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COOKING FOR ALL

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This recipe book has been produced by



**with thanks to**



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# Introduction

This recipe book is designed to coincide with the **Brighter Living Partnership Fruit and Vegetable Co-operatives**. This book is an update of the Healthy Family Favourite Recipes we produced in 2011.

The fruit and vegetable co-ops provide large bags of fresh fruit, vegetables and salad to the residents of Sefton for very reasonable prices. This is in addition to a wide range of fresh produce we have available to purchase individually at each co-op venue as well. We also sell eggs and other items such as pulses at the co-operatives which are run throughout the borough of Sefton. Deliveries can also be made in North Sefton only for a small additional charge. The fruit and vegetable co-operatives are open to everyone!

**To find out where your nearest co-op is or for more information regarding the fruit and vegetable co-operatives please call 01704 501024 ext 243 for North Sefton and 01704 501024 ext 205 for South Sefton or visit [www.brighterliving.org.uk](http://www.brighterliving.org.uk).**

A number of these recipes in this book have been produced by the 1st Maghull Guide Unit, look out for their logo within the book to show which recipes have been provided by them! Other recipes within this book are favourite recipes chosen by service users and individuals who have attended cooking courses we have delivered.



The recipes in this book are meant as a guide only. They can be tailored to your personal preferences, adding extra ingredients to your taste or removing items you don't like. Cooking is meant to be fun, relaxing and a chance to experiment with new foods and cooking techniques.

Soups are a really good way to build your own cooking confidence and are easy to make. Soups essentially consist of a stock and several base vegetables such as garlic, onion, celery and carrots as examples. From this point forward you can then make the soup to your own tastes. This could include adding additional vegetables, lentils and possibly even noodles or meat such as chicken to make the soup into a hearty healthy meal.

# Why eat healthy?

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active and your muscles working effectively.

Good nutrition reduces the risk of coronary heart disease and type 2 diabetes. It helps to maintain a healthy weight and increases the amount of vitamins and minerals in your body to protect against illness.

## How to include more fruit & veg in your diet

- Add dried or chopped fruit into your cereal
- Have a glass of fruit juice with breakfast
- Snack on fresh fruit instead of sweets
- Use chopped vegetables such as carrots, cucumber etc as a snack
- Serve a side salad with your main meals and add salad to sandwiches
- Make fruit smoothies
- Vegetable stir-frys 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, dried fruit and vegetables all count as portions of fruit and veg.**

### 1 portion includes:

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

**More information about fruit and vegetable portions can be found on the NHS Choices website, [www.nhs.uk/5aday](http://www.nhs.uk/5aday).**







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**EATSEASONABLY.CO.UK**

# 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.



# Store cupboard essentials

Store cupboard essentials are really important ingredients that more often than not form the base for a healthy meal, below we have provided a list of ingredients we consider important and are used regularly within this recipe book. All the ingredients listed below are non-perishable; therefore they do not spoil or decay if used within the dates listed on the packaging.

You do not need to go out and buy all the ingredients straight away, just buy a couple of things each time you go shopping and shop around, your store cupboard will soon build up. Having well stocked cupboards will ensure you have the right ingredients in to make a healthy meal and prevent a last minute dash for those missing ingredients! This list isn't comprehensive but it will make an excellent start.

Oils such as olive oil, rapeseed oil or infused oils such as garlic, chilli etc

Stock cubes such as vegetable, chicken or beef

Dried herbs such as thyme, rosemary etc

Dried spices such as cumin, cajun and chillies etc

Bay leaves

Plain and self raising flour

Worcestershire sauce

Canned beans such as cannellini and mixed beans

Canned fish including tuna

Noodles and pasta including lasagne sheets

Rice, including basmati and risotto rice

Sauces such as soy

Salt, low sodium version if possible

Black pepper

Tinned tomatoes

Tomato puree

Balsamic vinegar



Whilst shopping we recommend purchasing the lower fat options of foods as much as possible as they are a lot healthier. We have provided a few practical examples below:

- Instead of using standard butter/margarine in recipes you can use unsaturated margarine e.g. sunflower spread/olive oil based spread
- Brown or best of both bread instead of white bread
- Wholemeal pasta/noodles instead of standard pasta/noodles
- Reduced salt options on sauces, pastas etc



# Kitchen utensils

Below is a list of utensils we suggest would be useful to have in your kitchen. Utensils come in all different price ranges so purchase the items that fit your budget. As we mentioned with the store cupboard essentials purchase these items over time to build up your collection and shop around to find the best deals! This is not a comprehensive list and you can add to this list as your cooking skills develop.

Large frying pan (non-stick)

A selection of different sized saucepans

A selection of mixing bowls

Baking trays

Set of knives

Chopping boards

Can opener

Vegetable peeler

Whisk

Blender

Measuring jug

Colander

Weighing scales

Measuring cups

Spatula

Wooden spoons

Casserole dish

Grater

Food processor



# 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.

## Terms used within this book

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

# Further information

The recipes within this book, where possible, have an indication of how many portions of fruit and vegetables are contained within each recipe.

Please be aware that if you blend soups you will be losing the roughage and dietary fibre contained within the vegetables, regardless of how many portions of different vegetables are within this soup it will only count as one portion towards your 5 a day target. This is the same for fruit smoothies.

Within the soups, light meals and main meals section of this recipe book you will notice that some recipes will have a £5 logo and some recipes will have a £10 logo. These figures are based on an approximate cost of the meal. If the recipe has a £5 logo this means this meal can be prepared for £5 or less based on 4 servings, the £10 logo works in the same way and can be prepared based on 4 servings for £10 or less.

You will also notice an F logo in many of the recipes; the F logo indicates that this meal can be frozen so therefore can be prepared in advance.



# Soups





# Quick & Easy Tomato and Basil Soup (serves 4)

## Ingredients

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

## 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 a blender.
- 5** Serve with crusty bread.



# French Onion Soup (serves 4)

## Ingredients

3tbsp butter or margarine  
10 onions, thinly sliced  
50g plain flour  
1tbsp tomato puree  
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 and 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 potatoes, peeled and chopped  
2 leeks, trimmed and thinly sliced  
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  
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.



# Carrot and Lentil Soup (serves 4-6)

## Ingredients

5 large carrots, peeled and chopped  
1 onion, chopped  
2 cloves garlic, finely 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 Soup (serves 4)

## Ingredients

2-3 cloves of garlic, sliced  
 1 large onion, chopped  
 3 carrots, peeled and chopped  
 1 cabbage, roughly chopped  
 1 swede, peeled and chopped  
 1 broccoli head, florets only  
 2 potatoes, 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 any vegetables you are using.
- 2** Gently fry for 5 minutes and then add the vegetable stock.
- 3** Simmer for 10-15 minutes or until the vegetables are tender.
- 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)

## Ingredients

600g parsnips, peeled and chopped into small pieces  
2 garlic cloves, finely 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.



# Butternut Squash Soup

## (serves 4)

### Ingredients

1 large butternut squash,  
seeds removed and chopped into  
small chunks  
2 garlic cloves, finely 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, before adding the squash, onion, cumin and garlic to the pan and gently fry until starting to brown.
- 2** Add the stock and bring to the boil.
- 3** Reduce the heat and simmer for 15 minutes.
- 4** Remove the pan from the heat and leave to cool for a minute before blending.

**Tip!** For a extra kick why not add a teaspoon of dried chilli flakes at stage 2.



# Chicken Broth (serves 6)

## Ingredients

Leftover chicken or chicken carcass  
 5-6 large carrots  
 2 large white onions  
 3 sticks of celery  
 1tsp dried thyme  
 1tsp dried sage  
 ½ swede  
 Water to cover the contents of the pan



## What you will need

1 large pot  
 Wooden spoon  
 Large sieve  
 Large bowl  
 Paring knife  
 Chopping board  
 Vegetable peeler



## Method

- 1** Place the chicken leftovers/carcass into the pot and cover with cold water, add one carrot (chopped in half), one onion (peeled and chopped in half), thyme, sage and one celery stick. Simmer for at least 2 hours.
- 2** Allow stock to cool and skim the fat off the top. Strain the stock through the sieve into the large bowl and then transfer the stock back into the pan. Use the paring knife to take the chicken off the bone and put it into the stock.
- 3** Peel and chop the carrots, swede, onions and celery and add them to the stock. Bring back to the boil and then down to a simmer until vegetables are tender. Serve whilst hot.

**Tip!** You could also add potatoes or pasta/noodles to the soup if you want to make it more filling. If you are using potatoes they should be added at the start of stage 3 with the other vegetables. If you are using pasta or noodles add to the soup when the vegetables are starting to become tender and allow 10-15 minutes to cook thoroughly.

## Gammon and Lentil Soup (serves 6-8)

### Ingredients

One ham hock  
6 carrots  
2 onions  
160g red split lentils  
Water to cover contents of the pan  
2tsp dried mixed herbs  
Vegetable stock  
Salt and pepper, to taste

### What you will need

Large pot  
Large sieve (needs to hold the hock)  
Paring knife  
Wooden spoon  
Chopping board  
Vegetable peeler  
Large bowl



### Method

- 1** Making the stock: place the ham hock into the large pan and cover with water, add one carrot (chopped in half), one onion (peeled and sliced in half) and the herbs. Bring the pan to the boil and simmer until the hock is tender (approximately an hour), leave to cool once tender.
- 2** Strain the stock through the sieve into the large bowl and then pour the liquid stock back into the pan. Remove all the skin, fat and bones from the hock and cut into smaller chunks. Place the chunks back into the pan. This completes the stock part of the recipe, now we make it into a soup.
- 3** Peel and chop the remaining carrots and onion thinly and add to the pan along with the vegetable stock. Bring the pan to the boil and then simmer until the soup reduces by 1/5th. Add in the lentils and simmer until lentils are tender. Serve hot.



