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Breakfast Bars

Equipment:

Baking tin, (Ideally 17-18cm²), medium saucepan, wooden spoon.

Ingredients:

200g Rolled Oats

100g margarine

2 tbsp Golden Syrup or Honey

100g Brown Sugar

Choose one of the following flavourings:

50g Chopped Glace Cherries

50g Mixed Peel

50g Chopped Dried Apricots

50g Dried cranberries

50g Raisins

25g Chopped nuts

Method:

1. Preheat oven to gas mark 4 or 180°C for an electric oven.
2. Line the baking tin.
3. Place the syrup, marg and sugar in a medium pan and melt over a gentle heat.
4. Once melted, remove from the heat, and add the oats and other dried ingredients, stir thoroughly until combined.
5. Tip into your prepared tin and flatten gently.
6. Bake on the middle shelf for 15-20 min until pale golden brown.
7. Whilst still warm, mark into fingers or squares and leave to cool in the tin.



Enchiladas (serves 4)

Equipment:

Knife, large ovenproof dish, frying pan, chopping board.

Ingredients:

500g minced beef (or vegetarian alternative)	Packet of fajita/taco spice mix (or fajita seasoning)
2 cloves garlic (crushed)	8 tortilla wraps
500ml passata	100g grated cheese

Optional extras:

1 Bell Pepper	4-5 Mushrooms	1 Onion
1 Can of kidney beans		1 Chilli Pepper or Jalapenos
1 Can of sweetcorn		

Method:

1. Chop up any vegetables that you are using.
2. Brown the mince in a frying pan. Add the chopped vegetables and fry for 5 minutes.
3. Turn the heat down and add the garlic and 1 tbsp of spice mix or fajita seasoning. Cook for 1 minute.
4. Add the kidney beans or sweetcorn (if using) and 150ml of passata. Bring to a gentle simmer.
5. Place 1/8th of the filling inside each tortilla and roll the tortilla around the filling. Place the tortillas side by side in the container. With the roll end facing down.
6. Mix the remaining passata with a tablespoon of seasoning and pour over the fajitas.
7. Grate the cheese over the top.

Bake at gas mark 4 or 180°C for an electric oven, for around 25 minutes until warmed through and the cheese is melted



Fresh fruit salad

Equipment:

Knife, sealable container, chopping board.

Ingredients:

300ml fresh fruit juice

Choose 4 or 5 fruits from below:

Apple/Pear	Do not peel. Cut into quarters, remove the core and slice.
Orange	Peel, separate into segments, remove any pips. Cut in half.
Satsuma/Tangerine	Peel, separate into segments, remove any pips.
Banana	Peel and cut into slices.
Plums	Cut in half around the stone, remove and discard the stone, then slice.
Grapes	Cut in half and remove the seed if needed.
Peach/Nectarine	Cut in half around the stone, twist to remove the stone and slice.
Cherries	Cut in half and remove the stone.
Mango	Cut flesh away from the flat stone in the centre, remove the skin and slice.
Melon	Cut into slices and remove the skin. Dice into bite sized pieces.
Kiwi fruit	Peel skin and cut into slices.
Physallis	Remove papery leaves and stalk.

Method:

Pour the fruit juice over the fruit and stir to coat. Refrigerate.



Spinach, potato and chickpea curry

Equipment:

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

Ingredients:

1 onion	1 clove garlic	400g can chopped tomatoes
1 x 5ml spoon oil		410g chickpeas, canned
2 x 15ml spoons curry paste		3 handfuls of fresh or frozen spinach (optional)
300ml water		
1 large potato		

Method:

