

MEASURES,
INTRO &
CONTENTS

BREAKFAST

SOUPS

BEEF, LAMB
& PORK

FISH

CHICKEN
& TURKEY

VEGETARIAN

SNACKS
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MEALS

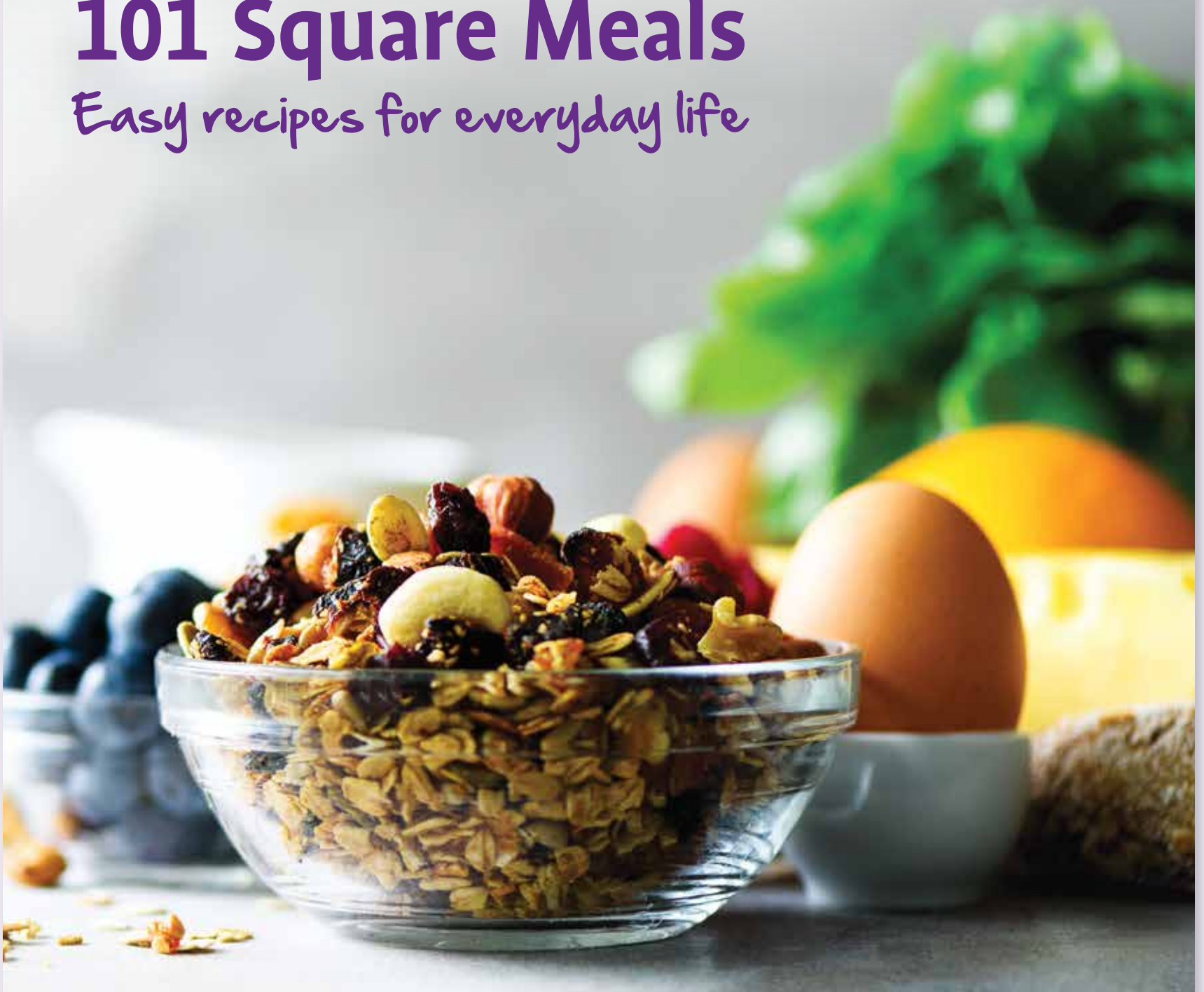
SALADS

DESSERTS



101 Square Meals

Easy recipes for everyday life



Measurement & temperature conversions

Abbreviations

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

Weight

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

Volume

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

Oven temperature

Description	°C	°F	Gas mark
Extremely low	120	250	Half
Very low	140	275	1
Low	150	300	2
Very moderate	160	325	3
Moderate	180	350	4
Moderately hot	190	375	5
Fairly hot	200	400	6
Hot	220	425	7
Very hot	230	450	8
Very very 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 - liquid (eg. water, milk)
- › 110 g soft brown sugar
- › 180 g castor or granulated sugar
- › 85 g wholemeal flour

Foreword

The food we eat is very important for our health and wellbeing. Food is part of our lives, but each person's food choices can be very different. Using selected recipes and shopping for ingredients in season or on offer will help you have a varied and healthy diet on a budget.

101 Square Meals supports governments objective under the Healthy Ireland Framework to support and promote the health and wellbeing of everyone in Ireland. 101 Square Meals uses the Healthy Food for Life Guidelines to help you plan healthier meals and get the best value for your money.

The book also contains shopping tips, food safety messages, menu planning advice, and even some treats and snacks for special occasions. The recipes are easy to follow and will be useful to improve health and wellness for you and your family.



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This edition of 101 Square Meals draws from earlier editions, and the work of those who pioneered this valuable tool is acknowledged, most particularly Limerick MABS, Limerick Community Dietitians HSE West, PAUL Partnership Limerick and the Limerick City Adult Education Service.

