

MEASURES,  
INTRO &  
CONTENTS

BREAKFAST

SOUPS

BEEF, LAMB  
& PORK

FISH

CHICKEN  
& TURKEY

VEGETARIAN

SNACKS  
& LIGHT  
MEALS

SALADS

DESSERTS



*Recipes the  
whole family can  
enjoy!*



# Measurement & temperature conversions

## Abbreviations

Teaspoon	tsp
Dessertspoon	dstsp
Tablespoon	tbsp
Fluid ounce	fl oz
Ounce	oz
Millilitre	ml
Litre	l
Pint	pt
Pound	lb
Gram	g
Kilogram	kg
°Celsius	°C
°Fahrenheit	°F

## Weight

Metric	Imperial
5 g	¼ oz
15 g	½ oz (1 dstsp)
25 g	1 oz
50 g	2 oz
85 g	3 oz
110 g	4 oz (¼ lb)
140 g	5 oz
180 g	6 oz
200 g	7 oz
225 g	8 oz (½ lb)
250 g	9 oz
280 g	10 oz
300 g	11 oz
340 g	12 oz
375 g	13 oz
400 g	14 oz
425 g	15 oz
450 g	16 oz (1 lb)
675 g	24 oz (1.5 lb)
900 g	32 oz (2 lb)

## Volume

Household measures	Imperial	Metric
½ tsp	2.5 ml	
1 tsp	5 ml	
½ tbsp	7.5 ml	
1 tbsp	15 ml	
½ cup (8 tbsp)	120 ml	4 fl oz
1 cup (16 tbsp)	240 ml	8 fl oz
2 cups	480 ml	16 fl oz

## Oven temperature

Description	°C	°F	Gas mark
Extremely low	120	250	Half
Very low	140	275	1
Low	150	300	2
Very moderate	160	325	3
Moderate	180	350	4
Moderately hot	190	375	5
Fairly hot	200	400	6
Hot	220	425	7
Very hot	230	450	8
Extremely hot	240	475	9



### Handy hint – yoghurt pot measures

Use any standard shape yoghurt pot marked 125 g. One pot is approximately:

- › 110 g white flour
- › 120 ml liquids (e.g. water, milk)
- › 110 g soft brown sugar
- › 180 g caster or granulated sugar
- › 85 g wholemeal flour



## INTRODUCTION

The food we eat affects our health and well-being and budget plays an important role in what food we buy and prepare. This recipe book is designed to take this into consideration and provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

You will find sections containing useful tips on shopping, home freezing and food safety; and helpful information on healthy eating and various tasty breakfast, lunch and dinner recipes. The 101 recipes offer variety for every age and circumstance, resulting in healthier, more balanced diets for individuals and families within a realistic budget.

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# Food safety in the kitchen

Good food safety involves knowing where bacteria are likely to thrive and not giving them a chance to get comfortable. Stay safe by following these simple guidelines on the how, when and where of food storage. Regular cleaning of worktops, chopping boards and any surfaces that come into contact with food is important in preventing the spread of bacteria.

## When storing food

Store refrigerated and frozen foods as soon as possible after buying, taking care not to overload your fridge or freezer.

Store raw meat in sealed packaging/containers on the bottom shelf of the fridge to ensure juices do not come into contact with other foods.

- › When you have cooked food and you are not going to eat it straight away or if there are leftovers after serving, place on a clean plate, cover and refrigerate within **2 hours**.
- › Eat leftovers within **3 days**.

## Freezing

Freezing is a great way to store food. If food is properly frozen there are no food safety concerns and the maximum length of time for storage of food in the freezer is a quality and not a food safety issue. There are however a number of steps that you can take to make sure that frozen food is stored safely:

- › Don't put food in the freezer when it's still hot. Cool it as quickly as possible (within 2 hours), cover and put in the freezer. It makes good sense to divide foods to be frozen into usable amounts and this speeds up the cooling process.
- › Remember to keep the freezer door properly closed and only open when necessary.

- › Do not freeze any foods after their "use by" date, because they might not be safe to eat.
- › Your freezer should be at  $-18^{\circ}$  Celsius.

## Defrosting

Most foods need to be defrosted before they can be eaten or cooked and there are a number of golden rules to make sure that the food is thawed safely:

- › Pre-packed foods that tell you on the label to cook from frozen should not be defrosted. Always follow the manufacturer's instructions.
- › Defrost food in the fridge – it is the safest way. Allow at least 24 hours for every 2–2.5 kg.
- › Make sure that food has thawed completely before cooking. You can check whether the meat feels frozen by using a fork or skewer. When defrosting a whole bird, make sure there are no ice crystals in the cavity. If poultry is still partially frozen when you start to cook, it will cook more slowly and might not reach a high enough temperature to kill harmful bacteria.
- › Cook or eat defrosted food within 24 hours.
- › Don't refreeze thawed food.
- › Don't defrost food in the microwave unless you are going to cook and eat it straight away.

## General kitchen hygiene

Regularly clean worktops, chopping boards and any surfaces that come into contact with food with hot, soapy water and a good scrub. Wash the worktop with hot soapy water before you start preparing food, and after it has been in contact with raw meat, raw eggs or soil on raw vegetables.

Regularly clean the other surfaces in the kitchen that you come into contact with when you are preparing food, including: the fridge and door handles, the oven, the microwave, the kitchen worktops and the sink area. Wash your chopping board with hot soapy water after each use and be sure to scrub off any food or dirt particles. Chopping boards are guilty culprits when it comes to harbouring bacteria. Never put ready-to-eat food, such as salad, bread or fruit, on a worktop or chopping board that has been touched by raw meat, unless you have washed it thoroughly first. Ideally, it's better to have separate chopping boards for raw meat and for ready-to-eat food.

Wash dishcloths **every 2 days**.

If you've used a dishcloth to wipe up after raw meat, raw poultry or raw vegetables, then you should replace it immediately with a clean one. And if there's a noticeable smell from your dishcloth, then it's definitely time to change it.

Tableware and cooking utensils should be washed thoroughly in hot, soapy water or in the dishwasher. Remember in particular to wash utensils that have been used for raw meat before they are used to handle cooked or ready-to-eat foods.

## Wash you hands thoroughly

- › **Before and after** handling raw meat or vegetables.
- › **After coughing, sneezing** or using a **handkerchief**.
- › **After** handling a **baby's nappy**.
- › **After** handling **pets**.

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## Food allergens

If you or a family member have a food allergy, intolerance or coeliac disease, it is important to prevent allergen-free food from getting contaminated with foods that cause sickness. A good idea is to store the allergen-free food in labelled and sealed containers (some people find colour coding helpful). When preparing food for a family member with a food allergy, intolerance or coeliac disease keep the potential for allergen cross-contamination in mind all the time, use clean utensils, chopping board, etc.

If you need to control gluten, remember how easy it is to spread flour dust around the kitchen! Always, check the recipe ingredients for the allergen you are trying to avoid, particularly food product labels. Sometimes these also carry precautionary statements like 'May contain nuts', etc. If you see this you have to assume the product contains that allergen.

# Recipe symbols

## Number of Servings

						
1 adult	2 adults	4 adults	2 adults and 2 kids	10 adults	4 adults and 4 kids	Preparation and cooking times

## Timing

## Utensils

						
Baking tray	Bun tray	Cake tin	Casserole dish	Chopping board	Chopping knife	Flan dish
						
Frying pan	Grater	Hand blender	Loaf tin	Measuring jug	Mixing bowl	Muffin tray
						
Pie dish	Plastic container	Potato masher	Rolling pin	Saucepan	Shallow bowl	Sieve
						
Skewer	Spatula	Vegetable peeler	Whisk	Wooden spoon		





## BREAKFAST

French toast	10
Omelette	11
Poached eggs	12
Scrambled eggs	13
Porridge	14
Fruity, nutty muesli	15



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
5 minutes



**Utensils needed**  
Frying pan  
Shallow bowl



## French toast

Serve with fruit

### Ingredients

- › 2 eggs
- › 30 ml of low-fat milk
- › pepper
- › pinch of salt if desired
- › ½ tsp of cinnamon
- › 1 tsp of vanilla extract
- › 4 slices of bread
- › 20 ml of vegetable oil

### Method

1. Beat egg, milk, pepper, salt, cinnamon and vanilla together in a shallow bowl
2. Dip the slices of bread in the egg mixture
3. Fry in hot oil until they are golden brown
4. Drain on kitchen paper



**Serves**  
2 adults



**Preparation time**  
2 minutes



**Cooking time**  
3 minutes



**Utensils needed**  
Frying pan  
Mixing bowl



# Omelette

Serve with toast

## Ingredients

- › 20 ml of vegetable oil
- › 1 small onion, finely chopped
- › 4 eggs
- › 20 ml of water or low-fat milk
- › pinch of salt if desired
- › pepper

*Try adding vegetables like mushrooms and tomatoes for colour and taste.*

## Method

1. Heat the oil in a frying pan and fry the onion gently until it is cooked
2. Beat the eggs into a bowl, add the water or milk, salt and pepper and pour into the pan over the onion
3. Spread the mixture around the frying pan and cook until the eggs are set and come away from the edge of the frying pan
4. Turn the omelette carefully to cook on the other side

*If a bigger omelette or more portions are needed: increase the amount of eggs and onion, fry the mixture gently for a couple of minutes and complete cooking under the grill.*



**Serves**  
3 adults



**Preparation time**  
2 minutes



**Cooking time**  
3 minutes



**Utensils needed**  
Measuring jug  
Saucepan or frying pan



## Poached eggs

Serve with toast and baked beans

### Ingredients

- › 250 ml water
- › pinch of salt if desired
- › pepper
- › 10 ml of vinegar
- › 3 eggs

*The vinegar prevents the egg yolk from breaking.*

### Method

1. Put the water into a saucepan or frying pan, add the salt, pepper and vinegar. Bring to the boil.
2. Break the eggs into the boiling, salted water. Simmer gently until the eggs are set. (This takes about 2–3 minutes.)
3. Remove the eggs from the saucepan and serve.



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
2-3 minutes



**Utensils needed**  
Shallow bowl  
Wooden spoon  
Saucepan



## Scrambled eggs

Serve with toast

### Ingredients

- › 3 eggs
- › 10 ml of vegetable oil
- › pinch of salt if desired
- › pepper
- › 40 ml of low-fat milk

### Method

1. Break the eggs into a shallow bowl and beat well with a fork
2. Heat the oil in a saucepan then add the milk, pepper and salt
3. Add the beaten eggs and stir over a moderate heat until mixture is thick and creamy
4. Do not cook for too long or it will curdle
5. Serve on hot toast

*Add low-fat grated cheese  
or chopped fresh tomatoes.*



**Serves**  
1 adult



**Preparation time**  
5 minutes



**Cooking time**  
5 minutes



**Utensils needed**  
Measuring jug  
Saucepan  
Wooden spoon



# Porridge

**Serving suggestion:** add some fruit

## Ingredients

- › 40 g of porridge oats
- › 240 ml of low-fat milk

## Method

1. Put everything in a saucepan (non-stick, if possible) and gradually bring to the boil
2. Once it has come to the boil turn it down and simmer for 5–10 minutes depending on how tender you like your oats
3. Stir it occasionally
4. If it gets too thick, just add an extra drop of low-fat milk or water



**Serves**  
10 adults



**Preparation time**  
2 minutes



**Utensils needed**  
Mixing bowl  
Wooden spoon  
Plastic container



## Fruity, nutty muesli

**Serving suggestion:** serve with low-fat milk or yoghurt.”

### Ingredients

- › 200 g of muesli cereal base, or a mixture of rolled wheat and oats, available at most supermarkets
- › 100 g of mixed dried fruit – try blueberries, cranberries, raisins and chopped apricots
- › 50 g of sesame seeds
- › 50 g of sunflower seeds
- › 100 g of chopped mixed nuts – try Brazil nuts, hazelnuts, walnuts and almonds

### Method

1. Mix all the ingredients together
2. Store in an airtight container in a dark cupboard



## SOUPS

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Mushroom soup	19
Cream of vegetable soup	20
Lentil soup	21
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Leek and potato soup	23
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## Chicken soup

### Ingredients

- › 1 tsp of vegetable oil
- › 1 onion, finely chopped
- › 275 ml of low-fat milk
- › 1 low-salt chicken stock cube dissolved in 575 ml of boiling water
- › pinch of salt if desired
- › pepper
- › 2 medium-sized potatoes, cubed

### Serves

2 adults and 2 kids



### Preparation time

8 minutes



### Cooking time

20 minutes



### Utensils needed

Saucepan  
Wooden spoon  
Chopping board  
Chopping knife  
Measuring jug



### Method

1. Heat the oil in a saucepan
2. Add the finely chopped onion and fry for 1 minute
3. Gradually stir in the stock, milk, salt and pepper
4. To thicken, add the potatoes
5. Bring to the boil and simmer for 15 minutes. Keep stirring until thickened

*Why not add roast chicken leftovers or ready-cooked chicken?*



## Farmhouse vegetable soup

### Ingredients

- › 3 carrots
- › 1 turnip
- › 1 parsnip
- › 1–2 leeks
- › 1 onion
- › 8 mushrooms
- › 3 tomatoes or a 400 g tin of tomatoes
- › 1 tsp of vegetable oil
- › 150 ml of low-fat milk
- › pinch of salt if desired
- › pepper
- › 1 low-salt vegetable stock cube dissolved in 575 ml of boiling water

*You can use your favourite vegetables instead.*

### Serves

2 adults and 2 kids



### Preparation time

15 minutes



### Cooking time

45 minutes



### Utensils needed

Saucepan  
Wooden spoon  
Chopping board  
Chopping knife  
Vegetable peeler  
Measuring jug



### Method

1. Wash, peel and dice carrots, turnip and parsnip. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Gradually stir in the milk.
5. Add stock and bring to the boil, stirring continuously.
6. Add tomatoes, pepper and a pinch of salt if desired.
7. Cover saucepan and simmer gently for about 45 minutes.



