

Chris Clyne's Foodbox Recipes

Tuna & Sweetcorn Fishcakes

Two portions of mash
 Quarter tin of sweetcorn
 Half tin of tuna

(Tuna 60p, mash 20p, sweetcorn 12p, Total: 92p)

1. Make two portions of mash as per pack instructions. Leave to cool.
2. Drain the tuna in a sieve and split into two halves. Freeze or refrigerate second half.
3. Drain a quarter of tin of sweetcorn.
4. When mash is cool mix both portions of mash with the tuna and sweetcorn.
5. Form into two fish cakes.
6. Pan fry or grill on a baking tray.
7. Serve on a plate and tuck in.

You can use any fish to make these fish cakes.



Pepperoni Pasta

100g pasta
 1 hot dog sliced
 Three dessert spoons of pasta sauce
 Two dessert spoons of tomatoes
 Two dessert spoons of beans

(Pasta 6p, hotdog 5p, sauce 26p, beans 5p, tomatoes 6p
 Total: 48p)

Method

1. Boil 100g pasta with a pinch of salt.
2. Take the sliced hotdog, pasta sauce, tomatoes and beans and mix in a small sauce pan.
3. Mix the pasta.
4. Tuck in.



Salmon and Tomato Pasta

Half a tin of salmon
 100g pasta,
 Half tin of Tomatoes

(Salmon 75p, pasta 6p, tomatoes 11p, Total: 92p)

1. Boil the pasta with pinch of salt.
2. Mix the salmon and tomatoes and heat in a pan or microwave.
3. Mix with pasta and serve.



Instant Mash

Follow the instructions on the pack. The Mr Mash pack should produce twelve individual portions. Each portion of mash will produce one large fish cake.

Beef Stew

Half tin of beef stew
Quarter tin of carrots
One portion of mash

(Stew 75p, carrots 5p, mash 10p, Total: 85p)

1. Heat half tin of stew with one dumpling in a microwave.
2. Heat carrots in a container in microwave.
3. Make one portion of mash as per pack instructions.
4. Place all ingredients on a plate and tuck in.



Mixed Bean Pasta

100g Pasta
Half tin of Mixed Beans

(100g pasta 6p, mixed beans 20p, Total 26p)

1. Boil 100g pasta with a pinch of salt.
2. Wash the mixed beans under a cold water tap.
3. Mix pasta and beans in a container, stir and tuck in.



Pasta Pomodoro (Tomato Pasta)

100g Pasta
Half tin of Tomatoes

(100g pasta 6p, tomatoes 16p, Total: 22p)

1. Boil the pasta with pinch of salt.
2. Heat half a tin of tomatoes and reduce slightly to help thicken.
3. Mix tomatoes and pasta and tuck in.

Vegetable Stew with Mash

Quarter tin of sweetcorn
Half tin of tomatoes
Half tin of carrots
One portion of mash

(Sweetcorn 12p, carrots 10p, tomatoes 16p, mash 10p, Total: 48p)

1. Make one portion of mash as per pack instructions.
2. Mix and heat sweetcorn, tomatoes and carrots in a pan or microwave.
3. Place on plate and tuck in.



Read Chris' blog "[How far can a foodbox go?](#)"