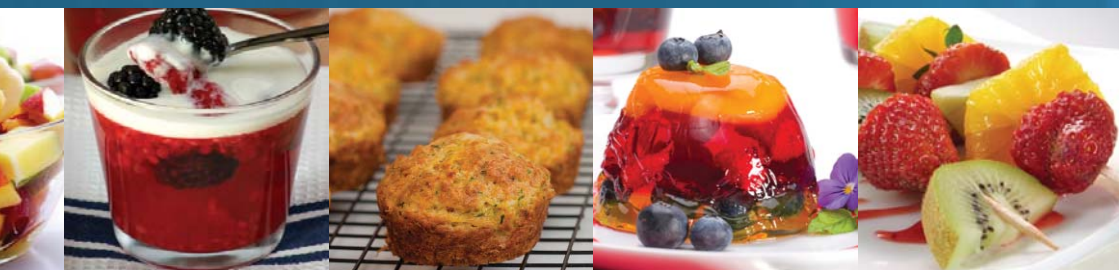




Healthy Family Favourite Recipes



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Healthy Family Favourite Recipes

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Introduction

This recipe book is designed around the produce sold at the **Brighter Living Partnership Fruit and Vegetable Co-operatives**.

The co-ops provide large bags of fresh fruit, vegetables and salad to the residents of Sefton. We also sell free range eggs as part of the not-for-profit scheme. The project is open to all residents and we even deliver for a small charge.

To find out where your nearest co-op is, please call 01704 501024 ext. 243 or visit www.brighterliving.org.uk

A number of recipes in this book are favourite recipes chosen by service users and members of a Healthy Communities Collaborative, looking at increasing the health of Sefton's residents.

Cooking is meant to be fun! The recipes in this book are meant only as a guide. They can be tuned to your personal preferences, adding an ingredient here, removing something you don't like there. With the exception of baking, cooking is not an exact science. It can be fun, relaxing and there is little better than seeing your family happy and with full tummies after eating something you have prepared and cooked from scratch.

The soups in this book all follow a similar recipe. Soups essentially consist of a stock and several base items such as garlic, onion, celery and carrots. It is then up to you what you want to do with the soup. For example, for a simple noodle soup you would take stock, sliced onions, garlic and bring to the boil. Then it's simply a case of adding your chosen ingredients. A sliced chilli, some finely sliced ginger, spring onions, maybe some finely sliced chicken breast and a handful of pre cooked noodles. It really is up to you.

Expanding on this, risottos follow a basic principle of stock, garlic, onion and risotto rice. Once you have got to the point of adding stock it's really up to you to decide what type of risotto you cook. A handful of prawns and peas towards the end. Some finely diced butternut squash. A leftover pumpkin from Halloween chopped finely. A tin of tomatoes and handful of basil. It really is down to your personal tastes and preferences, nothing is set in stone.

Healthy Options

Why eat fruit & veg?

- Reduces the risk of Coronary Heart Disease
- Reduces the risk of common cancers such as bowel cancer
- Helps maintain a healthy weight
- Increases the amount of vitamins and minerals to protect against illness



How to include more fruit & veg in your diet

- Add dried fruit or chopped fruit to cereal
- Have a glass of fruit juice with breakfast
- Snack on fresh/tinned fruit during the day
- Use chopped vegetables e.g. carrots, cucumber etc. as a snack
- Serve a side salad with your main meals and add salad to sandwiches
- Try chunky vegetable soups for lunch
- Blend your favourite fruits with low fat yoghurt to make a smoothie
- Vegetable stir-fries make a quick and easy meal
- Add extra vegetables to stews or casseroles



What counts as one portion of fruit or veg?

Fresh, frozen, canned, 100% juice, and dried fruit and vegetables all count.

1 portion

- 1 medium fruit e.g. apple, pear, banana
- 2 small fruits such as kiwi fruit and clementines
- 1 cupful of grapes or berries e.g. raspberries
- 2-3 tbsp of tinned fruit in juice, stewed fruit or fruit salad
- 1 glass of unsweetened fruit juice (150ml)
- 2 broccoli spears, 8 cauliflower florets, 4 tbsp spring greens
- 3 tbsp cooked vegetables, i.e. carrots, peas or sweetcorn
- 3 sticks of celery, 2" piece of cucumber, 1 medium tomato
- 3 tbsp baked, haricot, kidney, cannellini or butter beans/chick peas



How to make a stock

A number of the recipes in this book feature stock as an ingredient. It is fine to use stock cubes, but try and find a brand with low salt/sodium content as some can be high in salt. Check the label on foods to see if they are high in salt, look at the figure for salts per 100g.

HIGH is more than 1.5g per 100g (or 0.6g sodium)

LOW is 0.3g salt or less per 100g (or 0.1g sodium)



If you wish to make your own vegetable stock, all you need to do is boil a few vegetables such as carrots, onions, celery and a handful of herbs for 15 minutes, allow to cool and then strain through a colander.

It is pretty much the same for meat stocks, just save the bones from any leftovers you may have, such as a chicken carcass. Boil with a few carrots, an onion and a couple of celery sticks for 15-20 minutes, cool and then strain.

The recipes have, where possible, an indicator of how many portions of fruit and vegetable are contained within each recipe. Please be aware that if you blend the soups you will be losing the roughage and dietary fibre contained in the vegetables and a serving will only count as one point towards your 5 a day targets, even if you have more than one fruit or vegetable in the recipe. This is the same for fruit smoothies.

Notes

Butter: Instead of butter/margarine in recipes you can use unsaturated margarine e.g. sunflower spread/olive oil based spread.

Wine: Instead of 50ml white wine you could use an extra 50ml of stock.

Terms

tsp	=	tea spoon	simmer	=	to boil gently on a low heat, usually for a long period of time
tbsp	=	table spoon	trimmed	=	cleaning the vegetables and removing skins etc
dsp	=	dessert spoon	chop	=	the smaller you cut the vegetables the shorter the cooking time
ml	=	millilitres			
ltr	=	litre			
g	=	grams			
kg	=	kilograms			

How to make tomato sauce

Ideal for pizza and pasta

Ingredients

1 tin chopped tomatoes
2 cloves garlic thinly sliced
1tsp olive oil
1tbsp dried/fresh herbs
such as oregano, basil

What you will need

1 medium pan
Knife and chopping board
Spatula or wooden spoon



Method

- 1 Place oil in pan and gently heat.
- 2 Add garlic and gently fry for a couple of minutes until golden but not brown.
- 3 Add tin of tomatoes and herbs and simmer gently for 5 minutes.

At this stage you could add some pre-fried vegetables such as onion, courgette, peppers, mushrooms etc. Simmer for a further 5 minutes and add to pasta and toss.

For a basic pizza topping, continue to simmer the sauce until it has reduced, losing most of its moisture. This can then be thinly spread over a pizza base and then add your favourite toppings.

THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.

 APPLES, BRAMLEY							JUL	AUG	SEP								
 APPLES, COX																	OCT
 ASPARAGUS					MAY	JUN											
 BEANS, BROAD						JUN	JUL	AUG									
 BEANS, RUNNER							JUL	AUG	SEP	OCT							
 BLACKBERRIES									SEP	OCT							
 BLUEBERRIES							JUL	AUG	SEP								
 BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV	DEC					
 CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC					
 CABBAGE, WHITE									SEP	OCT	NOV	DEC					
 CABBAGE, SAVOY	JAN	FEB	MAR				JUL	AUG	SEP	OCT	NOV	DEC					
 CABBAGE, RED								AUG	SEP	OCT	NOV						
 CARROTS	JAN	FEB					JUN	JUL	AUG	SEP	OCT	NOV	DEC				
 CAULIFLOWER	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC					
 CELERY								JUL	AUG	SEP	OCT						
 CHERRIES								JUL	AUG								
 COURGETTE							JUN	JUL	AUG	SEP							
 CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP								
 KALE	JAN	FEB	MAR	APR						SEP	OCT	NOV	DEC				
 LEEKS	JAN	FEB	MAR							SEP	OCT	NOV	DEC				
 LETTUCE, COS								JUL	AUG	SEP							
 LETTUCE, CURLY					MAY	JUN	JUL	AUG									
 LETTUCE, ICEBERG							JUL	AUG	SEP								
 MARROW									AUG	SEP	OCT						
 PEAS							JUN	JUL	AUG	SEP							
 PLUMS									AUG	SEP							
 POTATOES, MAINCROP												OCT	NOV	DEC			
 RASPBERRIES								JUL	AUG								
 RHUBARB					MAY	JUN	JUL										
 SPINACH					MAY	JUN	JUL	AUG	SEP	OCT							
 STRAWBERRIES							JUN	JUL	AUG								
 SQUASH										SEP	OCT						
 SWEETCORN									AUG	SEP	OCT						



TO KEEP IT SIMPLE, IN THIS RING WE'VE RECOMMENDED SOME PERSONAL FAVOURITES EACH MONTH

FOR TIPS, RECIPES AND MORE VISIT EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources including the NFU, Horticultural Development Company and ADAS. Data on retail price variations across the year was supplied by TNS Worldpanel. The 'Eat Seasonably' calendar has been compiled by The Climate Group.