# Vegetable Pasta Soup (serves 4)

## Ingredients

1tbsp olive oil  
 2 carrots, thinly chopped  
 1 large onion, finely chopped  
 1ltr vegetable stock  
 2 celery sticks, finely chopped  
 200g frozen peas  
 250g filled tortellini or pasta shells  
 400g can chopped tomatoes  
 Basil leaves (optional)

## What you will need

Large knife and chopping board  
 Vegetable peeler  
 Can opener  
 Large saucepan

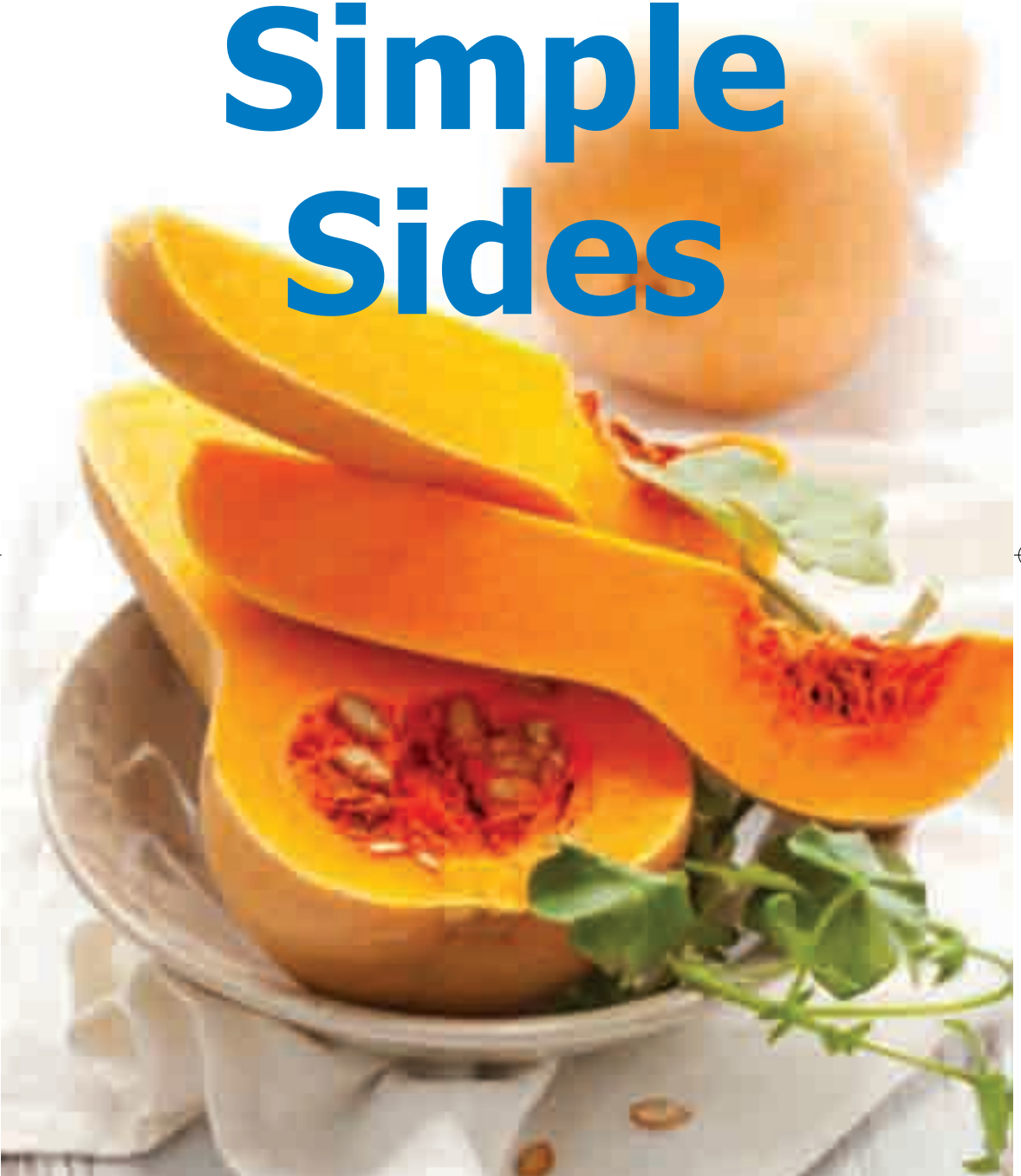


## Method

- 1** Heat the oil in a pan and fry the carrots, onion and celery for 5 minutes until starting to soften.
- 2** Add the stock and tomatoes and simmer for 10 minutes. Add the peas with 5 minutes to go.
- 3** Once the vegetables are tender add in the pasta, return the pan to the boil and simmer until the pasta is just about cooked.
- 4** Add basil if you are using and season if necessary. Serve whilst hot.



# 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.

When cooking rice it is important that you follow the correct safety guidelines to ensure it is stored safely to prevent illness. Any leftover rice should be cooled as quickly as possible and will need to be placed in an airtight container and placed in the fridge within 4 hours of it being cooked. Once in the fridge it can be kept up to a maximum of 3 days only.

## 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!



# Simple Roast Veg (serves 4)

## Ingredients

5 large potatoes, peeled and quartered  
 1 large swede or turnip, peeled and chopped into large chunks  
 5 large carrots, peeled and chopped  
 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  
 2 peppers, de-seeded and cut into chunks  
 250g mushrooms, quartered  
 1 courgette, sliced into 1cm chunks  
 200g cherry tomatoes, chopped in half  
 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** Pre-heat 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 4-6)

## Ingredients

1kg potatoes, peeled and cut into slices  
(approx ½ inch)  
250ml of semi-skimmed milk  
250ml of crème fraiche  
1 onion peeled, sliced into rings  
1 clove of garlic, chopped very thinly  
1tsp salt  
50g unsalted butter



## What you will need

Peeler  
Large Knife and chopping board  
Measuring jug  
Large saucepan  
Large casserole dish

## Method

- 1** Add the sliced potatoes into a large saucepan with the milk, crème fraiche, onion, garlic and salt. Bring the ingredients to the boil and then simmer until the potatoes are tender.
- 2** Use some of the butter to grease the casserole dish and then pour the milk and potato mixture into it.
- 3** Dot with the remaining butter and cook in the oven for 10 minutes at 180°C/160°C fan/gas 4 with a lid on. After ten minutes take the lid off and cook for a further 5 minutes or until the potato begins to brown.
- 4** Remove from the oven and serve.



# Egg Fried Rice (serves 4)

## Ingredients

2tbsp olive oil  
 300g basmati rice  
 1 pepper, chopped into small pieces  
 4 spring onions, finely chopped  
 100g frozen peas  
 3 eggs, whisked  
 Soy sauce (light or dark, depends on your preference) to add

## What you will need

Large knife and chopping board  
 Pan or rice cooker/steamer  
 Large frying pan/wok  
 Spatula or wooden spoon  
 Whisk and bowl  
 Colander



## Method

- 1** If you are using a saucepan to cook the rice follow the instructions within this book on page 26.
- 2** Beat the eggs into the bowl. Pour a little oil into the frying pan and add the egg. Allow the egg to cook for a couple of minutes and scramble them up.
- 2** Add the pepper, spring onions and peas and keep stirring.
- 4** Add the cooked rice (drain if required) and stir in the soy sauce, if using.
- 5** Stir around until all the ingredients are mixed together and serve.

**Tip!** This recipe could be used a side to a main meal or add extra ingredients such as chicken to make it into a full meal. The options with this recipe are endless.



# Tuna Melt Potato Wedges (serves 4)

## Ingredients

750g frozen potato wedges  
4tbsp light mayonnaise  
½ onion, very finely chopped  
100g grated cheddar  
2 x 160g cans of tuna, drained  
Bunch of parsley, chopped

## What you will need

Oven tray  
Mixing bowl  
Large heatproof serving dish  
Can opener  
Grater



## Method

- 1 Heat the oven to 220°C/fan 200°C/gas 6.
- 2 Tip the potato wedges onto a large oven tray, ensuring they sit in a single layer and bake for ten minutes. Whilst baking mix together the mayonnaise, onion, cheese, tuna and parsley.
- 3 Tip the wedges into the large heatproof serving dish and spoon over the tuna mixture. Return to the oven for a further 12 minutes, until melted.

## Stir Fried Green Vegetables (serves 4-6)

### Ingredients

2tbsp olive oil  
225g courgettes, thinly sliced  
175g mangetout  
175g frozen peas, thawed  
250g leafy green cabbage,  
chopped roughly  
Salt and pepper, to season



### What you will need

Chopping board and knife  
Large frying pan

### Method

- 1 Heat the oil in a large frying pan, add the courgettes and cabbage and stir fry for 1-2 minutes.
- 2 Add the mangetout and cook for a further minute before adding the peas and cooking for a further minute.
- 3 Season with salt and pepper and serve immediately.

