

Recipes to Make with Food Parcel Items

Pasta Carbonara

Ingredients

350g of pasta
1 tin of ham
3 eggs
50g cheese
mushrooms
garlic



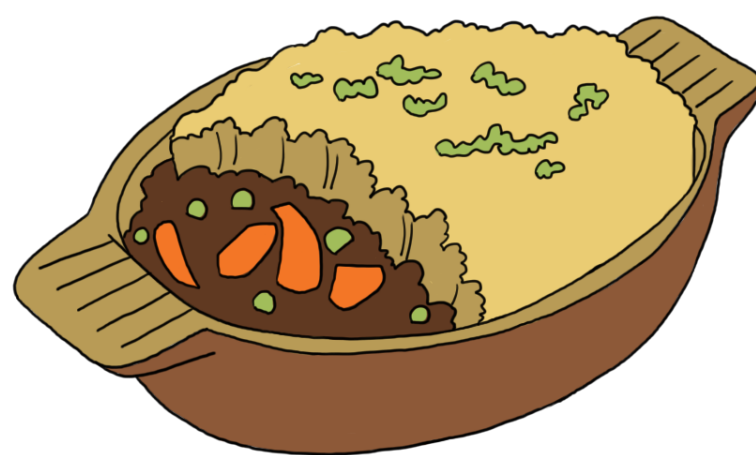
Method

Mix eggs in a bowl with grated cheese and set aside. Cook pasta. Heat oil in frying pan and fry ham for a minute. Add garlic and mushrooms. Fry until soft. Add pasta and mix well. Take off heat. Pour egg mix into pasta slowly and mix well until creamy. Serve and enjoy.

Shepherd's Pie

Ingredients

1 tin of beef or chicken soup
2 tins of vegetables
Instant mash or tinned potatoes
1 onion



Method

Preheat oven to 200C. Cook instant mash according to packet or cook tinned potatoes according to tin and mash. Cook soup in a pot and simmer until it thickens – approx. 15 minutes. Put vegetables in a bowl and microwave for two minutes. Mix veg and cooked soup together and put in ovenproof dish. Top mixture with mash. Place in oven for 20 minutes. Serve and enjoy.

Source: [Daily Record, April 2018, Recipes from Strathclyde University Business Students volunteering at Food Bank.](#)