**Serves**  
2 adults and 2 kids



**Preparation time**  
8 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
Saucepan  
Wooden spoon  
Chopping board  
Chopping knife  
Measuring jug



## Mushroom soup

### Ingredients

- › 1 tsp of vegetable oil
- › 10 mushrooms, chopped
- › 1 onion, finely chopped
- › 1 low-salt stock cube dissolved in 575 ml of boiling water
- › 425 ml of low-fat milk
- › pinch of salt if desired
- › pepper

### Method

1. Heat the oil in a saucepan. Add the mushrooms and onion and fry, stirring continually for 5 minutes.
2. Gradually stir in the stock and milk and bring to the boil. Keep stirring.
3. Simmer for 20 minutes.
4. Add salt and pepper to taste.

*Try adding corn to the soup  
for extra texture and taste.*



**Serves**  
3 adults



**Preparation time**  
15 minutes



**Cooking time**  
1 hour



**Utensils needed**  
Saucepan  
Wooden spoon  
Chopping board  
Chopping knife  
Measuring jug  
Vegetable peeler  
(Hand blender)



## Cream of vegetable soup

### Ingredients

- › 10 ml of vegetable oil
- › 1 medium-sized onion
- › 1 leek
- › 2 medium-sized carrots
- › 2 sticks of celery
- › 1 small turnip
- › 1 clove of garlic
- › 1 tbsp of fresh parsley and thyme or 1 tsp of dried parsley and thyme
- › 1 low-salt vegetable stock cube dissolved in 850 ml of boiling water
- › pepper
- › salt, if desired

*You can use dried but fresh herbs always give a better flavour.*

### Method

1. Heat the vegetable oil in a large saucepan
2. Chop the onion, carrot, celery, leek and turnip into small pieces, around 1 cm cubes
3. Gently cook all the vegetables in the oil for 10–15 minutes over a low heat, stirring occasionally
4. Chop the clove of garlic and the herbs then add them to the pan, along with the vegetable stock, salt and pepper
5. Bring the soup to the boil and simmer for about 40 minutes
6. Taste it to see if it needs extra salt or pepper
7. You can eat the soup as it is or cook it for another 20 minutes and liquidise it to make a smooth soup



**Serves**  
6 adults



**Preparation time**  
10 minutes



**Cooking time**  
30 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Vegetable peeler  
Saucepan  
Hand blender  
Wooden spoon  
Measuring jug



## Lentil soup

### Ingredients

- › 2 small onions
- › 2 large carrots
- › ½ tsp of mixed dried herbs
- › pinch of ground ginger
- › 225 g of red lentils
- › 2 low-salt stock cubes dissolved in 1150 ml of boiling water

### Method

1. Peel and chop the onions
2. Wash, peel and chop the carrots
3. Place the onions in a saucepan with a little water and cook gently for about 5 minutes or until soft
4. Add the chopped carrots
5. Add the mixed herbs and a pinch of ground ginger
6. Remove from the heat and stir in the lentils, mixing well
7. Return to the heat, add the vegetable stock and simmer for 25–30 minutes
8. Once cooked, liquidise the mixture with a hand blender or liquidiser
9. Return the blended soup to the saucepan and reheat without boiling
10. Serve and enjoy



## Minestrone soup

### Ingredients

- › 10 ml of vegetable oil
- › 4 lean rashers, cut into strips
- › 1 large onion
- › 3 cloves of garlic
- › 1 small potato
- › 2 medium-sized carrots
- › 2 sticks of celery
- › 400 g tin of chopped tomatoes, with no added salt
- › 1 low-salt vegetable stock cube dissolved in 700 ml of boiling water
- › 150 g of pasta, any shape
- › pinch of black pepper
- › 200 g of frozen peas, defrosted

**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
25 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Measuring jug  
Saucepan  
Wooden spoon



### Method

1. Gently heat the oil in a large saucepan
2. Finely chop the potato, carrots, celery, rashers, garlic and onion then add them to the pan
3. Stir regularly to stop them from sticking to the bottom of the pan
4. Cook on a low heat for 5 minutes, or until the vegetables have softened
5. Add the stock and the tin of tomatoes
6. Bring to the boil and then reduce the heat
7. Simmer for 10 minutes
8. While simmering, add the pasta and black pepper
9. Cook for another 8–10 minutes
10. Add the peas and keep simmering until they are hot
11. Serve and enjoy



**Serves**  
6 adults



**Preparation time**  
15 minutes

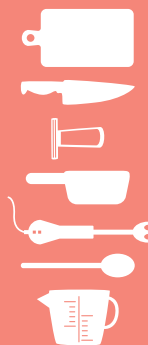


**Cooking time**  
25 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Vegetable peeler  
Saucepan  
Hand blender  
Wooden spoon  
Measuring jug



## Leek and potato soup

### Ingredients

- › 1 small onion
- › 3 or 4 leeks
- › 2 medium-sized potatoes
- › 1 low-salt stock cube dissolved in 850 ml of boiling water
- › black pepper

### Method

1. Peel and chop the onions
2. Wash, peel and slice the leeks
3. Wash, peel and chop the potatoes into cubes
4. Place the onions and leeks in a saucepan with a little water and cook gently for about 5 minutes or until soft
5. Add the potatoes, vegetable stock and black pepper
6. Allow the mixture to simmer for 20 minutes or until the potatoes are soft
7. Once cooked, liquidise the mixture with a hand blender or liquidiser
8. Return the blended soup to the saucepan and reheat without boiling
9. Serve and enjoy



## Spicy lentil and tomato soup

### Ingredients

- › 1 medium-sized onion
- › 1 clove of garlic
- › 1–2 sticks of celery
- › 2 carrots
- › 1 leek
- › 2 large fresh tomatoes or 1 tin of chopped tomatoes
- › 10 ml of vegetable oil
- › ¼ tsp of chilli powder
- › 140 g of red split lentils
- › 1 low-salt vegetable or chicken stock cube dissolved in 850 ml of boiling water
- › 1 tbsp of fresh parsley or 1 tsp of dried parsley

### Method

1. Peel and chop the onion and garlic
2. Wash, peel and chop the celery, carrots and leek
3. Chop the tomatoes
4. Heat the oil and gently fry the chopped garlic, onion, celery, carrots and leek until softened
5. Add the chilli powder and stir in the lentils
6. Stir in the tomatoes
7. Pour the stock over the vegetables and lentils
8. Simmer for 15–20 minutes until the lentils are tender
9. Add the parsley
10. Blend if desired
11. Serve and enjoy

**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
25 minutes



### Utensils needed

Chopping board  
Chopping knife  
Vegetable peeler  
Saucepan  
(Hand blender)  
Wooden spoon  
Measuring jug







## BEEF, LAMB & PORK

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Honey roast ham	39



**Serves**  
2 adults and 2 kids



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



#### Utensils needed

Frying pan or saucepan  
Chopping board  
Chopping knife  
Vegetable peeler  
Wooden spoon  
Measuring jug



# Spaghetti Bolognese

Serve with a tossed green salad or your favourite vegetables

## Ingredients

- › 450 g of lean minced beef or lamb
- › 1 onion, finely chopped
- › 6 mushrooms, chopped
- › 1 carrot, peeled and finely chopped
- › 1 dstsp of plain flour
- › 1 low-salt beef or vegetable stock cube dissolved in 275 ml of boiling water
- › 420 g tin of chopped tomatoes
- › 1 dstsp of tomato sauce
- › salt
- › pepper
- › 225 g of spaghetti

## Method

1. Cook the mince (beef or lamb), onions, mushrooms and carrots in a dry pan (low heat) for 15 minutes. (There is sufficient fat in mince for frying). Drain any excess fat from pan.
2. Add the flour and stir well.
3. Add the stock, tin of chopped tomatoes, tomato sauce, pinch of salt and pepper. Cook gently for 45 minutes.
4. Cook the spaghetti for 10–15 minutes in a saucepan of boiling salted water. Strain and serve topped with the sauce.

*Any leftover Bolognese sauce can be used to fill wraps or as a topping for baked potatoes.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
45 minutes



#### Utensils needed

Frying pan  
Casserole dish  
Chopping board  
Chopping knife  
Vegetable peeler  
Wooden spoon  
Measuring jug  
Potato masher



# Cottage pie

**Serve with** a spoon of your favourite vegetables such as broccoli

#### Ingredients

- › 450 g of lean minced beef
- › pepper
- › pinch of salt if desired
- › 1 onion
- › 2 carrots
- › 3 mushrooms
- › 5–6 broccoli florets
- › 20 g of frozen peas
- › 1 low-salt beef or vegetable stock cube dissolved in 275 ml of boiling water
- › 5 cooked potatoes
- › a little low-fat milk

*You can use a tin of  
oxtail soup instead  
of stock cubes.*

#### Method

1. Preheat the oven to 180°C / 375°F / Gas Mark 4.
2. Place the minced beef in a frying pan. Add pepper and salt if desired.
3. Fry the meat until browned (approximately 15 minutes) and drain off any excess fat from the pan.
4. Peel the onion, carrots and mushrooms and chop them finely. Add these to the minced beef, along with the broccoli florets and the peas.
5. Add the stock to the minced beef.
6. Bring to the boil, stirring all the time.
7. Put into a greased casserole dish.
8. Mash the potatoes and add a little milk, and a pinch of salt and pepper.
9. Spoon on top of meat mixture and smooth gently with a knife or fork to form a pattern on top.
10. Bake in the preheated oven for 45 minutes.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
10 minutes



#### Utensils needed

Frying pan  
Mixing bowl  
Wooden spoon  
Chopping board  
Chopping knife



## Beef burgers

### Serving suggestion:

- 4 hamburger buns, halved
- 1 large beef tomato, sliced into 4 thick slices
- 2 sweet green gherkins, sliced lengthways
- 4 tsp of low-fat mayonnaise

### Ingredients

- › 10 ml of vegetable oil
- › 1 small onion, diced
- › 1 clove of garlic, crushed
- › 400 g of lean minced beef
- › 1 tbsp of fresh, chopped sage or 1 tsp of dried sage
- › 1 large egg, beaten
- › Black pepper to taste
- › plain flour (for shaping burgers)

### Method

1. Cook the onion and garlic on medium heat for a few minutes in a frying pan with some oil until soft.
2. Place the mixture in a large bowl and leave it for a short while to cool.
3. Add the mince and egg to the bowl. Mix well and season with pepper and sage.
4. Shape the mixture into 4 thick burgers – use some flour on your hands to prevent the meat sticking. Place on a covered plate or in a sealable container.
5. Keep cool in the fridge until ready to cook.
6. Cook the burgers in a hot frying pan with some olive oil for at least 10–12 minutes each side.
7. Before serving, ensure that the burgers are cooked thoroughly. Cut into them with a clean knife and check that they are piping hot all the way through, there is no pink meat remaining and that the juices run clear.
8. When cooked, serve the burger immediately in the bun and dress as desired.



**Serves**  
6 adults



**Preparation time**  
40 minutes



**Cooking time**  
1½ hours



**Utensils needed**  
Chopping board  
Chopping knife  
Frying pan  
Large loaf tin  
Mixing bowl  
Wooden spoon



## Meat loaf

Serve hot with vegetables or cold with a salad or as a sandwich filling

### Ingredients

- › 450 g of lean minced pork
- › 1 large onion, very finely chopped
- › 6 dried apricots, chopped into small pieces
- › Salt and pepper to taste
- › 2 medium-sized green apples, finely chopped
- › 110 g of fresh brown breadcrumbs
- › 2 dstsp of tomato sauce
- › 10 walnuts, quartered
- › 2 medium-sized eggs, beaten
- › 1 tsp of vegetable oil to brush the loaf tin

### Method

1. Fry the minced pork and onion in a dry pan, then add in the apricots for a few minutes on a low heat, then season with salt and pepper. The sausage meat contains fat, so there is no need to add extra oil to the pan.
2. When the meat is cooked, place all the ingredients in a large mixing bowl and mix thoroughly together.
3. Brush a large loaf tin with oil and fill with the mixture.
4. Smooth the top and place in the fridge for 1 hour.
5. Preheat the oven to 180°C / 350°F / Gas Mark 4.
6. Cook in the preheated oven for around 1¼–1½ hours.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
40 minutes



#### Utensils needed

Chopping board  
Chopping knife  
Frying pan or saucepan  
Wooden spoon  
Measuring jug  
Vegetable peeler



# Chilli con carne

Serve with rice

## Ingredients

- › 1 medium-sized onion, finely chopped
- › 1 clove of garlic, crushed
- › 1 medium-sized carrot
- › 1 medium-sized pepper
- › 5 button mushrooms
- › 450 g of minced beef
- › 1 dstsp of plain flour
- › 1 tsp of chilli powder
- › 1 low-salt beef stock cube dissolved in 150 ml of boiling water
- › 2 dstsp of tomato sauce
- › ½ x 400 g tin of chopped tomatoes
- › 100 g of frozen peas, defrosted
- › ½ x 240 g tin of kidney beans

*Try using more beans and less meat for a cheaper but equally satisfying meal.*

*Use a saucepan if the frying pan is too small.*

## Method

1. Peel and chop the onion, garlic, carrot, pepper and mushrooms.
2. Put minced beef in dry frying pan. There is sufficient fat in mince for frying.
3. Cook for 20–25 minutes over a low heat until well browned, stirring all the time.
4. Add onions and garlic to the pan and cook for 2–3 minutes. Sprinkle on the flour and chilli powder and cook for 1–2 minutes, stirring all the time.
5. Add beef stock, tomato sauce, tinned tomatoes and vegetables. Bring to the boil.
6. Add kidney beans to mince.
7. Simmer for 20 minutes or until the sauce is at the desired consistency.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Frying pan  
Mixing bowl  
Wooden spoon



# Meatballs

Serve with pasta

## Ingredients

- › 450 g of lean minced lamb/beef
- › 1 large onion, finely chopped
- › 2–3 cloves of garlic, finely chopped
- › 2 dstsp of tomato puree
- › 400 g tin of chopped tomatoes
- › pinch of black pepper

## Method

1. Place the minced meat in a large bowl
2. Fry the onion and garlic until golden brown
3. Add a little water and tomato puree to the pan
4. Cook for a few minutes
5. Add this mixture to the minced meat and mix well
6. Shape into meatballs with damp hands
7. Drain any excess fat from the pan or gently pat meatballs with kitchen paper to remove any excess fat
8. Add the tin of chopped tomatoes to the frying pan and season with pepper
9. Cook the meatballs gently in the frying pan for 15–20 minutes, turning occasionally



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Frying pan  
Wooden spoon  
(Grater)



## Beef tacos

### Ingredients

- › 340 g of lean minced beef
- › 1 tsp of vegetable oil
- › 1 medium-sized onion, finely chopped
- › 2 large cloves of garlic, finely chopped
- › 2 tbsp of mild chilli powder
- › ½ tsp of cumin
- › 65 g of Mexican salsa
- › Juice from ½ a lime
- › Salt and pepper to taste
- › 8 taco shells

### For the toppings

- › 30 g of iceberg lettuce, chopped
- › 1 large vine-ripened tomato, finely chopped
- › 4 dstsp of low-fat, natural yoghurt
- › 30 g of low-fat Cheddar cheese, grated
- › ½ ripe avocado, sliced
- › 1 small white onion, finely chopped

### Method

1. Heat the oil in a frying pan.
2. Add the mince and brown, then add the onion and garlic. Continue cooking for a few minutes, stirring occasionally.
3. Add the chilli, cumin, salsa, lime, salt and pepper. Simmer for 20 minutes.
4. Heat the taco shells according to the instructions on the packet.
5. Place a small amount of lettuce in the base of the shell and spoon the mince onto it.
6. Add any or all of the toppings according to taste.