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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; helpful information on healthy eating and various tasty breakfast, lunch and dinner recipes. The 101 recipes offer variety for every age and circumstance, resulting in healthier, more balanced diets for individuals and families within a realistic budget.

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Food safety in the kitchen

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

When storing food

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

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

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

Freezing

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

- › Don't put food in the freezer when it's still hot. Cool it as quickly as possible (within two 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.

Clean the other surfaces in the kitchen which you come into contact when you are preparing food including; fridge and door handles, the oven, the microwave, the kitchen tap and sink area regularly. 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

Timing



Preparation time



Cooking time

Extra Information



Ideas for leftovers



Handy hint



BREAKFAST

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Serves
2 adults



Preparation time
5 minutes



Cooking time
5 minutes



Utensils needed
Frying pan
Shallow bowl



French toast

Serve with fruit

Ingredients

- › 4 slices of bread
- › 2 eggs
- › 20 ml of vegetable oil
- › 30 ml of low-fat milk
- › pinch of salt if desired
- › pepper

Method

1. Beat egg, milk, pepper and salt 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

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

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 more than one omelette is required increase the eggs and onion. Fry the mixture and complete cooking under the grill.



Serves
3 adults



Preparation time
2 minutes



Cooking time
3 minutes



Utensils needed
Saucepan
Frying pan



Poached eggs

Serve with toast and beans

Ingredients

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

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. Serve with toast and beans.



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
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 you have one 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



Fruity nutty muesli

Ingredients

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

Method

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



SOUPS

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Chicken soup

Ingredients

- › 1 teaspoon of vegetable oil
- › 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
- › 1 finely chopped onion
- › 2 medium size potatoes, cubed

Serves
2 adults and 2 kids



Preparation time
8 minutes



Cooking time
20 minutes



Utensils needed
Saucepan
Wooden spoon
Chopping board
Chopping knife
Measuring jug



Method

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



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 teaspoon of vegetable oil
- › 150 ml of low-fat milk
- › pinch of salt if desired
- › pepper
- › 1 low-salt vegetable stock cube dissolved in 575 ml of boiling water

You can use your favourite vegetables instead.

Serves

2 adults and 2 kids



Preparation time

15 minutes



Cooking time

45 minutes



Utensils needed

Saucepan
Wooden spoon
Chopping board
Chopping knife
Vegetable peeler
Measuring jug



Method

1. Wash, peel and dice carrots, turnips and parsnips. 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 teaspoon of vegetable oil
- › 10 mushrooms 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
- › 1 finely chopped onion

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

- › 1 medium onion
- › 1 leek
- › 2 medium sized carrots
- › 2 sticks of celery
- › 1 small turnip
- › 1 clove of garlic
- › 1 tablespoon of fresh parsley and thyme
- › 10 ml of olive oil
- › 1 low-salt vegetable stock cube dissolved in 850 ml of boiling water

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

Method

1. Heat the olive oil in a large saucepan.
2. Chop the onion, carrot, celery, leek and turnip into small pieces, around 1 cm cubes.
3. Sauté all the vegetables in the oil for 10–15 minutes over a low heat, stirring occasionally.
4. Then add the chopped clove of garlic, 1 tablespoon of herbs and the vegetable stock.
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.
8. Add some chopped fresh parsley, blend and serve.



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 teaspoon of mixed herbs
- › Pinch of ground ginger
- › 225 g of red lentils
- › 2 low-salt stock cube dissolved in 1150 ml of boiling water

Method

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



Minestrone soup

Ingredients

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

Serves
4 adults



Preparation time
15 minutes



Cooking time
25 minutes



Utensils needed
Chopping board
Chopping knife
Measuring jug
Saucepan
Wooden spoon



Method

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



Serves
6 adults



Preparation time
15 minutes

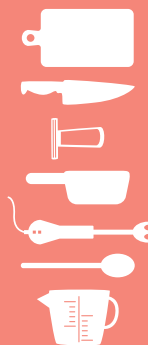


Cooking time
25 minutes



Utensils needed

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



Leek and potato soup

Ingredients

- › 1 small onion
- › 3 or 4 leeks
- › 1 teaspoon of vegetable oil
- › 2 medium potatoes
- › 1 low-salt stock cube dissolved in 850 ml of boiling water

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 and the vegetable stock.
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

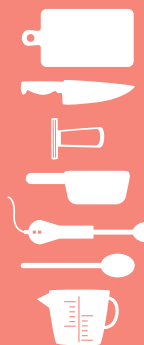


Cooking time
25 minutes



Utensils needed

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



Spicy lentil and tomato soup

Ingredients

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

Method

1. Peel and chop the onion and garlic.
2. Wash, peel and chop the celery, carrots and leeks.
3. Chop the tomatoes.
4. Heat the oil and gently fry the chopped garlic, onion, celery, carrot 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.
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

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**Serves**

2 adults and 2 kids

**Preparation time**

15 minutes

**Cooking time**

45 minutes

**Utensils needed**

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

**Leftovers**

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



Spaghetti bolognese

Serve with a tossed green salad or your favourite vegetables.

Ingredients

- › 450 g of lean minced beef or lamb
- › 6 mushrooms, chopped
- › ½ red pepper, finely chopped
- › 1 carrot, finely chopped
- › 1 low-salt beef or vegetable stock cube dissolved in 275 ml of boiling water
- › 1 dessertspoon of tomato sauce
- › pinch of salt if desired
- › pepper
- › 1 dessertspoon of plain flour
- › 225 g of spaghetti
- › 1 onion, finely chopped
- › 420 g tin of chopped tomatoes

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, salt and pepper. Cook gently for 45 minutes.
4. Cook the spaghetti for 10–15 minutes in a saucepan of boiling salted water. Strain.



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

If in a rush use a packet of oxtail soup instead of the stock.

