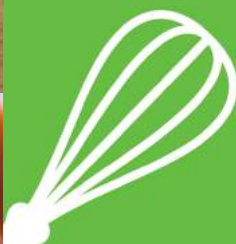




Nutrition Skills for Life®



# Recipe Book



Dewch i Goginio!  
Come and Cook!



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# Introduction

This book has been created by dietitians and support workers delivering **Nutrition Skills For Life**<sup>®</sup> courses across Wales. The recipes in this book have been tried and tested to suit all members of the community, from the very young, to the older generation, and from people who have never opened a tin to the keen home cook.

From soups and dips, to casseroles and curries, to delicious healthy banana bread, there is something in here for everyone. The recipes are simple and nutritious, and taste great! They are also quick. The majority of these recipes can be prepared and ready to eat within one hour.

The recipes use simple ingredients that can be found in most local supermarkets as well as handy store cupboard ingredients. For a list of these see page 11. We have also included a list of basic equipment and utensils you might need on page 4.

We hope this collection encourages you to try some new ideas, learn some useful tips and enjoy some healthy meals.

Happy cooking!



Original work by BCUHB Public Health Dietetic Team, contributions from Public Health Dietitians in Wales

# Glossary of Terms in Recipes

**Bake** - To cook in an oven.

**Beat/Whisk** - To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer.

**Blend** - To mix ingredients together with a hand blender or mixer, until combined.

**Boil** - To rapidly heat a liquid so that it gets hot enough for bubbles to rise and break the surface.

**Chop** - To cut into pieces using a knife.

**Chop finely** - Cut into smaller pieces using a knife.

**Coat** - Covering food with, or dipping it into, an ingredient such as flour or sauce. To cover with a thin layer of flour, nuts, crumbs, seeds or spices.

**Core** - To remove the centre of a fruit, including pips and seeds.

**Drain** - To remove all the liquid using a colander or strainer. Liquid can be poured down the sink.

**Grate** - To shred food into smaller shredded pieces or strips.

**Grease and Flour** - To lightly coat a tray with oil, margarine or non-stick spray and lightly coat with flour so food does not stick when cooking or baking.

**Knead** - To use the base of your hand to push and stretch the dough, then pull back with fingers and repeat to put air into the dough (takes 5-10 minutes).

**Mash** - To squash food with a fork, spoon or masher until smooth.

**Pre-heat** - Setting an oven to the desired cooking temperature in advance of using it.

**Simmer** - To gently cook in liquid over a low heat (low boil) so that bubbles just begin to break the surface.

**To Taste** - To season to the required taste of the people eating the dish e.g. can make a curry spicier or milder if they wish.

**Zest** - To rub the skin of the citrus fruit on the small holed side of the grater to get little bits of peel.

## Symbol Chart



Adult portion size



Under 5's portion size



Suitable for home freezing



Egg-free Recipe



Dairy-free Recipe



Gluten-free Recipe



Vegetarian Recipe



Vegan Recipe



Meal under £3



Meal under £5

## Coloured chopping boards

There are currently 6 different coloured chopping boards that exist for the purpose of food safety. Each board is used for a different type of food or food group. Using coloured chopping boards helps to minimise the risk of cross-contamination by ensuring that high and low-risk foods, such as raw meat and salad vegetables, are kept separate. This helps to prevent outbreaks of food poisoning. In a typical house, there is usually only 2 colours such as green and red. If so, make sure to only use one colour for raw meat and not with any other foods.

**Raw Meat**

**Raw Fish**

**Cooked Meat**

**Salads and Fruits**

**Vegetables**

**Dairy Products**

# Basic Equipment

- Measuring jug
- Mixing bowls (large and small)
- Grater
- Weighing scales
- Baking tray
- Muffin tray
- Ovenproof dish
- Set of pans with lids, including a frying pan
- Chopping boards
- Sieve
- Rolling pin
- Kettle
- Food storage containers
- Fork
- Tablespoon
- Teaspoon
- Sharp knife
- Fish slice / spatula
- Vegetable peeler
- Whisk
- Scissors
- Serving spoon
- Masher



# Kitchen Safety Tips

## Rice:

- Ideally, serve rice as soon as it has been cooked.
- If that is not possible, cool the rice as quickly as possible (ideally within 1 hour).
- Keep rice in the fridge for no more than 1 day until reheating.
- When you reheat rice, always check that it's steaming hot all the way through.
- Do not reheat rice more than once.

## Chicken or any other white meat:

- Never wash raw chicken. Washing chicken before cooking can increase the risk of food poisoning from campylobacter bacteria. Washing raw chicken can splash bacteria onto surrounding surfaces, contaminating them.
- Make sure chicken is steaming hot all the way through before serving.
- Cut into the thickest part of the meat to check it's steaming hot with no pink meat and the juices run clear.

## Food Storage Q & A's

Q - How many days can leftovers keep in the fridge? And what about rice?

A - Leftovers will keep for up to 2 days stored in the fridge. Rice will keep for up to 24hrs.

Q - Can you eat food after the 'Best Before' date?

A - 'Best before' dates are about quality, not safety. When the date has passed, it doesn't mean that the food will be harmful, but it might begin to lose its flavour and texture.

Q - What is the best way to defrost food and how long will it keep once defrosted?

A - Defrost leftovers completely in the fridge. When defrosted the food should only be reheated once, as the more times you cool and reheat food, the higher the risk of food poisoning. Frozen raw foods can be defrosted once and stored in the fridge for up to 24 hours before they need to be cooked. Cooked food that has been frozen and removed from the freezer should be reheated and eaten within 24 hours of fully defrosting.

Q - Can thawed food be frozen again?

A - Never refreeze raw meat (including poultry) or fish that has been defrosted. You can cook frozen meat and fish once defrosted, and then refreeze them. You can refreeze cooked meat and fish once after it has been cooked and appropriately cooled. If in doubt, do not refreeze.

Q - Is it ok to freeze food on the 'Use by' date?

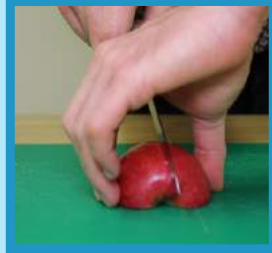
A - You can freeze food right up to the 'Use by' date. If you're not sure you will eat it in time, freeze it for another day!



## Knife skills

There are two types of cutting techniques that will keep your fingers and thumbs safe

**Bridge:** Form a bridge with your thumb and index finger of your hand. Make sure your other fingers are out of the way like the picture shows. Hold the knife in the other hand and put the blade through the bridge and press down to cut the item.



**Claw:** Put the flattest side of the food down. Make a claw shape with your fingers, ensuring your thumb is hidden behind. Hold the food in this grip, then hold the knife in the other hand and slice down firmly.



## Kitchen skills

**Knead:** Lightly dust the work surface with plain flour. Lay your dough on the surface. Stretch it away from you with the heel or knuckles of one hand and fold it back over the top towards you. Repeat the stretch and fold process again and again for 10 minutes. The dough is kneaded enough when your hands are fairly clean of flour and dough residue.



**Margarine and flour rubbing:** cut the margarine into cubes. Tip the margarine into the flour then using your fingertips and thumbs take small amounts of the mixture and rub them together, from little finger to first finger. Keep rubbing in until the mixture looks like breadcrumbs.



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

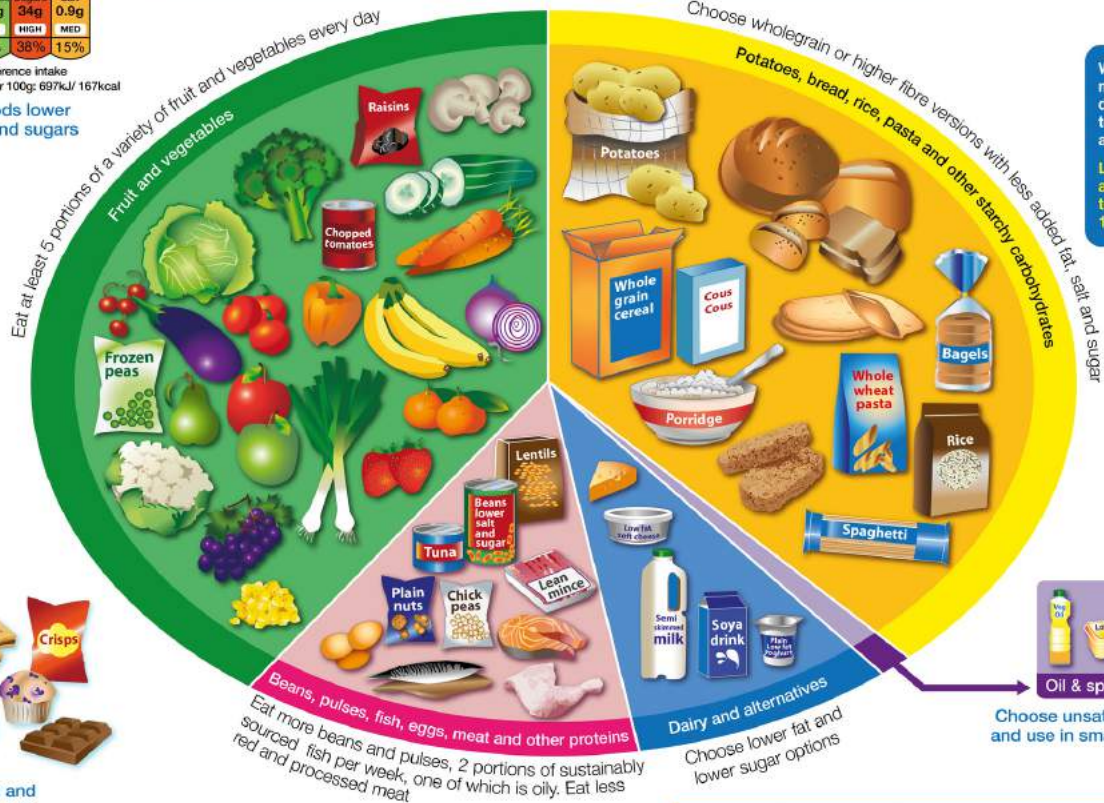
Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	24g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Food Labelling

Food labels show how much sugar, fat, saturated fat and salt are inside what we're buying.

When it comes to reading food labels, a good rule of thumb is to go for more greens and ambers, and cut down on reds.

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt per 100g:

- **Red means high**
- **Amber means medium**
- **Green means low**

There are guidelines to tell you if a food is high in fat, saturated fat, salt, sugar or not. These are:

## **Total fat**

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

## **Saturated fat**

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

## **Sugars**

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

## **Salt**

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

## **Symbols on recipes**



This symbol means that out of fat, saturated fat, sugar and salt, this recipe has mostly green.



This symbol means that out of fat, saturated fat, sugar and salt, this recipe has mostly amber (or mostly green with a maximum of 1 red).

## Healthy Eating Tips for a Balanced Diet

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain or higher fibre where possible.
- Have 3 portions of dairy or dairy alternatives such as calcium-fortified soya drinks or yoghurts. Choose lower-fat and lower-sugar options.
- Eat some beans, pulses, fish, eggs, meat and other protein. Aim for 2 portions of fish every week, 1 of which should be oily such as, salmon or mackerel.
- Choose unsaturated oils and spreads. Eat them in small amounts.
- Drink plenty of fluids – aim for 6 to 8 cups or glasses a day.
- If you like food and drinks that are high in fat, salt and sugar, have these less often or in small amounts.
- Try to choose a variety of different foods from the 4 main food groups.