**Tip!** Add other types of green vegetables for variety such as leeks and spring onions.



# Cauliflower Cheese (serves 4)

## Ingredients

1 large cauliflower  
 50g of unsalted butter  
 (and a little extra for greasing)  
 50g of plain flour  
 300ml milk  
 A generous grating of ground nutmeg  
 Pinch of ground black pepper  
 1tbsp Dijon mustard  
 (or other French mustard)  
 125g cheddar cheese, freshly grated  
 A handful of flat leaf parsley, finely chopped



## What you will need

Saucepan  
 Sharp knife  
 Ovenproof serving dish  
 Wooden spoon  
 Cheese grater  
 Kitchen scales  
 Measuring jug  
 Saucepan (or 2 if not using a steamer)



## Method

- 1** Prepare the cauliflower by washing it and cutting it into small individual florets, with all the hard woody stems cut off. Boil the cauliflower in a saucepan until the florets are soft when pierced with a sharp knife. Remove the cauliflower from the heat and place in a buttered ovenproof serving dish.
- 2** Melt the butter in a saucepan. Stir in the flour and cook gently for 1 minute. Remove the butter and flour from the heat and stir in the milk very gradually. Bring the milky mixture to the boil, and then continue cooking and stirring on a medium heat, until the sauce thickens.
- 3** Pre-heat the grill to its hottest setting.
- 4** Stir the nutmeg, ground black pepper and the mustard into the sauce, along with half of the grated cheese. Pour the sauce over the hot cauliflower, sprinkle with the remaining cheese and brown under the hot grill.
- 5** Serve with chopped parsley sprinkled on top.

# Spicy Butternut Squash Quarters (makes 8)

## Ingredients

2 butternut squash, quartered and seeds removed  
40g unsalted butter, softened  
4tsp chilli flakes or other spicy seasoning  
A pinch of salt, to season  
Leafy green lettuce or rocket, to serve (optional)

## What you will need

Saucepan  
Knife and chopping board  
Oven proof dish



## Method

- 1** Pre-heat the grill to medium hot and melt the butter in a saucepan over a low heat.
- 2** Place butternut squash quarters into the oven proof dish and sprinkle with the butter, salt and seasoning.
- 3** Put the dish under the grill and cook for 20-30 minutes or until tender, turning the quarters occasionally. Serve hot with lettuce or rocket, if using.



## Simple Tzatziki

### Ingredients

1 large whole cucumber grated  
 2 cloves garlic, 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 and olives.





## Tomato Salsa (serves 4)

### Ingredients

6 medium tomatoes,  
peeled and finely chopped  
½ medium red onion, finely chopped  
1 small garlic clove, crushed  
Squeeze of lime juice  
Handful of fresh coriander,  
roughly chopped  
Salt and pepper, to taste

### What you will need

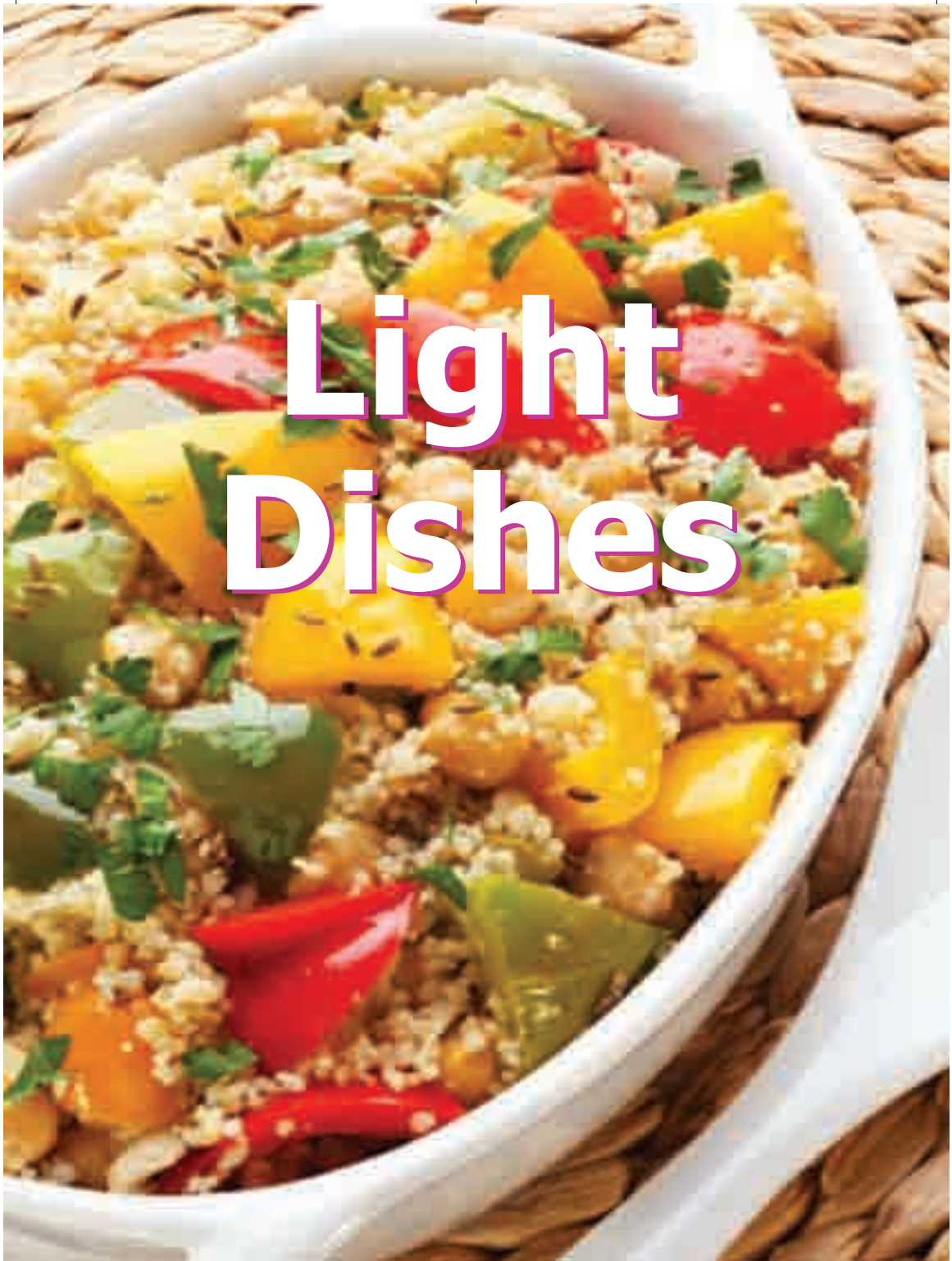
Chopping board and knife  
2 mixing bowls  
Saucepan



### Method

- 1 First you need to peel the tomatoes, to do this you need to make slits all over the skin of the tomatoes and place in a bowl of boiled water. Leave them here for 2 to 3 minutes and peel the skin using your fingers.
- 2 Simply place all the chopped ingredients into a bowl, mix around and place in the fridge until you are ready to use it.





# Light Dishes

## 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 onion, finely sliced  
 3 cloves garlic, sliced  
 1 red pepper, sliced  
 1 red or green chilli, finely sliced  
 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, frying for 2 minutes.
- 2 Add the garlic, pepper, chilli and cumin powder and fry for a further 2 minutes.
- 3 Add the the tomatoes, beans and simmer for 10 minutes.
- 4 Remove from heat and serve on some sliced crusty French bread.

**Tip!** Great for vegetarians – high source of protein.



## Chick Pea Patties (makes 12)

### Ingredients

2 x 400g cans chick peas, drained  
 4 garlic cloves, crushed  
 1 tsp ground cumin  
 1 small red onion, chopped  
 20g fresh coriander  
 Sprinkle of chilli flakes (optional)  
 2 tbsp plain flour  
 Olive oil for frying  
 Fresh parsley, to serve  
 2 lemons, quartered



### What you will need

Chopping board and knife  
 Food processor  
 Frying pan  
 Kitchen paper  
 Can opener



### Method

- 1** Drain and rinse chick peas and pat dry with kitchen paper.
- 2** Place the chick peas, garlic, cumin, onion, coriander and chilli flakes (if using) in a food processor and blend until smooth. Stir the flour into this mixture.
- 3** With floured hands shape the mixture into 12 small round patties and chill in the fridge for 20 minutes. Freeze at this point if applicable and allow to defrost fully at room temperature before cooking.
- 4** Heat a little oil in a frying pan over a medium heat and fry the patties in batches for around 2 minutes on each side until heated through and golden.
- 5** Serve warm with fresh parsley and lemon wedges.



# Vegetable and Tomato Pasta Bake (serves 4)

## Ingredients

250g penne pasta  
 ½ courgette, trimmed and diced  
 125g mushrooms, sliced  
 ½ red pepper, chopped  
 1 carrot, peeled and diced  
 2 celery stalks, trimmed and sliced  
 75g green beans, trimmed and cut into small strips  
 100g low fat cheddar cheese, grated  
 400g can chopped tomatoes



## What you will need

Large saucepan  
 Large baking dish  
 Microwaveable dish  
 Cling film  
 Wooden spoon



## Method

- 1** Pre-heat oven to 200°C/180°C fan/gas mark 6. Cook pasta in a large saucepan of boiling, slightly salted water following the directions on the packet.
- 2** Add the courgettes, carrot, celery and green beans to the microwaveable dish and microwave on high for 4 to 5 minutes or until the carrot is tender.
- 3** Add the mushrooms and pepper to the other vegetables and stir.
- 4** Drain the pasta and return to the saucepan. Add the vegetable mixture and pour in the chopped tomatoes and mix.
- 5** Spoon the mixture into the baking dish, cover the top with cheese and bake for 20 to 25 minutes at 200°C/180°C fan/gas 6 or until the cheese is golden.