**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
1½ hours



**Utensils needed**

Chopping board  
Chopping knife  
Frying pan  
Measuring jug  
Saucepan  
Wooden spoon  
Vegetable peeler



## Beef stew

### Ingredients

- › 675 g of lean stewing beef, diced
- › 20 ml of vegetable oil
- › 5 medium-sized carrots, peeled and chopped
- › 1 medium-sized onion, chopped
- › 1 low-salt beef stock cube dissolved in 575 ml of boiling water
- › Salt and pepper to taste
- › 2-3 medium-sized potatoes

### Method

1. Fry the meat in a frying pan on both sides until browned.
2. Remove from the frying pan and place in a saucepan.
3. Fry the carrots and onion lightly in the frying pan.
4. Remove from the frying pan and place with the meat in the saucepan.
5. Add the stock, salt, pepper and potatoes to the saucepan. Stir.
6. Cook gently over a low heat for 1–1½ hours until the meat is tender.



**Serves**  
4 adults



**Preparation time**  
30 minutes



**Cooking time**  
15 minutes



**Utensils needed**  
Frying pan  
Chopping board  
Chopping knife  
Vegetable peeler  
Measuring jug  
Wooden spoon



## Pork stir-fry

Serve with noodles or boiled rice

### Ingredients

- › 450 g of pork pieces
- › 1 clove of garlic
- › 1 onion
- › 6 mushrooms
- › 1 pepper
- › 2 carrots
- › 1 low-salt chicken stock cube dissolved in 150 ml of boiling water
- › 2 dstsp of soy sauce
- › 2 tsp of cornflour
- › 20 ml of vegetable oil

*Chicken, beef or lamb can be used instead of pork.*

*You could also add in spring onions, frozen peas, peeled prawns or diced cooked chicken halfway through cooking.*

### Method

1. Cut pork into thin slices.
2. Cut onions into thin slices and chop garlic.
3. Slice mushrooms and cut carrots and pepper into thin strips.
4. Mix the chicken stock with the soy sauce. Blend in the cornflour and mix to a smooth paste.
5. Heat the oil in a large frying pan. Add the pork and fry until well browned.
6. Add onion and carrot to the pan and fry for 2–3 minutes.
7. Then add mushrooms and pepper to pork mixture and continue frying for 2–3 minutes.
8. Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes.



**Serves**  
4 adults



**Preparation time**  
25 minutes



**Cooking time**  
1½ hours



**Utensils needed**

Casserole dish  
Frying pan  
Wooden spoon  
Chopping board  
Chopping knife  
Vegetable peeler  
Measuring jug



## Beef or lamb curry

**Serve with** boiled rice or boiled potatoes

**Ingredients**

- › 10 ml of vegetable oil
- › 450 g of lean stewing beef or lamb
- › 1 large onion, chopped
- › 1 clove of garlic, chopped
- › 2 dstsp of curry paste
- › 1 apple, peeled and grated
- › 2 low-salt beef stock cubes dissolved in 1 litre of boiling water

**Method**

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Cut meat into 2-cm cubes.
3. Heat the oil and fry the meat, onion and garlic over a low heat until the meat is brown on all sides. Then place in a casserole dish.
4. Add the curry paste to the juices remaining in the pan.
5. Cook for 2–3 minutes.
6. Add the stock and grated apple.
7. Stir continuously to avoid lumps.
8. Bring to the boil and add to the meat mixture in the casserole dish.
9. Cook in the preheated oven for 1½ hours until meat is tender.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
Chopping board  
Chopping knife



## Grilled pork chops with apple sauce

**Serve with** potatoes and French beans or your favourite green vegetables

### Ingredients

- › 4 lean pork chops
- › 4 dstsp of apple sauce
- › salt and pepper to taste

### Method

1. Preheat the grill for 10 minutes
2. Trim off any excess fat from the pork chops
3. Cook under a hot grill for about 5 minutes each side
4. Check that the juices run clear and there is no pink meat
5. Season with salt and pepper to taste
6. Serve with the apple sauce



**Serves**  
4 adults



**Preparation time**  
1½ hours



**Cooking time**  
20 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon  
4 x skewers



## Pork and pepper kebabs

### Ingredients

- › 480 g of lean pork, diced
- › 2 red peppers

*You could also use  
beef instead of pork.*

### For the marinade

- › 3 tbsp of balsamic vinegar or juice of 1 lemon
- › 20 ml of vegetable oil
- › 1 red chilli, trimmed
- › 2 cloves of garlic, peeled and crushed
- › 1 level tsp of paprika
- › 1 tsp of dried parsley
- › freshly ground black pepper

### Method

1. Place the balsamic vinegar/lemon juice and olive oil in a bowl.
2. De-seed the chilli and slice it very thinly. Toss the chilli into the bowl and whisk with a fork.
3. Add in the crushed garlic and the paprika.
4. Stir the parsley into the marinade and season with some black pepper.
5. Add the diced pork to the marinade, making sure that it is well coated.
6. Cover with cling film and leave for at least 1 hour, or overnight in the fridge.
7. Chop the red peppers in half, de-seed and cut them into chunks. Thread a piece of pepper onto a skewer, followed by some marinated pork, and then continue until you have filled the skewer with meat and peppers.
8. Repeat the process for the other 3 skewers.
9. Place the kebabs on a hot barbeque or under a hot grill and cook for approximately 20 minutes until they are cooked through, making sure that you turn them frequently and brush with the marinade occasionally.



**Serves**  
1 adult



**Preparation time**  
10 minutes



**Cooking time**  
1 hour



**Utensils needed**  
Chopping board  
Chopping knife  
Saucepan  
Wooden spoon



## Pork, chickpea and sweet potato stew

### Ingredients

- › 1 tsp of vegetable oil
- › 1 lean loin pork chop, cut into strips
- › 1 small onion, peeled and chopped
- › 1 clove of garlic, peeled and crushed or finely chopped
- › ½ tsp of paprika
- › ½ tsp of dried rosemary
- › ½ tsp of dried thyme
- › 1 bay leaf
- › 1 tbsp of chickpeas, drained
- › ½ of a medium-sized sweet potato, peeled and cubed
- › 400 g tin of chopped tomatoes

### Method

1. Heat the oil in a non-stick pan and when hot, brown the pork. Remove the pork from the pan and set aside.
2. Next add the onion and all the herbs and spices and cook for 5 minutes before stirring in the remainder of the ingredients, including the pork.
3. Cover the stew, turn the heat down to its lowest and simmer until tender (1 hour).



**Serves**  
22 adults



**Preparation time**  
5 minutes



**Cooking time**  
2 hours



**Utensils needed**  
Baking tray  
Saucepan  
Wooden spoon



## Honey roast ham

### Ingredients

- › 1 ham, around 2 kg
- › 3 tbsp of wholegrain mustard
- › 5 tbsp of honey

### Method

1. Calculate the cooking time. Allow 20 minutes per 450 g of ham.
2. Remove the outer wrappings and place ham in a saucepan. Cover with cold water, place the lid on top and bring to the boil.
3. Boil for the length of time you have calculated, or as indicated on the ham's cooking instructions.
4. At the end of the cooking time, turn the heat off and leave the ham sitting in the hot water for about 10 minutes – this will make it easier to carve.
5. Drain off the water and place the ham on a baking tray.
6. Preheat the oven to 160°C / 320°F / Gas Mark 3.
7. Cover the ham on the baking tray with foil and roast for 30 minutes.
8. In a cup, mix up the honey with the wholegrain mustard.
9. Remove foil and spread over the surface of the ham using the back of a spoon or a knife.
10. Roast for a further 15 minutes until golden brown, basting once or twice during cooking with the honey glaze.



## FISH

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**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
30 minutes



**Utensils needed**  
Casserole dish  
Mixing bowl  
Chopping board  
Chopping knife  
Wooden spoon



## Baked, stuffed fish

**Serve with** vegetables of your choice, for example, chopped carrots, peas or broccoli

### Ingredients

- › 8 small fillets of fish
- › 56 g of brown breadcrumbs (2 slices)
- › 1 onion, finely chopped
- › pinch of salt if desired
- › pepper
- › 1 tbsp of fresh parsley, finely chopped (or 1 tsp of dried parsley) or ¼ tsp of mixed dried herbs
- › 1 tsp of vegetable oil
- › 1 lemon, cut into wedges – some for lemon juice (or grated rind) and some to serve with fish

*Cod, haddock, mackerel, herring or trout are all suitable for baking.*

### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Rinse the fish under cold running water and remove any bones. Dry in kitchen paper.
3. Mix the breadcrumbs, chopped onion, parsley or mixed herbs, salt and pepper, in a small bowl.
4. Stir the oil into the crumb mixture. Finally add a little lemon rind or juice.
5. Lay 4 fillets on a greased dish, skin-side down, and spoon the stuffing carefully onto each fillet. Flatten well down and cover with the other 4 fillets. Cover with foil.
6. Bake for 20–30 minutes, depending on size and thickness of the fish.
7. Lift the fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.

**Serves**

2 adults and 2 kids

**Preparation time**

30 minutes

**Cooking time**

10 minutes

**Utensils needed**

Casserole dish  
Saucepan  
Measuring jug  
Vegetable peeler  
Chopping board  
Chopping knife  
Potato masher  
Wooden spoon



## Fish pie

*This tasty dish is a great opportunity to try out new fish.*

**Ingredients**

- › 675 g of filleted fish
- › 1 onion, finely chopped
- › few drops of lemon juice
- › 150 ml of water
- › 275 ml of low-fat milk
- › 25 g of low-fat spread
- › 1 dstsp of plain flour
- › pinch of salt if desired
- › pepper
- › 8 potatoes, cooked and mashed
- › 40 g of frozen peas
- › 2 carrots, chopped

*Cod, herring, trout, mackerel and salmon are all suitable for this dish.*

**Method**

1. Skin the fish and cut into 4 pieces. Wash in cold water.
2. Place in a saucepan with onion and lemon juice. Add the water and milk. Cover and cook gently for 10 minutes.
3. Drain the fish, saving the stock.
4. Melt the low-fat spread in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Remove from heat and add fish stock gradually, stirring continuously. Bring to the boil, reduce heat and cook for another 2 minutes, still stirring.
5. Grease a casserole dish and add a little sauce. Place fish in dish and cover with the salt and pepper, remaining sauce, peas and carrots.
6. Spoon the mashed potatoes over the filling.
7. Brown under the grill or in the oven.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
25 minutes



#### Utensils needed

Saucepan  
Casserole dish  
Mixing bowl  
Wooden spoon  
Chopping board  
Chopping knife



## Tuna pasta bake

**Serve with** a tossed green salad or vegetables of your choice, for example, chopped carrots, peas or sweetcorn

### Ingredients

- › 375 g of pasta
- › 2 tins (198 g) of tuna in brine, drained
- › 1 onion, chopped
- › 1 tsp of Worcestershire sauce
- › pinch of salt if desired
- › pepper
- › 25 g of low-fat spread
- › 225 g fresh brown breadcrumbs (6 slices)

*Tinned fish can be gently rinsed under running water to make it less salty.*

### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Bring pasta to the boil and cook following the instructions on the packet (approximately 13 minutes).
3. Flake the tuna and mix together with the onion, Worcestershire sauce, salt and pepper, followed by a layer of pasta.
4. Pour some of the mixture into a casserole dish. Add a layer of breadcrumbs, followed by a layer of sauce.
5. Continue layering in this way until all the ingredients have been used up.
6. Finish with a layer of breadcrumbs on the top, dot the surface with the low-fat spread and bake in the preheated oven for 20–25 minutes.
7. Serve immediately.