## Top 5 Healthier Cooking Tips

- Leave the skin on fruit and vegetables, where possible, for extra fibre.
- Swap creams and butter for low-fat natural yoghurt and plant-based spread.
- Measure the amount of oil before adding to a pan.
- Avoid using salt by adding fresh herbs and spices to dishes for extra flavour.
- Swap sugar for fresh or dried fruit, which counts towards one of your 5 A DAY.

# Handy Store Cupboard Ingredients

## Bottles, jars & cartons :

- Sunflower/vegetable oil and spray oil
- Passata
- Tomato puree,
- Nut butters (e.g. peanut, almond, cashew)

## Dried goods & packets:

- Whole wheat pasta/spaghetti, noodles, whole grain rice and white rice
- Dried pulses (e.g. lentils)
- Flour (self-raising and plain)
- Cereal and porridge oats
- Dried fruit
- Packet nuts and seeds
- Packet yeast
- Sugar
- Custard powder
- Cornflour
- Baking powder
- Bicarbonate of soda
- Vacuum-packed bread (e.g. naan bread and bagels)

## Tins:

- Reduced salt and sugar baked beans
- Vegetables in water
- Chopped or plum tomatoes
- Tuna, mackerel, sardines and salmon in spring water, vegetable oils or sauces
- Fruit in natural juice
- Pulses – e.g. chickpeas, lentils, kidney and butter beans

## Flavourings & seasonings:

- Herbs and spices including: dried mixed herbs, rosemary, thyme, oregano, dill, parsley, chives, turmeric, paprika, curry powder, chilli powder, mixed spice, cumin and cinnamon
- Garlic cloves
- Reduced salt stock cubes
- Garlic puree
- Black pepper
- Worcestershire sauce/Henderson's relish
- Low salt soy sauce
- Mustard powder
- Vanilla essence

# Shopping Tips

- Take time to plan meals weekly.
- Write a list and stick to it (this should stop excess buys).
- Try not to shop when you are hungry.
- Set aside the amount of money available to spend each week on food.
- Steer clear of brands: they are usually more expensive than supermarkets own label products and often there is little difference in nutrition and quality.
- Check the shelves that are higher or lower than eye level – non branded products tend to be on these shelves.
- Shop at markets or local community food co-ops, they can often be cheaper than supermarkets.
- Shop at the end of the day and grab some bargains as food tends to be reduced then (check 'Use by dates').
- Build up store cupboard ingredients when on offer.
- You can eat after the 'Best Before' date, it is just a guide.
- The fridge is the ideal place to store most of your fruit (except bananas and pineapples).
- Store potatoes in a dark, cool and dry place.
- You can freeze food up until the 'Use by date'.
- Let your food cool down (2 hours, 1 for rice) before putting it in the fridge or freezer.
- You can store tomatoes, peeled bananas, cooked pasta and rice (1 hour after cooking for rice) in the freezer to last longer
- You must not refreeze raw defrosted food without cooking and cooling first.
- Before going to the shops look in your fridge and food cupboards and try taking a 'shelfie'.
- Use a sealed plastic storage container when storing leftover meals.

# GUACAMOLE

Prep: 5 mins

Cooking: 0 mins



## Ingredients:

- 3 avocados, halved and stoned
- 1 large tomato, diced
- 1 lime, juiced
- Small handful (30g) coriander, finely chopped
- 1 red onion, finely chopped
- 1 teaspoon chilli flakes or 1 small fresh chilli, de-seeded and finely chopped

**Equipment:** Tablespoon, mixing bowl, green chopping board, knife and fork.

## Method:

1. Use a spoon to scoop out the flesh of the avocados and place it into a bowl.
2. Place the tomato, lime juice, coriander, red onion and chilli/chilli flakes into the bowl.
3. Use a fork to mix/mash everything together.

**Suggestions:** Serve as an accompaniment to chicken fajitas (page 58) or Mexican stuffed peppers (page 42).



## TIP

For extra flavour, try adding a teaspoon of paprika

## TIP

You can freeze avocados, just cut in half, peel and place in a sealable bag and freeze



# TOMATO SALSA

Prep: 5 - 10 mins

Cooking: 0 mins



## Ingredients:

- 1 x (400g) tin plum tomatoes
- 1 garlic clove, finely chopped
- 1 small red onion, finely chopped
- Handful fresh coriander, finely chopped
- ½ Jalapeño, seeds removed, finely chopped
- 1 tablespoon fresh lime juice

**Equipment:** Green chopping board, knife, tin opener, sieve, small bowl, tablespoon, large bowl and hand blender or food processor.

## Method:

1. Using the sieve, drain around half of the tomato juice from the can into the small bowl and keep to one side.
2. Add all the ingredients to a bowl. Using a hand blender (or food processor), pulse the mixture and add tomato juice until desired consistency.
3. Season to taste with additional lime juice, if necessary.

**Suggestions:** Serve as a healthy dip to accompany any main meal, we recommend serving with chicken fajitas (page 58), turkey burgers (page 61) or falafel burgers (page 43).



## TIP

Try using fresh tomatoes for a sweeter and chunkier salsa

## TIP

Omit the jalapeno and add a teaspoon of paprika and garlic for a mild alternative

## TIP

This is a healthy substitute for tomato ketchup



# HOUMOUS

Prep: 5 mins

Cooking: 0 mins



## Ingredients:

- 1 x (400g) tin chickpeas, drained and rinsed
- 1 garlic clove, crushed
- ½ lemon, juiced
- 2 tablespoons olive oil
- 1 tablespoon Tahini
- Small handful fresh coriander, chopped (optional)

**Equipment:** Tablespoon, knife, tin opener, mixing bowl, green chopping board, garlic crusher and hand blender/food processor.

## Method:

1. In a bowl, blend the chickpeas, garlic, olive oil and tahini until smooth using the hand blender or food processor.
2. Add water/lemon juice until desired consistency is reached.
3. Add the fresh coriander to taste, if using.

**Suggestions:** Serve as a dip or accompaniment to our flatbreads (page 35), tabbouleh (page 26) or delicious falafel burgers (page 43).



## TIP

Houmous is packed full of protein and very versatile.

## TIP

You can batch freeze houmous using ice cube trays.

# RAITA DIP

Prep: 5 mins

Cooking: 0 mins



## Ingredients:

- 1 small (125g) pot plain natural yoghurt
- ¼ cucumber, finely chopped or grated
- 1-2 teaspoons mint sauce or finely chopped fresh mint (add more or less to suit your taste)

**Equipment:** Teaspoon, knife, mixing bowl, green chopping board and grater.

## Method:

1. Wash and finely chop or grate the cucumber, then chop or tear the fresh mint (if using).
2. Mix the yoghurt, cucumber and mint sauce/fresh mint together in a bowl and serve.

**Suggestions:** Serve with the flatbread recipe (on page 35) as a tasty snack.



## TIP

This fresh dip would be lovely with a curry!

## TIP

Use a soya based yoghurt for a vegan option.

# TOMATO DIP

Prep: 3 mins

Cooking: 10 mins



## Ingredients:

- 1 x (400g) tin chopped tomatoes
- 1 medium onion, finely chopped
- 1 garlic clove, finely chopped
- 1 teaspoon dried mixed herbs
- Pinch chilli powder or a dash of Worcester sauce

**Equipment:** Teaspoon, knife, tin opener, green chopping board, saucepan, mixing spoon and hand blender or masher.

## Method:

1. Place all the ingredients in a saucepan, then bring to the boil and simmer for 10 minutes.
2. If you want to use as a dip, blend or mash until smooth (you could also use unblended as a base for other recipes in this book).
3. Once cooled, serve. This dip can also be stored in the fridge for up to 2 days. Make sure to store it in an airtight container.

**Suggestions:** Great in lots of dishes - use as a pasta sauce, in quesadillas, base for pizza or serve with wedges.



## TIP

This is a great substitute for tomato sauce / Ketchup.

## TIP

For a vegan option, leave out Worcester sauce.

# STEAMED VEGETABLES

Prep: 10 mins

Cooking: 5-10 mins



## Ingredients:

- Selection of vegetables, for example - sliced carrots, green beans, cauliflower/broccoli (broken into florets), spinach

**Equipment:** Microwave, microwavable bowl, green chopping board, tablespoon, knife, peeler, cling film or microwave cover and colander.

## Method:

1. Wash, peel and prepare the vegetables of choice.
2. Put all the vegetables in a microwavable bowl, along with 1 tablespoon of water.
3. Cover the bowl with cling film or a microwave cover, leaving an edge turned up.
4. Heat the vegetables in the microwave for 5 minutes. If they need longer, continue for 1 minute intervals.
5. Carefully remove the cling film and serve.



**Suggestions:** This is a great side dish to have with recipes like shepherd's pie (page 60), lasagne (page 44) or sausage casserole (page 63).

## TIP

Compared to boiling, steaming vegetables keeps more nutrients in them.

## TIP

No microwave? Add the vegetables to a saucepan (with 100ml water) cover and cook on a hob for 5-10 minutes.

# SIMPLE SALAD

Prep: 10 mins

Cooking: 0 mins



## Ingredients:

- ½ lettuce, chopped
- 4 tomatoes, sliced
- ¼ cucumber, sliced
- ½ red pepper & ½ yellow pepper sliced
- ½ red onion, peeled and sliced
- 1 x (200g) tin sweetcorn, in water, drained
- 1 carrot, grated
- 2 beetroots, drained and sliced

**Equipment:** Tablespoon, mixing bowl, green chopping board, knife, colander, sieve.

## Method:

1. Wash all the vegetables.
2. Prepare all vegetables, de-seed the peppers.
3. Mix everything together in a bowl and serve.

**Suggestions:** This simple salad would go great with turkey burgers or pizza (page 61 and 46).



## TIP

Sprinkle some pumpkin or sunflower seeds over for extra crunch.

## TIP

You can always add more vegetables for extra vitamins and minerals.

## TIPS

For additional flavours why not add fresh lemon juice or balsamic vinegar.

# VINAIGRETTE DRESSING

Prep: 10 mins

Cooking: 0 mins



## Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- Black pepper, to taste

**Equipment:** Tablespoon, fork and bowl/jug.

## Method:

1. Place the oil, vinegar and black pepper in a bowl or jug and mix well using a fork.
2. Drizzle over salad, as desired.

**Suggestions:** This would be perfect over our simple salad (page 19).



## TIP

Store in a clean airtight container for up to 3 days, in the fridge.

## TIP

If you do not have olive oil, use any other type of vegetable oil instead.

# INDIAN STYLE RICE SALAD

Prep: 10 mins

Cooking: 20 mins



## Ingredients:

- 1 teaspoon vegetable oil
- 1 onion, finely chopped
- 1 teaspoon cinnamon
- ½ teaspoon ground turmeric
- 1 tablespoon curry powder
- 200g basmati rice
- 1 reduced salt vegetable stock cube, dissolved in 750ml boiling water
- 1 medium carrot, grated
- 30g sultanas
- ½ cucumber, diced or grated
- 80g unsalted roasted cashew nuts
- Small handful coriander, roughly chopped (optional)



**Equipment:** Grater, green chopping board, knife, medium saucepan with lid, small saucepan, teaspoon, tablespoon, large bowl, measuring jug and weighing scales.