Store Cupboard Essentials

You do not need to go out and buy everything straight away, just buy a couple of things each time you go shopping and it will soon build up:

Oils such as extra virgin olive oil or rapeseed oil, sunflower and ground nut

Dried chillies

Vegetable stock cubes

Dried herbs such as thyme, rosemary and marjoram

Bay leaves

Plain and self-raising flour

Worcestershire sauce

Canned beans such as cannellini, berlotti and butterbeans

Noodles and pasta including lasagne sheets

Rice, specifically basmati and risotto rice as well as brown rice

Salt, preferably a low sodium version

Black pepper

Tinned tomatoes

Vinegars such as balsamic and cider for dressings

Tomato purée



Soups

A vibrant collage of fresh ingredients for soups. In the foreground, a white bowl with a dark blue rim is filled with a yellow soup, containing small pasta shells, sliced carrots, and fresh green herbs. Surrounding the bowl are various fresh ingredients: several bright red tomatoes, a large head of white garlic, a green cucumber, and a bunch of green onions. In the background, a woven wicker basket is overflowing with different types of pasta, including long thin ribbons, small shells, and red and green chili peppers. Fresh green herbs like parsley and rosemary are scattered throughout the scene.

Quick & Easy Tomato and Basil Soup (serves 4)

Ingredients

2 tins chopped tomatoes
2 cloves thinly sliced garlic
1 handful fresh basil leaves
200ml vegetable stock
½tsp extra virgin oil
Black pepper

What you will need

Tin opener
Large pan
Spatula or wooden spoon
Large knife and chopping board
Hand blender
Measuring jug



Method

- 1 Put oil in pan and add garlic, fry gently for a minute without browning.
- 2 Add tomatoes and stock to pan and simmer for 5-10 minutes.
- 3 Once cooked remove from heat and leave to stand for a couple of minutes.
- 4 Add the basil leaves and a few grinds of black pepper and pulse with blender.
- 5 Serve with some crusty bread.



French Onion Soup (serves 4)

Ingredients

3tbsp butter or margarine
10 onions thinly sliced
50g plain flour
1tbsp tomato puree
50ml white wine (or stock)
1ltr chicken or vegetable stock
100g Gruyère cheese grated
4 slices French bread toasted

What you will need

Spatula or wooden spoon
Large knife and chopping board
Large pan
Grater
Measuring jug and scales



Method

- 1** Melt the butter in a large saucepan over a low heat and cook the onions for 30 minutes until softened, stirring constantly.
- 2** Add the flour, tomato purée, wine and chicken stock. Cook for a further 30 minutes. Season to taste with salt and freshly ground black pepper.
- 3** Scatter the grated cheese over the toasted French bread slices and grill until the cheese is golden and bubbling. Serve the soup immediately, with a piece of cheese topped toast floating on the top of each.



Leek and Potato Soup (serves 4)

Ingredients

1kg peeled and chopped potatoes
2 medium leeks trimmed and sliced thinly
1ltr vegetable stock
2tsp olive oil

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Hand blender
Measuring jug and scales
Peeler



Method

- 1 Place pan on heat and add the oil, potatoes and leeks leaving a handful of the darker green slices of leek for later.
- 2 Fry gently for 5 minutes.
- 3 Add the stock and simmer for 10-15 minutes.
- 4 Once soft remove from heat and blend with hand blender until smooth.
- 5 Return to heat and add the left over green bits of leek.
- 6 Simmer for a further 5 minutes and serve.



Sweet Potato Soup (serves 4)

Ingredients

1kg sweet potatoes peeled and chopped into small chunks
1 medium onion chopped
2-3 cloves garlic sliced
1ltr vegetable stock
3tbsp tomato purée
2tsp olive oil

What you will need

Large knife and chopping board
Large pan
Spatula or wooden spoon
Peeler
Hand blender
Measuring jug and scales



Method

- 1 Fry the sweet potatoes in a little olive oil for 2-3 minutes, stirring constantly.
- 2 Add the onion and garlic and continue to stir for a further 2 minutes.
- 3 Cover the potatoes and onion with the vegetable stock and simmer for 10-15 minutes until the potatoes are soft.
- 4 Once the potatoes are soft, add the tomato purée and blend until smooth. Start off pulsing with the blender as you want to retain some texture.



Pea and Lettuce Soup (serves 4)

Ingredients

1 Romaine lettuce /
2 little gem lettuces roughly chopped
1 medium onion sliced
500g frozen garden peas
750ml vegetable stock
Pinch salt and pepper (optional)
½tsp olive oil
Crème fraîche or single cream to finish

What you will need

Large knife and chopping board
Large pan
Spatula or wooden spoon
Hand blender
Measuring jug and scales



Method

- 1 Add oil to pan and gently fry the onion without colouring for a few minutes.
- 2 Add the lettuce to pan with the peas.
- 3 Cover with the stock, add the salt and pepper and simmer for around 5-6 minutes.
- 4 Once cooked set aside for a minute to cool before blending with a hand blender.
- 5 Serve with a swirl of the crème fraîche or cream.

Peas are a good source of vitamin A, vitamin C, folate, thiamine (vitamin B1), iron and phosphorus. They are rich in protein, carbohydrate and fibre, and low in fat.



Carrot and Lentil Soup (serves 4-6)

Ingredients

4 or 5 large carrots chopped
1 onion chopped
2 cloves garlic sliced
1ltr vegetable stock
200g red lentils
1tsp olive oil

What you will need

Large pan
Spatula or wooden spoon
Large knife and chopping board
Hand blender
Measuring jug and scales



Method

- 1 Put oil in pan and add the onion, garlic and carrots.
- 2 Gently fry for 5 minutes and then add the vegetable stock.
- 3 Add the lentils and simmer for 10-15 minutes.
- 4 Once cooked set aside to cool for a minute then blend until smooth.



Vegetable Bag Soup (serves 4-6)

Ingredients

2-3 cloves of garlic sliced
1 large onion chopped
Vegetable bag contents, 3 carrots,
1 cabbage, 1 swede, 1 broccoli,
1 cauliflower, 1 cabbage, 2 potatoes etc.
peeled and chopped
1.5ltr vegetable stock
1tbsp olive oil

What you will need

Large pan
Spatula or wooden spoon
Large knife and chopping board
Peeler
Measuring jug

Method

- 1 Put oil in pan and add the onion, garlic and carrots and whatever vegetables you may have.
- 2 Gently fry for 5 minutes and then add the vegetable stock.
- 3 Simmer for 10-15 minutes.
- 4 Once cooked set aside to cool for a minute then blend until smooth or leave chunky.

Tip! Add a can of beans such as cannellini or flageolet
or a couple of handfuls of dried pasta when you add the stock!

This is ideal to use up any leftover vegetables.



Spicy Parsnip Soup (serves 4-6)

Ingredients

600g parsnips peeled and chopped into small pieces
2 garlic cloves chopped
1 large onion finely chopped
1tsp dried chilli flakes
1ltr vegetable stock
2tsp olive oil

What you will need

Peeler
Large knife and chopping board
Large pan
Hand blender
Measuring jug and scales



Method

- 1 Heat the oil in a large pan, add the onion and parsnips and fry for a couple of minutes.
- 2 Add the garlic and chilli flakes and continue to fry for another minute.
- 3 Add the stock and simmer for 10-15 minutes.
- 4 Remove from heat and carefully blend to your desired consistency, adding more stock/water if needed.

Tip!

Freeze in airtight container once completely cold and it will keep for up to a month.



Butternut Squash Soup (serves 4)

Ingredients

1 large butternut squash,
seeds removed and chopped into
small chunks
2 garlic cloves chopped
1 large onion finely chopped
1tsp ground cumin
1ltr vegetable stock
2tsp olive oil

What you will need

Large knife and chopping board
Large pan
Hand blender
Spatula or wooden spoon
Measuring jug



Method

- 1 Add oil to the pan and heat gently.
- 2 Add the squash, onion, cumin and garlic to the pan and gently fry until starting to brown.
- 3 Add the stock and bring to the boil.
- 4 Reduce the heat and simmer for 15 minutes.
- 5 Remove the pan from the heat and leave to cool for a minute before blending.