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. Peel the onion, carrots and mushrooms and chop them finely. Add all vegetables to the minced beef.
4. Fry the meat until browned (approximately 15 minutes) and drain off any excess fat from the pan.
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 seasoning.
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



Beef burgers

Serving suggestion:

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

Ingredients

- › 1 teaspoon of olive oil
- › 1 small onion, diced
- › 1 clove of garlic, crushed
- › 400 g of lean minced beef
- › 1 tablespoon of fresh or dried sage, chopped
- › 1 large egg, beaten
- › Black pepper to taste

Method

1. Cook the onion and garlic on medium heat for a few minutes in a frying pan with some oil until soft – around 2 minutes on a medium heat.
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.
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
90 minutes



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 a sandwich filling

Ingredients

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

Method

- 1.** Fry the minced pork and onion, then add in the apricots for a few minutes on a low heat then season. 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 with a palette knife 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
Wooden spoon
Measuring jug
Vegetable peeler



Chilli con carne

Serve with rice

Ingredients

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

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. 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 dessertspoons of tomato puree
- › 400 g tin of chopped tomatoes

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 can 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



Beef tacos

Ingredients

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

For the toppings:

- › 30 g of iceberg lettuce, chopped
- › 1 large vine-ripened tomato, finely chopped
- › 4 dessertspoons 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
1 hour 30 minutes



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
- › 1 low-salt beef stock cube dissolved in 575 ml of boiling water
- › 5 medium carrots, peeled and chopped
- › 1 medium onion, chopped
- › Salt and pepper to taste

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. Chop the onions and carrots and fry lightly in the frying pan.
4. Remove from the frying pan and place with the meat in the saucepan.
5. Add the stock and seasoning. Continue stirring.
6. Add this to the meat and vegetables and 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, chopped
- › 1 pepper
- › 2 carrots
- › 2 dessertspoons of soy sauce
- › 2 teaspoons of cornflour
- › 20 ml of vegetable oil
- › 1 low-salt chicken stock cube dissolved in 150 ml of boiling water

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
1 hour 30 minutes



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 dessertspoons 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 one-inch pieces.
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
Saucepan



Grilled pork chops with apple sauce

Ingredients

- › 4 lean pork chops
- › 4 medium potatoes
- › 360 g of green beans or French beans
- › 4 dessertspoons of apple sauce
- › Salt and pepper to taste

Method

1. Preheat the grill for 10 minutes.
2. Wash the potatoes and put in a saucepan of water.
3. Boil the potatoes in their skins until tender, remember larger potatoes take longer to cook.
4. Wash the beans and put in another saucepan of water.
5. Boil the beans until tender but still slightly crunchy.
6. Drain the potatoes and beans once cooked.
7. Trim off any excess fat from the pork chops.
8. Cook on a hot grill for about 5 minutes each side.
9. Check that the juices run clear and there is no pink meat.
10. Season with salt and pepper to taste.
11. Serve with the apple sauce.



Serves
4 adults



Preparation time
1 hour 30 minutes



Cooking time
20 minutes



Utensils needed
Chopping board
Chopping knife
Mixing bowl
Wooden spoon



Pork and pepper kebabs

Ingredients

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

You could also use beef instead of pork.

For the marinade:

- › 20 ml of olive oil
- › 1 red chilli, trimmed
- › 2 cloves of garlic, peeled and crushed
- › 3 tablespoons of balsamic vinegar or juice of 1 lemon
- › 1 level teaspoon of paprika
- › 1 teaspoon of dried parsley
- › Freshly ground black pepper to taste

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.
3. Add in the crushed garlic and the paprika.
4. Stir the parsley into the marinade and season with some black pepper.
5. Cut the pork into 6–8 chunks and add 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. Then thread a piece of pepper onto the 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 the hot barbeque 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 teaspoon of olive 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 teaspoon of paprika
- › ½ teaspoon of dried rosemary
- › ½ teaspoon of dried thyme
- › 1 bay leaf
- › 1 tablespoon of chickpeas, drained
- › ½ medium 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 tablespoons of wholegrain mustard
- › 5 tablespoons of honey

Method

Calculate the cooking time – Allow 20 minutes per 450 g.

1. Remove the outer wrappings and place ham in a saucepan. Cover with cold water, place the lid on top and bring to the boil.
2. Boil for the length of time indicated on the cooking instructions.
3. 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.
4. Drain off the water and place the ham on a baking tray.
5. Preheat the oven to 160°C / 320°F / Gas Mark 3.
6. Cover the baking tray with foil and roast for a half hour at the above temperature.
7. In a cup, mix up the honey with the wholegrain mustard.
8. Remove foil and spread over the surface of the ham using the back of a spoon or a knife.
9. Roast for a further 15 minutes until golden brown, basting once or twice during cooking with the honey glaze.



FISH

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Serves
4 adults



Preparation time
20 minutes



Cooking time
30 minutes



Utensils needed

Casserole dish
Small 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 tablespoon of finely chopped parsley (or 1 tablespoon dried parsley) or ¼ teaspoon of mixed herbs
- › 1 teaspoon of vegetable oil
- › a little lemon juice (or grated rind)

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. Clean and prepare the fish. Dry in kitchen paper.
3. Mix the breadcrumbs, chopped onion, parsley or mixed herbs, salt and pepper, in a small bowl.
4. Heat the oil and stir 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 four 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
- › pinch of salt if desired
- › pepper
- › few drops of lemon juice
- › 150 ml of water
- › 275 ml of low-fat milk
- › 25 g of low-fat spread
- › 1 dessertspoon of plain flour
- › 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 the fish stock gradually. Bring to the boil, reduce heat and cook for another 2 minutes.
5. Grease a pie dish and add a little sauce. Place fish in dish and cover with the seasoning, 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

