

Simple Microwave Dinners

Microwaves Jacket Potato Ideas



Method

Pierce the skin of a medium to large baking potato with a fork. Microwave on full for 7-10 minutes (depending on size of spud and microwave temperature) until soft. Serve with a knob of butter or margarine, salt and pepper.

Fillings

Microwave ½ cup baked beans on full for 2-3 minutes until hot. Top with a handful of cheese, grated or diced.

½ small can tuna.

Chilli

Bolognaise.

Cauliflower cheese

All The Basics in the Microwave

Rice

Place ½ cup rice in a mug. Add enough water or stock to cover. Microwave on full power for 5 minutes. Stir with a fork and continue to cook until the water is absorbed and the rice is soft (probably another 2-3 minutes).

Pasta

Place ½ cup pasta in a mug. Fill with water, ensuring all the pasta is well covered by the liquid. and microwave on full power for 8 minutes until just soft and cooked. Cook for a few more minutes if it needs it. Drain.

Spaghetti

Same as pasta above, but break up the pasta to fit in the bowl/mug and ensure it is covered by the water. Drain.

Couscous

Place ½ cup couscous in a mug. Add ½ cup frozen peas and sweetcorn. Add enough boiling water to cover. Microwave on full for 2-3 minutes. Leave to stand for a minute. Add a knob of butter or margarine and stir through.

Noodles

Place ½ - 1 nest or sheet of noodles in a mug or bowl Completely cover with water. Cook on high for 2-3 minutes until the noodles are soft. Drain.

Macaroni Cheese



Ingredients

½ cup macaroni

¾ cup cheese, grated or diced small

1 teaspoon flour

2 tablespoons milk

Salt and pepper.

Method

Put the pasta in a bowl or large mug.

Cover with boiling water.

Microwave on full for 5 minutes until soft, stirring occasionally to stop the pasta sticking together. Drain well and put aside, reserving some of the cooking water.

Put the flour in a cup and mix to a smooth paste with a spoonful of cold water. Add the milk, mix well, then stir into the bowl and add the cheese.

Add the drained pasta and season with salt and pepper.

Mix together well and cook on high for 2-3 minutes until hot, the sauce thickened (if it goes too thick, add some of the reserved pasta water) and the cheese melted.

Stir well and serve.

Cauliflower Cheese



As for macaroni cheese, only substitute $\frac{1}{2}$ cup cauliflower florets instead of the pasta.

Spaghetti Carbonara



Ingredients

Portion of spaghetti.

2 slices bacon or ham

2 tablespoons milk

1 egg

2 tablespoons cheese, grated or diced small.

Salt and pepper.

Method

Break up the pasta and put into a bowl.

Cover well with boiling water and cook on high for 5 minutes until soft, stirring occasionally to avoid sticking.

Drain well and put aside. Put the bacon in the bowl and microwave for 1 minute.

Stir in the milk, egg and half the cheese, season with salt and pepper and beat together with a fork.

Add the drained spaghetti and mix well. Cook for 1 minute until heated through and the cheese melted. Stir well and serve sprinkled with the remaining cheese.

Tomato Pasta



Ingredients

½ cup pasta

2 large tomatoes, or 1 small can or ½ large can chopped tomatoes.

¼ small onion chopped small

½ cup peas and/or sweet corn (tinned or frozen)

Few mushrooms (tinned or fresh)

Teaspoon flour

Salt and pepper.

Method

Cook pasta as before. Drain and reserve a spoonful of the cooking water.

Put the tomatoes, onions, vegetables and mushrooms in a mug or bowl and cook on high for 2-3 minutes until cooked.

Put the flour in a cup and mix to a smooth paste with a tablespoon of cold water. Add to the vegetable mixture, stir well and cook for 1 minute until thick. If it goes too thick, add some of the reserved pasta water.

Stir in the drained pasta and mix well. Cook for a further minute until everything is hot through. Serve with a spoonful of grated cheese if liked.

Savoury Rice



Ingredients

½ cup rice

2-3 fresh or ½ tin mushrooms

¼ small onion diced small

½ cup peas and/ or sweetcorn, tinned or frozen

2-3 large fresh tomatoes, chopped.

¼ fresh red pepper, diced.

1 teaspoon dried herbs

Salt and pepper.

Method

Put the rice in a mug or bowl. Add enough boiling water or stock to cover.

Cook on high for 8 minutes until soft. Drain and reserve.

Put all the vegetables in the bowl, add the herbs and season with salt and pepper. Mix together well and cook for 2-3 minutes until cooked and the onion is soft.

Stir in the rice and combine well. Cook for a further minute until everything is hot through.

Savoury Couscous



Ingredients

½ cup couscous.

¼ small onion chopped small

½ stick celery

½ cup peas and or sweetcorn, tinned or frozen

¼ red pepper chopped small

½ small tin chick peas, drained.

Small spoonful cooking oil

Method

Put the couscous in a bowl and just cover with boiling water or stock. Cook for 2 minutes on high.

