

EASY DINNERS WHEN YOU'RE SHORT ON TIME

Faster pasta

If you know how to boil water and open a jar of pasta sauce, you've got this one in the bag.

- Add frozen vegies to the pot of boiling water when the pasta is almost cooked to up your vegie count.
- Include a quick source of protein, like bocconcini, sunflower seeds, tinned chickpeas, tinned fish, or pre-cooked chicken.



Curry in a hurry



For a quick weeknight meal, there's no shame in ready-made curry paste! Choose your favourite flavour and whack a few tablespoons of paste into a large saucepan together with fresh or frozen vegies and a protein source like chickpeas, tofu, frozen prawns, or strips of lean beef.

Eggs any way

Have you got eggs in the fridge? You've got a meal! Scrambled eggs and baked beans on toast, a cheesy egg and tomato toastie, or a mushroom and spinach omelette are all great options.



Home-cooked microwave meals



Curry, soup, pasta sauce, tagines, casseroles and stews all do very well in the freezer. Cook up big batches for maximum efficiency and to save on dishes! Spoon meal-sized portions into freezer-safe containers or zip-lock bags and freeze for a rainy day.