## Tuna Bean Salad (serves 4)

### Ingredients

500g salad potatoes  
 4tbsp olive oil  
 1tbsp lemon juice  
 ½tsp chilli powder  
 1 garlic clove, finely chopped  
 400g can cannellini beans, drained and rinsed  
 1 small red onion, finely chopped  
 Handful of parsley, roughly chopped  
 200g can tuna, drained  
 110g bag mixed salad leaves



### What you will need

Saucepan  
 Mixing bowl  
 Whisk  
 Can opener  
 Colander

### Method

- 1** Boil the potatoes for around 15 minutes or until they are tender.
- 2** Whilst the potatoes are cooking make the dressing by whisking the oil, lemon juice, chilli powder and garlic in a large bowl.
- 3** Add the cannellini beans, onion and parsley and stir well.
- 4** Drain the potatoes once cooked and cut lengthways in half. Add the potatoes and tuna into the mixture and stir gently.
- 5** Place the salad leaves on a plate, drizzle with oil if desired and add the mixture.





# Tuna Melt Pizza Baguettes (serves 4)

## Ingredients

2 part baked baguettes  
1 red pepper, diced  
1 green pepper, diced  
200g can sweetcorn, drained  
200g tuna, drained  
100g cheddar, grated  
1tbsp tomato puree

## What you will need

Knife and chopping board  
Can opener  
Mixing bowl  
Baking tray



## Method

- 1** Heat oven to 190°C/170°C fan/Gas 5.
- 2** Halve the 2 part-baked baguettes lengthways and cook on the oven shelf for 8 minutes. In the meantime mix the diced peppers, sweetcorn, tuna and 75g of the cheddar.
- 3** Take the baguettes out of the oven and onto a baking tray. Spread the tomato puree evenly across each halve of bread, divide the tuna mixture over and sprinkle with the remaining cheese.
- 4** Bake for a further 12 minutes until melting and golden.



## Tuna Rice Salad (serves 4)

### Ingredients

200g Basmati rice  
 200g can of tuna, drained  
 100g frozen peas, defrosted  
 1 pepper, deseeded and diced  
 2 tomatoes, chopped into small chunks  
 3 spring onions, finely sliced  
 Flat leafed parsley, chopped  
 2tbsp light mayonnaise  
 Juice of 1 lemon  
 2tbsp olive oil  
 Large handful of green olives,  
 roughly chopped (optional)



### What you will need

Saucepan  
 Large mixing bowl  
 Can opener  
 Chopping board and knife

### Method

- 1** Cook the rice following directions given on the packaging or use the recipe on page 26 as a guide.
- 2** In a large mixing bowl flake in the tuna and add the peas, peppers, tomatoes, spring onions, parsley and olives (if using).
- 3** Stir through the mayonnaise, lemon juice and olive oil and season, if required.
- 4** Drain the rice and add to the bowl containing the other ingredients. Mix well and serve.

### Tip!

If placed in an airtight container in the fridge this will last a couple of days.



## Smoked Bacon Omelette (serves 6)

### Ingredients

3 spring onions, finely chopped  
 200g new potatoes, peeled and thinly sliced  
 4 rashers smoked bacon with rind removed  
 3tbsp olive oil  
 8 eggs, whisked  
 1tsp English mustard  
 85g mature cheddar, grated  
 2 tomatoes, cut into wedges

### What you will need

Chopping board and knife  
 Saucepan  
 Scissors  
 Frying pan and wooden spoon  
 Bowl, whisk and grater



### Method

- 1** Boil the potatoes in a pan of lightly salted water for 10 minutes until just tender and drain.
- 2** Heat a frying pan with 1tbsp of oil and chop the bacon into the pan using the scissors, frying the bacon until it turns pink. Add the spring onion and cook for 1 minute, remove the pan from the heat and add the contents to a mixing bowl.
- 3** Break the eggs into a bowl, then whisk with mustard and a little salt and pepper.
- 4** Grate the cheese and add half to the egg mixture with the cooked bacon, spring onions and potatoes. Gently stir to mix everything.
- 5** Heat 2tbsp oil in a frying pan and when the oil is hot pour in the mixture. Stir a couple of times as it begins to set.
- 6** Turn on the grill to allow it to warm. Leave the omelette to cook on a medium heat for around 6 minutes, in the meantime cut the tomatoes into wedges and scatter over the omelette with the remainder of the grated cheese.
- 7** When the omelette base is set and still slightly eggy on top, put the pan under the warm grill to cook the rest of the mixture and melt the cheese.
- 8** Allow to cool for 5 minutes before turning out onto a plate. Cut into 6 wedges and serve.

## Cheesy Frittata (serves 4)

### Ingredients

2 spring onions, chopped finely  
 4tbsp frozen peas, defrosted  
 1 courgette, coarsely grated  
 2 slices of ham, chopped  
 100g feta cheese  
 4 eggs, whisked  
 2tbsp olive oil

### What you will need

2 bowls  
 Chopping board and knife  
 Grater  
 Scissors  
 Whisk  
 Casserole dish



### Method

- 1** Turn the oven to 180°C/160°C fan/Gas 4.
- 2** Grate the courgette directly into the bowl and add the peas and spring onions. Chop the ham in the bowl using the scissors. Break the cheese into the bowl by crumbling with your hands.
- 3** Crack the eggs into the second bowl and whisk. Once fully whisked add the eggs to the bowl containing the vegetables and stir well.
- 4** Take the casserole dish and lightly coat with the olive oil, pour the mixture into the dish and cook for around 30 minutes or until the egg is set.
- 5** Serve warm with salad.



# Tomato and Potato Tortilla (Spanish Omelette) (serves 6)

## Ingredients

1kg potatoes, peeled and cut into small cubes  
2tbsp of olive oil  
1 bunch of spring onions, chopped thinly  
120g cherry tomatoes, halved  
6 eggs, whisked  
2tbsp of fresh parsley, chopped  
Salt and pepper, to taste

## What you will need

Saucepan  
Sieve  
Large frying pan  
Bowl  
Wooden spoon  
Chopping board and knife  
Colander



## Method

- 1 Cook the potatoes in lightly salted boiling water in the saucepan for around 8-10 minutes or until tender. Once cooked, drain and put the potatoes aside until later.
- 2 Pre-heat the grill to medium. Heat the oil in the frying pan and add the spring onions, cooking until they soften. Add the potatoes and cook for 3-4 minutes until coated in the oil. Smooth the top and scatter the tomatoes into the pan.
- 3 Whisk the eggs, 3tbsp of water, salt, pepper and parsley together in a bowl and pour the mixture into the frying pan. Cook over a very gentle heat for 10-15 minutes until the tortilla looks set.
- 4 Place the frying pan under the grill and cook until the top is brown. Leave to cool for 10 minutes before sliding the tortilla out the pan. Cut into wedges and serve immediately.



## Courgette Fritters (serves 6)

### Ingredients

5tbsp self raising flour  
 1 large egg  
 1 large courgette, coarsely grated  
 2 spring onions, trimmed and chopped  
 2 heaped tbsp ricotta cheese  
 2tbsp olive oil  
 Pinch of salt and pepper, to season

### What you will need

Large bowl  
 Large frying pan  
 Grater



### Method

- 1** Put flour into a large bowl, season and beat in the egg. Once well mixed stir in the courgette and spring onions.
- 2** Once well mixed lightly fold in the ricotta, leaving it slightly lumpy.
- 3** Heat oil in a large frying pan on a medium heat and add 6 spoonfuls of batter mix and cook for several minutes each side, until golden.
- 4** Serve when piping hot.





# Colourful Vegetable Cous Cous (serves 4)

## Ingredients

1 vegetable stock cube  
 ½ cucumber, finely chopped  
 Handful of cherry tomatoes, halved  
 1 red onion, finely chopped  
 1 pepper, deseeded and chopped finely  
 100g cous cous  
 200ml boiling water  
 1tbsp olive oil

## What you will need

Chopping board and knife  
 Large bowl  
 Large frying pan  
 Measuring jug  
 Wooden spoon



## Method

- 1** Boil water in a kettle and measure 200ml of water using a measuring jug. Add in the stock cube and stir well until fully dissolved.
- 2** Rinse cous cous in a bowl and pour over the vegetable stock, leave to stand for 10 minutes or until all the water is absorbed.
- 3** Heat the oil in frying pan and fry the onion for around 3 minutes before adding the pepper and cooking for a further 2 minutes.
- 4** Add cous cous and stir thoroughly whilst simmering before adding the chopped tomatoes and cucumber to the pan.
- 5** Serve with wraps or mini pitta breads while still warm.





