

What do you want for tea?

Quick and easy recipes to support
you to eat well at home.



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Who is this project for?

‘What do you want for tea?’ is a pilot project funded by the Eat Well, Age Well project and developed by occupational therapists and dietitians from NHS Lanarkshire. It has been developed to help people at home who require assistance from home support carers, or friends and family to prepare nutritious and tasty meals. We know that not everyone is a natural cook, and time can be an issue in making meals. The resource gives general advice on quick and easy to prepare meals. There is also additional advice on store cupboard shopping ideas and ways to keep you well hydrated.

Throughout the resource, alternative serving suggestions are provided. So if you don’t like a particular ingredient or you have a plant based diet, alternative options that may be more suitable to you are made. There are also hints and tips on how to add extra energy and protein if you have a poor appetite or have lost weight without trying.

If you have previously been given dietary advice to treat a medical condition or for allergies, you should always continue to follow this advice instead.

If you have lost a lot of weight without trying over the past 3-6 months or have been eating little or nothing for more than 5 days you should seek advice from your GP practice or health professionals involved in your care.

This is a pilot project. You can help us to develop this work further by sending us any comments, good or bad, to:

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Store Cupboard Shopping Ideas

Having a store of ready to use, longer life foods is a good idea. Often these foods can be used as the basis of a meal especially if there has been an issue with getting groceries such as during bad weather or the recent coronavirus restrictions. Dried, vacuum packed, tinned and frozen foods are all good options to include.



Although these foods have a longer shelf life, remember to rotate previously bought food to the front of the cupboard or freezer. Remember to check 'use by' dates on all foods and discard food past this date. Check any advice on packaging about how to store foods and when to use them once opened.

Food and drinks that are useful to have in your store cupboard include:

- ❖ Tinned baked beans (with or without sausages) or mixed beans
- ❖ Tinned or frozen vegetables e.g. peas, carrots, mushrooms, sweetcorn, mixed vegetables, green beans, chopped onion or peppers
- ❖ Tinned, packet or pouches of soup – especially lentil, creamy varieties, broth types
- ❖ Tinned meat e.g. chopped ham, corned beef, chicken
- ❖ Tinned fish e.g. salmon, tuna, pilchards, sardines
- ❖ Breakfast cereal – variety packs can be useful to keep the cereal fresh and increase choice, instant porridge pots are also useful
- ❖ Dried pasta or rice in sauce
- ❖ Oatcakes, rice cakes, crisp breads or digestive biscuits
- ❖ Tinned or frozen fruit – any type (select varieties in juice if weight or diabetes control is needed)
- ❖ UHT, dried or evaporated milk (including nut or soya milks)
- ❖ Tinned macaroni cheese, ravioli or spaghetti
- ❖ Jar sauces e.g. sweet and sour, curry, pasta sauces
- ❖ Frozen meat, poultry, textured vegetable protein or fish
- ❖ Tinned potatoes, frozen mashed potatoes, frozen potato waffles or wedges, hash browns or frozen baked potatoes.
- ❖ Dried or microwave pouches of rice
- ❖ Dried or microwave pouches of pasta or cous cous
- ❖ Jam, marmalade, chocolate spread, chutneys and pickles.
- ❖ Part baked bread or pitta breads.

Breakfast meal ideas

- ❖ TA roll with sausage, bacon, scrambled, poached or fried egg, black pudding, cold meat, soft cheese or banana.
- ❖ Toast with cold meat, meat or fish paste or pate, cheese spread, baked beans or scrambled egg.
- ❖ Yoghurt (any type) with fruit – fresh, tinned or frozen. Try thick and creamy or Greek style types for extra energy or add a little honey.
- ❖ Cereal – any type – high fibre types include Cherrios, Weetabix, Shreddies, porridge or granola. If extra energy is needed use full cream milk, if not use semi-skimmed. Additional dried or fresh fruit can be added for extra nutrition and taste.
- ❖ Kippers, sardines or pilchards with bread and butter.
- ❖ Boiled or scrambled egg on toast.
- ❖ Bagels with soft cheese and ham or turkey.
- ❖ Crumpets or pancakes with butter and jam, chocolate spread, honey or marmalade.
- ❖ Croissant with butter, margarine/butter and/or jam.
- ❖ Pain au chocolat or brioche with fresh fruit.
- ❖ Missi roti (with added butter or margarine)
- ❖ Stuffed paratha with full fat yogurt
- ❖ Cereal bar and fresh fruit with a carton of fruit juice (good option if out and about).



