Thai rice

5-A-DAY PORTIONS

One serving counts as 1 of your 5-A-DAY target of fruit and vegetable portions.

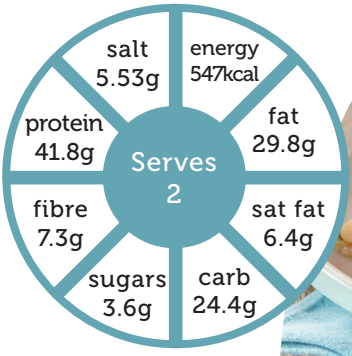
CHICKEN PAD THAI

- 1 garlic clove, crushed
- 1 red chili, thinly sliced
- 1 tbsp groundnut oil
- 200g can chicken breast, cut into strips
- ½ x 400g can beansprouts
- ½ x 400g can green beans
- 1 tbsp Thai fish sauce
- 1 lime, juice
- 150g 'straight to wok' or cooked rice noodles
- 1 medium egg, beaten
- 50g peanuts, roughly chopped

1. Fry the garlic and chili in the oil for 1 – 2 minutes. Add the chicken, beansprouts and green beans, continue cooking for 2 - 3 minutes.
2. Stir in the fish sauce, lime juice and toss around the cooked noodles, until heated through.
3. Push the noodle mixture to one side of the pan, pour in the egg and quickly stir through the noodles as the egg cooks.
4. Sprinkle over the peanuts and serve immediately.

5-A-DAY PORTIONS

One serving counts as 0 of your 5-A-DAY target of fruit and vegetable portions.





HOMEMADE KEBAB

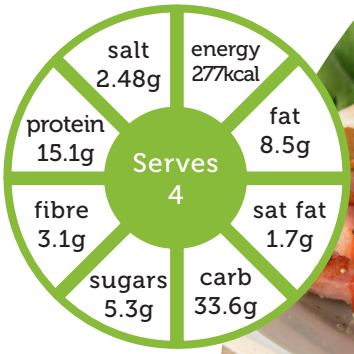
- 125g strong white flour
- 1 tsp canned yeast
- a pinch of salt
- 1 tbsp olive oil, plus extra for frying
- 2 garlic cloves, crushed
- 1 red chili, finely chopped
- 4 tbsp canned chopped tomatoes
- 2 tsp canned tomato puree
- pinch of sugar (adjust to taste)
- 200g can ham, thinly sliced

Salad ingredients (shredded lettuce, sliced cucumber and diced tomatoes), to serve.

1. Pre-heat the oven to 250°C / Gas mark 9 and place a baking tray in to heat up.
2. To make the pita breads, place the flour and yeast into a large bowl. Add the oil and 80ml warm water and mix to form a soft dough.
3. Knead the dough on a lightly floured surface for about 8-10 minutes, until smooth and elastic.
4. Divide the dough into 4 equal pieces. Roll out each piece into a thin oval shape about 3-5mm thick. Place onto the pre-heated baking tray and bake for 6 - 8 minutes, or until they just start to colour. Leave to cool.
5. To make the chili sauce, fry the garlic and chili in a little oil. Add the chopped tomatoes, tomato puree and sugar. Simmer for 3-4 minutes, then leave to cool.
6. Fry or griddle the sliced ham, until heated through.
7. Slice open the warm pita breads and fill with the salad ingredients, layer the ham slices on top and spoon over chili sauce to serve.

5-A-DAY PORTIONS

One serving counts as 1 of your 5-A-DAY target of fruit and vegetable portions.