## Method:

1. In a saucepan, bring the vegetable stock to the boil and add the rice. Once boiling, reduce to a simmer, cover and cook for 10-15 minutes until the liquid has absorbed. Remove from heat and set aside to cool for 5 minutes.
2. While the rice is cooking, add the oil to another saucepan. When hot, add the onion and cook until softened (5 minutes on a medium heat).
3. Add the cinnamon, turmeric and curry powder and cook for a further minute. Set aside and allow to cool.
4. Once cooled, transfer the rice and onions to a large bowl.
5. Stir in the carrot, sultanas, cucumber, cashews and fresh coriander. Mix thoroughly.

## TIP

Try using different vegetables like cooked mushrooms, green beans or courgette.

## TIP

Add a tin of chickpeas instead of cashews for a cheaper alternative. Do not give whole nuts to under 5s.

# POLISH POTATO SALAD

Prep: 5 mins

Cooking: 15 mins



## Ingredients:

- 500g baby new potatoes, halved
- 2 large eggs
- 2 tablespoons low fat natural yoghurt
- 2 tablespoons low fat mayonnaise
- 2 gherkins, finely chopped
- 2 spring onions, finely chopped
- Black pepper, to taste

**Equipment:** Medium saucepan, small saucepan, large bowl, tablespoon, green chopping board, knife, weighing scales and colander.

## Method:

1. In a medium saucepan, boil potatoes until soft (about 10-15 minutes). Drain and let cool slightly before handling.
2. In a small saucepan, boil the eggs for 10 minutes then cool in cold water. Peel the eggs and roughly chop.
3. In a large bowl add the potatoes and eggs, then stir in the yoghurt, mayonnaise, spring onions, gherkins and black pepper.

**Suggestions:** Serve as an accompaniment to our delicious turkey burgers, pork and apple burgers or falafel burgers (pages 61, 62 and 43).



## TIP

This salad can be made the day before, chilled and then served the next day.

## TIP

For extra zing, try adding ½ tablespoon of capers, lemon zest or 1 teaspoon of Dijon mustard.



# PASTA SALAD

Prep: 10 mins

Cooking: 15 mins



## Ingredients:

- 200g wholewheat pasta
- 200g peas
- 1 x (200g) tin sweetcorn, in water, drained
- 1 small red onion, finely sliced
- Handful cherry tomatoes, halved
- ¼ cucumber, diced
- 1 lemon, zest and juice
- 1 tablespoon olive oil
- Few sprigs parsley, finely chopped
- Black pepper, to taste

**Equipment:** Green chopping board, weighing scales, knife, medium saucepan, tin opener, tablespoon, grater, colander/sieve and large bowl.

## Method:

1. Cook the pasta according to pack instructions. Add the peas and sweetcorn in the final 2 minutes of cooking.
2. Drain and rinse the pasta, peas and sweetcorn with cold water to cool.
3. In a large bowl mix the pasta mixture with the remaining fresh vegetables, lemon zest and juice, parsley, olive oil and black pepper.



## TIP

Any leftovers can be stored in the fridge for 2-3 days and used as a healthy lunch.

## TIP

Add a source of protein such as chickpeas or low-fat feta cheese for a well-balanced meal.

# CHEESY APPLE SLAW

Prep: 10 mins

Cooking: 0 mins



## Ingredients:

- 1 large handful cheese, grated
- 1 apple, cored and grated
- 4 spring onions, finely chopped
- 1 tablespoon low fat mayonnaise

**Equipment:** Tablespoon, mixing bowl, mixing spoon, grater, green chopping board and knife.

## Method:

1. Mix all the ingredients together in a bowl.
2. Serve.

**Suggestions:** This is great as a side dish for recipes like turkey burgers (page 61) or chicken fajitas (page 58).



## TIP

A sweet and tangy side dish made in just 10 minutes!

## TIP

For a vegan option swap to vegan cheese and mayonnaise.

# IRISH COLCANNON

Prep: 10 mins

Cooking: 20 mins



## Ingredients:

- 4 potatoes, peeled and diced
- 100ml milk
- 1 teaspoon vegetable oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed or sliced
- 1 leek, sliced into rings
- 60g kale or savoy cabbage, sliced
- 1 teaspoon ground coriander (optional)
- Black pepper, to taste

**Equipment:** Saucepan x 2, mixing spoon, teaspoon, masher, sieve/colander, green chopping board, knife, peeler, measuring jug, garlic crusher and weighing scales.

## Method:

1. Add the potatoes to a saucepan of boiling water and cook for 10-15 minutes, until soft.
2. While the potatoes cook, add the oil to another saucepan and gently fry the onion, garlic and leek. After 3-5 minutes add the kale or cabbage and cook until soft and wilted. Sprinkle with the coriander (if using) to taste.
3. Remove the saucepan from the heat, drain the potatoes and return to the saucepan. Add the milk and black pepper and mash together.
4. Mix the sautéed vegetables and mashed potatoes together well, then serve.

**Suggestions:** Serve with a roast dinner as an alternative to mashed potatoes.



## TIP

This recipe is an easy way to get more vegetables into your diet.

## TIP

Swap to vegan milk alternative for a vegan recipe (make sure it is fortified with calcium).

# TABBOULEH

Prep: 10 mins

Cooking: 10 mins



## Ingredients:

- 200g bulgur wheat
- 1 reduced salt vegetable stock cube, dissolved into 350ml boiling water
- Large bunch fresh parsley, washed
- 4 tomatoes, diced
- Half cucumber, finely diced
- 2-3 spring onions, finely sliced
- 1 lemon, juice and zest
- 1-2 tablespoons olive oil

**Equipment:** Grater, measuring jug, fork, knife, green chopping board, sieve, tablespoon, large bowl, large plate/clingfilm, small cup, weighing scales and kettle.

## Method:

1. Rinse the bulgur wheat in a sieve until the water runs clear, drain well and transfer into a bowl.
2. Add the stock and cover with a plate or cling film, then leave to soak for 10 minutes.
3. Roughly chop the parsley.
4. Finely dice the tomatoes, cucumber and spring onions.
5. Add the parsley, tomatoes and cucumber to the bulgur wheat, along with the spring onions, lemon juice, zest and olive oil.
6. Mix thoroughly and serve.

**Suggestions:** Sticking with the Mediterranean theme, serve with a few chunks of low-fat feta cheese, a dollop of houmous or with our tasty falafel burgers (page 43).



## TIP

Substitute bulgur wheat with quinoa for a gluten-free alternative.

## TIP

You can use dried parsley instead of fresh. Store fresh herbs like parsley in the freezer for later use.

# LEEK AND POTATO SOUP

Prep: 10 mins

Cooking: 35 mins



## Ingredients:

- 1 tbsp vegetable oil
- 4 large leeks, washed, trimmed and cut into thin rings
- 2 medium potatoes, peeled and chopped
- 845ml low salt vegetable stock
- 1 tsp mixed herbs
- Pinch black pepper
- 3-4 tbsp milk

**Equipment:** Large saucepan, teaspoon, tablespoon, mixing spoon, peeler, measuring jug, chopping board, knife, masher or hand blender

## Method:

1. Heat oil in a large saucepan. Add leeks and potato. Cover and allow to soften for 5 minutes
2. Add stock, herbs and black pepper. Bring to the boil, reduce the heat and simmer for about 30 minutes. Ensure leeks and potato are thoroughly cooked.
3. Puree the mixture using a blender until smooth. If you don't have a blender, use a masher.
4. Add milk to give the soup a creamy taste and thin it down.

**Suggestions:** Serve with one of our delicious herby and cheesy bread rolls (page 29).



## TIP

To make this more filling and fibre rich add a tin of butter beans.

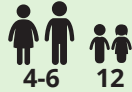
## TIP

Tear in soft herbs at the last minute for an added flavour boost.

# VEGETABLE AND LENTIL SOUP

Prep: 10 mins

Cooking: 30-40 mins



## Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 2 small carrots, peeled and chopped
- 2 garlic cloves, finely chopped
- 1 sweet potato, chopped
- 1 x (400g) tin chopped tomatoes
- 1 handful (75g) dried pasta
- 200g dried or 400g tinned lentils, drained
- 1 reduced salt vegetable stock cube, dissolved into 800-1000ml boiling water
- 1 teaspoon mustard powder
- Black pepper, to taste

**Equipment:** Large saucepan and lid, teaspoon, tablespoon, mixing spoon, peeler, measuring jug, fork, knife, green chopping board, weighing scales, bowl, tin opener and kettle.

## Method:

1. Heat the oil and onions in a saucepan for 3 minutes, then add the garlic.
2. Add the carrots and sweet potato and cook gently for 5-10 minutes.
3. Add the tinned tomatoes and stir, then add the pasta, lentils, stock mixture, mustard powder and black pepper.
4. Once boiling, reduce the heat and simmer for 25-30 minutes. Stir occasionally and add more water if needed.

**Suggestions:** Serve with one of our delicious herby and cheesy bread rolls (page 29).



## TIP

This soup is rich in vitamins that support our immune system.

## TIP

For extra protein, why not add some butter beans?

# HERBY CHEESY BREAD

Prep: 15 mins

Cooking: 15-20 mins



## Ingredients:

- 200g self raising flour (wholemeal/white)
- ½ teaspoon baking powder
- 50g margarine/vegetable spread
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 1 small handful cheese, grated
- 125ml / ¼ pint water

**Equipment:** Sieve, weighing scales, large bowl, teaspoon, mixing spoon, knife, measuring jug, grater, baking tray and baking paper.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Sieve the flour and baking powder into a large bowl, then rub the margarine into the flour using your fingertips (until it resembles breadcrumbs).
3. Stir in the herbs and cheese. Make a well in the centre and add a little bit of water. Mix together. Continue to add small amounts of water and mix until you have a soft, but not sticky, dough.
4. Lightly flour a surface and push out the dough until flat, with a thickness of about 3cm.
5. Flour a baking tray and break the dough up into circles or thin sausages shapes to make breadsticks. Cook in the oven for 15-20 minutes.
6. Check the bread is ready by tapping the bottom and listening for a hollow sound.



## TIP

If you are new to wholemeal foods, try ½ wholemeal and ½ white flour.

## TIP

Add some sunflower seeds for extra fibre and protein.

# MINI PIZZA

Prep: 10 mins

Cooking: 10-15 mins



## Ingredients:

- 1 teaspoon tomato puree or tomato dip (page 17), per half muffin
- 6 bread muffins, each cut in half
- 1 tablespoon cheese, grated (per half muffin)
- Selection of toppings: pre-cooked chicken, turkey, ham and tuna. Tinned sardines (flaked), tofu, tempeh, soy-based meat alternatives
- Selection of sliced vegetables to make faces: peppers, sweetcorn, mushrooms, courgette, tomatoes, carrots, spring onions, olives, pineapple

**Equipment:** Tablespoon, teaspoon, grater, peeler, tin opener, colander, green and yellow chopping board, knife, baking tray and baking paper.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Spread the tomato puree/dip over the muffin halves.
3. Sprinkle the grated cheese over the top.
4. Arrange toppings over the cheese in shapes or faces.
5. Cook in the oven for 10-15 minutes until the cheese has melted and muffins are lightly toasted.