# Main Meals

# Broad Bean and Pea Risotto (serves 4)

## Ingredients

1tbsp olive oil  
25g butter  
1 onion, finely chopped  
3 spring onions, finely chopped  
2 garlic cloves, finely chopped  
3 pints of vegetable stock  
300g risotto rice  
200g frozen broad beans, defrosted  
200g frozen peas, defrosted  
Handful of fresh parmesan grated  
Salt and pepper, to season



## What you will need

Large frying pan  
Large bowl



## Method

- 1 Heat oil and butter in a large frying pan. Add the onion and spring onions then season with ground black pepper and salt. Cook on a low heat for 3-4 minutes, add the garlic and cook for a further minute. Add the rice and stir through thoroughly ensuring all grains are covered in the mixture.
- 2 Pour some of the hot stock into the pan occasionally using a ladle, keeping the heat at a gentle simmer. Continue cooking on a low heat, adding hot stock as required. Stir constantly until all of the stock is absorbed by the rice; this usually takes around 30 minutes.
- 3 Add the beans and peas to a large bowl and cover with boiling water. Leave to sit for 2-3 minutes then drain and stir into the risotto. Stir in parmesan cheese and season if necessary.



# 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  
 Sprinkle of 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** Add the grated parmesan, mix well and serve.

## Tip!

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



# Tuna and Broccoli Pasta Bake (serves 4)

## Ingredients

225g fusilli pasta  
2 x 185g cans tuna, drained  
400g can cherry tomatoes  
150g broccoli  
1 pepper, deseeded and chopped  
225g mascarpone  
1tbsp tomato puree  
2tbsp breadcrumbs  
50g cheddar cheese, grated  
1tbsp oil



## What you will need

2 large saucepans  
Large frying pan  
Ovenproof dish  
Wooden spoon

## Method

- 1** Boil the broccoli into a pan of slightly salted boiling water for 3 minutes and drain. Pre-heat the grill to hot.
- 2** Cook the pasta as described on the packaging in a pan of slightly salted boiling water.
- 3** Heat the oil in a frying pan and add the pepper, cook until just soft and stir in the mascarpone, tomato puree and cherry tomatoes, mix well and heat through.
- 4** Remove the pan from the heat and stir in the tuna, broccoli and pasta.
- 5** Place the mixture into a large ovenproof dish, sprinkle with breadcrumbs and cheddar cheese and place under a hot grill until golden brown.



## 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.





## 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 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 chillies 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, peeled and chopped  
 250g sweet potatoes, peeled and chopped  
 1 onion, thinly sliced  
 1 medium butternut squash, chopped into bite size pieces with seeds removed  
 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



# 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 dessert spoon olive oil and 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.

# 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  
 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 and 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.





## 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 11, slices of mozzarella and toppings such as tuna, onion, sweetcorn, pepperoni, vegetables, chicken, prawns, mushrooms, ham etc.
- 10** Place the pizza in a hot oven for around 7-8 minutes until the cheese is bubbling and the crusts are golden brown.

**Alternatively if you do not wish to make your own pizza bases you could buy the bases already made from a variety of shops and simply add your own toppings as above.**

# Sweet and Sour Chicken (serves 4)

## Ingredients

1 onion, finely chopped  
 1tbsp olive oil  
 450g chicken, diced  
 ½ red pepper, diced  
 200g chopped tomatoes, canned  
 1tbsp soy sauce  
 1tbsp tomato puree  
 1tbsp balsamic vinegar  
 Tin of pineapple slices (220g -230g)  
 1tbsp cornflour  
 Salt and pepper, to season



## What you will need

Knife and chopping board  
 Large saucepan  
 Small saucepan  
 Wooden spoon  
 Blender

## Method

- 1** Add the chopped onion into a large saucepan with the olive oil and cook for around 5 minutes. Add the chicken and cook until starting to brown.
- 2** Cut the pineapple slices into small cubes, reserving the juice for later. Add the pepper, tomatoes, soy sauce, tomato puree and balsamic vinegar to the pan and simmer for ten minutes, season if necessary.
- 3** Blend the cornflour with the reserved pineapple juice, add to a small saucepan, bring to the boil and cook out gently. Add to the other ingredients in the large saucepan and simmer for 5 minutes.
- 4** Serve with rice or noodles.



# Homemade Beef Burger (serves 4)

## Ingredients

540g minced beef  
25g fresh coriander, chopped  
1 onion, very finely chopped  
1tbsp Dijon mustard  
1 egg yolk  
1tbsp olive oil  
Salt and pepper, to season

## What you will need

Large mixing bowl  
Large knife and chopping board  
Scales



## Method

- 1** Place the ingredients in a mixing bowl and stir with your hands to combine. Shape the mixture into 4 equal sized patties. If required you can freeze the patties at this point. Once frozen defrost thoroughly at room temperature before cooking.
- 2** Pre-heat the grill to hot. Cook the burgers under the grill for 15 minutes, or until cooked through, turning once.
- 3** Before serving you could add a slice of cheese to the burgers when they are nearly cooked. Serve the patties on a bun with lettuce and a slice of tomato.

## Tip!

When making the patties you could add a range of different ingredients, for example chillies or cajun seasoning to add extra spice, there are a lot of choices depending on your preference! This is a great recipe for children to help out with also!



## Nice and Easy Meatballs (serves 4)

### Ingredients

500g lean beef mince  
2 slices wholemeal bread turned into breadcrumbs  
1tsp dried 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** Pre-heat 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 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. Freeze before cooking if desired. Allow to defrost thoroughly before cooking.
- 6** Place on baking tray and bake for 10-15 minutes.  
Serve with sauce from page 11, spaghetti and salad.

### Tip!

If you don't have a food processor your hands are fine!



# 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. Remove mince from pan and set aside.
- 2** Add the onion and garlic to the pan with the rest of the oil and cook until just brown.
- 3** Add the mince back to the pan along with the chilli powder and cumin and stir for two minutes.
- 4** Add all the other ingredients apart from the kidney beans and reduce heat to a simmer for 20 minutes.
- 5** After 20 minutes add the kidney beans and cook for a further 10 minutes. Freeze at this point if desired. Allow to defrost thoroughly before cooking.
- 6** Serve with boiled rice and crusty bread.

# One Pot Spicy Beef (serves 4)

## Ingredients

- 1tbsp olive oil
- 1 large onion, roughly chopped
- 1 garlic clove, finely chopped
- 1 small red chilli, finely chopped
- 2 red peppers, roughly chopped
- 2 celery sticks, diced
- 400g lean beef mince
- 400g can chopped tomatoes
- 2 x 400g cans mixed beans, drained and rinsed
- 1-2tsp Tabasco sauce
- 2-3tbsp fresh coriander, roughly chopped (optional)

## What you will need

- Large frying pan
- Knife and chopping board
- Wooden spoon
- Can opener



## Method

- 1** Heat the oil in a large frying pan over a medium heat and add the onion with 2tbsp water. Cook for 5 minutes or until soft.
- 2** Add the garlic and chilli and cook for a further two minutes. Add the red peppers and celery and cook for 5 additional minutes.
- 3** Add the beef to the pan and cook until brown all over.
- 4** Add the tomatoes, beans and Tabasco sauce and allow to simmer for 20 minutes over a medium heat. You can freeze the recipe at this point. Allow to defrost thoroughly before cooking again.
- 5** Garnish with the coriander and serve with rice or tortillas.





## Scouse (serves 6)

### Ingredients

2tbsp olive oil  
 340g diced braising steak (cut into cubes if possible)  
 340g neck fillet/diced lamb (cut into cubes if possible)  
 Salt and pepper to season  
 1.5kg potatoes, peeled and cut into cubes  
 Enough vegetable stock to cover the ingredients  
 ½kg carrots, peeled and chopped roughly  
 4 Celery sticks, washed and chopped roughly  
 2tbsp Worcestershire sauce

### What you will need

Large pan  
 Chopping board and knife  
 Peeler  
 Scales  
 Wooden spoon



### Method

- 1** Add the oil to the pan and add the meat. Cook until the meat is browning, add a little stock or water if necessary to prevent the meat burning.
- 2** Once the meat has turned brown add in the chopped vegetables and pour in the stock, the stock should cover the vegetables.
- 3** Leave to cook on the hob over a medium heat, stirring occasionally. Cook until the vegetables are soft, adding extra stock/gravy granules if required to thicken.
- 4** Add in the Worcestershire sauce to give an extra flavour just before its ready to be served. Freeze at this point and allow to defrost thoroughly before cooking.

### Tip!

You can serve this recipe with warm crusty bread, beetroot or pickled onions!



# Spicy Sausage Pasta (serves 4)

## Ingredients

1tbsp olive oil  
8 pork sausages, cut into pieces  
1 large onion, chopped thinly  
2 garlic cloves, crushed  
1tsp chilli powder  
400g can chopped tomatoes  
300g pasta such as fusilli

## What you will need

Large pan  
Frying pan  
Chopping board and knife  
Wooden spoon  
Colander



## Method

- 1** Put a large pan of water on to boil. Heat the oil in a large frying pan and fry the sausage chunks on a fairly high heat until they are golden brown all over. Reduce the heat and add the onion and garlic, cooking until they have softened.
- 2** Stir in the chilli powder and tomatoes with the sausages, bring the sauce to the boil then turn the heat down and let it simmer for 10 minutes whilst the pasta is cooking.
- 3** Add the pasta to the pan of boiling water and cook following the instructions on the packet. Drain the pasta then add to the frying pan with the sausage mixture, mixing well.
- 4** Serve immediately with crusty or garlic bread.



