

## Breakfast Wrap

### Ingredients

- spray oil
- ½ red onion, sliced
- 1 cup sliced mushrooms
- 2 tablespoons chopped fresh Italian parsley
- 2 large wholegrain wraps
- 2 portions scrambled egg
- 1 cup baby spinach, rinsed and well drained
- 1 tomato, sliced
- black pepper, to season



### Instructions

1. Spray a pan with oil and set over a medium heat. Add onion, mushrooms and parsley. Cook for 2-3 minutes, stirring often, until browned.
2. Divide mix among wraps (this serves 2), add scrambled egg, spinach and tomato. Season with pepper. Fold wrap around filling from the bottom, then in from each side. Serve immediately (with napkins!)



## Mac n cheese

### Ingredients

- 2 cups warm white sauce
- 1 cup grated cheddar cheese
- 4 cups cooked macaroni pasta
- 2 cups frozen mixed veges, cooked
- ½ cup panko crumbs



### Instructions

1. Preheat oven to 180°C.
2. Into a saucepan of warm white sauce, add  $\frac{3}{4}$  of the cheese and stir through until melted and combined.
3. In a baking dish, place cooked macaroni and vegetables. Pour cheesy white sauce over the top. In a bowl, combine panko crumbs and remaining cheese. Sprinkle over pasta and sauce and bake for 15 minutes, until bubbling and topping is golden. You may need to finish browning with a few minutes under the grill.



## Bubble and squeak pies

### Ingredients

- 1 large (200g) potato, peeled, chopped
- 200g butternut pumpkin peeled, chopped
- 2 cups frozen vegetables
- 2 cups leftover mince dish, stew or casserole
- 50g low-fat cheddar cheese, grated
- Salad leaves, to serve
- Serves 4



### Instructions

1. Preheat oven to 180C/160C fan-forced. Put leftovers and frozen vegetables in a medium sized pot. Heat leftovers on the stove on a low heat.
2. Meanwhile, place potato and pumpkin in a large saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Simmer for 12 to 15 minutes or until tender, adding peas for the last 1 minute. Drain. Return to pan. Add half the cheese. Mash until smooth. Season with pepper.
3. Divide leftovers between 3/4 cup-capacity ovenproof dishes. Top with mash. Sprinkle with remaining cheese.
4. Place on a large baking tray. Bake for 20 to 25 minutes or until cheese is melted and golden. Cool for 5 minutes. Serve with salad leaves.

