



WIGGLY

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How to make a meal go further

1. Add **beans** or **lentils** of any type to your meal to bulk it up. Chickpeas, black beans, butter beans, baked beans all work well. Tinned beans don't need cooking but you should cook dried ones according to the packet instructions. Some may need soaking in advance.



2. Add a handful or two of **porridge** **oats** to casseroles or slow-cooker dishes, these add minerals, fibre and a nutty flavour.

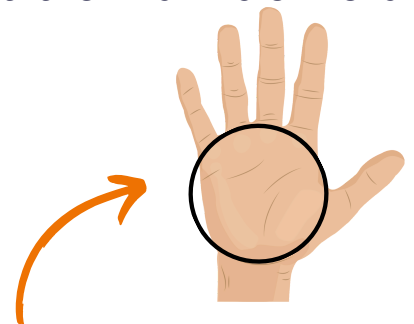


3. Grated **carrots** or any chopped fresh or frozen **vegetables** can also add essential vitamins and minerals to your meal.



4. Side dishes of **bread**, **salad** or **vegetables** so that the main dish is a smaller portion.

5. Add **pasta** or **rice** to soup or casseroles.



6. Decide before serving, how many **portions** it will make. Around 80-100g of meat or a portion the size of the palm of your hand is one serving of meat/beans.