Drinks – tea, coffee (decaffeinated if agitation is an issue), hot chocolate, fruit juice, smoothie, blackcurrant diluted drinks (added vitamin C), flavoured

Are you drinking enough?

There are a few ways to check if you are drinking enough but the main way is to check the colour of your urine. The following may help:



If you don't drink enough you can become dehydrated. If you have an infection, the weather is warm outside or you have the heating on high this can also mean you need an extra 1-2 cups of fluid per day.

All fluids count including water, fruit squash, fruit juice, tea, coffee, hot chocolate, milk and milkshakes and fizzy drinks. Some foods are also high if liquid and can be a good way to keep hydrated such as melon, cucumber, jelly and soup.

You should aim to drink 3-4 pints or 1500-2000mls of fluid per day. In practical terms this is about 6-8 cups depending on the size of the cup.

Main Meal Recipe Ideas for One

Cheesy Beanos

Ingredients

- 2 potato waffles
- 1 tin baked beans with or without sausages (can be a large or small tin)
- 50g grated cheese (can be pre-grated)

Equipment

- Toaster
- Microwave or hob
- Microwave proof plate
- Tablespoon
- Oven gloves

Preparation

1. Place the baked beans in a small pot or in a microwave dish and cook for 2 minutes on full power or until heated through.
2. Place the waffles in the toaster on full heat until the toaster pops. You may wish to put them in for second time for extra crispness.
3. Once the baked beans and waffles are cooked, assemble on the plate and add the grated cheese. If you would prefer the cheese to be melted put this in the microwave for 30 seconds.
4. Serve



Add extra energy and protein: Spread toast thickly with butter or margarine (ideally when warm), add extra grated cheese.

Chicken curry

Ingredients

- 1 microwave rice pouch
- ½ jar of curry sauce – any type (can be a large or small tin)
- Cooked chicken pieces – equivalent to 1 chicken breast or cooked prawns)
- Onion fresh or frozen (optional)
- Peppers fresh or frozen (optional)
- Mushrooms tinned or frozen (optional)
- Poppadums or prawn crackers (optional)

Equipment

- Knife
- Chopping Board
- Microwave proof bowl
- Plate
- Microwave
- Tablespoon
- Oven gloves

Preparation

1. Chop any vegetables or measure out the amount desired.
2. Place chopped chicken or cooked prawns and curry sauce and any vegetables into a microwave bowl.
3. Heat on full power for 2-3 minutes.
4. Heat rice pouch as per packaging instructions.
5. Empty rice onto the plate and top with curry.
6. Poppadums or prawn crackers can be used as an accompaniment.



Alternative serving suggestions – if you prefer you can use a handful of prawns, a handful of ready cooked steak or char sui pork pieces, a mixture of vegetables or paneer.

Add extra energy and protein: Serve with fried rice, add extra poppadums or crackers – serve with a dip such as sweet chilli sauce or mango chutney. Add a spoonful of crème fraiche or double cream into the curry.

Corned beef hash

Ingredients

2-3 slices of corned beef or equivalent
amount of tinned corned beef
½ packet ready-made mashed potatoes or
frozen mashed potatoes
½ chopped onion or ready chopped frozen
onion
1 tablespoon vegetable oil

Equipment

Toaster
Microwave or hob
Frying Pan
Chopping Board
Microwave proof bowl
Spatula
Tablespoon

Preparation

1. Rough chop the corned beef.
2. If desired heat the oil in the frying pan and fry the onions until soft. Drain any excess oil and add to the potato mixture.
3. Mix the ready to use mashed potatoes, corned beef and onions in a microwave bowl and place in the microwave for 2-3 minutes.
4. Remove from the microwave and serve.



