



Cupboard Recipes

Here are just a few recipes to try which all use things you might commonly find in your cupboard.

All designed to be a portion for one, so if you need more please scale up accordingly.

All of them are fairly flexible so use what you have around rather than making a special trip out to the shops.

Sweet Potato, Chickpea and Pasta Salad

Ingredients:

- ½ sweet potato - medium size
- 80g orzo pasta ideally or any that you have
- 150g tinned chickpeas
- Chopped parsley
- Handful of salad leaves/Rocket leaves
- 1-2 teaspoons extra virgin Olive Oil
- Drizzle of lemon juice

Method:

- Chop the sweet potato into small chunks and mix with a teaspoon of olive oil and salt and pepper. Cook in the oven for 15-20 mins at about 200 degrees
- Whilst this is cooking get the pasta on the go in a saucepan (follow the packet guidelines)
- Once cooked combine everything in a mixing bowl adding a little oil and lemon juice



Tuna Pitta Pizza

Ingredients:

- 2 wholemeal pittas
- 1 tin of tuna, well drained
- ½ tin of sweetcorn
- 2 teaspoons of mayo or light mayo
- Salt and pepper if desired
- Enough cheese to add as a topping, about a tablespoon full on each pitta

Method:

- Turn the grill or oven on, around 200degrees
- Toast the pitta until lightly toasted
- Combine the tuna, sweetcorn and mayo in a bowl and add salt and pepper if you like
- Scoop the mix onto the top of the pittas and spread evenly. Top with cheese
- Back under the grill or into the oven until the cheese has melted and the tuna has heated through. Enjoy!
- Other good toppings to consider: Spring onions with the tuna, or just top the pitta with your favourite pizza topping



Rice Salad with Beans

Ingredients:

- 80g rice cooked and allowed to cool
- ½ tin of sweetcorn
- 1 tin of mixed beans (use less if adding any meat)
- ½ a grated carrot
- ½ a red pepper sliced
- A squeeze of ½ a lemon or lime and 2 teaspoons of honey. Add ¼ tsp of Dijon mustard or a little sweet chilli sauce if you like some spice
- Salt and pepper if desired
- Chicken, tuna, feta or another meat make great additions too but the beans are perfect as a source of protein on their own

Method:

- Once the rice is cooked and cooled, combine with the beans, sweetcorn, carrot and red pepper
- Mix the honey and lemon/lime juice in a mug adding salt and pepper if you like. Then drizzle over the rice mix and combine
- Serve up and enjoy. If you want to make a bigger portion it will last for a day or two in the fridge covered up



Tinned Tuna or Salmon Fish Cakes

Ingredients:

- 2 tbsp mayonnaise
- 1/2 red pepper finely chopped
- ½ tin of sweetcorn
- 1 egg
- 1 spring onion or ½ a small onion, finely chopped
- 1 tin tuna or salmon
- 1 handful breadcrumbs optional
- Large frying pan with 1 tablespoon of oil

Method

- Cover a plate with some cling-film for you to place the fishcakes on before you cook them
- Break up the tuna in a bowl, then add in the egg and vegetables and mix well. Add a squeeze of mayonnaise and mix again. If the mixture seems too wet, add a small handful of breadcrumbs or a little flour (but it should be pretty damp)
- With damp hands, form small balls with the mix and gently squish each one into a flat shape. Put them on the cling-filmed plate to stop them sticking
- Turn the hob on. When the oil is hot, fry in batches for about 2-3 minutes on each side
- Place on kitchen paper for a minute or two before serving
- Serve with a bit of salad and dressing. Add some rice or pasta to make it into a larger meal

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