



# MEGA MAINS



Main courses don't have to be daunting, there are lots of ways to keep cooking simple and ensure that you are getting the fuel you need to support your performance. The following tips can help you to plan your meals, ensure they are nutritious and keep the cost down.



## MAKE A LIST

Make a meal plan and buy ingredients that you need. This will help you make healthier choices and will help save time, money and reduce food waste

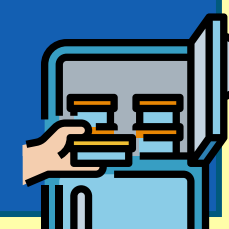


## STOCK UP

Stock up on store cupboard essentials such as tin's of beans & legumes, spices, rice, pasta etc. A well-stocked kitchen will ensure you are prepared if you don't have time to shop

## SHORTCUTS

Use frozen vegetables and chopped vegetables to save time when cooking



## EAT SEASONALLY

Introducing more locally grown and seasonal foods into your diet can help you need better for less and reduce food waste.



## EQUIPMENT

Invest in the right tools such as sharp knives, chopping boards, good pots, pans and Tupperware.



## BATCH COOK

Where you can, cook in bulk and freeze meals to be consumed when you have less time to cook. You can also save smaller portions of meals to be eaten for lunch.

## BE FLEXIBLE

Everyday might not go to plan so be prepared to change things up if needed. Use your recipes as a guide and mix and match ingredients based on what you have available. The following meals are from our Recipes for Success book with four ways to mix them up

### SPAGHETTI BOLOGNESE



#### VARIATIONS

- ☞ Stuff into peppers, top with cheese and bake
- ☞ Add to an oven proof dish and top with mashed potatoes to create a shepherds pie
- ☞ Serve with baked potatoes, stuff into potato skins, or with homemade nachos
- ☞ Add some dried chilli powder & kidney beans and serve with rice to make chilli con carne

### CHICKEN STIR FRY



#### VARIATIONS

- ☞ Use turkey breast, lean beef strips, white fish or extra vegetables
- ☞ Serve with wholegrain rice, noodles or naan bread
- ☞ Omit the soy sauce and ginger and add some spices to make chicken Fajitas (p42)
- ☞ To make a tasty curry add spices, tinned tomatoes & coconut milk (p40)

### HOMEMADE BURGERS



#### VARIATIONS

- ☞ Use turkey/ pork mince/ make it vegetarian with lentils or black beans
- ☞ Spice it up by adding curry powder or other spices to the burger mix
- ☞ Serve without the bun with a mixed salad and homemade wedges
- ☞ Serve with mashed potatoes and steamed vegetables for a change

### CAJUN SPICED SALMON



#### VARIATIONS

- ☞ Use a different fish such as cod / haddock
- ☞ Serve hot with a baked potato and steamed green vegetables
- ☞ Serve cold with Moroccan couscous (p. 25) and salad
- ☞ Serve with homemade sweet potato wedges and peas