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

- › 2 cans (198 g) of tuna in brine (drained)
- › 1 onion, chopped
- › 1 teaspoon of worcestershire sauce
- › pinch of salt if desired
- › pepper
- › knob 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. Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
2. Flake the tuna and mix together with the onion, Worcester sauce, salt and pepper.
3. Pour some of the mixture into a casserole dish. Add a layer of breadcrumbs, followed by a layer of sauce.
4. Continue layering in this way until all the ingredients have been used up.
5. 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.
6. 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 teaspoon of olive oil
- › 1 tablespoon of peri-peri spice mix

Method

1. Preheat the grill for 10 minutes at a medium heat.
2. Rub a little olive 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

Mixing bowl
Whisk
Chopping board
Chopping knife
Saucepan
Baking tray
Potato masher



Fish fingers

Ingredients

- › 250 g of cod, cut into 1 inch strips
- › 25 g of plain flour
- › 40 g of breadcrumbs
- › 40 g of oats
- › 1 egg
- › 10 ml of olive oil
- › 200 g of potato
- › 200 g of frozen peas

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.
3. Chop the fish into thumb sized strips.
4. Dip the fish strips into flour, then egg, then breadcrumbs.
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.
6. Peel potatoes and boil until soft and then mash.
7. Serve with a side salad of lettuce and tomato.



Soy salmon

Ingredients

- › 2 salmon fillets
- › 1 teaspoon of butter
- › 55 ml of soy sauce
- › 1 head of broccoli
- › 100 g of wholegrain rice

Method

1. Preheat oven to 200°C / 400°F / Gas Mark 6.
2. Place butter in a small pot 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 in an oven proof dish.
5. Place the rice in a pot and cook as per the packet instructions.
6. Place salmon fillets on the foil, gently fork into the salmon creating little holes and pour the soy sauce mixture over.
7. Cover with foil and place in oven for 15 minutes.
8. Chop the broccoli into florets and steam until still crunchy to bite.
9. Serve together.

Serves
2 adults



Preparation time
10 minutes



Cooking time
15 minutes



Utensils needed
Saucepan
Baking tray
Chopping board
Chopping knife
Wooden spoon





Sundried tomato cod

Ingredients

- › 2 x 200 g of cod fillets
- › 2 teaspoons of sun-dried tomato pesto
- › 100 g of baby potatoes
- › 400 g of sugar snap peas

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 in oven for 20–30 minutes until cooked through.
3. Steam the potatoes and vegetables until tender.
4. Serve and enjoy.

Serves
2 adults



Preparation time
5 minutes



Cooking time
30 minutes



Utensils needed
Saucepan
Baking tray
Wooden spoon





Serves
4 adults



Preparation time
10 minutes



Cooking time
15 minutes



Utensils needed
Chopping board
Chopping knife
Vegetable peeler
Saucepan



Grilled salmon cutlets

Ingredients

- › 400 g of salmon fillet, around 4 fillets
- › 1 lemon cut into wedges
- › 1 large head of broccoli
- › 1 large carrot
- › 175 g of baby potatoes

Method

1. Preheat the grill for 10 minutes on a medium heat.
2. Peel and dice the carrot and place in a saucepan with the broccoli, cut into florets. Bring the water to the boil and boil the vegetables until softened.
3. Put the potatoes in a saucepan of water and allow to boil until softened.
4. Line the grill pan with foil.
5. Place the salmon under the grill for 3–4 minutes each side.
6. Serve with a lemon wedge on the side.



CHICKEN & TURKEY

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Serves
4 adults



Preparation time
15 minutes



Cooking time
1 hour 30 minutes



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
- › 1 low-salt chicken stock cube dissolved in 275 ml of boiling water.
- › 2 dessertspoons of lemon juice
- › ½ dessertspoon of mixed herbs
- › pinch of salt if desired
- › pepper
- › 20 g of frozen peas

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 pepper
- › 1 medium onion
- › 100 g of peas
- › 1 large carrot
- › 1 clove of garlic
- › 2 dessertspoons of curry paste
- › 1 teaspoon of vegetable oil
- › 1 low-salt chicken stock cube dissolved in 275 ml of boiling water

Serves
4 adults



Preparation time
5 minutes



Cooking time
15 minutes



Utensils needed

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



Method

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



Serves
4 adults



Preparation time
10 minutes



Cooking time
40 minutes



Utensils needed
Chopping board
Chopping knife
Measuring jug
Saucepan
Wooden spoon



Chicken in tomato sauce with rice

Ingredients

- › 200 g long grain white rice
- › 1 medium onion
- › 1 medium carrot
- › 1 clove of garlic
- › 1 tablespoon of fresh/dried parsley
- › 10 ml of vegetable oil
- › 2 medium 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 frozen peas
- › Black pepper to taste

Method

1. Cook the rice in boiling water according to the instructions on the packet.
2. While the rice is cooking, peel and roughly chop the onion and the carrot. Peel and crush the garlic.
3. Wash and roughly chop the parsley.
4. Heat the vegetable oil in a large saucepan and cook the onion, garlic and carrot for 7–8 minutes.
5. Remove the skin from the chicken breast fillets. Chop the fillets into chunks and add to the vegetable mix. Cook until the chicken turns opaque, stirring occasionally.
6. Add the passata, chicken stock and chopped parsley. Cover the saucepan with a lid and cook for 15 minutes.
7. Add the frozen peas and cook for 3 minutes.
8. Drain the rice once cooked.
9. Season with black pepper to taste.
10. Serve the chicken in tomato sauce with the boiled rice.



