

## DINERMITE INGREDIENTS

<p><b>Mediterranean Chicken</b> Chicken, peppers, onions, courgettes, margarine, plain flour, tinned tomatoes, tomato puree, stock paste.</p>	<p><b>Pasta, Peas &amp; Sweetcorn Medley</b> Wholegrain pasta, margarine, plain flour, milk, cheese, peas, sweetcorn.</p>
<p><b>Vegetable Chilli</b> Stew pack (root vegetables), peppers, courgettes, margarine, plain flour, chilli powder, stock paste, tinned tomatoes, tomato puree, wholegrain rice.</p>	<p><b>Vegetable Moussaka</b> Stew pack (root vegetables), aubergine, tomatoes, potatoes, courgettes, peppers, garlic, tinned tomatoes, tomato puree, margarine, plain flour, milk, cheese.</p>
<p><b>Meatballs</b> Minced beef, frozen meatballs, sausage meat, onions, eggs, breadcrumbs, mixed herbs. Margarine, plain flour, onion, tinned tomatoes, tomato puree, garlic, mixed herbs, stock paste.</p>	<p><b>Cottage Pie</b> Minced beef, stew pack (root vegetables), onions, plain flour, stock paste, mixed herbs, tomato puree, potatoes.</p>
<p><b>Cheesy Leek, Mushroom &amp; Potato Bake</b> Leeks, onion, potatoes, mushrooms, margarine, plain flour, milk, grated cheese.</p>	<p><b>Roast Pork &amp; Yorkshire Pudding</b> Pork joint, onions, mixed herbs, Yorkshire pudding, gravy.</p>
<p><b>Moroccan Lamb Pie</b> Minced lamb, onion, tinned tomatoes, marmalade, sultanas, plain flour, stock paste, cumin, garam masala, curry powder, filo pastry, margarine.</p>	<p><b>Savoury Minced Beef in Giant Yorkshire Pudding</b> Minced beef, stew pack (root veg), onion, tinned tomatoes, tomato puree, plain flour, mixed herbs, stock paste, giant Yorkshire puddings.</p>
<p><b>Shepherd's Pie</b> Minced lamb, stew pack, onions, plain flour, stock paste, mixed herbs, tomato puree, potatoes.</p>	<p><b>Beef Balti</b> Beef, onion, curry powder, garam masala, cumin, chilli powder, plain flour, stock paste, wholegrain rice, naan bread, vegetable oil.</p>
<p><b>Roast Vegetable Plait</b> Puff pastry, egg, onions, peppers, courgette, aubergine, garlic, cheese, mixed herbs, oil.</p>	<p><b>Jerk Chicken</b> Chicken breast, jerk marinade, peppers, onion, plain flour, peas, sweetcorn, wholegrain rice.</p>
<p><b>Roast Chicken &amp; Yorkshire Pudding</b> Chicken breast, onion, mixed herbs, gravy mix, Yorkshire puddings.</p>	<p><b>Roast Vegetable Quiche</b> Plain flour, margarine, eggs, milk, aubergine, courgette, peppers, onion, cheese, mixed herbs</p>
<p><b>Vegetable &amp; Bean Wrap</b> Wraps, kidney beans, tinned tomatoes, stew pack (root vegetables), peppers, courgettes, onions, margarine, plain flour, stock paste, cheese.</p>	<p><b>Pasta Marguerite</b> Wholegrain pasta, margarine, plain flour, tinned tomato, tomato puree, peppers, courgettes, onions, mixed herbs, stock paste, cheese.</p>
<p><b>Cod in Batter</b> Cod, chips.</p>	<p><b>Baked Gammon</b> Gammon, Yorkshire puddings, gravy mix.</p>
<p><b>Cauliflower &amp; Broccoli Cheese</b> Cauliflowers, broccoli, cheese, plain flour, margarine, milk.</p>	<p><b>Cheese &amp; Potato Pasty</b> Puff pastry sheets, potatoes, onions, cheese, egg.</p>
<p><b>Sausage Casserole</b> Sausages, stew pack (root vegetables), tinned tomatoes, tomato puree, onions, peppers, stock paste, margarine, plain flour, mixed herbs</p>	<p><b>Stuffed Mushrooms</b> Mushrooms, onion, garlic, courgette, red peppers, breadcrumbs, mashed potatoes, mixed herbs, cheese.</p>

