

MEASURES,
INTRO &
CONTENTS

BREAKFAST

SOUPS

BEEF, LAMB
& PORK

FISH

CHICKEN
& TURKEY

VEGETARIAN

SNACKS
& LIGHT
MEALS

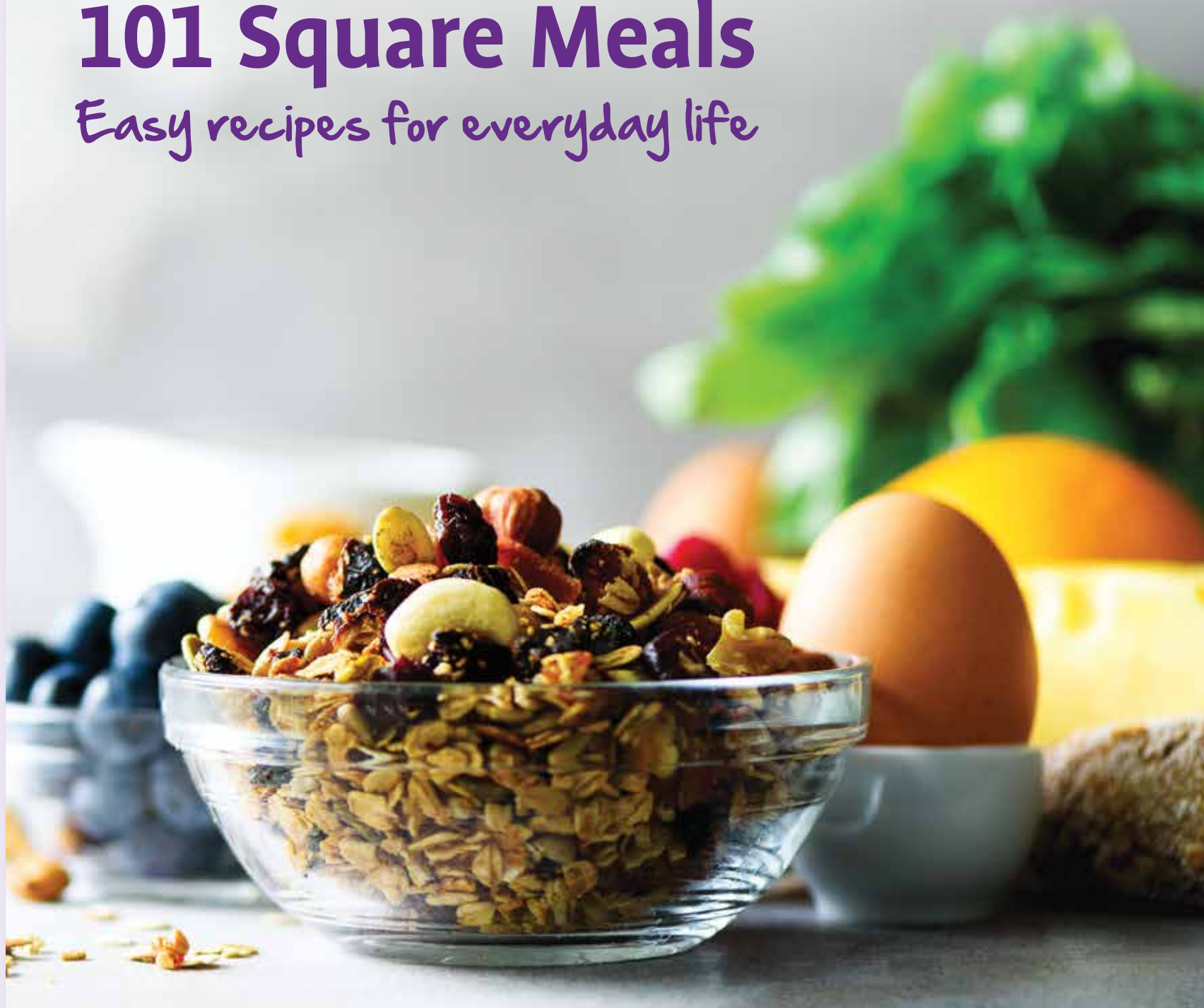
SALADS

DESSERTS



101 Square Meals

Easy recipes for everyday life



Measurement & temperature conversions

Abbreviations		Weight		Volume		
Teaspoon	tsp	Metric	Imperial	Household measures	Imperial	Metric
Dessertspoon	dstsp	5 g	¼ oz	½ tsp	2.5 ml	
Tablespoon	tbsp	15 g	½ oz (1 dstsp)	1 tsp	5 ml	
Fluid ounce	fl oz	25 g	1 oz	½ tbsp	7.5 ml	
Ounce	oz	50 g	2 oz	1 tbsp	15 ml	
Millilitre	ml	85 g	3 oz	½ cup (8 tbsp)	120 ml	4 fl oz
Litre	l	110 g	4 oz (¼ lb)	1 cup (16 tbsp)	240 ml	8 fl oz
Pint	pt	140 g	5 oz	2 cups	480 ml	16 fl oz
Pound	lb	180 g	6 oz			
Gram	g	200 g	7 oz			
Kilogram	kg	225 g	8 oz (½ lb)			
°Celsius	°C	250 g	9 oz			
°Fahrenheit	°F	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)			

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.