# Italian Sausage Stew (serves 4)

## Ingredients

2tbsp olive oil  
 6 pork sausages, preferably herb flavoured  
 1 onion, chopped  
 2 garlic clove, crushed  
 Pinch chilli flakes (optional)  
 3 carrots, cut into small chunks  
 3 sticks celery, washed and cut thinly  
 Rosemary needles, stripped from sprigs and chopped  
 400g tin chopped tomatoes  
 3tbsp red lentils  
 300ml chicken stock



## What you will need

Chopping board and knife  
 Vegetable peeler  
 Can opener  
 Saucepan with lid  
 Frying pan

## Method

- 1** Add 1tbsp of oil to the frying pan and fry the sausages until browned all over. Take the sausages out of the pan and leave to the side.
- 2** Add 1tbsp of oil to the saucepan before adding the chilli, carrot and celery and cook for 5 minutes. Add the rosemary, tomatoes, stock and lentils to the dish.
- 3** Slice the sausages into thick chunks and add to the dish.
- 4** Simmer with a lid almost covering the saucepan for 30 minutes or until the lentils are tender.

## Tip!

This recipe could be served with bread, mash or rice.



## Toad in the Hole (serves 4)

### Ingredients

100g plain flour  
 ½tsp English mustard powder  
 1 egg  
 300ml milk  
 3 thyme sprigs, leaves only  
 8 pork sausages  
 1tbsp olive oil

### What you will need

Large mixing bowl  
 Wooden spoon  
 Measuring jug  
 Knife and chopping board  
 Large roasting dish  
 Frying pan



### Method

- 1** Heat the oven to 220°C/200°C fan/Gas 7.
- 2** Tip flour into the large mixing bowl and stir in the mustard powder with a good pinch of salt. Make a well in the centre, crack in an egg, then pour in a dribble of milk. Stir with a wooden spoon, gradually adding some of the flour until you have a smooth batter in the well. Add more milk and continue stirring until all the milk and flour has been mixed together. The batter is now complete, tip this back into the jug you measured the milk in for later. Add the thyme and stir.
- 3** Place the sausages in the roasting dish and add the oil. Ensure the sausages are covered in the oil and roast for 15 minutes in the oven.
- 4** Once the sausages are cooked pour the batter mix into the roasting dish. It is normal for it to sizzle and bubble when it is first poured in. Place the dish back into the oven until the batter is cooked, well risen and crisp, this usually takes around 40 minutes. To test the batter stick a knife in the middle of the mixture and it should be set, not sticky or runny.
- 5** Cut the toad in the hole into large squares and serve with vegetables and gravy.



# Vegetarian Cottage Pie (serves 4)

## Ingredients

2tbsp olive oil  
 1 red onion, finely chopped  
 200g carrots, finely chopped  
 1 stick celery, finely chopped  
 250g mushrooms, chopped  
 400g can chopped tomatoes  
 1tbsp tomato puree  
 1tbsp fresh thyme, chopped  
 400g red lentils  
 300g sweet potato, peeled and chopped  
 300g potatoes, peeled and chopped  
 Splash of milk



## What you will need

Knife and chopping board  
 2 large saucepans  
 Oven proof baking dish  
 Vegetable peeler  
 Scales



## Method

- 1** Heat the oil in a saucepan and cook onion over a medium heat until soft.
- 2** Whilst the onion is cooking in one pan add boiling water to the other pan and add the sweet potatoes and potatoes and cook until tender.
- 3** Add the carrots and celery to the pan with the onions and cook for 5 minutes. Add the mushrooms and cook until the juices run, once juices are running increase the heat and allow juices to evaporate.
- 4** Add the tomatoes, tomato puree, thyme and lentils and simmer for around ten minutes, stirring occasionally. Once cooked transfer to the oven proof dish, lining it equally.
- 5** Once the potatoes are cooked or tender, drain and mash with the milk in the pan and place over the top of the tomato and lentil mixture. Freeze at this point if you wish. Allow to defrost thoroughly before cooking.
- 6** Bake for 20 minutes at 200°C/180°C Fan/Gas 6.

## Fish Cakes (serves 4-6)

### Ingredients

1 pack of fish pie mix (usually around 320g – 400g per pack)  
 3 spring onions, finely chopped  
 100ml milk  
 450g potatoes, peeled and chopped  
 75g canned sweetcorn  
 Handful of grated cheese  
 1 large egg, beaten  
 Flour, for dusting  
 Olive oil, for frying



### What you will need

Large pan	Potato masher	Cling film
Knife and chopping board	Small microwavable dish	Sieve
2 large bowls	Oven tray and baking paper	Large frying pan

### Method

- 1** Cook the potatoes in a large pan of boiling water until they are tender. Drain the potatoes and return to the pan for another minute to evaporate any excess liquid. Mash the potato with a small knob of butter and allow to cool. This is important so the fish cakes can be made into patties during stage 3.
- 2** Put the fish, spring onions and milk in the microwavable dish, cover with cling film and cook in the microwave on high for 2 minutes or until just cooked. If you don't have a microwave then add the items to a saucepan and gently cook until just opaque and cooked through.
- 3** Once cooked drain the ingredients through a fine sieve and add to the large pan with the potatoes. Gently mix through the potatoes and avoid breaking up the fish too much along with the sweetcorn and cheese. Form the mixture into 6-8 patties.
- 4** Pour the egg into one bowl and the flour into another bowl. Dip the patties into the egg mixture first and then into the flour and arrange on an oven tray lined with baking paper. Once the patties are made they need putting in the fridge for at least half an hour so they firm up. The fish cakes can be frozen at this point if you wish. Once frozen allow to defrost fully before cooking.
- 5** Heat a large frying pan with a generous glug of olive oil. When the oil is hot carefully lower the fish cakes into the pan. Cook for 5-7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5-7 minutes or until golden on the bottom and heated all the way through.



# Egg and Bacon Pie (serves 4)

## Ingredients

170g plain flour, extra needed for kneading and rolling  
 ¼tsp salt  
 90g light sunflower margarine  
 45g low fat cheddar cheese, grated  
 Enough water to mix  
 8 rashers back bacon with rind removed  
 4 eggs for the pie and 1 egg yolk for making the dough

## What you will need

Large mixing bowl  
 Rolling pin  
 7" deep pie plate lined  
 Pastry brush  
 Fork



## Method

- 1** Make the pastry by sifting flour and salt into a large mixing bowl. Rub in the margarine until mixture looks like fine breadcrumbs.
- 2** Stir in the cheese, add the egg yolk and enough water to make the mixture into a firm dough. Knead the dough until smooth and chill in fridge for 20 minutes.
- 3** Once chilled roll out 2/3rds of the dough and line the pie dish. Roll out the remaining dough to make the lid for the pie. A good technique is to cut out the top and lid of the pie using the pie dish so you get a perfect circle.
- 4** Trim the bacon of rind and any excess fat and cover the base of the pie. Break eggs on top of the bacon and damp the edges of the pastry and place the lid on top.
- 5** With a fork press the sides and the top of the pie together and make a slit in the lid.
- 6** Bake the pie in the oven at 190°C/170°C Fan/Gas 5 for 40-45 minutes.
- 7** Serve either warm or cold with a side salad.

# Greek Style Chicken Kebabs (serves 4-8)

## Ingredients

750g chicken cut into strips  
3 green peppers, chopped into large chunks  
2 cloves of garlic, peeled and 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 35) and salad.

## Tofu Kebabs (serves 4)

### Ingredients

250g firm tofu  
 2 small courgettes, chopped into 8 pieces  
 2 medium red onions, chopped into wedges  
 1 medium pepper, deseeded and cut into 16 pieces  
 250g egg noodles  
 1tbsp toasted sesame seeds

### Marinade

2tbsp olive oil  
 1tbsp soy sauce  
 3tbsp black bean sauce  
 1tbsp clear runny honey  
 2 cloves of garlic, crushed  
 Salt and pepper



### What you will need

Large shallow dish	Pastry brush	Colander
Large bowl	Kitchen paper	Saucepan
8 wooden skewers	Chopping board & knife	



### Method

- 1** Pat the tofu with kitchen paper and then cut into 16 cubes. Place the cubes onto a large dish with the courgettes, red onions and pepper ready for marinating.
- 2** Mix the ingredients for the marinade in a large bowl, stirring well to ensure everything is mixed. Once mixed spoon some of the marinade over the tofu and vegetables and place in the fridge for at least an hour, saving some of the marinade for later.
- 3** Pre-heat the grill to a medium to high heat. Thread a piece of pepper, onion, tofu and courgette onto a skewer and repeat the process. Repeat this whole process a further 7 times so you have 8 skewers.
- 4** Place the kebabs on the grill and brush with the marinade. Grill for 15-20 minutes, turning half way though and brushing using the pastry brush with some of the leftover marinade.
- 5** Whilst the kebabs are cooking bring a pan of water to the boil and cook the noodles as per packet instructions. Drain noodles in a colander once cooked.
- 6** Arrange the noodles on a plate and sprinkle the sesame seeds over the noodles. Serve the noodles with 2 skewers per person.

