



This collection of recipes is designed with families in mind, emphasising ease, cost-effectiveness, and nutritional balance.

These dishes, including heart-warming classics like Chicken Casserole and Cottage Pie, are crafted to minimise preparation time and kitchen skills, making them accessible for busy parents.

The use of common ingredients ensures the recipes are budget-friendly, and the inclusion of vegetables and herbs contributes to a well-rounded diet. The methods are straightforward, often involving one-pot or one-dish cooking, and the results are satisfying meals that cater to both adult and young palates.

These recipes represent a practical approach to daily cooking without compromising on the comfort and enjoyment of a homemade meal.

Store cupboard ingredients specific to these recipes are:

- Dried pasta (various shapes)
- Long-grain white rice
- Canned tomatoes (chopped, whole, or pureed) and tomato purée / paste
- Canned tuna in oil or brine
- Olive oil
- Vegetable or sunflower oil
- Dried breadcrumbs
- Dry mixed herbs (like Italian seasoning, herbs de Provence)
- Chicken and beef bouillon cubes or granules
- Sea salt or table salt
- Whole black peppercorns (for a pepper mill) or ground pepper
- Garlic powder or granules
- Onion powder
- Dried garlic cloves
- Dried onions (sliced or chopped)
- Dried mushrooms
- Plain white flour (all-purpose flour)
- Baking powder
- Dried lentils and beans (like red lentils or kidney beans)
- Soy sauce
- Worcestershire sauce
- Mustard
- Sugar (white and/or brown)
- Honey or other liquid sweeteners