Stir well to ensure all the water has been absorbed and put aside. Put all the vegetables in the bowl with the cooking oil and stir to coat.

Cook on high for 2-3 minutes until cooked and the onion soft.

Add to the couscous and then add the chick peas and mix well. Season with salt and pepper. Cook for a further 2 minutes until hot right through.

Vegetable Noodles.



Ingredients

1 block or nest noodles.

¼ small onion chopped small

½ cup peas/sweetcorn, tinned or frozen

¼ red pepper, diced small

2-3 fresh or tinned mushrooms

Small knob butter or margarine

Salt and pepper.

Method

Put the noodles in a mug or bowl. Add enough boiling water or stock to cover. Cook on high for 3 minutes until soft. Drain and reserve.

Put all the vegetables in the bowl with a tablespoon boiling water, mix together well and cook for 2-3 minutes until cooked and the onion is soft.

Drain and stir into the noodles, season with salt and pepper and combine well. Cook for a further minute until everything is hot through.

Before serving, melt in the butter/marge and stir through.

Omelette



Ingredients

2 Eggs

2 tablespoon milk

2 tablespoons cheese, grated or diced small

Small knob butter or marge.

Salt and pepper.

Method

Beat together the eggs and milk in a small bowl, season with salt a pepper.

Spread the butter over a large deep plate and place in the microwave.

Carefully pour the eggs onto the plate, making sure they don't spill over the side. Cook on high for 2 minutes until set.

Sprinkle over the cheese and fold over in half. Cook for a further minute until hot through and the cheese melted.

Bolognaise Sauce



Ingredients

½ small onion, diced

½ stick celery, diced

1 small carrot, diced

¼ red pepper, diced

2-3 mushrooms

Clove garlic, chopped (optional)

1 teaspoon cooking oil

¼ large tin lentils

Small tin or ½ large tin chopped tomatoes

1 teaspoon tomato puree or ketchup

Dried herbs

Salt and pepper

Method

Put the onion, garlic, and chopped vegetables in a bowl with the oil. Mix together and cook on high for 2 minutes until soft and cooked.

Add the lentils, tomatoes, tomato puree (or ketchup), dried herbs and season with salt and pepper.

Cook for a further 3 minutes until hot through and cooked. Serve with cooked pasta or on a jacket potato.

A teaspoon of marmite, if available, will make the sauce richer. Add with the tomatoes and stir in well.

Shepherd's Pie

Ingredients

1 portion Bolognaise sauce (see recipe above)

1 medium potato, cut into cubes

Butter or margarine

¼ cup cheese, grated or diced small

Method

Put the potatoes in a bowl, cover with water and cook on high for 5 minutes until soft and cooked through. Drain well and mash with a fork

Stir through the butter or margarine. Mix well to combine, and reserve. Make the bolognaise as per recipe. When cooked, put the potato on top and smooth over.

Cover with the cheese and cook on full for 2 minutes until hot through and the cheese melted.

Chilli



Ingredients

½ small onion, diced

¼ red pepper, diced

Clove garlic, chopped (optional)

1 teaspoon cooking oil

½ cup sweetcorn, tinned or frozen.

½ small tin kidney beans, drained.

½ small tin or ¼ large tin chopped tomatoes

1 teaspoon tomato puree or ketchup

Small red chilli, chopped, pinch of chilli flakes or ½ teaspoon chilli powder

Cumin powder

Salt and pepper.

Method

Put the onion, garlic, sweetcorn and chopped pepper in a bowl with the oil. Mix together and cook on high for 2 minutes until soft and cooked.

Add the kidney beans tomatoes, tomato puree (or ketchup), dried herbs and season with salt and pepper. Cook for a further 2 minutes until hot through and cooked.

Serve with cooked rice or on a jacket potato.

A teaspoon of marmite, if available, will make the sauce richer. Add with the tomatoes and stir in well.

Chickpea curry



Ingredients

- ½ small onion diced
- Clove garlic chopped (optional)
- 1 teaspoon cooking oil
- ½ -1 teaspoon curry powder
- 2-4 tablespoons stock
- 1 tablespoon tomato puree
- 1 Small or ½ large tin chickpeas, drained
- Handful spinach, fresh or frozen
- 1 tablespoon yoghurt (optional)

Method

Put the oil, onion, garlic and curry powder in a bowl or large mug. Mix together and cook on high for 2 minutes until soft and cooked.

Add 2 tablespoons of the stock, tomato puree and the drained chickpeas. Cook for 2 minutes.

Add the spinach, stir well and cook for a further 2 minutes, adding more stock as required. Leave to stand for a minute and stir in the yoghurt, if using.

Serve with cooked rice, naan bread, or on top of a jacket spud.

Nut Loaf



Ingredients

2 cups chopped mixed nuts

1 cup breadcrumbs

1 egg

Dried herbs

Teaspoon Marmite yeast extract

Salt and pepper

Method

Put all the ingredients in a small bowl, mix well together and cook on high for 5 minutes. Test and cook for a further 3-4 minutes if required.