Tip!

For an extra kick why not add a teaspoon of dried chilli flakes at stage 2



Wild Mushroom Soup (serves 4)

Ingredients

1 pack dried porcini or other wild mushroom
400g button mushrooms roughly chopped
2 garlic cloves chopped
1 large onion finely chopped
1ltr vegetable stock
2tsp olive oil

What you will need

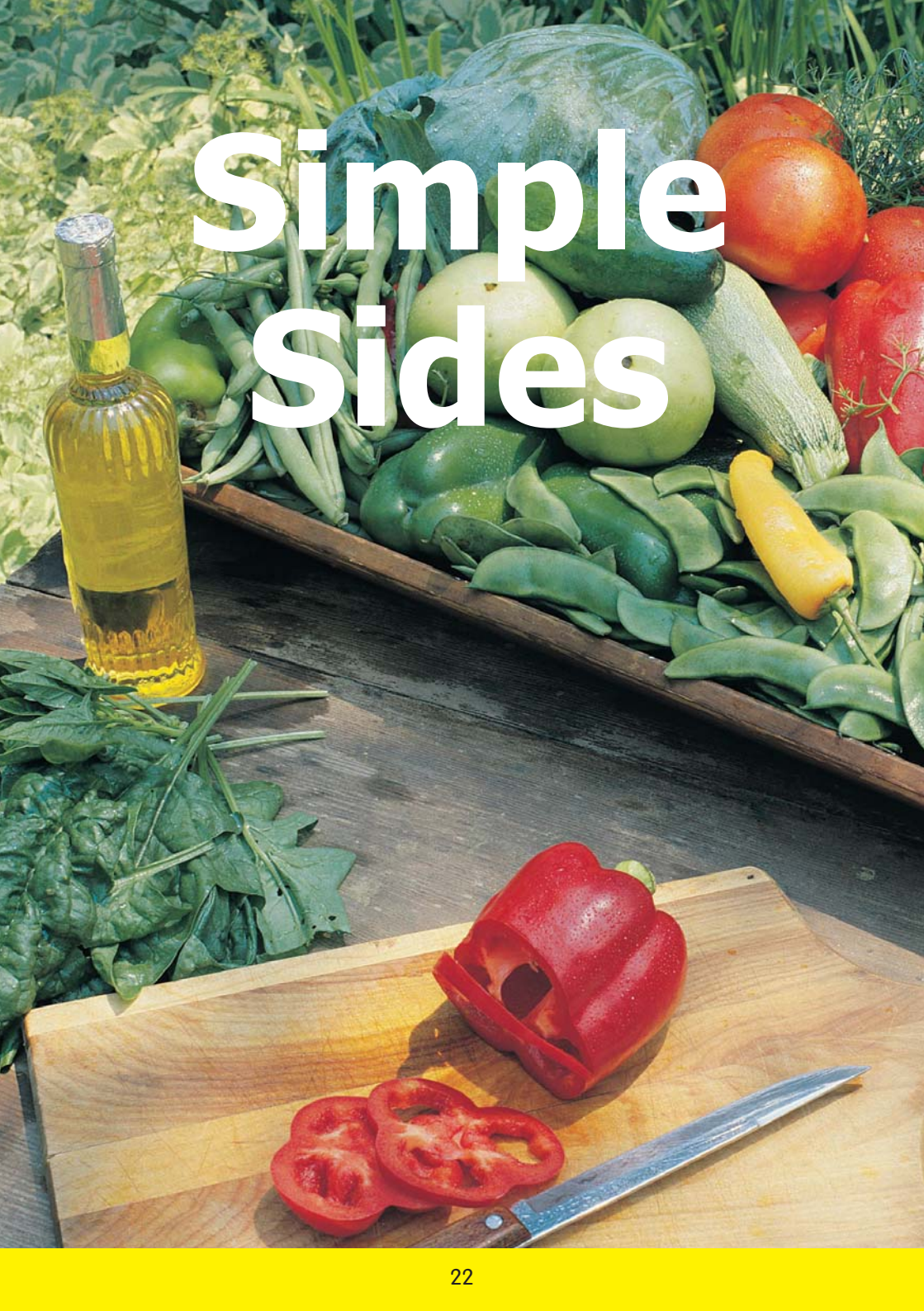
Large knife and chopping board
Large pan
Hand blender
Measuring jug and scales
Container for dried mushrooms
Spatula or wooden spoon



Method

- 1 Put dried mushrooms in container and cover with boiling water.
- 2 Add oil to the pan and heat gently.
- 3 Add the onion and garlic to the pan and gently fry until starting to brown.
- 4 Add the button mushrooms and fry until soft.
- 5 Add the stock and bring to the boil.
- 6 Reduce the heat and simmer for 10 minutes.
- 7 Drain the dried mushrooms which should have swollen up.
- 8 Roughly chop the dried mushrooms and add to the pan, leaving a few to one side to garnish the soup at the end.
- 9 Simmer the soup for another 5 minutes.
- 10 Remove the pan from the heat and leave to cool for a minute before blending.
- 11 Serve scattered with the reserved dried mushrooms.

Simple Sides



Boiled Rice

Ingredients

250g basmati rice

1tsp salt

1ltr cold water

What you will need

Large pan with lid

Spatula or wooden spoon

Measuring jug and scales

Method

- 1 Place rice in pan with salt, cover with cold water and stir with spatula.
- 2 Put lid on pan, bring to boil then turn down and simmer for 5 minutes.
- 4 Remove from heat, drain rice and serve.



Braised Leeks

Ingredients

2 or 3 large leeks trimmed and cut into 1 inch chunks

1tsp dried thyme

125ml glass water/white wine

What you will need

Large lasagne dish, large knife and chopping board

Measuring jug

Method

- 1 Place leeks into the lasagne dish.
- 2 Pour the water/wine over the leeks and sprinkle the thyme over the top.
- 3 Cook in oven for 20 minutes at 200°C/400°F/gas 6.



Lasagne Cheese Sauce

Mix one egg into a tub of natural yoghurt, add 50g of grated cheese mix well and add to top of lasagne.



Carrot & Swede Mash (serves 4)

Ingredients

1 large swede or turnip peeled and chopped
4 or 5 large carrots peeled and chopped
1tbsp olive oil
1tsp pepper

What you will need

Peeler
Large knife and chopping board
Large pan
Masher



Method

- 1 Boil a pan of water.
- 2 Peel the swede and carrots and chop into small chunks.
- 3 Place the vegetables in the water and boil for 8 minutes.
- 4 Remove from heat and drain.
- 5 Add the oil and pepper and mash until smooth but retaining texture.

Tip! You can change the ingredients, substituting or adding parsnips for a different taste!



Stir Fry Cabbage (serves 3-6)

Ingredients

- 1 large Savoy or other leafy green cabbage
- 2 cloves of garlic sliced
- ½tsp of chilli flakes
- 2tsp extra virgin olive oil

What you will need

- Large pan
- Large knife and chopping board
- Spatula or wooden spoon



Method

- 1 Remove outer leaves from cabbage and discard.
- 2 Pull the rest of the leaves off and remove the hard white bits from the middle, this can be done by slicing a v shape along the middle of the leaves.
- 3 Take 2 or 3 leaves and roll up into a sausage shape and thinly slice, repeat with rest of leaves until all the leaves are done.
- 4 Put a small amount of the oil into a large pan and allow to heat.
- 5 Once the oil is hot, add the cabbage and stir for 2 minutes – the cabbage will wilt down quite a bit.
- 6 Add the garlic and chilli flakes and continue to stir for another 2 minutes without burning.
- 7 Once cooked you can serve with meat, fish or as a tasty snack on its own.



Simple Roast Veg (serves 4)

Ingredients

- 5 large potatoes peeled and quartered
- 1 large swede or turnip peeled and chopped into large chunks
- 4 or 5 large carrots with tops and bottoms removed and washed
- 4 or 5 large parsnips peeled and chopped into large chunks
- 1tbsp olive oil
- 1tsp dried thyme
- 1tsp dried rosemary
- 1 whole bulb of garlic separated into cloves with skin left on



What you will need

- Peeler
- Large knife and chopping board
- Large roasting tray
- Large mixing bowl

Method

- 1 Pre-heat oven to 200°C/400°F/gas 6.
- 2 Place all prepared vegetables into mixing bowl and mix in oil and herbs coating all contents well.
- 3 Warm roasting pan on hob and pour vegetables into pan giving them a good shake to avoid sticking.
- 4 Cook for around 50 minutes to an hour turning once after 20 minutes.