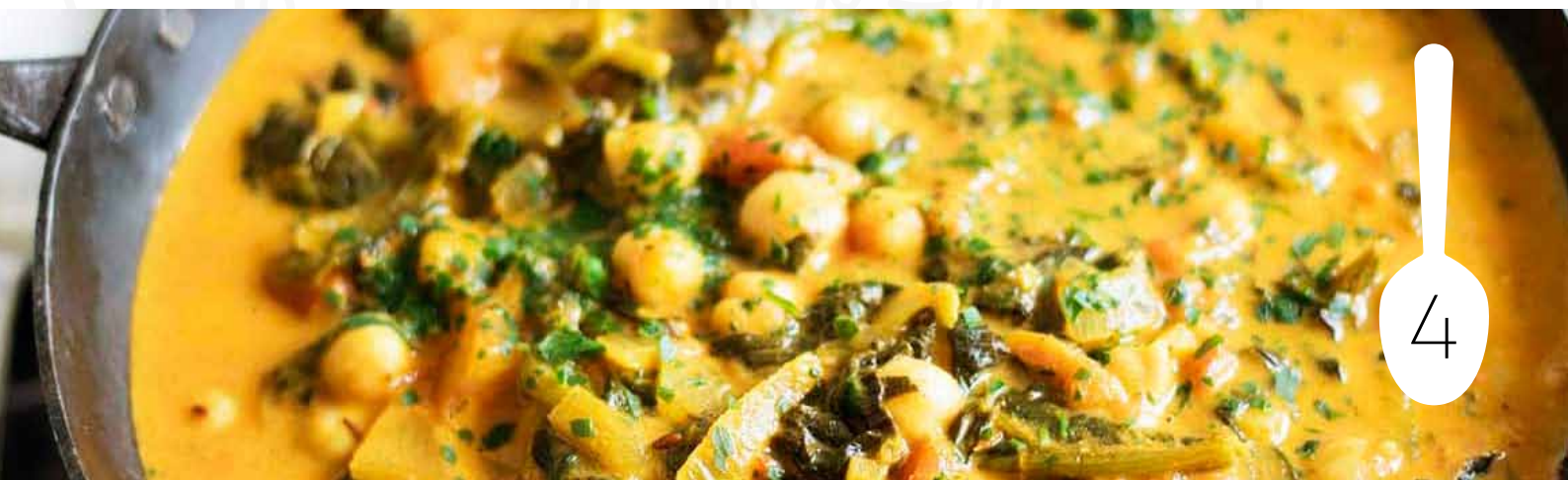
1. Peel and slice the onion.
2. Peel and crush the garlic.
3. Peel and cube the potatoes.
4. Drain the chickpeas.
5. Fry the onion and garlic for 2 minutes in the oil.
6. Stir in the curry paste, potatoes and water.
7. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
8. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

Top tips:

Serve with boiled rice, naan bread and a side salad.

Replace the tomatoes with thinly sliced courgettes, peppers or okra.

Batch cook – freeze portions for a rainy (busy) day.



Bolognese Sauce

Equipment:

Knife, chopping board, frying pan, oven proof dish, measuring spoons, measuring jug.

Ingredients:

250g Minced Beef or Veggie Mince	1 tsp Mixed Herbs
1 Onion	1 tbsp Tomato Puree
1 400g tin of Chopped Tomatoes	1 tbsp Lentils

Optional - Choose no more than 3 of the following:

1 Carrot	1 Red Stock Cube/ Green for Veggie Mince	1 Bay Leaf (add to sauce during cooking but remove before eating!)
1 Bell Pepper	1 Clove of Garlic	3-4 Mushrooms
1 Stick of Celery		
1 Courgette		

Method:

1. Finely chop the onion and add to the pan along with your mince until the beef has completely browned and the onions are softening.
2. Add the chopped tomatoes and lentils and simmer.
3. Whilst the sauce is simmering, prepare your other ingredients; wash, chop, slice, grate as appropriate. Try to make everything the same size so that it cooks evenly. (Harder ingredients should be smaller)
4. Add these and simmer covered for 20-30 min.

Serve with:

200-250g spaghetti, boiled for 10-12 minutes until soft for Spaghetti Bolognese.

Mix with 200-250g of pasta shapes, boiled for 10-12 min, and sprinkle with grated cheese (50g) for Quick Italian Beef.

Lasagne - Arrange alternate layers of lasagne sheets and bolognese sauce in an oven proof dish beginning with sauce and ending with pasta. Then make a Bechamel sauce (white sauce) by whisking together:

200ml milk	25g plain flour
25g Margarine	

1. Put in a small pan over a low/moderate heat until thickened, do not stop stirring as it will go lumpy!
2. Pour the white sauce over the top of the prepared lasagne and sprinkle with grated cheese (75-80g).
3. Bake at gas mark 4 or 180°C for an electric oven, for 45-60min until golden brown and bubbling and a knife passes through easily.



Healthy Salads

Equipment:

Knife, chopping board, salad bowl.