Add extra energy and protein: Add extra butter with mashed potatoes or stir in some mayonnaise, soft or grated cheese. Serve with baked beans.

Fish Finger Sandwich

Ingredients

3 fish fingers (frozen)
2 slice bread
Tomato ketchup, HP sauce, salad cream or mayonnaise to taste
Ready prepared salad bowl or microwave chips (optional)

Equipment

Microwave
Microwave proof plate
Knife

Preparation

1. Microwave the fish or vegetable fingers from frozen – on half power for 45 seconds then check, 45 seconds then check, then a further 45 seconds. Check they are cooked through. Doing this in short amounts stops them from bursting.
2. Add salad cream, tomato ketchup or mayonnaise onto the bread.
3. Put the fingers onto the bread, putting the second slice on top and cut the sandwich in half.
4. Serve with side salad or microwave chips if desired



Alternative serving suggestions: Instead of fish fingers you could try chicken or vegetable fingers instead.

Add extra energy and protein: Serve with mayonnaise, salad cream or grated cheese. Butter the bread or toast before serving.

Haggis, Neeps and Tatties

Ingredients

2-3 slices of haggis – pre-sliced is also available

2-3 tablespoons ready prepared mashed turnip (also known as swede) or carrot and turnip mix, alternatively use the same amount of frozen diced turnip or carrot

2-3 tablespoons ready prepared mashed potatoes or tinned potatoes

Equipment

Microwave

Microwave proof plate

Spoon

Sieve (if using frozen vegetables)

Preparation

1. Place the vegetables and potatoes into a microwaveable bowl, add 2-3 tablespoons of water and microwave on full power for 4-5 minutes. Remove vegetables from the microwave and drain any excess water.
2. Add the sliced haggis to a microwave proof plate and cook for 1 minute on full power.
3. Remove the haggis from the microwave and place the vegetables on the plate to serve.
4. If you are using ready prepared vegetables or potatoes cook these as per the instructions on the packet and add to the haggis after they are cooked.



Alternative serving suggestions: You can swap haggis for black pudding or vegetarian haggis if you prefer.

Add extra energy and protein: Add extra butter, cream or margarine to potatoes and neeps. Swap neeps for baked beans instead.

10 minute Macaroni cheese

Ingredients

- ½ cup macaroni pasta (50 g)
- ½ cup water (120 mls)
- 3 tablespoons milk (full cream if added nutrition required)
- ¼ cup grated cheddar cheese (25 g) – can be pre-grated
- Cooked ham pieces (optional)
- Salt and pepper to taste

Equipment

- Cup to measure ingredients
- Cheese grater
- Microwave proof bowl or jug
- Tablespoon
- Microwave

Preparation

1. Mix the macaroni, water and salt in a microwaveable mug or bowl.
2. Microwave for 5 minutes at full power, then stir.
3. Return to microwave (add more water if necessary) and microwave for a further 5 minutes on full power.
4. Add the milk, cheese and pepper then stir.
5. Microwave for another 30 seconds to 1 minute, stir.
6. Cooked ham pieces can be added for extra flavour at the end.



Add extra energy and protein: Add extra cheese or parmesan cheese to top before serving, add a knob of butter or margarine to the mixture, add extra chicken, bacon pieces or ham to the finished dish.

Meatballs with pasta

Ingredients

4-6 meatballs (ready to eat type – found in the cold meat aisle of the supermarket)

Microwave pasta pouch

Jar of pasta sauce (any type)

Pre-grated cheese or parmesan

Salt (optional)



Equipment

Microwave

Microwave proof plate

Tablespoon

Oven gloves

Sieve (if using fresh or dried pasta))



Preparation

1. Cook the pasta as per packaging.

Alternatively use fresh pasta or dried quick

cook pasta and cook on the hob in boiling water for 5-10 minutes. Season with salt (optional).

