



*IFAN is working for a society without
the need for food aid.*



Oven-free Recipe Cards

Scrambled Micro-eggs

✓ **Microwave only**



Equipment:

- Bowl or mug
- Fork
- Microwave

Ingredients for 1 portion:

- 1 tsp butter or oil for the dish
- 2 eggs per person
- 1 tbsp milk (optional) or water per person
- Seasoning of your choice

- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegetarian**
- ✓ **Halal**

Steps:

1. Coat the cup or bowl with oil or butter so the eggs don't stick.
2. Crack in the eggs and mix with the fork to combine.
3. Add the milk or water and whisk lightly with the fork. Season according to taste.
4. Microwave on high for 1 minute and then stir the eggs with the fork. If the egg is solid all the way through then stop cooking.
5. If not, heat for another 30 seconds then stir, repeat this until they are ready.

Tuna Bean Salad

✓ No cook



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 1 portion:

- 1 tsp olive or vegetable oil
- 1 tbsp lemon juice or vinegar (if available)
- 2 tbsp tinned sweetcorn
- 3 tbsp tinned beans (any)
- ½ x 160g can of tuna
- Salt and pepper
- Optional: 1 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!

Tuna Bean Salad

✓ **No cook**



Equipment:

- 1 bowl
- 1 cup
- 1 tablespoon

Ingredients for 4 portions:

- 4 tsp olive or vegetable oil
- 4 tbsp lemon juice or vinegar (if available)
- 1 tin of sweetcorn
- 1 tin of beans (any)
- 2 x 160g cans of tuna
- Salt and pepper
- Optional: 4 tsp of mustard
- Optional: any fresh or dried herbs e.g. parsley, coriander

✓ **Halal**

✓ **Gluten-free**

✓ **Dairy-free**

Steps:

1. Drain the beans, sweetcorn and tuna and mix together in the bowl
2. Mix together the oil, lemon juice/vinegar, and mustard if using in a cup
3. Add a pinch of salt and pepper to the cup.
4. Pour this over the sweetcorn, beans and tuna and mix everything together
5. If you have herbs, add these and mix in.
6. Enjoy!

No Pan Pasta

✓ **Kettle only**



Equipment:

- Kettle
- 1 mug per person
- Spoon
- Bowl
- Small plate

Ingredients for 1 portion:

- ½ a large mug of dried pasta (regular or gluten free)
- Toppings of your choice e.g. pasta sauce, pesto, sweetcorn, tinned tomato, cheese, tuna.
- Seasonings of your choice e.g. dried herbs, garlic, chilli, paprika

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Vegetarian**

Steps:

1. Put the pasta into the mug to fill it halfway.
2. Boil the kettle and pour the boiling water over the pasta in the mug and cover it with the small plate.
3. Leave for 10-15 minutes or until it has gone soft.
4. Drain away water when pasta is soft, and pour the pasta into the bowl.
5. Add toppings and seasonings of your choice.
6. Eat as it is, or keep in the fridge to enjoy later.

Microwave Mashed Potato

✓ **Microwave only**



Equipment:

- Bowl
- Fork
- Tin opener if not using ring pull tins

Ingredients for 1 portion:

- ½ small tin of potatoes
- A splash of milk (dairy or dairy-free)
- Optional: splash of oil or butter
- Seasoning of your choice
- e.g. salt, pepper, dried herbs

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Open the tin and pour the potatoes and water into a bowl
2. Microwave on a high heat for 5 minutes
3. Carefully take the bowl out of the microwave, and tip out the water
4. Use the fork to mash the potatoes, then add a splash of milk and oil or butter if using
5. Add seasoning of your choice and enjoy!
6. Tip: goes well with baked beans

Kettle Couscous

✓ **Kettle only**

Equipment:

- Bowl
- Small plate
- Spoon
- Mug

Ingredients for 2 portions:

- 1 mug of couscous
- 1 stock cube OR 2 tbsp. soya sauce
- 3 tbsp. tinned vegetables e.g. sweetcorn, olives
- Handful of seeds or nuts
- Lemon juice if available
- Olive oil if available
- Seasonings of your choice e.g. dried herbs, spices

- ✓ **Halal**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Boil the kettle.
2. Tip the couscous into the bowl. Cover with 2 mugs of boiling water and crumble in the stock cube – stir in.
3. Cover the bowl with a plate and leave for about 5 minutes or until the couscous is soft and has absorbed all the water.
4. Drain the tinned vegetables and add to the couscous along with any seasonings and nuts/seeds
5. Top with lemon and oil if available and enjoy!

Kettle Couscous

✓ **Kettle only**



Equipment:

- Large bowl
- Plate
- Spoon
- Mug

Ingredients for 4 portions:

- 2 mugs of couscous
- 2 stock cubes OR 4 tbsp. soya sauce
- 6 tbsp. tinned vegetables e.g. sweetcorn, olives
- 2 handfuls of seeds or nuts
- Lemon juice if available
- Olive oil if available
- Seasonings of your choice e.g. dried herbs, spices

- ✓ **Halal**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Boil the kettle.
2. Tip the couscous into the bowl. Cover with 4 mugs of boiling water and crumble in the stock cube – stir in.
3. Cover the bowl with a plate and leave for about 5 minutes or until the couscous is soft and has absorbed all the water.
4. Drain the tinned vegetables and add to the couscous along with any seasonings and nuts/seeds
5. Top with lemon and oil if available and enjoy!