Contents

INTRODUCTION	3		
Food safety in the kitchen	6	Beef stew	33
Recipe symbols	8	Pork stir-fry	34
		Beef or lamb curry	35
BREAKFAST	9	Grilled pork chops with apple sauce	36
French toast	10	Pork and pepper kebabs	37
Omelette	11	Pork, chickpea and sweet potato stew	38
Poached eggs	12	Honey roast ham	39
Scrambled eggs	13		
Porridge	14	FISH	40
Fruity, nutty muesli	15	Baked, stuffed fish	41
		Fish pie	42
SOUPS	16	Tuna pasta bake	43
Chicken soup	17	Peri-peri salmon	44
Farmhouse vegetable soup	18	Fish fingers	45
Mushroom soup	19	Soy salmon	46
Cream of vegetable soup	20	Sun-dried tomato cod	47
Lentil soup	21	Grilled salmon cutlets	48
Minestrone soup	22		
Leek and potato soup	23	CHICKEN & TURKEY	49
Spicy lentil and tomato soup	24	Chicken and vegetable casserole	50
		Chicken curry	51
BEEF, LAMB & PORK	25	Chicken in tomato sauce	52
Spaghetti Bolognese	26	Barbeque chicken drumsticks	53
Cottage pie	27	Baked chicken with cheese and mustard	54
Beef burgers	28	Coronation chicken	55
Meat loaf	29	Roast chicken and vegetables	56
Chilli con carne	30	Chicken fingers	57
Meatballs	31	Chicken fajitas	58
Beef tacos	32	Chargrilled chicken kebabs	59
		Turkey pie	60

Contents

VEGETARIAN 61

Spicy potato wedges	62
Spanish tortilla	63
Vegetable stir-fry with eggy rice	64
Midweek Mexican beans	65
Roasted vegetable pasta	66
Sweet potato satay stew	67
Moroccan vegetable tagine	68
Thai butternut squash curry	69
Rice and vegetable hotpot	70
Lentil and vegetable stew	71
Peas and rice	72

SNACKS & LIGHT MEALS 73

A graze box	74
Packed lunch	75
Baked potatoes	76
Pancakes	78
Quiche	79
Potato cakes	81
Toasted cheese	82
Guacamole	83
Crunchy fruit and yoghurt	84
Hummus	85
Sweet potato crisps	86
Fruit salad	87
Kiwi, grape and apple smoothie	88
Red rooster smoothie	89
Nectarine, strawberry and banana smoothie	90
Peary nice smoothie	91

SALADS 92

10-minute couscous salad	93
Chicken Caesar salad	94
Hot pasta salad	95
Warm chickpea salad	96
Mexican bean salad	97
Chicken and pasta salad	98
BLT pasta salad	99
Warm chicken noodle salad	100
Tuna rice salad	101
Lemony roast chicken couscous	102
Mixed bean and rice salad	103
Greek pasta salad	104

DESSERTS & BREADS 105

Wholemeal bread	106
Queen cakes	107
Wholemeal scones	108
Irish tea brack	109
Banana bread	110
Carrot cake	111
Coffee cake	112
Apple or rhubarb crumble	113
Bread and butter pudding	114
Simple sponge	115
Simple oat bread	117
Ultimate basic muffins	118
Eton mess	119

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° 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**.

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

Chicken soup	17
Farmhouse vegetable soup	18
Mushroom soup	19
Cream of vegetable soup	20
Lentil soup	21
Minestrone soup	22
Leek and potato soup	23
Spicy lentil and tomato soup	24



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



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

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?



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



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.