2. Place the meatballs in the sauce and microwave for 1 ½ - 2 minutes.

3. Place pasta on a plate and top with the meatballs and sauce.

4. If desired sprinkle with grated cheese or parmesan to serve.

Alternative serving suggestion: Use a handful of cooked chicken, prawns, ham or no-meat balls instead of meatballs. Vary the cooking sauce used.
Serve with rice instead of pasta.

Add extra calories: Add extra cheese, try selecting a creamy pasta sauce or one with mascarpone cheese added.

Pie, Chips and Beans

Ingredients

- 1 individual pie (any type)
- 1 box Microwave chips
- ½ tin or small tin baked beans

Equipment

- Microwave
- Hob (optional)
- Pot (if required)
- Microwave proof bowl
- Tablespoon
- Oven gloves

Preparation

1. Cook the microwave chips as per packaging instructions.
2. Heat the baked beans in a microwave proof bowl or in a pot on the hob until hot (2-3 minutes)
3. Heat the pie for 2-3 minutes in the microwave or as per packaging.
4. Assemble the pie, chips and baked beans on a plate and serve.



Alternative serving suggestions: Instead of a scotch pie try steak, chicken, vegetable, macaroni, haggis or chicken curry pie.

Stir fry Chicken

Ingredients

- 1 microwave rice pouch or noodles
- 1 pouch or jar of cooking sauce e.g. satay, oyster sauce, sweet chilli sauce
- ½ packet of pre-cut stir fry vegetables
- A handful of ready to stir fry chicken strips
- A tablespoon of vegetable oil

Equipment

- Frying Pan or Wok
- Spatula
- Spoon
- Microwave
- Oven gloves
- Tablespoon

Preparation

1. Cook rice or noodles in the microwave as per the instructions on the packaging.
2. Place the oil in the pan on a high heat.
3. Once the oil has heated up add the meat or chicken and cook for 2-3 minutes until cooked through.
If the meat is precooked this can be added at the same time as the vegetables.
4. Add the stir fry vegetables and cook for a further 1-2 minutes.
5. Add the stir fry sauce and mix well with other ingredients until heated.
6. Serve with rice or noodles.



Alternative serving suggestions – A handful of stir fry pork or beef strips, prawns or mixed stir fry vegetables.

Add extra energy and protein: Use extra oil in the cooking, add a handful of nuts such as cashew nuts or peanuts, serve with prawn crackers, use fried rice or flavoured rice rather than plain types.

Quick Tomato Risotto

Ingredients

1 cup (125g) risotto rice
1/2 onion (pre-chopped frozen onion can be used)
1 knob of butter
½ cup (125ml) vegetable stock (can be made using ½ stock cube added to 125mls boiling water)
250ml carton passata
A few cherry tomato
½ cup (50g) mozzarella, drained and cut into large chunks
grated parmesan (or vegetarian alternative) basil (optional – can be dried, fresh or ready to use)

Equipment

Knife
Chopping Board
Kettle
Microwave proof bowl
Microwave
Tablespoon
Oven gloves

Preparation

1. Put the rice, chopped onion and half the butter into a large microwave-proof bowl.
2. Cover and cook in the microwave on full power for 3 minutes.
3. Stir in the stock and passata, then continue to cook, uncovered, for 10 minutes.
4. Give it a good stir and mix in the tomatoes and mozzarella. Microwave on full power for a further 8 minutes until the rice is cooked and the tomatoes have softened.
5. Top with parmesan cheese and basil (optional).



Alternative serving suggestions – Add vegetables such as sweetcorn or peas or cooked meat such as chicken or ham pieces.