Serves
4 adults



Preparation time
15 minutes



Cooking time
30 minutes



Utensils needed
Mixing bowl



Barbecue chicken drumsticks

Ingredients

- › 16 chicken drumsticks

For the Marinade:

- › 1½ tablespoons of tomato sauce or tomato puree
- › 14 ml of soy sauce
- › 1 tablespoon of balsamic vinegar
- › 1 tablespoon of honey
- › 1½ tablespoons of brown sugar
- › 1 teaspoon of wholegrain mustard
- › 1 teaspoon 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
Cheese 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 tablespoons of fresh chives, finely chopped or dried chives
- › 2 tablespoons of low-fat milk
- › 1 tablespoon of mustard
- › 1 level teaspoon 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

Serving with rice or baby potatoes

Ingredients

- › 4 lean chicken fillets, around 520 g
- › 10 ml of olive oil
- › 1 small onion, peeled and finely chopped
- › 1 tablespoon of curry powder
- › 150 ml of water
- › 1 heaped teaspoon 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
1 hour 30 minutes



Utensils needed
Baking tray
Chopping board
Chopping knife
Saucepan
Vegetable peeler



Roast chicken

Ingredients

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

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 roasting tin 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. Cut into sticks, each about 2 inches long and ¼ inch thick.
3. Wash, and peel the carrots. Cut into sticks, each about 2 inches long and ¼ inch thick.
4. Peel and cut potatoes into large pieces.
5. Parboil the vegetables and potatoes for 3 minutes.
6. Drain the vegetables and potatoes, spread on a baking tray and drizzle with a small amount of olive oil.
7. 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
Cheese grater
Wooden spoon



Chicken tortillas

Serve with low-fat natural yoghurt or sour cream

Ingredients

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

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

For a healthy option add grated carrot or mushrooms.

Method

1. Cut the chicken into small strips.
2. Slice the peppers and onions into thin strips.
3. Fry the chicken in the olive 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 Pre-heat the oven to 180°C / 350°F / Gas Mark 4. Wrap in tin foil and heat for 15 minutes.
 - Microwave Place on a plate, cover with cling film and heat for 1 minute on full power.
7. Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
8. Serve with salad.



Serves
4 adults



Preparation time
25 minutes



Cooking time
25 minutes



Utensils needed
Chopping board
Chopping knife
Mixing bowl
Wooden spoon



Chargrilled chicken kebabs

Ingredients

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

Method

1. Soak 12 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 everything in the bowl 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, 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 pre-prepared
- › 1 x 400 g can of mushroom soup
- › 145 g of frozen peas, defrosted
- › 2 tablespoons of lemon juice
- › 2 medium onions
- › Salt and pepper, to taste
- › 1 tablespoon 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

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Serves
2 adults



Preparation time
15 minutes



Cooking time
35 minutes



Utensils needed
Plastic container
Baking tray



Spicy potato wedges

Serve with a tossed green salad

Ingredients

- › 4 medium size potatoes
- › 20 ml of vegetable oil
- › 1 teaspoon 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 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



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 dessertspoon of chopped 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 omelette.



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



Stir-fry vegetables and rice

Ingredients

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

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

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. Fry the onion gently without browning it in a wok or large pan. Set aside ½ of it for later.
5. Add the roasted vegetables to the onion.
6. Combine soy sauce, lime juice and honey in a cup and add to the wok and coat the vegetables.
7. Sprinkle with peanuts.
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.



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.
Top with grated cheese and a dollop of sour cream or yoghurt.

Ingredients

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

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 pan or 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, service 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
Baking tray
Saucepan
Cheese 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 teaspoon 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 and add to the vegetable mix.
7. Stir and cook gently for 2–3 minutes.



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 teaspoon of cayenne pepper
- › 600 g of sweet potato, washed, peeled and cut into cubes
- › 1 tablespoon of mild or medium curry paste
- › 300 ml of passata
- › 300 ml of low-salt vegetable stock
- › 200 g of spinach leaves, washed
- › 4 tablespoons of peanut butter
- › Fresh coriander to garnish
- › Black pepper

Method

1. Peel and chop the onion, garlic and ginger.
2. Heat the oil in a large saucepan.
3. 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.
4. Add the curry paste and stir well.
5. Add in the chopped sweet potato and mix well.
6. Add the passata and the stock. Bring to the boil, cover and simmer for 20 minutes until the potatoes are almost tender.
7. Add the spinach and cook for a further 5 minutes.
8. Mix a few spoonful's of the stew juices with the peanut butter to soften it and then mix it all back into the stew.
9. Season with black pepper and garnish with chopped coriander.
10. Serve on its own or with boiled rice.



Serves
4 adults



Preparation time
15 minutes



Cooking time
1 hour 30 minutes



Utensils needed

Chopping board
Chopping knife
Wooden spoon
Casserole dish
Measuring jug
Peeler



Moroccan vegetable tagine

Serve with warm couscous or rice

Ingredients

- › 1 large sweet potato, peeled and cut into chunks
- › 2 courgettes, cut into circles
- › 2 carrots, diagonally sliced
- › 1 red pepper, cut into long slices
- › 1 yellow pepper, cut into long slices
- › 1 small red onion, thinly sliced
- › 4 garlic cloves, thinly sliced
- › 1 small chunk of ginger, peeled and finely chopped
- › 20 ml of vegetable oil
- › 2 teaspoons of ground coriander
- › 1 teaspoon of ground cumin
- › 400 g tin chopped tomatoes
- › 1 tablespoon of harissa paste (if you don't have this ¼ teaspoon chilli powder will do)
- › 100 g of ready-to-eat dried apricots, halved
- › 400 g tin of chickpeas, rinsed and drained

