

## INGREDIENTS / SPAGHETTI CARBONARA

(SERVES 2)  
(DOUBLE FOR 4+ PEOPLE)



**1**  
Boil ½ a pan of water

**2**  
When boiling add the spaghetti

**3**  
Open the tin of ham/ mushrooms

**4**  
Using a knife cut the ham into small cubes/ drain the mushrooms

**5**  
In a large frying pan put a tablespoon of oil

**6**  
Add the ham pieces/ mushrooms

**7**  
Add the oregano, salt and garlic

**8**  
Fry until golden

**9**  
Add the carbonara white sauce and mix with the ham let it simmer (gently bubbling)

**10**  
Drain the water from the cooked spaghetti

**11**  
Add the spaghetti to the ham mix

**12**  
Mix it all together until all the spaghetti is covered

**YOU CAN COOK**

**WHY NOT TRY...** A sprinkle of grated cheese on top!

## INGREDIENTS / CHILLI CON CARNE

(SERVES UP TO 4)



**1**  
Open the onions and tip into a frying pan

**2**  
Fry onions for about 2 minutes on a high heat

**3**  
Open the mince beef or jack fruit (drain the jack fruit) and add to the onions. Stir.

**4**  
Empty the contents of the Chilli Con Carne seasoning into the frying pan with the mince beef (or jack fruit). Stir.

**5**  
Open the tomatoes and put them into the pan with the mince beef (Jack fruit). Stir.

**6**  
If using carrots and or mushrooms open the can, drain and add to the mince beef (jack fruit) mix. Stir.

**7**  
Drain the can of kidney beans (or chick peas) and add to the pan. Stir.

**8**  
Cook on a medium heat for 5 minutes or until piping hot.

**9**  
Cook the rice according to the instructions on the packet.

**10**  
Drain the rice and serve with the chilli.

**YOU WILL NEED...**

- SAUCEPAN
- FRYING PAN
- WOODEN SPOON

**YOU CAN COOK**

**WHY NOT TRY...** Adding a touch more chilli powder if you have some. Finish the chilli by sprinkling a little grated cheese on top and serve with tortilla chips.