Roast Beef Dinner

Ingredients

2-3 slices roast beef

1 tablespoon of gravy granules – can be vegetable, chicken or beef

Tinned potatoes or ready prepared chilled mashed potatoes

2-4 tablespoons of fresh, frozen or tinned vegetables – any type

Equipment

Microwave, Knife, Tablespoon

Chopping Board

Microwave proof bowl

Sieve

Kitchen roll

Kettle



Preparation

1. To cook the potatoes either heat as per packaging or put 3-4 baby potatoes in a food bag. Add any seasoning and tie the top of the bag. Cook on full power for 4-5 minutes.
2. Cut fresh vegetables or use ready to cook types in a microwavable bowl and cover with 2-3 tablespoons of water. Put cling film over the top of the bowl and place in the microwave for 2 minutes. Check after the 2 minutes to see if further cooking time is needed.
3. If the vegetables are tinned or frozen add to a bowl and cook for 3-4 minutes.
4. Add the meat or meat alternative to a microwave proof plate and heat for 1 minute on full power.
5. Make a portion of gravy adding 1 tablespoon of instant gravy granules or powder to 150-200mls boiling water.
6. Stir until granules have disappeared.
7. The meat can be heated for 30 seconds in the microwave.
8. Assemble the meat, potatoes and vegetables on the plate and serve.

Alternative serving suggestions: Try roast turkey, lamb, pork or chicken, meatloaf, nut roast or texture vegetable protein slices instead of beef.

Add extra energy and protein: Include ready-made roasted potatoes, add ready-made Yorkshire pudding, add chutney or horseradish, cranberry, apple or red currant sauce.

Sweet and Sour Chicken

Ingredients

- 1 microwave rice pouch
- ½ jar of sweet and sour sauce
- Cooked chicken pieces – equivalent to 1 chicken breast
- Onion fresh or frozen (optional)
- Peppers fresh or frozen (optional)

Equipment

- Knife
- Chopping Board
- Microwave proof bowl
- Microwave
- Tablespoon
- Oven gloves

Preparation

1. Chop any vegetables or measure out the amount desired.
2. Place chopped chicken (equivalent to 1 chicken breast) into a microwave bowl.
3. Heat on full power for 2-3 minutes.
4. Heat rice pouch as per packaging instructions.
5. Empty rice onto the plate and top with chicken in sauce.



Alternative serving suggestions: Instead of chicken you could try a handful of cooked beef, prawns, char sui, tofu or textured vegetable pieces or mixed stir fry vegetables.

Add extra energy and protein: Serve with prawn crackers, avoid light versions of sauce, add extra meat or meat alternative, serve with fried rice.

Tuna Pasta Salad

Ingredients

- 1-2 handful of dried pasta (alternatively use microwave pasta pouch)
- ½ bell pepper chopped – any colour (alternatively use frozen pepper)
- ½ tin sweetcorn
- 1 inch piece of cucumber
- ½ tin tuna fish
- 2 tablespoons mayonnaise
- 1 tablespoon salad cream
- Salt and pepper to taste

Equipment

- Knife
- Chopping Board
- Spoon
- Bowl
- Pot or microwave
- Tablespoon

Preparation

1. Prepare the pasta (either use pre-cooked pasta – boil with salt as per packaging) or prepare a microwave pasta pouch as per packaging.
2. Chop the peppers and cucumbers into cubes.
3. Put the cooked pasta, sweetcorn, cucumber, peppers and tuna fish into a bowl.
4. Add the mayonnaise and salad cream and stir all ingredients until well mixed.
5. Add pepper to taste.



Alternative serving suggestions: Instead of tuna use a handful of pre-cooked chicken, ham, edamame beans or textured vegetable protein pieces.

Add extra energy and protein:
Avoid light or low calorie mayonnaise or salad cream.

