

IDEAS FOR MEALS FROM STORE

1. **TUMERIC AND PEA DAAL:** red lentils, peas, oil, onion, garlic, ginger, chilli, turmeric, coriander, lemon juice.
2. **HUMUS:** chick peas, stock, peanut butter, lemon juice, soya sauce, garlic, salt, paprika.
3. **FALAFAL:** breadcrumbs, chickpea flour, dried onion, rice flour, oil, coriander, cumin, garlic.
4. **POTATO DUMPLINGS:** potato powder, peas, lemon juice or mint, flour, seasoning.
5. **PASTA WITH PESTO SAUCE**
6. **PASTA WITH CONDENSED SOUP**
7. **TUNA PASTA BAKE**
8. **FISH CAKES:** tuna, powdered potato, chives, tarragon, seasoning.
9. **CORNED BEEF RISSOLES:** potato powder, corned beef, onion, Worcester sauce,
10. **BEAN BURGERS*:** tin kidney beans, onion, 1 egg, cooked rice, cheese, coriander.
11. **PIZZA:** using scone mix.
12. **RISSOTO:** rice or barley, onion, milk powder, stock, veg or meats of choice.
13. **WRAPS:** chapattis, filling of choice.
14. **SAMOSA:** potato powder, onion, peas, coriander, cumin seeds, chilli, ginger, fennel.
15. **BLACK-EYED BEANS AND MUSHROOM***
16. **MUSHROOM BAJI WITH RICE***
17. **DAL TIKKIS WITH MINT CHUTNEY***
18. **BEETROOT FALAFEL***
19. **RICE WITH MUSHROOM AND ALMONDS***
20. **MEDITERRANEAN FISH STEW***
21. **BOBOTIE***
22. **COCONUT RICE***
23. **GRAM PANCAKES WITH PEA AND LENTIL SALAD***
24. **SPAGETTIBOLOGNESE**
25. **CHICKPEA CURRY***
26. **BROAD BEAN AND ROSEMARY MASH***
27. **TUNA AND BEAN SALAD***
28. **TABBOULEH***
29. **CORNED BEEF HASH**
30. **RICE PUDDING**