

 Western Health  
and Social Care Trust

 Community Food  
& Nutrition Team

 Public Health  
Agency

Project supported by the PHA

# ONE

# COOKING FOR ONE



Click on this icon  
throughout the  
leaflet to find  
more information.



Cooking for one  
can often be challenging,  
expensive and feel like a  
chore. Try these tips to make  
cooking for yourself cheaper and easier!



## Shopping & Cooking

**Write a meal plan** – choose your favourite recipes that use some of the same ingredients to avoid wasting food.

**Stock up your store cupboard** - items like pasta, rice, canned vegetables and lentils can be used in lots of different recipes.

**Only buy what you need** – fresh food won't keep for long. Buy fresh fruit and vegetables loose and choose smaller packs of other foods. Or consider buying dried or frozen options.

**Use your local butcher or supermarket deli counter** – this allows you to buy smaller quantities of foods like meat, poultry, fish, cooked meats and cheeses – for example you can buy single chicken breasts or enough minced beef to make one meal.

**Cook once, eat twice** – when cooking any meal, you can make a larger amount so you have leftover portions for another meal or to freeze.

## Storage

Freezing is a great way of keeping foods at their best for longer.

Use it as an extension of your store cupboard. Get into the habit of dividing larger packs into single portions to use at another time – for example chicken fillets or slices of bread.

Try using frozen fruit and vegetables – they are already prepared so can cut down meal preparation and cooking time. Using only the amount you need for a meal helps reduce waste.

Making larger batches of meals and freezing can be handy and save preparation time during the week.

For more information on nutrition and freezing click on the link below.



If storage space in your fridge or freezer is limited, try reducing recipes to make less portions. If a recipe serves four, divide all the ingredients in half and just make two servings. The second serving can be frozen or covered and kept in the fridge to be eaten the next day.

## Leftovers

With a little effort, there's so much that can be done with dinner leftovers. The same ingredients can make 2 very different meals. Try the ideas in this leaflet or click on the link below for more creative recipe ideas.



**Double the recipe ingredients to make a portion for tomorrow or to freeze!**

**Add chilli powder and kidney beans to left over bolognaise.**

**Add cooked pasta to leftover curry and bake in the oven.**

**Use leftover cold meats in salads, wraps or add to dishes.**

## Potatoes in Their Skins

Serves 1

For all:

**1 baking potato**

**1-2 tsp olive oil**

**Black pepper**

### Method:

1. Preheat the oven to 210°C / 190°C Fan / Gas Mark 6½.
2. Rub potato with a little oil, then sprinkle with black pepper. Place on a baking tray and bake for 45 minutes to 1 hour, depending on the size.
3. Leave the potato to cool a little. Use a knife to cut the potato in half. Leaving a small border, use a spoon to scoop out the flesh into a bowl and mash with a fork.
4. Return the skins to the oven to crisp up for 6–7 minutes.
5. Meanwhile, make the filling. Whichever filling you are making, simply mix all the ingredients (apart from the cheese) into the mashed potato.
6. Remove the skins from the oven, spoon in the filling, sprinkle with the cheese (if using) and bake for a further 6–7 minutes.

## Potato Filling Ideas

### Mackerel

- 1 small tin mackerel
- 1 tbsp natural or plain greek yoghurt
- 1 tsp horseradish

### Bacon and Cheese

- 2 back bacon rashers, cooked till crisp (Visible fat removed)
- 1 spring onion, chopped
- 1 tbsp natural or plain greek yoghurt
- 1 tbsp grated cheese

### Baked Beans

- ½ a tin baked beans
- 1 tbsp grated cheese

### Chicken/Ham, Cheese & Sweetcorn

- 75g cooked chicken or ham
- 4 tbsp sweetcorn
- 1 tbsp grated cheese

**tsp = teaspoon**  
**tbsp = tablespoon**



## Easy Chicken & Vegetable Rice

Serves 1

- 1 tsp oil**
- 2 tsp curry paste** (choose your favourite)
- 1 small onion – chopped**
- 1/3 of a mug rice** (basmati or long grain)
- 2/3 of a mug chicken stock**
- 1 1/2 mugs frozen mixed vegetables**
- 1 large or 2 small chicken thigh fillets cut into chunks** (skinless and boneless)

### Method:

1. Heat oil in a frying pan. Add chopped onions and cook for 5-6 minutes until softened.
2. Add chicken pieces and fry for 3-4 minutes to colour the outside.
3. Stir in curry paste and rice. Cook for 1 minute.
4. Pour in chicken stock and frozen vegetables. Stir well.
5. Bring to the boil, then lower the heat. Cover pan with a lid. Cook for 20 minutes or until all the stock is absorbed and the rice is tender.
6. Stir well then serve.



For further information on the work of the Community Food & Nutrition Team please contact us on

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