Mediterranean Roast Veg (serves 4)

Ingredients

1 large red onion cut into chunks
1 red and 1 yellow pepper de-seeded
and cut into chunks
250g mushrooms cut in half or
quarter depending on size
1 courgette sliced into 1cm chunks
1 small tray cherry tomatoes
1tsp dried thyme
1 whole bulb of garlic broken into
cloves with skin on
1tbsp olive oil



What you will need

Large knife and chopping board
Large roasting tray
Large mixing bowl
Scales

Method

- 1 Preheat oven to 200°C/400°F/gas 6.
- 2 Place all prepared ingredients into the large bowl and mix with your hands.
- 3 Pour the mix into the roasting pan and roast for half an hour.

Tip! You can adapt this recipe to use ingredients such as potatoes, carrots, pumpkins and squashes. Just cut into chunks and cook for an extra 15 minutes or so!



Creamy Potato Bake (serves 4)

Ingredients

500g washed potatoes sliced into large discs as thin as possible
1 sliced red onion
2 cloves garlic sliced
2tsp dried parsley
low fat crème fraîche
1 large glass white wine
or vegetable stock



What you will need

Large knife and chopping board
Large casserole dish with lid
Scales

Method

- 1 Pre heat oven to 200°C/400°F/gas 6.
- 2 Place a layer of potatoes into the casserole dish covering the bottom by slightly overlapping the potatoes.
- 3 Place a layer of sliced onions and garlic on top with a pinch of the dried parsley.
- 4 Add a little of the cream and wine and repeat from stage 2 until the dish is full.
- 5 Place the lid on the dish and cook in the oven for 45 minutes.
- 6 Remove the lid from the dish and cook for a further 15 minutes.

Tip! To turn this into a tasty fish pie, replace the first layer of the mix with some cubed fish such as cod, haddock, large prawns or a mix!



Cauliflower Tomato Bake (serves 4)

Ingredients

1 large cauliflower with leaves removed and separated into florets
2 tins chopped tomatoes
3 cloves garlic sliced
1tsp olive oil
75g mature Cheddar cheese

What you will need

Tin opener
Large pan
Small pan
Spatula or wooden spoon
Large knife and chopping board
Lasagne dish
Grater
Scales



Method

- 1 Boil a large pan of water and pre-heat your oven to 200°C/400°F/gas 6.
- 2 Peel away and discard the green leaves from the cauliflower and divide the white part into individual florets.
- 3 Place the florets into the boiling water and cook for 5 minutes.
- 4 Meanwhile, slice the garlic and fry gently in the oil for a minute then add the chopped tomatoes to the garlic and simmer for a few minutes.
- 5 Drain the cauliflower and place in the lasagne dish.
- 6 Pour the tomato mixture over the cauliflower and top with the cheese.
- 7 Place in the oven and cook for 15 minutes.



Savoy Cabbage with Potatoes, Onions & Melted Cheese (serves 4)

Ingredients

1kg potatoes peeled and cut into big chunks
1tbsp olive oil
1 large onion sliced
150g Gruyère or other firm cheese
1 small handful grated Parmesan
8 whole Savoy cabbage leaves



What you will need

Large knife and chopping board
Casserole dish
Grater and scales
Spatula or wooden spoon
Peeler

Method

- 1 Bring a large pan of salted water to the boil ,while you peel and chop the potatoes. Add to the water and simmer for 15-20 minutes.
- 2 Warm the olive oil in a deep casserole dish over a medium heat, add the onion and let it soften and colour lightly, stirring it from time to time so that it does not brown. Set the oven at 180°C/350°F/gas 4.
- 3 When the potatoes are tender, drain them and cut through each one. Tip them into the onion pan then toss them with the Gruyère or Cheddar, crumbled or cut into small pieces.
- 4 Grind over some salt and black pepper, then scatter with the grated Parmesan.
- 5 Bake for about 35-40 minutes until the cheese is melted and the potatoes and onions are golden.
- 6 Steam or boil the Savoy leaves while this is happening, a few minutes before you expect the potatoes to be ready.
- 7 Place two Savoy leaves on top of one another on each plate and spoon the potato mix onto the leaves.



Spicy Cauliflower Medley (serves 2)

Ingredients

1tsp olive oil
½tsp of ground cumin
½tsp of ground coriander
½tsp of mustard powder
½tsp of ground turmeric
½tsp of cayenne pepper
1 medium cauliflower, trimmed
and broken into florets
100g carrots, peeled and sliced
1 onion, peeled and chopped
1 cooking apple, peeled, cored and chopped
50ml water
150ml plain natural yoghurt



What you will need

Large knife and chopping board
Large pan
Spatula or wooden spoon
Peeler
Measuring jug and scales

Method

- 1 Heat the oil in a large pan, stir in the spices and cook gently for 2 minutes.
- 2 Add to the pan the cauliflower florets, carrots, onion and apple. Cook for 5 minutes, stirring all the time to ensure even coating of the spices. Cook until the vegetables are beginning to soften.
- 3 Add the water and yoghurt, mix well, cover and simmer gently for approximately 10 minutes or until the vegetables are cooked.



Simple Tzatziki

Ingredients

1 large whole cucumber grated
2 cloves garlic crushed or finely chopped
350g low fat Greek style natural yoghurt
Salt and pepper to taste

What you will need

Large knife and chopping board
Large mixing bowl
Scales
Spatula or wooden spoon

Method

- 1 Grate the cucumber onto a clean tea towel or a couple of sheets of strong kitchen roll.
- 2 Wrap the cucumber parcel up and squeeze it over a sink to remove as much water as possible.
- 3 Add the cucumber to the mixing bowl with all the other ingredients.
- 4 Mix thoroughly and serve immediately.

Tip!

Will keep in the fridge for a couple of days in a sealed container.



Two Minute Hummus

Ingredients

1 tin chickpeas drained
1 clove garlic peeled
1tbsp extra virgin olive oil
Juice of half a lemon
1tsp tahini paste (optional)

What you will need

Food processor/hand blender

Method

- 1 Put oil, lemon juice, garlic and paste in food processor or bowl if using hand blender.
- 2 Put lid on and start the motor.
- 3 Remove pouring cover and slowly tip in the tin of chickpeas.
- 4 Blend until a smooth paste.
- 5 Serve with flatbreads, olives and the other mezze recipes in this book, tzatziki and aubergine dip.



Aubergine Dip

Ingredients

2 large aubergines
250g low fat Greek style natural yoghurt
Juice of 1 lemon
150g walnuts chopped
1 red pepper finely chopped
200g low fat feta cheese crumbled
25ml extra virgin olive oil

What you will need

2 forks
Large mixing bowl
Juicer
Large knife and chopping board
Scales

Method

- 1 Place aubergines on a lightly oiled baking tray and slowly roast for 2-3 hours in an oven on a low heat, around 50°C/120°F/gas ½.
- 2 Once cooked, remove aubergines from oven and scoop out the flesh, discarding the skins.
- 3 Mix with other ingredients in a large bowl by crossing the forks with each other, tearing the aubergine flesh.
- 4 Serve immediately with flatbreads and a green salad. Alternatively cut some carrots, celery and cucumber into finger size pieces and dip them in.



Filo Spinach Parcels (makes 20)

Ingredients

100g spinach leaves cooked
60g plain cottage cheese
or quark, sieved
½tbsp fresh chopped parsley or chives
½ small egg, beaten
2 sheets filo pastry
½tbsp olive oil
Nutmeg to taste (optional)
Black pepper

What you will need

Medium pan
Large kitchen and chopping board
Spatula or wooden spoon
Scales
Baking tray

Method

- 1 Steam the spinach in a small amount of water then drain.
- 2 Place spinach in a bowl and stir in cheese, parsley/chives, nutmeg (optional), egg and black pepper.
- 3 Brush one sheet of the filo pastry sheets lightly with the oil and layer the other sheet on top. Cut the filo pastry into 2inch (5cm) squares.
- 4 Place a teaspoon of the spinach and cheese mixture in the centre of each square and gather the edges of the square to the centre to make a parcel. Brush with the remaining oil and bake at 200°C/400°F/gas 6 for 15-20 minutes until golden.