Method

1. Heat the oil in a large casserole pot 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 squash 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 tablespoon of Thai red curry paste
- › 1 inch piece fresh ginger, finely chopped or grated
- › 2 cloves of garlic, peeled and finely chopped or crushed
- › 3 medium onions, peeled and finely chopped
- › 1 red pepper, de-seeded and finely chopped
- › 1 butternut squash, peeled, de-seeded and diced
- › 500 ml water
- › 400 g tin of low-fat coconut milk
- › 1 400 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 the 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 bake

Ingredients

- › 10 ml of vegetable oil
- › 1 large onion
- › 100 g of baby corn
- › 1 medium red pepper
- › 1 medium yellow pepper
- › 2 medium 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 teaspoon of cumin powder
- › 1 teaspoon of mild curry powder
- › 1 teaspoon 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

Casserole dish
Chopping board
Chopping knife
Measuring jug
Saucepan
Wooden spoon



Lentil and vegetable stew

Ingredients

- › 1 large onion
- › 2 medium carrots
- › 2 celery sticks
- › 100 g of mushrooms
- › 2 small courgettes
- › 10 ml of vegetable oil
- › 175 g of red lentils
- › 1 teaspoon of mixed herbs
- › 1 low-salt vegetable stock cube dissolved in 600 ml of boiling water
- › 2 tablespoons 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.
7. Transfer to a casserole dish for serving.



Serves
4 adults



Preparation time
2 minutes



Cooking time
25 minutes



Utensils needed
Saucepan
Wooden spoon



Peas and rice

Ingredients

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

Method

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



SNACKS & LIGHT MEALS

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Serves
1 adult



Preparation time
5 minutes



Utensils needed
Airtight container –
lunch box



Handy hints
You can make enough
for a week or according
to your budget. Buy the
broken nuts in the
health shops as they
are cheaper.



A graze box

Caution

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

Ingredients

- › 1 tablespoon of dried fruit – raisins, sultanas, apricots etc
- › 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 flavours of the nuts and dried fruit 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!



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 wholemeal bread roll with tomato and cheese
- › Handful of carrot sticks
- › Banana
- › Pot of low-fat yoghurt
- › Bottle of water

Day 2

- › Small pita bread with tuna and sweetcorn
- › ½ wholemeal scone
- › 1 orange
- › Handful of strawberries
- › Glass of milk

Day 3

- › 2 tablespoons of pasta with 1 tablespoon of tomatoes and vegetables
- › 2 crackers with low-fat cheddar cheese
- › Handful of grapes
- › 1 low-fat yoghurt
- › Bottle of water

Day 4

- › 2 slices of wholemeal bread with cooked ham and lettuce
- › An apple
- › Slices of pepper, cucumber, sugar snap peas or mangetout
- › Low-fat yoghurt
- › Bottle of water

Day 5

- › Tortilla wrap with chicken, sliced peppers and lettuce
- › Small tub of stewed fruit
- › A kiwi
- › 6 cherry tomatoes
- › Glass of milk



Serves
2 adults



Preparation time
10 minutes



Cooking time
20 minutes



Utensils needed

Oven tray
Chopping board
Chopping knife
Mixing bowl
Wooden spoon



Top tip

Par-boil the potatoes in their skins for about 20 minutes, then prick them and cover them with oil and bake for 15 minutes in a conventional oven 180°C or 350°F or Gas Mark 4.



Baked potatoes

Serve with a tossed salad

Ingredients

- › 2 large potatoes scrubbed but not peeled

Great with beans and low-fat grated cheese.

Method

1. Preheat the oven to 220°C / 425°F / Gas Mark 7.
2. Wash the potatoes, then prick them all over with a fork.
3. 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 of tinned sweetcorn
- › pepper

Method

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

Savoury minced beef and tomato filling

Ingredients

- › 2 large baked potatoes
- › 1 medium onion
- › pinch of salt if desired
- › pepper
- › tomato slices for garnish
- › 1 dessertspoon 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 the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the mince. Add the salt and pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.
6. Garnish with tomato slices.

Tuna and potato filling

Ingredients

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

Method

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

Turkey and ham topping

Ingredients

- › 2 large baked potatoes
- › 10 g of peas
- › 110 g of cooked turkey
- › 110 g of cooked ham
- › 1 teaspoon of light mayonnaise

Method

1. Cut the potato in half and carefully scoop the centre out of the potato.
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 in a hot oven and bake until warmed through and slightly browned on top.

**Serves**

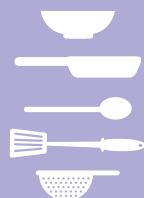
2 adults and 2 kids

**Preparation time**

10 minutes

**Cooking time**

15 minutes

**Utensils needed**Bowl
Frying pan
Wooden spoon
Spatula
Sieve

Pancakes

Serve with a little castor sugar or lemon

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 lumping.
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



Quiches – various

Serve with a tossed green salad

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

Pastry

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.

Serves

2 adults and 2 kids



Preparation time

20 minutes



Cooking time

45 minutes



Utensils needed

Flan dish
Oven dish
Sieve
Mixing bowl
Whisk
Cheese grater
Chopping board
Chopping knife
Rolling pin



Bacon and mushroom filling

Ingredients

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

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 the oven.

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

Salmon and tomato filling

Ingredients

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

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. Bake in the oven.

Quiche lorraine filling

Ingredients

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

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.



Serves
4 adults



Preparation time
20 minutes



Cooking time
10 minutes



Utensils needed
Frying pan
Mixing bowl



Potato cakes

Serve with a tossed green salad or baked beans

Ingredients

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

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 in two equal parts.
6. Flatten each piece with your hand to form a circle and cut into eight triangles.
7. Cook on a well-oiled, hot pan until brown on both sides.



