

Zing's 3-Ingredient Meals

Many of us will find ourselves in a situation where we have a seemingly empty fridge with nothing to eat – and it can feel like the only option is to order a takeaway or grab a ready meal.

But what if **money is tight**, or you're **watching what you eat**?

Zing have put together a selection of recipes which require only three main ingredients, and still make a filling, healthy meal.

All of these meals include a **source of protein and at least one portion of vegetables**, and many also include some healthy fats and carbohydrates.

Gluten free **GF**

Vegetarian **V**

Vegan **Ve**



Getting Started

Most of the ingredients listed can be substituted for what you have available or what you prefer, for example chicken could be swapped for a different meat, and vegetables can be swapped for any other alternative.

We recommend that you have **some cupboard essentials stocked up**, which will enhance your meals with some variation and extra flavour. **Our stash would include:**

- Olive oil
- Salt and pepper
- Garlic
- Mixed herbs
- Stock cubes
- Ground cumin
- Paprika or smoked paprika
- Curry powder
- Chilli powder or flakes

These meals require only basic kitchen equipment:

- Hob
- Oven
- Baking dish
- Frying pan
- Saucepan or wok



Traybake

Ingredients

- Potatoes or sweet potatoes
- Chicken pieces (drumsticks, thighs or breast)
- Peppers



GF

Method:

1. Chop potatoes into small chunks – about 1-2cm cubes.
2. Chop peppers (or alternative veg) into larger chunks.
3. Add potatoes and chicken to a baking dish, and drizzle with a small amount of oil.
4. Sprinkle with seasoning of your choice and mix well.
5. Place in an oven at 180-200C for about 20 minutes.
6. Remove from the oven and mix well, turning everything over. Add the chopped peppers and return to the oven for another 20 minutes.
7. Check chicken is cooked through (clear juices) before serving.



Frittata

Ingredients

- Eggs
- Cheese
- Mushrooms



GF V

Method:

1. Chop mushrooms (or alternative veg) into small chunks.
2. Whisk eggs (about 2 per portion) in a jug and mix in a handful of grated cheese and the chopped mushrooms.
3. Spray or drizzle a small amount of oil into a baking dish or oven-proof frying pan.
4. Pour the egg mixture into the dish and place into the oven at 180-200C for 20-30 minutes, until eggs are cooked through.
5. For larger dishes with more eggs, cooking time may increase up to 45 minutes.





Risotto

Ingredients

- Rice or risotto rice
 - Onions
- Frozen peas
(+ stock cube)



Method:

1. Finely chop onions (up to 1 per portion).
2. Heat a small amount of oil in a wok or saucepan and add the chopped onions. Cook for 5-7 minutes, stirring frequently, until softened.
3. Add the rice (about 1 handful per portion) and cook for 2-3 minutes, stirring frequently.
4. In a jug, mix up 1 stock cube (2 if making more than 4 portions) with boiling water (about 200ml per portion).
5. Pour some of the stock (about a quarter to a third) into the pan and mix well, then allow to cook until stock has been absorbed by the rice.
6. Once absorbed, pour some more stock in, allow to absorb and repeat until rice is cooked through.
7. When the rice is almost cooked, add the peas (about a handful per portion) and stir through.
8. Serve immediately, with a sprinkle of grated cheese if you like.

Chicken Curry

Ingredients

- Chicken fillets
(breast or thighs)
- Tinned tomatoes
 - Onions
- (+ curry powder)



Method:

1. Roughly chop your onions (up to 1 per portion) and chop chicken fillets into chunks.
2. Heat a little oil in a saucepan or wok and add the chopped onions and chicken.
3. Cook for 5-10 minutes until the onions have softened and the chicken is almost cooked through, stirring frequently.
4. Add tinned tomatoes (about half a tin per portion) and curry powder/spices to taste.
5. Stir well and leave to cook on a low-medium heat for 15-20 minutes.
6. Serve with rice, cous cous or jacket potatoes.



Veggie Curry

Ingredients

- Boiled eggs
 - Tinned tomatoes
 - Tinned chickpeas - drained and rinsed
- (+ curry powder)

Method:

1. In a saucepan or wok, heat tinned tomatoes and chickpeas (about half a tin of each per portion)
2. Add hard boiled eggs (1-2 per portion) and curry powder/spices to taste, and leave to simmer on a medium heat for 5-8 minutes, until eggs heated through.
3. Serve with rice, cous cous or jacket potatoes.



*Check spices



Chilli

Ingredients

- Onions
 - Tinned tomatoes
 - Tinned kidney beans - drained and rinsed
- (+ spices)

Method:

1. Roughly chop onions (up to 1 per portion)
2. Heat a little oil in a saucepan or wok and cook onions for 5-10 minutes, until softened, stirring frequently.
3. Add tinned tomatoes and kidney beans (about half a tin per portion), with spices to taste e.g. cumin, paprika, garlic, chilli powder.
4. Simmer on a low heat for 10 minutes, then serve with rice, jacket potatoes or pasta.



Veggie Fajitas

Ingredients

- Wraps
 - Peppers
 - Tinned kidney beans - drained and rinsed
- (+ spices)

Method:

1. Slice peppers into thin strips (at least 1 per portion)
2. Heat a little oil in a frying pan, saucepan or wok, and cook peppers for 3-4 minutes until starting to soften.
3. Add kidney beans (about half a tin per portion) and spices to taste e.g. cumin, garlic, smoked paprika, chilli powder
4. Mix well and cook on a medium heat for 4-5 minutes.
5. Serve in wraps – add salad and grated cheese to taste.



Chicken Fajitas

Ingredients

- Wraps
 - Peppers
 - Chicken fillets (thighs or breast)
- (+ spices)

Method:

1. Slice chicken fillets into thin strips or small chunks and peppers into thin strips (at least 1 per portion)
2. Heat a little oil in a frying pan, saucepan or wok, and cook chicken for 5-8 minutes until almost cooked through.
3. Add pepper slices and cook for 3-4 minutes until starting to soften.
4. Add spices to taste e.g. cumin, garlic, smoked paprika, chilli powder
5. Mix well and cook for another 3-4 minutes.
6. Serve in wraps – add salad and grated cheese to taste.