Tasty Dishes



Mushroom Risotto (serves 4)

Ingredients

½ pack of Porcini dried mushrooms
(if not available use an extra 50g sliced
button mushrooms)
250g Arborio risotto rice
250g sliced button mushrooms
1ltr vegetable stock
1 medium red onion finely chopped
2 cloves garlic finely chopped
125ml glass of white wine/vegetable stock
1tsp dried parsley
75g grated Parmesan
50g butter/margarine
1tbsp extra virgin olive oil



What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Measuring jug and scales
Grater and ladle

Method

- 1 Put dried mushrooms in container and cover with boiling water.
- 2 Add oil to pan, add onion and gently fry while stirring for 2 mins.
- 3 Add garlic and fry for a further minute.
- 4 Add the sliced mushrooms and continue to stir and cook for a further 2 mins until just browning.
- 5 Add the rice and continue to stir until all grains are coated.
- 6 Add the wine to the pan and stir until evaporated.
- 7 Once the wine has evaporated add a couple of ladles of stock and continue as with wine, adding a further ladle when becoming dry.
- 8 After 10 minutes or so the stock should be mostly gone. Drain and chop the porcini mushrooms and add to the pan and stir.
- 9 Remove the pan from the heat and add half the Parmesan, the butter and the parsley and stir.
- 10 Cover the pan and leave alone for two minutes for the cheese and butter to melt.
- 11 Serve into 4 large bowls and use the rest of the Parmesan to top the finished dish.

Leek & Tomato Risotto (serves 2)

Ingredients

½tsp oil
1 onion, finely chopped
2 cloves garlic finely chopped
250g risotto rice
500ml vegetable stock
1 leek, sliced
1 tin chopped tomatoes
Freshly grated Parmesan to taste

What you will need

Large knife and chopping board
1 large pan
Grater
Measuring jug and scales
Spatula or wooden spoon
Ladle
Tin opener



Method

- 1 Heat the oil in a non-stick frying pan. Add the onion and leek fry until the onion begins to soften.
- 2 Stir in the risotto rice ensuring the rice gets a coating of oil.
- 3 Add 1 ladle of hot stock to the rice mixture - stir continuously until the stock is absorbed. Continue in this way until all the stock is used up and the rice is tender. Add the tinned tomatoes with the last ladle of stock.
- 4 Grate a small amount of parmesan cheese to taste.

Tip!

Add a handful of frozen garden peas with tomatoes to increase vegetable consumption.



Quick and Easy Vegetarian Lasagne (serves 4-6)

This recipe is a quick and easy vegetarian version of a classic Italian dish. High in protein and fibre and low in fat due to the vegetarian mince, it can be served with a light salad or if you're feeling hungry, quarter a few potatoes, toss in oil and dried thyme and roast in the oven alongside the lasagne for tasty potato wedges.

Ingredients

450g vegetarian mince
1 medium onion chopped
1 red and green pepper chopped into chunks
1 courgette chopped into small chunks
10 button mushrooms sliced
3 cloves garlic finely chopped
2 tins chopped tomatoes
1tbsp tomato purée
Dried/fresh lasagne sheets
200ml water
1tbsp dried herbs
1dsp extra virgin olive oil
1 jar low fat lasagne topper/see page 23 for alternative sauce
50g cheese grated



What you will need

Large knife and chopping board
1 large pan
1 lasagne dish
Spatula or wooden spoon
Grater
Measuring jug and scales

Method

- 1 Turn on your oven and set to 200°C/400°F/gas 6.
Fry onion & garlic gently in the olive oil until soft.
- 2 Add the peppers and courgette to the onion and garlic and fry for a couple of minutes. Remove vegetables from pan and set aside.
- 3 Brown the mince and return the vegetables to the pan.
- 4 Add the tin of tomatoes, tomato puree, herbs and the water and mix well.
Reduce the heat of your pan and simmer for 15 minutes.

Tip! At this point you can remove from the heat and serve with cooked spaghetti for a quick and easy Bolognese!

- 5** To continue with the lasagne, add an amount of the (Bolognese) sauce to the lasagne dish to coat the bottom by about 1 centimetre.
- 6** Add enough of the lasagne sheets to cover the mix (you may have to break the sheets) and then pour a little of the white sauce over the lasagne sheets, smoothing it out with a spoon.
- 7** Repeat this 2 or 3 times depending on the depth of your dish ensuring you finish with a layer of white sauce.
- 8** Grate the cheese over the lasagne and place the dish on a baking tray to avoid mess in your oven. Place in the centre of the oven and bake for 30 minutes for dried lasagne sheets, 20 minutes for fresh.

Tip! This recipe freezes really well! Allow to go completely cold then transfer to a suitable plastic container and stick in your freezer. This can be defrosted and re-heated in a microwave.



Savoury Bread & Butter Pudding (serves 2)

Ingredients

1tsp oil
1 medium courgette, sliced
1 red pepper, sliced
1 small onion, sliced
50g mushrooms, sliced
1tsp dried mixed herbs
½ small granary French stick,
sliced into 1 inch slices
2 medium eggs, beaten
300ml skimmed milk
20g cheddar, grated
Black pepper



What you will need

Large knife and chopping board
Large ovenproof dish
Frying pan
Spatula or wooden spoon
Grater
Measuring jug and scales



Method

- 1 Preheat the oven to 200°C/400°F/gas 6.
- 2 Gently fry the courgette, pepper, onion and mushrooms for 3-4 minutes until they start to go soft, then stir in the dried herbs.
- 3 Beat together the egg and milk and season with black pepper.
- 4 Divide the vegetable mixture in half and put into the bottom of an ovenproof dish.
- 5 Cover with half of the bread, spoon over the remaining vegetable mixture and top with the remaining bread. Pour the egg and milk mixture over the bread and vegetables.
- 6 Bake in the oven for 15-20 minutes or until golden and risen. Serve hot with salad or seasonal vegetables.

Nice and Easy Pizza Base (serves 2)

Ingredients

175g plain flour
1tsp dried yeast
½tsp caster sugar (optional)
½tsp salt (optional)
1tbsp olive oil
120ml lukewarm water

What you will need

Large mixing bowl
Pizza tray or large baking tray
Cling film
Rolling pin and scales



Method

- 1 Mix dry ingredients well with fingers, making a small well in the middle.
- 2 Pour in the oil and water and stir with finger, pulling the dry ingredients into the middle.
- 3 Keep stirring until all ingredients are combined.
- 4 Place on flat surface and knead for around 3 minutes.
- 5 Place back in bowl and cover with cling film.
- 6 Leave mix for around an hour in a warm place until roughly doubled in size.
- 7 Pre heat your oven to its maximum setting.
- 8 Flour a work surface, remove the mix from the bowl and roll out with a rolling pin or stretch into a circle or square shape with your hands roughly half a centimetre thick.
- 9 Top with the tomato sauce recipe from page 7, slices of mozzarella and place in the hot oven for around 7-8 minutes until the cheese is bubbling and the crusts are golden brown.

Tip! Add thinly sliced peppers/mushrooms to increase vegetable consumption.

Vegetarian Chilli Con Carne (serves 4)

Ingredients

- 1 large onion finely chopped
- 3 cloves garlic finely chopped
- 1 red and 1 green pepper chopped
- 2tbsp olive oil
- 500g vegetarian mince
- 1tbsp chilli powder
- 1tbsp cumin powder
- 1 can chopped tomatoes
- 1 bay leaf
- 250ml beef or vegetable stock
- 2tbsp tomato purée
- 1 can kidney beans drained



What you will need

- Large pan
- Large knife and chopping board
- Spatula or wooden spoon
- Tin opener
- Measuring jug and scales

Method

- 1 Add half the oil to pan and fry mince until brown.
- 2 Remove mince from pan and set aside.
- 3 Add the onion and garlic to the pan with the rest of the oil and cook until just brown.
- 4 Add the mince back to the pan along with the chilli powder and cumin and stir for two minutes.
- 5 Add all the other ingredients apart from the kidney beans and reduce heat to a simmer for 20 minutes
- 6 After 20 minutes add the kidney beans and cook for a further 10 minutes
- 7 Serve with boiled rice and some crusty bread



Pasta with Broccoli Pesto (serves 4)

Ingredients

350g penne pasta
350g broccoli, cut into small florets
3tbsp olive oil
3 cloves garlic, finely chopped
4tbsp pine kernels, toasted
Lemon juice, to taste
4tbsp freshly grated Parmesan
Salt and freshly ground black pepper

What you will need

2 large pans
Small frying pan
Spatula or wooden spoon
Large knife and chopping board
Fork/grater
Scales

Method

- 1** In a large pan of boiling water, cook the pasta according to the pack instructions. Meanwhile, cook the broccoli in a separate pan of boiling water for 10-12 minutes, or until very soft.
- 2** In small frying pan heat the olive oil, add the garlic and cook gently for 2-3 minutes until softened but not coloured. Remove from the heat and set aside.
- 3** Thoroughly drain the broccoli, return to the pan with pine kernels, lemon juice and $\frac{3}{4}$ of the parmasan and mash roughly with a fork.
- 4** Drain the pasta and return to the pan.
- 5** Stir in the mashed broccoli, garlic, pine kernels and lemon juice, and season to taste. Season and serve scattered with Parmesan.