Baked Potato with cold filling

Ingredients

Pre-cooked frozen baked potato or potato (size of closed hand)

A knob of butter or margarine (if desired)

Filling options:

Tuna Mayonnaise

Tin of tuna

1 tablespoon mayonnaise

Handful of ready prepared side salad

Cheese and pineapple or onion

Handful of grated cheese

1-2 Pineapple rings or equivalent chunks (tinned – optional)

1 tablespoon of pre-cut onion

Coleslaw, Any type – ready made

Chicken tikka, Coronation chicken or Chicken Piri Piri

Use ½ tub of ready-made sandwich filler



Equipment

Microwave

Microwave proof plate with covering (e.g. cling film or kitchen roll)

Bowl, Knife

Tin opener if required

Grater if required

Spoon or fork

Oven gloves

Preparation

1. Cook potato as per packet instructions (frozen) or if using a fresh potato, rinse clean and put into a polythene bag with a pinch of salt and pepper, tie the top and cook in microwave for approximately 10 minutes.
2. Cut potato and add butter if desired then top with filling.
3. Add side salad to the plate alongside baked potato and filling, then serve.

Add extra energy and protein: Add soft or grated cheese, fillings with mayonnaise, avoid light/low calorie dressings, add a knob of butter or margarine.

Baked Potato with hot filling

Ingredients

Pre-cooked frozen baked potato or fresh potato (size of closed hand)

A knob of butter or margarine (if desired)

Filling options:

Baked beans and cheese

Small tin of baked beans

Handful of grated cheese

Haggis

2-3 slice haggis (regular or vegetarian)

Chilli con carne or curry (any type)

Pre-prepared or tinned

Cauliflower cheese

Ready meal portion



Equipment

Microwave

Microwave proof plate with covering (e.g. cling film or kitchen roll)

Bowl, Knife

Tin opener if required

Grater if required

Spoon or fork

Oven gloves

Preparation

1. Cook potato as per packet instructions (frozen) or if using a fresh potato, rinse clean and put into a polythene bag with a pinch of salt and pepper, tie the top and cook in microwave for approximately 10 minutes.
2. Cut potato and add butter if desired.
3. Heat filling as per instructions on packaging or for 2-3 minutes until heated through.
4. Add baked potato and filling to a plate, then serve.

Add extra energy and protein: Add soft or grated cheese, fillings with mayonnaise, avoid light/low calorie dressings, add a knob of butter or margarine.

Deli options

Choose a bread, filling and any additional toppings (* indicates higher energy and/or protein options)



Bread

Toast

Bagel

Tortilla wrap

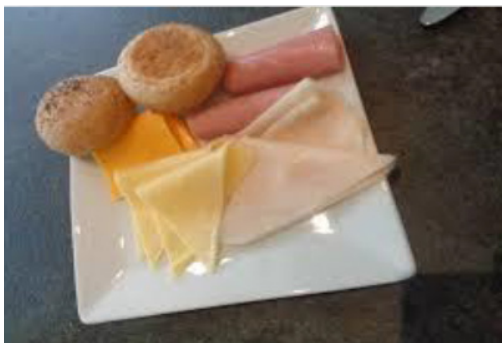
Pitta Pocket

English muffin

Baguette

Sliced bread – white, seeded or Wholemeal bread

Bread roll



Cold Fillings

Cold meat (e.g. turkey, roast beef, ham, meatloaf*, salami* or chicken)

Tinned fish (e.g. tuna, mackerel*, sardines*, salmon)

Banana, Cheese*, Coleslaw*

Mixed salad vegetables (e.g. cucumber, tomato, peppers, lettuce, sweetcorn, beetroot)

Pate or meat*/fish paste



Hot Fillings

Scrambled or fried egg*

Sausage*

Bacon (grilled or fried*)

Black pudding*

Burger – chicken, beef, vegetable*

Meatballs* or non-meat balls

Falafel

Turkey rashers



Spreads and sauces

Butter or margarine*

Mayonnaise*, Salad cream*,

Sweet chilli sauce*, Peanut

butter*, Chocolate spread*,

Hummus*, Chutney, Pickles,

Ketchup or brown sauce, Hot chilli sauce

Baked beans on toast

Ingredients

1-2 slices bread
Butter/margarine
Small tinned of baked beans
Pre grated cheese

Equipment

Toaster
Kettle
Tin opener (if required)
Microwave
Microwave proof bowl (with lid or cover with cling film)
Tablespoon



