
CARE TO COOK
Community
Integrated
Care
EASY READ
RECIPES

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Community Integrated Care®

Microwave Scrambled Eggs!

CARE TO COOK

What you will need



2 Eggs



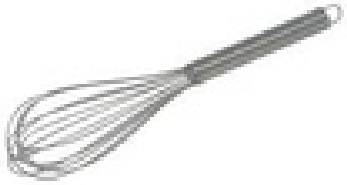
Salt and Pepper



Handful of Grated Cheese



1 Bowl



1 Whisk



Measuring Spoons



Apron



Ovenproof Gloves

Method

Wash your hands and put on your apron.



Crack 2 eggs into a bowl.



Whisk eggs in a bowl until the white and yolk are combined and yellow in colour.



Add a pinch of salt and pepper to the eggs.



Add a handful of grated cheese or vegetables.



Cook in the microwave for 20 seconds.



Carefully remove eggs from the microwave with oven proof gloves.



Stir the eggs with a fork or spoon.



Put the bowl into the microwave and cook for 30 seconds.



Carefully remove the eggs from the microwave with oven proof gloves and stir.



Leave to stand for 1 minute then enjoy.



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Breakfast Shake!

CARE TO COOK

What you will need



200ml Milk



Frozen Berries.



2 Tablespoons of Yoghurt



Honey



A Blender



Measuring Spoons



Measuring Jug



Apron

Method

Wash your hands and put on your apron.



Add 2 handfuls of frozen berries to the blender.



Measure out 200ml of milk.



Add the milk to the blender.



Add 2 tablespoons of yoghurt to the blender.



Add a squeeze of honey to the blender.



Place the lid back on top of the blender.



Blend until smooth and serve!



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Overnight Oats!

CARE TO COOK

What you will need



150ml Milk/Water



1 Tablespoon of Hot Chocolate



1 Tablespoon of Peanut Butter



2 Tablespoons of Porridge Oats



Measuring Spoons



Apron



Measuring Jug

Method

Wash your hands and put on your apron.



Measure out 150ml milk or water and pour into the tupperware.



Add 2 tablespoons of porridge oats, 1 tablespoon of hot chocolate powder and 1 tablespoon of peanut butter to the tupperware.



Stir and place the lid on top.



Place the oats in the fridge for 4 hours or overnight.



Serve for breakfast in the morning cold or pop in microwave for 30 seconds to heat up.



Optional: You can add extra toppings in the morning such as mixed nuts, chocolate chips or a sprinkle of cinnamon.



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No-Waste Omelette!

CARE TO COOK

What you will need

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Leftover vegetables



Leftover cooked meat



4 plum tomatoes



3 eggs



Oil or Butter



Frying pan



Spatula



Whisk



Bowl



Apron

Method

Wash your hands and put on your apron.



Heat a non-stick frying pan over medium heat.



Crack three eggs into a bowl.



Whisk the eggs until yellow in colour.



Add a small amount of oil or butter to a hot pan, add leftover vegetables and cook until soft.



Add the leftover vegetables to the pan and cook until soft.



Pour egg mixture evenly over the vegetables in the pan.



Cook the omelette for about 2-3 minutes.



Add the plum tomatoes and leftover cooked meat (ensure meat is ready to eat).



Lift the edges of the omelette with a spatula to check if the bottom is cooked and firm.



Once the bottom is cooked, you can flip the omelette over or fold it in half using the spatula.



Cook for another 1 -2 minutes until the omelette is fully cooked.



Move the omelette onto a plate and serve hot.



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Slow Cooker Bolognese!

CARE TO COOK

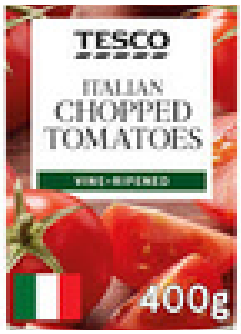
What you will need



1 Chopped Carrot



1 Teaspoon of Lazy Garlic



1 Tin of Chopped Tomatoes



1 Oxo Cube



1 Teaspoon of Chilli Flakes



1 Diced Onion



500g Minced Beef



Cheese



1 Teaspoon of Salt



Spaghetti

What you will need



Frying Pan



Slow Cooker



Measuring Spoons



Apron



Large Saucepan



Colander

Method

Wash your hands and put on your apron.



Heat a pan over medium heat and add a drizzle of oil.



Add the chopped onion and fry until soft and brown.



Add the beef to the pan with the onions and fry until the meat turns brown.



Pour the cooked beef, onions, chopped carrot, Lazy Garlic, Chilli Flakes and chopped tomatoes into the slow cooker.



Break up and sprinkle the OXO cube into the slow cooker.



Turn the slow cooker to the 'low' setting and cook for 6 hours.



Serve with spaghetti and top with grated cheese.



Method - Spaghetti

Fill a large saucepan with water.



Place the saucepan on the stove on a high heat.



Boil the water.



Add a teaspoon of salt to the boiling water.



Add the spaghetti to the boiling water.



Stir spaghetti gently so it does not stick together.



Cook for 8-12 minutes, stir occasionally.



To check if the spaghetti is done, taste a strand. It should be tender but still slightly firm.



Once the spaghetti is cooked, turn off the heat. Using a colander drain the spaghetti over the sink. Shake the colander gently to remove excess water.



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Slow Cooker Casserole!