Pasta salad

Ingredients:

150g pasta shapes
200g Tin of Tuna
¼ cucumber, diced

3 Tomatoes, chopped
¼- ½ A Bell pepper, diced

Dressing mix:

3-4tbsp low fat mayonnaise and black pepper

Coleslaw

Ingredients:

Small white or red cabbage
1 carrot peeled and grated

1 small onion or a few spring onions, finely chopped
25g Raisins (optional)

Dressing mix:

2-3tbsp low fat mayonnaise
1tbs Natural yoghurt/ sour cream/ crème fraiche

Potato Salad

Ingredients:

300g potatoes, peeled and chopped to even sizes
2 Hardboiled eggs

Fresh Chives
1 Stick of Celery

Dressing mix:

2-3 tbsp Low fat Mayonnaise/yoghurt/Sour cream

French Dressing mix:

2tbsp Olive Oil
1 tbsp Vinegar
¼ tsp Mustard
½ tsp Clear Honey



Macaroni Cheese

Equipment:

Ovenproof dish/tin, saucepan, grater, wooden spoon.

Ingredients:

75g of macaroni or any
small pasta
100g cheese

350ml milk
25g margarine
25g flour

Method:

1. Put the pasta in a pan and cover with water. Bring to the boil and cook for 12-15 minutes. Drain and return to the pan when it is cooked.
2. While the pasta is cooking, grate the cheese onto a chopping board.
3. Melt the margarine in a small saucepan. Make a roux by adding the flour whilst whisking continuously. Gradually add the milk, whisking all the time.
4. Boil the sauce until it has thickened.
5. Stir in half the grated cheese.
6. Stir the sauce into the drained pasta and put into your ovenproof dish. Sprinkle the remaining cheese on top.

Bake at gas mark 4 or 180°C for an electric oven, until hot and the cheese has melted (around 20 minutes).



Vegetable stir fry

Equipment:

Wok, chopping board, sharp knife, wooden spoon.

Ingredients:

1 packet of ready prepared
noodles (Straight to Wok)

1tbsp Soy sauce
1tbsp Chinese five spice

Choose four from the list below:

1 Onion

1 Carrot

1 Bell pepper

1 Courgette

50g Mushrooms

50g Beansprouts

50g Mangetout

50g Green beans

50g Baby sweetcorn

Method:

1. Prepare the vegetables, peel and chop as necessary.
2. Add oil to the Wok and add the hard vegetables first to help soften.
3. Add the other vegetables and cook for a few minutes.
4. Add the noodles, Soy sauce and Chinese five spice mix. Cook for 1 minute.



Cowboy Pie

Equipment:

Oven proof dish, can opener, grater, knife, colander,

Ingredients:

1 Packet of thin sausages
1 Tin of Potatoes
1 Tin baked Beans
50g Cheese

2 Tbsp BBQ Sauce
Splash of milk, knob of butter,
Salt and pepper to season)

Method:

1. Carefully open your tin of potatoes into the saucepan and heat on a medium flame.
2. Cut your sausages into quarters, add to the frying pan and cook on a medium flame, turning them every few minutes.
3. Whilst these are cooking, grate your cheese.
4. Place a colander into the bottom of your sink and carefully tip the potatoes into it. Return the potatoes to the saucepan (if using, add your butter and milk to the potatoes) and mash.
5. Once the sausages have browned and are fully cooked, place them in your oven proof dish. Add the beans and BBQ sauce and stir through.
6. Cover your sausage and bean mix evenly with the mashed potatoes and sprinkle over your cheese.

Bake at gas mark 4 or 180°C for an electric oven, for 25 minutes.

Tip:

Next time maybe try with Potato waffles or sliced potatoes on top instead of mash.



Mini Quiches

Equipment:

Pastry cutter, knife, mixing jug, rolling pin, baking tray,

Ingredients:

Pastry

150g plain Flour
75g margarine

3 tbsp cold water

Filling

200ml milk
2 eggs

75g cheese

Any 2 of the following

1 small onion
1 small bell pepper
1 small courgette
2 rashers bacon
2 slices ham
100g broccoli

2-3 tomatoes
1 small tin tuna
Handful of spinach
100g mushrooms
50g sweetcorn
1 leek

Method:

Preheat oven to Gas mark 6 or 200°C for an electric oven.

