



Tuna & sundried tomato pasta bake

★★★★★ (7 ratings)

By [Chelsie Collins](#)

[Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 15 MINS

EASY

SERVES 6

An easy storecupboard supper, that can be out of the oven and on the dinner table in 25 minutes



* Freezable

Nutrition: per serving

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
813	38g	22g	78g	17g	9g	33g	1g

Ingredients

500g dried rigatoni (or any other short pasta)

2 x 400g cans chopped tomatoes

4 thyme sprigs, leaves only

300ml double cream

280g jar sundried tomatoes, drained and quartered

198g can no-added-salt [sweetcorn](#), drained

3 x 120g cans [tuna](#) in spring water, drained

100g [cheddar](#), grated

50g [parmesan](#), grated

Method

1. Heat the grill to its highest setting and put a large saucepan of salted water on to boil. Tip in the pasta and cook for 1 min less than the pack suggests.

2. Meanwhile, make the sauce by simmering the tomatoes in a pan with a little seasoning and the thyme for about 5 mins. Pour in the cream, stir and simmer for another 4-5 mins.

3. Drain the pasta, reserving a little of the cooking water, and tip back into the saucepan. Pour over the creamy tomato sauce, the sundried tomatoes, sweetcorn and tuna. Layer into a baking dish (ours was 22 x 29cm), scattering over the grated cheddar between layers. Sprinkle the Parmesan on top and put under the grill for 5 mins until bubbling and golden.



Tex-Mex beans on toast

★★★★★ (4 ratings)

By [Sarah Cook](#)

[Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 15 MINS

EASY

SERVES 1

A simple solo supper made from storecupboard black beans and Mexican spices. Serve with avocado and yogurt



Vegetarian

Nutrition: per serving

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
598	25g	5g	72g	19g	24g	29g	3.1g

Ingredients

- 400g can chopped tomato
- 2 spring onions, whites and greens separated, both finely sliced
- 2 tsp ground cumin
- 2 tsp mild chilli powder
- 1 tbsp brown or barbecue sauce
- 400g can black bean, drained and rinsed
- 2 slices of your favourite bread
- 1 small ripe avocado
- few good squeezes of lemon or lime juice
- big dollop of natural yogurt

Method

1. Tip the tomatoes, spring onion whites, spices and brown sauce into a saucepan. Bring to a simmer and bubble for 10 mins.
2. Stir in the beans with some seasoning and heat through for 5 mins. Meanwhile, toast the bread, then chunkily dice half the avocado and mix with a squeeze of lemon or lime juice.
3. Squash the remaining avocado over one of the pieces of toast, and sandwich with the other. Sit on a plate and top with the hot chilli beans, followed by the diced avocado and a dollop of cooling yogurt. Scatter with the spring onion greens and tuck in.



Storecupboard spaghetti puttanesca

★★★★★ (12 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

PREP: 5 MINS
COOK: 10 MINS

EASY

SERVES 4

An easy spaghetti for all the family that requires little or no shopping



* Sauce only ♥ Healthy ✓ Vegetarian

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
433	8g	1g	82g	9g	6g	14g	1.38g

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Ingredients

400g spaghetti

1 tbsp olive oil

1 onion, sliced

1 garlic clove, crushed

2 tbsp caper

1 x 400g can chopped tomato with paprika (we used Waitrose own brand)

100g frozen roasted pepper

16 black olives, pitted

parmesan, to serve, optional

Method

1. Cook the pasta according to pack instructions. Meanwhile, heat the oil in a large frying pan, then fry the onion over a medium heat for 5 mins until soft. Add the garlic and cook for another min.

2. Rinse the capers and add to the pan with the tomatoes, peppers and olives. Check for seasoning, then cook for a few mins more until heated through. Drain the pasta and toss with the sauce. Serve with lots of grated parmesan, if you like.



Pea & pesto soup with fish finger croûtons

★★★★★ (48 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

L PREP: 5 MINS
COOK: 15 MINS

EASY

SERVES 4

Kids will love this green vegetable blend with chunks of breaded fish fingers



* Soup only **E** Easily doubled / halved

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
328	10g	3g	40g	4g	8g	21g	1.88g

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Ingredients

500g frozen pea

4 medium potatoes, peeled and cut into cubes

1l hot vegetable stock

300g pack fish finger (about 10)

3 tbsp green pesto

Method

1. Tip the peas and potatoes into a large saucepan, then pour in the stock. Bring to the boil and simmer for 10 mins, until the potato chunks are tender. Meanwhile, grill the fish fingers as per pack instructions until cooked through and golden. Cut into bitesize cubes and keep warm.

2. Take a third of the peas and potatoes out of the pan with a slotted spoon and set aside. Blend the rest of the soup until smooth, then stir in the pesto with the reserved vegetables. Heat through and serve in warm bowls with the fish finger croûtons on top.



Storecupboard rarebit

★★★★★ (5 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

ready in 15-25 minutes

EASY

SERVES 2

A quick, easy and filling treat for after school or work - easily doubled or even quadrupled for a crowd



Vegetarian

Nutrition:

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
315	16g	10g	20g	0g	3g	18g	1.39g

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Print

Ingredients

2 thick slices of wholemeal bread

85g mature cheddar, grated

½ small red onion, finely chopped

2 small tomatoes, roughly chopped

1 medium egg

pinch of cayenne pepper (optional)

Method

1. Toast the bread. Preheat the grill and toast the bread on both sides. Set the toast aside, but keep the grill on.

2. Make the mix. In a bowl combine the cheese, onion, tomatoes, egg and cayenne, if using. Give it all a good stir and season well with salt and pepper. Divide the cheesy mix between the two slices of toast and spread it out so it completely covers the toast.

3. Get grilling. Slide the toast back under the grill and cook until golden brown and bubbling. Eat while it's hot.