

CANNED FOOD STUDENT FAVOURITES

Canned Food UK
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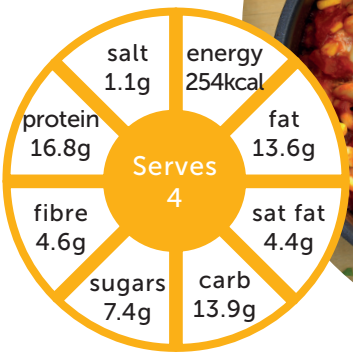
MEDITERRANEAN BAKED EGGS

- 100g chorizo, diced
- 1 small courgette, finely diced
- ½ tsp smoked paprika
- 2 garlic cloves, crushed
- 1 x 400g can chopped tomatoes
- 1 x 200g can butter beans
- 1 x 200g can sweetcorn
- 4 x medium eggs

1. In a large frying pan cook the chorizo for 4 – 5 minutes. Stir in the courgette and continue cooking for 2 – 3 minutes, until softened. Add the smoked paprika and garlic, cook for a further minute.
2. Stir in the chopped tomatoes and simmer for 8 – 10 minutes until the tomatoes have softened and thickened.
3. Stir through the butterbeans and sweetcorn. Then, make 4 wells in the sauce and crack an egg into each of them. Cover with a lid (or foil) and cook for 5-6 minutes, until the egg whites have set.



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





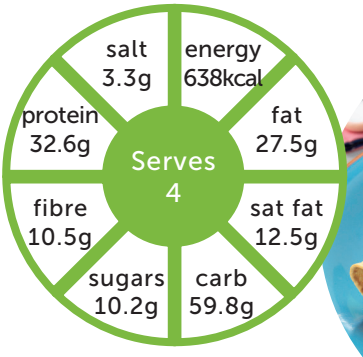



1 pepper, sliced
1 x 560g can 8 hot dogs, sliced
1 x 400g can chopped tomatoes
energy 658kcal
fat 27.5g
sat fat 12.5g
carb 59.8g
sugars 10.2g
fibre 10.5g
protein 32.6g
salt 3.3g
Serves 4
One serving of this recipe counts as 3 of your 5 A DAY target of fruit and vegetable portions.
1. Pre-heat the oven to 180°C, Gas 4 and grease a large ovenproof dish (approx. 20 x 30cm).
2. Fry the onion and pepper slices until softened. Add chopped tomatoes and simmer for 4 - 5 minutes until softened and thickened.
3. Stir through the hot dog slices, kidney beans and half the grated cheese, until warmed through.
4. Spoon the mixture between the four tortillas and roll them up. Line them up in the ovenproof dish.
5. Pour over the remaining tomatoes and top with remaining cheese. Scatter over the sliced chilli.



HOT DOG ENCHILADAS

- 1 onion, sliced
- 1 pepper, sliced
- 1 x 560g can 8 hot dogs, sliced
- 1 x 400g can chopped tomatoes
- 1 x 400g can kidney beans
- 150g cheddar cheese, grated
- 8 soft flour tortillas
- 1 green chilli, sliced



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



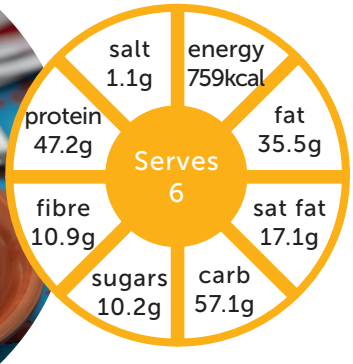
1. Pre-heat the oven to 180°C, Gas 4 and grease a large ovenproof dish (approx. 20 x 30cm).
2. Fry the onion and pepper slices until softened. Add ½ the chopped tomatoes and simmer for 4 – 5 minutes until softened and thickened.
3. Stir through the hot dog slices, kidney beans and half the grated cheese, until warmed through.
4. Spoon the mixture between the flour tortillas and roll them up. Line them up in the ovenproof dish.
5. Pour over the remaining tomatoes and top with remaining cheese. Scatter over the green chilli.
6. Bake for 15 – 20 minutes until golden brown and bubbling.

TEX MEX PASTA BAKE

- 500g minced beef
- 1 x onion, chopped
- 2 x garlic cloves, crushed
- 2 tsp chilli powder
- 1 x 400g can chopped tomatoes
- 200g macaroni
- 1 x 200g can sweet-corn
- 1 x 400g can kidney beans
- 150g cheddar, grated

1. Pre-heat the oven to 180°C, Gas 4. Lightly grease an oven proof dish.
2. Brown the mince, onion and garlic in a large pan. Stir in the chilli powder and tomatoes. Simmer for 5 – 8 minutes.
3. Stir in the macaroni and 400ml of water (fill up the empty chopped tomato can). Bring to the boil and add the sweetcorn and kidney beans.
4. Spoon into the ovenproof dish, scatter with cheese and bake for 15-20 minutes until bubbling and golden brown on top.





