

Simple meal add-ons

Easy ways to make meals go further



Food is more than what is on the plate. It is about health, connection, culture and community.

Simple add-ons can turn basic meals into something more filling, satisfying, and shared.

Simple meal add-ons

Toast with garlic butter

- Simple wraps or sandwiches
- Rice or pasta on the side
- A small side salad

Good food doesn't have to be expensive.

Sometimes it is just about:

- Adding flavour
- Using what is available
- Making it feel like a complete meal

Even small additions can make meals feel more filling and satisfying. This is also a great way to use small leftovers and reduce waste.



Homemade Pizza Bread or Scrolls

Cheap, filling, and great for sharing – and can be frozen for future use!

Why it works

- Uses pantry basics
- Fun, flexible, family-friendly
- A great way to use leftovers

Simple base (if not using bread or wraps)

- Flour
- Water
- Oil
- Optional yeast (or make flatbread style)

Method

- Mix flour, water and a little oil into a soft dough
- Roll or press out flat
- Add toppings
- Bake at 180°C until golden and cooked through

Top with what you have

- Tomato paste or sauce
- Pesto
- Leftover vegetables
- Small amounts of cheese
- Cooked meat (optional)

Perfect with:

- Soup
- Salad
- Or on its own