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



Serves
4 adults



Preparation time
15 minutes



Cooking time
25 minutes



Utensils needed
Chopping board
Chopping knife
Measuring jug
Saucepan
Wooden spoon



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

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

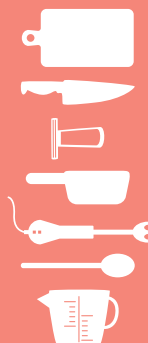


Cooking time
25 minutes



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



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



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



BEEF, LAMB & PORK

Spaghetti Bolognese	26
Cottage pie	27
Beef burgers	28
Meat loaf	29
Chilli con carne	30
Meatballs	31
Beef tacos	32
Beef stew	33
Pork stir-fry	34
Beef or lamb curry	35
Grilled pork chops with apple sauce	36
Pork and pepper kebabs	37
Pork, chickpea and sweet potato stew	38
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

Baked, stuffed fish	41
Fish pie	42
Tuna pasta bake	43
Peri-peri salmon	44
Fish fingers	45
Soy salmon	46
Sun-dried tomato cod	47
Grilled salmon cutlets	48



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





Serves
2 adults



Preparation time
5 minutes



Cooking time
30 minutes



Utensils needed
Baking tray
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
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

Chicken and vegetable casserole	50
Chicken curry	51
Chicken in tomato sauce	52
Barbeque chicken drumsticks	53
Baked chicken with cheese and mustard	54
Coronation chicken	55
Roast chicken and vegetables	56
Chicken fingers	57
Chicken fajitas	58
Chargrilled chicken kebabs	59
Turkey pie	60



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

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
5 minutes



Cooking time
15 minutes



Utensils needed

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





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.

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.

For a healthy option add grated carrot or mushrooms.



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 preprepared
- › 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



VEGETARIAN

Spicy potato wedges	62
Spanish tortilla	63
Vegetable stir-fry with egg rice	64
Midweek Mexican beans	65
Roasted vegetable pasta	66
Sweet potato satay stew	67
Moroccan vegetable tagine	68
Thai butternut squash curry	69
Rice and vegetable hotpot	70
Lentil and vegetable stew	71
Peas and rice	72



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

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.



SNACKS & LIGHT MEALS

A graze box	74
Packed lunch	75
Baked potatoes	76
Pancakes	78
Quiche	79
Potato cakes	81
Toasted cheese	82
Guacamole	83
Crunchy fruit and yoghurt	84
Hummus	85
Sweet potato crisps	86
Fruit salad	87
Kiwi, grape and apple smoothie	88
Red rooster smoothie	89
Nectarine, strawberry and banana smoothie	90
Peary nice smoothie	91



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

Serve with a tossed salad

Great with beans
and low-fat
grated cheese.

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

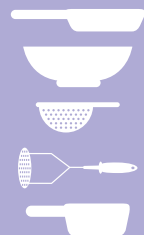


Cooking time
10 minutes



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



Serves
1 adult

Preparation time
2 minutes



Utensils needed

Chopping board
Chopping knife
Mixing bowl
Wooden spoon



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
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



Serves
8 adults



Preparation time
5 minutes



Cooking time
15 minutes



Utensils needed

Baking tray
Mixing bowl
Chopping board
Chopping knife
Vegetable peeler



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
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.



Serves
2 adults



Preparation time
5 minutes



Utensils needed

Chopping board
Chopping knife
Hand blender
Mixing bowl
Measuring jug



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
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



SALADS

10-minute couscous salad	93
Chicken Caesar salad	94
Hot pasta salad	95
Warm chickpea salad	96
Mexican bean salad	97
Chicken and pasta salad	98
BLT pasta salad	99
Warm chicken noodle salad	100
Tuna rice salad	101
Lemony roast chicken couscous	102
Mixed bean and rice salad	103
Greek pasta salad	104



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



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



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
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 fraîche
- › ¼ tsp of wholegrain mustard

Methods

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

Serves
1 adult



Preparation time
5 minutes

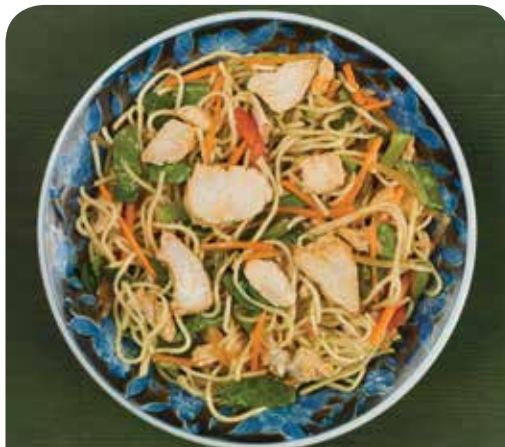


Cooking time
15 minutes



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

Wholemeal bread	106
Queen cakes	107
Wholemeal scones	108
Irish tea brack	109
Banana bread	110
Carrot cake	111
Coffee cake	112
Apple or rhubarb crumble	113
Bread and butter pudding	114
Simple sponge	115
Simple oat bread	117
Ultimate basic muffins	118
Eton mess	119



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.

**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

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**

4 adults and 4 kids

**Preparation time**

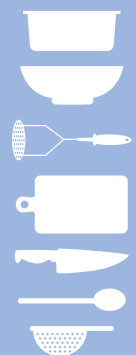
10 minutes

**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.

**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

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.

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
-

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 fraîche, 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.