Prepare the pastry

1. Use your fingertips to rub the margarine into the flour.
2. Add water a spoonful at a time to make a smooth dough.
3. Roll the pastry into a ball, place in a freezer bag.

Method for quiches:

1. Roll the pastry thinly on a floured work surface. It should be about 5mm thick.
2. Using a cutter, cut out pastry discs and use to line a bun tin.
3. Prick the pastry all over with a fork.
4. Chop your optional ingredients finely.
5. Beat the eggs and milk in a jug.
6. Grate the cheese and add to the eggs.
7. Add your fillings.

Bake until golden brown (approximately 15/20 minutes)



Carrot cake cupcakes

Equipment:

Bun cases, Baking tray, measuring jug, wooden spoon, grater.

Ingredients:

100g sugar	1tsp cinnamon
100g self raising flour	1tsp baking powder
100g soft margarine	1 large carrot (approx. 100g)
2 eggs	30g sultanas (optional)

Method:

1. Preheat the oven to gas mark 3 or 160°C for an electric oven.
2. Place the bun cases in a baking tin.
3. Cream the margarine and sugar together until light and fluffy.
4. In a jug, beat the eggs with a fork.
5. Add the beaten egg, a little at a time to the margarine and sugar.
6. Sieve in the flour, cinnamon and baking powder. Fold in gently.
7. Peel and grate the carrot.
8. Add the grated carrot and sultanas to the cake mixture and stir.
9. Divide the mixture between the cases.

Bake in the oven for around 15 minutes until golden brown and springy to the touch

Topping:

75g unsalted butter (softened)	150g full fat soft cheese
75g icing sugar	

Beat the topping ingredients together in a bowl or with a food processor.



Pasta bake

Equipment:

Knife, wooden spoon, Oven proof dish/tin, saucepan, colander.

Ingredients:

1 Small onion	15g Parmesan or hard cheese, finely grated
200g Tinned chopped tomatoes	1 tsp Olive oil
70g Dried pasta (Rigatoni, Penne or Fusilli)	2 tsp Tomato puree
25g Cream Cheese	Pinch of dried Oregano
	Salt and pepper

Method:

1. Cook the pasta according to the pack instructions then drain into a colander in the bottom of the sink.
2. Peel and finally dice your onion. heat the oil in a saucepan over a medium heat, add the onion and fry until soft then add then garlic.
3. Stir in the tomato puree, chopped tomatoes and Oregano. Simmer gently for a few minutes then remove from the heat.
4. Once everything is cooked, tip the pasta and cream cheese into the pan of sauce, stir to combine then tip into an ovenproof dish and sprinkle over the cheese.

Preheat the oven to gas mark 6 or 200°C for an electric oven, and bake for 15 minutes until golden brown and bubbling on top.



Sweet and Sour Chicken

Equipment:

Knife, chopping board, bowl, frying pan, wooden spoon.

Ingredients:

2 chicken breasts (or 250g Quorn pieces)	1 level tsp cornflour
435g can pineapple chunks in juice	1 level tsp sugar
½ tsp ground ginger	1 tbsp vinegar
	1tbsp soy sauce
	1 level tbsp tomato puree

Method:

1. Chop the chicken into small chunks
2. Fry the chicken in a little oil until it is white through to the middle. Place the chicken on a plate.
3. Drain the pineapple, keeping the juice in a bowl or jug.
4. Add the ginger and pineapple to the pan and fry gently.
5. Add water to the juice to make up to 250ml.
6. Add a small amount of liquid to the cornflour, soy sauce, sugar, vinegar and tomato puree. Mix until smooth.
7. Carefully add to the pan and bring to the boil.
8. Add the cooked chicken and simmer for 4 minutes.

Heat until piping hot and serve with rice



Vegetable Thai curry

Equipment:

Knife, chopping board, frying pan.

Ingredients:

1 tablespoon oil
3 spring onions
1 clove of garlic
1 bell pepper

1 tablespoon of Thai curry paste
of your choice (Green-spicy,
red-medium, yellow-mild)
200ml coconut milk (reduced fat)

Optional extras

Choose one or two ingredients below to add:

Mushrooms
Baby sweetcorn
Mangetout

Green Beans
Sugar Snap Peas
Courgette

Method:

1. Prepare the ingredients-slice the spring onions, finely dice the bell pepper and crush the garlic and any other vegetable you have chosen.
2. Fry the vegetables in the oil for 3-4 minutes.
3. Stir in the curry paste and cook for about a minute.
4. Pour in the coconut milk and simmer for 5 minutes.