*Add a little low-fat grated cheese to the brown breadcrumbs for the top of the dish.*



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
10 minutes



**Utensils needed**  
Baking tray



## Peri-peri salmon

**Serve with** rice or potatoes and salad

### Ingredients

- › 400 g of salmon fillets (4 fillets)
- › 1 tsp of vegetable oil
- › 1 tbsp of peri-peri spice mix

### Method

1. Preheat the grill for 10 minutes at a medium heat
2. Rub a little vegetable oil over each salmon fillet
3. Then add the peri-peri spice to the salmon and leave to marinate in the fridge for 5 minutes
4. Cook the salmon gently for 8–10 minutes, turning occasionally



**Serves**  
2 adults



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
3x mixing bowls  
Chopping board  
Chopping knife  
Baking tray



## Fish fingers

Serve with mashed potatoes and peas

### Ingredients

- › 250 g of cod, cut into 2-cm strips
- › 25 g of plain flour
- › ½ tsp salt
- › pinch of black pepper
- › 1 egg
- › 40 g of breadcrumbs
- › 40 g of oats
- › 10 ml of vegetable oil

### Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Set up 3 bowls, the first with flour and a little salt and pepper to season, the second with the eggs beaten, the third with the breadcrumbs and oats
3. Chop the fish into thumbsized strips
4. Dip the fish strips into flour, then egg, then the breadcrumb and oat mixture
5. Spread the oil over the baking tray and then lay the fish fingers on the tray and cook in the oven for 15–20 minutes, turning over half-way through



## Soy salmon

Serve with wholegrain rice and crunchy broccoli

### Ingredients

- › 2 salmon fillets
- › 1 tsp of melted butter
- › 55 ml of soy sauce

### Method

1. Preheat oven to 200°C / 400°F / Gas Mark 6
2. Place butter in a small saucepan on medium heat and melt
3. Add the soy sauce and combine with the melted butter
4. Tear a large piece of aluminium foil and place on a baking tray
5. Place salmon fillets on the foil, gently fork into the salmon creating little holes and pour the soy sauce mixture over
6. Cover with foil and place in oven for 15 minutes

**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



**Utensils needed**  
Saucepan  
Baking tray  
Chopping board  
Chopping knife  
Wooden spoon





## Sun-dried tomato cod

**Serve with** potatoes and sugar snap peas or your favourite green vegetables

### Ingredients

- › 2 x 200 g of cod fillets
- › 2 tsp of sun-dried tomato pesto

### Method

1. Preheat oven to 180°C / 350°F / Gas Mark 4
2. Place cod fillets in tin foil, top with sun-dried tomato pesto, wrap and place on a baking tray in the oven for 20–30 minutes until cooked through
3. Serve and enjoy

**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
30 minutes



**Utensils needed**  
Baking tray  
Wooden spoon





**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



**Utensils needed**  
Chopping board  
Chopping knife



## Grilled salmon cutlets

Serve with potatoes and vegetables

### Ingredients

- › 400 g of salmon fillets (4 fillets)
- › 1 lemon

### Method

1. Preheat the grill for 10 minutes on a medium heat
2. Line the grill pan with foil
3. Place the salmon under the grill for 3–4 minutes each side
4. Serve with a lemon wedge on the side





## CHICKEN & TURKEY

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**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
1½ hours



#### Utensils needed

Casserole dish  
Chopping board  
Chopping knife  
Vegetable peeler  
Measuring jug



# Chicken and vegetable casserole

Serve with boiled potatoes or rice

## Ingredients

- › 4 chicken portions
- › 3 large carrots
- › 2 onions
- › 2 celery stalks
- › 6 mushrooms
- › 20 g of frozen peas
- › 1 low-salt chicken stock cube dissolved in 275 ml of boiling water.
- › 2 dstsp of lemon juice
- › ½ dstsp of mixed dried herbs
- › pinch of salt if desired
- › pepper

*Any vegetables can be used instead of mushrooms and carrots. Pick according to availability, choice and cost.*



## Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Wash, peel and chop carrots, onion, celery and mushrooms
3. Place chicken portions in a casserole dish with all the vegetables
4. Pour in chicken stock, lemon juice, mixed herbs, salt and pepper
5. Bake for 1–1½ hours or until chicken is cooked
6. Serve with baked potatoes or rice



## Chicken curry

Serve with boiled brown or white rice

### Ingredients

- › 350 g of cooked chicken
- › 5 button mushrooms
- › 1 medium-sized pepper
- › 1 medium-sized onion
- › 100 g of fresh or defrosted peas
- › 1 large carrot
- › 1 clove of garlic
- › 2 dstsp of curry paste
- › 1 tsp of vegetable oil
- › 1 low-salt chicken stock cube dissolved in 275 ml of boiling water

**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



### Utensils needed

Chopping board  
Chopping knife  
Frying pan  
Measuring jug  
Vegetable peeler  
Wooden spoon



### Method

1. Slice vegetables and garlic
2. Heat the oil in a frying pan and gently fry the onions, carrot and garlic
3. Add mushrooms and pepper to the frying pan and cook for 2–3 minutes
4. Add the curry paste to the pan and cook for 1 minute stirring all the time
5. Stir in the stock and cooked chicken pieces
6. Add the peas, reduce heat and cook slowly for 10 minutes without stirring
7. Serve with rice



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
40 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Measuring jug  
Saucepan  
Wooden spoon



## Chicken in tomato sauce

Serve with boiled rice

### Ingredients

- › 1 medium-sized onion
- › 1 medium-sized carrot
- › 1 clove of garlic
- › 1 tbsp of fresh parsley, or 1 tsp of dried parsley
- › 10 ml of vegetable oil
- › 2 medium-sized chicken breast fillets
- › 300 g of passata or tomato based pasta sauce
- › ½ a low-salt chicken stock cube dissolved in 100 ml of boiling water
- › 100 g of fresh or defrosted peas
- › Black pepper to taste

### Method

1. Peel and roughly chop the onion and the carrot. Peel and crush the garlic.
2. Wash and roughly chop the parsley, if using fresh herbs.
3. Heat the vegetable oil in a large saucepan and cook the onion, garlic and carrot for 7–8 minutes.
4. Remove the skin from the chicken breast fillets. Chop the fillets into chunks and add to the vegetable mix. Cook until the chicken turns white on the outside, stirring occasionally.
5. Add the passata, chicken stock and chopped parsley. Cover the saucepan with a lid and cook for 15 minutes.
6. Add the peas and cook for 3 minutes.
7. Season with black pepper to taste.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
30 minutes



**Utensils needed**  
Mixing bowl  
Wooden spoon



## Barbeque chicken drumsticks

### Ingredients

- › 16 chicken drumsticks

### For the marinade:

- › 1½ tbsp of tomato sauce or tomato puree
- › 14 ml of soy sauce
- › 1 tbsp of balsamic vinegar
- › 1 tbsp of honey
- › 1½ tbsp of brown sugar
- › 1 tsp of wholegrain mustard
- › 1 tsp of Dijon mustard
- › 1 orange, juice and zest
- › black pepper to taste

### Method

1. Mix all the marinade ingredients together in a large bowl and season well with pepper
2. Place the chicken drumsticks into the bowl and stir around until all the drumsticks are coated with the sauce
3. Cover the bowl with cling film and place on the bottom shelf of the fridge to marinate for at least a couple of hours
4. Light the barbeque or preheat the oven to 200°C / 400°F / Gas Mark 6
5. Cook the chicken for at least 30 minutes turning regularly making sure that the chicken cooks evenly on all sides
6. Before serving, check that the chicken is properly cooked by removing it from the heat and cutting into the thickest part of it with a clean knife to ensure that it is piping hot all the way through and there is no pink meat remaining and the juices run clear



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
40 minutes



**Utensils needed**  
Baking tray  
Grater  
Chopping board  
Chopping knife  
Mixing bowl



## Baked chicken with cheese and mustard

### Ingredients

- › 4 chicken breasts
- › 28 g of wholemeal flour
- › 57 g of grated low-fat Cheddar cheese
- › 2 tbsp of fresh chives, finely chopped or dried chives
- › 2 tbsp of low-fat milk
- › 1 tbsp of mustard
- › 1 level tsp of black pepper

### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. On a plate combine the cheese, flour, black pepper, and chives
3. Mix the milk and mustard in a bowl
4. Roll one chicken breast in the milk and mustard mix
5. Then roll the chicken breast in the flour and cheese mix until the chicken is fully covered
6. Place the coated chicken breast on a lightly greased baking tray
7. Repeat the steps for the remaining chicken breasts
8. Bake in the oven for 35–40 minutes, ensuring there is no pink meat remaining



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
40 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Measuring jug  
Frying pan  
Wooden spoon



## Coronation chicken

Serve with rice or baby potatoes

### Ingredients

- › 4 lean chicken fillets, around 520 g
- › 10 ml of vegetable oil
- › 1 small onion, peeled and finely chopped
- › 1 tbsp of curry powder
- › 150 ml of water
- › 1 heaped tsp of tomato puree
- › 1 x 125 g pot of low-fat natural yoghurt
- › black pepper to taste

### Method

1. Gently heat the oil in a frying pan
2. Add the onion and cook on a low heat until soft
3. Place the chicken on the pan and cook until it is golden
4. Add a little water and cover the pan to stop the chicken from becoming too tough
5. After a couple of minutes, add the curry powder and the tomato puree
6. Coat the chicken with the mix, and then add the remaining water and pepper
7. Simmer for 20 minutes
8. When the sauce is cooked, remove the pan from the heat
9. Stir in the yoghurt



**Serves**  
6 adults



**Preparation time**  
15 minutes



**Cooking time**  
1½ hours



**Utensils needed**

2x baking trays  
Chopping board  
Chopping knife  
Saucepan  
Vegetable peeler



## Roast chicken and vegetables

### Ingredients

- › 1 medium-sized chicken, around 1½ kg
- › 6 medium-sized carrots
- › 20 ml of vegetable oil
- › 4 large potatoes
- › salt and pepper to taste
- › 6 medium-sized parsnips

### Method

#### Chicken:

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Remove the chicken from its wrapping and dispose of the wrapping straight away.
3. Place the chicken directly onto a baking tray with its breast-side up.
4. Place the baking tray on an oven rack in the middle part of the oven.
5. Roast the chicken for 20 minutes per 500 g and an extra 20 minutes at the end. Check the juices run clear when a sharp knife is inserted into the joint between the body and the thigh.
6. Remove chicken from oven, cover loosely with foil and let it rest for 10 minutes before carving.

#### Vegetables and potatoes:

1. Preheat oven to 180°C / 350°F / Gas Mark 4.
2. Wash and peel the parsnips and carrots. Cut into sticks, each about 5 cm long and about 1 cm thick.
3. Peel and cut potatoes into large pieces.
4. Parboil the vegetables and potatoes for 3 minutes.
5. Drain the vegetables and potatoes, spread on a baking tray and drizzle with a small amount of vegetable oil.
6. Roast the vegetables and potatoes in the preheated oven for about 20 minutes, stirring occasionally.





**Serves**  
4 adults



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Mixing bowl  
Baking tray



# Chicken fingers

Serve with salad

## Ingredients

- › 4 chicken breasts, skin removed
- › 25 g of plain flour
- › 50 g of fresh breadcrumbs
- › 50 g of porridge oats
- › 2 eggs

## Method

1. Preheat oven to 180°C / 350°F / Gas Mark 4
2. Cut the chicken into strips
3. Beat the eggs in a bowl
4. Mix the breadcrumbs and porridge oats together and then scatter on a plate
5. Place the flour on a plate
6. Roll the chicken strips in the flour
7. Dip the chicken into the beaten egg
8. Roll the chicken strips in the breadcrumb mixture until they are fully coated
9. Cook in the oven for 15–20 minutes until cooked through



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



#### Utensils needed

Frying pan  
Chopping board  
Chopping knife  
Grater  
Wooden spoon



# Chicken fajitas

Serve with low-fat natural yoghurt or sour cream

## Ingredients

- › 2 chicken fillets
- › 1 green pepper
- › 1 red pepper
- › 1 small onion
- › 1 tbsp of chilli powder mix
- › 1 tsp of vegetable oil
- › 4 tortilla wraps
- › 100 g of low-fat grated cheese

*8 chicken nuggets can be baked in oven instead of chicken fillets.*

*For a healthy option add grated carrot or mushrooms.*

## Method

1. Cut the chicken into small strips.
2. Slice the peppers and onions into thin strips.
3. Fry the chicken in the vegetable oil over a medium heat for 8–10 minutes.
4. Add the chilli powder mix and vegetables.
5. Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.
6. Heat the tortillas in either:
  - Oven Preheat the oven to 180°C / 350°F / Gas Mark 4. Wrap in tin foil and heat for 15 minutes.
  - Microwave Place on a plate, cover with cling film and heat for 1 minute on full power.
7. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
8. Serve with salad.



**Serves**  
4 adults



**Preparation time**  
25 minutes



**Cooking time**  
25 minutes



**Utensils needed**

Chopping board  
Chopping knife  
2x mixing bowls  
Wooden spoon  
12x skewers



## Chargrilled chicken kebabs

### Ingredients

- › 400 g of chicken, cut into large pieces
- › 1 fresh chilli, chopped finely, optional
- › zest of 1 lemon
- › 2 sprigs of fresh rosemary, chop leaves finely
- › 20 ml of olive oil
- › 1 pepper, cut into large pieces
- › 1 courgette, peeled into ribbons
- › 180 g of mushrooms, halved
- › 2 onions, cut into thin wedges
- › 200 g tomatoes

### Method

1. Soak 12 wooden skewers in water
2. Place the chicken into a bowl, along with half of the chilli, lemon, rosemary and olive oil
3. Mix the chicken with the marinade and cover
4. Place all the vegetables into a large bowl, along with the rest of the chilli, lemon, rosemary and olive oil
5. Mix and cover
6. Place both bowls in the fridge to marinate
7. Preheat the oven 200°C / 400°F / Gas Mark 6
8. Thread the ingredients onto the skewers and place on a tray
9. Cook for 25 minutes until the chicken is cooked through and all sides are golden



**Serves**  
6 adults



**Preparation time**  
10 minutes



**Cooking time**  
25 minutes



**Utensils needed**

Casserole dish  
Chopping board  
Chopping knife  
Rolling pin  
Wooden spoon



## Turkey pie

### Ingredients

- › 500 g of cooked turkey, cut into chunks
- › 225 g of puff pastry, bought prepared
- › 1 x 400 g tin of mushroom soup
- › 145 g of frozen peas, defrosted
- › 2 tbsp of lemon juice
- › 2 medium-sized onions
- › salt and pepper, to taste
- › 1 tbsp of low-fat milk, to glaze the pastry

### Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Mix the turkey, soup, peas, lemon juice, onions, salt and pepper together and add to a casserole dish
3. Add a little water or low-fat milk if there is not enough sauce
4. Roll out the pastry to about ½ cm thickness and cover the casserole
5. Glaze the pastry with milk
6. Bake in the oven for 25 minutes
7. Serve hot

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**Serves**  
2 adults



**Preparation time**  
15 minutes



**Cooking time**  
35 minutes



**Utensils needed**  
Plastic container  
Baking tray



## Spicy potato wedges

Serve with a tossed green salad

### Ingredients

- › 4 medium-sized potatoes
- › 20 ml of vegetable oil
- › 1 tsp of Cayenne pepper
- › black pepper

← Cover with natural yoghurt,  
low-fat grated cheese or salsa.

### Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Wash and cut the potatoes into 8 wedges. Leave the skin on.
3. Place in a container and pour the vegetable oil over them. Close the container and shake.
4. Sprinkle the wedges with Cayenne pepper and pepper, close the container and shake again.
5. Place the wedges on the baking tray.
6. Cook for 35 minutes until golden brown.

↖ Try other spices to alter  
flavours - Cajun, Indian,  
Mexican or garlic.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



**Utensils needed**  
Frying pan  
Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon



# Spanish tortilla

Serve with a tossed green salad

## Ingredients

- › 20 ml of vegetable oil
- › 2 onions, chopped
- › 1 red pepper, cored and chopped
- › pinch of salt and pepper if required
- › 4 eggs
- › 2 large potatoes, boiled and chopped
- › 1 dstsp of chopped fresh parsley, or 1 tsp of dried parsley

*A good way to use  
leftover potato.*



## Method

1. Heat the oil in a frying pan.
2. Add the onions and cook until soft.
3. Add the red pepper, cook for 5 minutes.
4. Beat the eggs in a bowl. Add salt and pepper.
5. Stir the potatoes, parsley and fried vegetables into the egg mixture.
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge.
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan.
8. Place the pan under a preheated moderate grill for about 3 minutes to cook the top of the tortilla.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
20 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Frying pan  
Baking tray  
Wooden spoon  
Saucepan  
Vegetable peeler



## Vegetable stir-fry with egg rice

### Ingredients

- › ½ head of broccoli, broken into small florets
- › 1 pepper, sliced
- › 1 carrot, cut into little sticks
- › 1 onion, finely chopped
- › 2 dstsp of peanuts or cashew nuts
- › 1 tbsp of soy sauce
- › 1 tbsp of honey
- › juice of ½ a lime
- › 250 g basmati rice
- › 1 egg, whisked
- › 10 ml of vegetable oil
- › spring onion, finely chopped, to garnish

### Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Cook the rice according to the packet instructions.
3. Place the vegetables, apart from the onion, on a baking tray and roast until tender for about 20 mins.
4. Gently fry the onion in the oil without browning it in a wok or large frying pan. Set aside half of it for the egg rice.
5. Add the roasted vegetables to the onion in the frying pan.
6. Combine soy sauce, lime juice and honey in a cup, add to the wok or frying pan and coat the vegetables.
7. Sprinkle with peanuts or cashew nuts.
8. In a separate pan combine the cooked rice, the remaining onion and the whisked egg with the soy sauce.
9. Stir until well combined and the egg has cooked.
10. Serve the egg fried rice alongside the vegetables.
11. Garnish with the spring onion.

*This tasty stir-fry uses simple ingredients and is even quicker to prepare if you use leftover rice.*





**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



#### Utensils needed

Saucepan  
Wooden spoon  
Grater  
Measuring jug  
Chopping board  
Chopping knife



## Midweek Mexican beans

**Serve with** sweetcorn and sliced peppers on a warmed wrap, and top with grated cheese and a dollop of sour cream or yoghurt

### Ingredients

- › 40 ml of vegetable oil
- › 1 dstsp of paprika
- › 2 dstsp of smoked paprika
- › 50 ml of water
- › 2 tsp of garlic powder
- › 1 tsp of salt
- › 2 tsp of sugar
- › ¼ tsp of chilli powder (add more if you prefer)
- › 200 g cooled rice – leftovers are perfect
- › 2 x 400 g tins of kidney beans, drained and rinsed – you could also use a mix of black beans and kidney beans

### To serve

- › 4 soft wraps
- › 340 g tin of sweetcorn
- › sliced red peppers
- › grated Cheddar or Mozzarella cheese
- › sour cream or natural yoghurt

*If you have no leftover rice, sachets of ready cooked rice or grain mix work really well.*

### Method

1. In a large saucepan, add the oil, paprika, garlic powder, salt, sugar, chilli powder and water.
2. Stir together until smooth.
3. Add the rice and coat well with the wet, spicy mixture, taking care not to over mix or the rice will go mushy.
4. Add the kidney beans and stir gently to coat the beans in the rice and spice mix.
5. Now turn on the heat and heat gently until the mixture is warm. Take care not to over mix, but keep the mixture moving to prevent it from sticking. Add more water if the mixture is too dry.
6. While the beans and rice are warming up, prepare the wraps by warming in the oven, microwave or pan as directed on the pack.
7. Serve the bean and rice mixture on the wrap, top with cheese, and sour cream or natural yoghurt. To add a bit of crunch, serve with some sliced red peppers and sweetcorn on the side.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
45 minutes



#### Utensils needed

Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon  
2x baking trays  
Saucepan  
Grater



## Roasted vegetable pasta

### Ingredients

- › 20 ml of vegetable oil, such as olive oil or rapeseed oil
- › 1 red onion, cut into wedges
- › 1 red pepper, sliced
- › 1 yellow pepper, sliced
- › 1 courgette, sliced
- › 3 cloves of garlic (leave them unpeeled)
- › dash of balsamic vinegar
- › 400 g tin of tomatoes
- › pepper and salt
- › 1 tsp of sugar
- › 200 g pasta
- › grated Parmesan, to serve

*You could also use aubergine, in this recipe if you like, it works well too.*

### Method

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place all the sliced vegetables into a large bowl.
3. Pour over the oil, a splash of balsamic vinegar and the salt, pepper and sugar.
4. Mix the vegetables to coat in the oil and vinegar.
5. Spread the vegetables onto 2 baking trays and roast in the oven, stirring occasionally, for 45 minutes, or until soft and turning golden. Add the tomatoes to the baking trays for the last 20 minutes of cooking time.
6. Cook the pasta in boiling water for 12–15 minutes until it is soft. Drain the pasta and return it to the saucepan, along with the roasted vegetable and tomato mixture.
7. Stir and cook gently for 2–3 minutes.
8. Sprinkle the Parmesan over the pasta and serve.



**Serves**  
6 adults



**Preparation time**  
20 minutes



**Cooking time**  
40 minutes



#### Utensils needed

Chopping board  
Chopping knife  
Wooden spoon  
Saucepan  
Measuring jug  
Peeler



## Sweet potato satay stew

### Ingredients

- › 1 onion
- › 20 ml of vegetable oil
- › 2 cloves of garlic, finely chopped
- › 2 small chunks of fresh ginger, peeled and chopped
- › ½ tsp of Cayenne pepper
- › 1 tbsp of mild or medium curry paste
- › 600 g of sweet potato, washed, peeled and cut into cubes
- › 300 ml of passata
- › 1 low-salt vegetable stock cube dissolved in 300 ml of boiling water
- › 200 g of spinach leaves, washed
- › 4 tbsp of peanut butter
- › fresh coriander, to garnish
- › black pepper

### Method

1. Heat the oil in a large saucepan.
2. Add the chopped onion, garlic, ginger and Cayenne pepper and fry gently for 10 minutes, taking care to not let the onion or garlic go brown.
3. Add the curry paste and stir well.
4. Add in the chopped sweet potato and mix well.
5. Add the passata and the stock. Bring to the boil, cover and simmer for 20 minutes until the sweet potatoes are almost tender.
6. Add the spinach and cook for a further 5 minutes.
7. In a cup, mix a few tablespoons of the stew juices with the peanut butter to soften it and then mix it all back into the stew.
8. Season with black pepper and garnish with chopped coriander.
9. Serve on its own or with boiled rice.



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
1½ hours



#### Utensils needed

Chopping board  
Chopping knife  
Wooden spoon  
Saucepan  
Measuring jug  
Peeler



## Moroccan vegetable tagine

Serve with warm couscous or rice

### Ingredients

- › 20 ml of vegetable oil
- › 1 small red onion, thinly sliced
- › 4 garlic cloves, thinly sliced
- › 1 small chunk of ginger, peeled and finely chopped
- › 2 tsp of ground coriander
- › 1 tsp of ground cumin
- › 1 tbsp of harissa paste, or ¼ of a tsp of chilli powder
- › 1 large sweet potato, peeled and cut into chunks
- › 2 carrots, diagonally sliced
- › 400 g tin of chopped tomatoes
- › 2 courgettes, cut into circles
- › 1 red and 1 yellow pepper, cut into long slices
- › 400 g tin of chickpeas, rinsed and drained
- › 1 low-salt vegetable stock cube dissolved in 300 ml of boiling water
- › salt and pepper, to taste
- › 100 g of ready-to-eat dried apricots, halved

### Method

1. Heat the oil in a large saucepan over a medium heat
2. Gently fry the onion, garlic and ginger for 5–6 minutes until they start to soften
3. Add the ground coriander and cumin and fry for a few minutes.
4. Add the harissa paste (or chilli powder), stir and fry for another few minutes
5. Add sweet potato and carrots, turn the heat down and cook, stirring regularly, for 5–10 minutes
6. Add the tomatoes, courgettes, peppers, chickpeas and stock, then season to taste
7. Bring up to a simmer and add the apricots
8. Put the lid on the pot and simmer on a low heat for 50 minutes or until the vegetables are tender
9. Serve with warm couscous or rice



**Serves**  
4 adults



**Preparation time**  
15 minutes



**Cooking time**  
40 minutes



#### Utensils needed

Chopping board  
Chopping knife  
Wooden spoon  
Saucepan  
Vegetable peeler  
Measuring jug  
(Grater)



## Thai butternut squash curry

Serve with wholegrain basmati rice

### Ingredients

- › 10 ml of vegetable oil
- › 1 tbsp of Thai red curry paste
- › 2-cm piece of fresh ginger, finely chopped or grated
- › 2 cloves of garlic, peeled and finely chopped or crushed
- › 3 medium-sized onions, peeled and finely chopped
- › 1 red pepper, de-seeded and finely chopped
- › 1 butternut squash, peeled, de-seeded and diced
- › 500 ml of water
- › 400 g tin of low-fat coconut milk
- › 400 g tin of chickpeas, drained
- › 1 bunch of fresh coriander, chopped
- › 1 lime, juiced

*This vegetarian curry is a delicious and healthy take on the typical Indian takeaway dish. A great dinner for when the evenings are colder and you just want something comforting.*

### Method

1. Heat the oil in a large non-stick pan
2. When hot, add the curry paste, garlic, ginger, onions and red pepper and cook for 10 minutes until the vegetables are soft
3. Add butternut squash and water, bring to the boil before turning down the heat to low and simmering for 20 minutes
4. After the curry has simmered for 20 minutes, add the coconut milk and chickpeas and cook for a further 5–10 minutes
5. Add the lime juice and coriander just before serving with rice



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
30 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Measuring jug  
Saucepan  
Wooden spoon



## Rice and vegetable hotpot

### Ingredients

- › 10 ml of vegetable oil
- › 1 large onion
- › 100 g of baby corn
- › 1 medium-sized red pepper
- › 1 medium-sized yellow pepper
- › 2 medium-sized carrots
- › 150 g of cauliflower
- › 225 g of long grain rice
- › 1 low-salt vegetable stock cube dissolved in 600 ml of boiling water
- › 1 tsp of cumin powder
- › 1 tsp of mild curry powder
- › 1 tsp of tomato puree

### Method

1. Chop the vegetables.
2. Heat the oil in a saucepan and add the onions for 1 minute. Add the remaining vegetables and cook until softened.
3. Add the rice and stir in the cumin powder, curry powder, tomato puree and stock. Bring to the boil.
4. Reduce the heat, cover the pan and simmer for 15–20 minutes, until the rice is tender and the liquid absorbed.



**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
45 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Measuring jug  
Saucepan  
Wooden spoon



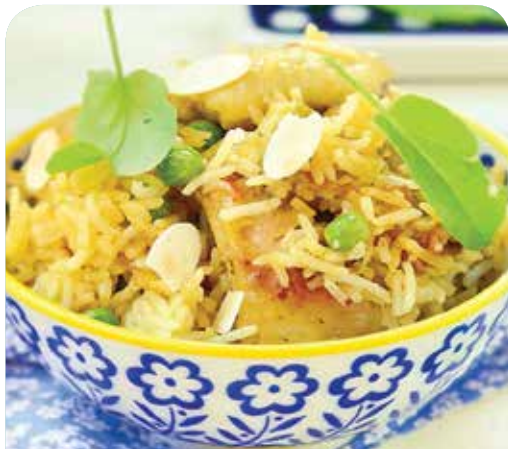
## Lentil and vegetable stew

### Ingredients

- › 1 large onion
- › 2 medium-sized carrots
- › 2 celery sticks
- › 100 g of mushrooms
- › 2 small courgettes
- › 10 ml of vegetable oil
- › 175 g of red lentils
- › 1 tsp of mixed dried herbs
- › 1 low-salt vegetable stock cube dissolved in 600 ml of boiling water
- › 2 tbsp of tomato puree
- › black pepper, to taste

### Method

1. Chop all the vegetables.
2. Heat the oil in a large saucepan, add the onion and cook for 5 minutes.
3. Add the carrots and celery. Cook for 2 minutes.
4. Stir in the lentils, herbs, stock, puree and pepper and bring to the boil.
5. Cover and simmer for 20 minutes until the lentils are soft.
6. Stir in the courgettes and mushrooms and cook for a further 10 minutes.



**Serves**  
4 adults



**Preparation time**  
2 minutes



**Cooking time**  
25 minutes



**Utensils needed**  
2x saucepans  
Wooden spoon  
Measuring jug



## Peas and rice

### Ingredients

- › 180 g of brown rice
- › 500 ml of water
- › 100 g of frozen peas, defrosted
- › 1 tsp of olive oil
- › black pepper, to taste

### Method

1. Boil the water in a saucepan and add the rice. Follow the cooking instructions that are on the packet.
2. In a smaller pan, heat up the peas in a little water.
3. When both are cooked, drain them and then mix them together, adding olive oil and pepper to taste.





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**Serves**  
1 adult



**Preparation time**  
5 minutes



**Utensils needed**  
Plastic container



## A graze box

### Caution

This is not suitable  
for children under  
5 years of age!