**Suggestions:** Serve with tasty sweet potato wedges (page 31).



## TIP

Kids can choose their own toppings to experiment with taste and textures.

## TIP

Make it vegetarian by removing the meat or fish and replace with meat alternatives.



# HERBY / SWEET POTATO WEDGES

Prep: 15 mins

Cooking: 40 mins



## Ingredients:

Herby wedges :

- 1 tablespoon vegetable oil
- 1 teaspoon dried mixed herbs or spices to flavour eg. chilli powder
- 1 medium potato, per adult (½ potato per child), unpeeled and cut into wedges
- 1 heaped tablespoon tomato puree (optional)

Sweet potato wedges:

- 1 medium sweet potato, per adult (½ potato per child), unpeeled and cut into wedges
- 1 tablespoon vegetable oil



**Equipment:** Tablespoon, teaspoon, mixing bowl, green chopping board, knife, baking tray and baking paper.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. For herby potato wedges: mix the oil, herbs and puree (if using) in a bowl. Coat the wedges in the oil mix and spread over a lined baking tray.
3. For sweet potato wedges: mix the oil and wedges in a bowl. Spread over a lined baking tray.
4. Bake in the oven for 30-40 minutes, turning halfway through cooking.

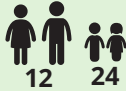
**Suggestions:** These wedges would go great with a burger or pizza.



# SPRING ROLLS

Prep: 10 mins

Cooking: 20-25 mins



## Ingredients:

- 100g vermicelli/rice noodles
- Around 400g mixed vegetables, thinly sliced (e.g. 1 medium carrot, 1 pepper, ¼ cabbage, 4 spring onions)
- 2 garlic cloves
- Small piece fresh ginger
- 1 ½ tablespoon vegetable oil
- 1 teaspoon low salt soy sauce
- Fresh coriander (optional)
- 1 pack filo pastry

**Equipment:** Colander, mixing bowl, small bowl, green chopping board, vegetable knife, peeler, teaspoon, tablespoon, wok or frying pan, wooden spoon, small cup or pot, pastry brush, baking paper, baking tray, fish slice, weighing scales and cling film.

## Method:

1. Pre-heat oven to 190°C/170°C Fan/Gas Mark 5.
2. Put the noodles in a mixing bowl and cover with boiling water. Leave for 3 minutes (or until tender) then drain and return to the bowl.
3. Prepare the vegetables – wash and thinly slice your chosen vegetables and finely chop the garlic and ginger.
4. Heat 1 tablespoon of vegetable oil in the wok or frying pan.
5. Add the garlic and ginger and fry for 1 minute.
6. Add your chosen vegetables and fry for a further 3 minutes until soft. Then add the soy sauce and black pepper and transfer to a small bowl to cool slightly.
7. Prepare the Filo pastry – open the pack and cut each sheet of pastry in half. Then cover in cling film to prevent it from drying out.



## Spring Rolls Cont...

### Method:

8. To make the spring rolls – put 1 piece of the Filo pastry on the work surface and brush with a little vegetable oil. Place 1 spoonful of noodles and 1 spoonful of vegetables along one of the shorter edges of the pastry, then tear some coriander over the filling. Roll up halfway, fold sides in, then finish rolling.
9. Place the spring rolls on the baking tray and brush the top with vegetable oil. Bake in the oven for 15-20 minutes until golden brown.
10. Serve hot or cold.

**Suggestions:** These are great to have as a veg packed snack

### TIP

Enjoy these spring rolls as part of a Chinese New Year celebration.

### TIP

Keep the skin on the carrots for extra fibre.

### TIP

You can freeze these for leftovers. Make sure they're piping hot when re-heated.

# VEGETABLE SAMOSAS

Prep: 20 mins

Cooking: 20 mins



## Ingredients:

- 1 onion, finely chopped
- 1 green chilli, finely chopped
- 300g frozen mixed vegetables
- ½ pack filo pastry
- 2 tablespoons vegetable oil
- 350g boiled potatoes, diced
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon curry powder

**Equipment:** Medium saucepan, mixing spoon, green chopping board, knife, tablespoon, teaspoon, baking paper, baking tray, small bowl or cup and pastry brush.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Heat half the oil in a saucepan. Then add the onion, chilli and spices and cook for 2-3 minutes.
3. Add the potato and mixed vegetables, adding a little water if it looks dry, and cook on a low heat for 5 minutes.
4. Once cooked, set aside and allow to cool.
5. Brush a little oil onto the sides of a filo pastry sheet and spoon some mixture into a corner.
6. Fold over into triangles, sealing the ends with oil - cut the pastry sheets in half for smaller samosas.
7. Place the samosas on a baking tray lined with baking paper.
8. Cook in the oven for 10-15 minutes, until pale golden brown.

**Suggestions:** Serve alongside one of our tasty curries (pages 56 and 57).



## TIP

These are great if you have a party buffet.

## TIP

Remove the seeds from the chilli to make the samosas less spicy.

# INDIAN STYLE FLATBREADS

Prep: 10 mins

Cooking: 20 mins



## Ingredients:

- 100g plain flour
- 100ml low fat plain yoghurt
- $\frac{3}{4}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon curry powder or garam masala
- $\frac{1}{2}$  teaspoon cumin seeds (optional)

**Equipment:** Mixing bowl, weighing scales, measuring jug, teaspoon, mixing spoon, table knife, rolling pin, non-stick frying pan, spatula and tin foil.

## Method:

1. Place all the ingredients in a large bowl and mix together until you form a soft dough.
2. Dust your hands and a clean surface with flour, then gently knead the dough for one minute.
3. Split the dough into 6 even size pieces.
4. With your hands or a rolling pin flatten each piece into an oval shape (roughly the thickness of a £1 coin).
5. Heat a frying pan to medium-high heat and place 1-2 flatbreads in. Cook for 1-2 minutes on each side until brown and slightly puffed up. Once cooked, wrap in foil to keep warm and continue to cook the rest.



## TIP

These are great to serve alongside a curry!

## TIP

If your baby is starting solids, slice into thin strips for them to try.

# BACON, COURGETTE AND CHEESE MUFFINS

Prep: 20 mins

Cooking: 30 mins



## Ingredients:

- 1 onion, finely chopped
- 225g self raising flour (wholemeal/white or try ½ and ½)
- 50g margarine or vegetable spread
- 6 rashers of bacon, grilled, fat removed and finely chopped
- 1 courgette, grated
- 1 small handful grated cheese
- 2 eggs, beaten
- 175ml milk
- Black pepper, to taste

**Equipment:** Frying pan, tablespoon, fork, knife, mixing bowl, green and yellow chopping boards, measuring jug, oven tray, muffin tray, muffin cases, masher and weighing scales.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Put the onion in a dry frying pan, (containing no oil or fat), and cook until lightly browned. Then grill the bacon.
3. Line a muffin tray with cases. If you do not have any cases, grease and flour the tray to prevent sticking.
4. In a mixing bowl, mash together the margarine and flour until it is evenly mixed.
5. Add the cooked bacon, courgette, cooked onion, half the cheese, black pepper and stir.
6. Beat the eggs into the milk, then stir into the other ingredients, until all the ingredients are combined.
7. Spoon mixture into the muffin cases, then sprinkle the remaining cheese over the top.
8. Bake for 20-30 minutes until raised and golden brown (if using white flour it will take 15-30 minutes).

**Suggestions:** Serve for breakfast or as a snack.



## TIP

This is a great savoury muffin that is full of fibre.

# QUESADILLA

Prep: 10 mins

Cooking: 12 mins



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## Ingredients:

- 120g low fat cheddar cheese, grated
- 4 tortilla wraps (ideally wholemeal)
- Salad vegetables, chopped or grated: such as tomatoes, cucumber, spring onion, carrot, lettuce, spinach, red pepper, mushrooms
- Fillings: choose from pre-cooked chicken, turkey and ham. Canned fish, hard boiled eggs, baked beans, houmous, mixed beans, tofu, tempeh

**Equipment:** Green chopping board, knife, peeler, grater, tin opener, bowls / plates, frying pan (or electric health grill) and spatula / fish slice.

## Method:

1. Fill one half of the tortilla wrap in layers as follows – a layer of the salad vegetables, filling of your choice, a small sprinkle of cheese and another sprinkle of cheese around the edge of the filled half of the tortilla wrap.
2. Fold the unfilled half over the top of the filling and cook in a frying pan or electric health grill. Cook on each side for 1 minute or until cheese has melted and the filling is warmed.
3. Cut each quesadilla in half or thirds and serve alone as an accompaniment idea.

**Suggestions:** Serve with one of our delicious dips, such as guacamole, salsa or houmous



## TIP

A super quick Mexican snack - something different to try.

## TIP

Make it vegetarian by replacing the meat or fish with mixed beans.

# CHEESY FRITTATA

Prep: 15 mins

Cooking: 30 mins



## Ingredients:

- 2 spring onions, sliced
- 4 tablespoons peas
- 1 courgette, grated
- 200g feta cheese
- 4 eggs

**Equipment:** Mixing spoon, mixing bowl x 2, grater, teaspoon, knife/whisk, fork, green chopping board and oven proof dish.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas mark 4.
2. Put the sliced spring onions, peas and grated courgette into a bowl.
3. Break the feta into the bowl by crumbling it with your hands.
4. Crack the eggs into a separate bowl and whisk until the yolks are mixed into the whites.
5. Pour the eggs into the other bowl and stir.
6. Brush a round ovenproof dish, about 16cm across, with oil. Alternatively, use a non-stick ovenproof dish and leave out the oil.
7. Pour everything into the dish and place in the oven for 30 minutes or until the egg is set.



**TIP**

Serve with  
salad  
and bread.

**TIP**

Add cold  
cooked/leftover  
potatoes and serve  
cold for a packed  
lunch or picnic.



# ROASTED VEGETABLE COUSCOUS SALAD

Prep: 15 mins

Cooking: 30 mins



## Ingredients:

- 3 mixed peppers, sliced
- 1 courgette, sliced
- 1 tablespoon vegetable oil
- 1 garlic clove, finely chopped
- 1 reduced salt vegetable stock cube, dissolved into 300ml boiling water
- 250g couscous
- Basil leaves, torn
- 140g feta or cheddar cheese

**Equipment:** Mixing spoon, tablespoon, teaspoon, green chopping board, knife, baking tray, measuring jug, weighing scales, plate and kettle.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Coat or mix the vegetables with oil and garlic. Place on a baking tray and roast in the oven for 30 minutes, until they are soft and crisp at the edges.
3. Add the boiling water to the stock cube. Put the couscous into a bowl and add the stock. Stir and cover with a plate and leave for 5 minutes.
4. Fork the couscous gently to separate the grains.
5. Add the roasted vegetables and torn basil leaves.
6. Pile the roasted vegetable couscous into a serving dish and sprinkle the feta or cheddar cheese over the top.