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<p><b>Vegetable &amp; Lentil Lasagne</b> Stew pack, peppers, courgettes, garlic, tinned tomatoes, tomato puree, stock paste, lentils, lasagne, margarine, plain flour, milk, cheese.</p>	<p><b>Beef Enchilada</b> Minced beef, onion, kidney beans, tinned tomatoes, tomato puree, stock paste, chilli powder, plain flour, wraps, cheese.</p>
<p><b>Chicken &amp; Vegetable Pie</b> Diced chicken, stew pack (root vegetables), margarine, plain flour, milk, stock paste, self-raising flour, gravy, egg.</p>	<p><b>Pasta Bolognese</b> Minced beef, onion, garlic, tinned tomatoes, tomato puree, mixed herbs, stock paste, plain flour, wholegrain pasta.</p>
<p><b>Chilli Vegetable Enchilada</b> Stew pack (root vegetables), peppers, courgettes, onions, kidney beans, tinned tomatoes, margarine, plain flour, cheese, chilli powder, stock paste, wraps.</p>	<p><b>Quorn Biryani</b> Stew pack (root vegetables), quorn pieces, margarine, plain flour, onions, aubergine, peppers, curry powder, wholegrain rice, naan bread.</p>
<p><b>Beef Lasagne</b> Minced beef, onion, garlic, tinned tomatoes, tomato puree, stock paste, lasagne, plain flour, margarine, milk, cheese.</p>	<p><b>Sausage Plait</b> Sausage meat, puff pastry, onion, mixed herbs, egg.</p>
<p><b>Mushroom Pasta Bake</b> Mushrooms, margarine, onions, plain flour, milk, wholegrain pasta, stock paste.</p>	<p><b>Chicken Korma</b> Chicken, Korma sauce, wholegrain rice, naan bread.</p>
<p><b>Vegetable Pasty</b> Puff pastry, stew pack (root vegetables), peppers, courgette, margarine, tinned tomatoes, egg.</p>	<p><b>Quorn Sausage Casserole</b> Quorn sausages, tinned tomatoes, stew pack (root vegetables), peppers, courgettes, onions, margarine, plain flour, stock paste.</p>
<p><b>Roast Beef &amp; Yorkshire Pudding</b> Beef, onions, mixed herbs, Yorkshire puddings, gravy mix.</p>	<p><b>White Fish in Cheese Sauce</b> Hoki/white fish, milk, plain flour, margarine, cheese.</p>
<p><b>Cheese &amp; Tomato Quiche</b> Plain flour, margarine, eggs, milk, cheese, tomatoes, mixed herbs.</p>	<p><b>Cumberland Sausage Pie</b> Sausages, stew pack (root vegetables), tinned tomatoes, tomato puree, onion, peppers, stock paste, mixed herbs, potatoes, flour, margarine.</p>
<p><b>Pulled Pork</b> Pork shoulder, BBQ sauce, onions.</p>	<p><b>Dauphinoise Potatoes</b> Potatoes, onions, garlic, double cream.</p>
<p><b>Moroccan Chicken</b> Chicken breast, onions, chick peas, apricots, garam masala, cumin, stock paste, tinned tomatoes, wholegrain rice.</p>	<p><b>BBQ Chicken Pizza</b> Pizza base, BBQ sauce, tinned tomatoes, cheese, chicken.</p>
<p><b>Ratatouille Pasta</b> Courgettes, peppers, aubergine, tinned tomatoes, tomato puree, stock paste, mixed herbs, wholegrain pasta.</p>	<p><b>Fisherman's Pie</b> Fish pie mix, onions, milk, plain flour, margarine, potato.</p>
<p><b>Seafood Paella</b> Fish pie mix, peppers, peas, sweetcorn, onions, margarine, Arborio rice, paprika, stock paste.</p>	<p><b>Chilli Con Carne</b> Beef, onions, plain flour, tinned tomatoes, kidney beans, stock paste, garlic, chilli powder, wholegrain rice, garlic</p>
<p><b>Vegetable Paella</b> Courgettes, peppers, peas, sweetcorn, onions, garlic, Arborio rice, paprika, stock paste.</p>	<p><b>Hunter's Chicken</b> Chicken breast, bacon, onions, red peppers, BBQ Sauce, tinned tomatoes, tomato paste, wholegrain rice.</p>