### Ingredients

- › 1 tbsp of dried fruit – raisins, sultanas, apricots and so on
- › 40 g of nuts – sunflower seeds, almonds, shelled nuts, cashews, hazelnuts

### Method

1. Place ingredients into an airtight container
2. Put on lid and shake well, mixing all the ingredients together
3. Store in a cool dry place
4. Eat within 14 days of preparation

*Ideal to munch on looking at TV, studying or just grazing! You can make enough for a week or according to your budget. Buy the broken nuts in the health shops as they are cheaper.*



### Alternative suggestions for packed lunches

#### › Salad Box

Egg, lettuce, tomato, onion, cucumber, low-fat coleslaw, sliced peppers, sweetcorn, carrot sticks

#### › Pasta Dishes

Pasta, tuna and sweetcorn  
Pasta, tomato and ham

#### › Grilled chicken (with the skin removed) and salad

#### › Wholegrain crackers and low-fat cheese

## Packed lunch

### 5-Day Lunchbox Planner

#### Day 1

- › 1 medium-sized wholemeal bread roll with tomato and cheese
- › 1 banana
- › handful of carrot sticks
- › pot of low-fat yoghurt
- › bottle of water

#### Day 2

- › small pita bread with tuna and sweetcorn
- › 1 orange
- › ½ of a wholemeal scone
- › handful of strawberries
- › glass of milk

#### Day 3

- › 2 tbsp of pasta with 1 tbsp of tomatoes and vegetables
- › handful of grapes
- › 2 crackers with low-fat Cheddar cheese
- › 1 low-fat yoghurt
- › bottle of water

#### Day 4

- › 2 slices of wholemeal bread with cooked ham and lettuce
- › slices of pepper, cucumber, sugar snap peas or mangetout
- › 1 apple
- › low-fat yoghurt
- › bottle of water

#### Day 5

- › tortilla wrap with chicken, sliced peppers and lettuce
- › 1 kiwi
- › small tub of stewed fruit
- › 6 cherry tomatoes
- › glass of milk



**Serves**  
2 adults



**Preparation time**  
10 minutes



**Cooking time**  
1½ hours



**Utensils needed**

Baking tray  
Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon



## Baked potatoes

*Great with beans  
and low-fat  
grated cheese.*

Serve with a tossed salad

### Ingredients

- › 2 large potatoes, scrubbed but not peeled

### Method

1. Preheat the oven to 220°C / 425°F / Gas Mark 7
2. Prick the potatoes all over with a fork
3. Place on a baking tray and bake in a preheated oven for 1½ hours or until the inside is tender
4. For the microwave method, follow the instructions given in the manual

## Bacon and sweetcorn filling

### Ingredients

- › 2 large baked potatoes
- › 4 rashers of bacon
- › 60 g tin of sweetcorn, rinsed and drained
- › pepper

### Method

1. Grill the rashers and cut into small pieces
2. Cut each baked potato in half and carefully scoop out the centre
3. Mix this potato with the sweetcorn, rashers and pepper
4. Return the mixture to the potato skins
5. Place on a baking tray in a hot oven and bake until warmed through and golden

*Alternatively, you could  
parboil the potatoes for  
about 20 minutes, then  
prick them, cover them  
with oil and bake for 15  
minutes in a conventional  
oven 180°C or 350°F  
or Gas Mark 4.*

## Savoury minced beef and tomato filling

### Ingredients

- › 2 large baked potatoes
- › 1 medium-sized onion
- › pinch of salt if desired
- › pepper
- › tomato slices for garnish
- › 1 dstsp of tomato puree
- › 110 g lean minced beef

### Method

1. Fry the minced beef, onion and tomato puree until well cooked and drain any excess fat
2. Cut each potato in half and carefully scoop out the centre
3. Mix this potato with the mince. Add the salt and pepper
4. Return the mixture to the potato skins
5. Place on a baking tray in a hot oven and bake until warmed through and slightly browned on top
6. Garnish with tomato slices

## Tuna and bacon filling

### Ingredients

- › 2 large baked potatoes
- › pinch of salt if desired
- › ground pepper
- › 200 g tin of tuna in brine, drained and flaked
- › 110 g of back bacon, grilled until crisp, crumbled
- › 20 g of tinned sweetcorn, rinsed and drained
- › 2 spring onions, finely chopped

### Method

1. Cut each potato in half and carefully scoop out the centre
2. Mix this potato, the tuna, bacon, sweetcorn and spring onions together
3. Add a little salt and pepper
4. Return the mixture to the potato skins
5. Place on a baking tray in a hot oven and bake until warmed through and slightly browned on top

## Turkey and ham filling

### Ingredients

- › 2 large baked potatoes
- › 10 g of peas
- › 110 g of cooked turkey
- › 110 g of cooked ham
- › 1 tsp of light mayonnaise
- › salt and pepper

### Method

1. Cut each potato in half and carefully scoop out the centre
2. Slice the turkey and ham and add to the mashed potato flesh
3. Stir in peas and a little mayonnaise
4. Add a little salt and pepper
5. Return the mixture to the potato skins
6. Place on a baking tray in a hot oven and bake until warmed through and slightly browned on top



**Serves**  
2 adults and 2 kids



**Preparation time**  
10 minutes



**Cooking time**  
15 minutes



#### Utensils needed

Bowl  
Frying pan  
Wooden spoon  
Spatula  
Sieve  
Measuring jug



# Pancakes

Serve with a little caster sugar or lemon juice

## Ingredients

- › 225 g of plain flour
- › 1 egg
- › 425 ml of low-fat milk
- › pinch of salt if desired

## Method

1. Sieve the flour and salt into a bowl
2. Make a hole in the centre of the flour and drop in the egg with  $\frac{1}{4}$  of the milk
3. Stir the egg mixture in the centre of the bowl with a wooden spoon, allowing the flour to fall in gradually from the sides
4. Add the rest of the milk slowly, beating well to avoid lumps
5. Pour a thin layer of the mixture onto a hot, non-stick pan
6. Use a spatula to turn the pancake over when bubbles start to appear on top

## Savoury Fillings

- › Chopped cooked chicken
- › Smoked haddock
- › Tinned salmon
- › Mushrooms
- › Mince cooked in curry sauce
- › Bolognese sauce

## Sweet Fillings

- › Jam
- › Stewed fruit
- › Fried bananas

**Serves**

2 adults and 2 kids

**Preparation time**

20 minutes

**Cooking time**

45 minutes

**Utensils needed**

Flan dish  
Sieve  
Mixing bowl  
Whisk  
Grater  
Chopping board  
Chopping knife  
Rolling pin  
Measuring jug



# Quiche

Serve with a tossed green salad

**For the pastry:****Ingredients**

- › 180 g of flour (plain or wholemeal or mix 90 g of both)
- › 85 g of low-fat butter/margarine spread
- › a little water
- › or 1 packet of frozen shortcrust pastry

**Method**

1. Sieve the flour and salt into a bowl.
2. Rub in the chopped low-fat spread until the mixture resembles fine breadcrumbs.
3. Add the water and mix to a stiff dough.
4. Roll out the pastry and line a flan dish.

## Quiche Lorraine filling

**Ingredients**

- › 4 trimmed lean back bacon rashers
- › pepper and salt
- › 200 ml of low-fat milk
- › 50 g of low-fat grated cheese
- › 2 eggs

**Method**

1. Grill the bacon and chop roughly. Place in the flan case.
2. Mix together the milk, eggs, pepper, salt and pour over the bacon. Sprinkle the grated cheese on top and bake in the oven.
3. Bake in a preheated oven 200°C / 400°F / Gas Mark 6 for 40–45 minutes.

## Bacon and mushroom quiche filling

### Ingredients

- › 2 eggs
- › 200 ml of low-fat milk
- › pepper and salt
- › 2 trimmed lean back rashers of bacon
- › 4 mushrooms, chopped
- › 50 g of low-fat grated cheese

*Replace low-fat milk with low-fat cream if you feel like treating yourself.*

### Method

1. Mix the eggs, milk, pepper and salt together.
2. Grill the bacon and mushrooms, and allow to cool. Then chop them roughly and arrange on base of the flan.
3. Pour the egg mixture over the bacon and mushrooms. Sprinkle a little grated cheese on top.
4. Bake in a preheated oven at 200°C / 400°F / Gas Mark 6 for 40–45 minutes.

## Salmon and tomato quiche filling

### Ingredients

- › 210 g tin of salmon
- › 2 tomatoes
- › 2 eggs
- › 200 ml of low-fat milk
- › pepper
- › pinch of salt if desired
- › 2 dstsp of low-fat grated cheese

### Method

1. Drain the salmon and remove the bones.
2. Slice the tomatoes.
3. Arrange salmon and tomato on base of the flan case.
4. Mix together the eggs, milk, pepper and salt and pour over the salmon and tomatoes.
5. Sprinkle a little grated cheese on the top and bake in the oven at 200°C / 400°F / Gas Mark 6 for 40–45 minutes.





**Serves**  
4 adults



**Preparation time**  
20 minutes

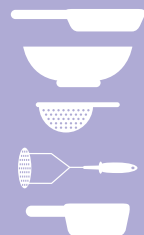


**Cooking time**  
10 minutes



#### Utensils needed

Frying pan  
Mixing bowl  
Sieve  
Potato masher  
2x saucepans



## Potato cakes

Serve with a tossed green salad or baked beans

### Ingredients

- › 55 g of plain flour
- › ¼ tsp of baking powder
- › 3 potatoes, cooked and mashed
- › 15 g of half-fat butter or low-fat spread, melted
- › 1 spring onion (or ½ a red onion), chopped
- › 20 ml of vegetable oil
- › 1 tsp of mixed herbs (optional)
- › a little milk

*Leftover potatoes are a quick and easy solution!*

### Method

1. Sieve together the flour and baking powder in a mixing bowl
2. Add the mashed potatoes, melted butter and onion
3. Bind together, using milk if necessary
4. Turn onto a floured board or clean table top. Knead until the mixture is smooth
5. Divide into 2 equal parts
6. Flatten each piece with your hand to form a circle and cut into 8 triangles
7. Cook on a well-oiled, hot frying pan until brown on both sides



**Serves**  
1 adult



**Preparation time**  
5 minutes



**Cooking time**  
2 minutes



**Utensils needed**  
Grater



## Toasted cheese

### Ingredients

- › 2 slices of wholemeal or granary bread
- › 50 g of low-fat grated cheese
- › 2 tps of low-fat spread
- › 1 tsp of French mustard

*Add in slices of tomato.*

### Method

1. Preheat the grill. Toast the bread on one side
2. Toast the other side until it crisps but has not turned brown
3. Mix the grated cheese, low-fat spread and mustard together and spread over the toast
4. Grill for about 2 minutes until bubbling and starting to brown

### Toasted cheese and tomato

As above, but add 2 tsp of tomato puree to the cheese mixture before toasting

### Toasted cheese and pickle

As in main recipe, but add 2 tsp of your favourite pickle to the cheese mixture before toasting



**Serves**  
1 adult



**Preparation time**  
10 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon



# Guacamole

## Ingredients

- › ¼ avocado, diced
- › 1 spring onion, finely chopped
- › ½ tbsp of fresh coriander, chopped, or 1 tsp dried coriander
- › 6 cherry tomatoes, quartered
- › 1 pinch of cumin seeds
- › 1 pinch of crushed chilli
- › ½ clove of garlic, peeled and crushed
- › ½ lime, juiced
- › 3 rye crispbreads

## Method

1. Combine all of the ingredients in a bowl and mix gently
2. Spread on the crispbread and enjoy



## Crunchy fruit and yoghurt

### Ingredients

- › 125 g pot of low-fat natural yoghurt
- › 30 g of trail mix, e.g. nuts, dried fruit
- › ½ apple, chopped into small bite-size pieces

### Method

For a quick, healthy snack between meals, place the apple and trail mix in a bowl and pour the yoghurt on top

**Serves**  
1 adult



**Preparation time**  
2 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Mixing bowl  
Wooden spoon





**Serves**  
3 adults



**Preparation time**  
5 minutes



**Utensils needed**  
Hand blender  
Mixing bowl



## Hummus

### Ingredients

- › 200 g of tinned chickpeas, or dried chickpeas that have been soaked and cooked
- › 2 tsp of lemon juice
- › 1 clove of garlic
- › 50 ml of tahini
- › salt and pepper, to taste
- › 100 ml of water
- › a little olive oil (optional)

### Method

1. Put the chickpeas, lemon juice, tahini, garlic, salt and pepper in a bowl and blend
2. Add a little of the water to make a stiff paste
3. The amount of water you need will vary so add a little at a time
4. You can add a little more salt and pepper or lemon juice to taste
5. You can also add some olive oil for extra richness, but extra oil means extra calories



## Sweet potato crisps

### Ingredients

- › 500 g of sweet potatoes
- › 20 ml of vegetable oil

*This is an easy recipe  
for kids to help with.*

### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Peel the sweet potatoes and cut into very thin slices using a potato slicer or a sharp knife
3. Put the sweet potato slices in a bowl and add the vegetable oil
4. Get those little hands to mix the sweet potato slices and vegetable oil
5. Put tin-foil on the bottom of a baking tray and lay the sweet potato slices out on it
6. Roast in oven for 10–15 minutes until crispy and then serve

**Serves**  
8 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



### Utensils needed

Baking tray  
Mixing bowl  
Chopping board  
Chopping knife  
Vegetable peeler





**Serves**  
4 adults



**Preparation time**  
10 minutes



**Utensils needed**  
Mixing bowl  
Chopping board  
Chopping knife  
Measuring jug



## Fruit salad

### Ingredients

- › 2 apples
- › 2 pears
- › 2 oranges
- › 2 bananas
- › 2 kiwi fruit
- › handful of grapes
- › handful of berries
- › 150 ml of orange or apple juice

*This is a nice healthy  
dessert for summertime.*

### Method

1. Wash the apples, pears and grapes
2. Peel the oranges, bananas and kiwi
3. Chop the fruit and place in a large bowl
4. Pour orange or apple juice over the fruit, cover and place in the fridge



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Hand blender  
Mixing bowl



## Kiwi, grape and apple smoothie

### Ingredients

- › 6 kiwis
- › 1 medium-sized apple
- › 300 g of green seedless grapes – around 60 grapes
- › 6 ice cubes
- › Water to dilute smoothie to your desired consistency

### Method

1. Wash your hands and the fruit before beginning.
2. On a chopping board peel the kiwis using a vegetable knife.
3. Then chop in half – if the white part running down the centre of the kiwi seems quite hard then carefully take it out using the knife and discard. Chop the remainder into small pieces.
4. Chop the apple into small cubes.
5. Add the chopped kiwis and grapes to a mixing bowl (or liquidiser) and blend until the mixture is smooth.
6. Add the apple and the ice cubes then blend until no large pieces are present.
7. Pour into glasses and serve straight away.