## TIP

Whether you choose red, orange or yellow peppers (or green), all are a great source of Vitamin C.

## TIP

For a vegan alternative, either take out the cheese or replace it with vegan cheese.

# SPICY BEAN CASSEROLE

Prep: 10 mins

Cooking: 30-40 mins



## Ingredients:

- 1 onion, finely chopped
- 1 tablespoon vegetable oil
- 2 sticks celery, finely chopped
- 2 garlic cloves, finely chopped
- 2 teaspoons coriander
- 1 teaspoon cumin seeds
- ½ teaspoon cinnamon
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon chilli powder
- 1 reduced salt vegetable stock cube, dissolved into 150ml boiling water
- 1 x (400g) tin chopped tomatoes
- 1 x (400g) tin chickpeas, drained
- 1 x (400g) tin black-eyed beans, drained
- 200g button mushrooms, finely chopped
- Black pepper, to taste



**Equipment:** Green chopping board, knife, garlic crusher, saucepan, mixing spoon, teaspoon, tin opener, measuring jug, kettle, colander and weighing scales.

## Method:

1. Crush the garlic and finely chop the onion and celery.
2. Heat the oil in a saucepan, then add the onion, celery and garlic and cook over a low heat until soft.
3. Stir in all the spices and cook for a further minute or two.
4. In the meantime, dissolve the stock cube in boiling water.
5. Add the chopped tomatoes and stock.
6. Stir in the chickpeas, black-eyed peas and mushrooms and bring to the boil.
7. Season with black pepper then cover and cook for 30-40 minutes.

## TIP

Try serving with a bread roll or couscous.

## TIP

This is a great recipe to try in a slow cooker.

# MEXICAN BEAN ENCHILADAS

Prep: 10 mins

Cooking: 20-30 mins



## Ingredients:

- 1 tablespoon vegetable oil
- 1 red onion, finely chopped
- 200g carrots, grated or finely chopped
- 1 teaspoon chilli powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 x (400g) tin chopped tomatoes
- 1 x (400g) tin mixed beans, drained
- 200g low fat natural yoghurt
- 50g low fat cheddar cheese, grated
- Black pepper, to taste
- 4 tortilla wraps

**Equipment:** Grater, green chopping board, knife, medium saucepan, teaspoon, tablespoon, bowl, oven-proof dish, tin opener, weighing scales and colander.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Heat the oil in a saucepan then add the onion and carrots. Cook until soft (5 mins), add a little water if they start to stick.
3. Stir in the chilli powder, smoked paprika and cumin and cook for a further minute.
4. Add the tomatoes and beans, then bring to a boil.
5. Reduce the heat and simmer for 5-10 mins.
6. Spread a single layer of the bean mix into an ovenproof dish.
7. Divide the remaining bean mix between 4 tortillas and roll them up.
8. Lay each tortilla tightly next to each other into the ovenproof dish, with the tortilla ends tucked underneath and spoon any remaining mixture on top.
9. Spoon over the yoghurt, cheese and black pepper to taste.
10. Place in the oven for approximately 10-15 minutes until golden.



## TIP

This recipe provides two of your five a day.

## TIP

If using gluten free tortillas you will need to gently warm them before rolling, or they might break.

# MEXICAN STUFFED PEPPERS

Prep: 10 mins

Cooking: 25 mins



## Ingredients:

- 4 peppers
- 1 teaspoon vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 teaspoons cumin
- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 200g quinoa or rice
- 1 x (400g) tin chopped tomatoes
- 1 x (400g) tin black beans, drained
- 1 reduced salt vegetable stock cube, dissolved into 500ml boiling water
- 1 x (200g) tin sweetcorn, in water, drained
- 40g low fat cheddar cheese, grated

**Equipment:** Green chopping board, knife, medium saucepan, teaspoon, tablespoon, baking tray, oven-proof dish, grater, measuring jug, weighing scales, tin opener, kettle and colander.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Cut the top off the peppers, then scoop out the core and seeds.
3. Sit the peppers on a baking tray and cook for 10-15 minutes.
4. Heat the oil in a saucepan, then add the onion and garlic and cook until soft – add a little water if they start to stick.
5. Add the cumin, chilli powder and paprika and cook for a further minute.
6. Add the rice/quinoa, tomatoes, beans, sweetcorn and stock and bring to a boil.
7. Reduce the heat and simmer. Cover and cook for 10-15 minutes until the rice/quinoa is cooked.
8. Divide the mixture into the peppers and top with a sprinkle of cheese.
9. Place in the oven for 8-10 minutes until golden.



## TIP

Freeze any leftover filling or try stuffing large tomatoes or aubergines.

## TIP

To save time in step 3, cook the peppers in the microwave for 5-6 minutes until soft.

# FALAFEL BURGERS

Prep: 10 mins

Cooking: 15-20 mins



## Ingredients:

- 1 x tin (400g) chickpeas, drained
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon crushed chilli flakes
- 15g (small handful) fresh cut flat leaf parsley
- 2 tablespoon plain flour
- 1 tablespoon vegetable oil, for greasing (if using a frying pan)

**Equipment:** Mixing spoon, tablespoon, teaspoon, green chopping board, knife, baking tray, hand blender/food processor, weighing scales and colander.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Drain and rinse the chickpeas thoroughly, then add to the food processor. Pulse until lightly broken up into coarse crumbs.
3. Add the onion, garlic, spices, parsley, flour and continue to pulse until combined.
4. Gently form the mixture into 4 patties about 10cm in diameter and 2cm thick.
5. Place the patties on a baking tray and cook in the preheated oven for 15-20 minutes.

**Suggestions:** These burgers would be great with some wedges and salad (pages 31 and 19).



## TIP

Serve in a wholemeal bread bun.

## TIP

Use other herbs and spices for different tasting burgers.

# LENTIL LASAGNE

Prep: 10 mins

Cooking: 55-65 mins



## Ingredients:

### For the Tomato Sauce:

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 courgette, finely chopped
- 250g mushrooms, finely chopped
- 2 teaspoons dried oregano
- 150g red split lentils
- 2 tablespoons tomato puree
- 400g passata or tinned chopped tomatoes
- 2 teaspoons balsamic vinegar (optional)

- 1 reduced salt stock cube, dissolved into 500ml boiling water
- Black pepper, to taste.
- 6 - 8 lasagne sheets
- Small handful of grated low-fat cheese/slices of fresh tomatoes to garnish

### For the White Sauce:

- 600ml milk
- 4 tablespoons plain flour
- 2 tablespoons vegetable oil



**Equipment:** 1 large saucepan, 1 medium saucepan, mixing spoon, whisk, tablespoon, teaspoon, green chopping board, knife, oven dish, measuring jug, weighing scales and kettle.

## Method:

1. Pre-heat oven 180°C/160°C Fan/Gas Mark 4.
2. To make the tomato sauce, heat the oil in a large saucepan and add the onions, garlic, courgette and mushrooms and cook gently until soft (about 5 minutes).
3. Add the remaining ingredients (except for the lasagne sheets and white sauce ingredients) and simmer until cooked through for about 20 minutes.
4. Meanwhile, make the white sauce by adding the oil, milk and flour to a saucepan. Place over a medium heat and whisk briskly until the sauce boils and thickens. Continue to heat for a further minute while whisking continuously.

# Lentil Lasagne Cont...

## Method:

5. Coat the bottom of an oven dish with a third of the tomato sauce followed by a third of the white sauce and top with a layer of lasagne sheets.
6. Repeat this and then finish with a layer of the remaining tomato sauce topped with a layer of the remaining white sauce.
7. Finally, sprinkle with grated cheese or slices of fresh tomato and finish with a sprinkle of black pepper.
8. Cook in the oven for approximately 30 - 40 minutes, until golden.
9. Test to see if the lasagne is ready by inserting a sharp knife into all layers of lasagne sheets – the pasta should be quite soft.
10. If the top is browning too quickly, carefully cover with foil and continue to cook.

**Suggestions:** Delicious served with a tasty salad (page 19) or steamed vegetables (page 18).

### TIP

Slice any leftovers after cooling to make neater portion sizes.

### TIP

Simmer the white sauce until thick enough to comfortably coat the back of a spoon.

### TIP

You can freeze the leftover cooked tomato sauce to make a Spaghetti Bolognese.



# PIZZA

Prep: 10 mins

Cooking: 20 mins



## Ingredients:

### Base

- 250g self raising flour (wholemeal or white or try  $\frac{1}{2}$  and  $\frac{1}{2}$ )
- 1 tablespoon olive oil
- 1 teaspoon mixed herbs
- 150ml water

### Toppings

- 4 tablespoons tomato dip (see page 15) or tomato puree
- 2 handfuls grated cheese
- Selection of vegetables e.g. mushrooms, chopped onion, pepper - all sliced

**Equipment:** Mixing spoon, mixing bowl, grater, teaspoon, tablespoon, green chopping board, knife, baking tray, sieve, measuring jug and rolling pin.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Sieve the flour into a mixing bowl. Add the oil and herbs. Slowly add the water stirring to form a soft dough.
3. Turn out the dough onto a floured surface and knead for about 5 minutes.
4. Using a rolling pin, roll out the dough to fit the baking tray (it does not have to be round). Grease and flour the tray before you put your dough base on it.
5. Once you have your desired shape, spread the tomato dip/puree onto the dough and top with your chosen toppings and cheese. Extra mixed herbs could be sprinkled over the pizza.
6. Cook in the oven for 20 minutes until golden.



## TIP

Make this pizza vegan by using vegan cheese.

## TIP

Using wholemeal flour for the base and vegetable toppings are a great way to increase your fibre intake



# TUNA PASTA BAKE

Prep: 15-20 mins

Cooking: 40 mins



## Ingredients:

- 300g dried pasta, ideally wholewheat
- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 garlic cloves, crushed or sliced
- 1 red pepper, deseeded and chopped
- 1 teaspoon dried chilli flakes
- 1 teaspoon dried mixed herbs
- 1 x (400g) tin chopped tomatoes
- 1 x (200g) tin sweetcorn, drained
- 1 x (185g) tin tuna, in spring water, drained
- Pinch black pepper
- 4 tablespoons shop bought breadcrumbs (or 2 slices of stale/toasted bread, grated or blended in a food processor)
- 50g low fat cheddar cheese, grated

**Equipment:** 2 large saucepans, weighing scales, colander, green chopping board, knife, fork, garlic crusher, tin opener, sieve, tablespoon, teaspoon, mixing spoon, mixing bowl, grater and oven proof dish.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas mark 6.
2. Cook the pasta according to the instructions on the packet. When cooked remove from the heat and drain using a colander.
3. Heat the oil in a large saucepan, over a medium heat. Add the onion and garlic and cook for 2-3 minutes stirring regularly. Then, add the red pepper and cook for a further minute.
4. Add the dried chilli flakes and mixed herbs and cook for another minute or two, stirring regularly.
5. Add the chopped tomatoes and sweetcorn to the saucepan and stir.
6. Flake the tuna into the saucepan. Season with the black pepper and stir.
7. Add the cooked pasta to the saucepan and stir to combine.