Quick and Easy Cream Free Carbonara (serves 4)

Ingredients

4 egg yolks
50g parmesan cheese grated
350g spaghetti
2 cloves garlic thinly sliced
100g ham, chicken or salmon
thinly sliced (optional)
1tbsp oil

What you will need

Large knife and chopping board
Large pan of boiling slightly salted water
Spatula or wooden spoon
Small frying pan
Small mixing bowl
Scales
Grater



Method

- 1 Mix the yolks and parmesan together and stand to one side
- 2 Place spaghetti into boiling water and cook as per packet instructions
- 3 Place the oil in the frying pan and heat gently
- 4 Gently fry the garlic so as not to burn
- 5 Add the ham, chicken or salmon to the frying pan and continue to cook through
- 6 Once the spaghetti is cooked, drain retaining 1 cup of the pasta water to use later and return to pan
- 7 Add the ham, chicken or salmon to the spaghetti along with the egg yolk and parmesan
- 8 Stir thoroughly, the heat from the spaghetti will cook the yolks as it is being mixed in
- 9 Add some of the pasta water and keep stirring the pasta adding more water if needed until you have a creamy sauce that coats the pasta
- 10 Serve with a sprinkling of fresh parmesan cheese

Leek and Ricotta Cannelloni (serves 4)

Ingredients

- ½ pack fresh lasagne sheets/dried cannelloni tubes
- 3 or 4 medium leeks thinly sliced (this also works well with Savoy cabbage, just slice as thin as possible or a large bag of wilted spinach)
- 1 tub ricotta cheese
- 3 cloves of garlic, finely sliced
- 1tsp dried thyme
- 1 can chopped tomatoes
- 1 jar of lasagne topper (or make your own sauce, see page 23)
- 1tsp red wine or balsamic vinegar
- 1tsp caster sugar
- 1 desert spoon olive oil amd 50g grated parmesan cheese



What you will need

- 1 large pan and 1 small pan
- 1 large lasagne tray and 1 baking tray
- Large knife and chopping board
- 2 spatula or wooden spoons



Method

- 1 In the small pan fry the leek, garlic and thyme in the olive oil for a couple of minutes, adding a splash of water to soften the leeks.
- 2 Meanwhile put the vinegar and caster sugar in a small pan and bring to boil, reducing a little.
- 3 Preheat the oven to 200°C/400°F/gas 6.
- 4 Add the tomatoes to the vinegar and sugar and reduce until a thick mixture.
- 5 Allow the leeks to cool a little before adding the ricotta cheese and mixing well.
- 6 Place the lasagne tray on the baking tray and pour the tomato mixture into the lasagne tray covering the bottom evenly.
- 7 If you are using fresh lasagne sheets, cut each one in half and place some of the leek mixture in the centre of each one, rolling into a sausage shape. If you are using dried cannelloni tubes, use a teaspoon to fill the tubes.
- 8 Place these on top of the tomato mixture.
- 9 Pour over the creamy sauce
- 10 Sprinkle the parmesan over the sauce and bake in centre of oven for around 20 minutes if fresh lasagne, 30 minutes if dried.

Chicken & Orange Casserole (serves 4)

Ingredients

3 cloves garlic, peeled and crushed
2tbsp ground paprika
1 heaped tsp dried thyme
4tbsp olive oil
3tbsp sherry vinegar
4 chicken breasts, remove skin to lower fat content
1 large orange, cut in half then into thin slices, peel left on
1 medium onion, peeled and finely chopped
300 ml chicken stock
Juice of a lemon
50g chopped cold butter or margarine, cut into cubes
2 tbsp flat-leaf parsley chopped



What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Cling film
Measuring jug and scales

Method

- 1 Finely chop and mash the garlic to a paste, then stir in the paprika, thyme, half a teaspoon of pepper and 2 tablespoons of the oil.
- 2 Rub this paste over the chicken breasts and set them aside, covered with cling film for a couple of hours.
- 3 Heat the remaining oil in a large pan and add the chicken pieces, cooking them over a medium to high heat until golden all over.
- 4 Remove the chicken and add the onion to the pan. Stir well and cook until soft and translucent - about 5-10 minutes.
- 5 Pour the sherry vinegar into the pan, scraping up any bits on the bottom of the pan and stirring them in.
- 6 Pour in the chicken stock, bring to the boil and add the orange slices and the lemon juice. Return the chicken to the pan and leave to simmer gently until thoroughly cooked - this will take 20-25 minutes.
- 7 Remove the chicken pieces from the pan and place them in a warm serving dish.
- 8 Bring the sauce to a rapid boil, then stir in the butter and parsley.
- 9 Spoon the sauce over the chicken and serve.

Microwave Braised Beef & Vegetables (serves 4)

Ingredients

2tbsp butter or margarine at kitchen temperature
1 large onion thinly sliced
3 carrots thinly sliced
75g sliced mushrooms
450g stewing/braising steak cut into small cubes
1tbsp plain flour
300ml beef stock
Black pepper & salt to season

What you will need

Large microwaveable casserole dish
Large knife and chopping board
Spatula or wooden spoon
Cling film
Measuring jug and scales

Method

- 1 Put the butter/margarine into the casserole dish and melt on defrost setting for 45 seconds.
- 2 Add the vegetables and steak and mix well.
- 3 Cook uncovered on full for 3 minutes.
- 4 Add the flour and stock and mix well.
- 5 Move the mixture to the edge of the dish forming a ring leaving a hollow in the middle.
- 6 Sprinkle with pepper, cover with cling film and pierce twice to allow steam to escape.
- 7 Cook on full for 9 minutes turning the dish once.
- 8 Allow to stand for 5 minutes then season and serve.



Fish, Chips and Mushy Peas (serves 2)

Ingredients

2 fillets of white fish, coley, haddock, cod etc
1 egg
2 slices wholemeal bread reduce to breadcrumbs in food processor or grater
50g plain flour
2 large potatoes
200g peas fresh or frozen
1tsp butter
100ml double cream
1tsp olive oil



What you will need

Large knife and chopping board
2 baking trays and a large mixing bowl
3 plates for coating fish
1 medium pan
Blender or masher and scales



Method

- 1 Preheat oven to 200°C/400°F/gas 6.
- 2 Cut potatoes into wedges by cutting in half then chop both halves into half again and then chop these in half again.
- 3 Place wedges into mixing bowl and cover with the oil, mixing thoroughly so all the wedges are coated.
- 4 Place wedges onto baking tray and place in oven for 20 minutes.
- 5 Meanwhile make the breadcrumbs and spread over one of the plates.
- 6 Mix the egg and place this on one of the other plates and the flour on the remaining plate.
- 7 Take one of your fillets of fish and lightly roll in the flour, then the egg and then the breadcrumbs to cover the fish and then place on a baking tray.
- 8 After the wedges have been in the oven for 20 minutes, add the fish to the oven and cook for another 20 minutes.
- 9 Boil the peas in water for 3 minutes from frozen, 2 if fresh.
- 10 Drain peas and add to blender or back into pan and mix in the butter and cream, blend or mash to desired consistency.
- 11 Remove fish and wedges from oven and serve with the mushy peas.

Nice and Easy Meatballs (serves 4)

Ingredients

500g lean beef mince or 250g pork 250g beef
2 slices wholemeal bread turned into breadcrumbs
by grating or food processing
50g grated parmesan
25g mixed herbs
2 tins chopped tomatoes
4 cloves garlic thinly sliced
1tsp olive oil

What you will need

Food processor
Large mixing bowl
Large knife and chopping board
Baking tray
Large pan
Scales
Tin opener



Method

- 1 Preheat your oven to 200°C/400°F/gas 6.
- 2 Tear the slices of bread up and put in food processor and turn into fine breadcrumbs.
- 3 Add the cheese, herbs and mince to the breadcrumbs and pulse in the processor until the ingredients start to bind.
- 4 Place the mixture in a mixing bowl, take a golf ball sized piece of the mixture and roll into a small ball between the palms of your hands, placing the meatballs onto the baking tray.
- 5 Repeat with remaining mixture.
- 6 Place on baking tray and bake for 10-15 minutes.
Serve with sauce from page 7, spaghetti and salad.