## Red rooster smoothie

### Ingredients

- › 125 g of fruit-flavoured yoghurt (ideally strawberry, raspberry or cherry)
- › 200 g of fresh or frozen summer berries (such as strawberries, raspberries or blackberries)
- › 150 ml of cranberry juice
- › 1 banana

### Method

1. If using frozen berries, allow them to thaw a little
2. Peel the banana and roughly chop
3. Add all the ingredients in a bowl and puree with a hand blender (or use a liquidiser)
4. Pour into glasses and enjoy straight away

**Serves**  
2 adults



**Preparation time**  
5 minutes



### Utensils needed

Chopping board  
Chopping knife  
Hand blender  
Mixing bowl  
Measuring jug





**Serves**  
2 adults



**Preparation time**  
5 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Hand blender  
Mixing bowl  
Vegetable peeler



## Nectarine, strawberry and banana smoothie

### Ingredients

- › 1 nectarine
- › 75 g of strawberries
- › 1 banana
- › 125 g of strawberry yoghurt

### Method

1. Peel and stone the nectarine
2. Peel the banana and roughly chop
3. Wash the strawberries
4. Add all the ingredients in a bowl and puree with a hand blender (or use a liquidiser)
5. Pour into glasses and enjoy straight away



**Serves**  
2 adults



**Preparation time**  
5 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Hand blender  
Mixing bowl  
Vegetable peeler



## Peary nice smoothie

### Ingredients

- › 2 ripe or tinned pears
- › 1 kiwi
- › 1 medium-sized banana
- › 1 tbsp of yoghurt

### Method

1. Peel and chop the pear, kiwis and bananas
2. Blend all the chopped fruit together in a mixing bowl
3. Add yoghurt
4. Pour into glasses and enjoy straight away



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**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
10 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Mixing bowl  
Measuring jug  
Wooden spoon



## 10-minute couscous salad

### Ingredients

- › 100 g of couscous
- › 1 low-salt vegetable stock cube dissolved in 200 ml of boiling water
- › 2 spring onions
- › 1 red pepper
- › ½ cucumber
- › 50 g of feta cheese
- › 2 tbsp of pesto (red or green)
- › 2 tbsp of toasted pine nuts

### Methods

1. Tip the couscous into a large bowl. Pour the stock over the couscous
2. Cover and leave for 10 minutes, until fluffy and all the stock has been absorbed
3. Meanwhile, slice the onions and pepper and dice the cucumber
4. Add these to the couscous, stir in the pesto, crumble in the feta and then sprinkle with pine nuts and serve



## Chicken Caesar salad

### Ingredients

- › 1 medium-sized ciabatta loaf
- › 30 ml of olive oil
- › 2 chicken breasts
- › 1 large Cos lettuce
- › 6 tbsp of Caesar dressing
- › Parmesan cheese, for serving

### Methods

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Slice the ciabatta with a bread knife into 2-cm cubes
3. Spread the bread over a baking tray and sprinkle over 20 ml of olive oil
4. Bake for 8–10 minutes, turning regularly until evenly brown
5. Heat 10 ml of olive oil in a frying pan over medium heat
6. Place the chicken in the pan and fry for 4 minutes
7. Turn the chicken and cook for a further 4 minutes.
8. Tear the lettuce into large pieces and place in a bowl
9. Pull the chicken into bite-size strips and scatter over the lettuce, along with the croutons
10. Drizzle the dressing over the salad and sprinkle with Parmesan to serve

↻ *Serve this salad as the main course of a light meal or as the first course of a more formal dinner.*

**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



### Utensils needed

Chopping board  
Chopping knife  
Baking tray  
Frying pan  
Wooden spoon  
Mixing bowl





**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Saucepan  
Mixing bowl  
Wooden spoon



## Hot pasta salad

### Ingredients

- › 300 g of pasta
- › 4 tbsp of light mayonnaise
- › juice of ½ a lemon
- › 200 g tin of tuna
- › 2 red peppers
- › 1 red onion
- › large handful of rocket salad leaves

### Methods

1. Cook pasta according to packet instructions
2. Place the mayonnaise and lemon juice into a large bowl and mix
3. Place the tuna into the same bowl and mix well
4. Slice the peppers and onion thinly and add to the large bowl
5. Drain the pasta and mix in with the mayonnaise mixture
6. Serve with a handful of rocket



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
45 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Baking tray  
Mixing bowl  
Wooden spoon



## Warm chickpea salad

### Ingredients

- › 1 red onion, cut into wedges
- › 2 courgettes, thickly sliced
- › 1 red pepper, cut into large chunks
- › 375 g of tomatoes, halved
- › 50 ml of olive oil
- › juice of ½ a lemon
- › 2 x 400 g tin of chickpeas, rinsed and drained
- › 100 g of feta, cut into cubes

### Methods

1. Preheat the oven to 220°C / 425°F / Gas Mark 7
2. Put onion, courgettes, pepper and tomatoes on a shallow baking tray.
3. Drizzle with 20 ml of olive oil and stir
4. Roast for 30 minutes, stirring halfway through, until vegetables are cooked and beginning to brown
5. Mix the lemon juice and remaining olive oil in a bowl for the dressing
6. When the vegetables are cooked, allow them to cool for 5 minutes
7. Place the vegetables into the bowl of the dressing, along with the chickpeas and feta cheese
8. Stir and serve





**Serves**  
4 adults



**Preparation time**  
10 minutes



**Cooking time**  
10 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Saucepan  
Mixing bowl  
Wooden spoon



## Mexican bean salad

### Ingredients

- › 4 eggs
- › 2 avocados
- › 2 x 400 g tin of mixed beans, rinsed and drained
- › 1 red onion, finely sliced
- › 250 g of cherry tomatoes, halved
- › juice of ½ a lime
- › 1 red chilli, de-seeded and finely sliced (optional)
- › ½ tsp of cumin

### Methods

1. Place the eggs in a saucepan of boiling water and boil for 7 minutes, then place in a bowl of cold water to cool
2. Slice the avocados and place in a large bowl with the beans, onion and tomatoes
3. Place the lime juice, chilli and cumin in a cup and mix
4. Peel the shells of the eggs when they are still warm and slice
5. Serve the salad with the sliced egg and dressing drizzled over it

*A combination of fresh and  
tinned ingredients come together  
beautifully in this tasty salad.*



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
20 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Baking tray  
Frying pan  
Mixing bowl  
Wooden spoon  
Saucepan



## Chicken and pasta salad

### Ingredients

- › 1 red pepper, thickly sliced
- › 1 red onion, thickly sliced
- › 10 ml of olive oil
- › 300 g of pasta
- › 4 chicken breasts
- › 2 garlic cloves, crushed
- › 150 g of cherry tomatoes, halved
- › 50 g of salad leaves such as rocket
- › 1 tbsp of white wine vinegar

### Methods

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Mix the pepper and onion with 1 teaspoon of the oil then spread evenly on a baking tray and roast for 20 minutes
3. Cook the pasta according to packet instructions, drain and set aside.
4. Slice the chicken into bite-size pieces
5. Heat the remaining oil in a frying pan over medium heat
6. Fry the chicken and garlic for 6–8 minutes until cooked and not pink in the middle.
7. Mix the pasta, chicken, onion, pepper, cherry tomatoes, rocket and vinegar in a bowl and serve



## BLT pasta salad

### Ingredients

- › 75 g of pasta
- › 2 cooked bacon rashers, sliced
- › 45 g of spinach, chopped
- › 8 cherry tomatoes, halved
- › ½ tbsp of crème fraiche
- › ¼ tsp of wholegrain mustard

### Methods

1. Cook pasta according to packet instructions
2. Put the bacon, spinach, tomatoes, crème fraiche and mustard in a bowl along with the pasta and mix well

**Serves**  
1 adult



**Preparation time**  
5 minutes

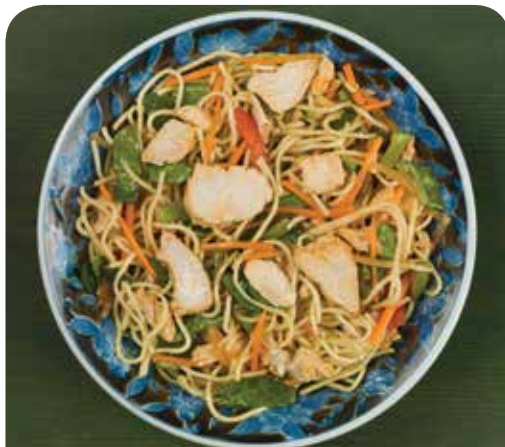


**Cooking time**  
15 minutes



**Utensils needed**  
Chopping board  
Chopping knife  
Saucepan  
Mixing bowl  
Wooden spoon





**Serves**  
2 adults



**Preparation time**  
5 minutes



**Cooking time**  
15 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Grater  
Saucepan  
Whisk  
2x mixing bowls  
Wooden spoon



## Warm chicken noodle salad

### Ingredients

- › 50 g of noodles
- › 100 g of sugar snap peas, halved
- › 1 red pepper, thinly sliced
- › 2 chicken breasts, cooked
- › 30 ml of olive oil
- › zest and juice of ½ a lemon
- › 1 tbsp of light mayonnaise

### Methods

1. Cook the noodles according to packet instructions
2. Make the dressing by whisking together the olive oil, lemon zest and juice and mayonnaise
3. Drain the noodles and place in a bowl
4. Place the peas, red pepper, chicken and dressing in the bowl, mix and serve



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
10–15 minutes



**Utensils needed**  
Chopping knife  
Chopping board  
Mixing bowl  
Wooden spoon



## Tuna rice salad

### Ingredients

- › 400 g of cooked rice, cooled
- › 200 g of tinned tuna in brine, drained and flaked
- › 100 g of sugar snap peas, halved
- › 1 red pepper, diced
- › 2 tomatoes, chopped into small chunks
- › 3 spring onions, finely sliced
- › 2 tbsp of light mayonnaise
- › juice of ½ a lemon
- › 10 ml of olive oil

### Method

1. Mix the rice, tuna, peas, peppers, tomatoes and spring onions in a bowl
2. Stir through the mayonnaise, lemon juice and olive oil



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
10 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Whisk  
Mixing bowl  
Grater  
Wooden spoon  
Measuring jug



## Lemony roast chicken couscous

### Ingredients

- › 4 cooked chicken breasts, sliced
- › zest and juice of 1 lemon
- › 30 ml of olive oil
- › 300 g of couscous
- › 1 low-salt chicken stock cube dissolved in 400 ml of boiling water
- › 250 g of cherry tomatoes, halved
- › 50 g of toasted pine nuts

### Methods

1. For the dressing whisk together the lemon zest and juice and olive oil
2. Place the chicken in a bowl and pour the dressing over it
3. Cover and leave to marinate in the fridge for 10 minutes
4. Place the couscous in a bowl and pour over the hot stock
5. Leave for about 10 minutes until the stock has been absorbed and the couscous is fluffy
6. Mix in the tomatoes, nuts and chicken with the couscous and serve



**Serves**  
6 adults



**Preparation time**  
10 minutes



**Cooking time**  
25 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Saucepan  
Grater  
Mixing bowl  
Wooden spoon



## Mixed bean and rice salad

### Ingredients

- › 375 g of rice
- › 2 x 400g tins of mixed beans, rinsed and drained
- › 340 g of sweetcorn
- › 1 red onion, thinly sliced
- › 2 red peppers, diced
- › zest and juice of 1 lime
- › 2 tsp of honey
- › 1 red chilli, finely sliced

### Methods

1. Cook rice according to packet instructions
2. Once cooked, rinse under cold water to cool
3. When cold combine in a bowl with the beans, sweetcorn, onion and red peppers
4. Mix the lime zest and juice, honey and chilli together in a cup
5. Pour over the rice mixture and mix well



**Serves**  
4 adults



**Preparation time**  
5 minutes



**Cooking time**  
10 minutes



**Utensils needed**

Chopping board  
Chopping knife  
Saucepan  
Whisk  
Mixing bowl



## Greek pasta salad

### Ingredients

- › 250 g of pasta
- › ½ a cucumber, thickly sliced
- › 200 g of feta cheese
- › 1 red onion, finely chopped
- › 125 g of cherry tomatoes, halved
- › 20 ml of olive oil
- › 1 tbsp of red wine vinegar
- › 2 tsp of dried oregano
- › juice of ½ a lemon

### Methods

1. Cook the pasta according to packet instructions
2. Drain and cool under cold water
3. In a small bowl whisk together olive oil, red wine vinegar, lemon juice and dried oregano
4. Place the pasta, cucumber, red onion, tomatoes, crumbled feta cheese and dressing in a bowl and gently mix, then serve

*This salad is a real crowd pleaser at a BBQ. It's so easy to make and is basically summer in a bowl. The perfect salad to pack and take to work too.*





## DESSERTS & BREADS

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**Serves**  
2 adults and 2 kids



**Preparation time**  
30 minutes



**Cooking time**  
55 minutes



**Utensils needed**

Loaf tin  
Mixing bowl  
Wooden spoon  
Measuring jug



## Wholemeal bread

### Ingredients

- › 425 g of wholemeal flour
- › 10 g of wheatgerm
- › 10 g of bran
- › 275 ml of buttermilk
- › 1 tsp of bread soda (sodium bicarbonate)
- › 1 tsp of brown sugar
- › 1 tsp of salt
- › 2 tsp of sunflower oil
- › 1 egg (optional)

### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Mix all the ingredients well together. Then pour the lot into a lightly oiled loaf tin.
3. Bake in the preheated oven for 15 minutes.
4. Reduce heat to 150°C / 300°F / Gas Mark 2 and bake for a further 40 minutes.