CARE TO COOK

What you will need



1 Diced Onion



2 Chopped Carrots



4 Chicken Breasts



Chicken Casserole Mix



350ml Hot Water

Optional:



25ml Water



2 Tablespoons of Flour

What you will need



Slow Cooker



Measuring Jug



Apron

Method

Wash your hands and put on your apron.



Add the chicken breasts, diced onion and chopped carrots to the slow cooker.



Measure 350ml of hot water in a measuring jug.



Add the Chicken Casserole Mix to the hot water and pour into the slow cooker.



Cook on high in the slow cooker for 4 hours.



Stir occasionally if needed.



If you like the sauce a little thicker add 2 tablespoons of flour to 25ml of water and pour into slow cooker during the last 30 minutes of cooking.



Once cooked, serve and enjoy maybe with a Super Easy Jacket Potato.



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Leftover Stir Fry!

CARE TO COOK

What you will need



Leftover Cooked Meat



1 pack of Stir Fry Vegetable



Rice Noodles



Stir Fry Sauce



Olive Oil



Spatula



Wok



Apron

Method

Wash your hands and put on your apron.



Heat olive oil in a wok or large pan.



Add the vegetables and leftover meat to the wok and cook for 3-4 minutes until the vegetables are tender.



Stir in the stir-fry sauce and cook for 1-2 minutes.



Add in the rice noodles and mix all the ingredients together and cook for 2 minutes.



When cooked, serve and enjoy.



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Pizza Wrap!

CARE TO COOK

What you will need



Tortilla Wrap



Chopped Tomatos



Garlic



Salt and Pepper



Chopped Peppers



Cheese



Herbs



Leftover Meat

What you will need



Baking Tray



Greaseproof Paper



Apron



Oven Gloves

Method

Wash your hands and put on your apron.



Preheat the oven to 200 degrees.



Cover the baking tray with the greaseproof paper.



Place the tortilla wrap on the baking tray.



Cover the tortilla wrap with chopped tomatoes, garlic, salt and pepper, chopped peppers, leftover meat and cheese, leaving a small boreder around the edges.



Place in the oven for 5 minutes.



Carefully remove the baking tray from the oven wearing ovenproof gloves.



Top with herbs and serve.



This pizza wrap recipe is versatile, so feel free to customise it with your favourite pizza toppings and adjust the quantities according to your preferences. You could even do a sweet one with chocolate spread!



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Maggi Bag Chicken!

CARE TO COOK

What you will need



Maggi Bag Butter Chicken



4 Chicken Breasts



Handful of Green Beans



2 Chopped Carrots



Broccoli



Baking Tray



Apron

Method

Wash your hands and put on your apron.



Add the chicken breasts, green beans, carrots and broccoli to the maggi bag.



Sprinkle over the seasoning and mix well in the bag.



Place the maggi bag on a baking tray.



Place the baking tray in the oven for 45 minutes.



When cooked, serve with microwave rice, Super Easy Jacket Potato or Healthy Fries.



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Super Easy Jacket Potato!

CARE TO COOK

What you will need



Leftover Salad



Potato



Cheese



Butter



Apron



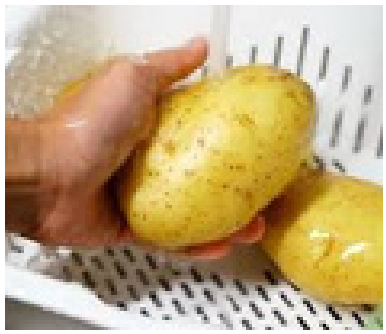
Ovenproof Gloves

Method

Wash your hands and put on your apron.



Wash the potato.



Poke holes in the potato with a fork.



Place the potato onto a plate and into the microwave for 5 minutes.



Carefully remove the plate from the microwave wearing ovenproof gloves.



Carefully slice a cross shape into the top of the potato with a knife o open it up.



Top it off with a dollop of butter and some grated cheese.



Serve with leftover salad or any of our other fantastic meal options.



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Healthy Fries!

CARE TO COOK

What you will need



2 Sliced Potato



Piri Piri Seasoning



Smoked Paprika



Olive Oil



Salt and Pepper



Apron



Tupperware Box



Tinfoil



Oven Tray

Method

Wash your hands and put on your apron.



Preheat the oven to 200 degrees.



Wash the potatoes.



Peel the potatoes.



Cut the potatoes into thin strips or wedges.



Add the sliced potato to a tupperware box.



Drizzle with oil and sprinkle Piri Piri Seasoning and Smoked Paprika over the sliced potatoes.



Place the lid back onto the tupperware box and shake!



Place the tinfoil over the oven tray.



Add the potatoes to the oven tray making sure they are not overlapping.



Place the oven tray into the oven and cook for 30 minutes. Flip halfway through the cooking time for even browning.



Once the fries are done, remove them from the oven and let them cool slightly before serving.



Community Integrated Care®

Easy Eton Mess!

CARE TO COOK

What you will need



Meringue Nest



3 Tablespoons of Greek Yoghurt



Honey



Frozen Berries



Measuring Spoons



Apron

Method

Wash your hands and put on your apron.



Place the meringue nest in a bowl. You have the option to crush it up into bite size pieces.



Add 3 tablespoons of Greek yoghurt on top of the meringue nest.



Add a squeeze of honey on top of the Greek yoghurt.



Fold the meringue, yoghurt and honey together, the messier the better.



Add a handful of frozen berries on top of the mess and serve.



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Community Integrated Care is also a registered charity (Charity Registration Number 519996 (England) and SC039671 (Scotland)).

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