# Tuna Pasta Bake Cont...

**Method:**

8. Place the mixture into the oven proof dish. Mix the grated cheese and bread crumbs together, then pour evenly over the top of the tuna pasta mixture.
9. Cook in the oven for 30 minutes, until golden brown on top.

**Suggestions:** Delicious served with a tasty salad (page 19) or steamed vegetables (page 18).

**TIP**

A cheap and cheerful meal to make with the family.

**TIP**

This meal is great for using up store cupboard ingredients. Why not add some butter beans for extra protein.

# FISH JAMBALAYA

Prep: 10 mins

Cooking: 25-30 mins



## Ingredients:

- 1 tablespoon vegetable oil
- 2 onions, finely chopped
- 200g white fish (cod, bass or haddock), cut into bite size chunks
- 2 reduced fat sausages, sliced
- 2 sticks celery, chopped
- 2 garlic cloves, crushed
- 3 mixed peppers, deseeded and chopped
- 200g rice
- 2 teaspoons hot chilli powder
- 2 x (400g) tins chopped tomatoes
- 1 bay leaf
- 1 reduced salt chicken stock cube, dissolved into 500ml boiling water

**Equipment:** Saucepan with lid, tablespoon, teaspoon, garlic crusher, mixing spoon, green, red and blue chopping board, knife, measuring jug, tin opener, weighing scales and kettle.

## Method:

1. Heat the oil in a saucepan and fry the onions for 2-3 minutes.
2. Add the sausage and gently fry for 1-2 minutes.
3. Add the celery, garlic and peppers and continue to fry until the celery and peppers are soft.
4. Stir in the rice and chilli powder to get a good coating of the flavours.
5. Add the tinned tomatoes, bay leaf, stock and fish.
6. Push the rice and fish down into the liquid, cover and gently simmer for 20 minutes (or until the rice and fish are cooked). Add more water, if necessary.



## TIP

When purchasing fish make sure its MSC certified.

## TIP

Why not add some prawns to make a dish similar to paella?

# FANCY FISH PIE

Prep: 30 mins

Cooking: 30 mins



## Ingredients:

- 4 medium potatoes, chopped into bite size pieces
- 2 garlic cloves, crushed
- 300ml semi-skimmed milk
- 2 tablespoons plain flour
- 1 tablespoon olive oil
- 1 heaped tablespoon low fat cream cheese
- 1 tablespoon dried parsley
- 100g frozen peas
- 1 x bag fish pie mix (approximately 300-400g) or 1 x large (400g) tin salmon or tuna (in spring water), flaked
- Black pepper, to taste
- 2 tomatoes, sliced
- A handful spinach

**Equipment:** Green chopping board, tablespoon, knife, fork, peeler, large saucepan, small saucepan, colander, potato masher, mixing spoon, mixing bowl, oven proof dish, measuring jug, tin opener, weighing scales and garlic crusher.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Wash, peel and chop the potatoes into bite size pieces.
3. Place the potatoes in a large saucepan, cover with boiling water and cook for 15 minutes or until soft.
4. In the meantime, make the white sauce by crushing the garlic and placing in a small saucepan along with the milk, oil and flour.
5. Place over a medium heat and whisk briskly until the sauce boils and thickens.
6. Remove from the heat and add the parsley, peas, fish pie mix (can be cooked from frozen) or tinned fish and black pepper.



# Fancy Fish Pie Cont...

## Method:

7. Drain the potatoes when they are cooked, then mash with the cream cheese until smooth and creamy.
8. Pour the fish sauce into an oven proof dish.
9. Slice the tomatoes then layer on top of the fish sauce followed by the spinach.
10. Top with the mashed potato and bake in the oven for 30 minutes until golden brown.

**Suggestions:** Delicious served with a tasty salad (page 19) or steamed vegetables (page 18).

### TIP

Any vegetables can be used in this recipe. You could use fresh, frozen, tinned (in water) or even leftover vegetables.

### TIP

Using salmon is a great source of omega 3.

### TIP

Try to avoid tinned fish in brine or oil as these are higher in salt and fat.

# FISH FINGERS

Prep: 10 mins

Cooking: 20 mins



## Ingredients:

- Pinch black pepper
- 3 heaped tbsp ready-made breadcrumbs or 2 slices bread, lightly toasted and grated into crumbs
- Zest 1 fresh lemon
- 1 large egg
- 4 small fish fillets, skin removed, sliced into strips
- Spray vegetable oil

**Equipment:** Grater, baking tray, chopping board, 2 plates, knife, fork or whisk

## Method:

1. Pre-heat oven to 180°C / Gas mark 4
2. Add black pepper, breadcrumbs and lemon zest to a plate and mix thoroughly
3. Add the egg to another plate and whisk
4. Next dip the fish strips first into the egg and then roll into the breadcrumb mix, coating each side
5. Lay out the fish evenly onto a baking tray and spray with oil
6. Bake for 20 minutes or until golden and cooked through (check fish for opaque colour, flakes should be easy to pull apart)

**Suggestions:** Serve with potato wedge (page 31) and a side of vegetables to create a well-balanced meal.



## TIP

Try experimenting with different fish including oily fish such as, salmon and sardines.

## TIP

These fish fingers can be frozen uncooked, for best results defrost for 24hrs in the fridge then cook following above instructions.

# SALMON FISHCAKES

Prep: 20-50 mins

Cooking: 20-30 mins



## Ingredients:

- 2 large potatoes, peeled and chopped
- 1 x small (213g) tin salmon, drained and mashed
- ½ tablespoon dried parsley
- 1 spring onion, finely chopped
- 50g plain flour
- 1 egg, beaten
- 2 slices bread, lightly toasted and grated into crumbs or 80g shop bought breadcrumbs
- Zest of ½ lemon (optional)
- 1 teaspoon vegetable oil, for greasing

**Equipment:** Saucepan, masher, peeler, mixing spoon, mixing bowl, grater, teaspoon, green chopping board, knife, colander and baking tray.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Boil potatoes for 15 minutes, or until soft, then drain and mash.
3. Mix the potatoes with the salmon, parsley and spring onions. Add half of the beaten egg (and lemon zest if using).
4. Put the mixture into the fridge for 30 minutes to firm up - not essential but easier to handle.
5. Remove the mixture from the fridge and shape into patties / discs. Dip each side into the flour and coat well.
6. Dip each cake into the remaining beaten egg, coating each side, then place into the breadcrumbs, covering each side with them.
7. Place onto a floured and greased baking tray and bake for 20-30 minutes until golden crispy edges have formed.



## TIP

These are a great source of omega 3 which is essential for brain development and a healthy heart.

# SALMON CHILLI NOODLES

Prep: 10 mins

Cooking: 10-15 mins



## Ingredients:

- 2 peppers, deseeded and finely chopped
- ½ bunch spring onions
- 225g medium egg noodles
- 1 ½ tablespoon vegetable oil
- 1 teaspoon garlic puree
- 1 teaspoon chilli powder
- 1 teaspoon ground ginger
- 100g whole green beans
- 3-4 salmon fillets, cut into bite size chunks
- 1 tablespoon reduced salt soy sauce

**Equipment:** Saucepan, frying pan/wok, mixing spoon, tablespoon, teaspoon, green and blue chopping boards, knife, colander and weighing scales.

## Method:

1. Cut the peppers into strips, then cut the spring onions into thirds and slice lengthways.
2. Boil some water in a saucepan and add the noodles, simmer for 4-6 minutes or until cooked.
3. Heat the oil in a frying pan and add the garlic, chilli and ginger.
4. Add the green beans and cook for 2-3 minutes.
5. Add the peppers and spring onions and cook for a further minute.
6. Add the salmon pieces and cook for 5 minutes, then add the soy sauce.
7. Drain the noodles and stir into the vegetable mixture.



## TIP

This works well with a range of vegetables. Try your own combinations!

## TIP

For a vegan option, replace the egg noodles for rice noodles and salmon with tofu.



# CHICKEN NUGGETS

Prep: 15 mins

Cooking: 20 mins



## Ingredients:

- 4 bread slices, lightly toasted and grated into crumbs or 100g shop bought breadcrumbs
- Black pepper, to taste
- 1-2 large eggs, beaten
- 4 small chicken breasts, skin removed, cut into strips / chunks

**Equipment:** Grater, 2 bowls, teaspoon, fork, knife, red chopping board, baking tray and baking paper.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Sprinkle the breadcrumbs into one of the bowls (or onto a plate) and season with black pepper.
3. In the other bowl, beat the eggs.
4. Dip the diced chicken into the egg then roll in the breadcrumbs.
5. Place on a baking tray, lined with baking paper, and cook for 15 minutes until golden and the chicken is cooked through.

**Suggestions:** These nuggets would be great with some potato wedges and steamed vegetables (pages 31 & 18).



## TIP

Get creative and add your favourite herbs and spices.

## TIP

A good alternative to toasted bread is crushed up cereal, like cornflakes (100g). Some brands are gluten free as well.

# CHICKEN RUBY

Prep: 10 mins

Cooking: 15-20 mins



## Ingredients:

- 4 medium chicken breasts, chopped into bite size pieces
- 2 onions, finely chopped
- 2 teaspoons garlic puree or 2 garlic cloves, finely chopped
- 1 red pepper, deseeded and chopped
- 1 teaspoon curry powder
- 1 x (400g) tin chopped tomatoes
- 1 x (400g) tin green lentils, drained
- 300ml boiling water
- Chopped coriander to garnish (optional)

**Equipment:** Saucepan, mixing spoon, teaspoon, knife, green and red chopping board, scales, tin opener, measuring jug, kettle and colander.

## Method:

1. In a saucepan, gently dry fry the chicken, onions, garlic and peppers.
2. Once the chicken is browned, add the rest of the ingredients.
3. Simmer for 15-20 minutes.

**Suggestions:** This recipe would be great with some flatbreads (page 35), but it would no longer be a gluten free dish.



## TIP

An alternative way to cook this recipe, is to add all the ingredients to a oven proof dish, cover with a lid or foil, and cook for 50-60 minutes.

## TIP

Get creative and add your favourite herbs and spices. You could also add some chickpeas instead of the green lentils.

# FRUITY CHICKEN CURRY

Prep: 15 mins

Cooking: 40 mins



## Ingredients:

- 1 tablespoon vegetable oil
- 4 chicken breasts, chopped into bite size chunks
- 1 onion, chopped
- ½ teaspoon cinnamon
- ½ tablespoon turmeric
- 1 tablespoon curry powder
- 25g plain flour
- 1 reduced salt chicken stock cube, dissolved into 150ml / ¼ pint boiling water
- 275ml / ½ pint semi-skimmed milk
- 1 cooking apple, cored and chopped
- 1 small (225g) tin chopped pineapple, in juice
- 1 tablespoon sultanas

**Equipment:** Large saucepan, mixing spoon, teaspoon, tablespoon, knife, green and red chopping board, measuring jug, tin opener, weighing scales and kettle.

## Method:

1. In a large saucepan, heat the oil then add the chicken and cook until white in colour.
2. Add the onion and cook for 2-3 minutes.
3. Add the cinnamon, turmeric and curry powder and stir.
4. Add the flour and mix well.
5. Then add the stock and milk and stir everything together.
6. Add apple, pineapple (with juice) and sultanas, then stir.
7. Simmer for 35 minutes.