# Honey Glazed Chicken (serves 4)

## Ingredients

- 4 boneless chicken breasts
- 1tbsp olive oil
- 1 small onion, peeled and finely chopped
- 3tbsp clear honey
- 4tbsp fresh orange juice
- 1 orange, peeled and segmented

## What you will need

- Shallow roasting tin
- Large saucepan

## Method

- 1 Place the chicken breasts on the shallow roasting tin.
- 2 Heat the oil in the saucepan and add the onion, frying for about 3 minutes until soft.
- 3 Add the honey, orange juice and orange segments and stir well until the honey has dissolved.
- 4 Pour some of the sauce over the chicken breasts and bake in a pre-heated oven at 180°C/160°C fan/Gas 4 for 40-45 minutes. At 15 minute intervals whilst cooking add more of the sauce.
- 5 Serve hot with rice or jacket potatoes.



# Chicken Noodle Stir Fry (serves 4)

## Ingredients

2tbsp olive oil  
 3 chicken breasts, sliced thinly  
 200g egg noodles  
 4 spring onions, finely chopped  
 100g mangetout or other green bean  
 1 large onion, finely chopped  
 1tsp ginger  
 2 cloves garlic, crushed  
 1 pepper, finely chopped  
 200g mushrooms, chopped  
 200g broccoli, florets only  
 Soy sauce, to taste  
 1 red chilli, finely chopped (optional)  
 1tsp sesame seeds (optional)



## What you will need

Knife and chopping board  
 Colander  
 Large frying pan  
 Weighing scales  
 Saucepan



## Method

- 1** Heat the oil in a large frying pan and add the garlic, onion, ginger, chilli (if using) and chicken and cook for 5 minutes over a medium heat or until cooked.
- 2** Add the pepper, mushrooms and broccoli and cook for a further 5 minutes.
- 3** Place the noodles in a saucepan of boiling water and cook following the instructions on the packet.
- 4** Add the mangetout to the frying pan and cook for 2 minutes. Once the noodles are cooked drain and add to the frying pan.
- 5** Add the soy sauce and sesame seeds (if using) and cook for another 2 minutes. Stir well and serve in even portions.



# Chicken with Tomatoes (serves 4)

## Ingredients

1tbsp olive oil  
4 chicken thighs  
1 red onion, sliced  
400g can chopped tomatoes  
400g can mixed beans, drained and rinsed  
2tsp balsamic vinegar  
Salt and pepper, to season  
Fresh parsley, to garnish



## What you will need

Large saucepan  
Knife and chopping board  
Wooden spoon

## Method

- 1** Heat a large non-stick saucepan and add the oil, fry the chicken thighs skin side down until golden. Turnover and fry for an additional 5 minutes.
- 2** Add the onion and fry for 5 minutes. Add the tomatoes, mixed beans and balsamic vinegar, cover the pan and simmer for 10-12 minutes until hot.
- 3** Check seasoning and add salt and pepper if needed. Freeze at this point, allow to defrost thoroughly before cooking. Garnish with parsley and serve immediately with rice or new potatoes.





# 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.



# Microwave Dishes



## Quick Potato Bake (serves 4)

### Ingredients

4 medium potatoes, thinly sliced  
2tsp garlic, finely chopped  
15g butter  
150g cheese, grated

### What you will need

Shallow baking dish  
Vegetable peeler  
Knife and chopping board  
Grater



### Method

- 1 Lightly grease a shallow baking dish using butter or oil.
- 2 Layer the potatoes into the dish and sprinkle with garlic. Continue until all the potatoes have been used up.
- 3 Place the butter on top and cover with cling film and microwave for 8-10 minutes or until the potatoes are tender.
- 4 Pre-heat the grill to a medium heat and sprinkle with the grated cheese and grill until melted and golden brown.

# Microwave Scrambled Eggs (serves 1)

## Ingredients

2 eggs, whisked  
1 pinch salt and pepper  
2tsp butter  
250ml milk  
1 handful grated cheese of choice  
¼ onion, diced  
Cooked ham, chopped

## What you will need

Microwaveable bowl  
Whisk  
Measuring jug



## Method

- 1** Break 2 eggs into a microwaveable bowl, add salt and pepper and whisk. Add the butter and milk and mix again with the fork. Add the cheese, onion and ham and stir into the egg mixture.
- 2** Put the bowl into the microwave on full power for 2 minutes, stir well and place into the microwave again for a further 2 minutes.
- 3** Repeat the stirring and heating for 8 minutes in total – by this time the eggs should be taking their scrambled shape.
- 4** Towards the end it may be worth draining some of the excess juices from the bowl, this should make the mixture slightly harder.
- 5** Once cooked serve on toast and season with tomato or brown sauce.

# Easy Microwave Jacket Potatoes (serves 4)

## Ingredients

4 large potatoes  
50g butter  
100g grated cheese

## What you will need

Microwaveable dish  
Knife and chopping board  
Scales  
Mixing bowl



## Method

- 1** Wash the potatoes and prick with a fork. Set the microwave to 9 minutes on high and cook the potatoes until tender (time to cook depends on the size of the potato and your microwave).
- 2** Cut a slice lengthwise through the middle of each potato and add a little of the butter to each.
- 3** In a bowl mix the cheese and any other topping you wish (tuna etc) and divide it equally between the potatoes.
- 4** Place in the microwave for 30 seconds on high or until the cheese is melted and bubbling, serve immediately.

## Salmon and Leek One-Pot (serves 4)

### Ingredients

700g leeks, finely sliced  
 3tbsp olive oil  
 1tbsp Dijon mustard  
 1tbsp clear honey  
 Juice of half a lemon (optional)  
 250g cherry tomatoes, halved  
 4 skinless salmon fillets,  
 about 175g per fillet  
 Salt and pepper, to season

### What you will need

Large microwave dish  
 Cling film  
 Knife and chopping board  
 Whisk and bowl  
 Wooden spoon



### Method

- 1** Put the leeks into a large microwavable dish and sprinkle over 2tbsp of water. Cover the dish with cling film and pierce several times with a fork. Cook on 850W for 3 minutes and allow to stand for 1 minute and remove cling film.
- 2** Whisk the oil, mustard, honey, and lemon juice together and season with a little salt and pepper. Scatter the tomatoes over the cooked leeks and add half of the sauce.
- 3** Lay the salmon fillets side by side on top of the vegetables and spoon the remainder of the sauce over them. Cover with cling film, pierce several holes in as before and cook for a further 9 minutes on 850W. Leave to stand for a couple of minutes before leaving. Serve with crusty bread.

**Tip!** For extra sweetness you could increase the amount of honey and mustard used.



# Butternut Squash Risotto (serves 4)

## Ingredients

250g risotto rice  
700ml hot vegetable stock  
1 medium butternut squash  
1 ½ handfuls of grated cheese  
of choice  
Handful sage leaves, roughly  
chopped

## What you will need

Large bowl  
Measuring jug  
Cling film  
Chopping board and knife



## Method

- 1** Tip the rice into a large bowl and add 500ml of the hot vegetable stock. Cover with cling film and pierce several holes and cook for 5 minutes on a high setting.
- 2** The best way to prepare the squash is to cut the ends off then cut in half. Peel the skin with a small knife and scoop out the seeds then cut the flesh into chunks.
- 3** Stir the rice well and then add the squash and the remainder of the stock. Cover with cling film and microwave for another 15 minutes, stirring halfway through, until all the stock is absorbed and the rice and squash is tender.
- 4** Leave the risotto to sit for 2 minutes, add half of the cheese and sage and stir well. Serve whilst warm with the remaining half of the cheese as a topping.

## Chicken and Rice (serves 4)

### Ingredients

4 small chicken breasts, cut into small pieces  
1 onion, roughly chopped  
1 pepper, roughly chopped  
300g uncooked rice  
1ltr water  
4tbsp butter  
4tbsp lemon juice  
4tsp dried basil

### What you will need

Heatproof dish  
Weighing scales  
Wooden spoon



### Method

- 1 Put the butter into a heatproof dish and microwave on high for 1 minute.
- 2 Add uncooked rice and stir around until all the grains are covered in butter.
- 3 Add all remaining ingredients and microwave on high for 10 minutes or until the chicken is cooked right through.
- 4 Let it sit for 5 minutes or until all the liquid has been absorbed.
- 5 Add salt and pepper to taste, serve warm.

# Microwave Braised Beef & Vegetables (serves 4)

## Ingredients

2tbsp butter or margarine at kitchen temperature  
 1 large onion, thinly sliced  
 3 carrots, thinly sliced  
 75g mushrooms, sliced  
 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.