Preparation

- ❖ Open tin and place contents into bowl
- ❖ Cover bowl and place in microwave, heat on full power for 1 minute 30 seconds
- ❖ Place bread into toaster and heat
- ❖ Remove bowl from microwave using oven gloves and stir
- ❖ Place bowl back into microwave and heat for a further 30 seconds
- ❖ Once toast has popped up, remove and place on plate buttering if desired
- ❖ Pour beans onto toast and serve with grated cheese if desired

Alternative suggestions: Instead of baked beans try tinned spaghetti (with or without sausages), ravioli or macaroni.

Add extra energy and protein: Add butter or margarine to toast.

Soup

Ingredients

Pre-prepared soup

(tinned, packet or fresh)

Bread, oatcakes, crackers or flatbread

Butter or margarine (if desired)

Equipment

Microwave proof bowl with lid or
cover with cling film or kitchen roll

or pot if using a hob

Microwave or a hob

Tin opener

Tablespoon

Oven gloves



Preparation

- ❖ Empty pre-prepared soup into microwaveable bowl and cover
- ❖ Place bowl into microwave and heat on full power for 2 minutes
- ❖ Remove from microwave using oven gloves and stir
- ❖ Return to microwave and heat for a further minute
- ❖ Remove bowl from microwave, stir and serve

Additional serving suggestions: You could serve the soup with bread (any type) oatcakes, breadsticks, crackers, flatbreads or a bread roll.

Add extra calories: Add a swirl of cream or crème fraîche, a dollop of soft cheese or some grated cheese to soup. Add butter or margarine to bread.

French Toast

Ingredients

2 eggs
1 tablespoon milk
Pinch of salt and pepper
2 slices of Bread
1 Tablespoon oil

Equipment

Small bowl
Fork or whisk
Tablespoon
Frying pan
Spatula or tongs



Preparation

- ❖ Crack eggs into bowl, discarding shells
- ❖ Add milk
- ❖ Add salt and pepper if desired
- ❖ Whisk until well mixed and transfer onto a dinner plate
- ❖ Heat frying pan on hob on a medium to high heat and add oil
- ❖ Dip both sides of bread into egg mixture
- ❖ Carefully transfer bread to frying pan and cook for 2 minutes
- ❖ Turn bread over using fish slice and cook for a further 2 minutes
- ❖ When brown on both sides, transfer onto a plate and serve

Add extra energy and protein: If you like sweet French toast – add a dusting of icing sugar or a drizzle of syrup before serving.

Scrambled eggs (cheese optional) and toast

Ingredients

2 eggs
Knob of Butter/margarine
Pinch of salt and pepper
1-2 slices of Bread
Grated or soft cheese if desired

Equipment

Microwave proof bowl with lid or cover with cling film or kitchen roll
Fork
Tablespoon
Toaster
Knife
Microwave

Preparation

- ❖ Crack eggs into bowl, discarding shells
- ❖ Add salt, pepper and cheese if desired
- ❖ Whisk with a fork until well mixed
- ❖ Place bowl in microwave and cook on full power for 1 minute 30 seconds then stir
- ❖ While you wait for the egg to cook, place bread into toaster
- ❖ After stirring the egg mix return the bowl to microwave and cook on full power for a further 1 minute.
- ❖ Once the toast has popped in the toaster butter as required and serve on plate.
- ❖ Remove bowl from microwave, stir and serve on the toast.



Add extra energy and protein: add butter or margarine to toast, add cheese to scrambled egg.

Acknowledgements

Thank you to the Eat Well, Age Well project for funding this pilot project.
Further useful information can be found at their website:

<https://www.eatwellagewell.org.uk/resources>

Enormous thanks must also go to the patients and occupational therapy staff at Beckford Lodge, Hamilton who tested the recipes and prepared photographs of the meals included in this booklet.

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