Serves
1 adult



Preparation time
5 minutes



Cooking time
2 minutes



Utensils needed
Cheese grater



Toasted cheese

Ingredients

- › 2 slices of wholemeal or granary bread
- › 50 g of low-fat grated cheese
- › 2 teaspoons of low-fat spread
- › 1 teaspoon 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 teaspoons of tomato puree to the cheese mixture before toasting.

Toasted cheese and pickle

As in main recipe, but add 2 teaspoons 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



Homemade guacamole and rye crispbread

Ingredients

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

Method

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



Crunchy fruit and yoghurt

Ingredients

- › 1 pot of low-fat natural yoghurt (125 g)
- › 1 serving of trail mix (30 g)
- › ½ apple, chopped into small bite-size pieces

Method

For a quick healthy snack between meals, place the apple and trail mix and pour the low-fat yoghurt on top.

Serves
1 adult



Preparation time
2 minutes



Utensils needed
Mixing bowl
Wooden spoon





Serves
3 adults



Preparation time
5 minutes



Utensils needed
Hand blender
Mixing bowl



Hummus

Ingredients

- › 200 g of tinned chickpeas or dried chickpeas that have been soaked and cooked
- › 2 teaspoons of lemon juice
- › 1 clove of garlic
- › 100 ml of water
- › 50 ml of tahini
- › Salt and pepper to taste

Method

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



Sweet potato crisps

Ingredients

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

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

Method

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

Serves
8 adults



Preparation time
5 minutes



Cooking time
15 minutes



Utensils needed

Baking tray
Mixing bowl
Chopping board
Chopping knife
Vegetable peeler





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.*

Serves
4 adults



Preparation time
10 minutes



Utensils needed

Mixing bowl
Chopping board
Chopping knife
Slotted spoon



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



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 the grapes and blend until the mixture is smooth.
6. Add the apple and the ice cubes into the blender 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



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 liquidiser or hand blender.
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 using a liquidiser or hand blender.



Serves
2 adults



Preparation time
5 minutes



Utensils needed
Chopping board
Chopping knife
Hand blender
Mixing bowl



Peary nice smoothie

Ingredients

- › 2 ripe or tinned pears
- › 1 kiwi
- › 1 medium banana
- › Small amount of yoghurt

Method

1. Chop the pears, kiwis and banana.
2. Blend all the chopped fruit together.
3. Add yoghurt.
4. Pour into a glass and enjoy.



SALADS

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Serves
2 adults



Preparation time
5 minutes



Cooking time
10 minutes



Utensils needed

Chopping board
Chopping knife
Mixing bowl
Measuring jug
Wooden spoon



10 minute couscous salad

Ingredients

- › 100 g of couscous
- › 200 ml of hot low-salt vegetable stock
- › 2 spring onions
- › 1 red pepper
- › ½ cucumber
- › 50 g of feta cheese
- › 2 tablespoon of pesto (red or green)
- › 2 tablespoon of toasted pine nuts

Methods

1. Tip the couscous into a large bowl, pour over the stock.
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 over pine nuts to serve.



Serves
4 adults



Preparation time
5 minutes



Cooking time
15 minutes



Utensils needed

Chopping board
Chopping knife
Baking tray
Frying pan
Wooden spoon



Chicken Caesar salad

Ingredients

- › 1 medium ciabatta loaf
- › 30 ml of olive oil
- › 2 chicken breasts
- › 1 large cos lettuce
- › 6 tablespoons 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 crouton sized pieces.
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 tablespoons of light mayonnaise
- › Juice of ½ a lemon
- › 200 g can of tuna
- › 2 red peppers
- › 1 red onion
- › Large handful of rocket

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 ½ lemon
- › 2 x 400 g cans of chickpeas
- › 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 a bowl with the chickpeas, feta and dressing.
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 cans of mixed beans
- › 1 red onion, finely sliced
- › 250 g of cherry tomatoes, halved
- › Juice of half a lime
- › 1 red chilli, deseeded and finely sliced (optional)
- › ½ teaspoon 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 bowl 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
canned 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



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 tablespoon 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 oil 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 for 6–8 minutes until cooked and no 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 tablespoon of crème fraiche
- › ¼ teaspoon of wholegrain mustard

Methods

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

Serves
1 adult



Preparation time
5 minutes

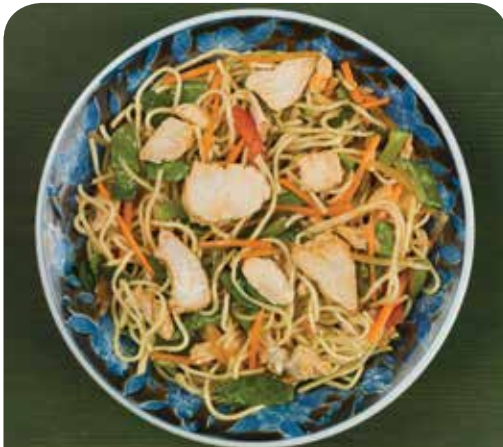


Cooking time
15 minutes



Utensils needed
Chopping board
Chopping knife
Saucepan
Mixing bowl
Wooden spoon





Serves
2 adults



Preparation time
5 minutes



Cooking time
15 minutes



Utensils needed

Chopping board
Chopping knife
Grater
Saucepan
Whisk
Mixing bowl
Wooden spoon



Warm chicken noodle salad

Ingredients

- › 50 g of noodles
- › 100 g of sugar snap peas, halved
- › 1 red pepper, thinly sliced
- › 2 cooked chicken breasts
- › 30 ml of olive oil
- › Zest and juice of ½ lemon
- › 1 tablespoon 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 cold cooked rice
- › 200 g of tinned tuna
- › 100 g of sugar snap peas halved
- › 1 red pepper, diced
- › 2 tomatoes, chopped into small chunks
- › 3 spring onions, finely sliced
- › 2 tablespoons of light mayonnaise
- › Juice ½ lemon
- › 10 ml of extra-virgin olive oil

