

Thai Style Salmon Fishcakes with sweetcorn salsa

(serves 4)



Ingredients:

- 540g tin new potatoes
- 2x170g tins salmon
- 2 spring onions chopped
- 1 red chilli chopped
- 2 cloves garlic chopped
- Zest and juice of 1 lime
- 25g coriander roughly chopped
- 326g tin sweetcorn
- 100g cherry tomatoes chopped
- 1 red onion finely chopped
- 2 tbsp rapeseed oil (or whatever oil you have)

Method:

1. Add the potatoes to a pan of boiling water and simmer until tender enough to mash. Mash and allow to cool.
2. Stir together the salmon, spring onions, chilli, garlic, lime zest and half of the coriander in a bowl. Add the mash and mix to combine.
3. Shape the mixture into 8 patties and chill for 30 minutes.
4. To make the salsa stir together sweetcorn, tomatoes, onion, lime juice, 1 tbsp of the oil and the remaining coriander. Cover and chill.
5. Heat the remaining oil in a frying pan and cook the patties in batches for 3-4 minutes each side.
6. Garnish with the remaining chilli and coriander and serve with the salsa on the side.

Tuna, Sweetcorn and Mushroom Pasta

(serves 4)



Ingredients:

- 200g dried pasta
- 1x400g tin mushroom Soup
- 1x326g tin sweetcorn
- 1x145g tin tuna (drained)
- Salt and pepper to taste
- 50g grated cheese (Optional)

Method:

1. Place the pasta in a large saucepan along with the mushroom soup. Fill the empty soup can with cold water and add it to the saucepan.
2. Bring to the boil and simmer for 10-12 minutes stirring occasionally until pasta is cooked to your liking. (If needed a little more water can be added at this stage to adjust the consistency).
3. Add the drained sweetcorn and tuna to the pan and stir through.
4. Season to taste with salt & pepper
5. Serve in bowls and top with grated cheese (if using).

Tin Can Tomato and Vegetable Soup

(serves 2)



Ingredients:

- 200g tin carrots drained and rinsed
- 400g tin tomatoes
- 200ml milk
- 1 vegetable Stock Cube
- Pepper to taste (optional)

Method:

1. Place the carrots and tomatoes in a blender and blend until smooth (or mash with a fork if no blender available).
2. Put the blended liquid into a saucepan with the coconut milk and crumble in the stock cube.
3. Place the saucepan on the hob and gently heat through for 15 minutes. Do not allow to boil as it will spoil the flavor.
4. When the desired consistency is reached, turn the hob to high for 1 minute until the soup is piping hot.
5. Add pepper to taste if using.