



Your Dolce Food Box contains:

2 Jacket Potatoes
100g Pasta
6 Slices of bread
2 Jam portions
100g Cheddar cheese
120g Carrots
1 Cucumber
2 Portions of cheese spread
1 Tin tomato soup
3 Easy peel oranges
2 Apples

What can you do with it? Here are some simple meals that you can make from the food box

Sandwiches (Jam, Cheese or Cheese Spread)
Cheese on toast
Jacket potato with cheese
Vegetable sticks

Cheese & Tomato Pasta Bake

Boil the pasta until cooked (around 10 mins), open the tin of tomato soup and mix with the pasta.
Place into an oven proof dish, top with some grated cheese, bake in a preheated oven until cheese has melted and browned

Cheese Topped Potato Wedges

Cut the potatoes in half, then into quarters, then into eighths, toss in oil, sprinkle with salt and pepper (add some chilli, paprika, herbs or curry powder from your cupboard)
Place on a non stick tray, bake in a preheated oven until crisp on the outside and soft on the inside.
Once cooked put into piles on the baking tray, top with grated cheese and bake until melted

Potato, Cheese and Tomato Bake

Slice the potatoes into thin rounds, boil in a pan of water for 10-12 mins, drain and add a thin layer to an oven proof dish.
Open the tin of tomato soup, cover the potatoes with a layer of soup, top with sliced potatoes (repeat until all used, finishing with a layer of potatoes on the top)
Grate some cheese, sprinkle over the top of the potatoes
Bake in a preheated oven until cooked through (check with a knife to ensure potatoes are soft)

Toasted Cheese Roll Ups with Tomato Dip

Cut the crusts off a slice of bread, roll out as thin as possible with a rolling pin.
Spread with a little butter, sprinkle the cheese over, roll up, sealing with a little water
Heat a non stick pan, add a little oil or butter, place the roll up in the pan and cook until browned all over, flipping it occasionally.
Warm up some Tomato soup, use as a dipping sauce

Toasted Jam Roll Ups

Cut the crusts off a slice of bread, roll out as thin as possible with a rolling pin.
Spread with some jam (add coconut, chocolate or anything else you feel will work), roll up, sealing with a little water
Heat a non stick pan, add a little oil or butter, place the roll up in the pan and cook until browned all over, flipping it occasionally.