Tomato Mackerel

✓ No cook



Equipment:

- Plate or bowl
- Fork

Ingredients for 1 portion:

- 1 tin of mackerel in tomato sauce
- ½ pouch of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- Optional: tinned vegetables e.g. beans, spinach, sweetcorn

Steps:

1. Open the pouch of grains and pour onto plate or bowl. Break it up with the fork.
2. Open the tin of mackerel and pour on top of the grains.
3. Add any other seasonings and tinned vegetables if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

- ✓ Halal
- ✓ Dairy-free
- ✓ Gluten-free

Tomato Mackerel

✓ No cook



Equipment:

- 4 plates or bowls
- Fork

Ingredients for 4 portions:

- 3 tins of mackerel in tomato sauce
- 2 pouches of microwavable grains e.g. rice or quinoa
- Optional: seasoning of your choice
- 1 tin of vegetables e.g. sweetcorn or spinach

- ✓ Halal
- ✓ No cook
- ✓ Dairy-free
- ✓ Gluten-free

Steps:

1. Open the pouches of grains and divide them between the plates or bowls. Break them up with the fork.
2. Open the tins of mackerel and divide over the grains.
3. Add the tinned vegetables on the side and any other seasonings if using.
4. Enjoy it cold, or microwave on high for 2 minutes if you want it hot.

No-Fry Noodles

✓ **Kettle only**



Equipment:

- 2 bowls
- Fork

Ingredients for 1 portion:

- 1 nest of dried rice noodles
- 1 handful of vegetables of your choice (tinned, frozen or fresh) e.g. broccoli
- Seasoning e.g. soya sauce, chilli sauce
- Optional: handful of nuts

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Boil the kettle. Put the rice noodles into a bowl and cover with boiling water. Leave for 5 minutes
2. Put vegetables into another bowl and cover with boiling water to heat for 5 minutes
3. Drain the water from the noodles and the vegetables. Mix together.
4. Add the seasoning and mix well.
5. Top with nuts if using.

Microwave Vegetable Soup

✓ **Microwave only**



Equipment:

- Microwaveable bowl
- Spoon
- Tin opener if not using ring pull tins

Ingredients for 1 portion:

- 1 tin of beans (any) in water
- 1 tin of mixed vegetables
- 1 stock cube (any type)
- 1 small tin of potatoes – chopped into small pieces
- Seasonings of your choice e.g. dried herbs, pepper, garlic powder

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Heat 250 ml of water using a kettle or by heating in the microwave in a bowl.
2. Crumble the stock cube into the hot water and stir until dissolved.
3. Drain the beans and tinned vegetables and add to the stock. Mix in.
4. Add any seasonings of your choice.
5. Microwave for a further 1 minute on high.
6. Stir well and enjoy!

Overnight oats

✓ No cook



Equipment:

- Glass, mug or jar (1 per person)
- Tablespoon

Ingredients for 1 portion:

- 5-6 tablespoons of oats
- ½ glass of milk (dairy or dairy-free)
- Small handful of raisins or other dried fruit
- Optional: cinnamon
- Top with tinned or fresh fruit

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Tip the oats into the glass, add the milk and raisins and mix in. Add the cinnamon if using and mix in.
2. Put in the fridge and leave overnight or at least for 3 hours.
3. Top with fresh or tinned fruit if available.
4. Enjoy!

Breakfast Yoghurt Pot

✓ No cook



Equipment:

- Glass or jar per person
- Spoon

Ingredients for 1 portion:

- 2 handfuls of muesli or granola
- Plain low fat yoghurt (1 small pot or 4 tbsp)
- ½ tin of fruit e.g. berries or peaches
- Optional: drizzle of honey

✓ **Halal**

✓ **Vegetarian**

Steps:

1. Drain the juice out of the tin of fruit.
2. Layer the glass with yoghurt, muesli and tinned fruit
3. If using honey add a drizzle on top.
4. Keep in the fridge or eat straightaway.

Microwave Peach Pudding

✓ **Microwave only**



Equipment:

- Small mug or ramekin per person
- Small plate
- Bowl
- Spoon
- Tin opener if not using ring pull tins

Ingredients for 1 portion:

- 5-6 slices of tinned peach
- 2 tbsp. flour (plain or self raising)
- 1 tbsp. sugar (any kind)
- 3 tbsp. milk (dairy or dairy-free)
- Optional: pinch of cinnamon

- ✓ **Halal**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Line the bottom of the mug or ramekin with peach slices (no need to drain the tin of peaches)
2. Add the flour, sugar and cinnamon if using to the bowl.
3. Add the milk and mix together with spoon to make a batter.
4. Spoon the batter over the peaches. Put the dish onto a small plate (juices may bubble over).
5. Microwave for 1 minute on high. Enjoy!