Goats Cheese & Bean Omelette (serves 2)

Ingredients

100g frozen or fresh green beans cut in half
1 tin butter beans, drained
1 medium onion thinly sliced
1tbsp fresh parsley
2 eggs beaten with 50ml semi-skimmed milk
50g goats cheese cut into small pieces
1tsp olive oil

What you will need

Large knife and chopping board
Large frying pan
Measuring jug and scales



Method

- 1 Fry the onion in oil in a small frying pan until softened and beginning to brown.
- 2 Steam the green beans until tender and drain.
- 3 Add the green beans, butter beans and parsley to the frying pan, and stir.
- 4 Pour over the beaten eggs and milk, season with black pepper and cook over a low heat for about 3-4 minutes until the eggs begin to set.
- 5 Place the goats cheese on top of the set egg mixture randomly, then grill under a hot grill for 2 minutes until golden.

Serve with a crunchy salad

Tip!

Great for lunchboxes, allow to cool thoroughly and wrap in kitchen foil.



Vegetarian Kebabs (serves 4-8)

Ingredients

150g button mushrooms
1 red yellow and green pepper
300g cherry tomatoes
1 large courgette thickly sliced
1 bulb of garlic broken up into
cloves
1 red onion cut into big chunks
225g Haloumi cheese cut
into 1 inch chunks
1tbsp olive oil
2tsp dried thyme



What you will need

Large mixing bowl
Pack of wooden skewers
Large knife and chopping board
Scales

Method

- 1 Soak the skewers in water for at least an hour to prevent burning.
- 2 Place all ingredients in a large mixing bowl and mix by hand coating all ingredients in the oil and herbs.
- 3 Thread the ingredients onto the skewers.
- 4 Place under a hot grill or barbecue until golden.
Serve with warm pitta breads or eat straight from the skewers

Tip!

Serve with Tzatziki
(page 32) and a green salad



Greek Style Chicken Kebabs (serves 4-8)

Ingredients

750g free range chicken cut into strips
3 green peppers chopped into large chunks
2 cloves of garlic, peeled and crushed or finely chopped
Juice of 1 whole lemon
1tbsp dried oregano
1tbsp olive oil

What you will need

Pack of wooden skewers soaked in water for at least 1 hour
Large knife and chopping board
Large mixing bowl
Scales

Method

- 1 Place all the ingredients into a large mixing bowl.
- 2 Mix the ingredients thoroughly with a large spoon or your hands.
- 3 Thread the chicken and peppers onto the wooden skewers leaving a couple of inches at either end.
- 4 Place the kebabs under a pre heated grill or onto a hot barbecue.
- 5 Turn every minute or so until lightly browned but do not overcook.



Tip!

Serve with warmed pitta breads, Tzatziki (page 32) and a green salad

Lentil Dhal (serves 2)

Ingredients

200g dried red lentils
1 small onion
1 vegetable stock cube
4tsp whole coriander seeds
4tsp whole cumin seeds
6 green cardamom pods
3tsp ground turmeric
2 cloves of garlic chopped
2 bay leaves
Ground pepper to taste
Fresh or dried chillies to taste
1tsp vegetable oil

What you will need

2 Large pans
Pestle and mortar
Large knife and chopping board
Scales

Method

- 1 Cook the lentils in water according to instructions, adding the vegetable stock cube and the bay leaves to the lentil cooking water.
- 2 Dry fry the coriander, cumin and cardamom in a the other pan
- 3 Shake the pan while still over the heat to turn the spices for around two minutes do not allow them to burn.
- 4 Tip the spices into a pestle and mortar
- 5 Remove the cardamom seeds from their pods, and grind the dry fried spices until reasonably fine
- 6 Chop the onion very finely and fry in a little oil on a gentle heat until soft but not burnt.
- 7 Add the dry fried spices, the turmeric, and the garlic to the onion and fry gently for two minutes, stirring all the time.
- 8 Add the cooked lentils to the pan and stir thoroughly to mix all the ingredients.
- 9 Add the chilies and pepper, stir and leave to simmer gently for 5 minutes.
Serve with rice, chapattis or flatbreads



Butternut Squash and Sweet Potato Curry (serves 4 with leftovers)

Ingredients

- 250g potatoes scrubbed and chopped
- 250g sweet potatoes peeled and chopped
- 1 onion thinly sliced
- 1 medium butternut squash chopped into bite size pieces (no need to peel)
- 400ml low fat coconut milk
- 2 heaped tbsp Madras curry paste
- 2tsp vegetable oil
- 1-2tsp dried chili flakes (optional)

What you will need

- Large knife and chopping board
- Large pan
- Spatula or wooden spoon
- Scales

Method

- 1 Fry the onion in the oil for a few minutes until starting to colour.
- 2 Add the curry paste and the chillies and fry for another 2-3 minutes make sure not to burn if using powder by using a little water or vegetable stock.
- 3 Add the potatoes, sweet potatoes and the butternut squash with the coconut milk and leave to simmer gently, stirring occasionally, for around 20 minutes until the vegetables are tender.
- 4 Season and serve with boiled or steamed rice.



Tip!

To make this healthier, replace the coconut milk with a tin of chopped tomatoes and 250ml vegetable stock



Low Fat Chicken Korma (serves 4)

Ingredients

700g diced chicken
1 large onion, sliced
250g pot of low fat crème fraîche
250ml chicken stock
2 heaped tbsp mild curry powder
1tsp vegetable oil

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Measuring jug and scales



Method

- 1 Slice onion and fry gently in oil until softened but not coloured.
- 2 Add chicken and fry for a couple of minutes until just starting to brown.
- 3 Add curry powder and gently fry for a further 2 minutes.
- 4 Add crème fraîche and half of the stock and simmer for 5 minutes, adding more stock if needed.
- 5 Serve with boiled rice.

Tip!

Instead of using chicken use mixed vegetables and vegetable stock, helping towards your 5-a-day.

Best Ever Beans on Toast (serves 4)

Ingredients

2 tins of beans such as cannellini, flageolet, butter beans or chickpeas
2 tins chopped tomatoes
1 large sliced onion
3 cloves garlic sliced
1 red pepper sliced
1 sliced whole red or green chilli
1tbsp cumin powder
2tsp olive oil
8 slices French bread

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon

Method

- 1 Place pan on heat and add oil and onion.
- 2 Fry for 2 minutes without colouring and then add the garlic, pepper, chilli and cumin powder.
- 3 Fry for a further 2 minutes.
- 4 Add the the tomatoes, beans and simmer for 10 minutes.
- 5 Remove from heat and serve on some sliced crusty French bread.

Tip! Great for vegetarians – high source of protein.



Roast Beef

(Serves 4 with leftovers)

Ingredients

1.5kg topside beef joint
2 tbsp olive oil
Pinch salt and pepper

What you will need

Large roasting pan

Method

- 1 Preheat the oven to its highest setting.
- 2 Rub the beef with the olive oil, salt and pepper.
- 3 Put the roasting pan on the hob and when hot, add the beef.
- 4 Brown the beef on all sides for a few minutes before transferring to the oven leaving it at its highest setting for 20 minutes.
- 5 Reduce the heat to 190°C/375°F/Gas 5 and roast for 45 minutes for rare, 60 minutes for medium rare, 75 minutes for medium, 90 minutes for well done.
- 6 Remove the beef from the oven, move it to a warmed plate, cover loosely with tin foil and leave to rest for 30 minutes.



Garlic and Thyme Yorkshire Puddings (Serves 4)

Ingredients

3 medium eggs
115g plain flour
275ml semi skimmed milk
1tsp garlic powder
1tsp dried thyme
Oil to coat baking dish

What you will need

Mixing jug
Whisk
1 medium roasting pan or bun tin



Method

- 1 Make your batter mix by mixing the eggs, flour and herbs together with a whisk.
- 2 Add the milk and continue to whisk until smooth. This can be done the day before if you like and will make your puddings lighter.
- 3 Put the roasting pan or bun tin in the oven with the oil on its highest setting for 10 minutes.
- 4 After 10 minutes remove from the oven and quickly pour the batter into the pan or tin and quickly and carefully put back in the oven leaving it at its highest setting.
- 6 It will take around 25 minutes for one large pudding or 10-15 for the smaller ones if using a bun tin.
- 7 Remove from oven and serve with the carved beef from page 57 and roasted vegetables from page 26.

Fruity Desserts



Fruit Skewers with Dipping Sauce (serves 4)

Ingredients

For the kebabs:

400g mixed fruit (e.g. apples, oranges, kiwi fruit, pear, grapes, melon, banana) sliced.