*↻ In an electric oven you can turn off the heat for the last 5-10 minutes and leave the bread in the oven to finish baking.*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
2x bun trays  
Sieve  
2x mixing bowls  
Whisk  
Wooden spoon



## Queen cakes

Makes 24 small buns

### Ingredients

- › 115 g of soft margarine
- › 2 eggs
- › 225 g of self-raising flour
- › 115 g of caster sugar
- › a little low-fat milk

*Add some sultanas or cherries  
to the mixture for variety.*

*If soft margarine is used  
all the ingredients can  
be beaten together.*

### Methods

1. Preheat the oven to 200°C / 400°F / Gas Mark 6
2. Sieve the flour into a bowl
3. Cream the margarine and sugar together in a separate bowl
4. Beat the eggs in a small bowl
5. Add the flour and eggs gradually to the creamed margarine and sugar, beating gently to avoid curdling
6. If the mixture is dry add a little milk
7. Divide the mixture into bun cases
8. Bake in the preheated oven for 20 minutes

*These buns freeze well*



**Serves**  
2 adults and 2 kids



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



#### Utensils needed

Baking tray  
Mixing bowl  
Sieve  
Wooden spoon  
Measuring jug  
Rolling pin



# Wholemeal scones

Makes approximately **12** scones

## Ingredients

- › 180 g of wholemeal flour
- › 200 g of plain flour
- › 50 g of margarine
- › 275 ml of low-fat milk
- › 1 tsp of baking powder
- › pinch of salt
- › 1 dstsp of caster sugar (optional)

## Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Sieve the wholemeal flour, plain flour and sugar in a mixing bowl. Sieve in the salt and baking powder and mix well.
3. Rub in the margarine until the mixture resembles fine breadcrumbs.
4. Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead.
5. Roll out the dough to 2-cm in thickness. Dust a baking tray with flour. Using a 5-cm shape cutter, cut out scones and place on the baking tray. (You can use a small glass or cup as a cutter.)
6. Bake in the preheated oven for approximately 20 minutes.



## Irish tea brack

*Useful for school lunches*

### Ingredients

- › 1 cup of strong tea
- › 180 g of brown sugar
- › 250 g of plain flour
- › 450g of mixed dried fruit
- › 1 egg, lightly beaten
- › ½ a level tsp of bread soda (sodium bicarbonate)

### Methods

1. Put the tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
2. After the fruit mixture has been allowed to soak overnight, preheat the oven to 180°C / 350°F / Gas Mark 4.
3. Grease a loaf tin.
4. Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and bread soda together and fold into mixture.
6. Turn into the greased tin. Place in the preheated oven and bake for 1½–1¾ hours.
7. Cool on a wire tray and serve sliced with butter.

### Serves

2 adults and 2 kids



### Preparation time

30 minutes. You will need to soak some of the ingredients overnight



### Cooking time

1¾ hours



### Utensils needed

Loaf tin  
Mixing bowl  
Sieve  
Wooden spoon



**Serves**

4 adults and 4 kids

**Preparation time**

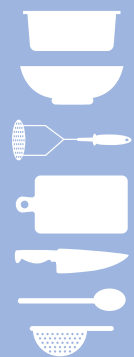
10 minutes

**Cooking time**

1½ hours

**Utensils needed**

Loaf tin  
2x mixing bowl  
Masher  
Chopping board  
Chopping knife  
Wooden spoon  
Sieve



## Banana bread

Serve with hot, low-fat custard

**Ingredients**

- › 280 g of self-raising flour, sieved
- › 140 g of brown sugar
- › 3 eggs, beaten
- › 3 bananas, mashed
- › ½ tsp of baking powder
- › 110 g of walnuts, chopped
- › ½ tsp of cinnamon
- › ½ tsp of nutmeg
- › 200 g of margarine, melted

**Method**

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Mix the dry ingredients in one bowl
3. Mix the wet ingredients in another bowl
4. Mix the wet mixture and the dry mixture together
5. Put into well greased loaf tin
6. Bake in the preheated oven for 1½ hours

*The mixture can also be split into muffin cases to make 8 large muffins - great for a quick breakfast.  
Note that cooking time for muffins will be reduced to 20-25 minutes.*



## Carrot cake

### Ingredients

- › 225 g of caster sugar
- › 100 ml of vegetable oil
- › 225 g of grated carrots, raw
- › 2 eggs
- › 250 g of white self-raising flour, sieved

*Sultanas can be added to the cake mixture.*

### Methods

1. Preheat the oven to 190°C / 375°F / Gas Mark 4.
2. Mix sugar, grated carrots, eggs and oil together. Fold in flour and mix well.
3. Turn into a 20-cm cake tin lined with greaseproof paper, and bake in the preheated oven.
4. Check after 50 minutes, by which time the centre of the cake should have risen.
5. Place on a wire tray to cool, with the greaseproof paper removed.

#### Serves

2 adults and 2 kids



#### Preparation time

20 minutes



#### Cooking time

50 minutes



#### Utensils needed

20-cm cake tin  
Sieve  
Grater  
Vegetable peeler  
Wooden spoon  
Mixing bowl





**Serves**  
4 adults and 4 kids



**Preparation time**  
30 minutes



**Cooking time**  
35 minutes



**Utensils needed**  
2 x 18-cm cake tins  
Mixing bowl  
Wooden spoon  
Sieve



## Coffee cake

### Ingredients

#### For the cake

- › 180 g of margarine (at room temperature)
- › 180 g of caster sugar
- › 3 large eggs
- › 180 g of self-raising flour, sieved
- › 1 dstsp of coffee essence

#### For the icing

- › 225 g of icing sugar, sieved
- › 1 tsp of coffee essence
- › 10 ml of low-fat milk

### Method

#### All-in-one cake method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed (2–3 minutes)
3. Grease the tins and put a circle of greaseproof paper at the base of each tin
4. Place half the mixture in each of the prepared tins
5. Bake in the preheated oven for 25–35 minutes
6. When cooked remove from the tins and allow to cool on a wire tray

#### To make icing

Place all the ingredients together in a mixing bowl and beat with a wooden spoon until smooth

#### To finish cake

1. Sandwich the 2 cakes, with a little of the icing in the middle
2. Pipe the remaining icing on top of the cake

←  
*Ideal for  
birthday cakes*  
*To make a chocolate  
cake substitute 110 g  
flour and 50 g drinking  
chocolate for 180 g flour  
(omit coffee essence).*





**Serves**  
8 adults



**Preparation time**  
15 minutes



**Cooking time**  
30 minutes



#### Utensils needed

Pie dish  
Bowl  
Chopping board  
Chopping knife  
Saucepan  
Sieve  
Wooden spoon



# Apple or rhubarb crumble

Serve hot or cold

#### Ingredients

##### For the fruit filling

- › 3 cooking apples or 6 stalks of rhubarb
- › 50 g of brown sugar
- › 30 ml of water

*Fresh or tinned pears  
can also be used.*

##### For the topping

- › 180 g of flour
- › 50 g of caster sugar
- › 50 g of margarine
- › 2 heaped dstsp of porridge oats

*Ground or chopped almonds  
can be added to the crumble  
mixture for added flavour.*

#### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Put sliced apples (rhubarb), sugar and water in a saucepan and cook gently until they are soft. Place cooked fruit mixture in a pie dish.
3. Sieve flour into a bowl. Rub in margarine until the mixture resembles fine breadcrumbs. Add sugar and porridge oats and mix thoroughly.
4. Sprinkle crumble mixture over fruit mixture.
5. Bake in the preheated oven for 30 minutes.



# Bread and butter pudding

Serve with hot, low-fat custard

## Ingredients

- › 6 slices of bread
- › 50 g of low-fat butter
- › 1 egg
- › a little low-fat milk
- › brown sugar
- › sultanas
- › pinch of nutmeg

*A good way of using up stale bread. Stale cake or scone crumbs may also be used.*

## Serves

4 adults and 4 kids



## Preparation time

10 minutes



## Cooking time

30 minutes



## Utensils needed

Pie dish  
Chopping board  
Chopping knife  
Mixing bowl  
Whisk



## Method

1. Preheat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut the crusts off the bread (if preferred), butter it and cut into fingers.
3. Grease the dish. Then put a layer of bread fingers on the base of the dish. Sprinkle with sultanas and sugar. Continue the layers, finishing with a layer of bread.
4. Beat egg and milk together and pour over the bread.
5. Sprinkle nutmeg on top.
6. Bake in the preheated oven for 30 minutes.



**Serves**  
8 adults



**Preparation time**  
20 minutes



**Cooking time**  
20 minutes



**Utensils needed**  
2 x 18-cm cake tins  
Mixing bowl  
Wooden spoon  
Sieve  
Saucepan  
Whisk



## Simple sponge

Serve with fresh fruit

### Ingredients

- › 4 large eggs (ideally at room temperature)
- › 125 g of caster sugar
- › 125 g of self-raising flour
- › strawberry or raspberry jam, for filling
- › icing sugar, for dusting

### Methods

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Place sugar in a bowl and whisk together with eggs over a pan of hot water for 10 minutes. Remove from the pan and continue whisking for 5 minutes.
3. Gently fold in sieved flour, in about 4 lots.
4. Pour sponge-cake mixture into 2 greased and floured cake tins.
5. Bake in a preheated oven for approximately 20 minutes.
6. When the sponges have cooled, spread the jam and put the sponges together.
7. Using a sieve, dust the top with icing sugar.

## Simple sponge variations

Use this recipe to make a Swiss roll, fruit flan, or sponge tray bake

### Swiss roll

1. Use a Swiss roll tin (about 20 cm x 30 cm) instead of 2 cake tins
2. When baked, place a sheet of greaseproof or parchment paper on top of a damp tea-towel
3. Sprinkle lightly with caster sugar
4. Turn the Swiss roll out onto the sugared paper
5. Remove the paper from the bottom of the cake and trim the edges of the cake
6. Spread quickly with warmed jam and roll up using the greaseproof paper as a guide
7. When cold unwrap and sprinkle with icing sugar
8. If you like, mark the top with diagonal lines, using a hot skewer

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### Fruit flan

1. Use a round flan tin (about 30 cm diameter) instead of 2 cake tins
2. When sponge is cooled, arrange fresh or tinned fruit (strawberries, raspberries, peaches, kiwi, tinned orange segments, grapes) on top
3. Service with crème fraiche, custard, ice-cream or cream

---

### Fruit tray bake

1. Use a Swiss roll tin (about 20 cm x 30 cm) instead of 2 cake tins
2. Before cooking gently mix sliced fruit (e.g. apples, plums, raspberries, chopped tinned pears, chopped tinned peaches) into the mixture
3. When cooked slice into 9 portions



**Serves**  
8 adults



**Preparation time**  
10 minutes



**Cooking time**  
1 hour



**Utensils needed**  
Mixing bowl  
Wooden spoon  
Loaf tin  
Whisk



## Simple oat bread

Serve with fresh fruit

### Ingredients

- › 350 g of porridge oats
- › 500 ml of natural yoghurt
- › 1 beaten egg
- › 2 tsp of bread soda

*Try adding a few dessertspoons of seeds like sunflower, poppy, pumpkin or sesame seeds to the bread mix.*

### Methods

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Place the yoghurt and egg in a bowl and mix well
3. Add the oats and bread soda to the yoghurt mixture and stir well
4. Place the mixture (it should be wet, but not a liquid) in a greased or parchment-lined loaf tin and bake for 60 minutes

*Add dried fruit like raisins, cranberries or chopped apricots for a sweeter tasting bread.*



**Serves**  
24 adults



**Preparation time**  
10 minutes



**Cooking time**  
25 minutes



**Utensils needed**

Mixing bowl  
Muffin tray  
Wooden spoon  
Sieve



## Ultimate basic muffins

### Ingredients

- › 2 medium-sized eggs
- › 125 ml of vegetable oil
- › 1 tsp salt
- › 250 ml of milk (low-fat works fine)
- › 250 g of golden caster sugar
- › 400 g of self-raising flour (or 400 g plain flour and 3 tsp baking powder)

### For fruit muffins

Use 3 dstsp of the following: raspberries, blueberries, blackberries, cherries, cubed apple and cinnamon.

### For Christmas muffins

Add a good handful of cranberries, a tsp of cinnamon and mixed spice, and use brown sugar instead of white.

### For lemon muffins

Add juice and rind of 1 lemon (use slightly less milk).

### For jam and coconut muffins

Add 3 dstsp of desiccated coconut to the mixture, and place a tsp of raspberry jam to the top of each muffin before you put them into the oven.

### Method

1. Heat oven to 180°C fan or Gas Mark 6.
2. Line 2 muffin trays with paper muffin cases.
3. Beat the eggs lightly with a wooden spoon for about 1 minute.
4. Add the oil and the milk and beat until mixed.
5. Add the sugar and mix until you have a smooth batter.
6. Sift in the flour and salt and mix until smooth. Don't over mix.
7. At this stage gently mix in whatever other ingredients you decide to use (see above) – or you can just leave them plain.
8. Fill muffin cases two-thirds full and bake for 20–25 minutes, until they have risen.
9. Cool on a wire tray.



**Serves**  
4 adults

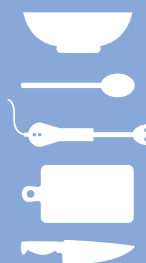


**Preparation time**  
10 minutes



**Utensils needed**

Mixing bowl  
Wooden spoon  
Hand blender  
Chopping board  
Chopping knife



## Eton mess

### Ingredients

- › 600 g of strawberries and raspberries
- › 4 scoops of vanilla ice-cream
- › 2–3 ready-made meringue nests, roughly broken into bits
- › fresh mint, to garnish

### Method

1. In a bowl, puree half the berries using a hand blender (or use a liquidiser).
2. Chop the remaining berries, reserving a few for decoration. Leave in the fridge until you're ready to serve.
3. Mix the ice cream in a bowl to soften it, then fold in the berry puree and crushed meringue.
4. Fold in the chopped berries.
5. Spoon equal amounts of the mixture into 4 cold glass dishes.
6. Garnish with the remaining berries and a sprig of mint.