## Baked Apples (makes 2)

### Ingredients

2 apples  
2tbsp dark brown sugar  
1tsp ground nutmeg  
1tsp ground cinnamon  
40g butter

### What you will need

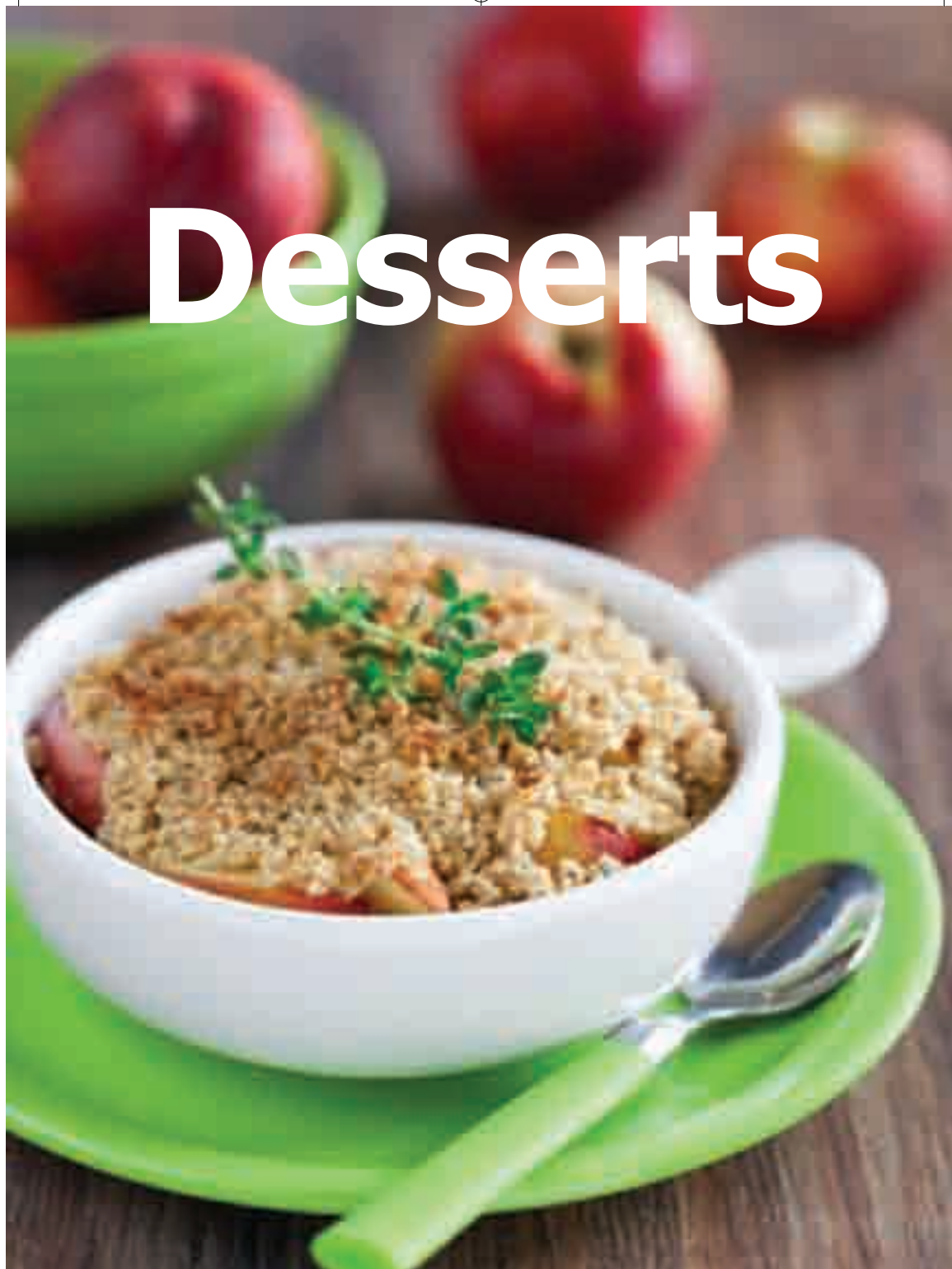
Apple corer  
Mixing bowl  
Wooden spoon  
Microwavable dish  
Cling film



### Method

- 1** Put the butter into a heatproof dish and microwave on high for 1 minute. Core the apples, leaving the bottom intact.
- 2** In a bowl mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples (this is why it's important to leave the bottom intact) and place 20g of butter on top of each apple.
- 3** Place the apples in the microwavable dish and cover with cling film and pierce and cook for 3-4 minutes or until tender. Allow to sit for a couple of minutes before serving.

# Desserts



## 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.





# Fruity All Bran Cake

## Ingredients

1pt milk  
225g all bran (store own brand can be used)  
560g mixed dried fruit  
280g brown sugar  
225g self raising flour  
A little butter for greasing

## What you will need

Large bowl  
Measuring jug  
Weighing scales  
Medium sized cake tin



## Method

- 1 Put all ingredients except the flour into a large bowl and leave to soak for 1 hour.
- 2 Mix in the flour and pour the mixture into the cake tin which has been greased using butter or alternatively use baking paper.
- 3 Bake in the oven at 180°C/160°C Fan/Gas Mark 4 for around an hour.

**Tip!** This cake may be a little sticky even though it has been cooked for the time stated above, this is due to the fruit within the cake. You also can add spices or additional fruits to add a bit of variety



## 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.



# Oatmeal Cookies (makes 24)

## Ingredients

125g unsalted butter, softened  
 110g brown sugar  
 50g white sugar  
 1 egg  
 3ml vanilla extract  
 95g all purpose flour  
 15g unsweetened cocoa powder  
 3g baking soda  
 1.5g salt  
 125g rolled oats  
 75g raisins



## What you will need

2 large mixing bowls  
 Whisk or wooden spoon  
 Baking tray and parchment paper

## Method

- 1** Preheat oven to 180°C/160°C fan/gas mark 4.
- 2** Beat butter and sugars in a large mixing bowl until creamy. Add the eggs and vanilla and mix well.
- 3** In the other mixing bowl add the flour, cocoa powder, baking soda and salt and mix well. Combine the contents from this bowl into the bowl of butter and sugar and lastly add the oats and raisins, mixing well until all combined.
- 4** Drop dough rounded by tablespoons or an ice cream scope onto the baking paper and form into a cookie shape. Alternatively you could use shape cutters and add any excess mixture back into the bowl.
- 5** Bake for 10 to 12 minutes or until cookies are almost set, do not over bake. Cool for 1 minute then move the cookies to wire racks. The cookies will firm up whilst cooling. The cookies will keep well stored in an airtight container.



# 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.



## Fruit Flapjacks (makes 12 large squares)

### Ingredients

6 tbsp golden syrup  
100g butter  
85g soft brown sugar  
3 tbsp honey  
350g oats  
350g dried apricots  
1 small banana, mashed

### What you will need

Swiss roll tin  
Baking parchment  
Large saucepan  
Large baking bowl  
Wire cooling rack



### Method

- 1** Preheat the oven to 180°C/160°C fan/Gas 4.
- 2** Butter a 9" x 13" swiss roll tin or other suitable baking tin and line the base with baking parchment.
- 3** Place the syrup and butter into a large saucepan and heat gently until the butter has melted into the syrup and stir well.
- 4** Add the oats into a large mixing bowl, add the other ingredients and pour over the butter and syrup mixture and stir well, covering the oats.
- 5** Pour the mixture into the prepared baking tin and spread evenly to fill the tin making sure the surface is even throughout.
- 6** Bake in the pre-heated oven for 25 minutes or until golden brown. Remove from the oven immediately.
- 7** Place the tin on a wire cooling rack and cut the flapjack into squares. Leave the flapjack to cool, they will harden whilst cooling. The flapjacks will keep well if kept in an airtight container.



## Banana Cakes (serves 4-6)

### Ingredients

100g butter  
2 bananas  
2 eggs  
300g caster sugar  
1 sp vanilla essence  
300g self raising flour  
½tsp bicarbonate of soda

### What you will need

Bowl  
Sieve  
Wooden spoon  
8" cake tin  
Cooling tin



### Method

- 1** Put butter, eggs, bananas, caster sugar and vanilla essence in a blender and blend until smooth. Alternatively this can be done in a large bowl by mixing with a spoon.
- 2** If using a blender pour the mixture into a bowl and sieve flour and bicarbonate of soda together and fold into the banana mixture with a spoon.
- 3** Pour mixture into an 8" cake tin and bake for about 35-40 minutes in the centre of the oven at 170°C/150°C fan/Gas 3.
- 4** Turn out onto a cooling rack. The cake can be served on its own or with strawberries for example.





# Fruity Frozen Yoghurt (serves 4)

## Ingredients

250g fresh pineapple  
1tbsp cornflour  
2tbsp honey  
450g natural yoghurt

## What you will need

Saucepan  
Chopping board and knife  
Bowl  
Container that is freezable



## Method

- 1 Cut the pineapple into small pieces, place in a saucepan and stir in the cornflour and honey.
- 2 Heat the ingredients until they begin to thicken, remove from the heat and cool.
- 3 Pour the yoghurt into a bowl and add the pineapple mixture, stir well until combined.
- 4 Place the mixture into the container and place in the freezer for at least 1 hour.

**Tip** This recipe is best being produced when you know you will eat it on the same day.



# Mini Crumbles (serves 4)

## Ingredients

4 peaches or nectarines  
75g plain white flour  
75g wholemeal flour  
75g unsalted butter (cut into small pieces)  
75g light muscovado sugar  
3tbsp sunflower seeds  
1tbsp sesame seeds  
3tbsp rolled oats

## What you will need

Large mixing bowl  
Chopping board and knife  
Baking dish  
Spoon



## Method

- 1 Pre-heat oven to 180C/160C fan/Gas 4.
- 2 Put the plain white flour and wholemeal flour into a large mixing bowl and stir together with a spoon. Add the butter and rub the butter and flour together with your fingertips until they look like coarse breadcrumbs. Stir in the sugar, seeds and oats. The topping mixture is now complete.
- 3 Halve and stone the peaches/nectarines and place in the baking dish. Pour in a little water to prevent the fruit from drying out.
- 4 Spoon the crumble topping over the fruit and bake for 20 minutes in the oven. Serve whilst warm.

## Tip!

Serve the crumbles with yoghurt or fruit!

