



Marcus Rashford

Manchester United striker

England footballer

At the forefront of a campaign for free school meals over the school holidays and caused a government u-turn on the issue

Has continued to raise awareness, join campaigns and put his weight behind the issue of child food poverty.



Tom Kerridge

Celebrity chef

Runs a Michelin-starred restaurant

Has collaborated with Rashford to create cheap and easy recipes

The pair said they were inspired to join forces due to their personal experiences of growing up in single-parent households on low incomes.





Full Time



The free recipes and online video lessons from this Full Time project will be available each week on Instagram and on recipe cards in supermarkets, schools and food banks.

They are aimed at families on a tight budget, but also who might have limited time and no expensive kitchen gadgets or little knowledge of cooking.

"This is like learning to ride a bike. This is right at the beginning with stabilisers, this is peeling carrots, peeling potatoes, dicing onions," said Mr Kerridge.

https://www.instagram.com/tv/CN9e7KInvgs/?utm_source=ig_embed

Full Time



Among the dishes confirmed so far are fish pie, Mexican-style chicken and spaghetti Bolognese, Rashford's favourite childhood meal.

There will also be tips on preparing lighter courses such as overnight oats and sandwiches.

Joining the duo as celebrity guests will be the likes of broadcaster Fearne Cotton and fitness guru Joe Wicks, alongside other famous faces from the worlds of sport, music and television.

Rashford, a self-confessed novice in the kitchen, will take part in around 20 of the video "how-to" sessions.



Full Time



This is a great initiative to help families, but could also be of interest to those of you who are soon to be living away from home - possibly on a tight budget!

The first recipe was Chicken Satay Stir Fry, which was posted last Sunday and will be followed by a new one every week for a year.

Follow Marcus and Tom on Instagram and get cooking!



CHICKEN SATAY STIR FRY



INGREDIENTS

For the stir-fry:

- 200g of medium egg noodles
- 2 cubes of garlic
- 1 onion
- 1 carrot
- 1 sliced eggplant
- butter (smooth or crumbly)
- 1 fresh cube (chicken or vegetable, but if veggie you can use reduced salt too)

For the marinated chicken:

- 4 chicken thighs, boneless and skinless
- 1 tsp curry powder
- 2 tsp vegetable oil

To serve (optional):

- Soy sauce
- 2 spring onions

MEGA TASTY

Protein booster leafy greens for toast - these fit the key ingredients in a delicious easy meal so eat 'em. This dish is veggie-friendly and ready in a flash.

METHOD

01 Slice the chicken thigh into strips and pop them in a bowl. Sprinkle over the curry powder and add the vegetable oil. Give it a good mix.

02 Pop the marinade on and put the noodles in a bowl. Once the marinade has soaked, pour the hot water or the noodle water into a pan and bring to the boil and leave for 10 minutes. When the time is up, keep back 1/2 cup of the water (to use later) and drain the rest of the water away. Set aside.

03 Heat a large non-stick frying pan on a medium heat. Once hot, add the slices of marinated chicken thigh and cook for 10 minutes, giving them a bit now and then, until the chicken is golden and starting to crisp on the outside.

04 While the chicken is cooking, prep and roughly slice the garlic and onion, then peel the carrot and cut it into strips. Chop the chicken quickly, and the garlic, onion and carrot to the pan and stir for a couple of minutes, until the brown edges of the onion.

05 In a small bowl, add the peanut butter and combine with the stock cube. Mix together with a bit of water to make a paste. Add the paste to the pan, along with the ingredients from the previous step. Stir it together and cook for a couple more minutes.

06 Next, add the drained noodles to the pan, mixing everything together so it's all coated in the delicious peanut sauce. Finally, chop up the spring onions and add them to the pan, along with the reserved cup of water. Give it a quick stir and then dish it out.

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