For the sauce:

150g strawberries or other berries
2tsp icing sugar
2tbsp low fat yoghurt or fromage frais

What you will need

Wooden skewers
Food processor/blender
Scales
Large knife and chopping board

Method

- 1 Thread the sliced fruit onto cocktail sticks or skewers.
- 2 Place the strawberries and icing sugar into a blender and blend until smooth, adding a little water if the sauce is too thick.
- 3 Spoon the berry sauce and the yoghurt into separate bowls and use as dips for the kebabs.



Fruit Sundaes (serves 4)

Ingredients

2 meringue nests, roughly crushed
1 banana, sliced
1 kiwi fruit, peeled and chopped
1 pear/apple, peeled and chopped
200g low fat yoghurt
1tbsp caster sugar

What you will need

Large knife and chopping board
4 tall glasses

Method

- 1 Place a little meringue into the bottom of 4 tall glasses. Add a little fruit.
- 2 Stir together the yoghurt and caster sugar and spoon a little over the fruit.
- 3 Continue to layer up the ingredients until all used up.
- 4 Serve immediately.



Mixed Fruit Jelly (serves 4)

Ingredients

1 packet sugar-free jelly
100ml boiling water
200ml cold water
175ml unsweetened fruit juice
e.g. orange, apple
300g finely chopped fresh fruit
e.g. pear, banana, peaches, strawberries
(Don't use pineapple or kiwi as these
will prevent the jelly from setting)

What you will need

Measuring jug and scales
Large knife and chopping board
Jelly mould



Method

- 1 Place the jelly in a large jug and pour in the boiling water. Stir to dissolve.
- 2 Add the cold water and then the fruit juice.
- 3 Take a large jelly mould or several small moulds or dishes and place the fruit in the bottom.
- 4 Pour the jelly mixture over the fruit.
- 5 Stir to distribute the fruit evenly and place in the fridge.
- 6 Leave in the fridge to set.



Ruby Pears (serves 4)

Ingredients

4 firm pears peeled
250ml cup cranberry juice
Low fat yoghurt/crème fraîche

What you will need

Peeler
Large pan
Measuring jug

Method

- 1 Arrange the peeled whole pears in a saucepan and cover with cranberry juice.
- 2 Cook until tender (approx. 10-15 mins).
- 3 Remove pears and set to one side.
- 4 Bring juice to the boil until reduced by half.
- 5 Spoon juice over the pears and serve with low fat yoghurt.



Fruit Salad (serves 4)

Ingredients

8 satsumas or clementines

4 apples

4 pears

4 kiwi fruits

(Other fruits of your choice can also be used)

What you will need

Large knife and chopping board

Large bowl



Method

- 1 Peel the satsumas or clementines and divide into segments.
If there are pips remove them by cutting the segments in half.
- 2 Wash the rest of the fruit.
- 3 Core the apples and pears and cut into bite-size cubes.
- 4 Peel the kiwi fruit and slice.
- 5 Mix all the fruits together in a bowl.
- 6 If you are not going to serve the fruit salad immediately, sprinkle some orange/lemon juice over the apple and pear to stop them from discolouring.

Tip! Serve with low fat yoghurt for extra calcium.



Plum Crunchies (serves 4)

Ingredients

8 plums
8 wholemeal digestive biscuits
250g low fat yoghurt

What you will need

Large knife and chopping board
Large pan
4 ramekin dishes

Method

- 1 Halve and stone the plums and place in a small pan with 4tbsp water and simmer for five minutes until soft.
- 2 Crush the biscuits and divide between the ramekins.
- 3 Divide the yoghurt between the ramekins, spread carefully over the crushed biscuits.
- 4 Place two plums in each ramekin and drizzle with the juice.



Beetroot & Chocolate Cake (Serves 8)

Ingredients

175g beetroot chopped/grated
200g plain flour
100g cocoa powder
1tbsp baking powder
250g golden caster sugar
3 eggs
100g dark chocolate,
chopped/grated
2tsp vanilla extract
200ml sunflower oil



What you will need

Food processor/grater
Large mixing bowl and spatula
1kg loaf tin
Baking parchment

Method

- 1 Heat oven to 190°C/370°F/gas 5 and line loaf tin with the baking parchment.
- 2 Put the beetroot into a food processor and whiz or grate until finely chopped.
- 3 Add a pinch of salt and the rest of the ingredients, except the oil and chocolate. When completely mixed add the oil in a slowly whilst still blending/stirring.
- 4 When all the oil has been added, stir in the chocolate, then tip the mix into the lined loaf tin.
- 5 Bake for around 60 minutes until a knife or skewer comes out almost clean.
- 6 Leave the loaf to cool on a rack.
- 7 Serve in slices.

Dried Apple Rings

Ingredients

Apples, any variety except baking should be fine
Slightly salted water
1tsp vegetable oil

What you will need

Large knife and chopping board
Large bowl
Bamboo cane



Method

- 1 Using an apple corer, core one apple.
- 2 Slice the apple horizontally through from top to bottom so that you have a disc with a hole in the middle.
- 3 Place the slices straight into the salted water (they will brown very quickly otherwise) and continue this process with the rest of the apples.
- 4 Once all your apples are done, lightly oil a piece of bamboo cane and thread the apples over the cane.
- 5 Hang the cane somewhere warm, and leave to dry for a few days, then they are ready to eat.

Tip!

These will store for around a week in an airtight container and make a great snack for lunchboxes



Courgette Buns

Ingredients

350g self-raising flour
50g cocoa powder
1 tsp mixed spice
175ml extra-virgin olive oil
375g golden caster sugar
3 eggs
2tsp vanilla extract
2 medium courgettes, grated

What you will need

2 bun trays
Bun cases
2 large mixing bowls
Grater
Spatula or wooden spoon
Measuring jug and scales



Method

- 1 Heat the oven to 180°C/360°F/gas 4.
- 2 In a large bowl, combine the flour, cocoa powder, mixed spice and 1tsp salt.
- 3 In another bowl, combine the olive oil, sugar, eggs, vanilla essence and grated courgette.
- 4 Mix the dry and wet mixture until just combined.
- 5 Place bun cases in the bun tin.
- 6 Pour mixture into the bun cases and bake in centre of oven for 20-25 minutes.



Fat Free Fruit Loaf

Ingredients

225g wholemeal flour
1 tea bag
200g sultanas
100g dried apricots, chopped
175g soft brown sugar
2 eggs beaten
1tsp baking powder
1tsp mixed spice

What you will need

Kettle
Mixing bowls
1 large loaf tin
Baking parchment
Measuring jug and scales
Spatula or wooden spoon



Method

- 1 Put the teabag into a bowl and pour over 300ml boiling water and leave for 5 minutes
- 2 Remove teabag and add fruit and leave to soak for 2–3 hours.
- 3 Preheat the oven to 180°C/360°F/gas 4 while lining a 1kg loaf tin with baking parchment.
- 4 Stir the sugar and eggs into the fruit mixture. Combine the flour, baking powder and spice and stir into the fruit mixture.
- 5 Spoon into the prepared tin and bake for 45-50 minutes or until firm to touch and a skewer comes out clean. Allow to cool slightly before removing from the tin.



Stewed Apples (serves 4)

Ingredients

4 apples,
50ml water

Optional:

100g raisins/currants and cinnamon

What you will need

Large knife and chopping board

Large pan

Spatula or wooden spoon

Measuring jug

scales



Method

- 1 Peel, core and slice the apples.
- 2 Put 50ml boiling water into a saucepan and add the sliced apple.
- 3 Cook on a low heat, stirring every 3-4 minutes to stop the apple from sticking for approx 5-10 mins until the apples are tender.
- 4 If adding raisins/cinnamon these can be added after about 5 minutes.

Tip! Ideal for weaning babies, just mash up to a smooth paste.



Apple & Pear Pancakes (serves 4)

Ingredients

280g plain flour
2 egg, beaten
500ml milk
2tsp olive oil
2 dessert apples, cored and diced
2 pears peeled, cored and diced
2tbsp soft brown sugar
8tbsp unsweetened orange/apple juice

What you will need

Large knife, chopping board and scales
Large flat frying pan
Large bowl
Small pan
Spatula or wooden spoon

Method

- 1 Place the flour in a large bowl and make a well in the centre.
- 2 Add the egg and mix.
- 3 Pour in the milk slowly, beating continuously.
- 4 Allow the batter to stand for 20 minutes.
- 5 Meanwhile, put the fruit, sugar and juice in a small saucepan and simmer for five minutes until soft.
- 6 To make the pancakes, heat the olive oil in a frying pan and then pour a little batter at a time into the frying pan.
- 7 Roll the mixture around the pan and fry, turning once, until golden brown.
- 8 To serve, put some of the fruit on one side of the pancake and fold.





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