**Suggestions:** This recipe would be great with some boiled rice or flatbreads (page 35).



## TIP

This is a great recipe to try in a slow cooker.

## TIP

To save money, use half the amount of chicken and add a tin of lentils or chickpeas.

# CHICKEN FAJITAS

Prep: 10 mins

Cooking: 15 mins



## Ingredients:

- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 2 garlic cloves, finely chopped
- 1 tablespoon vegetable oil
- 1 fresh lime, juiced
- 300g chicken breasts, chopped
- 1 red onion, sliced or chopped
- 1 red pepper, sliced or chopped
- 1 green pepper, sliced or chopped
- 8 wholemeal tortilla wraps

**Equipment:** Electric grill or frying pan x 2, large bowl, green and red chopping board, knife, tablespoon and teaspoon.

## Method:

1. Add the chilli powder, paprika, ground coriander, cumin, garlic, oil and lime juice to a large bowl and mix.
2. Add the chicken, red onion and peppers to the bowl and mix to coat evenly.
3. Heat a frying pan, or electric grill, and add the chicken and vegetables.
4. Keep the chicken and vegetables moving over high heat for around 10-15 minutes, until cooked through.
5. Warm the tortillas in a dry frying pan
6. Fill with the cooked chicken and vegetable fajita mix and serve.

**Suggestions:** Serve with a portion of salsa (page 14) and guacamole (page 13).



## TIP

Try using different vegetables like mushrooms or courgette.

## TIP

Freeze the cooked mixture (tortillas separately) and defrost for an easy mid-week meal.

# TASTY BOLOGNESE

Prep: 15 mins

Cooking: 30-35 mins



## Ingredients:

- 1 tablespoon vegetable oil
- 250g lean minced beef, turkey or soya mince e.g. Quorn
- 1 onion, chopped
- 2 garlic cloves, crushed or sliced
- 1 reduced salt beef or vegetable stock cube, dissolved into 150ml boiling water
- 1 x (400g) tin chopped tomatoes
- 1 red pepper, diced
- 1 carrot, diced or grated
- 200g mushrooms, diced
- 2 teaspoons tomato puree
- 2 teaspoons mixed herbs
- 300g dried spaghetti

**Equipment:** Large lidded saucepan, tablespoon, teaspoon, knife, weighing scales, mixing spoon, green and red chopping board, kettle, measuring jug, tin opener, grater, large saucepan and colander.

## Method:

1. Heat the oil in a large saucepan, over a high heat, and add the mince. Stir and cook for about 5 minutes until the mince has turned brown. Remove the pan from the heat and drain off any liquid.
2. Return the pan to a medium heat and add the onion and garlic to the mince. Cook for 2-3 minutes, stirring occasionally.
3. Dissolve the stock cube in the boiling water and add to the saucepan along with the remaining ingredients apart from the spaghetti. Bring to the boil then reduce to a low heat. Cover and simmer gently for 20-25 minutes.
4. While the mince mixture is cooking, cook the spaghetti according to the packet instructions.
5. Once the pasta is cooked, drain and serve with the bolognese mince mixture.



## TIP

Any leftover mince mixture can be frozen without the spaghetti.

## TIP

Choose wholegrain pasta for extra fibre.

# COTTAGE / SHEPHERD'S PIE

Prep: 10 mins

Cooking: 45 mins



## Ingredients:

- 4 medium potatoes, cubed
- 1 teaspoon vegetable oil
- 250g lean minced lamb, beef, turkey or soya mince e.g. Quorn
- 1 onion, finely chopped
- 1 reduced salt beef or vegetable stock cube, dissolved into 150ml of boiling water
- 2 carrots, finely chopped
- 1 x (200g) tin chopped tomatoes
- 2 tablespoons of milk
- 6 heaped tablespoons of frozen peas
- Black pepper, to taste

**Equipment:** 2 x large saucepan, mixing spoon, tablespoon, green and red chopping board, knife, fork, large ovenproof dish, tin opener, measuring jug, masher, peeler, kettle and colander.

## Method:

1. Pre-heat oven to 200°C/180°C Fan/Gas Mark 6.
2. Boil the potatoes in a large saucepan for 15 minutes or until tender, then drain.
3. Heat the oil in a large saucepan, add the mince and cook for 5 minutes until browned.
4. Add the onion to the mince and cook for 2-3 minutes.
5. Dissolve the stock cube in the boiling water and add to the mince.
6. Add the carrots to the mince along with the chopped tomatoes.
7. Bring to the boil, cover, then simmer for 20-25 minutes, stirring occasionally.
8. In the meantime, mash the potatoes with the milk.
9. Once the mince mixture has simmered for 20-25 minutes, stir in the peas then pour into an oven proof dish, top with the mashed potato and cook in the pre-heated oven for 20 minutes until golden brown.



## TIP

For extra fibre  
keep the skin on  
the carrots and  
potatoes

# TURKEY BURGER

Prep: 15 mins

Cooking: 15-20 mins



## Ingredients:

- 400g turkey mince
- 2 bacon rashers, fat removed and finely chopped
- 1 onion, grated
- 1 slice bread, toasted and grated into crumbs or 3 tablespoons shop bought breadcrumbs

**Equipment:** Mixing spoon, green and red chopping board, knife, grater, frying pan, bowl, tablespoon, toaster/grill, spatula and oven tray (if using the oven).

## Method:

1. Combine all the ingredients in a bowl.
2. Separate the mixture into 4 large or 8 small balls and using your hands, shape into 1cm thick/deep disc shapes (remember to wash your hands after handling the meat).
3. Dry fry in a frying pan for around 15-20 minutes (turn halfway through) or until the burgers are cooked - they will go a light brown/grey colour all the way through and juices will run clear. Alternatively, cook in the oven for 15-20 minutes until light brown/grey colour and juices run clear (180°C/160°C Fan/Gas Mark 4).

**Suggestions:** These burgers would be great with some wedges and salad (page 31 and 19).



## TIP

Use wholegrain bread as it keeps you fuller for longer

## TIP

Try using lean 5% fat lamb or beef mince instead of turkey.



# PORK AND APPLE BURGER

Prep: 15 mins

Cooking: 20 mins



## Ingredients:

- 400g lean pork mince
- 1 medium sized apple, grated
- 1 medium sized onion, grated
- 1 slice of bread, toasted and grated into crumbs or 3 tablespoons of shop bought breadcrumbs
- 1 egg, beaten
- 1 tablespoon Worcestershire sauce
- Black pepper

**Equipment:** Mixing spoon, green and red chopping board, knife, grater, frying pan, bowl, tablespoon, toaster/grill, spatula and oven tray (if using the oven).

## Method:

1. Combine all the ingredients in a bowl.
2. Separate the mixture into 4 large or 8 small balls and using your hands, shape into 1cm thick/deep disc shapes (wash your hands after handling the meat).
3. Dry fry in a frying pan for around 15-20 minutes (turn halfway through) or until the burgers are cooked - they will go a light brown/grey colour all the way through and juices will run clear. Alternatively, cook in the oven for 15-20 minutes until light brown/grey colour and juices run clear (180°C/160°C Fan/Gas Mark 4).

**Suggestions:** These burgers would be great with some wedges and salad (page 31 and 19).



**TIP**

A tasty and easy recipe for perfect homemade patties.

**TIP**

Serve in a wholegrain bun for more fibre.



# HEARTY SAUSAGE CASSEROLE

Prep: 15 mins

Cooking: 15-20 mins



## Ingredients:

- 8 reduced fat sausages (any variety including vegetarian or vegan)
- 1 onion, finely chopped
- 1 x small (200g) tin baked beans
- 1 x large (400g) tin chopped tomatoes
- 275ml / ½ pint boiling water
- 1 handful dry pasta (100g) - try small shapes or broken spaghetti
- 1 reduced salt vegetable stock cube (no fluid needed), crumbled
- 450g mixture frozen vegetables such as carrots, peas, celery, sweetcorn, mushrooms, courgettes, peppers

**Equipment:** Saucepan with lid, mixing spoon, green and red chopping board, knife, weighing scales, measuring jug, tin opener and kettle.

## Method:

1. Lightly grill the sausages. Once the sausages have begun to brown, remove from the grill and cut each one into three pieces.
2. Place the onion and sausage pieces into a large non-stick saucepan and cook until the onion starts to brown (5 minutes).
3. Add the beans, tomatoes, water and pasta and crumble in the stock cube.
4. Cover the pan with a lid and cook gently for 30 minutes or until the pasta is tender.
5. Add the frozen vegetables to the saucepan 5-10 minutes before the end.

**Suggestions:** Serve with boiled or mashed potato for a balanced meal.



## TIP

Try adding some mixed herbs for more flavour.

## TIP

Make sure to have good quality sausages, with 70% meat. Check your labels or ask your local butcher.

# CHINESE PORK

Prep: 10 mins

Cooking: 15-20 mins



## Ingredients:

- 300g pork (fat removed) / tofu, cut into bite size pieces
- 225g tinned pineapple chunks (in juice)
- 50g frozen peas
- 2 onions, chopped
- 1 teaspoon low salt soy sauce
- 1 tablespoon cornflour
- 1 pepper, deseeded and chopped
- 1 tablespoon vegetable oil
- ½ reduced salt stock cube, dissolved into 275ml boiling water

**Equipment:** Frying pan, mixing spoon, tablespoon, teaspoon, green and red chopping board, knife, small bowl, measuring jug, tin opener, weighing scales and kettle.

## Method:

1. Heat the oil in a frying pan and cook the pork/tofu for 5 minutes, stirring regularly.
2. Add the onions and pepper to the pan and cook until the onions start to brown.
3. Add the stock, then cover and simmer for 15 minutes.
4. Add the pineapple chunks (with the juice), peas and soy sauce and cook for 5 more minutes.
5. In a small bowl, mix some cold water with the cornflour to make a runny paste. Stir into the pork/tofu mixture to thicken.
6. Serve with boiled rice or noodles and cooked vegetables.



## TIP

This meal is vegan if you use tofu instead of pork.

## TIP

This homemade version of a takeaway meal is low in salt but high in taste. Try replacing the pork with chicken or turkey.

# FRUIT KEBABS / FRUIT SALAD

Prep: 10 mins

Cooking: 0 mins



## Ingredients:

- Selection of seasonal fruit, for example: strawberries, kiwi fruit, mango, melon, pineapple, grapes, oranges, bananas, apples
- 2 tablespoons of orange juice (for the fruit salad)

**Equipment:** Mixing bowl, mixing spoon, green chopping board, knife, coffee stirrers or wooden skewers and tablespoon.

## Method:

1. Wash, peel and/or de-seed the fruit.
2. Chop all the fruit into bite size pieces.
3. For the fruit kebabs: thread the fruit onto coffee stirrers and serve. Wooden kebab skewers can be used for older children and adults but the sharp ends are not suitable for use with young children, try using coffee stirrers instead.
4. For the fruit salad: place any leftover fruit in the mixing bowl and stir in 2 tablespoons of orange juice, to stop the fruit from browning. The fruit salad can be kept in the fridge for up to 3 days.



**Suggestions:** Fruit kebabs are delicious when warmed under the grill, sprinkled with cinnamon and served with natural yoghurt.