Methods

1. Cook the rice and leave to cool.
2. Mix the rice, tuna, peas, peppers, tomatoes and spring onions in a bowl.
3. 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



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
- › 400 ml of hot low-salt chicken stock
- › 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 absorbed.
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 cans of mixed beans
- › 340 g of sweetcorn
- › 1 red onion, thinly sliced
- › 2 red peppers, diced
- › Zest and juice of 1 lime
- › 2 teaspoons 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.
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 cucumber
- › 200 g of feta
- › 1 red onion
- › 125 g of cherry tomatoes, halved
- › 20 ml of olive oil
- › 1 tablespoon of red wine vinegar
- › 2 teaspoons of dried oregano
- › Juice ½ 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. Halve the cucumber and cut into thick slices.
5. 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

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Serves
2 adults and 2 kids



Preparation time
30 minutes



Cooking time
55 minutes



Utensils needed

Loaf tin
Mixing bowl
Wooden spoon
Measuring jug



Wholemeal bread

Ingredients

- › 425 g of wholemeal flour
- › 10 g of wheatgerm
- › 10 g of bran
- › 275 ml of butter milk
- › 1 teaspoon of breadsoda
- › 1 teaspoon of brown sugar
- › 1 teaspoon of salt
- › 2 teaspoons 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

Bun tray
Sieve
Mixing bowl
Whisk
Wooden spoon



Handy hint
These buns freeze well



Queen cakes

Makes 2 dozen small buns

Ingredients

- › 115 g of soft margarine
- › 2 eggs
- › 225 g of self-raising flour
- › 115 g of castor 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 flour into bowl.
3. Cream the margarine and sugar together.
4. Beat the eggs.
5. Add the flour and eggs gradually to the creamed margarine and sugar, beating well 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.

**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

Ingredients

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

Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Place 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.
4. Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead. Roll out dough to ½ inch in thickness. Using a 2" cutter, shape scones and place on a baking sheet which has been dusted with flour.
5. 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
Whisk
Sieve
Wooden spoon**Handy hint**

Useful for school lunches



Irish tea brack

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 level teaspoon of breadsoda

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 breadsoda 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**

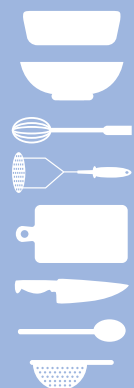
10 minutes

**Cooking time**

1 hour 30 minutes

**Utensils needed**

Loaf tin
Mixing bowl
Whisk
Masher
Chopping board
Chopping knife
Wooden spoon
Sieve



Banana bread

Serve with hot low-fat custard

Ingredients

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

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

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 an 8" 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

8" 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**

2x6½" or 7½" (16cm or 19cm) sandwich tins
Mixing bowl
Wooden spoon
Sieve



Coffee cake

Ingredients

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

Coffee Icing

- › 225 g of icing sugar
- › 1 teaspoon of coffee essence
- › 10 ml of low-fat milk

← 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).

Method**All-in-one 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. Place half the mixture in each of the prepared tins.
4. Bake in the preheated oven for 25–35 minutes.
5. 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 two cakes with a little of the icing.
2. Pipe the remaining icing on top of the cake.

← Grease tins and put circle of greaseproof paper at base of each tin.



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

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

*Fresh or tinned pears
can also be used.*

Topping

- › 180 g of flour
- › 50 g of castor sugar
- › 50 g of margarine
- › 2 heaped dessertspoons of porridge oats

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

Methods

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. Add sugar and mix thoroughly.
4. Sprinkle crumble mixture over fruit mixture.
5. Bake in the preheated oven for 30 minutes.



Bread and butter pudding

Serve with hot low-fat custard

Ingredients

- › 6 slices of bread
- › 50 g of low-fat butter
- › 1 egg
- › a little low-fat milk
- › Sugar
- › Sultanas
- › Pinch of nutmeg

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

Serves

4 adults and 4 kids



Preparation time

10 minutes



Cooking time

30 minutes



Utensils needed

Pie dish
Chopping board
Chopping knife
Mixing bowl
Whisk



Method

1. Preheat the oven to 190°C / 375°F / Gas Mark 5.
2. Cut 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
Cake tin
Mixing bowl
Wooden spoon
Sieve
Saucepan
Whisk



Simple sponge

Serve with fresh fruit

Ingredients

- › 4 large eggs (ideally at room temperature)
- › 125 g of castor 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 sandwich tins.
2. When baked, place a sheet of greaseproof or parchment paper on top of a damp tea-towel.
3. Sprinkle lightly with castor 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 sandwich tins.
2. When sponge is cooled, arrange fresh or tinned fruit (strawberries, raspberries, peaches, kiwi, tinned orange segment, grapes) on top.
3. Service with crème fraiche, custard, ice-cream or cream.

Fruit tray bake

1. Use a Swiss roll tin (about 20 cm x 30 cm) instead of 2 sandwich 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, 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, 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
Whisk



Ultimate basic muffins

Ingredients

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

For fruit muffins:

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

For Christmas muffins:

Add a good handful of cranberries, a teaspoon 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 dessertspoons of desiccated coconut to the mixture, and place a teaspoon 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 one 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 are risen.
9. Cool on a wire tray.



Serves
4 adults

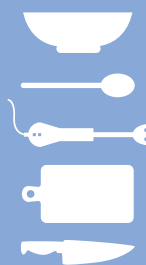


Preparation time
10 minutes



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

Methods

1. Puree half the berries in a blender.
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 four cold glass dishes.
6. Garnish with the remaining berries and a sprig of mint.