Serve with rice



Left overs Pizza

Equipment:

Mixing bowl, wooden spoon, baking tray, measuring jug.

Ingredients:

125g Self raising Flour	1 tbsp milk
½ tsp salt	1 tbsp Tomato Ketchup
25g butter (cubed)	1 tbsp Tomato Puree
1 egg	50g Grated cheese

Topping of your choice:

You don't necessarily need to buy things especially for this recipe, maybe have a look in the fridge at home and add that on top. Try to think about your 5 a day.

Protein (cheese + any optional extra)	Ham
Vegetables	Bell Pepper
Cooked chicken	Onion
Sweetcorn	Salami, pepperoni
Mushrooms	Tomatoes
	Olives

Method:

1. Heat oven to gas mark 7 or 220°C for an electric oven.
2. Mix the flour and salt in a bowl, then rub in the butter until you have what looks like bread crumbs.
3. In a small jug mix the eggs and milk together.
4. Using a table knife, stir the egg mixture into the dry ingredients. You will need to use your hands to pull into a dough. Shape into a round on a lightly floured surface, lift onto a non-stick baking tray, then press out to a circle about 12cm across to make the base.
5. Spread the tomato mix over the pizza base, leaving a small gap at the edge.
6. Evenly spread the cheese, followed by your chosen toppings

Bake for 15 mins until golden.



Sausage Rolls

Equipment:

Rolling pin, pastry brush, knife, baking tray.

Ingredients:

1 Block of puff pastry

1 Egg

1 Packet of thick sausages
(Vegetarian can be used)



Method:

1. Preheat the oven to Gas mark 7 or 210°C for an electric oven.
2. Remove the skin from the sausages. (Wash hands afterwards)
3. Flour the work surface and roll the pastry into a rectangle about 30cm - 23cm. (a little wider than A4 paper) then cut in two lengthwise.
4. Place a sausage on the pastry as shown above.
5. Brush the edges with egg, fold over the pastry and seal shut with a fork.
6. Cut each into 8, making 16 sausage rolls.
7. Place on the baking tray with a little space in between each one, and brush with the beaten egg.

Bake for around 20 minutes until golden brown and the core of the sausage reaches 75°C.



Barbecue Chicken

Equipment:

Knife, chopping board, Wok, measuring jug.

Ingredients:

2 chicken breasts	2 tbsp brown sugar
1 small onion	1 tsp cornflour
Vegetables of your choice (see ideas below)	½ tsp mustard powder
1 tbsp tomato ketchup	½ tbsp vinegar

Choose 2 or 3 vegetables from the list below:

Spring onions	1 clove garlic
Handful of green beans	1 bell pepper
Handful of baby sweetcorn	Mushrooms

Method:

1. Chop the chicken up into bitesize pieces.
2. Chop the onion and any other vegetables.
3. Stir fry the chicken and vegetables until no pink remains in the chicken.
4. Mix together the barbecue sauce ingredients with 100ml of water. Cook in the wok with the chicken and vegetables until the sauce is reduced and sticky.

Serve with rice



Cupcakes

Equipment:

6 cupcake cases, baking tin, wooden spoon.

Ingredients:

50g sugar

Icing sugar

50g margarine

50g self-raising flour

1 egg

Butter

Method:

1. Preheat the oven to gas mark 1 or 140°C for an electric oven, and place the paper cases into your tin.
2. Beat sugar and margarine together until light and fluffy.
3. Add the egg with a spoonful of flour and beat.
4. Fold in the rest of the flour.
5. Bake for 15 minutes until springy.

Buttercream:

Mix together icing sugar and butter (2:1 ratio) and pipe onto cooled cupcakes

Decorate with sprinkles etc...



Waldorf Salad

Equipment:

Knife, chopping board, salad bowl.

Ingredients:

3 tablespoons mayonnaise (or plain yogurt)

1 teaspoon lemon juice

Pinch salt

Pinch freshly ground black pepper

1 sweet apple, cored & chopped

25g raisins

1 stick thinly sliced celery

Few walnuts (optional)

Lettuce (to serve)