## TIP

This healthy dessert is bursting with vitamins and minerals!

## TIP

Tinned fruit in natural juice works as well e.g. tinned peaches & pineapple.

# FRUIT AND MUESLI BREAKFAST POTS

Prep: 5 mins

Cooking: 0 mins



## Ingredients:

- 50g rolled oats
- 50g bran flakes
- 15g sunflower seeds (optional)
- 25g nuts (almonds, walnuts, hazelnuts), chopped
- 25g sultanas
- 25g dried ready to eat apricots, chopped
- 250ml low fat natural yoghurt
- 2 small bananas, sliced
- Juice 1 lemon
- 150g mixed berries

**Equipment:** Mixing bowl, small bowl, mixing spoon, green chopping board, knife, weighing scales, measuring jug, tablespoon x 3 and small glasses x 4.

## Method:

1. Place the oats, bran flakes, sunflower seeds (if using), sultanas, chopped apricots and nuts in a bowl. Stir until thoroughly combined.
2. In a separate bowl, coat the sliced banana in the lemon juice to prevent it from browning.
3. In the glasses, starting with the banana, layer the fruits, yoghurt and muesli in alternate layers.
4. Finish with a layer of yoghurt topped with the mixed berries.

**Suggestions:** This is great for breakfast or as a snack. Why not try it with your favourite fruits?



## TIP

Make it vegan  
by using soya  
yoghurt.

## TIP

These are delicious  
and prepared in no  
time!

# MINI CHEESECAKE POTS

Prep: 15 mins

Chill: 30-60 mins



## Ingredients:

- 75g low fat digestive biscuits
- 200g low fat cream cheese
- Zest and juice ½ lemon
- 1 teaspoon vanilla extract
- 1-2 tablespoons caster sugar
- 200g low fat Greek yoghurt
- 250g fresh strawberries

**Equipment:** Weighing scales, bowl, knife, green chopping board, teaspoon, tablespoon, mixing spoon, grater and 6 small glasses/tumblers.

## Method:

1. Crumble the biscuits into a bowl and divide the crumbs between 6 glasses or small tumblers.
2. Stir the cream cheese, yoghurt, zest and juice of the lemon, caster sugar and vanilla extract until the mixture has thickened.
3. Spoon this creamy mixture over the crumbled biscuits.
4. Chill for at least 30 minutes to 1 hour.
5. Slice the strawberries and layer on top of the creamy mixture.

**Suggestions:** You can swap the strawberries for other fruits such as, blueberries or raspberries.



## TIP

This is a great recipe to use up slightly stale biscuits!

## TIP

These cheesecake pots are healthier than ones you'd buy in the shops.

# SCOTCH PANCAKES

Prep: 5 mins

Cooking: 6 mins



## Ingredients:

- 50g self raising flour
- 1 tablespoon granulated sugar
- 1 egg, beaten
- 3 ½ tablespoons semi-skimmed milk
- 2 teaspoons sunflower/vegetable oil

**Equipment:** Mixing bowl x 2, mixing spoon, whisk/fork, spatula, tablespoon, teaspoon, frying pan and weighing scales.

## Method:

1. Put the flour and sugar into a bowl.
2. Add the egg and milk and mix to the consistency of thick cream.
3. Lightly coat a frying pan in oil.
4. Heat the pan and drop spoonfuls of the mix onto the surface.
5. Let bubbles come to the surface and then turn over.
6. Cook on each side for 2-3 minutes.

**Suggestions:** Fruit coulis would be perfect with these pancakes (page 69).



## TIP

For extra flavour, add your favourite fruits to this recipe.

## TIP

Colourful fruits are a great way to get more vitamins and minerals.

# FRUIT COULIS

Prep: 1 mins

Cooking: 5 mins



## Ingredients:

- 1 handful berries per person (e.g. blueberries/forest fruits or any type of berry, fresh or frozen)
- A little water, if using fresh fruit

**Equipment:** Mixing spoon and saucepan.

## Method:

1. Put the fruit in a pan (with a little water if using fresh fruit) and bring to the boil. Then stir the fruit so it does not burn.
2. Reduce the heat and simmer, then allow the berries to cook until the juice comes out easily - you may want to add a small amount of water to prevent sticking.

**Suggestions:** This recipe would be great over some scotch pancakes (page 68).



## TIP

Berries are bursting with vitamin C, which protects cells and keeps them healthy.

## TIP

When cooled, the coulis can be mixed with plain natural yoghurt for a tasty dessert.



# FRUIT MUFFINS

Prep: 15 mins

Cooking: 15-20 mins



## Ingredients:

- 75g self raising flour
- 75g wholemeal self raising flour
- 50g caster sugar
- 75g fresh or frozen fruit, e.g. raspberries, blueberries, bananas
- 1 egg, beaten
- 75ml semi-skimmed milk
- 75ml olive/vegetable oil



**Equipment:** Mixing bowl, mixing spoon, measuring jug, fork, weighing scales, spatula, muffin tray, muffin cases, tablespoon and teaspoon.

## Method:

1. Pre-heat oven to 190°C/170°C Fan/Gas Mark 5.
2. In a bowl, mix together the self raising flour, wholemeal self raising flour and sugar with the fruit.
3. In a jug, beat the egg, milk and oil together.
4. Pour the liquid ingredients onto the dry ingredients and mix until just combined.
5. Place the muffin cases into the muffin tray.
6. Fill each muffin case  $\frac{3}{4}$ 's full.
7. Bake for 15-20 minutes until the muffins are light brown and spring back when touched.

**Suggestions:** Enjoy one of these fruit muffins as a dessert after a main meal.

**TIP**

This recipe is a great way to use up any leftover fruit.

**TIP**

This is a vitamin rich muffin recipe.



# FRUIT CRUMBLE

Prep: 10-15 mins

Cooking: 30-40 mins



## Ingredients:

- 450g fruit (fresh/frozen/defrosted/tinned) chopped. Choose 1 or a mix from below: apple, plum, rhubarb, peaches, frozen mixed berries
- 125ml water
- 150g plain flour (wholemeal/white)
- 75g margarine/vegetable spread
- 75g soft brown sugar
- 75g porridge oats
- 2 tablespoons dried fruit, eg. sultanas (optional)
- 1 teaspoon cinnamon (optional)



**Equipment:** Mixing bowls x 2, small bowl, weighing scales, tablespoon, teaspoon, green chopping board, knife, oven proof dish, measuring jug and serving spoon.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Place the fruit in an oven proof dish and sprinkle 1 tablespoon of sugar over the fruit. Pour in enough water to cover the bottom of the dish.
3. In a mixing bowl, rub the flour and margarine/vegetable spread together with your fingertips, until it looks like breadcrumbs.
4. Add the rest of the sugar, oats, dried fruit and cinnamon (if using) and mix well.
5. Pour the crumble mix evenly over the fruit (make sure it covers the fruit).
6. Bake for 30-40 minutes until the top is golden.

**Suggestions:** Serve with low fat Greek yoghurt.

## TIP

Apple, sultanas and cinnamon are a great combo to try!

## TIP

Frozen and tinned fruit (in their own juices) are just as good as fresh.

# SUMMER FRUIT PARCELS

Prep: 15 mins

Cooking: 10-15 mins



## Ingredients:

- 50g margarine/vegetable spread
- 450g frozen summer fruits
- Zest 1 orange
- 50g shop bought/homemade breadcrumbs
- 25g sugar
- 1 pack filo pastry
- 150g yoghurt
- Icing sugar for dusting

**Equipment:** Weighing scales, saucepan, mixing bowl, pastry brush, teaspoon, tablespoon, mixing spoon, zester/grater, baking paper, baking tray and cooling rack.

## Method:

1. Pre-heat oven to 190°C/170°C Fan/Gas Mark 5.
2. Melt the margarine in the saucepan then remove from the heat.
3. Mix the fruit, breadcrumbs, sugar and orange zest in a bowl.
4. Take a sheet of filo pastry and fold in half lengthways. Brush the pastry with melted margarine.
5. Place one tablespoon of the fruit mixture in the bottom corner of the pastry and fold over to make a triangle. Seal the end.
6. Place parcels on a baking tray, lined with baking paper, and brush the top lightly with the melted margarine.
7. Bake for 10-15 minutes until pale golden brown.
8. When cooked, place on a cooling tray. When cooled, dust with icing sugar and serve with yoghurt.



## TIP

This is a great way to use up left over fruit (fresh, frozen or tinned).

## TIP

For a vegan version, swap the spread and yoghurt for vegan alternatives.

# BANANA BREAD

Prep: 15 mins

Cooking: 45-60 mins



## Ingredients:

- 100g margarine/vegetable spread
  - 70g caster sugar
  - 2 eggs
  - 3 large bananas, mashed
  - 100g self raising flour
  - 100g wholemeal self raising flour
  - 1 teaspoon mixed spice
- Optional:
- 1 tablespoon raisins/sultanas
  - 25g chopped nuts



**Equipment:** Weighing scales, teaspoon, spatula/mixing spoon, mixing bowl x 3, masher/fork, loaf tin, grease-proof paper, baking tray, cooling rack and sieve.

## Method:

1. Pre-heat oven to 180°C/160°C Fan/Gas Mark 4.
2. Grease and line a loaf tin with grease proof paper.
3. In a bowl, use a mixing spoon to cream together the margarine and sugar until light and fluffy.
4. Gradually beat the eggs in one at a time.
5. Stir in the mashed banana and fold in both flours and the mixed spice and raisins/sultanas/chopped nuts if using these.
6. Pour the mixture into the lined loaf tin and bake between 45 to 60 minutes.
7. Leave to cool on a rack then cut into slices and serve.

## TIP

This is a great way to use up over-ripe bananas.

## TIP

For a vegan recipe, omit the eggs and add 2 teaspoons of baking powder.

# FRUIT SCONES

Prep: 15 mins

Cooking: 45-60 mins



## Ingredients:

- 250g self raising flour
- 25g caster sugar
- 50g margarine/vegetable spread
- 1 egg
- 100ml semi-skimmed milk
- 50g dried fruit

**Equipment:** Mixing bowl x 2, sieve, mixing spoon, rolling pin, 6cm round cutter, measuring jug, fork, baking tray, baking paper, cooling rack and weighing scales.

## Method:

1. Pre-heat oven to 220°C/200°C Fan/Gas Mark 7.
2. Line the baking tray with baking paper.
3. Sift the flour into a mixing bowl and add the sugar.
4. Add the margarine and rub it into the flour, using the tips of your fingers, until the mixture looks like fine breadcrumbs.
5. Beat the egg with the milk and stir into the flour mixture.
6. Add the dried fruit and combine.
7. Using your hands, bring the mixture together to make a ball of slightly soft dough.
8. Dust a clean surface with a little flour and knead the dough for a few seconds to bring it together.
9. Flour your hands and a rolling pin and roll out the dough to about 3cm thick.
10. Using the cutter, cut out circles then place onto the baking tray. Do not twist the cutter - just press firmly, then lift it up and push the dough out.
11. Bake for 10-12 minutes, until the scones are golden brown.
12. Remove from the oven and leave to cool on a rack until ready to serve.



## TIP

You can use any dried fruit for this recipe. Try different ones to see which you like best.