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









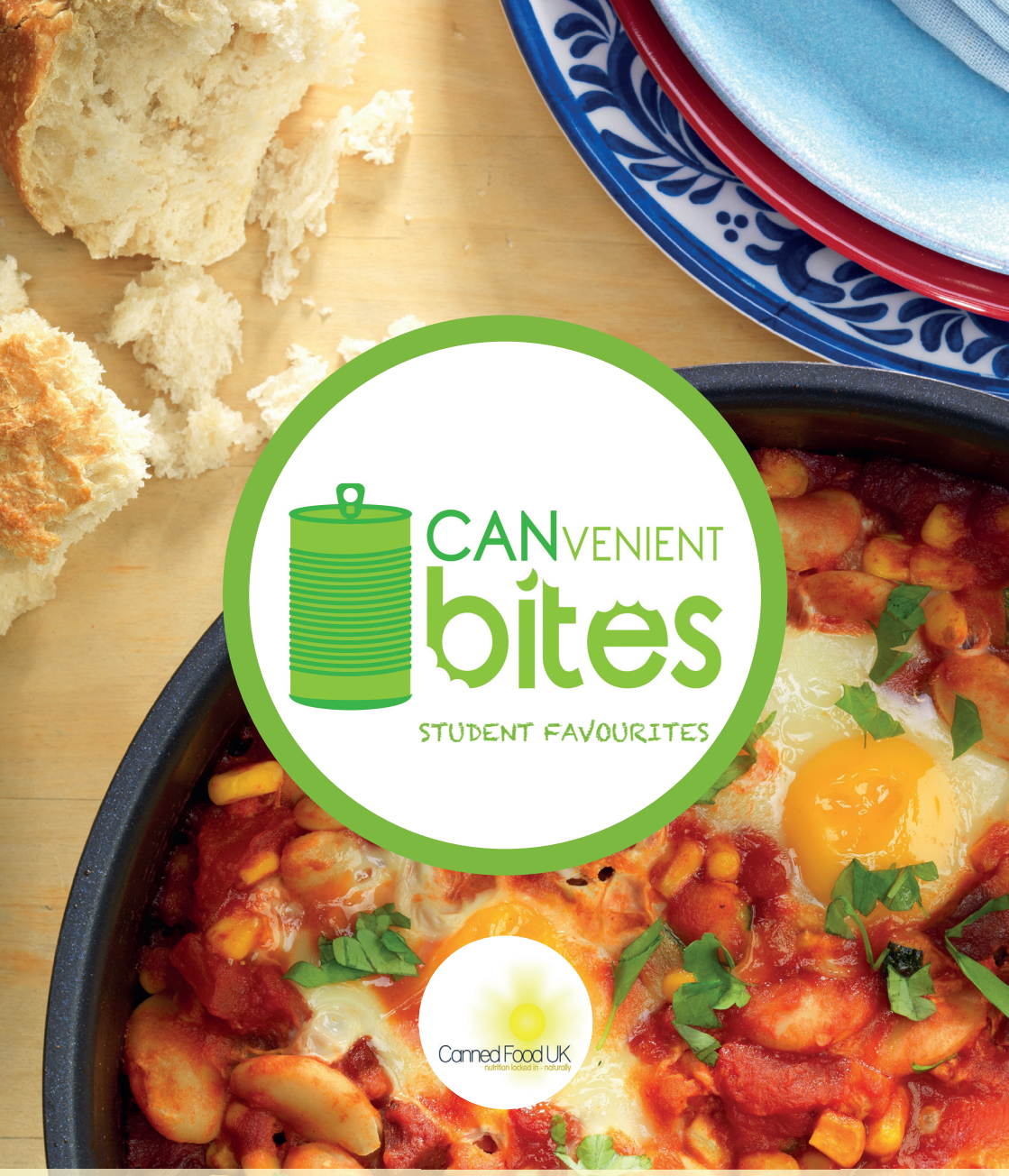
LEFTOVER TURKEY HOTPOT

- 25g butter, melted
- 1 x 300g can sliced carrots
- 1 x 300g can garden peas
- 350g cooked turkey, shredded
- 1 x 300g can condensed cream of chicken soup
- 1 x 400g can peeled new potatoes, sliced



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

1. Pre-heat oven to 190°C, Gas 5 and lightly grease an ovenproof baking dish.
2. Mix together the carrots, peas and turkey. Stir through the condensed soup until combined and spoon into the baking dish.
3. Top with the sliced potatoes and brush with melted butter. Bake for 35 – 40 minutes until golden and heated through.



Canned Food UK promotes the benefits of canned food through its website **www.cannedfood.co.uk** and social media channels.

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