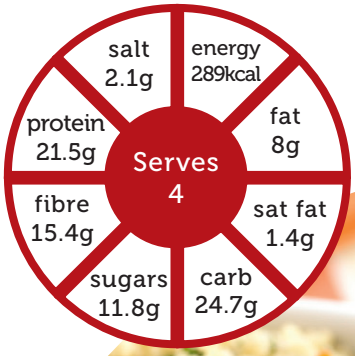




QUORN TAGINE

- 2 tbsp olive oil
- 1 large onion, diced
- 2 cloves garlic, crushed
- 350g butternut squash, diced
- 1 tbsp Ras el Hanout or Moroccan Spice Blend
- 500ml vegetable stock
- 400g can of chopped tomatoes
- 350g Quorn meat free chicken pieces
- 400g can of lentils, drained and stoned
- Seasoning

1. Heat the oil in a large saucepan or flameproof casserole dish. Add onion and garlic and stir-fry for 3 minutes. Add squash and spice blend and fry for a further minute.
2. Stir in stock and tomatoes. Bring to the boil, cover and simmer for 10 minutes.
3. Add Quorn and lentils and simmer for a further 5 – 10 minutes until squash is tender. Season to taste and serve.



5-A-DAY PORTIONS

One serving counts as 3 of your 5-A-DAY target of fruit and vegetable portions.

RETRO TRIFLE

- 4-6 trifle sponges, halved
- 1 x 298g can mandarin segments
- 2 tbsp brandy or sherry (optional)
- 1 x 135g pack orange jelly
- 2 x 400g cans custard
- 1 x 283g can extra thick cream
- 2-3 tbsp toasted flaked almonds

1. Arrange the sponge fingers in the bottom of a trifle bowl.
2. Drain the mandarin segments, reserving the juice. Sprinkle the brandy, sherry or 2 tablespoons of mandarin juice over the sponge fingers and scatter the segments over the top.
3. Cut up the jelly cubes and pop into a heatproof jug. Add 285ml boiling water and stir until dissolved. Mix together the remaining mandarin juice and enough cold water to make 285ml, stir into the jelly and leave to cool. When cooled, carefully pour the jelly over the mandarin segments and refrigerate until set.
4. When the jelly is set, spread the custard carefully over the jelly. Whisk the can of extra thick cream until thickened and spoon onto the custard. Sprinkle over the toasted almonds just before serving.

Cook's Tip:

For individual trifles, make as above, dividing each step between individual sized dishes.





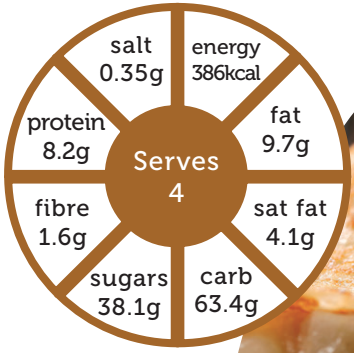
5-A-DAY PORTIONS

One serving counts as 0 of your 5-A-DAY target of fruit and vegetable portions.

APPLE PANCAKES
WITH TOFFEE AND CUSTARD

- 395g can apple pie filling
- 425g can custard
- 5 Devonshire toffees, cut into pieces
- 75g plain flour
- 1 egg
- 150ml semi-skimmed milk
- 1 tbsp caster sugar
- 2 tbsp Calvados
- Pinch of salt (optional)
- Sunflower oil to fry

1. To make the pancakes, sift the flour into a large bowl with a pinch of salt. Make a well in the centre and add the eggs and a little of the milk. Whisk together until well mixed. Whisking continuously, add the remaining milk, the sugar and Calvados.
2. Heat a 25cm non-stick frying pan and lightly oil the base. Add enough batter into the hot pan to cover the base. Heat for 45-55 seconds on each side, until golden. Keep the pancakes warm.
3. Pour the apple filling into a pan, add the toffee. Heat gently until just simmering but not boiling.
4. Pour the custard into a small pan and heat gently for 2-3 minutes until just simmering.
5. Spoon the custard onto half the pancake and top with the apple filling. Fold the pancake over and serve.





5-A-DAY PORTIONS

One serving counts as 0.5 of your 5-A-DAY target of fruit and vegetable portions.

CANvenient bites

Canned Food UK recipes



Canned Food UK
nutrition locked in - naturally

www.cannedfood.co.uk

Canned Food UK promotes the benefits of canned food through its website cannedfood.co.uk and social media channels. Don't forget to share photos of your favourite canned food recipes via our Facebook, Twitter and Instagram pages.

Twitter.com/CannedFoodUK

Facebook.com/CannedFoodUK

Instagram.com/CannedFoodUK